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Volume 17 • Issue 8

Christmas Memories from the Past

Larry is 87 years old and grew up in a family of six kids, four boys and two girls. They lived in Rochester and his dad worked at the Mayo Clinic.

(continued on page 7)

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 for more information.

Do you have an announcement? Email:

hometownmessenger@gmail.com

Peyton Temple Makes History!

By Cheri Roshon

The Kenyon Area Historical Society Board of Directors has made history! Recently, the board added 2 new members, Lori Thompson, a lifelong Kenyon resident, and Peyton Temple, the youngest board member in the

history of Kenyon.

Peyton is 13 years old, and has always had a penchant for Kenyon's history. He is the son of Angie Anderson, and the great grandson of Howard Held.

(continued on page 7)

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!

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 Cereony 5 pm Lighted Parade (after tree lighting)

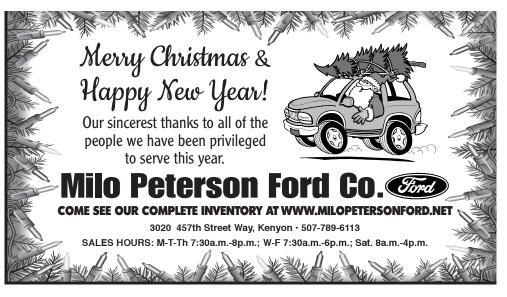
Gingerbread House Contest at Angie's All this conspires on Saturday, December 9, 2023 from 9 am to 11:59 pm!! Dress warm and come on out to see your friends and neighbors. and Happy Holidays to all!!

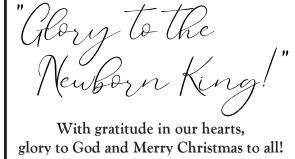
Music at Mui 8 to 12



Minnesota Country Music Salute CD Raises Funds for **Military Families**

2023 marks the final Minnesota country music salute CD which was created to raise funds for the Minnesota Military Family Foundation and Minnesota wheels of honor. Bob FM radio, with broadcast signals across southern and central Minnesota started this project 10 years ago, and this will be the final CD in the series. (continued on page 3)





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Stop in to see our great Christmas gift ideas!



Religion

Christmas: "Season of Hope"



By Colin Rueter

Hope is a powerful topic. In C.S. Lewis' The Lion, the Witch and the Wardrobe, there is a scene where Mr. Tumnus, a fawn in Narnia, is lamenting to Lucy Pevensie about the fact that due to a terrible curse, Narnia endures an everlasting winter but they never have Christmas. In fact, there is no celebrating of any kind. Every day is the same-cold, dark, and desperate. "It is winter in Narnia," said Mr. Tumnus, "and has been for ever so long.... always winter, but never Christmas." Later, all the children hear sleigh bells. It is the driver of a sleigh who is a giant of a man dressed all in red and white. It is Father Christmas! He declares, "I have broken through at last. [the White Witch] has kept me out for a long time, but her magic is weakening. Aslan is on the move! A merry Christmas! Long live the true King!" Hope is coming for Narnia!

The hope that I speak of, that Lewis shows us as Aslan in the story, is a person! Hope is Emmanuel, God with us! Hope is not wishful thinking in positive change, but recognizing that the God who created all things came to this place of perpetual winter to shine His light and give us perpetual, living hope through His Son. We were cold, helpless, and lifeless, so God came in the flesh, born of a virgin, sinless throughout His whole life, giving His life as a ransom for many, and being raised from the dead so that all who believe in Him would not perish but have eternal life. Our hope is living because Jesus lives today and we celebrate this Christmas season with a hope that does not disappoint.

I want to close by bringing us to a specific passage that is not common to Christmas. The Apostle Peter wrote a letter to a people who are suffering for their faith in Jesus Christ. He writes a common greeting in verse 1 & 2, reminding them that they were chosen by God, according to the foreknowledge of God the Father. 1 Peter 1:20 says that Christ Himself was foreknown by the Father in the same way. God didn't just know about us; He knew us-personally-and He chose us, even while we were still sinners (Romans 5:8). We are chosen through the sanctifying work of the Holy Spirit to set us apart for God, making us people God can call holy and His children. We fulfill our purpose in God choosing us as His children when we obey Christ. Here is our text this Christmas from 1

Peter 1:3-9, "Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire — may be found to result in praise and glory and at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls." Peter reminds us that God is to be praised because He has caused us to be born anew to a living hope, real hope through Jesus Christ, and that the temporal world now cannot overcome that hope. Though trials may come, they test our faith and refine it so that it is revealed as genuine, real, and active in our life. Though we do not see Jesus, we know and love Him, therefore we obey and faithfully walk with Him. Light momentary affliction today prepares for us the glory when we see Jesus' face to face and our joy

Do you have the sense some days, like those Pevensie children shivering and confused in a cold land, that despair clouds your hope? You are not alone. Many people cringe at the mere thought of another pain or trial. others rise to the occasion, most are somewhere in between. Friends, Christmas is a season of hope, even though with everything going on in our world today we are tempted to despair. Peter's encouragement is one of perseverance in faith because God is with us. It isn't enough for us to simply get up every morning and trudge through each day nor paste a smile on our faces and ignore troubles. C.S. Lewis brilliantly wrote The Chronicles allegory soon after the World War, a time of despair for many and time of needed reflection on true hope. It seems that a story like this is needed again and again to awaken our hearts to see the world as it is, always winter, and yet give hope to our hearts that it won't stay this way - Christmas is coming, Aslan is on the move, Hope is here. Come to Jesus this Christmas and know Hope. May He help us to reflect on the hope He brings through the written word that we would know Him better this Christmas season. So onward! It is in the darkest times that our collective light shines brightest for the world to see and by grace praise our Father in heaven. Merry Christmas and hold fast Christian. Behold, the King is coming soon!

Friends, this season can bring a plethora of emotions, including loneliness, sadness, and anxiety, even with the hope that Jesus brings. Therefore, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me via my personal email: niloc1214@gmail.com



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Email your church announcements, schedule, etc. to the Kenyon Messenger at: hometownmessenger@gmail.com

AREA CHURCH DIRECTORY

The Glory of Jesus

They crucified two rebels with him, one on his right and one on his left. — Mark 15:27

When we think of the glory of God, we probably have something like Isaiah 6 in mind. The prophet Isaiah had a vision of God in a heavenly temple, "high and exalted, seated on a throne." Seraphim (fiery creatures with wings) were flying about, singing, "The whole earth is full of his glory." And the temple trembled and shook (Isaiah 6:1-4).

That's elory Glory is high Glory is high Glory is

(Isaana 6:1-4).

That's glory. Glory is big. Glory is high. Glory is powerful. No doubt that's what James and John have in mind when they ask to sit on either side of Jesus in his glory. They want the best seats in the house. They want to be where the action is. They want to be where power secretary.

resides.

They have no idea what they're talking about. Because Jesus is on a long mission that will redefine glory. Glory will not ?describe an untouchable God so high up as to be invisible, except in a vision. No. Glory will now describe God in human flesh, lifted a few feet off the ground and nailed to a cross. Glory will now ?describe the God available to be touched, to be spat upon, to be mocked. This is what it means for God to be human. And this is how glory is redefined when God becomes a suffering servant.

Servant.
"We have seen his glory," John says (John 1:14).

Jesus, we praise you for your glory. It's a glory that overturns our expectations. Thank you for setting them right-side up. Amen.



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Father Cory Rohlfing • Deacon Newell McGee 108 Bullis St., Kenyon Sunday Mass 8:00a.m. Wednesday Mass 5:00p.m. December, 2023 - KENYON MESSENGER - Page 3

Lovey Nesseth

Lovey Nesseth was born on December 15,



1938, and passed away peacefully at St. Marys Hospital in Rochester, MN surrounded by her family on Friday, November, 10, 2023, at the age of 84. Lovey was born in the Moland area of Kenyon, MN, to

Harold and Cora (Shelstad) Bjugan.

She is survived by her husband of 66 years, Darrell Nesseth; her three sons, Leo Nesseth of Zumbrota, Micky (Betty) Nesseth of Wanamingo, and Barney (Laura) Nesseth of Zumbrota; her grandchildren, Jynnylee Nesseth, Jason Nesseth, and Alec Nesseth; and many great-grandchildren. Other family that called her grandma include Gwen Bilderback, Jesse Stock, Randi Priem, Cassie Robinson, Josh Wetzstein, Jessica Wetzstein and their families.

She was preceded in death by her parents, Harold and Cora Bjugan; her sister, Marie Schaefer; her brother, Harland Bjugan; her granddaughter, Rachel Nesseth; and her grandson, Anthony Schweich.

