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Announcements

• **Gol Lutheran Church Harvest Luncheon** will be held on Sunday, October 15th following the 9:30 a.m. church service. Serving will be from 11:00 a.m. to 1:00 p.m. The menu includes homemade vegetable beef and barley soup, barbecues, potato salad, pie and beverages. Take outs are available. Gol is located 1 mile west of Kenyon off of Hwy 60. Everyone welcome.

• **Dale Lutheran Church Fall Festival** will be held on Sunday, October 22nd with serving from 11:00 a.m. to 1:00 p.m. The lunch includes pulled pork sandwiches, potato salad, baked beans, pie, coffee and milk (\$10.00 for meal - beverages extra). Take outs are also available. There will also be a bake sale, fresh produce for sale and a quilt raffle. Dale Church is located 6 miles east of Kenyon on County Rd. #12. Please join us for food and fellowship!

• **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.

Community Supports Local Farmer Injured in Accident

By Cheri Roshon

Living in a small community where "Minnesota Nice" is a real thing is a blessing that many people never get the chance to experience. If you are reading this, then count yourself as a lucky person to be living where you are. When "bad" things happen to "good" people, as the saying goes, we are offered an opportunity to do a kindness for one of our neighbors in need, and love our neighbors as we love ourselves. Being able to help someone, whether we know them personally or not, gives us a chance to feel good about the prospect of doing a kindness for no reason other than someone needs us to. And you just never know when you or someone you know will need the favor returned.

When a tragedy strikes, as it will, it brings a community together. Working together to help the ones in need builds a bond that no one will soon forget. The recipients are the obvious ones to receive what they need to get through their personal tragedy, but the givers will have a sense of confidence that they were able to help in some small way, and that in itself blesses the giver.

In June, one of our community members was badly injured in a farm accident. The Messenger reached out to see what could be done to help. In order for the community to know the details of the accident, we reached out to Erin Erickson and Lindsey Quam to get the details to keep us all informed.

(continued on page 8)



Fire Safety Month

By Cheri Roshon

October is designated as Fire Safety Month, and I would like to introduce you to the brave souls who volunteer to keep our homes and families safe in so many ways.

(continued on page 13)

Shown in this picture taken at one of their monthly business meetings are, starting with the bottom left row, Randy Schaefer, Gregg Erickson, Jeff Benson, Drew Lexvold, Conner Hegseth, Jason Benson, Matt Schaefer and Josh Revland. Second row from left are Josh Schaefer, Brandon Lunde, Jeremy Kiffmeyer, Brad Kish, Les Blakstad, Tyler Schaefer, Daniel Kish, Carl Majerus, Blake Hilke and Todd Greseth. Back row, from left are Trevor Aase, Jason Bauer, Brian Johnson, Brian Gudknecht, Riley Bauer and Caleb Westland. Missing from the photo are Monte Schaefer, Parker Erickson, Brad Rostad, Calvin Steberg and Logan Quam.

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Ezekiel: "Judgement and Restoration"



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

Ezekiel: [/ih-zee-kee-uhl/] noun – meaning "God's Strength."

The author of the text is the prophet Ezekiel, a contemporary of both Jeremiah and Daniel. The Book of Ezekiel was likely written between 593 and 565 B.C. during the Babylonian captivity of the Jews.

OVERVIEW:

Ezekiel ministered to his generation who were both exceedingly sinful and thoroughly hopeless. By means of his prophetic ministry he attempted to bring them to immediate repentance and to confidence in the distant future. Ezekiel's prophesied among the people for at least twenty-two years (29:17). The prophet discovered God was not confined to the narrow scope of Ezekiel's native land. Instead, He is a universal God who commands and controls all persons and nations. In Babylon, God carried to Ezekiel His Word for the people. The call by God transformed Ezekiel. He became passionately devoted to God's Word. He realized he had nothing personally to assist the captives in their bitter situation, but he was convinced God's Word spoke to their condition and could give them peace in it. Since he spoke to a people who God had exiled due to their continued rebellion against Him, a majority of Ezekiel's message communicates judgment for sins committed (1:1-32:32). However, like all the prophets, he also provided the people, now without a land of their own, some hope for the future (33:1-48:35). Ezekiel's book can be divided into four sections: 1) Chapters 1-24: prophecies on the ruin of Jerusalem; 2) Chapters 25-32: prophecies of God's judgment on nearby na-

tions; 3) Chapter 33: a last call for repentance to Israel; 4) Chapters 34-48: prophecies concerning the future restoration of Israel.

As a prophet, Ezekiel used various methods to convey God's Word to his people. He used art in drawing a depiction of Jerusalem, symbolic actions, and unusual conduct to secure the attention of God's people. One example was that he cut his hair and beard to demonstrate what God would do to Jerusalem and its inhabitants.

One interesting foreshadowing is in Ezekiel 34 is the chapter as God denounces the leaders of Israel as false shepherds for their poor care of His people. Instead of caring for the sheep of Israel, they cared for themselves. They made sure they ate well, were well-clothed and well-cared for by the very people they had been placed over to care for (Ezekiel 34:1-3). By contrast, Jesus is the Good Shepherd who lays down His life for the sheep and who protects them from the wolves who would destroy the flock (John 10:11-12).

SO WHAT?

The Book of Ezekiel calls us to join in a fresh and living encounter with the God of Abraham, Moses, and the prophets. We must be overcomers through Christ or we will be overcome by the world and sin. Ezekiel challenges us to experience a life changing vision of God's power, knowledge, eternal presence, and holiness. We must look to God to direct us, while seeking to comprehend the depth of and commitment to evil that lodges in each human heart. We must recognize that God holds His servants responsible for warning wicked men of their peril by proclaiming the judgement to come, while also speaking about the forgiveness granted and found by

faith in Christ. Lastly, we can experience a living relationship with Jesus Christ, who said that the new covenant is to be found in His blood and who transforms those who abide in Him. This text, as in much of the Bible, draws our eyes to behold God Almighty, Creator of heaven and earth. He is the one who works to do wonderful things, like bringing dry bones to life (Ez. 37). We also see a wonderful future promise for all those who place their faith in Jesus, the Son of God: Ezekiel 37: 27, "My dwelling place shall be with them, and I will be their God, and they shall be my people." This is fulfilled at the end of time in Revelation 21:3, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God." Friends, if you find yourself in a dark place, a time when you feel abandoned

or far from God, seek and draw near to Him through Christ. The promise seen through the book of Ezekiel, as one example, is that He will draw near to you (James 4:8). He is truly the One True God who has worked for the good of those who humble themselves before Him and works for the glory of His name. Come and see what He has done!

Next month, we will look closer at the book of Daniel, the young man brought into exile who lived purely and faithfully in the foreign land of Babylon throughout his entire life by God's sovereign hand of grace.

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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Ann Traxler
Attorney

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6:30-7:30p.m. 9th at WLC
October 22: 10:30a.m. Worship at WLC "No Sunday School"
October 25: Confirmation Class 5:00-6:30p.m. 7th & 8th,
6:30-7:30p.m. 9th at WLC
October 28: Trunk or Treat at WLC
October 29: 10:30a.m. Worship at WLC; Sunday School 9:00a.m. TLC;
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October 18: Confirmation Class 5:00-6:30p.m. 7th & 8th,
6:30-7:30p.m. 9th
October 22: 10:30a.m. Worship "No Sunday School"
October 25: Confirmation Class 5:00-6:30p.m. 7th & 8th,
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AREA CHURCH DIRECTORY Moses and Monsters

"I [Wisdom] was there . . . when [God] gave the sea its boundary so the waters would not overstep his command." — Proverbs 8:27-29

Historically Moses, directed by God, is understood to be the writer of the first five books of the Bible. Growing up as part of the royal family in Egypt, Moses (a Hebrew child adopted by the king's daughter—Exodus 2) would have been taught many myths about the origin of the world. An old Mesopotamian myth, for example, held that Marduk, a warrior god, fought against Tiamat, a monster ruling the chaotic sea. Marduk defeated Tiamat and brought order out of chaos.

