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NOVEMBER, 2023

Volume 17 • Issue 7

## Veterans Day in Kenyon-Wanamingo

Submitted by: Beth Giese, Superintendent

Veterans Day programs often include presentations, speeches, and activities that educate attendees, especially students, about the significance of the day, the history of the military, and the importance of freedom and democracy. It provides a valuable learning experience. *(continued on page 4)*

## Honoring Our Veterans who Defend Our Freedom

By Cheri Roshon

All over America, people are gearing up for Veteran's Day. As a way of honoring the brave men and women who have served and are serving our country, there will be parades, free meals for veterans, and activities showing gratitude for the sacrifices they made for us all.

Many small towns have their own memorials for the people who still live there, and those who died doing their jobs. Prisoners of war who have returned, and those still missing in action who did not. They, as well as their families who also endured the service of their loved ones, are recognized on this day.

I was tipped off by a former Messenger reporter that there was someone doing sand blasting for the Wanamingo Memorial one sunny October day, so I went to check it out.

*(continued on page 14)*



## Kenyon Sunset Home Plans for Future

There will be two meetings on Thursday November 9th presenting plans for the Sunset Home property. Rebound Partners, a Northfield real estate company will be holding a meeting at noon and again at 5pm to inform investors of the opportunities on the project. *(continued on page 4)*

## 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

• **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](http://threeriverscap.org) for more information.

*Do you have an announcement?*

Email:

[hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

## Christmas in Kenyon

By Cheri Roshon

Christmas in Kenyon is a magical time. Trees adorned with lights, and snow filled streets make this small town community shine! This tradition that community members and businesses have come to anticipate will spread the Christmas Spirit! We have a day filled with activities for children and adults that are sure to bring our community together this joyous time of the year. Following is a list of some of the events you can participate in, more items to be added, so be sure to check back periodically on the Kenyon website. Bring your family and friends to join in the fun! Happy Holidays from Kenyon Park n Rec! *(continued on page 4)*



## Smokin' Silverback



Ben Meyer

By Cheri Roshon

Ben Meyer lives in Wanamingo now, but he grew up in Kenyon. *(continued on page 13)*

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## Ephesians: "The Gospel & Implications"



By Colin Rueter

We all know that plans change. My plan this month was to walk through the book of Daniel. However, this will be my final article as my days of being pastor of New Life Church have come to an end. Yes, plans change and I rest in the sovereign hand of the same God that we have seen throughout the Bible, His grace, and the gift of growing faith that all His purposes are good.

My hope in writing these articles over the last two years was to see and hear about more people reading, engaging, and delighting in the word of God. As I reflect on that hope, I have seen God answer those prayers and I rejoice! In light of this being my last article, I have chosen to walk through a text in the New Testament, Ephesians. My hope remains that God's word will continue to bless you.

Ephesians: [ /i-fee-zhnz/ ] noun – A letter

written by a real man to real people in the 1st century.

The author of the text is the Apostle Paul written to residents in and around the city of Ephesus. This letter was likely written around 60–63 A.D.

### OVERVIEW:

Doctrine occupies the greatest portion of the Book of Ephesians. All too often those who teach from this book bypass all the foundational instruction and go directly to the closing chapter. The closing chapter emphasizes the warfare or the struggle of followers of Jesus. However, to benefit fully from this letter, one must begin at the beginning of Paul's teachings in this letter. Paul spends the first three chapters of the letter discussing God's creation of a holy community by His gift of grace in the death and resurrection of Jesus Christ. The members of this community have been chosen by God through the work of Christ before the foundation of the world, adopted as sons and daughters of God, and brought near to the Father through faith in His Son. All people with this faith—Jews and Gentiles alike—were dead in their transgressions and sins, but have been made alive because of the person and work of Jesus Christ. As followers of Christ, we must fully understand who God declares Himself to be and who is declares us to be. We must also become grounded in the knowledge of God's accomplishment in the gift of salvation. Next, our new existence and walk in Jesus must become exercised and strengthened. After laying out profound theological truths in the first half of the book, Paul made his purpose clear:

he expected that the community of faith (the Church) would walk in accordance with its heavenly calling (Ephesians 4:1). This must continue until we no longer stagger back and forth with every teaching and subtlety of men. As a result of the theological realities Christians accept by their faith in God, several practices should follow in their relationships within the church, in the home, and in the world. Paul's writing can be broken down into three main segments. (1) Chapters one through three introduce principles with respect to God's accomplishment. (2) Chapters four and five put forth principles regarding our present existence. (3) Chapter six aims to give principles concerning our daily struggles in this world as we walk by faith in Jesus.

### SO WHAT?

One of the reasons why I love this letter from Paul is the combination of truth and practical implications behind such wonderful knowledge. This often is our struggle as followers of Jesus – "How then should we live in light of God's word?" This text emphasizes the connection between sound doctrine and right practice in the Christian life. Far too many people ignore sound theology and instead want to only discuss things that are "practical." In Ephesians, Paul argues that theology is practical and in extension, practical living is fruitless unless you know Jesus Christ as Lord and Savior. To live out God's will for us in our lives practically, we must first understand who we are in Christ doctrinally. Simply put: right knowledge leads to right living which will lead to right worship.

Pastor John Piper says it well, "God is most glorified in us when we are most satisfied in Him!"

The book of Ephesians covers a wide range of moral and ethical behaviors, designed to ensure that believers are living up to our heavenly calling. However, for these morals and ethics to be exercised rightly, Christ must be the catalyst for the needed renewed heart and mind. Without faith in Jesus, the morals and ethics can easily become a 'new Law' which enslaves us, instead of living in the freedom that Christ has purchased for us to follow God's commands joyfully. As we continue in our faith from day to day and year to year, the temptation to become comfortable and content will always exist. However, Paul presents the gift of God in Christ and the benefits we receive so clearly that we cannot help but ask ourselves if our lives reflect that reality as they should. Have you been looking for life anew? Come to Jesus and find what you have been searching for.

Friends, it is my heart-felt desire to continue to help others take one step closer to Jesus. Therefore, as always, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me. Reach out to me via my personal email: niloc1214@gmail.com

Thank you for the opportunity to walk with you here through the truth and life of God's word! May God bless you, keep you, may He shine on you, be gracious to you, and give you peace through faith in the Lord Jesus Christ.



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*In [the ark] only a few people, eight in all, were saved through water, and this water symbolizes baptism that now saves you also. . . . — 1 Peter 3:20-21*

In our reading for today, the apostle Peter mentions Noah and the ark, which we discussed on October 4 (Genesis 8). Do you remember another story this month that also pointed to the ark? In Exodus 2 (Oct. 5), as you may recall, Moses' mother places him as a baby in a "basket," and the Hebrew word for that can also mean "ark." Moses' mother did this, in faith, hoping that her little boy would escape the murderous reach of Pharaoh, the king of Egypt (see Exodus 1:22).