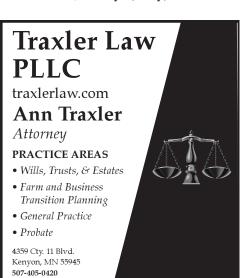
In her spare time, she enjoyed baking and decorating cakes. She made many wedding cakes, birthday, anniversary cakes, and I would guess that pretty much everyone has

eaten a piece of one of her cakes at some point in the last 50 years. She was a very kind person, she was always doing things for others, always putting them first and taking care of other people. She was a very selfless woman. She was also known as a fantastic cook, everyone always wanted to come eat at her house. If there were visitors, she would always be trying to feed them something she had made. Lovey was also a very hardworking woman, she milked cows for many years. After the cows were sold, she worked at Malt-O-Meal in Northfield, Maple Island in Wanamingo, and lastly, she was a cook at the Kenyon Sunset Home in Kenyon, MN. She

was always the first one to help with anything.

A special thank you to Betty Nesseth and Sandy Doehling for all the time they spent with her these last few years during her health battles.

Memorial service was at 11 a.m. on Monday, November 20, 2023, at Holden Lutheran Church. Visitation was from 4 until 8 p.m. on Sunday, November 19, 2023, at the Mahn Family Funeral Homes, Larson Chapel in Zumbrota and for one hour prior to the service at church on Monday. Burial was in the church cemetery.





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Minnesota Country Music Salute CD Raises Funds for Military Families

(continued from page 1)

You may go to the Bob FM radio website and order a CD, or locally you can pick it up at the Fireside Lounge and Supper Club in Dennison Minnesota. 100% of the proceeds are given to the Minnesota Military Family Foundation and the Minnesota Wheels of Honor, and Tribute To The Troops. Ten years ago, Neil Freeman, General Manager and long time on air voice of Bob FM radio, came up with the idea of tying together two groups that the regional station supported, The homegrown musical artists of Minnesota and the military member support organizations.

By creating a compilation CD to sell across Minnesota the project was a success. With the help of many sponsors, artists and listeners who went out to purchase these CD's over the years, the station has donated over \$235,000 so far to the Minnesota Military Family Foundation Minnesota Wheels of Honor and Tribute to the Troops. Freeman noted, "this will be the last year we produce the CD, as people consume music in many different ways now, but we look forward to extending our support in the future to these fine organizations in other ways. Further information can be found on the station website at www.my-bobcountry.com

Happy Holidays AND A WONDERFUL NEW YEAR

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Letter from the Superintendent

Prioritizing Mental Health



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

In recent years, the spotlight on mental health has grown increasingly brighter, and for good reason. Kenyon-Wanamingo schools and across the state of Minnesota, the recognition of mental health's paramount importance has become a cornerstone of education.

Kenyon-Wanamingo, mirroring statewide initiatives, has placed a heightened emphasis on mental health within its curriculum. The rationale behind this focus lies in recognizing the pivotal role mental well-being plays in shaping a student's academic success, social interactions, and overall well-being. By

acknowledging the interconnectedness of mental health and academic performance, schools have realized the need for fostering a supportive and nurturing environment that prioritizes students' emotional welfare.

With all the things going on in the world, mental health is more than just something people talk about now. It's a big deal for how schools teach and take care of students. Kenyon-Wanamingo is working hard to make sure students feel good mentally, not just for school but for everything else in life.

The commitment to mental health in schools isn't just a trend; it's a fundamental shift. If parents have noticed any signs or concerns about your child's mental health, such as changes in behavior, mood swings, withdrawal from activities, or difficulty coping with everyday stressors, please know that we are here to help. We have social workers in all buildings, as well as guidance counselors to help at the HS/MS. It's important to address these issues promptly to ensure your teen receives the necessary support.

An additional resource: The 988 Lifeline is a service that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.





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May this season bring you many happy moments, joyful reunions, and enough cheer to last all year!

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K-W Noble Knights of the Week for November 10, 2023

Front Row: Rose Burginger, KG, Ms. Madi Andrist; Marshall Jensen, KG, Mrs. Tanya Short; Caden Fortsch, KG, Mrs. Katie Valek; Wyatt Caron, Gr. 1, Mrs. Katie Benbrooks; Liza Van-DeWalker, Gr. 1, Mr. Tony Donkers. Back Row: Warner Hendrickson, Gr. 2, Mrs. Deb Hinrichs; Jaxson Rueger, Gr. 2, Mrs. Megan Jordan; Sabin Varanelli, Gr. 3, Ms. Val Ashland; Lily Knott, Gr. 3, Ms. Sandy Sahl; Alaria Hunt, Gr. 4, Mrs. Chloe Gohman; Arely Cortez, Gr. 4, Ms. Rhonda Thesing



K-W Noble Knights of the Week for November 21, 2023

Front Row: Kaylynne Westlund, KG, Mrs. Katie Valek; Peyton Luedtke, Gr. 1, Mrs. Katie Benbrooks; Camilla Ortega, Gr. 1, Mr. Tony Donkers; Jaxson Cline, Gr. 2, Mrs. Deb Hinrichs; Back Row: Mira McNeal, Gr. 2, Mrs. Megan Jordan; Henry Skillestad, Gr. 3, Ms. Val Ashland; Jack Priebe, Gr. 3, Ms. Sandy Sahl; Hannah Edwards, Gr. 4, Ms. Chloe Gohman; Haddie Breyer, Gr. 4, Ms. Rhonda Thesing

Congratulations!





K-W Noble Knights of the Week for December 1, 2023

Front Row: Layla Amundson, KG, Ms. Madi Andrist; Nora Callahan, KG, Mrs. Tanya Short; Scott Hogy, KG, Mrs. Katie Valek; Brecken McCabe, Gr. 1, Mrs. Katie Benbrooks; Haddie Schwering, Gr. 1, Mr. Tony Donkers. Back Row: Hugh Ellingsberg, Gr. 2, Mrs. Deb Hinrichs; Julian Ramirez, Gr. 2, Mrs. Megan Jordan; Alaska Rongve, Gr. 3, Ms. Val Ashland; Brinley Murdick, Gr. 3, Ms. Sandy Sahl; Wyatt Intlekofer, Gr. 4, Mrs. Chloe Gohman; Ben Keller, Gr. 4, Ms. Rhonda Thesing

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Kenyon-Wanamingo School District Celebrates Outstanding Educators: Donkers, Ashland, Boyum and Bartholome Named Teachers of the Year

The Kenyon-Wanamingo School District is proud to announce the recognition of our exceptional educators, Tony Donkers, Val Ashland, Nicole Boyum and Whitney Bartholome as Teachers of the Year. This prestigious honor reflects their unwavering dedication to fostering a love for learning, inspiring students, and contributing significantly to the educational

Tony Donkers, a first-grade teacher at Kenyon-Wanamingo Elementary, has demonstrated exemplary commitment to his students' academic and personal growth. His innovative teaching methods and genuine passion for education create an engaging and supportive classroom environment. Mr. Donkers goes above and beyond to ensure that each student feels valued and understood, fostering a love for learning that extends beyond the classroom.

Val Ashland, an esteemed third grade educator at Kenyon-Wanamingo Elementary, has been a pillar of inspiration for both students and colleagues alike. Ms. Ashland's dynamic teaching style and compassionate approach to education make her a beloved figure in the school community. Her dedication to creating a positive learning environment has had a profound impact on students, instilling a sense of confidence and curiosity that extends far beyond the classroom.

Nicole Boyum, 5/6 math teacher at Kenyon-Wanamingo Middle School, has created a classroom environment for students that is safe, comfortable, and an excellent place for students to learn. Her calming presence and excellent classroom management skills lead to a high level of student engagement. She works hard to differentiate her curriculum to meet the needs of all students. She incorporates a good balance of tried-and-true instructional methods along with using the latest technology resources.

Whitney Bartholome, K-W High School Counselor, is an excellent resource and support for students and staff in so many different ways. Some of her work includes building student schedules, helping new students transition, teaching HS Prep class, college and career planning, helping students with college applications and scholarships, and supporting students with academic needs. She is always an easy person to talk with who is willing to listen and help all stu-

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Val Ashland



Nicole Boyum

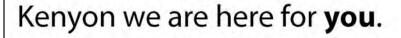


Whitney Bartholome

dents and staff!

The Teacher of the Year award is a testament to the exceptional contributions to Kenyon-Wanamingo School District. Superintendent Beth Giese states, "the commitment to educational excellence and the well-being of their students is truly com-

mendable. We are so honored to have these fine educators on our team". Colleagues and administration were impressed by their innovative teaching methods, dedication to professional development, and the positive impact they had on the lives of those they



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Christmas Memories from the Past

(continued from page 1)

He recalls how his dad rode his bike to work at the clinic every day and they didn't own a car until the family purchased a new 1955 Plymouth.