Now, let's look at Genesis 1 again. We see powerful waters, but they are not described as a god or a monster; they are simply a part of the world God is creating. God tells the waters where they can go and where they cannot go. (See also Proverbs 8:12-31.) Moses shows that the true God is in control of all things.

In myths about creation there is always uncertainty about whether a people's gods can hold back the forces of chaos. The ancient Egyptians, for example, believed that their sun god Ra had to descend into the underworld every night to defeat the great serpent Apophis, or else the ordered world would be destroyed.

But in the Genesis story, God creates and makes peace not through battle but with a word. No other force or would-be god is there; creation has only one true Lord.

Lord and God, we praise you that no force in heaven or on earth has power over you, and that you hold all things in your hands. Amen.

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David Charles "Punky" Sibley

David Charles "Punky" Sibley, 65, of Zumbrota, went home Tuesday, September 26th surrounded by his daughters.



David was born December 21, 1957 in Rochester to David Eugene and LaVonne Mae (Fieck) Sibley. He was baptized at Redeemer Lutheran

Church in Rochester and spent his early childhood in the Mazeppa and Minneola area until the family moved to rural Kenyon in 1965. David was confirmed at Holden Lutheran Church and graduated from Kenyon High School. While in high school, he began employment at Bombay Elevator. Shortly thereafter, he began hauling grain and livestock, and later operated David Sibley Trucking.

In his youth, David developed a passion for raising and driving Belgian horses, and later competed in many horse pulls over the years. He took great pride in being a lifelong member of the Belgian Draft Horse Corporation. He "couldn't remember shit" but he could tell you in great detail about any horse he ever raised or owned. He enjoyed collecting everything - but especially scale models of semi-trucks and tractors, studying the Bible, playing cards, DQ malts, eating liver and onions, Rocky Mountain oysters, and his daughter Sarah's goulash.

His grandchildren were the light of his life

and rules did not apply for them no matter what their mothers said. Life long valuable lessons he taught them include: candy is acceptable for supper, how to drive on black top roads at age 4, and how to Make America Great Again. The kids knew it was "Gramps" they should call if they had questions about the farm animals - especially chickens, horses, and Herefords. He held his siblings in high regard and enjoyed Sunday dinners with them and their families.

Dave's humorous, conversational nature was often entertaining and inspired life-long connections with many long-time friends and family. In true David fashion, he probably asked you "who's the coolest guy you know, and why am I?" And often ended with "glad you had a chance to see me." To know him was to know Peterbilts, Belgians, Harley Davidsons, Mazeppa, NRA, Fox News, tractors, wit, delegation, on-line auctions, chickens, impatience, and most of all love.

David is survived by his daughters and "the best" sons-in-law. Heather (Jon) Kerr, Sarah (Adam) Bang and Meggan (Nate) Fleming; his pride and joy - grandchildren; Harper and Karlie Kerr, Kendall and Bristol Bang, Siri Loken, and Nori and Oakley Fleming; his siblings whom he was very close with - Debra (Sam) Daly of Northfield, Sterling (Laurie) Sibley of Bombay, Jackie(Jeff) Ladsten of Rochester, Missy (Jack) Duden of Maiden Rock, WI and Charlie (Ricki) Sibley of Mazeppa; his nephews and nieces whom will forever cherish their memories with their favorite "Uncle Punky"; highly regarded

friend Richard "Trickster" Nystuen of Bombay, and many other relatives and friends. He was preceded in death by his parents, and infant brother Max.

Visitation was from 4pm - 7pm on Monday, October 2nd at Mahn Funeral Home in Zumbrota. Funeral Service was at 11am on Tuesday, October 3rd at Holden Lutheran Church in Kenyon with visitation one hour prior. It wouldn't be a true send-off if we didn't include horses. His final ride was a horse drawn wagon to the church at 9:45am. Memorials are suggested to Holden Park, Holden Church, or the Zumbrota Area Ambulance.

Dana Robert Rose

Dana Robert Rose, of Wanamingo, passed away on September 8, 2023, at his home.



Dana Rose was born on November 19, 1963, in Castro Valley CA. He graduated from Esperanza High School, in Anaheim, CA, in 1981. Dana is the youngest of two sons. Growing up, he was extremely close to his older brother Darin. Although they had different hobbies, they grew up best friends. In high school, Dana had the ultimate passion for football and surfing. He was even featured in the local newspaper twice for his outstanding performance

on the field. As high school came to an end, he found a new passion - plumbing. He got an education as a Master Plumber, and he was just that! Dana was the hardest worker and worked for several plumbing contractors in the metro area. So many coworkers had the opportunity to work with and learn from Dana. He was so patient and kind, and he enjoyed his coworkers as well. Dana had the ability to touch the heart of everyone that he encountered. He left everyone with a smile on their face. You could never have a bad day when Dana was around.

Survivors include his children Katarina Rose, of Scottsdale, AZ, Nicole Imgrund, of Wanamingo, Michael Gray, of St. Paul, and Justin Landes, also of St. Paul. He had the ultimate love for his family and the ability to provide for them. As his kids grew up, Dana was thought of as "the breakfast king." The kids never failed to wake up to the smell of bacon and eggs and a smile on their dad's face in the Kitchen. Dana has five grandchildren who he adored with all of his heart: Rozlynn, Jazzmine, Aubrey, Landen, and Jaxtin. Watching his grandchildren grow up to be such wonderful and strong human beings filled his heart with joy. You would always catch him on the sidelines at Landen's basketball games, being the loudest one in the room as he cheered.

Dana was preceded in death by his parents, Robert Allen and Carol Sue Rose.

No services will be held at this time.

(obituaries continued on page 4)

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Glen Kispert

Glen Kispert, age 94 of Northfield, passed away peacefully on Monday evening, September 4, 2023.



Glen LeRoy Kispert was born June 5, 1929, in Kenyon, Minnesota, to Roy and Gertrude (Hildebrandt) Kispert. He graduated from Kenyon

High School in 1947 and joined the U.S. Army, serving at Fort Riley, Kansas, and Fort Hood, Texas. Glen met Marlene Boyd while roller skating at the Nerstrand roller rink. They were married on February 23, 1952 at Salem Evangelical United Brethren Church in Farmington. After marriage they made their home in Kenyon and Dodge Center before moving to Northfield in 1969. Glen worked at Kenyon Municipal Power for 8 years and Northern States Power for over 28 years. He retired in 1992. Glen was a faith-filled member of the Northfield United Methodist Church, the Northfield Masonic Lodge and other community groups.

Glen had many hobbies that kept him busy. He loved woodworking and building things for other people. He was an avid hunter, fisherman, golfer and enjoyed traveling with Marlene. Every summer their prosperous garden provided vegetables for many friends and family members. Glen was a devoted husband, father and grandfather. He was always available to lend a hand, watch grandchildren's activities or just go out to eat.

Survivors include his children Gary (Sandy) of Finlayson, Cheryl (Tom) Kranz of Eagan, Scott (Karin) of Burnsville; his grandchildren Hannah Kranz, Emma Kranz, Alison (Garth) Askegaard and Kyle Kispert; his sisters-in-law, Donna Paulsen, Beverly Boyd, LaDonna Boyd; and his beloved sisters, Marlene (Norve) Floren and Gloria Pettipiece.

He was preceded in death by his wife of 70 years Marlene; parents, Roy and Gertrude; brothers-in-law, Harley Pettipiece, Rod Boyd, Roger Paulsen and Donnie Boyd.