In the New Testament, the apostle and fisherman Peter states that just as God rescued Noah and his family "through water" while other people were swept away in judgment, Christians are rescued from judgment by Christ's death and resurrection, which is symbolized in baptism. If believers in Christ are symbolically rescued (like Noah and his family) "through water" (baptism), then what is the "ark"? What is the vessel of God's rescue for us and indeed for the whole creation? It seems that this would be the church, the community of faith. Remember, baptism places us in the nurturing community of the people of God with its worship, prayers, sacraments, and fellowship. In this "ark" we are on the way to the resurrection and full life in God's renewed world.

*Lord, we praise you for the church, which, though it can be rocked by powerful winds and waves, is nonetheless piloted by you and is the place of your grace and salvation. Amen.*

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## Karen Elaine (Grothe) Freiheit

June 2, 1944 – August 2, 2023



Karen Elaine Freiheit, age 79, of Clinton, Missouri, passed away peacefully with her husband at her side on August 2, 2023. Karen was born to Obert and Gena Grothe at their rural Wanamingo, Minnesota farm on June 2, 1944. While

her sisters were graduating from Wanamingo High School and obtaining jobs away from home, Karen unexpectedly became in charge of household chores at the age of nine when

her mother passed away. The on-the-job learning curve was challenging, yet she swiftly adapted.

As a licensed driver at age 16, Karen's favorite Minnesota winter sport was blasting through country road snowdrifts with the family's 1954 Chevrolet. Such driving skills enabled Karen to be at work during inclement winter weather. She graduated from Wanamingo High School in 1962. She enjoyed math, Elvis Presley, roller skating, pet cats, bowling, dancing to old time music, traveling, playing card games with relatives and friends, and sunshine.

Karen met her husband Larry after being introduced to him in 1960 by her cousin, Marilyn Gronseth. Marilyn is married to Lavern "Pete" Freiheit, Larry's brother. Karen and Larry were married at Dale Lutheran Church on May 27, 1966. At that time, Karen worked for Northwest Airlines gathering statistics as a comptometer operator. During Karen and Larry's marriage, she was the loyal and steadfast "wind beneath his wings" that ensured all household and child raising requirements were met during Larry's flight

training and absences for military duty.

Karen was preceded in death by her parents, Obert and Gena Grothe, her sisters Sandra Grothe, Madelon (Leonard) Payne, and recently her brother Jerome "Jerry" Grothe. She is survived by Larry Freiheit, her beloved husband of 57 years, and their children, Dr. Stacy (Scott) Freiheit-Olson and son Kirk (Kelli) Freiheit. She is also survived by two grandchildren: Anders (Deidree) Olson and Lars Olson.

Special thanks go to the Overland Park Regional Medical Center Intensive Care Unit (ICU) in Kansas City, KS for providing the best care possible for Karen's simultaneous battle with Covid and pneumonia during her final days.

A Celebration of Life service was scheduled for 1:00 p.m. on Saturday, November 4, 2023 at Dale Lutheran Church, south of Wanamingo, MN

## Frederick Jesse Halvorson

Frederick Jesse Halvorson, 90, passed away peacefully on Wednesday, November 1st at his home in Wanamingo. Fred was born on March 10, 1933, to C. Fredrick Halvorson and Jessie (Dimick) Halvorson. He was raised on the family farm outside of Wanamingo. After high school, he joined the



peacefully on Wednesday, November 1st at his home in Wanamingo. Fred was born on March 10, 1933, to C. Fredrick Halvorson and Jessie (Dimick) Halvorson. He was raised on the family farm outside of Wanamingo. After high school, he joined the

Air Force and was trained as an electrician. He enjoyed traveling and was stationed in Texas, Japan, Georgia, Maine and Greenland. While stationed in Albany, Georgia he met his wife, Elise (Mock) Halvorson. They were united in marriage on December 4, 1954. After service, they moved back to the family farm by Wanamingo where they raised their two sons, Fredrick and Kyle. Fred spent most his life as a dairy and cash crop farmer. He was a member of Wanamingo Lutheran Church and served on the board for both the church and the cemetery. Fred enjoyed being outdoors, fishing, watching the local sports teams, and spending time with his grandchildren and great-grandchildren.

Survivors include his sons Fredrick (Brenda) Halvorson of Cannon Falls and Kyle (Jody) Halvorson of Wanamingo; grandchildren Corey (Mike) Lande, Tucker (Anna) Halvorson, Tyler (Bettina) Halvorson, and Christopher Halvorson; and great-grandchildren Leon Halvorson, Claire Halvorson, Viveca Lande and Maeve Lande.

He was preceded in death by his wife, Elise; parents, C. Fredrick and Jessie; brother, Wallace Halvorson; sister, Gretha Loken and brother-in-law, Obert Loken.

The memorial service will be 1:00 p.m. Friday, November 10, 2023, at Wanamingo Lutheran Church, with Pastor Dave Sorenson officiating.

Visitation will be one hour prior to the service at the church. Memorials will be donated to the Wanamingo Cemetery Fund.

Online condolences are welcome and may be shared at [mahnfamilyfuneralhome.com](http://mahnfamilyfuneralhome.com).