When Larry was young the family would celebrate Christmas by opening gifts on Christmas eve. One of the gifts he received as a young man was a wrist watch, which he considered about the greatest thing on earth. Another gift he recalls from his youth was a pair of cowboy boots.

His birthday also fell in December, an event that kind of got lost in the excitement of the holiday.

On Christmas day there was always dinner with the family consisting of turkey and dressing. His grandparents were from Ireland. After Larry got older, he played the dollar drop game with the kids, where they tried to catch a crisp new dollar bill before it hit the floor. A few years ago he asked if they were too old to play the game, but they wanted to keep up the tradition so he procures some new money from the bank for the occasion.

Larry lived at Ryan's Bay in Lake Zumbro for over fifty years and used to drive the ski boat and pickup boat as well as serve as the announcer for the water ski performances on the lake.

Mary is 95 years old and grew up on a farm in western Minnesota. She remembers the Christmas programs at the country school and churches when she was young were more about Jesus' birthday than Santa Claus. They consisted of Christmas songs and recitations the kids memorized. She can recall playing an angel in one of the pageants. There was a man dressed as Santa who gave each kid a bag of candy at the school program.

As the oldest of seven kids, Mary helped a lot with the cooking at Christmas time. Family would come over for the Christmas meal of turkey, mashed potatoes, gravy, sweet potatoes and cranberry salad. One specialty was her dad's favorite treat from old Emgland. He would steam plum pudding with raisins and



currants for four hours and then make a sweet sauce that was poured hot over the pudding. The memories of the meals with the family was more important than the gifts.

For fun they would ski behind the pickup on country roads. The kids took turns with the one pair of skis and had to remember to throw the rope over the mailboxes as they passed by. After the lakes froze they would ski behind the pickup on the flat surface as there were no hills to be found where they grew up.

When Mary went to nursing college in Chicago her parents mailed her a Christmas dinner in dry ice one year. She cooked it and shared it with her nurse friends who were all far away from their homes over the holidays.

Jean is 94 years old and grew up on a farm with her twin sister and one brother. The family endured lean years but her parents always made it a special day for the kids and managed to have some toys for gifts along with clothes and games. She recalls a baby doll for a gift one year.

The family would go to church on Christmas eve and then on Christmas morning would wake to open gifts. The Christmas meal included ham, pork roast, potatoes, chocolate milk and pies. Activities were al-

ways playing games as a family. They included Yahtzee and card games like Old Maid. One of her favorite treats was the chocolate cake her mom would bake.

Arletta is 89 years old and grew up living in town with her five brothers and sisters. She remembers going to church on Christmas eve and the next day all her uncles, aunts and cousins went to grandmother's house for a big meal. There would be 30 to 40 all packed in the house together. Her grandmother cooked on a wood stove and served turkey, dressing, cranberry bread and apple pie. There would also be homemade ice cream in the afternoon.

Presents were pajamas and books for the girls and toy car, trucks and farm machinery for the boys. Her favorite was a handmade doll with a china face.

After the noon meal the adults would sit around the table and play 500 while the kids headed outside to slide down the nearest hill on sleds and toboggans.

Bev is 94 years old and was an only child growing up in town during the Great Depression era. Christmas was a big event at her parent's house and her mother baked all sorts of wonderful holiday foods. She got to open her gifts Christmas eve and her favorite gifts as a child were dolls and a doll buggy.

She especially remembers school and church Christmas programs where each child would memorize a piece to be recited in front of the parents.

Christmas day they would get in the car and drive to a relative's farm for a big meal and afterwards she played outside with her cousins

Peyton Temple Makes History!

(continued from page 1)

Peyton's interest in history began with his great great grandfather's business. It was the first Chevrolet dealership in Minnesota. Frank G. Held opened the dealership in 1908. He had opened a farm implement business in 1896, after migration to Kenyon from Wisconsin in 1895, and once the motor vehicle industry began, he thought it would complement his implement sales. Frank was successful in this endeavor, and ran it until 1961, when his grandson Howard stepped in. Howard took over, and added the Held Bus Service in 1969. In 1992, he shut the dealership down and focused on selling cars. In 2012, he stopped selling cars, and turned his focus to the bus service, which is still in op-

I asked Peyton what made him decide to join the board of directors. He goes to school and works at Angie's Restaurant, and for most kids his age, that is enough. But he has been interested in Kenyon's history for quite awhile, and is full of information. Also, it is important to say after meeting with him, I

wouldn't call Peyton a "kid" by any means. He is definitely a young man! He also manages the Knights varsity basketball team, works for Denny Veblen in his lawn care business, and has a lawn care business of his own since 2018. Before we got more into the interview, I had to ask him what he does in his "spare" time, for fun. He said he likes to ride his electric bicycle.

He found himself looking for and collecting memorabilia from the car dealership, and his interest grew. Bob Peterson saw him buying things at Rose Fest, and after talking to Peyton, he asked the Board about asking Peyton to join as the youngest board member. They agreed and approached Peyton, who happily accepted the offer, and in October, made history himself, as the youngest board member ever! With his curiosity and drive, maybe Peyton will become the next town historian! Congratulations, Peyton, on your focus and dedication to your cause, and on your history making appointment to the Kenyon Area Historical Society Board of Directors!



Community

Unlocking Harmony: Embracing the 3rd Universal Law in Everyday Living



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

In a world filled with chaos and constant motion, the search for balance and harmony becomes a universal pursuit. Many turn to ancient wisdom and spiritual principles for guidance, and one such guiding light is the 3rd Universal Law. Rooted in the belief that energy flows where attention goes, this law offers a profound path to finding equilibrium in our lives.

Understanding the 3rd Universal Law

The 3rd Universal Law, often expressed as "Energy Flows Where Attention Goes," is a fundamental principle that underscores the interconnectedness of our thoughts and experiences. It suggests that the focus of our

attention shapes the energy around us and, in turn, influences the outcomes we manifest in our lives

Implementing the Practice

1. Mindful Awareness:

Start by becoming aware of your thoughts and emotions. The practice of mindfulness allows you to observe your mental landscape without judgment. Take note of where your attention naturally gravitates.

2. Positive Affirmations:

Consciously direct your attention toward positive affirmations. By repeating uplifting statements, you channel your energy into constructive pathways, fostering a more positive and harmonious environment.

3. Visualization Techniques:

Visualization is a powerful tool in implementing the 3rd Universal Law. Envision your goals and desires with clarity. Picture the life you wish to lead, and as you do, you're actively directing energy toward the realization of those dreams.

4. Gratitude Practice:

Shift your focus towards gratitude. Acknowledge and appreciate the positive aspects of your life. Gratitude not only redirects your attention but also attracts more of what you're thankful for.

The Role of Life Coaching

While implementing the 3rd Universal Law into your life may seem straightforward, many individuals find value in the guidance of a life coach. These professionals specialize in helping individuals navigate the journey of self-discovery and personal transformation. A life coach can provide personalized

work to redirect your energy and cultivate a more harmonious existence.

Life coaching sessions often involve discussions about your goals, challenges, and the specific areas of your life where you want to apply the principles of the 3rd Universal Law. Through this collaborative process, you gain insights, develop actionable plans, and receive encouragement to stay on course.

In essence, a life coach serves as a trusted ally on your path to unlocking the full potential of the 3rd Universal Law, guiding you toward a life that reflects your deepest desires and aspirations. Whether you're seeking clar-

strategies, accountability, and support as you ity in your career, improvements in relationships, or enhanced overall well-being, a life coach can provide valuable support on your iourney to intentional living.

The Call to Action

As we navigate the complexities of modern existence, the 3rd Universal Law stands as a beacon of hope—a reminder that we possess the power to shape our reality through the focus of our attention. By integrating this law into our daily lives, with the additional support of a life coach, we embark on a journey of self-discovery and transformation, unlocking the doors to a more harmonious and fulfilling existence.