Funeral Services were held at 11:00AM on Wednesday, September 13, at Northfield United Methodist Church. Visitation began at 10:00AM. A reception will follow. Interment took place in Nerstrand Evangelical Cemetery.

Glen's family wishes to extend a special 'thank you' to Home Instead for their wonderful comfort and care.

Memorials preferred to Nerstrand Evangelical Cemetery.

Sharon Kay Lee

Sharon Kay Lee, age 81 of Kenyon, Minnesota, passed away peacefully on Saturday night, September 9, 2023, at the Care Center of the Northfield Retirement Community.



Sharon was born September 17, 1941, in Minneapolis, Minnesota, to Chester and Beatrice (Fredrickson) Lee.

She grew up on the family farm in Holden Township, Goodhue County and graduated

from Kenyon High School in 1959. In 1984, she moved to Minneapolis. Sharon had a full career in banking as an underwriter, as well as other secretarial position, and worked several years for Farmers Union Central Exchange in St. Paul and Twin Cities Federal Bank in Minneapolis - retiring on August 31, 2009.

Sharon was dedicated to her faith and loyal to her congregation. She was a strong, determined and compassionate individual who loved animals, the arts, and was an accomplished pianist.

Survivors include her siblings Larry (Lucy) of Kenyon, Ruth of Kenyon, Cornell (Carol) of Faribault, Gary of Kenyon, Charisse (Noel) Ponder of Northfield; many nieces, nephews, one uncle, other relatives and friends. She was preceded in death by her parents.

Services were held at 11:00AM, Monday, September 18, 2023, at Bierman, Benson & Langehough Funeral Home. Visitation began at 10:00AM. A reception to followed. Interment was in Little Cannon Cemetery, rural Kenyon. Pallbearers were Larry Lee, Cornell Lee, Gary Lee, Noel Ponder, Monica Pakonen and Ginger Petersen.

Arrangements are with the Bierman, Benson & Langehough Funeral Home. www.northfieldfuneral.com

Jerome "Jerry" Anthony Grothe

Jerome "Jerry" Anthony Grothe, age 87, of Zumbrota, Minnesota passed away peacefully with family by his side on September 23, 2023. Jerry was born in Cherry Grove Township, Minnesota and lived most of his life in the



Wanamingo-Zumbrota area. He was preceded in death by his parents, Obert and Gina Grothe, and his sisters, Sandra Grothe, Madelon Payne, and Karen Freiheit. He is survived by his beloved wife of 63 years, Judith "Judy" (Kolar) Grothe, and their children Annette (Dean) Freiheit, Gina (Steve) Abbott, James (Leah) Grothe, and Kelly (Thomas) DeVany. He is also survived by his ten grandchildren: Kate Freiheit, Clint (Brooke) Freiheit, Sam Freiheit, Hunter Follen, Jack Follen, Mackenzie Abbott, Jacob Grothe, Amanda Grothe, Sarah DeVany, and Emily DeVany.

As a young adult, Jerry loved working on his family farm and had many entertaining stories about all his youthful shenanigans (including those crazy road trips to the Twin Cities polka dance halls where he met his wife, Judy). Jerry went on to proudly serve in the United States Army and Army Reserves for many years. As a self-taught accomplished carpenter, he built a lifelong, successful business constructing and remodeling homes and commercial properties, creating custom cabinets, fixing furniture, and being that all-around handyman everyone eventually needs. In his spare time, Jerry enjoyed fishing, wood turning, traveling throughout the country with Judy, attending his children and grandchildren's concerts and sporting events, and visiting and joking around with his many friends. Jerry, along with his son James, lovingly restored a Farmall cub tractor that he enjoyed showing in local parades

and used, with an attached wagon, to give rides to his grandkids. Jerry, a devout Christian, was a caring husband, giving father, and one of the best grandpas. He will be remembered as a kind and gentle soul, who could strike up a conversation with just about anyone and made friends everywhere he went. He loved his family and friends deeply, and will be greatly missed. Special thanks to the University of Minnesota Medical Center Cardiac ICU department for taking such good care of Jerry in his final days

Funeral services were held at 1:00 pm Thursday, September 28, 2023 at Trinity Lutheran Church in Wanamingo, Minnesota. Visitation was from 4:00-7:00 pm on Wednesday, September 27, 2023 at the Mahn Family Funeral Home, in Zumbrota, Minnesota (507-732-5444). Online condolences may be left for the family at www.mahnfamilyfuneralhome.com.

Karen Rae Fredrickson

Karen Fredrickson, 68, of rural Wanamingo, passed away Monday, September 25, 2023 at Methodist Hospital in Rochester after a battle with cancer. Visitation was held on Wednesday, October 4, 2023 from 4:00 p.m. to 7:00 p.m. at Mahn Family Funeral Home - Larson Chapel.



Karen Rae Fredrickson was born May 14, 1955 in Zumbrota, MN, to Ray and Colleen (Myran) Hegseth. She grew up in Wanamingo with her five siblings. In 1973 she graduated from Wanamingo High School. On March 1, 1977 she married Griffin Fredrickson and they farmed in Minneola Township. Karen enjoyed quilting, reading, flower gardening, going up north to the cabin, showing rabbits, and spending time with her family and friends. She was a member of the Rochester Area Rabbit Club, the Goodhue County Pork Producers, and each year she made a nature themed quilt for the annual Wanamingo Sportsmen's Club Raffle.

Karen is survived by her husband, Griffin Fredrickson; children, Jolene (Dusty) Schefler, Sheila (Noah) Diercks, and Glen (Mandi) Goplen; three grandchildren, Charlotte and Liam Diercks, and Gracelyn Fredrickson; parents, Ray and Colleen Hegseth; siblings, Stuart Hegseth, Mary Hegseth, Jane (Jerry) Wahlin, Dean Hegseth, and Dan (Lisa) Hegseth.

Karen was preceded in death by her maternal grandparents, Melvin and Rachel (Hoseth) Myran; paternal grandparents, John and Nora (Engbretson) Hegseth; in-laws, Grant and Evie (Flaen) Fredrickson.

Amanda Rose Donkers

Amanda Rose Donkers, age 26, of Nerstrand, MN, passed away September 23, 2023, surrounded by her family at the Methodist Hospital in Rochester, MN, after a hard-fought battle with cancer.



Amanda Rose was born on December 20, 1996, in Minneapolis, MN, to Christopher Donkers

and Kristine Paukert. She graduated from Northfield High School with the class of 2015. Amanda worked in accounting with Taylor Truckline, where she continued to work through her illness. She also was highly involved in helping her father run their family farm. Amanda loved life on the farm, her horses, the cows and especially her dogs, Sophie and Walter. She liked her trucks big and loud, and everything had to have cow print. She also enjoyed crafting with her son Bryson, reading books on the front porch, shopping for most anything, riding motorcycles with friends, horseback riding, and time up north at the lake. Amanda had a great sense of humor and was a very determined person, always persevering to get what she wanted.

She is survived by her son, Bryson James Donkers-Rezac; father and stepmother, Chris and Anne Donkers; mother, Kristine Paukert; siblings, Alex Donkers, and Christina Kuetner (Tyler); grandparents, Thomas and Susan Paukert; best friend, Sophia Amy; her beloved dogs, Sophie and Walter; and many loved family members.

She was preceded in death by her grandparents, Will and Shelly Donkers; and her uncle, Steve Donkers.

A Celebration of Amanda's life was on Saturday, September 30, 2023, from 9:00 - 11:00 a.m. at the Parker Kohl Funeral Home, 1725 Lyndale Ave. N., Faribault. A brief service and time for sharing took place at 11:00 a.m. followed by a reception. Per Amanda's request, everyone is encouraged to dress in casual wear (jeans, boots, all things western).

