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APRIL 10, 2024

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Kenyon City Administrator Leaves Post

Mark Vahlsing, Kenyon City Administrator, has left his position with the city effective April 1st. Vahlsing was hired in January of 2013, coming from Moose Lake where he had served two and a half years as the city administrator there. No reasons were given for the change of employment.



He Put The "TIRE" in RETIRE

By Natalie Jacobson

Just a little over forty years ago is when Dean Kylo started his auto repair business in Kenyon. It would continue to grow as him and his son, Robert ("Bob"), just fifteen years old at the time, would work together to help those in the community and later, those in other areas as well. Fast forward to the summer of 2022, Dean decides he'd like to retire and Bob takes over the business. From there, he'd move from next to the local gas

station on Second Street to Langford Avenue just north of County 12 Boulevard. Bob decided there was a need for more space and a new start. I spoke with Bob about the new location, "Robert's Repair," and what changes he has made as he has been on his own for over a year now. Whether, they are from town, West Concord, Wanamingo or Faribault, Bob seems to see the same faces that he has seen time and time again from the original shop, and is happy to accommodate their



needs. Dean comes by fairly often to help his son with any extra work. "I've been very fortunate Dad has stuck it out with me this long, he always knows what's going on, always treated people with respect, and I try doing the same. I learned a lot from him." He says.

(continued on page 5)

Announcements

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 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

Helping Hands



By Larry Grove, Hauge Free Lutheran Church

Proverbs 11:25-"Whoever brings a blessing will be enriched, and one who waters will himself be watered."

(continued on page 4)

School Board Approves K-W Superintendent Contract

The Kenyon-Wanamingo school board approved a new three year contract with Superintendent Beth Giese at the March meeting.

(continued on page 8)



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Lila Mae Cole

Lila Mae Cole, 89, of Kenyon, passed away on Friday, January 12, 2024 of complications from COVID, receiving wonderful comfort care at District One Hospital in Faribault. She was born July 27, 1934 in Kenyon to Erwin and Bertha (Danielson) Luebke.

Lila grew up in Kenyon and graduated from Kenyon High School as a member of the 1952 class. After school Lila met John Cole and they were united in marriage at First Evangelical Lutheran Church in Kenyon on November 20, 1955, where they were both members. Lila stayed at home to help raise their four children until they were out of school. During this time she was a bookkeeper for Cole's mobile home park in

Kenyon for over 50 years, which John and Lila owned. Lila also was a bookkeeper at Curt's Cannonball Truck Plaza. She was the coordinator for Goodhue County American Red Cross, where she was recognized for her 50 years plus of service and donated over 21 gallons. Lila volunteered her time at the Kenyon Country Club, the Bowling League as Secretary/Treasurer and at First Lutheran Church helping serve meals and other areas. Lila also was a longtime member of the VFW Auxiliary.

Lila loved to garden and make her well-known lefse. She played in the Bridge club and also played every week with her neighbors. Lila loved to go bowling, play golf, and drink coffee. She was a great wife to John and a loving mother, grandma and great grandma.

She is survived by her daughters, Lyn (Charles) Clarke of Kenyon, Wendy (Darrel) Rossow of Faribault, Sherry (John) McDonald of Faribault; grandchildren, Cory Cole, Noah Clarke, Christie (Bryan) Aase, Heather (Steven) Dickey, Heidi (Beau) Winden, Scott (Julie) McDonald, Kelly (Alex) Zweber, and four step-grandchildren; great-grandchildren, Samuel and Lewis Zweber, Amelia, Beatrice, Charlie and Susanna McDonald, Austin and Logan Dickey, Loren Aase, Tyler Winden, and seven step-great-grandchildren; sisters, Jean (Lavern) Benson, Helen Porter; brother in law, Jeff (MaryPat) Cole sister-in-law, Nordis Luebke; AFS student Pattana (Aviphant) Jierwiryapant of Thailand.

She was preceded in death by her husband John Cole; parents, Erwin (and Bertha) Lue-

bke; son, Dean Cole; brother, Curtis Luebke; brother-in-law David Porter; niece, Catherin Lawton; brother and sister-in-law, Joan and Luverne Schlobohm.

Funeral services were held on Saturday, February 10, 2024 at 12PM at First Evangelical Lutheran Church, Kenyon, with a visitation starting one hour prior to the service. Interment will be in the Kenyon Cemetery in Kenyon at a later date. Memorials are preferred to First Evangelical Lutheran Church in Kenyon or to the Alzheimer's Association.

Nathan J. Avery

Nathan John Avery, 46, of Wanamingo, died Friday, March 29, 2024 at St. Marys Hospital as the result of a head injury.