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2017 Grain Handler Dryer, Grain Legs, Conveyors, Distribution Head & Tubes 2017 Grain Handler 2414 Grain



Dryer, DM 510 Dryer Control, Temp Monitoring System, LP Gas, 6 Fans with 20HP 3 Phase Motor, 460 Volt, 200AMP, 60Hz, Motor, 460 Volt, 200AMP, 60Hz, Good Condition; 2017 Grain Handler 55' Grain Leg, 5500 Bushel Per Hour, 15HP 3 Phase Drive Motor, 24" Head Pulley, Watch Dog Controller, 17"x13" Trunk; 2017 Grain Handler 135' Grain Leg, Wet Corn Leg, 10,000 Bushel Per Hour, 36" Head Pulley Bushel Per Hour, 36" Head Pulley, 60HP 3 Phase Drive Motor With Soft Start, 18"x14" Trunk; 2017 Grain Handler 120' Dry Corn Grain Leg, 5500 Bushel Per Hour, 25HP 3 Phase Drive Motor, 24"

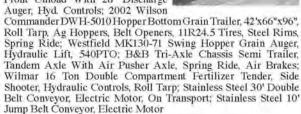
Head Pulley, 17"x13" Trunk; 10'X10'X120' Support Leg Tower, Installed 2017, Leg Head Platform, Distribution Platform, Switch Back Stairs; 2018 Grain Handler Model 145 100' Operational Length Drag Line Overhead Conveyor With Catwalk And Support Towers, 114' Overall Conveyor Length, 5000 Bushel Per Hour, 15HP 3 Phase Motor, 150' Of Catwalk, Including 3 Support Towers; 2017 Grain Handler Model 145 Drag Line Conveyor, 55' Long, 5000 Bushel Per Hour, 7.5HP 3 Phase Drive; 2017 Grain Handler 10' Drag Ling Conveyor, 5000 Bushel Per Hour, 7.5HP 3 Phase Drive; 2017 Grain Handler 10' Drag Ling Conveyor, 15000 Bushel Per Hour, 15000 Bushel Per Hour, 15000 Bushel Per Hour, 15000 Bushel Per Hour, 15000 Bushel 5000 Bushel Per Hour, 3 Phase Motor; 2017 Grain Handler 15' Drag Line Conveyor In Pit, 15HP 3 Phase Motor, 10,000 Bushel Per Hour; 2017 Rapat Distributor 10 Duct Double 16" With Electric Swing-Flo. All Electric Controls: (9) Distribution Tubes, 14" & 12' Diameter, From 95' to 47'

(7) Grain Bins, Overhead Fill Station,

Wet Holding Bin, Grain Pit, Aeration Fans Chicago Grain Bin, 48' Diameter, 22 Rings, 32" Rings, 89,724 Bushel Capacity, (2) Cadwell Centrifugal Aeration Fans, Side Draw With Stair and Platform, 10" Vertical Unload Auger; Chicago Grain Bin, 48' Diameter, 18 Rings, 32" Rings, 73,856 Bushel Capacity, 2 Roof Vents, (2) Aeration Fans, 10" U-Trough Unload With 7.5HP 3 Phase Motor, Side Draw With Platform & Stairs; (3) Chicago Grain Bins, 48' Diameter, 10 Rings, 32" Rings, 43,275 Bushel Capacity, Roof Vents, (2) Aeration Fans, 10" Unload; Herd King Grain Bin, 32' Diameter, 16 Rings, 30" Tall Rings, 25,126 Bushel Capacity; 32 Diameter, 16 Kings, 30" Tall Kings, 25,126 Bushel Capacity; 34,715 Capacity Grain Bin, 32' Diameter, (5) 8' Rings; Cone Bottom Wet Holding Bin, 24' Diameter, 18 Ring, 20,200 Bushel Capacity, Stiffened, Ladder With 2 Access Doors; Overhead Fill Station With (2) 14' 7 Ring Hopper Bins With 16' wide by 30' long by 18' tall Metal Structure With Platforms and Ladder, Hopper Bins Are 2,984 Bushel Capacity, (2) 2016 Sukun Centrifued Acception Fanc 2,984 Bushel Capacity; (2) 2016 Sukup Centrifugal Acration Fans, 460Volt 10HP 3 Phase Motor, 1750 W/C, Good Condition

2002 Bulk Feed Trailer, 2002 Hopper Trailer, Swing Hopper Auger, Fertilizer Tender, Chassis Trailer

2002 Sudenga Bulk Feed Trailer, 40'. Aluminum Body, 8 Compartment, Front Unload With 28' Discharge



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December 7, 20239:30 AM Northfield, MN

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John Deere 9520R 4WID, (2) Case III
380 RowTrac MFWD, Case III 420
4WID, John Deere 5046R, Case III
165 Pump, Case III 120C, JD 4440,
JD 4020, Case III 120C, JD 4440,
JD 4020, Case III 120C, JD 4440,
Corn & Bean Head, Case III 2000
Series 24 Row 30" Planter, Case III
5001 Drill, John Deere 455 Drill, Case
III 255 Field Cultivator, John Deere
2730 Ripper, Cat D4K Dozer, Cat
320C Excavator, Lion Dirt Scraper,
JLG Boomlift, Lull Telelift, Bobcat
235 Excavator, 2011 Mack 613 Day
Cab, 3023 Timpte Grain Trailer, Mac. Cab, 2021 Timpte Grain Trailer, Mac End Dump, Westfield Augers, Brent V788 Grain Cart, Schaben Applicator, VRX Grain Vac, Grain Trucks, Lawn Mowers, UTV's, Vehicles, Gator, Flatbed Trailers

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CVT; '21 CIH 4412 12R30" Folding Corn Head, Field Tracker, Chopping; '22 Case IH 3162 Series II 35' Draper Head, Crary Air Reel, Field Tracker; Stud King 38' & Stomper Stud 36' Head Trailers

CASE IH 420, (2) CASE IH 380 ROWTRAC, CASE IH PUMA & 120C

"18 CIH Steiger 420 4WD, 605 Hrs, R46, Deluxe Cab, PS, Pro 700, PTO, 6 Hyd., High-Cap Hyd. Pump; "19 CIH Magnum 380 MFWD Rowtrac, CVT, 486 Hrs, CVT, Nav, R38 Front Duals, 25" Tracks, 3pt., PTO, 6 Hyd., Hi Flow, Pro 700, Deluxe Cab; "18 CIH Magnum 380 CVT Rowtrac, 1406 Hrs, R38 Front Duals, 25" Tracks, 6 Hyd., Hi Flow, PTO, Nav, 700 Display; 20 CIH Puma 165 MFWD, 490 Hrs, Deluxe Cab, ECO CVT, 3 Hyd., PTO, 3pt., Weights, 480/80R42; 18 CIH 120C Farmall MFWD, 353 Hrs, Deluxe Cab, 2 Door, 12/12 Trans, 3pt., 2 Hyd., PTO, L630 Hyd. Loader, Joystick, Weights

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JD 1560, TENDER, ROW CROP CULT.

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CASE IH 335 VT & 255 TIGER MATE. JOHN DEERE 2730, SCHABEN SIDE DRESSER

20 CIH 335 VT Disc, 31', 7.5" Spacings, Basket, Command Leveling; '19 CIH 255 Tiger Mate FC, 40', Harrow, Basket; '18 JD 2730, 9 Shank, Disc Levelers, Harrow; '21 Schaben Side Dresser, 1000 Gal., 16R30"; (2) DMI 2500 5 Shank Rippers, Levelers; Wilrich 2800 FC, 18,5'; '15 RiteWay FFS 42,5' Roller; L&D 1000 Gal. Water Wagon; 900 Gal Water Wagon, Tandem Axle

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1000 A Series Pull Type Scraper; '11
JLG 600AT Manlift, 3719 Hrs, 60'
Max; '03 Lull 644E42, 2561 Hrs,
6000 Lb. Cap,; '05 IH 4300 Truck,
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Truck, 3126 Cat. Auto. 16' Contractor's Box, 279,147 Miles; Case



Truck, 3126 Cat, Auto, 16' Contractor's Box, 279,147 Miles; Case 40XT Skid Loader, 1822 Hrs; '21 Top Cat Hyd. Tree Sheer; Virnig: Tree Grabber, Model HSBP-132 Folding Snowplow Blade, 72" Rotor Tiller; Flex Finger Tumbling Rock Picker,; Bobcat 18" Post Hole Auger; Bobcat SGX60 Stump Grinder; Sidney Mfg. Hyd. Tree Sheer; 16'x4' Man Basket; 62" Grapple Fork