In lieu of flowers, memorials may be directed to the Sarcoma Foundation of America, or to the donor's choice in memory of Amanda.

For online tributes and further information, please visit ParkerKohlFH.com

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KW Noble Knights of the Week for September 22, 2023

Front Row: Violet Sjoblom, KG, Ms. Madison Andrist; Marley Lurken, KG, Mrs. Tanya Short; Vayda Amundson, KG, Mrs. Katie Valek; Reese Allen, Gr. 1, Mrs. Katie Benbrooks; Karlie Kerr, Gr. 1, Mr. Tony Donkers; Eleanor Johnson, Gr. 2, Mrs. Deb Hinrichs. Back Row: Kain Wood, Gr. 2, Mrs. Megan Jordan; Hudson Kruger, Gr. 3, Ms. Val Ashland; Gretta Hagen, Gr. 3, Ms. Sandy Sahl; Gavin Van Winkle, Gr. 4, Mrs. Chloe Gohman; Ariel Ordalem, Gr. 4, Ms. Rhonda Thesing



KW Noble Knights of the Week for September 29, 2023

Front Row: Myles Sletten, KG, Ms. Madison Andrist; Alex Keller, KG, Mrs. Tanya Short; Johnny Gomez Hernandez, Gr. 1, Mrs. Katie Benbrooks; Daxx Anderson, Gr. 1, Mr. Tony Donkers; Declan Smith, Gr. 2, Mrs. Deb Hinrichs. Back Row: Aftyn Meyers, Gr. 2, Mrs. Megan Jordan; Charlie Baker, Gr. 3, Ms. Val Ashland; Bree Helgeson, Gr. 3, Ms. Sandy Sahl; Ruby Allen, Gr. 4, Mrs. Chloe Gohman; Leia Patterson, Gr. 4, Ms. Rhonda Thesing



KW Noble Knights of the Week for October 6, 2023

Front Row: Scarlett Bauer, KG, Ms. Madi Andrist; Waylon Benson, KG, Mrs. Tanya Short; Cooper Bauer, KG, Mrs. Katie Valek; Mya Hernandez, KG, Mrs. Katie Valek; Scarlett Bauer, Gr. 1, Mrs. Katie Benbrooks; Malia Evenson, Gr. 1, Mr. Tony Donkers. Back Row: Fabian Smith, Gr. 2, Mrs. Deb Hinrichs; Harper Caron, Gr. 2, Mrs. Megan Jordan; Oliver Stoppel, Gr. 3, Ms. Val Ashland; Oakley Benbrooks, Gr. 3, Ms. Sandy Sahl; Laila Mandujano, Gr. 4, Mrs. Chloe Gohman; Marshall Christensen, Gr. 4, Ms. Rhonda Thesing

Congratulations!

Letter from the Superintendent

Why Extracurricular Activities



By Beth Giese MA, Ed.S
Kenyon-Wanamingo Public Schools
District Superintendent

As a superintendent we often hear, “Do you really need all those sports and activities for kids”? And my answer is usually the same “yes”.

Extracurricular activities give students access to social skills and opportunities they might not have in the confines of the school day. I really like to think of after school activities as an extension to the classroom.

One of the main benefits of extracurricular activities is giving your child a chance to explore something that piques their interests that isn't offered during traditional school hours. Kenyon-Wanamingo offers so many

opportunities: Robotics, FFA, Speech, Trapshooting, Theatre, Music in numerous capacities and sporting activities are just a few. Coding and fishing are popular newer additions at Kenyon-Wanamingo. We have many graduates that have turned these programs into career choices or lifelong hobbies.

In elementary school it is just as important to have these offerings. K-W's Community Education is one of the finest in the state. I see such a need for kids to have the ability to socialize and get along with others. Current after school opportunities included Crazy 8 Math and Chess Club as well as First Lego League. This is a team approach of guiding our youth through STEM (Science, Technology, Engineering, and Math).

When students enter middle school, these extracurriculars become even more important. Kenyon-Wanamingo understands that this is an age where we can uncover interests that are unique to our students. Studies have shown that self-esteem is higher for kids that participate in even one activity outside of the school day. I have personally witnessed our student athletes and activity participants learn commitment, responsibility, and accountability through programs outside the school day.

In high school we know that CTE (Career and Tech Education) can teach technical skills, or “hard skills,” but also do a great job of teaching career readiness skills, or “soft skills.” These can include work ethic, time management, teamwork, problem solving and more. And offering activities and athletics that include CTE type programming is something we strive for at Kenyon-

Wanamingo.

Participation in these after school programs has been linked to lower dropout rates (K-W has one of the lowest dropout rates in the state) and can contribute to a reduction in risky behaviors. Have you thought about joining an activity? Please reach out to us at

<https://www.kw.k12.mn.us> and see all that is offered!

It is such a great day to be a Knight! Have a good idea for new programming, let's talk. My goal is to have something for every student that enters Kenyon-Wanamingo!

K-W Homecoming Royalty



Homecoming Week September 25-29

Front Row L-R: Freshman Hadley Wieme, Sophomore Bria Miller, Junior Vanessa Bartel, Foreign Exchange Student Mara Gausepohl, Seniors Bailey Leininger, Ivette Mendoza, Josie Flom, Norah Rehtzigel, Addison Flom, and missing from photo Siri Loken
Back Row L-R: Freshman Oliver Bauer, Sophomore Bryan Jacobson, Junior Jack Vierling, Foreign Exchange Student Louis Gillot, Seniors Aidan Lindell, Colton Steberg, Soren Kyllo, Will Van Epps, Zach Mason, Logan Carroll

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Wanamingo Red Hats



The Wanamingo Red Hats met to celebrate the Twenty Year Anniversary of their founding, September 21, at Area 57. The founding members were: Judy Grothe, Becky Solberg, Linnae Glestad, Shirley Lund, and Elaine Froyum. The members visited many area attractions during the twenty years and always included a stop for lunch. The Red Hats are recognized by their purple outfits and their Red Hats which was inspired by a poem that begins with the words, "When I am an old woman I shall wear purple with a red hat that doesn't go, by Jenny Joseph. The members in attendance that day were: Front row: Bobbi Goodman, Pat Opfer, Ellen Aakre, Becky Solberg, Dorothy Thompson, Linnae Glestad, Jean Rechtzege. Back row: Virginia Sabin, Sharon Jonas, Mary Bizzell, Ruth Ann McLaughlin, Darlene Johnson, Diane Weeks, Irene Ree, Twila Simmonson.

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Community Supports Local Farmer Injured in Accident

(continued from page 1)

The following is a detailed account of what happened.

On June 12, 2023, Marshall Friese was airlifted to St. Mary's hospital from Cannon Falls with a severely, lacerated liver causing internal bleeding. It was a Grade 5 Liver Laceration, leaving only 30% of his liver intact. He was pinned between a skid loader and feed mixer while doing his morning chores at their family dairy farm in Cherry Grove, MN. Doctors were able to stop the bleeding with an embolization procedure and he spent several days in the intensive care unit. Marshall was in the hospital for 8 days and was able to come home with an abdominal drain for a few short days before being admitted again. Fluid collections were continuing to form after taking over 5 liters from the first visit, to taking an additional 3 liters of fluid on the next. After another discharge from the hospital, they were able to spend the long, holiday weekend in Wanamingo with friends and family. Then suddenly on Thursday, July 6th, a pseudo aneurysm burst in his liver giving

him sharp pain and internal bleeding. He was taken by ambulance back to St. Mary's for another embolization procedure to stop the bleeding vessels in his liver. He spent five days in the ICU again where his pain and breathing were giving him a lot of trouble. The doctors drained 3 liters of fluid from his lung cavity and he ended up needing a breathing tube to allow his body to rest from all the stress. Marshall stayed in the hospital from July 6th until July 21st. He underwent multiple procedures, scans, a chest tube, pelvic drain, and the upsizing of his abdominal drain.