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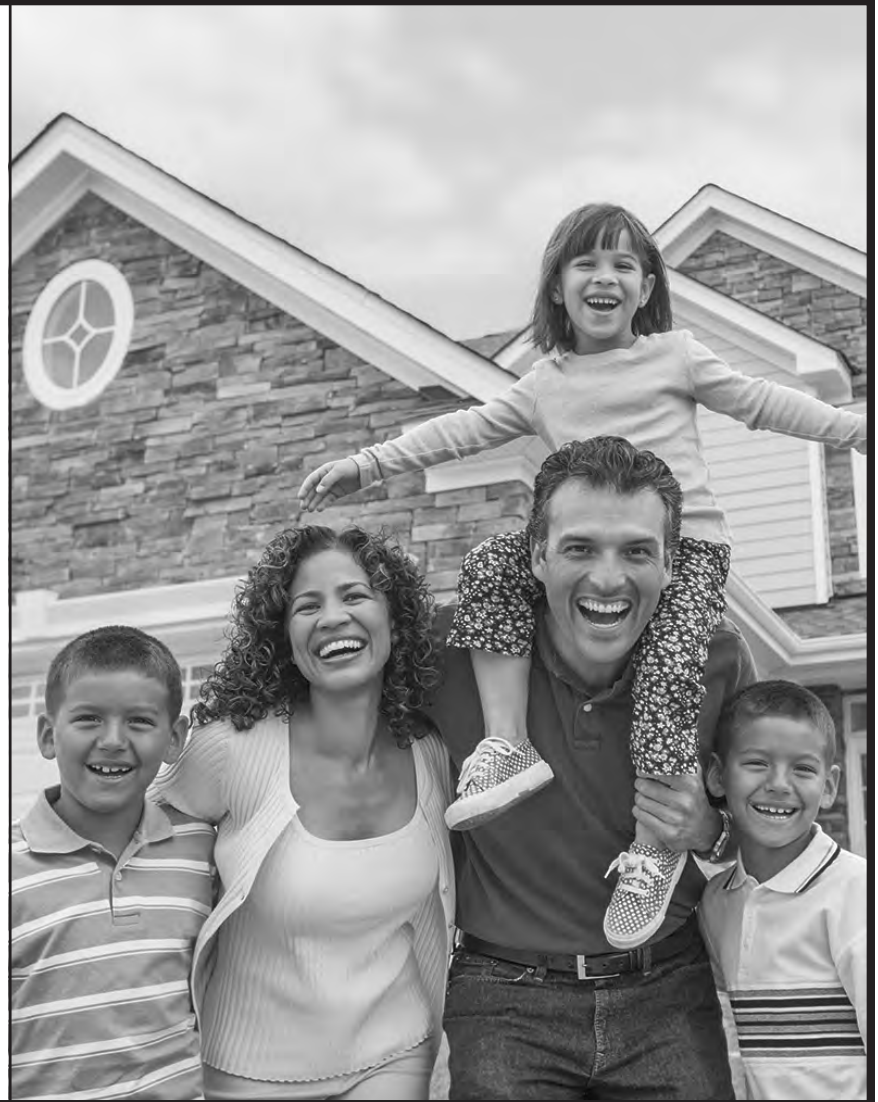
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## Letter from the Superintendent

### The Cross Subsidy



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

This year the legislative session has had a lot of conversation around the “cross subsidy”, but what does that mean for Kenyon-Wanamingo?

A cross subsidy refers to the financial gap

### Christmas in Kenyon

(continued from page 1)

- Crafts, games and activities for the kids at the library from 9 to 12
- Bloody Mary bar and Mimosas at VFW 10 to 1
- Craft Vendor event 10 to 3
- Horse and Wagon Rides 3 to 5
- Visits with Santa
- School Carolers throughout the town
- Shop Local Stores
- Food trucks
- Letters to Santa drop box
- Gunderson House cookie sales/tours 10 to 1
- Cookie frosting and games at Catholic Church 12 to 2:30
- Wine Tasting 1 to 3 (depot fundraiser)
- Gift Wrapping (pool fundraiser) 1 to 3
- Community Tree Lighting Ceremony 5 pm
- Lighted Parade (after tree lighting)
- Music at Mui 8 to 12
- Gingerbread House Contest at Angie's
- All this conspires on Saturday, December 9, 2023 from 9 am to 11:59 pm!! Dress warm and come on out to see your friends and neighbors. and Happy Holidays to all!!

or deficit that can occur in a school district's budget when the costs of providing special education services exceed the funding allocated for those services. In other words, it's when a school district has to use a portion of its general education funds to cover the additional costs of providing services to students with disabilities. The cross subsidy amount for K-W is \$845,200 (FY23 special education revenue \$948,946 and FY23 special education expense \$1,794,146).

As school districts strive to balance their budgets and address funding gaps, there's a growing trend toward inclusive classrooms that benefit all students. Inclusive education fosters a sense of belonging, promotes and encourages collaboration among students of varying abilities. It reinforces the idea that every student has unique strengths and talents to offer, creating a richer learning environment.

### Veterans Day in Kenyon-Wanamingo

(continued from page 1)

Please join Kenyon-Wanamingo School in their special Veterans Day programs.

**November 10th at 10:00am in Kenyon at the High School, guest speaker will be Ray Ades.**

**November 10th at 1:00 pm in Wanamingo at the Elementary, featuring numerous student speakers and musicians.**



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Position open until filled.



All schools, including Kenyon-Wanamingo, face financial constraints due to cross subsidies. This has brought on an innovative spirit in our schools. New teaching methods, technological advancements, and adaptive materials are just a few creative ways to meet the individual needs of students with disabilities. The good news, these practices benefit all students!

The special education cross subsidy has not only sparked innovation and inclusivity but also encouraged advocacy for increased funding. I personally have testified at the Capitol, advocating for increased special education funding, improving cost-efficiency, and implementing more inclusive educational practices. Parents, educators, and community members have also united to call for a fair allocation of resources to support students with disabilities. As a result, during the 2023 Minnesota legislative session, school districts will now receive 44% of the cost of a student's services.

While cross subsidy challenges can be

tough on superintendents and school boards to balance, its impact has been far from negative. Kenyon-Wanamingo's commitment to providing every student with an equitable education has inspired positive change in which all students can thrive, regardless of their unique needs.

Interested in touring our special services department, send me an email [bgiese@kw.k12.mn.us](mailto:bgiese@kw.k12.mn.us)

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### Kenyon Sunset Home Plans for Future

(continued from page 1)

The meetings will take place at the Sunset Home site. There are six separate properties involved in the development. They intend to repurpose the facility which was closed last fall. The Kenyon Gardens will include sixteen units in 2br/1bath and 1br/1bath configurations for market rate apartments. The Kenyon Suites will consist of four suites for the 55 and older demographic with two 2br/1bath and two 1br/1bath rentals. The Kenyon Pioneer Apartments will remodel the property into twenty-five units including studios, 2br and 1br housing. The Kenyon Inn will be five VRBO style units for extended stay rentals. The Kenyon Manor will renovate the historic home into three separate residential units. They will continue to rent the Kenyon Clinic to Northfield Clinics.

The group involves the Security State Bank of Kenyon, Profinium Bank of Owatonna, Rebound Real Estate of Northfield, G & H Properties of Faribault and NCC Builders of Northfield.

The total project is estimated to cost \$6 million including the cost to acquire the property of \$1.4 million. They are looking for local partners with a minimum investment of \$50,000 and an anticipated annual return on investment of 13.67%.