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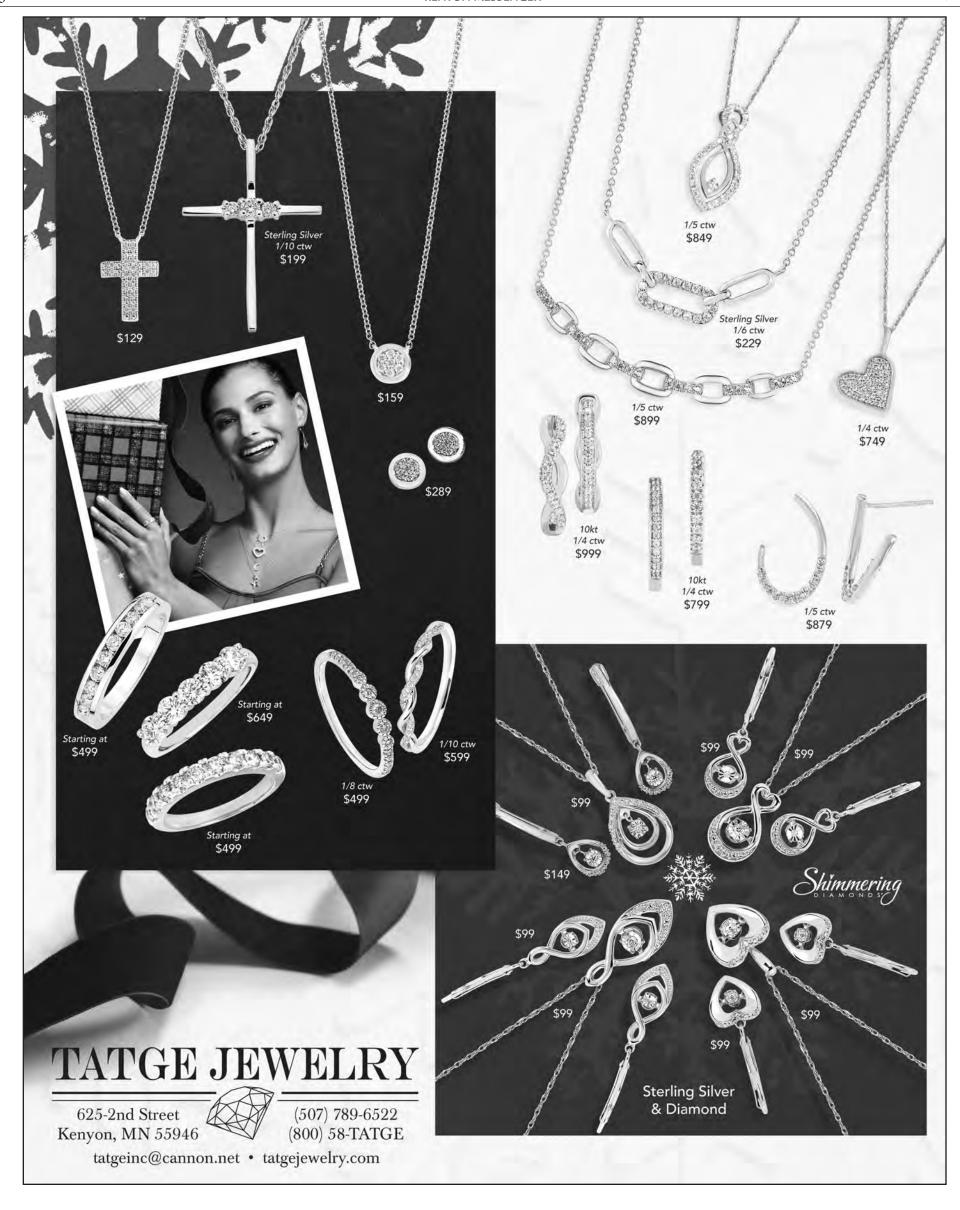
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Community

Down on the Farm/ Up at the Cabin

Adventures in Real Estate: How Not to Buy a Farm

By Claudia Vanderborght

"Stay home and dork around..."

Well, you can't do that living in a four-bedroom, split-level home on one-half acre in a typical Farmington neighborhood. Adventures require new locations and new experiences -- and Monica and Claudia have adventure flowing through their veins.

Monica was an experienced home buyer, having already bought and sold several suburban homes. Shopping for and buying rural real estate was different, and a farm -- where she could stay home and dork around -- was yet more challenging. First, Monica had to figure out the what, where, when, and why of the real estate purchase.

What

Four bedrooms? (Renting out a room or two certainly helps pay the mortgage ... Monica had done that before.)

Split-entry / walk out. (Monica had added kitchens to two other homes, essentially converting them into duplexes. A separate entrance would be nice.)

Not a "nice" or "perfect" home. (Beige carpeting, like in the Eagan townhouse, would be a disaster on a farm.) Dogs, grandchildren, muddy boots ... a pretty home was not important.

20 acres (probably out of her price range) with pasture land, rolling hills, and some trees. All wishful thinking. But wishing isn't all that bad.

45 minutes from Apple Valley and east of 35W. (Eliminates driving into the sun on the morning and evening commute, and it wouldn't be too far for friends and family to visit.)

Some kind of outbuilding.

Whon.

No immediate rush. (Monica had already sold her home and had been sleeping on an air mattress in her dad's Apple Valley townhouse for several months.)

Whv

Monica had never tried farming before. It sounded like fun!! She would have plenty of reasons to stay home and dork around!

Wish list in hand, Monica and her good friend Norm started looking at rural homes and small farms. Each and every time Monica found a good candidate and put in an offer, the place had already been sold. Arrghh!

Finally, Monica found a lovely rural home in Wastedo: it needed some work and a garage, but it had been on the market for some time and it met many of the criteria on the wish list. An offer was made and accepted. Jubilation!!

Unfortunately, the jubilation did not last long. First, the owner refused to schedule the required home inspection. Then, she canceled all appointments -- usually at the last minute. The owner wouldn't answer phone calls from Monica or any realtors. Monica tried stopping by the house, but no one would

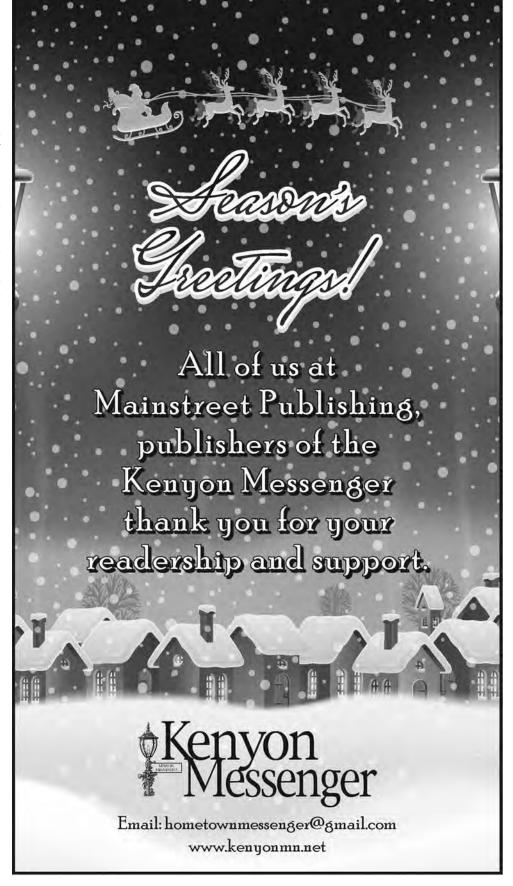
answer the door. This was crazy!!! (Remember the When? Time was quickly running out as school would begin in three months and Monica did not want to start the new school year sleeping on the air mattress). Besides, an agreement had been signed. What was the problem?

Monica would not give up (stubborn German heritage) and left several notes. These were answered with a Temporary Restraining Order for harassment. Monica did some research and discovered that the owner was most likely in default and – trying to stall the bank's attempt at foreclosure – had put the house up for sale and accepted an offer, never intending to honor that agreement.

Now Monica was angry. She had lost months of opportunity time and still had no home, nor any current prospects. (Don't make a German angry.) First, Monica called the bank's loan department and reported the attempted fraud. Then, she filed a claim for Breach of Contract in Small Claims Court. The judge noted that his court was not the place for this type of case, but still sided with Monica and awarded her the earnest money plus an extra thousand dollars.

But house hunting was becoming less and less fun

Then she found a 20-acre property in Wanamingo township that had just dropped its price. But that's a story for next time.





A Strong Immune System



By Noel Aldrich, PhD, CNS Licensed Nutritionist

As we move into the winter months, there is a steady increase in colds and flu reported throughout the country. This yearly cycle of illness has become almost routine to the point that many expect to get sick and just believe it is an unavoidable fact of human existence. However, another amazing fact about human existence is the complex immune system existing in each one of us. Your immune system is the built-in defense process that works to keep you alive. Without this immune system, you would not be alive today. This system is constantly guarding against germs and invaders that want to take advantage of you. We need to become more aware of how this immune system works and how to support the important work it does.

White blood cells are the "troops" on the front line of your immune system. There are

many types of white blood cells, just like there are different branches of the military. Each type of white blood cell does a specific job to protect your body. Just like our military men and women, these white blood cells need food to be able to keep doing their job well. When specific nutrients get limited, then the white blood cells will not be able to complete the job well. To keep your front line "troops" in top condition for the winter season, you need to make sure these cells are getting the nutrients they need.