Admission #4 was August 9th after the trauma team saw something they didn't like in the follow up appointments he had been to. Another lobe of his right lung was collapsed, white blood cells were elevated, kidney function was down, more build up of fluid in his liver, and his portal was not free

flowing. He had a chest tube as well as a liver drain put in to keep the fluid draining out and the pressure down as well as being put on an IV, and oral antibiotics were administered.

Admission #5 was August 29th, and he was in for another week. He went in because of chills and pain, and the doctors found a large build up of fluid around his lungs and liver again. He was given medication for the pain to help get it under control.

He had surgery on September 19, so the liver specialist could remove the dead tissue from the liver injury in June, and replace it with newly grow tissue from the lab. While they were doing the operation, they also used part of the regrown tissue to repair the gall bladder and diaphragm.

Marshall and Alyssa are happy to be back home but still aware they are not out of the woods yet. The risk of bleeding and infection remains high. They are praying the abdominal drain placed in his liver will be able to control the biloma he has but surgery is the next option. They are very grateful for all the thoughts, prayers, messages, and gifts from everyone.

There was a fundraiser for the Friese family. They sold tee shirts to raise money, and the response was overwhelming. For more information on donating much needed funds, please contact Erin at 507-202-8654. It is a great feeling to know that we as a community care about our neighbors, and we don't have to go through tragedies alone.

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Ski-Doo Blizzard 640 Race Sled; '71 Ski-Doo Blizzard 640 Triple; '89 Ski-Doo 583 Formula Mach I, 466 Miles, Race Sled, "Raced In 2023"; '71 Ski-Doo Elan Blizzard Factory Prototype, 246CC, 1 of 3 Ever Made, Factory Race Sled, Last Remaining Jacobson Rotax; '71 Ski-Doo Elan Blizzard 250 Race Sled, Original Condition; '90 Ski-Doo Safari 440, Electric Start, 3,223 Miles, Original; '73 Ski-Doo Nordic 640, Reverse, 716 Miles, Heated Bars, One Owner; '70 Ski-Doo Olympic Race Sled, Modified Engine; '77 Moto-Ski 454 Super Sonic Race Sled, Liquid Cooled, Studded; '85 Ski-Doo Formula Plus, 4025 Miles; '72 Ski-Doo Elan 250CC, Complete Sled; '70 Ski-Doo Olympic 335 Rotax Engine, Electric Start; 15+ Ski-Doo Parts Sleds; '89 Ski-Doo Formula MX; '70 Elan; '81 Citation SS Twin Cylinder; '70 Ski-Doo Olympic 250cc; '70 Ski-Doo Nordic 388; '75 Ski-Doo 440 Free Air Body

Ski-Doo NOS Parts, Used Parts, Advertising, Ski-Doo Related Items

'70 Blizzard Narrow Hood; (2) '71 Blizzard Narrow & Wide Hood; '70 Blizzard Single Cylinder Hood; '70-'71 Olympic Hoods; '80's Citation Hood; Ski-Doo Parts: Belly Pans, Cylinder Head, Chain Case Covers, Torque Converters, Boogie Wheel Suspension, Boogie Shaft, Clutch, Mufflers, Gears, Sprockets, Drive Wheels, Front Drive Axles, Hangers, 370 Opposed, Handle Bars, Trailing Arms, Crank Cases, Clutch Kits, Leaf Springs, Y-Pipes, Pistons for Blizzards, TNT, Single, Twin & Triples, Radiators, Seat Risers, Seats, Windshields, Track Clips, Ski's, Bumper, 640-775 Heads, Head Lifts, 454 Tracks, RV Tracks, 124" & 120" Tracks, Fly Wheels, Starters, 100 CDI Boxes, Fuel Pump, Recoils, and Gasket Sets; Rebuilt Engines, 400 Free Air, 400 Rotax, HA Rotax Single 250, 340 Free Air; 20+ Complete Engines; 25 Crank Shafts; Vintage Ski-Doo Posters; Ski-Doo Blizzard NIB Oil; Curtis Right Single Cylinder Engine; Maytag Twin & Single Cylinder Engines; Ski-Doo Memorabilia: Emblems, Decals, Oil Cans, Posters, Banners, Clothing, Sales Brochures, Helmets, Clocks, Toys, Ski-Doo Dressed Mannequin, 1980's Toy Formula XL Snowmobile

Case D5 Dozer, Farm Machinery

1970 Case D5 Dozer, 10' Hyd. Tilt Blade, Electric Start, Rear Hitch, 23" Tracks, ROPES, SN: 84H325; JD 500 Round Baler, 6x6 Bale; NH 477 Haybine, 7', 540PTO; Lorentz 7' Snowblower, 2 Augers, Hyd. Spout; MM 12' Grain Drill, Grass Seeder, Steel Wheels; Quick Tach Pallet Forks Fits 930 Cat Wheel Loader; Kovar 15' Pony Drag; 500 Gallon Stainless Steel Milk Bulk Tank; Allied 23' Bale Elevator, 3/4HP; H&S Single Axle Manure Spreader, 540PTO; 3pt., Shop Built Log Splitter; 300 Gallon Fuel Tank; Loadstar 125 AMP Generator, 30KW, PTO; Load Binders & Log Chains; Tractor Weights; Western Steel Wheel Road Grader



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Fire Safety Month

(continued from page 1)

Pictured on page 1 are the 29 men who serve as volunteers, without any compensation. They are all on call, 24/7. When an emergency arises, all of their pagers are notified, and they drop what they are doing and get to the scene of the incident as fast as they

can.

Of course, I had to ask where all the women were. I was told that this is not an exclusive department, and women are welcomed. There have been 3 women in the department over the years, but circumstances such as moving away have caused this to be, for now, an all male crew.

So, what are the duties of these men? There are about 160 calls per year. About 40 of them are non medical. The majority of the calls are medical emergencies, such as heart attacks, falls, finding someone unconscious, etc. Think 911. The rest of the calls are non-med-

ical and are fires, gas leaks, missing persons, traffic issues and storm watches. Anytime there is an issue that needs to be dealt with, call 911 and these guys will respond to your call.

They are required to take both medical emergency training, and fire training. They learn how to respond to anything that may be thrown at them through simulations, and Fire classes through Riverland Technical College. One business meeting is held each month, and one training session, using various techniques. A fascinating simulation is held in an apartment building in Wanamingo. The men either have their sight impaired by taping waxed paper over their helmets so they can't

see where they are going, or by using a smoke machine owned by the county and kept in Pine Island. The apartments are filled with fake smoke, and the responders have to find their way through the smoke to "save" the people in trouble. All members are fire certified, and the majority of them are also medically certified as Emergency Medical Responders.

The team hosts 2 events to raise funds for equipment and other needs. One is the Vintage Snowmobile Ride, held the first Saturday in March, and the other is the Fireman's Dance held on the 3rd of July in conjunction with the Wanamingo 4th of July Celebration. All are welcome to attend both events.

The Fire Fighters would like to say thank you to the local businesses and employers for allowing them to drop everything and respond when duty calls. They would also like to remind you all to shop local whenever you can, to show support back to those businesses who allow their employees to come when you call. They also are grateful to our local residents who support them financially through donations, and with words of gratitude for their efforts to keep us all safe.

Now that you know who they are, please thank them for the job they do, from the goodness of their hearts. They are dedicated, and a Brotherhood of sorts, and you can believe they have each others backs! Where would we be without them? Thanks, Guys, for giving us your all!