He was born December 2, 1977 in Owatonna, Minnesota the son of Mark and Vicky (Hanson) Avery. He grew up in West Concord and attended Triton School.

At a young age, he began working with his father running equipment, then worked for Jason French on his farm, L & D Recycling, Hutton Drainage, and was currently a heavy equipment operator at B.H. Heselton Construction.

Nathan was a quiet, caring, and generous person. He was the one you called when you needed help, knowing he'd be right there for you. Nate was fearless and adventurous (al-

ways willing to try new things), a problem solver (he knew how to fix most things), and dedicated to his work, which he loved.

He was married to Jackie Morten and they were blessed with two children, Jordyn and Rylan. He loved children and was a good teacher. He enjoyed family time and was fond of his dogs.

He is survived by his children, Jordyn (Greysen) Deblaay of Kasson and Rylan Avery of Kasson; partner, Erin Fjerstad of Wanamingo; mother, Vicky Avery of Wanamingo; siblings, Heidi (Tony) Mueller of Ramsey, Heather Avery Overson of Mantorville and Mark "Tony" (Jamie) Avery of West Concord; step-children, Dylan (Makayla) Fitzpatrick of Rochester and Kirsten (Matt) Schultz of Waltham; grandchildren, Weston and Hazel Deblaay, Bryant, Maverick, Logan and Eli Fitzpatrick and Waylon Schultz and other relatives and friends.

He was preceded in death by his father, Mark Avery; grandparents, Lloyd and LaVonne Avery and John and Elaine Hanson; close cousin, Johnathon Lowery and other relatives.

Visitation was at Michaelson Funeral Home in Owatonna on Wednesday, April 3rd from 4:00 - 7:00 PM and on Thursday from 10:00 - 11:00 AM. Funeral services were held Thursday, April 4, 2024 at 11:00 AM at Michaelson Funeral Home in Owatonna. Pastor Jim Avery officiated. Interment was in the Concord Cemetery in Concord Township.



WE'RE ONLINE!
Keep Up With Your Hometown News at www.kenyonmn.net

In Memory of Rachel Nesseth On her 20th Birthday



FOOD AND BLANKET DRIVE

Saturday, April 20, 2024
10:00am-2:00pm

Trailhead Building, Zumbrota
(Next to City Hall across from the Zumbrota Library)

"God bless those who don't have a warm place to sleep tonight or any food to eat."
- Rachel Nesseth

On Saturday, April 20 we would like to invite you to go for a walk in the park and drop off a non-perishable food item or a blanket in memory of Rachel. The above prayer is one that she spoke at dinner every night from the time she was a toddler. In celebration of Rachel's birthday, we will collect food and blankets so that her light will continue to shine in our community. We will distribute to local food shelves and shelters.

Treat Mom to Sunday Brunch at Its Best!

Mother's Day Brunch Menu

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Helping Hands

(continued from page 1)

Last year on March 31st, a tornado came through Wynne, Arkansas and tore a path through the town and left devastation that has caused hundreds of families to be without a home. We have been down to this city a number of times and have been constructing small homes at low cost to put people back into a place of shelter. There are still around 100 families that do not have a home any longer and are patiently waiting for volunteers to come and do what they can to bring about a solution to their crisis.

Many of these folks are elderly or have no skills to help themselves. Most had little or no insurance coverage for the storm that hit them. When we go down with a group of people we try to get some volunteers that have never done this before to join us. Without exception it has a transforming impact on their lives. Their intention is to come and be a blessing to those that are hurting, but just as the text for this message says, they return home feeling blessed beyond measure and enriched in their walk with Christ.

On one occasion I invited a co-worker to join our church group to go to Pearlinton, Mississippi and help after Hurricane Katrina hit. He said to me, "Let me get this straight. We are going to drive across the entire United States, from north to south, and work on homes for nothing?" I responded to him, "Oh, it gets better than that. We are going to pay for the materials as well." He looked at me in disbelief. As we invested into the lives of the people in Pearlinton, God broke his heart for those folks. He came home a different person. He got a group of men together and made a trip down to Pearlinton with them. Those men were so transformed that they came home and started a non-profit organization called 'Helping Hands' and did disaster relief in various places that had catastrophes hit them.