Some of the key nutrients include:

VITAMIN C – one of the least expensive vitamins on the market and an essential nutrient to help the white blood cells eliminate bacteria and germs. Early in the COVID pandemic Vitamin C in high doses was identified as a helpful nutrient to reduce symptoms. Intravenous Vitamin C was used in hospitals to help reverse the downward health spiral of many patients. Best food sources of Vitamin C include: Bell peppers, broccoli, kiwi, whole oranges, and strawber-Vitamin C chewable tables with bioflavonoids will be a higher quality choice for supplement. I do not recommend orange juice because the high sugar content of the juice will make the white blood cells slug-

VITAMIN D – is a fat-soluble vitamin essential for balanced cell activity. This vitamin is able to enter the nucleus of the cell to turn on and off important processes. We learned from the pandemic that those individuals who had 30 ng/ml or higher of Vitamin D in their blood did not need to go into the Intensive Care of the hospital for COVID

treatment. Sources of Vitamin D include: Cod Liver Oil, Goose liver, salmon, sardines, and whole eggs. The whole food choices listed are preferred to any fortified food source. More resources on Vitamin D are available at www.grassrootshealth.net.

ZINC – is an essential mineral for an strong immune system. Current descriptions of virus infections suggest that a virus takes over a cell and forces it to replicate more virus particles. The COVID virus is described to produce excess spike proteins which begin to cause damage in the body. Zinc helps to stop this replication process before it gets out of control. Zinc is also essential for constructing the proteins that will fight against bacteria. Best food sources for zinc include: Beef, lamb, lentils, pepitas, and cashews. A zinc tablet of 15 mg / day is another way to supplement if you do not eat these food sources regularly.

While sugar is known as an energy source, it does not help the immune cells to get more work done. A 1973 study observed that when white blood cells were exposed to glucose

sugar they slowed down and remained sluggish for up to 5 hours. The same study observed the cells were most actively attacking bacteria when there had been no sugar around for 24-36 hours. As you move into the holiday season, be attentive to how frequently treats are consumed and pay attention to your body signals. A glass of water will help your immune system more than another candy.

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 can help you make healthy changes for 2024 with a personal food plan to generate health and improved quality of life. Contact me today to discuss your health goals for the new year.

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

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Community

Giving a Voice to Rural Entrepreneurs



Tim Penny So. MN Initiative Foundation

As a fifth generation southern Minnesotan, I like to say that I "bleed rural." Not only have I lived here my entire life, but I have had the great fortune of serving rural Minnesota throughout my career – first during my time in the U.S. Congress, and now as president and CEO of Southern Minnesota Initiative Foundation (SMIF).

Living in rural Minnesota comes with many benefits that have tied me to this place for so long. Even in the relatively larger cities of our region, like Owatonna where I live, there is a neighborly feel – I like that I can stop by the grocery store or the local brewery and run into

people I know. We're surrounded by natural beauty – from bluffs to lakes – and the cost of living is much lower than in larger cities.

In fact, a 2020 report from the Center for Rural Policy and Development found that wages in rural Minnesota can go further in meeting the cost of living compared to the seven-county metro area.

Despite the many benefits of living here, there are challenges, too, and it can feel like the "rural voice" is diminished or misunderstood. The Rural Voice, a statewide series supported by SMIF, three other Minnesota Initiative Foundations, Compeer Financial and Otto Bremer Trust, was created to act as a town hall style forum for community members to discuss and be heard about topics that are top of mind to those living in Greater Minnesota: workforce, health care, mental health, social isolation and business development. Hosted by Kari Miller from Minnesota Public Radio, the most recent Rural Voice event was held at Schell's Brewery in New Ulm about what it takes to build a business in rural Minnesota

One of the things that we heard in this meeting is that rural entrepreneurs need mentors, financial resources, education and networks to support growth. Fortunately, SMIF, in addition to our partners at the Small Business Administration, SCORE and the Small Business Development Centers, Region Nine Development Commission and local chambers of commerce (to name a few) are well-positioned to help entrepreneurs in all of

those areas, either through our own programming or as a connector to our partners. At SMIF, we offer lending and equity opportunities, technical assistance and peer networks, supporting nearly 1,000 entrepreneurs annually.

Another thing that stood out to me during this session was the number of young people who either decided to stay in rural Minnesota or moved here. For some, work from home opportunities have allowed them to live where they want to live instead of where their work is located. For others, like Tristan Blue, owner of Big Hitter Games in Lafayette, rural living has drawn them to the region to start businesses. Tristan shared that his desire to be closer to his family brought him from Minneapolis and Milwaukee to the Mankato area in 2014.

When the pandemic began, he began reevaluating his career (he had been working in the service and construction industries while also performing as a musician). Tristan used the time as an opportunity to explore his childhood dream of creating video games which eventually turned into a business. Due to the online accessibility of partnerships for indie game developers, Tristan found rural Minnesota an easy place to locate his business. When he and his wife had their first child in 2021, they were ready to buy a home and were motivated to move to Lafayette due to the affordability, proximity to his wife's job in St. Peter, the geography and history of the area, and the small town experience for raising a family. This is one example of many entrepreneurs moving to the region that I have heard in recent years.

I was also struck by the number of newer businesses that draw tourists to rural Minnesota - breweries, distilleries, wineries. Those types of businesses, combined with the natural beauty of our region, and our charming downtowns, can culminate in an economic boost for small towns. According to Explore Minnesota Tourism's Leisure and Hospitality Industry report, our 20-county southern Minnesota region generated \$2.7 billion in gross sales and \$93 million in state sales tax in 2021, supporting 28,000 private sector jobs. At SMIF, we have seen the success of tourism businesses through many of our loan clients - from Pleasant Grove Pizza Farm in Waseca to Black Frost Distilling in New Ulm. I'm convinced that the more people who visit here, the more people who will want to move here.

Whether you move here to start a business, or are an entrepreneur already living in southern Minnesota, SMIF is here to play a supporting role. Entrepreneurs are going to keep our corner of the state vibrant – they will create the jobs of the future. Personally, there is no place I would rather be than in rural Minnesota

You can listen to a recording of the Rural Voice event at mprnews.org.

Here's Where To Buy Your Minnesota Country Salute CD Buy the FINAL Minnesota Country Salute CD

Once again the net proceeds from this years Minnesota Country Salute CD will go to the Minnesota Military Family Foundation and Minnesota Wheels of Honor. Starting Veteran's Day you'll be able buy your copy at any one of these locations and make sure the service men and women and first responders of Minnesota have the support they need.

CD Available at:



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About the Minnesota Country Salute CD Project:

A decade ago while sitting on his porch, Neil Freeman came up with the idea of tying together two groups that BOB FM supports. The Homegrown artists of Minnesota and the military member support organizations. By creating a compilation CD to sell across Minnesota, he nailed it. With the help of many sponsors and listeners who went out an purchased these CDs over the years, BOB FM has donated over \$235,000 to the Minnesota Military Family Foundation, Minnesota Wheels of Honor, and Tribute to the Troops.

If you or your business would like to help further this mission, or help distribute the CD, please contact Neil Freeman, neil@mybobcountry.com.





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 10th day of October 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, and Molly Ryan

Also, present: City Administrator Mark Vahlsing, Attorney Scott Riggs, Public Works Director Wayne Ehrich, City Engineer Derik Olinger, Administrative Assistant Holli Gudknecht, Police Chief Jeff Sjoblom, Dylan Craig, Don Kirchmann, Jen Smith, John Smith, Bob Klahr, John Lee, Todd Greseth, Jeremy Kiffmeyer, Lee Skillestad, Justin Peterson, Diane Barrett, Adam Schuster, Kelly Kreisler, Ryan Lund

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Goodhue County Commissioner, Todd Greseth, stated that the County set their preliminary budget at 5.5%. He also reported on the issues with the Goodhue Police Department resigning and the County Sherrif's department taking over the coverage in Goodhue.

ADOPT AGENDA

Motion by Ryan second by Bailey to approve the agenda. Motion carried 5-0-0.

CONSENT AGENDA

Motion by Bailey second by Helgeson to approve the Consent Agenda, which includes payment of check numbers, 75254 through 75348; 4703E through 4755E.

Motion carried 5-0-0.

PRESENTATIONS/PUBLIC HEAR-

INGS/RECOGNITIONS/PROLAMATIONS

ENGINEERING

2023 Street Improvements

Project Update

Engineer Olinger reviewed the status of the street maintenance project. The milling is being done now and they will start laying pavement next week.

Approve Pay Request #1 – BMI Inc - \$20,612.39

Motion by Helgeson second by Ryan to approve pay request No. 1 to BMI Inc in the amount of \$20,612.39 for work completed through the end of September. Motion carried 5-0-0.