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Wanamingo High School Classes of '53 & '55 Celebrate Reunions

By Cheri Roshon

I have had the pleasure of writing for the Messenger for a year as of September, and have met so many of the community members because of this "job". You see, I have an insatiable curiosity about everything around me, and being a writer for the local papers encourages me to get out of my comfort zone and ask people I don't yet know questions about what is going on in their lives. And nobody questions why I want to know what's going on! It's a win/win situation, and I want to thank the Messenger staff for giving me to opportunity to meet you all! I have made many friends in the towns I write for, and feel

like I have been given the opportunity to help others in so many ways. I want to say thank you to all of you who have reached out to me for help in getting their news out to the public, and a special thanks to those of you who stop me on the street or at events to tell me how much you enjoy my articles. It means a lot to be appreciated!

One of the first articles I wrote was on the 69th Reunion of the graduating class of Wanamingo, last year. For me, it was a delight to be able to bring my mother, "Carly Carlson" to the event. As you may or may not know, I lived in Wanamingo until I was 6 years old. Most of my classmates have moved out of town, but the parents of those classmates are still getting together every year for a reunion, and to be a part of that was special to me, because I remember my mom's friends from way back when I was young.

This year, on September 13th, the Class of '53 met once again, and to our surprise, the class of '55 was also at JB's to celebrate their 68th reunion. We had a lot of fun, taking pic-

tures, and going back and forth between the tables to say hello, and find out what everyone has been up to. I was able to ask some of them where my classmates were living and what they were up to. The food was great, the company was so fun, and I must say, a good time was had by all! Because of the timing of the 2 reunions, you get pictures of both classes this year!

Someone brought the yearbook, so we all reminisced about the classmates who couldn't make it to the reunion, and the ones who are no longer with us. Norlene brought a

pamphlet from the 50th reunion in which she had written a poem about the 12 years of schooling they had to go through to get to graduate, and others brought a scrapbook and pictures to share. As you can imagine, there were lots of stories told, and a bit of teasing each other about high school antics. They shared stories about their first jobs, and their children's accomplishments. Telling stories about growing up in a small town never gets old, and I had my share of laughs as well. All in all, it was a really fun event!



The of '53 attendees Class are front row from left to right Dolly (Fredrickson) Upsahl, Joanie (Stockmo) Ring and Audrey Cordes. Back row are Norlene (Lawson) Josephson, Dewey Thompson, Dorothy (Satren) Thompson, Carolyn (Thompson) Nickell, Carly (Carlson) Johanson and Wesley Larson. Missing classmates are Jerry Kylo, Dexter Henschel and Kathryn (Anderson) Wright. Out of a class of 30 back in 1953, there are 12 remaining classmates.



The class of '55 are left to right; Ilene Groth Atarian, Harriet Amundson McGee, LaVonne Thompson Liljedahl, Shirley Hostager Herreid, Charlene Fredrickson Anfinson, Arvid Vangness, George Currier, Gary Bakko, Vonda Jackson Kelly, Bonnie Gresetth (sister of Vonda and was Vonda's guest)

Ask the Nutritionist



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the benefits of eating an apple each day. In my clinical practice, I love to present the ways that food can be used as medicine. Nutrition is designed for healing. Nutrition is the original health program. When you recognize what foods will provide the nutrients your body needs, you are on your way to managing your health well.

But where do you start? First, consider the current health symptoms that you are managing. How long have you had these symptoms? Have you considered that your symptoms may be related to what you are eating?

For example, many clients will mention they have acid reflux. Acid reflux is also called GERD or "heart burn" because of the burning sensation located near the heart, especially following meal time. Many medical doctors will recommend antacids such as TUMS or Rolaids, or will prescribe a medication to reduce stomach acid. However, too much stomach acid is not the problem. Not enough stomach acid is being produced. How can this be?

The problem is with the special muscle that connects your stomach with your esophagus. This muscle squeezes shut when stomach acidity gets high. If the stomach acidity is not high enough, it will resist closing. So the problem is not too much acid in the stomach, but not enough.

Additional reasons this muscle may not close properly include: a hiatal hernia, H. pylori infection, obesity, smoking, some medications, and some foods like chocolate, onions, or alcohol, which relax the muscle that is supposed to close.

When prescription medications are taken to stop the production of stomach acid there are side effects. The chemical path-

way to make stomach acid will be reduced, and the chemical pathway that makes energy for muscles can also be reduced. The energy pathway is affected by the same medication that slows down stomach acid production. In addition, lower stomach acid will increase the risk of bacterial infections coming through the digestive system. When the digestive system is working well with quality stomach acid then most bacteria are killed in the acidic stomach. A report from 2021 stated a 77% increased risk of dying from COVID infection among those who were taking prescription medication for acid reflux. Your digestion system has great defenses to keep you protected. You do not want to reduce these defenses.

Quality stomach acid is produced from foods that are rich in hydrogen. Fresh fruits and vegetables will provide much of what your body needs. Hydrogen and chloride will combine to make stomach acid that will be effective to digest your food. Good sources of chloride include – sea salt, rye, lettuce, celery, and olives. If you notice an event of acid reflux coming on, eat some stalks of celery, some olives, or drink some celery juice and notice if this resolves the event. If you do improve quickly, you know that your body needs more chloride to produce the necessary stomach acid.

Some additional ways to address acid reflux may include:

- 1 Tablespoon of Apple Cider Vinegar mixed in a large glass of water with a meal
- Eat some sauerkraut or drink some cabbage juice with a meal
- Eat some papaya with a meal
- Eat fresh pineapple with a meal
- Take a digestive enzyme supplement such as Betaine HCl with a meal

As we get older, the body decreases its production of enzymes. Digestive aids from various foods or supplements will help to keep the digestion strong. In order to get all the nutrients from your food, you need to have quality digestion.

I welcome your questions and enjoy the opportunity to discuss healthy options with those who reach out to me with questions.

If you would like to present a question for a future article please write to:

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

or send an email to: nutritionproportion@gmail.com

If you would prefer to meet for a personal consultation, you can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

Embracing Unity: Exploring the First Universal Law of Oneness



By Susan Hinrichsen
CHC, CLC, MC
susiecoaches@gmail.com

In the tapestry of existence, there exists a profound principle that transcends boundaries

and connects every facet of our reality—the First Universal Law of Oneness. This fundamental concept invites us to explore the interconnected nature of the cosmos and the potential impact it holds on our lives.

Understanding the Law of Oneness:

At its core, the law of oneness posits that everything and everyone in the universe is intricately interconnected. It's a perspective that goes beyond the surface of individual experiences, emphasizing the idea that we are all threads in the same cosmic fabric. This interconnectedness extends beyond the tangible world, delving into the realms of spirituality, science, and philosophy.

Spiritual Perspectives:

Many spiritual traditions across the globe embrace the concept of oneness. Whether it's the idea of a universal consciousness, a divine energy, or a collective soul, the essence remains the same unity. Recognizing this interconnectedness can lead to a profound shift in perspective, fostering compassion, empathy, and a sense of shared responsibility.

Practical Applications:

Beyond the spiritual realm, the law of oneness finds resonance in practical aspects of life. Systems thinking, an approach that considers the interdependence of elements within a system, mirrors the principles of oneness. From ecological balance to social dynamics, acknowledging our interconnected existence opens doors to holistic solutions and a deeper understanding of cause and effect.

The Ripple Effect:

Every action, thought, or event creates ripples that reverberate through the fabric of existence. Understanding the law of oneness implies recognizing the profound impact our choices have on the collective experience. It encourages mindfulness and a sense of responsibility for the energy we contribute to the interconnected whole.