**K-W Noble Knights of the Week for October 13, 2023**

Front Row: Brandon Swan, KG, Ms. Madi Andrist; Reyna Dressel, KG, Mrs. Tanya Short; William Cato, KG, Mrs. Katie Valek; Aiden Dressel, Gr. 1, Mrs. Katie Benbrooks; Finnley Butterfield, Gr. 1, Mr. Tony Donkers; Riley Falenschek, Gr. 2, Mrs. Deb Hinrichs. Back Row: Nathan Barraza, Gr. 2, Mrs. Megan Jordan; Tarynn Houglum, Gr. 3, Ms. Val Ashland; Natalie Bauer, Gr. 3, Ms. Sandy Sahl; Macey Fitcher, Gr. 4, Mrs. Chloe Gohman; Keeton Luedtke, Gr. 4, Ms. Rhonda Thesing



**K-W Noble Knights of the Week for October 27, 2023**

Front Row: Wyatt Bredidall, KG, Ms. Madi Andrist; Olivia Ramirez, KG, Mrs. Tanya Short; Ava Cline, KG, Mrs. Katie Valek; Adeline Baalson, Gr. 1, Mrs. Katie Benbrooks; Mae Bakken, Gr. 1, Mr. Tony Donkers. Back Row: Jade Wrolson, Gr. 2, Mrs. Deb Hinrichs; Brookelynn Cato, Gr. 2, Mrs. Megan Jordan; Hudson Otte, Gr. 3, Ms. Sandy Sahl; Jaxsyn Bauer, Gr. 3, Ms. Val Ashland; Olivia Lerfald, Gr. 4, Mrs. Chloe Gohman; Madeline Engen, Gr. 4, Ms. Rhonda Thesing

## Congratulations!

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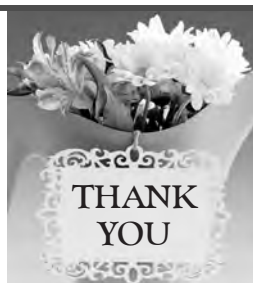
**K-W Noble Knights of the Week for November 3, 2023**

Front Row: Thomas Thoreson, KG, Ms. Madi Andrist; Milo Feist, KG, Mrs. Katie Valek; Paisley Ryan, Gr. 1, Mrs. Katie Benbrooks; Neil Ellingsberg, Gr. 1, Mr. Tony Donkers; Eli Otteson, Gr. 2, Mrs. Deb Hinrichs. Back Row: Luka Noney, Gr. 2, Mrs. Megan Jordan; Adeline Prondzinski, Gr. 3, Ms. Val Ashland; Maya Ramirez, Gr. 3, Ms. Sandy Sahl; Emmett Peterson, Gr. 4, Mrs. Chloe Gohman

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## Down on the Farm/ Up at the Cabin Farming Adventures: Single, Middle-Aged, Female Suburbanite Wants to Start a Hobby Farm

By Claudia Vanderborcht

For years, friends and acquaintances had encouraged Monica to write down the saga of starting a farm from scratch – with no experience or knowledge – just a love of learning and adventure. Well, here it goes.

Monica taught elementary school in Apple Valley for 28 years. Additionally, she worked as a Navy Reserve Analyst for 21 years – nearly five of those years deployed to Tampa, Norfolk, and Qatar. In 1999, after purchasing a Jeep Wrangler, Monica joined a 4WD club and – under their tutelage – explored off-road trails in several states (once disemboweling a shock on some rocks). She also owned several motorcycles and, taking advantage of the school summer vacations, explored 49 states on motorcycle (all but Alaska). Once, she even jumped out of a perfectly good airplane (once was enough). It was time to delve into an entirely new adventure.

Claudia, Monica's sister, moved from Minnesota to Vermont, to Massachusetts, to northern New York, back to Minnesota, and finally

now to Wisconsin. She has worked as a high school science / math teacher, a secretary, an analyst for pharmaceuticals, delivered newspapers, wrote articles for kids magazines, started a tutoring service, and – semi-retired – substitute taught at local middle and high schools. Claudia was up for a new adventure at any time.

Monica was a bit envious of her teacher colleagues who would go to the cabin on weekends. But maintaining a second residence several hours away from her Farmington home just didn't appeal to her. What Monica really wanted was a "cabin" that she could live in full-time while continuing to work in Apple Valley. But what to do?

The options were endless! Monica motorcycled around that summer asking God, "Now what? Travel? Join a club? Come up with a new hobby?"

"Stay home and dork around..." was the only answer she got.

Yes, God talks to Monica in the vernacular, so she started thinking about what "staying at home and dorking around" might mean. Having several years before she could retire, to move and to commute was a issue.

There were a few things that were immediate, important considerations: a 45-minute commute to Apple Valley, a location east of 35W (Monica – a mosquito magnet – heard that the limestone geography east of 35W inhibited mosquito breeding), two miles off asphalt (keeps the riff-raff away), a four-bedroom split-entry house with a two-car attached garage. 20 acres (probably beyond the budget) with some open pastureland and some woods would be nice; interesting



topography (not flat, but not crazy-steep either). And some kind of outbuilding. Quite the wish list to say the least!

Hunting for the perfect farm was an adventure in and of itself ... a story for another day.

But there it was: 20 acres with a house and a 40' x 90' pole building, pasture and woods, in Wanamingo township. Once a hog farm, now completely overgrown. But the house and pole building had "good bones" and it was just within the budget. A year later, Claudia came to help on the farm. Quickly, we all learned some important lessons:

It is not a hobby farm. It is a small farm. (You cannot take tax write-offs for capital

improvements if you call it a hobby farm.)

Goats are naughty. They will always find their way out of the fence and into the neighbor's cornfield. Or your sister's garden. Always.

Fence posts must be pounded in all going the same direction. Stringing the electric fencing will be so much easier that way.

Be prepared for numerous donations from the family cats: dead (or not) voles, mice, chipmunks, gophers, birds, an occasional rat, and (too frequently) vomit.

(continued on page 7)

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## Down on the Farm/ Up at the Cabin Farming Adventures: Single, Middle-Aged, Female Suburbanite Wants to Start a Hobby Farm

(continued from page 6)

Even small Dexter cattle can hurt you if they all want to go through the same opening at the same time and you don't jump out of the way fast enough.

Convincing the county that you are – indeed – going to farm the property (to pay \$40 in-

stead of \$500 for a building permit) may require some convincing.

The disgusting smell from the corner of the barn is not a skunk. The chickens are hiding their eggs again.

Cheap, suburban cell phone service does not work well down on the farm. It would be far more convenient researching goat bloat in the dry, cozy barn than sitting on an ATV at the top of the hill in the rain.

Dirt is a color. No matter what color your car is, by the time you get home after the car wash it will be the color of dirt.

If you are going to have livestock, you need to accept the fact that you will have dead stock.

You don't know what you don't know. And we didn't know much about anything.

But farmer neighbors are great – answering innumerable questions, herding livestock home with the ATV, winching the skid loader



2019 Scooby babysitting goats



out of the spring mud, or simply sharing a cup of coffee and a piece of pie at their kitchen table. Thank you, my friends.

Next time: Buying a farm is a bit different than buying a suburban home in Farmington.