Pearl Creek & Gates Avenue Utility Improvements

Project update

Engineer Olinger updated the Council on the Pearl Creek Sanitary Sewer project. He stated that the contractor has half of the lift station driveway installed. Ellingson Drainage will be boring the new forcemain lines later this week.

Approve Change Order #1

Engineer Olinger prepared a change order for the cost to complete additional grading work required due to the presence of concrete rubble in the hillside.

Motion by Henke second by Helgeson to approve Change Order #1 for BCM Construction in the amount of \$14,800.00. Motion carried 5-0-0.

Approve Pay Request #1- BCM Construction- \$146,217.91

Motion by Ryan second by Bailey to approve pay request No. 1 to BCM Construc-

tion in the amount of \$146,217.91. Motion carried 5-0-0.

Establishment of Trail Committee

Engineer Olinger reported that the Park and Rec Board had met on October 2 and discussed the overall process and next steps for continued planning on a future trail in Kenyon. The next step would be to form a committee. Once formed, the committee would figure out committee involvement and initial outreach to the community.

MNDOT Local Road Improvement Program Grant Application

Engineer Olinger provided a summary of the MNDOT Local Road Improvement Program. This program provides funding up to \$1.5 million for eligible road projects. Sixth Street from Spring Street to Huseth Street would meet the program eligibility requirements. The grant application is due by December 8. If approved, the project would have to be completed by 2026. The estimated cost for Bolton and Menk to prepare an application for the program would be \$2,800.00.

Approve preparation of LRIP Grant Application

Motion by Ryan second by Henke directing Bolton & Menk and Staff to prepare the LRIP grant application. Motion carried 5-0-0.

LEGAL

Lot Combination: Nicole Boyum

City Attorney Riggs stated that Nicole Boyum had applied for a combination of two adjoining parcels (PID's 66.160.0330 and 66.160.0400) that she owns on Trondheim Road. The smaller lot is non-conforming, so the combination would create one conform-

ing lot.

Resolution 2023-23: Approving Lot Combination (Boyum)

Motion by Bailey second by Helgeson to adopt Resolution 2023-23 approving the lot combination for Boyum. Motion carried 5-0-0.

OLD BUSINESS

Administrator Vahlsing stated that the community entrance sign was discussed at the September Council meeting. Sign examples from Schad Tracy were available. Precision Signs hasn't supplied any examples yet. Updated quotes from both vendors should be available at the November Council meeting.

NEW BUSINESS

Fire Department SCBA Quotes

Assistant Fire Chief Wayne Ehrich reviewed quotes for SCBA (Breathing apparatus), compressor, tanks and related equipment. The current equipment was purchased in 2007 with a 15-year lifespan. The new versions are greatly improved and meet current standards. The Fire Department is currently fundraising money toward the purchase of the SCBA Equipment which would be approximately \$150,000. There is \$41,000 in the proposed 2024 budget for the equipment from a portion of the State Public Safety Aid.

Kenyon Firemen's Relief Association Gambling Request

Administrator Vahlsing stated that the Fire Relief Association requested Council approval to operate electronic and paper pull tabs at the Muni. The pull tabs are currently operated by the Kenyon Snow Drifters Club.

(continued on page 17)

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Local Government

Kenyon City Council Meeting

(continued from page 16)

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City Attorney Riggs discussed the laws and money. The DNR does provide some help. regulations covering charitable gambling.

Assistant Fire Chief Wayne Ehrich explained their need to replace expensive capital equipment at the Fire Department. The benefits of hosting the pull-tabs and e-tabs would help the city save money towards these expenses and eventually should reduce the burden on taxpayers.

Jeremy Kiffmeyer, Wanamingo Fire Relief Gambling Manager, gave an informative explanation of how charitable gambling works in Wanamingo and how they run their gam-

Diane Barrett, Gambling Manager for the Snow Drifters, reviewed the gambling earnings for their organization. She listed previous organizations where the Snow Drifters made donations to. They don't receive tax money and must fundraise to get their

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After much discussion, the council members were asked for their comments.

Council member Bailey stated it was a hard decision to make.

Council member Sjolander stated that when he was the police chief, he had benefited from many donations from the Snow Drifters. He has also worked side by side with the fire department and first responders and felt they should have needed equipment. He saw the pros of both sides

Council member Helgeson saw the benefits of both sides also but wanted more time to consider the final decision.

Council member Ryan stated that the Snow Drifters have done a great job, but also sees the needs of the Fire Department.

Mayor Henke stated that he has always supported the fire department as a council member. He thinks switching the gambling operatorship to the fire department would not reduce the city budget and the budget would probably still increase. He felt the gambling should stay with the Snow Drifters. He was willing to show the fire fighters how to make money on their bingo nights at the Muni.

Motion by Ryan second by Bailey to schedule a work session to further discuss the chartable gambling.

Schedule of Upcoming Meetings KMU Meeting: Tuesday, October 17th @ 4:00 p.m.

EDA Meeting: Tuesday, October 31st @ 8:00 a.m.

City Council Meeting: Tuesday, November 14th @ 7:00 p.m.

Township Fire Contract Meeting: Tuesday, December 5th @ 6:00 p.m.

2023 Budget & Levy Public Meeting: Tuesday, December 5th @ 6:30 p.m.

COUNCIL AND STAFF GENERAL COM-MENTS

Council member Bailey thanked all the volunteers who helped paint the Depot and stated that a second successful year of the farmer's market had come to a close.

Mayor Henke commented that there had been some good discussions tonight.

City Administrator Vahlsing thanked all the volunteers who helped with painting the

Council member Sjolander thanked all city staff for all they do. They are not recognized

Council member Helgeson noted that the Depot looked great, Trunk or Treat will be held October 29, and Christmas in Kenyon will be December 9.

Police Chief Sjoblom stated that they now have their body cameras.

Motion by Helgeson second by Bailey to adjourn the meeting at 8:41 p.m.

Motion carried 5-0-0.

Holli Gudknecht, Administrative Assistant Douglas Henke, Mayor

Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I just saw something about a Minnesota traffic safety program that's been around for 20 years. Can you talk more about that?

Answer: Yes, here is some information we shared on our DPS blog: "Minnesota has seen a 32 percent reduction in traffic fatalities between 2003 and 2022, in part due to the Toward Zero Deaths (TZD) traffic safety program.



The Department of Public Safety joined traffic safety partners across Minnesota to mark 20 years of saving lives through the TZD program last week with a conference in Rochester aimed at keeping us all safe, whether you're a driver, passenger or pedestrian. In the two decades the program has existed in Minnesota, our model has gained national recognition and our roads have been considered some of the safest in the nation.

"Traffic statistics aren't just numbers. Each one represents a lost life that devastates the world of that person's family and friends," Office of Traffic Safety (OTS) Director Mike Hanson said. "The Toward Zero Deaths program has saved — and will continue to save lives."

Minnesotans made significant progress over the years to reduce traffic fatalities, but the challenge now is to regain momentum in saving lives. Over the last 10 years, we haven't seen the consistent, significant reduction in traffic deaths compared to the first decade of the TZD program. The past three years have seen new challenges, such as the COVID-19 pandemic that led to less traffic and more speeding.

"These challenges are re-energizing us to find new ways to continue the progress of the past two decades," Hanson said. "Minnesotans expect and deserve safety on our roads."

The Minnesota legislature approved state funding this year to create the Advisory Council on Traffic Safety. The council is bringing together additional stakeholders and communities, and it's opening up state funding opportunities that didn't exist before. It'll give us more flexibility in local education and outreach and a formal way to tell lawmakers what needs to change to improve traffic safety.

We have stepped up traffic safety enforcement with projects such as Project 20(23) and Highway Enforcement for Aggressive Traffic (HEAT) patrols with the Minnesota State Patrol and other law enforcement agencies in the Twin Cities area and statewide.

The Minnesota departments of health, public safety and transportation, along with traffic safety partners statewide, are working to create a culture of traffic safety in our communities. But we can't do it without your help. Staying safe on our roads is as simple as driving the speed limit, never driving impaired and always paying attention."

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson - Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)



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Changes in Latitudes, Changes in Attitudes My Childhood Christmas



By Terry Campbell

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

The first Christmas I can remember as a child was 1964. I was seven years old. I had the same interests as any second- grade boy. The toy machinery was the best. When my dad went to the implement dealer for parts I would stand at the toy display and wish. As a typical farm boy I was mesmerized by tractors. We had toy trucks, tractors and all sorts of farm implements and attachments to play with. Couldn't wait to grow up and actually drive them for real.