Embracing Harmony:

As we delve into the First Universal Law of Oneness, we discover an invitation to embrace harmony. This isn't just a theoretical concept but a practical guide to living in balance with ourselves, others, and the world around us. It encourages a shift from individualism to a more collective consciousness, fostering a sense of unity that

transcends borders and differences.

In conclusion, in a world often characterized by divisions, the First Universal Law of Oneness serves as a timeless reminder of our interconnected existence. Embracing this principle offers not only a spiritual awakening but also a roadmap for creating a more harmonious and compassionate world—one where the threads of oneness weave a tapestry of unity.

If you find yourself inspired to deepen your connection with this universal truth and integrate it into your daily life, consider the transformative power of personalized guidance. As a life coach, I specialize in helping individuals navigate the journey of self-discovery, aligning their actions with the profound principles of oneness. Together, we can explore practical strategies to embrace harmony, unlock your full potential, and create a life that resonates with the interconnected rhythm of the universe.

Ready to embark on this transformative journey? Contact me at susanhinrichsen.com for a complimentary discovery call to explore how life coaching can be the catalyst for your personal evolution in alignment with the First Universal Law of Oneness.

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Schwab Family CSA

By Cheri Roshon

It is always fun to drive around southern Minnesota and see what I can find. Today was no exception. I had gotten wind of a CSA near Kenyon, and wanted to check it out. CSA stands for Community Supported Agriculture, and is a membership program that gives you lots of fresh produce and such, without having to grow it yourself. What? Fresh veggies, fruits, flowers, eggs and sometimes even meats, without lifting a finger? Sounds like a pretty great idea to me!

When I pulled into the driveway, I could see the ¾ acre garden, still with fall crops in the field.

There were chickens running around, and a bunch of raised beds for the smaller, less sprawling crops.

Flowers for the pollinators were still blooming, and it was a picturesque country scene. What a blessing to live and work in such a peaceful setting!

Sarah Schwab met me as I got out of my car, and we went up onto a huge front porch to chat about what brought her to this idyllic location. Sarah and her husband Andrew lived in Northfield where they were members of a local CSA. After living there for 14 years, they found out a friend was selling the property they now own, so they came out to take a look, and it was love at first sight. Sara remembers gardening with her grandpa back in Germany as a child, and had been gardening in Northfield for the past 18 years, so she was experienced in all the work that goes into raising crops. She and Andrew have 12 children, 10 of whom live at home and help with the everyday chores that come with such a large garden, so it's truly a family affair! While Andrew works at Lampert Lumber in Northfield, Sarah stays at home and not only works the farm, but also home schools her children, and writes a blog about her adventures. They named their farm Desired Haven, because that's what it is to them.

I asked Sarah why go CSA? She answered "I just want our farm to be a blessing to us and to others. Many people these days are wanting to learn about where their food comes from, and how it is grown. We also sell our excess eggs from our 50 laying hens, and we have 300 meat birds, too. Last year we had 4 lambs, and this year we have 10 turkeys and 4 goats." I had to ask if she milks her goats or makes the ever popular goat milk soaps and lotions, but she said not yet. The goats keep the weeds down in the pasture for now, so they, too, have their job to do.

They have 80 garden beds this year, and their goal is to sell 20 CSA shares next spring. A full share for a family for the season costs



\$600.00, and a half share is \$300.00. That's a pretty good deal when you think of the price of commercially grown food at the store, and you know this food is farm raised and fresh. There is something to be said about knowing where your food comes from! Each member gets a portion of the week's bounty. They come out to the farm to pick it up. Some of the items they grow are tomatoes, squash, green beans, flowers, broccoli, zucchini, cucumbers, lettuce, summer squash, cabbage, snap peas, kohlrabi, kale, peppers, radishes, herbs and carrots. "We tried to stick with the vegetables people have heard of and know what to do with", says Schwab. "We had a share in a CSA when we lived in town, and so frequently I would ask...what do I do with this?" There is something to be said for knowing what you are eating, too!!

I asked her what kinds of problems she has encountered in her endeavors. Last year, she was devastated when the farmer next door had his fields sprayed, and the drift from the spray accidentally made its way to the freshly planted crops on her farm. She said, "I just stood out there and cried. It killed all our crops." The farmer felt bad, too, and this year he sprayed his fields himself. So, she replanted everything and started over! This year's drought has brought issues as well. The bugs are really bad, and of course the produce needed extra water to survive the dry weather and higher than normal heat. Lucky for them, they have a large above ground pool to hop into when the chores are done for the day!

Being a farmer with crops and animals is a big job, but the Schwabs find time for fun, too. They love to go camping as a family, and



they go to plays that their 17 year old son is involved in. The kids also participate in the Kenyon/Wanamingo band.

If you are interested in a share of the CSA next year, you can contact Sarah at (507) 301-4869. She can answer any questions you may have, and give you all the details. You'll be on your way to a fresher and healthier kitchen experience!



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Windy Willow Farm Adventure

By Cheri Roshon



Where can you find 40 different activities to do in one place, outdoors, and a variety of classes and fun gifts inside? Answer.... 9748 110th St. E, Northfield MN!! I met Colleen and Chad Almen at the Farmers Market in Dennison one windy end of summer day. They were buying some of my freeze dried candy, and telling me about their newest adventure on their farm, just a few miles away. I was intrigued, as they have some classes coming up that I would love to attend. They asked me if I would be interested in consigning some of my candy, and I said yes! We made a date to get together in a few days so I could see the Windy Willow Adventure, and deliver the goods.

As I drew near to the farm, I began to see structures spread all over the acreage. A giant Corn Hole game stood out, as well as rows of tires, and so many things, you will have to go

see it for yourself! There is a large driveway into a parking lot that I found out will eventually be home to craft fairs and Farmer's markets.

The set up is well planned for expansion and new ideas.

This farm has been Colleen's home since she was born. Her family all live close to or on the adjoining properties, so it is a family business right from the beginning. Colleen and Chad have 2 daughters that help keep the business running smoothly, and of course their 3 year old official Junior Manager, Ruth! Ruth is the daughter of Colleen and Chad's oldest daughter, Kayla Ballstadt, and she is happy to answer your questions! Ashley Almen is also on staff to answer questions and help you find what you are looking for.

Outside you will find many activities to choose from. A few of the 40 different activities are the giant Corn Hole game, Hay rides, a corn maze, and friendly farm animals to visit. There are cows, sheep, goats, turkeys, ducks, pigeons, chickens, rabbits, pheasants and a pig. Colleen's mother used to be in charge of the Children's Barnyard at the Rice County Fair, and Colleen has carried on the tradition at the farm. It's a place where all ages can connect to nature, and have a fun day exploring all kinds of things. It is fun to show the youngsters where their food comes from. I like the sign out front as you come in. The motto is "Bridging the gap between urban and rural areas, through exciting educational fun!" That pretty much says it all!

Indoors you will find a large area with homemade goods, from cookies and bars, muffins and freeze dried candy, to kitchen essentials like towels, scrubbies and dishrags,



to paintings, crafts and jewelry. There are pet supplies, hair accessories, coffee mugs, lotion and soaps. Local honey and maple syrup, cheese curds and meat sticks top it all off. And believe me, there is a lot to choose from as a souvenir of your day! There are even farm fresh eggs. On busier days, there is a food truck available, and on the slower days, a hot dog cart and fresh movie style popcorn.

Classes include a Barn Quilt Painting class on Nov 5th, a Paint and Sip on Nov 9th, a DIY wooden Christmas centerpiece on Nov.16th, Porch Pot class on Nov. 30th and Dec. 2nd, and a wreath Building class on Dec 2nd, too. January will be a Pour Your Own Epoxy Charcuterie board, and more to choose from. See The website for more classes and costs

at www.windywillowfarmadventure.com, To contact them with questions about the events, etc, email them at windywillowfarmadventure.com, or call 507-581-9248 to schedule your next event. They have indoor and out-

door spaces for birthday parties, family reunions, church socials, field trips and family fun days. As you can see, they have a little bit of many things for you to enjoy.