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'05 JD 4920 Sprayer, 2634 Hrs, 120' Booms, 1200 Gal. SS Tank, 380/105R50 Tires With Rear Duals, SS Boom Lines, Full Boom Breakaway, 5 Way Nozzle, 20" Spacings, 5 BoomTrac Sensors, Brown Box Rate Controller, 2 Cameras, Hi Flow Hyd. Pump, Green Star Ready; Demco Side Quest Saddle Tanks, (2) 350 Gallon Tanks, Hyd. Pump, Off JD 8000 Series; Ag System AG116 2000 Gal. Liquid Tender Tank, Tandem Axle Trailer, B&S Transfer Pump ; B&B 1350 Gal. Liquid Tender Tank, Tandem Axle Trailer, Honda GX160 Transfer Pump, Chem Inductor, Platform

**JD 9770 STS Combine, 608C StalkMaster, 635F Air Reel Bean Head**  
'09 JD 9770 STS, 1821 Sep/2605 Engine Pre-Harvest Hrs, Contour Master, 710/70R38 Duals, Green Star Ready, Bullet Rotor, Rock Trap, Chopper/Spreader, Fore/Aft, Estes Concave Kit, Hi Torque Variable Speed Feeder House, Deluxe Hyd. Controls, Bin Topper, 2 Cameras, Yearly Inspection, Clean ; '10 JD 608C StalkMaster, 8R30", Chopping Head, Stubble Lights, Hyd. Deck Plates, Contour Master, Row Sense, Updated Gear Boxes, Stalk Stomper Bar; '11 JD 635F Bean Head, Crarry Air Reel, Full Finger, Stubble Lights, Poly Skids; Stud King MD38 Trailer, 38", Tandem Axle, Brakes

**JD GPS Equipment**  
JD GS3 2630 Display, AutoTrac SF2, Row Sense, Section Control; JD GS3 2630 Display, AutoTrac SF1, Section Control; (2) JD Starfire 6000 Globes, SF2 & SF1; JD Starfire 3000 Globe, SF1  
Terms For Live & Online Auction: Cash, check, credit card. All sales are final, selling as-is, all items must be paid for day of auction. Buyers premium for online bidding only.

**'23 Tipte Super Hopper, IHC 8600 & Volvo Semi Tractors**  
2023 Tipte Super Hopper Grain Trailer, 40'x96"x66", Ag Hoppers, Air Ride, Aluminum Rims, 24.5, Elec. Roll Tarp, Like New; '10 IH Trans-Star 8600 Semi, Maxi Force 13 450HP, 10 Sp., 22.5, Wet Kit, 350,000 Miles, Aluminum Rims, Fresh DOT, Clean ; '92 Volvo WIA64TES Semi, Sleeper, N14 Cummins, 9 Sp, 22.5, 502,000 Miles, Fresh DOT

**JD 2210, CIH 730C, Tillage Machinery, Support Equipment**  
JD 2210 FC, 50.5', 2 Bar Harrow, Rolling Basket, Floating Hitch, 200lb Shanks, 7" Knock-On Swoops, One Owner; CIH 730C Ripper, 7 Shank, 30" Spacings, 22" Blades, Rear Levelers ; Rite Way RR900 ST Rock Picker, Hyd. Reel & Dump, Hyd. Hitch, One Owner ; IH 800 Flex Plow, 10 Bottom, Buster Bar, Auto Reset, On-Land ; White 273 Rock Flex Disk, 25", 9" Spacings; JD 120 Stalk Chopper, 20", 4 Wheel Trans., 1000PTO; Shop Built 40' Tool Bar Applicator, 16R30", Yetter Coulters, 500 Gal. Poly Tank, Hyd. Pump, Lift Assist Wheels, Micro Controller Auto Rate

**Super B Grain Dryer SQ20, Brent Grain Cart, Westfield Augers**  
'09 Super B SQ20 Grain Dryer, 2250 Pre-Harvest Hrs, Quantum Heat/Cool Dryer, (2) 10HP Motors, LP Gas, 10 Column, March 1, 2024 For Removal ; Brent 882 Grain Cart, 1000PTO, Roll Tarp, Camera, 30.5-32 Tires, One Owner; Dicky John GAC2100 Digital Moisture Tester; Westfield W130-71 Auger, 540PTO, Hyd. Lift; Westfield MK130-71 Plus Swing Hopper Auger, Hyd. Lift; Westfield WR100-41 & WR100-31 Grain Augers, 10HP ; Westfield WR80-61 Grain Auger, 7.5HP ; Westfield 8"x28" Auger, 10HP; Sudenga 8"x14" U-Trough Auger, 3HP

**Ford 555D Backhoe/Loader, (2) White 2-105 Tractors, Other Farm Machinery, Skid Loader Attachments**  
Ford 555D Backhoe/Loader, 4WD, 1585 Hrs, 2nd Owner, Extenda Hoe, 18.4x24 Tires, 24" Hoe Bucket, 88" Loader Bucket, Down Riggers; White 2-105 2WD, 4795 Hrs, 2nd Owner, 3pt., PTO, 3 Hyd., 18.4x38 Tires ; White 2-105 2WD, New Cab Kit, 3pt., PTO, 3 Hyd, 18.4x38 Tires ; Farm King 96" 3pt Rear Blade; NH 420 Small Square Baler; 96" Straight Blade Snowplow, Skid Loader Plate ; 3 Spade Tree Spade, 24", Skid Loader Plate; 20" Stump Bucket, Skid Loader Plate ; Pallet Forks, 42", Skid Loader Plate ; H/H Tree Puller, Skid Loader Plate; 72" Grapple Bucket, Skid Loader Plate; 80" Land Plane, Skid Loader Plate; Howse 7 Brush Mower, 3pt., 540PTO

**GMC 2500 Diesel, Chevy Trail Blazer, Fuel Caddy & Tanks, Pressure Washer, JD 997 Mower**  
'02 GMC Sierra SLE 2500HD, Duramax Dsl, 4x4, Auto, Extenda Cab, New Tires, 122,000 Miles, Gooseneck Ball ; '07 Chevy Trail Blazer LT, 144,000 Miles, Auto, Leather; JD 997 Zero Turn Mower, Dsl, 7Iron Pro 72" Deck, 559 Hrs; 300 Gal Fuel Caddy, Trailer, 12 Volt High Flow Pump; (2) 1000 Gal Diesel Barrels, 35GPM Pump & Gas Boy Pump ; Alkota 418X4 Hot Water Pressure Washer, 1800PSI, 4GPM, Wheel Kit ; Viking 30 Ton Shop Press; Lincoln PowerMig 225 Wire Feed Welder; 3T Floor Jack; 20T Bottle Air Jack; 50' Tow Rope; Hi-Lift Jack; 21' 3/4" Log Chain; Radar Gun; (2) 12.5-15 Tires On Rims; 11L-15 Tire On Rim; Schumacker Battery Charger

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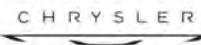


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## Smokin' Silverback

(continued from page 1)

His mother, Cindy, was a cook when he was growing up, so I guess you could say that the restaurant business is in his blood!