Early in my walk with Christ I had the opportunity to go to South Florida and help the victims of Hurricane Andrew with my oldest son. I developed a camaraderie with some men in Homestead. As I was visiting with them early one morning I noticed a fellow standing in the distance. I asked the men who that fellow was? They said, "Oh, that's old 'Chickenfoot'." I walked over to the man and introduced myself. After some small talk I said to him, "Chickenfoot, if this hurricane had taken you with it, do you know where you would spend eternity?" He looked at me and responded, "Oh, how I wish I could know that." I told him that scripture says that we can know. I said, "I wish I could show you in a Bible but I have given them all away. Even my own Bible I have given to a man." He reached into his shirt pocket and pulled out a Gideon's New Testament and said, "My momma gave this to me years ago but I have never been able to read it." I asked Chickenfoot if he could read and he said, "Very well, it just never made sense to me." I opened it up

to I John 5:11-13 and had him read it to me. Slowly and succinctly he read," And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life." I said to Chickenfoot," You can know beyond a shadow of a doubt that you have eternal life. Do you want that assurance?" He looked at me with earnest desire and said,"Absolutely." We got on our knees and he cried out to God in repentance and faith, asking Christ to change him and fill him with His Spirit. Chickenfoot walked away from that spot clinging tightly to the testament that his momma had given him years before. He had a new appreciation for God's Word and I had a renewed trust in my Lord and Savior who is in the life changing business.

We need to realize that God does not need us to transform a life. But, He has chosen to use us. Acts 17:24-25 tells us, "'The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else.'" Romans 10:13-15 Explains our role in the sharing of the Gospel. It says, "Everyone who calls on the name of the Lord will be saved." How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: "How beautiful are the feet of those who bring good news!" "What a marvelous opportunity we have to be used by God to bring the good news of salvation to a world that is hurting and in despair.

No matter what the circumstance is we must remember that as believers in Christ we have the hope that people going through these difficult times need. In 2023 we made a number of trips to Hazard, Kentucky to help flood victims. The pastor at the church we stayed at in that city told us that after the last time we were down, 6 people came to faith in Christ and were baptized because of the love and care that was shown to them by the people that had taken time to come and invest in their lives or the lives of loved ones. Hazard was flooded on July 27th, 2022 when 16 inches of rain fell in 4 hours.


If you have never been on a short term mission trip, it would be worth your while to consider going on one. Pray about it and God will lead you to an opportunity that you can use the gifts and talents that He has given to you to encourage and bring hope to folks that find themselves locked in desperate situations. The joy that God brings to the ones that sacrifice a week or two of their busy lives to give of their time and resources is truly enriching and fulfilling. If you feel you have no gifts or talents to offer or your strength is diminished, consider it anyway. There are always those that need someone to talk to or are in need of prayer or even an arm around their shoulder. As we start work on a home in the morning, we try to pray with the family and we ask them how we can pray specif-



ically for them. Time and again it brings tears to their eyes to hear that we want to pray for them in strategic ways because we have a God that answers prayer specifically. If your heart is open to serving in this way but circumstances just will not allow you to take part in an endeavor like this, please pray for those that can go. Pray that God will provide the resources to make it happen and that their efforts would be rewarded, not only with the gratification it brings, but also with the treasures in heaven that can be stored up by the souls that can be won as God touches their lives through your prayers, as well as the efforts of the workers. As God opens up opportunities for you to help people, we must do them as a natural outflow of gratitude and appreciation for what Christ has done for us. God has orchestrated these occasions and will continue to do so as we yield to His calling. Ephesians 2:10 tells us, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." I want to leave you with a verse from Hebrews 6:10. Your labor will not go unno-

ticed. It says, "God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them." If God is tugging at your heart right now and you might consider investing into the lives of those that are in dire need, please contact us. We have many organizations that we have worked with in the past and we could line you up to go with us or organize a group yourself. May we always be ready to share the hope that we have in Christ with a world that is hurting.

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Wangen Prairie Church Food Drive

Wangen Prairie Church's food drive for the All Seasons Community Food Shelf in Kenyon is off to a gangbuster start! Over 859 pounds of food have been collected in the first three weeks, and some of it is shown piled up on the Church altar along with some of the Church volunteers. Wangen Prairie Church (34289 County Blvd, Cannon Falls) will be



matching the contributions of the community, pound for pound, at the end of the month. The Church is collecting donations at the Kenyon Market grocery store on Saturday mornings, from 9 until noon, during March. Kenyon Market employees have been pitching in, stockpiling the specific foods that the Food Bank needs, for donation by shoppers on Saturdays and during the week. Mary Frutiger, CEO of All Seasons Community Food Shelf commented "I so appreciate the community supporting this food drive, which will provide our clients with much needed food security." Mary also thanked the

Church and Kenyon Market for the 1000 pound of food targeted as the goal for the month: "It would be amazing if 1000 pounds of food could be collected, plus the same amount donated by the Church, but Kenyon and the 4 surrounding towns have consistently supported this Food Shelf for over 15 years, so I am confident this food drive will be an awesome success." Given the anticipated weight of all the donated food, to be doubled by the Church, the Church may consult with a structural engineer to make sure the altar doesn't collapse at the Easter service at the end of the month!