As I was walking around the property, taking it all in, I met Cathy Franklund and her family wandering around looking at everything Windy Willow has to offer. I asked her if she had been here before, and she replied, "I've been watching the progress for 2 years, wanting to come and see it all in person. As you come up the road, you get excited because you know it's going to be a lot of fun!" And I could tell the 3 generations were all having a great time on the property. Another lady I talked to said she brings her granddaughter to the farm often.

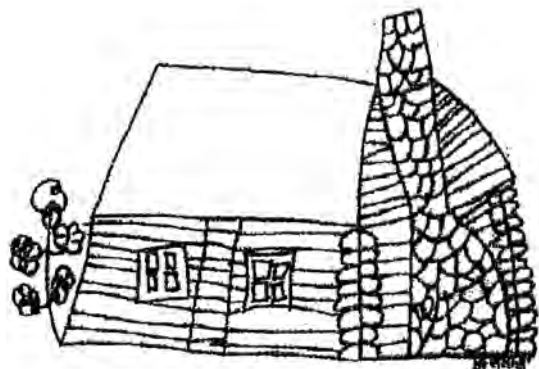
So, if you are looking for something to do to take advantage of our relatively short beautiful fall season, head over to Windy Willow Farm and see for yourself why once you visit, you will definitely want to go back, time and time again! And tell them Cheri sent you!

Harvest & Thyme Craft Show

Saturdays: September 30, October 7, 14, 21, 28

Sundays: October 1, 8, 15, 22, 29

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



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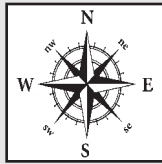
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Changes in Latitudes, Changes in Attitudes Memories of my Great Grandfather Norman



By Terry Campbell

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

My grandmother told me stories of my great grandfather Norman Campbell. His parents homesteaded our farm in the 1850's before Minnesota was granted statehood. When he was just a small child, the Dakota Indian uprising of 1862 took place. The story was that during this time in August of 1862, his parents kept the horses hitched to the wagon at all times fearing that they would have to flee to Rochester if news that the Indians were approaching. The horses remained harnessed with the buckboard packed and ready to leave at a second's notice if necessary.

The Minnesota Indian War of 1862 caused the greatest loss of civilian life of any one incident until the terrorist attack of September 11, 2001 in New York. The corruption of Indian agents withholding payments to the Dakotah tribe was the catalyst for the uprising. Trading post owners would take the funds to be distributed to the Indians per the treaty agreement, and claim as payment for past debts. Some years they withheld nearly all the money. When desperate Indians tried to buy food on credit, one trader told them to eat grass. He was one of the first killed in the

uprising of August 17, 1862. Little Crow the Dakota chief advised against the uprising but young braves were not dissuaded. Over the next couple weeks more than 800 settlers were killed in the New Ulm area as Indians attacked settlers farming there, before troops arrived and over powered the Indians. Thirty-eight Dakota braves were hanged in Mankato in December of 1862 for their part in the killings. Many of the settlers had been friends with the native Indians in western Minnesota and blamed the government for the war more than the Dakota Indian tribes.

There were more dangers lurking on the homesteaded farm one hundred and fifty years ago. One evening Norman brought the horses into the limestone barn which was cut into the hillside. As he went to scoop some oats out of the burlap bag sitting on the floor, he held the lantern up and saw there was a rattlesnake coiled up in the bag. Fortunately, he looked before he reached or I may not be telling this story here today. One afternoon in the late 1880's, Norman found a number of rattlesnakes sunning themselves on the rocks along the bluff on the north end of the farm. He took a stout oak branch and cudgled eighteen of the reptiles to death that day. His hunt must have been complete because I heard of no other rattlesnake stories on the farm. Never the less this story made quite an impression on me as a young boy and I explored the woods with a snakebite kit and my trusty .22 rifle.

My father also told of a story about Norman later in his life. He took the buckboard and horse to Mantorville one day for supplies and the hired man asked him to bring him back a plug of chewing tobacco and a bottle of whisky. One the way home Norman stopped by a number of the farms on the way and talked with the farmer and gave his horse a drink at the water trough under the windmill. As he visited, he would offer the farmer a nip from the bottle. After three or four such stops, he noticed the bottle was getting empty, so at the last farm he refilled the bottle from the hand pump and put the cork back in. The next time he went to town, the hired man asked him to buy the whiskey somewhere new because the last bottle was quite weak.

A Minnesotan: Trunk-or-Treat



By RosaLin Alcoser

With the exception of 2020, every Halloween since I graduated from college I have participated in Trunk-or-Treat in the church parking lot. Which I absolutely love taking a part in, mainly because I really love Halloween.

For those of you who might not know what Trunk-or-Treat is, it's when children go trick or treating in a parking lot, often at a church, during the day by going from car trunk to car trunk to get candy.

Ideally the people who set up a car trunk for the kids to go to have decorated said trunks for the children. Much like some people used to do to their yards or garages when I was a kid going out on Halloween night.

Even though I can't go over the top with a trunk like I remember some people doing with their houses I still try to get really into the decorating part. Last year I had bats and ghosts hanging all over my hatch back. This year I'm turning it into a 90's Halloween movie grave yard. Which completely isn't just an excuse to buy a plastic skeleton and dress it up.

It is completely an excuse to buy a plas-

tic skeleton and dress it up. His name is now Gary.

The first couple of years I was really just helping out a family member with their trunk but last year I started doing my own. Which is one of the real signs that you're moving up in the world is when you have to start doing or bringing our own thing to the event instead of being tagged onto someone else's.

I love helping at this event and the people running the event love me coming to help because I usually know or can guess what the kids are dressed up as. I for one remember that it was super important to me as a kid, and now, for the adults to know what my costume was when I was a child. Even in the event when I was the only one who knew what I was for Halloween it was still super important to me that people knew what I was without me explaining it to them.

It is starting to get harder for me to know what some of the character costumes from the newer shows meant for preschool and kindergarten aged children are as Halloween is slowly becoming the only time that I interact with children of that age. Anything that is a classic costume though I can identify nearly every time.



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My great grandfather Norman with his four hitch team of horses

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- ACROSS**
- Interest in a venture
 - *Popular DVR device
 - Hundredweight, acr.
 - All over again
 - Eucalyptus-eating marsupial
 - Store in a silo
 - Mountain goat terrain
 - *Xbox competitor
 - Libraryful
 - Dignified manner
 - *"The Da Vinci _____," best selling book of the 2000s
 - A-bomb particle
 - Levy
 - Like "something new" boutique
 - Beginning of sleeping disorder
 - Feline sound
 - Put to work
 - *Toyota Hybrid introduced worldwide in 2000
 - 1,000 kilograms
 - Play a part (2 words)
 - *2002-2004 zoonotic epidemic cause, acr.
 - Rich soil
 - China grass
 - Handy
 - *First ever recipient of Oscar for Best Animated Feature
 - Chronic drinkers
 - Post-it slip
 - Like #59 Down
 - *Pink's 2008 hit (2 words)
 - Break down
 - Dismissal or ejection
 - "Peace" with fingers
 - "Madame Butterfly", e.g.
 - First rate (2 words)
 - Sky's Major one
 - *Like Best Buy's Squad
 - Urban legend
 - Tons (2 words)
 - Relinquish, as in property
 - *Jennifer Aniston and Brad Pitt, after 2005
 - *American Girl _____ Kittredge
 - Doctor Dolittle, e.g.
- DOWN**
- Horse prod
 - *Popular DVR device
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 - Eucalyptus-eating marsupial
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