I stopped in to the Smokin' Silverback to see what it has to offer. Located in Owatonna at 1832 South Cedar Avenue, it sports a large dining room with booths, tables and high tops. We placed our orders at the counter, and our meal was served to our table by a member of the front end staff in good time.

Suelaine Krosch was the front end operator that day, and took our order. She was very helpful with the questions we had about the menu, and also gave great advice on what to order. She encouraged us to try samples of the sides they serve, and everything we tried was quite tasty. A variety of BBQ sauces -- original, sweet, spicy and jalapeno bourbon sauce were offered that day.

Mac McGee, the kitchen manager, was busy in the kitchen getting special sauces conjured up for the Taste of Owatonna that was being held that weekend. He wasn't too busy to take time to answer questions about the sauces, and I could tell he takes pride in his work.

Smokin' Silverback offers a wide variety of menu items, several sides and drinks. Sounds like soon they will have a license to serve some beer with interesting names! So, head over to Owatonna for a taste of BBQ that you won't soon forget!



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## Honoring Our Veterans who Defend Our Freedom

(continued from page 1)

There I met James Schaefer. James has been sandblasting the names of our veterans into stone plaques for over 30 years. It is a very tedious job, and one he is proud to do. His father served, and he is proud to be a member of the Sons of the American Legion. As he prepared the stones, he told me that he is from Altura, and travels around to many small communities to enter the names of men and women and the years of service they they gave, to be forever emblazoned for generations to come.

He gave a bit of history that I would like to share. The memorials were started by the VFW (Veterans of Foreign Wars) to honor military service of all kind, and of all ranks. All the money for the gardens is acquired by fundraisers. No money comes from our government, or from our taxes. The gardens and spaces are all built and cared for by volunteers who care, and are proud to do their part, whether pouring cement, planting and weeding flowers, or caring for the site.

I was asked to choose one veteran from Wanamingo and one from Kenyon for this article. John Tiller and Mac McDonald were the ones I chose. Every soldier has a job to do, and they are trained to do it well. Each has a story to tell. When you think of being in a war, sometimes the building blocks of living on a base in a war zone escapes attention. These 2 men served their country in different ways, and both had some stories to tell.

Michael (Mac) McDonald lives in Kenyon, and served in the U.S. Army from 1969 to 1972. His job, or MOS as it is called, was Crew Chief of a Huey helicopter. When the helicopter (bird) was on the ground, he took meticulous care of it, doing maintenance and making sure it was safe and ready to fly. In the air, he was a door gunner in Vietnam from 1970 to 1971. His company was called the Ghost Riders, and their mission was to insert and remove troops into the bases, and to bring supplies, rations and ammo to the operations on the ground. They flew from base to base around the country, bringing what was needed.

I asked Mac if he was drafted, or if he enlisted on his own. "My father was a World

War 2 veteran, and suggested I join up on my own and enroll in aviation mechanics, and learn a new trade while I served. He thought it would be a safer job than ground combat." Now, Mac is involved in several different military organizations, and helps with the celebrations and parades, and does whatever he can to honor his brothers and sisters that served and are still serving. He encourages everyone who has an interest to find an organization to join to help with programs, parades, and other tributes to our troops.

John Tiller lives in Wanamingo, and at 93 years of age is a wealth of information on many historical subjects. He served as a Corporal in the U. S. Army in the Korean war from 1951 to 1953. He began and completed his infantry and engineer basic at Fort Leonard Wood in Missouri, and learned the electronics trade. On his base, men were trained to build the facilities the troops overseas were based in. His company learned engineering, explosives and bridge building, all necessary to build military bases that housed the troops. On the base, there were "stores" of electrical, plumbing and supplies. After basic training, he travelled on a troop ship to Korea, and started building the base he served on. It is an interesting fact that the Korean war was the last to use troop ships to get the guys to their destinations. After that war, airplanes were used instead. John says, "When I arrived, the engineer supply base GI's were housed in tents. We set to work constructing housing, and moved into them. the 552nd engineer supply base was huge, and the facilities group I was a part of had quite a job keeping all the lights on."

Another fact John shared was that the Korean war was the first war that the men weren't segregated because of race. The men all worked together as equals for the first time in history. The Korean men also worked alongside our troops, doing all kinds of chores to assist our men. They had "house boys" who were paid to sweep, clean, and do laundry. There were trained mechanics, and drivers, and men who knew the terrain. We worked together to win the war.

Both of these men were very humble when they shared their stories. I enjoyed listening to them recount some of the activities they were involved in, and what they learned while serving. One thing both men encouraged was to be a part of the programs that are put on to honor our veterans, and to volunteer when you can to be a part of the history of our country. Even if many of us weren't directly serving in a military fashion, we can still join groups that still serve to remember the sacrifices our relatives and friends made when they were needed.



Kenyon will be having a presentation at the Middle High School on November 10th at 10 am. Ray Ades will be the speaker for this event. Wanamingo will be doing the program at the Wanamingo Elementary School at 1 pm. Both events are open to the public. The Kenyon/Wanamingo VFW and Honor Guards will be hosting a pancake breakfast from 7 to 9 at the Wanamingo Community Center for a free will donation on November 11th. Be sure to visit the Memorial Gardens

in both towns to see the new plaques, and if you care to have your name or that of a loved one engraved onto a granite plaque, there is information on that in the info-tubes on the Memorial grounds.

Please always remember to honor our Veterans, and say thank you when and how you can. All the Vets in our area say thanks to their communities for supporting their efforts to remember those who have served. Happy Veteran's Day!

### Wanamingo Landfill to Close

WANAMINGO - On November 19, the Wanamingo Demolition Landfill will no longer accept demolition debris, appliances, recyclable products or any other disposal materials. The Minnesota Pollution Control Agency (MPCA) has proposed a rule revision which would increase operational costs and liability for the landfill. After discussions with the MPCA, Goodhue County has determined the best path forward, at this time, is to permanently close the Wanamingo Demolition Landfill. The county is evaluating other options for the future to accommodate the disposal of demolition materials.

Demolition materials may be disposed of at the following locations:  
 Red Wing Solid Waste Campus - 1873 Bench St., Red Wing, MN 55066  
 Olmsted County (7401 19th St. NW, Rochester, MN 55901)

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*Thank you*  
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## Coffee: Pros and Cons



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

In last month's article, I presented the concept that food can be used as medicine. I presented some ideas for managing acid reflux. In that article, I mentioned that coffee can be a trigger for acid reflux. So how does coffee relate to nutrition? What are the positive aspects of coffee and what are the negative considerations? Can a person use coffee as medicine?

First, a little history. As reported by Tori Avey in "The Caffeinated History of Coffee," the first reports of coffee originate around Ethiopia and Yemen. The ripe coffee fruit is red, and the coffee bean is the seed of the fruit. Roasted coffee beans were first produced by Arabs and the Arab community had control of the coffee market until the Dutch

were able to acquire some seed and start plantations around the world. In 1773, when Americans were revolting against the tax on tea, coffee became the acceptable, patriotic choice.