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He Put The "TIRE" in RETIRE

(continued from page 1)

Bob enjoys seeing many revisit but if those who come by once a year versus four or five times a month, they are no different. Bob explains that the projects might look the same or dissimilar from one another, but everyone should be treated the same. "I like working

with the customers and/ or people, it's fun when they come in with a problem and you can fix it. There's always a surprise. We can work with your budget needs as well. People are people, not numbers, especially in a small town."

Usually, Bob is full if not the whole week, he is half, trying to keep some space open for emergencies or quick half an hour projects. If you're needing something done on a Saturday, give him a call a couple days in advance. His services include; tire rotations, battery replacement, engine repair and much more on the Google page which has the updated address, number and services. He's currently working on a Facebook page. In the future, to those who are eligible, Bob may be looking for help. Since moving, there is more space, a new tire machine and plenty of projects to be done. In the upcoming spring season, he is known for working on lawn mowers, boats and golf carts. I've heard nothing but terrific comments on Bob's shop, folks from all over knowing him or his Father not just on their work but how they can make the community part of their family. Robert's Repair is located 19 Langford Ave, Kenyon MN 55946, You can reach him at 507-330-2873.



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Blue Harbor Boutique

By Cheri Roshon

Driving down Main Street in Wanamingo, you will see the regular businesses, like the bank, the post office, the bakery, and some small businesses. One of those businesses is called Blue Harbor, and it is open on Wednesday and Thursday from 11 am to 6 pm. Sometimes you will see a mannequin out front, wearing a colorful outfit, letting you know that the store is open. But have you been inside?

Terry Kane hails from Maine, and Blue Harbor is one of her favorite places in Maine, so that's where the name comes from. She moved here in 1985 to be closer to her family. She landed in Wanamingo for the first 2 years, and it left an impression on her. She raised her kids in the Cannon Falls school system, and 18 years ago after the kids were all graduated, moved to Rochester to open an adult day care home for disabled adults.

Three and a half years ago, she was back in Wanamingo, and noticed the building where Harriet Peterson had been running her salon was empty. After inquiring about the vacancy, she decided to open a small store to sell clothing, jewelry, gifts, purses, craft items, beauty supplies and CBD products. A little bit of a lot of things! She opened her store, and was happy running it 2 days a week, when the owners told her they had decided to sell the



building, and offered her first shot at purchasing it.

After checking it out, she decided to buy it, and remodeled the whole building. The building now has 5 apartments and the store in it!

Well, Spring has Sprung, and Terry is offering a big sale at the Boutique. From the first day of Spring to the first day of Summer, you can get 50% off all the clothing in the store, and 30% off everything else! I asked her why such a great sale, and she said she has new things coming, and wants to make way for all of it. Having a big sale will clear out a lot of room to bring in the summer outfits, and you get a great deal!

You can find Terry's Facebook page at Blue Harbor Boutique, and her phone number is (507) 250-4503. The address is 224 Main



Street in Wanamingo, and she looks forward to showing you all her treasures for that unique gift for yourself, or your family and friends! So, come on in, and tell her Cheri sent you!



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\$1.1 Million to be Awarded to Southern Minnesota Businesses

Competitive grants to support existing operations or planned growth

By Southern Minnesota Initiative Foundation

Through a partnership with the Minnesota Department of Employment and Economic Development (DEED), Southern Minnesota Initiative Foundation (SMIF) will award \$1.1 million in competitive grants to businesses in southern Minnesota to invest in existing operations or planned growth.

Grant awards will range from \$10,000 to \$50,000 and can be used for working capital to support payroll expenses, rent or mortgage payments, utility bills, equipment, and other

similar expenses that occur in the regular course of business.

Grant awards will be limited and approved on a competitive basis. Not all eligible businesses will receive a grant. Primary business operations must be located in SMIF's region, which includes 20 counties and one Native nation. Businesses must earn \$750,000 or less in gross revenue (based on 2021 taxes) to be eligible. Additional eligibility requirements are listed on SMIF's website.

The grant cycle opened March 27, 2024 and will close on April 24, 2024. For the application and guidelines visit smifoundation.org/promise. Contact Melissa Langer (melissal@smifoundation.org) or Brian Conzemius (brianc@smifoundation.org) with questions.