There is one reason that 1964 stands out in my memory though. Lots of fun things happened before that, but November 3rd, 1964 changed me forever. I always thought my dad was invincible. I remember him carrying huge bags of feed on his shoulder around the farm. He was strong and a farmer. Sort of Superman. It was election day 1964. My dad farmed and worked construction. Not just any construction, but with bulldozers. Caterpillar tractor D-8 dozers. They moved dirt, buried boulder, made roads and dams, pushed over trees and anything else that they wanted. Not only that but my dad flew a helicopter as well. From West Concord to the western part of Minnesota and from job site to job site every day.

But November 3rd was election day and my dad was going to fly back home and take my mom to the Milton Town Hall where they would vote that evening. It was foggy that evening and my dad decided to land at the

Owatonna Airport and get a ride home instead. The altimeter on a helicopter tells you the altitude above sea level. It doesn't tell you about tall trees though. And there was a very tall tree between him and the Owatonna Airport.

I remember my mom sitting us four kids down on the sofa and telling us that our dad had been in a bad accident. She was driving to the Owatonna hospital. My grandma was there to watch us. KDHL radio reported on the accident. They got my dad's name right, but all the neighbors heard that he had been killed in the crash. He survived but was in a body cast for over a month and got out of the hospital in December. My mom had to drive him and he got around on crutches.

Before Christmas my parents decided the family was going to spend the holidays down south. We opened our Christmas presents a week early and headed south. This was before Disney World. There was just sandy beaches and alligators in Florida. But away we went. It was the first time I had been out of Minnesota. We learned how to ride for 1,500 miles with four kids in the back seat of a Chevrolet Impala. My mom would make sandwiches and we ate elbow to elbow with our brothers and sisters. No McDonalds back in those days for us.

I had never seen a Christmas without snow. I didn't think they would decorate for Christmas in Florida. I just figured it was alligators and flamingos and sunny beaches. But there was Santa Claus, reindeer and fake snow. We made fun of them, we knew what snow was and were glad to be away from it.

It was worth it. I was with my family and we were on an adventure together, and I was glad we were all there. I didn't think too deeply about the turn of events until much later. My dad nearly lost everything he had in life and decided to take the next chance to do things together. He had a wife and four kids and he wanted to enjoy doing things together. It became an annual event. We bugged out of Minnesota and headed to Florida every Christmas after that one. And we gladly traded our snow and cold Christmases for a couple weeks in Florida. My dad made it another twenty Christmases to enjoy with the family. And for me, memories with your family are much better than gifts. Have a Merry Christmas.

A Minnesotan: Christmas Games



By RosaLin Alcoser

Christmas is a magical time of the year and in Minnesota one of the few times that no one is really upset by the snow. Including my transplanted hispanic family from the south.

We absolutely love Christmas and for our traditions Christmas starts on December 24 with Christmas Eve and goes until January 6th on Three Kings Day. For us this whole time frame is Christmas.

My family will often play games at Christmas ranging from board games to more intricate puzzles. For most families a puzzle would have a beautiful Christmas scenery or a fun character on it. However, for my family it's a list of clues and riddles that someone has to figure out in order to find their present.

In full disclosure I am usually one of the

family members given the puzzle and to this day have yet to solve one. The game normally ends when they give up on me solving the puzzle or I find the item by searching for it alone.

When I make a game for one of them though it goes a little bit differently and is usually just a game for myself. Christmas 2019 was one of the years that I did this. At the time my father had decided that he could only hang his coats on a brown hanger and everyone had to use a white or blue hanger. Only he could use the brown ones.

So being the good daughter that I am, I systemically took all of the brown hangers out of the coat closet. Every time he left the house, if I was home I would grab the hanger, replace it with a new one, and hide the brown one under his bed.

He knew that it was me and could not find where I had been hiding the hangers. It drove him absolutely nuts for the about week and a half that I did this.

Until one evening right in the middle of Christmas I moved the hangers. The next morning he comes to breakfast to find all of his brown hangers dangling above the table from the chandelier.

This was probably one of the best games I've ever played during Christmas and was also the reason my mother started having me go into work earlier.





The holidays are a time to spend with family and friends.

We wish you and yours a very Merry Christmas and a Happy New Year!

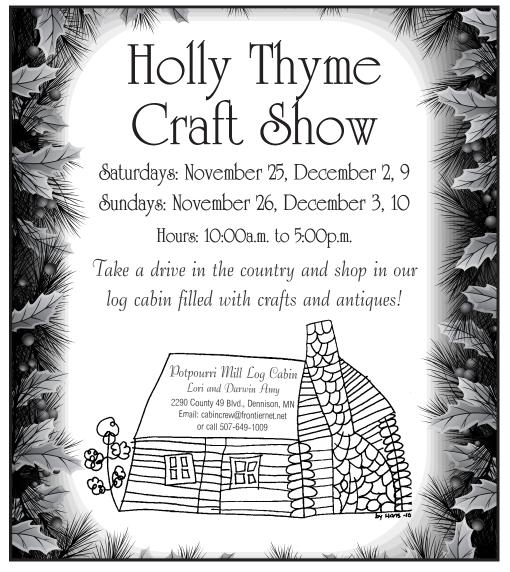


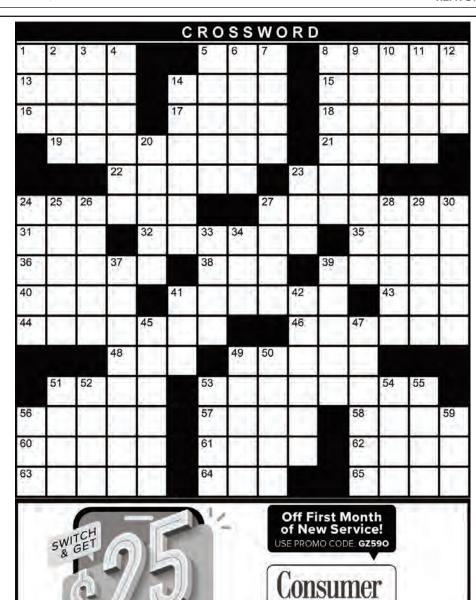
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*"Heaven's on Fire" band

*Setting of "Cheers" TV show

8. Derive

13. "I'm you!

14. Gas station brand

15. Affirmatives

16. Image in Orthodox Church

17. *Robert Wagner or Stephanie Powers, on TV 18. *Vote for H.W. Bush, e.g.

19. *Weird Al's last name

21. Forum, pl. 22. Dog-_

23. Clingy plant

24. Spiky succulent 27. Accumulates (2 words)

31. Turkish military leader

32. Consequence

35. *Wintour of Vogue 36. Zoroaster followe

38. E in B.C.E.

39. #53 Down, third person singular

40. Do like exhaust pipe

41. Hertz' offering

43. Extra cost

44. Expert, in U.K. (2 words)

46. *Ricky Martin's boy band

48. Arrival time acronym
49. *Piano player Lee Curreri on "Fame"

51. *Baltimore player 53. *Mikhail Gorbachev's policy

56. Recipient of money

57. *Umberto Eco's "The _ of the Rose"

58. Oration station

60. Some tournaments

61. In the thick of

62. Place, in French 63. Not at all good

64. Bitty

65. Other than what is

DOWN

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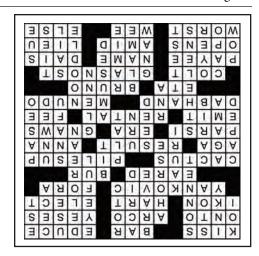
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- 1. Ornamental pond dweller
- 2. Deep black
- 3. Greek promenade
- 4. Shakespeare's output

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- * Lou Reed's "Home of the _
- 6. Like thick smoke
- 7. Campus military org.
- 8. Attractive to look at
- 9. *"Back to the Future" car
- 10. One on drugs
- 11. Cecum, pl.
- 12. Is, in Paris
- 14. "A horse is , of course, of course"
- 20. Resin-producing tree
- 23. Took the bait
- 24. *Christopher Reeve's sartorial style in "Superman II"
- 25. Old World lizard
- 26. Indigenous person from Suriname or Guyana
- 27. Surveyor's map
- 28. Mix-up
- 29. Not married 30. Promenade in Spain
- 33. Tournament ranking
- 34. Remains container
- 37. *Washington's volcano Mount
- 39. *Close of "The Big Chill"
 41. Genetic initials
- 42. Entertained 45. Affirm to be true
- 47. Cavatappi or udon, sing,
- 49. Scapegoat's due 50. Fiber crop variety
- 51. Head of family
- 52. Deed hearing
- 53. Chew on
- 54. Schooner canvas
- 55. *TV's "Family ____"
 56. Sound of explosion
- 59. *"Peggy __ Got Married"

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