According to the National Coffee Association, more than 65% of Americans drink coffee each day. The average American consumes just less than 3 cups of coffee per day. The United States is the top coffee consuming country in the world with coffee being the first-choice beverage over tea, soft drinks, and juice. Berkeley, California wins the prize for the most coffee shops according to ApartmentGuide.

So, with all this coffee consumption what are the PROS or CONS of coffee consumption?

PROS –

- Moderate coffee consumption (1 – 4 cups per day) is linked to longer life
- Decreased risk of liver cancer
- Decreased risk of Parkinson's disease
- Improved clarity in thinking
- Improved regularity of bowel movements

CONS –

- Inflammation (measured as CRP) can increase with more than 1 cup of coffee per day
- Heart and neurological challenges among infants of mothers who regularly consumed coffee during pregnancy
- Anxiety increased with excessive consumption of coffee
- Difficulty sleeping associated with coffee consumption
- Trigger for diarrhea episodes

- Can promote fatigue through caffeine addiction

Coffee can be a powerful medicine. Caffeine is one of the active ingredients, but there are additional compounds that demonstrate antioxidant and stimulant activity. An important note to understand is that coffee does not produce energy. A black cup of coffee has almost no calories at all. The energy boost from coffee comes from the body response to caffeine, which stimulates the adrenal glands to produce epinephrine. The release of epinephrine causes the body to release more energy from its storage areas, in the same way a whip will cause an animal to move that was not moving before. For an individual who is extremely tired in the morning and "needs" the cup of coffee to get started for the day, this individual is battling a fatigue that is only increased by the regular consumption of coffee.

Coffee can be a good aid for digestion. A small cup of black coffee with a meal will stimulate the digestive process and increase the acidic mixture in the stomach. Between meals only water should be consumed to allow the digestive system to rest. There is no need to stimulate digestion by drinking coffee between meals.

An additional use of coffee by health practitioners throughout the centuries has been the use of coffee as an enema. A properly prepared coffee solution carefully introduced into the rectum has been an effective way to remove constipation and blockages in the colon. Reportedly, this enema was effec-



tively used during World War 1 in the military hospitals when nurses used the coffee enema to aid the recovery of recovering wounded in the military hospitals.

Overall, pay attention to how your body responds when you consume a cup of coffee. Consider what other ingredients such as cream, sugar, or other flavors are being added. What happens if you stop drinking coffee for a day or two? You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

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](mailto:nutritionproportion@gmail.com)

If you would prefer to meet for a personal consultation, you can contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net)

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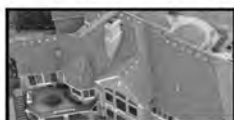
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Pursuant to due call and notice thereof, a City Council Meeting was duly held in the City Council chambers at 7:00 p.m. on the 12th day of September 2023. The meeting was called to order by Mayor Henke.

The following members were present: Mayor Doug Henke, Council Members Kim Helgeson, Lee Sjolander, Mary Bailey

Absent: Molly Ryan  
Also, present: City Administrator Mark Vahlsing, Attorney Scott Riggs, Public Works Director Wayne Ehrich, City Engineer Derik Olinger, Administrative Assistant Holli Gudknecht, Whitney Kylo, Cora Boelman, Beth Giese, Shannon Bode, Robert Kylo

The meeting opened with the Pledge of Allegiance.

### CITIZEN COMMENT

Beth Giese, Kenyon-Wanamingo Superintendent, introduced herself. She stated that the school is working hard to increase enrollment. If any projects come up that the school could help with, they would love to collaborate with us.

### ADOPT AGENDA

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

### CONSENT AGENDA

Motion by Bailey second by Helgeson to approve the Consent Agenda, which includes payment of check numbers, 75147 through 75253; 4591E through 4703E.

Motion carried 4-0-0.

### PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/PROLAMATIONS

### Brandi Kylo – Year-End Pool Update

Brandi Kylo gave a recap of the 2023 pool season. The job description for the assistant manager is being rewritten for next year. Private lessons were a big hit this year. Rate increases are being looked at for next year.

### Cora Boelman – CEDA Update and City Entrance Sign

Cora Boelman stated that a group of Mankato State University students were in town last week to help with some planning at the Depot Park. A public survey is in process to see what features Kenyon residents would like to see at the park. Boelman stated that she has had contact with potential businesses that have expressed interest in the Business Park.

### ENGINEERING

#### 2023 Street Improvements

Engineer Olinger reviewed the status of the street maintenance project. The contractor showed up unexpectedly last week to do some preliminary work. The street work should start in a week or two.

#### Pearl Creek & Gates Avenue Utility Improvements

Engineer Olinger updated the Council on the Pearl Creek Sanitary Sewer project. He stated that the contractor has indicated they will start the project on Thursday or Friday this week.

#### Trail Connection Discussion

Engineer Olinger reviewed the process to begin planning for possible trails in the city. A committee would need to be established to determine the process on how to move for-

ward. There are partial grants available, but they require pre-planning before applying. Establishing a committee will be added to the Park and Rec agenda for October.

### Community Entrance Sign

Engineer Olinger reviewed the quotes received for installing a “Kenyon” entrance sign. He stated that approval of resolution 2023-20 was required for MNDOT issuance of right-of-way permit for installation of a highway sign. Vahlsing will bring more information on the actual sign to the October meeting.

### Resolution 2023-20: Entering into a Limited Use Agreement with the State of Minnesota, Department of Transportation

Motion by Bailey second by Helgeson to adopt Resolution 2023-20. Motion carried 4-0-0.

### LEGAL

None

### OLD BUSINESS

#### City/KMU Compensation Study

Administrator Vahlsing stated that two proposals for compensation studies were received. The quotes received were from Bjorkland Compensation Consulting for \$5440 and Abdo and Associates for \$18,300 - \$19,900. The study would evaluate existing city employment positions and compare pay rates with area and similar sized cities.

Motion by Helgeson second by Henke to approve Bjorkland Compensation Consulting for the compensation study. Motion carried 4-0-0.

### NEW BUSINESS

#### Lacey’s Kitchen & Cocktails Liquor License Renewal

Motion by Bailey second by Helgeson to renew Lacey’s Kitchen & Cocktails liquor license including Sunday and outdoor service area sales. Motion carried 4-0-0.

### Approve Purchase of 40-foot Steel Storage Container – Public Works Dept.

Public Works Director Ehrich requested Council approval to purchase a 40’x8’ storage container. The cost would be \$8500.

Motion by Henke second by Bailey to approve the purchase of a 40 ft. storage container for Public Works. Motion carried 4-0-0.

### Lot Split Request – CFS

Attorney Riggs stated that CFS had applied for a lot split at 806 2nd Street. The split portion of the property would be sold to Robert Kylo. He would like to use the new parcel to expand his auto repair business.

Resolution 2023-22 – Authorizing Minor Subdivision and Lot Combination CFS

Motion by Sjolander second by Helgeson to adopt Resolution 2023-22. Motion carried 4-0-0.

### Resolution 2023-21: Adopting the 2024 Preliminary Budget and Levy

Administrator Vahlsing stated that the proposed budget and levy were reviewed at the Council work session on September 6. It was decided to set the maximum levy at 8%. The preliminary maximum levy certification resolution must be submitted to Goodhue County by the end of September. The final levy must be adopted by the end of December. The levy can be lowered between now and the end of the year, but it cannot be increased.

Motion by Henke second by Bailey to adopt Resolution 2023-21 adopting the 2024 preliminary budget and levy, which is a maximum of 8%. Motion carried 4-0-0.

Motion by Sjolander second by Henke to recommend setting the Truth in Taxation meeting for December 5 at 6:30 pm. Motion carried 4-0-0.

### Approve Order and Purchase of John Deere 624P Front End Loader

Public Works Superintendent Ehrich requested approval to order a new front-end loader. The state contract bid price of the loader would be \$208,873 with trade. The delivery would be in a minimum of five months. The loader would be purchased with a capital equipment lease that would be finalized in 2024 with the first payment due in 2025.

Motion by Bailey second by Henke to approve the order and purchase of a John Deere 624P Front End Loader. Motion carried 4-0-0.

### Schedule of Upcoming Meetings

KMU Meeting: Tuesday, September 19th @ 4:00 p.m.

City Council Meetings: Tuesday, October 10th @ 7 p.m.

### COUNCIL AND STAFF GENERAL COMMENTS

Council member Bailey was happy to see we were working on trails.

Mayor Henke commented that Rose Fest went well and thanked everyone for their work to make it happen.

City Administrator Vahlsing welcomed Whitney Kylo.

Council member Sjolander thanked Wayne and crew for all that they do and is glad a compensation study was being done for employees.

Motion by Helgeson second by Bailey to adjourn the meeting at 8:23 p.m.

Motion carried 4-0-0.

Holli Gudknecht, Administrative Assistant  
Douglas Henke, Mayor



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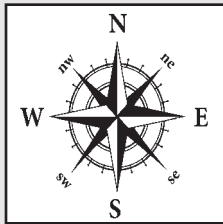
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## Changes in Latitudes, Changes in Attitudes My Grandfather, Otis.



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.*

I never knew my grandfather, Otis Campbell. He passed away the year I was born. But my grandmother and father told me many stories about him that just piqued my interest in him. I always enjoyed the character by his name in the Andy Griffith show, but unlike the Mayberry Otis Campbell, my grandfather was stone sober.

Most people remembered him for his dry wit. The only tangible evidence I had of that was the story my dad relayed about the day my grandpa almost ran over Elvis. It was written in pencil on the granary wall and mostly faded from sight by the time I was a kid. Turns out Elvis was the family dog, but it made a great story.

Harold Avery was a friend of Otis, and they were members of the Concord Church. When a new preacher was hired, Harold volunteered to take his livestock truck out to the western part of the state to move the new minister back, and Otis rode along to help. As the two filled the box of the truck with the new parson's household belongings, they constantly harped on each other over how to load each item. Once loaded the new pastor climbed in the truck cab between the two bickering furniture movers and had to endure the constant insults they plied each other with. His concern was that they may stop the truck and come to blows from the endless feuding. He was starting to reconsider the wisdom of coming to a church where two of the good members seemed to dislike each



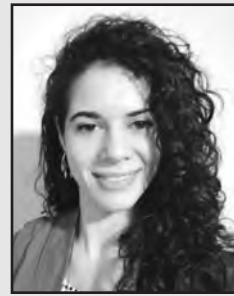
other so much. He later learned that they each loved to rib each other mercilessly and were in fact best friends.

The church had an old coal furnace in the basement and one cold winter day it broke down. A couple of the men took turns laying on their backs inside the firebox and hammering with a cold chisel to remove the broken part. Dean Loquai told me years ago about the day in question, how the minister came over to see how they were coming along. Dean told him to head back to the parsonage as they were some words coming out of the furnace he might not want to hear.

My grandfather's hired man was Perry Bartholomew and one evening Otis stopped by their house on the farm to visit. Perry's wife loved the suspense theater on the radio and was sitting on a kitchen chair listening to the radio show with rapt attention. At the precise time, Otis reached out and put his hand on her shoulder. Her reaction was more than he expected as she jumped, sending the chair backwards, where the rear leg caught in a knot hole in the wood floor and she nearly fell onto the floor. She was not as amused as the two men were.

One evening Otis and a younger hired man had walked down to the country schoolhouse for a community meeting. As they walked back along the dark and deserted gravel road in the dark, a sound came from the cornfield to their right. It was the sound of cornstalks being broken and knocked down by a large and rapidly approaching object. The hired man in his terror took off running for the farm, leaving his older boss in his dust. Otis simply stopped and waited as a large buck deer burst out of the corn rows and raced across the road in front of him. My grandfather thought the whole event was too funny to be mad at the poor kid.

## A Minnesotan: Thanksgiving Traditions



By RosaLin Alcoser

Across the country every family has their own Thanksgiving Day traditions. Holiday traditions are a great way to bring families closer together on the holiday as everyone has something to look forward to knowing that no matter what that one thing will take place on that day. It can even be a good way to feel connected to your family on the holidays if you are far away from them during the holidays. As you can at least do that one thing knowing that your loved ones are also doing it at the same time.

Some families cook the same meal every year, or watch football, others go outside

to play football, while others do Turkey Trots or volunteer at soup kitchens. My family does none of these things.

Over the years we've done a number of things on Thanksgiving Day over the years. There have been years when we had venison or ham instead of turkey. There have been years that it was warm enough for us to go for a walk after dinner or where we had gone back south and could do that. While there have been other years where we talked about how if it wasn't snowing we could go for a walk. Mostly though we have no strong traditions that we have to do on Thanksgiving Day no matter what.

Except for one. Every single year we all watch the Macy's Thanksgiving Day Parade no matter where we are. There isn't a single year in my entire life that I can recall not watching that parade on Thanksgiving Day. Even though we can't all be together on Thanksgiving Day every year, which is most of it these days, we all make sure that we are up and watching the parade at the same time.

For my family at least, watching the parade has given us all something in common about the holiday while apart for over a decade now. Which means at the end of the holiday we all have at least one shared experience to talk about no matter what else happened allowing for that feeling of togetherness that traditions create.

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*Happy Thanksgiving!*



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## Happy Thanksgiving!



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