The PROMISE Act is funded by one-time allocation from the State of Minnesota Legislature in partnership with DEED. This program looks to drive economic recovery in our region through grants to small businesses in south central and southeastern Minnesota experiencing lack of access to capital, loss of population or an aging population, or a lack of regional economic diversification.

"We are honored to, once again, partner with MN DEED to support entrepreneurs in southern Minnesota," said Tim Penny, presi-



dent and CEO of SMIF. "This will be an important boost for economic development in our region."

The PROMISE Act Grant is a statewide program with multiple partners accepting applications throughout Minnesota. SMIF is one of six Minnesota Initiative Foundations (MIFs) that will accept applications through this program, in addition to the Neighbor-

hood Development Center, which will accept applications in certain areas of the Twin Cities metro.

For businesses that are not located in SMIF's region, please consult the following website to determine who to contact for this program: <https://mn.gov/deed/business/financing-business/deed-programs/promise-grant/>



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Letter from the Superintendent

Host Families Needed



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

Have you considered being a foreign exchange family? Adding foreign exchange students to our school community contributes to our cultural diversity and promotes global awareness and understanding. By welcoming a student from a different country, we expose ourselves to new perspectives, traditions, and languages, enhancing the educational experience for every student.

When I was in high school, my family sponsored a student from Germany, it is an experience I will never forget. Interacting with a foreign exchange student provides us with the opportunity to learn about different cultures, customs, and traditions. This exposure to diverse perspectives fosters tolerance,

appreciation, and respect for other cultures, ultimately creating a more inclusive and harmonious school environment. I learned a great deal from the experience.

Additionally, having a foreign exchange student allows us to immerse ourselves in a new language. It provides an authentic and engaging context for language learning, where students can practice speaking and listening skills with a native speaker. This language immersion experience helps develop proficiency and fluency, preparing students for an increasingly globalized world. All students speak fluent English, but what a neat bonus for our kids to be exposed to.

At Kenyon-Wanamingo, foreign exchange students bring a unique global perspective to our classrooms. They can share personal experiences, unique insights, and different educational approaches from their home country. This diversity of perspectives fosters critical thinking, encourages students to question their own assumptions, and can broaden understanding of global issues.

If you are interested in becoming a host family please reach out, Kenyon-Wanamingo is a great place to learn from these students. bgiese@kw.k12.mn.us.



School Board Approves K-W Superintendent Contract

(continued from page 1)

Giese took the position for the 23-24 school year and the schoolboard members stated that they were very pleased with her performance. Her salary was increased to \$123,000 for the coming school year and will be \$125,460 for the 25-26 year and \$127,970 for the 26-27 year.

The state has approved the Statutory Operating Debt plan for the district submitted last month and the school is on good footing to resolve the budgetary problems which have faced the district in the previous years. The approval by the state gives the district more autonomy on decisions moving forward.

KABA KASH NOTICE

The Kenyon Commercial Club is disbanding, thus discontinuing the KABA KASH program. Any outstanding KABA KASH will **ONLY** be redeemed for cash by bringing directly to Security State Bank of Kenyon. **DEADLINE** for cash refund of KABA KASH is **5/1/2024**.

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2024 SKYWARN Training Schedule

(subject to change—please check www.Sogn.us prior to attending any session for last-minute class updates)

MARCH	26 Tuesday	Online Webinar begins at 6:30pm <i>Pre-registration required. Sign-up on www.Sogn.us</i>
APRIL	4 Thursday	Online Webinar begins at 6:30pm <i>Pre-registration required. Sign-up on www.Sogn.us</i>
	13 Saturday	Cannon Falls (Christ UMC) beginning at 9:00am <i>(39470 Gaylord Ave. — church located just west of the Cannon Golf Club)</i>
FREE	17 Wednesday	Nerstrand (Fire Department) beginning at 6:30pm <i>(Located two blocks south of Hwy. 246 on Cherry Street)</i>
	22 Monday	Zumbrota (Fire Department) beginning at 6:30pm <i>(Located at 1400 Jefferson Drive — northeast of Zumbrota Ford)</i>

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Kenyon-Wanamingo Noble Knights of the Week



**KW Noble Knights of the Week
for March 15, 2024**

Front Row: Myles Sletten, KG, Ms. Madi Andrist; Adeline Baalson, Gr. 1, Mrs. Katie Benbrooks; Declan Smith, Gr. 2, Mrs. Deb Hinrichs; Luka Noney, Gr. 2, Mrs. Megan Jordan.
Back Row: Korbin Flotterud, Gr. 3, Ms. Val Ashland; Brayden Rapp, Gr. 3, Ms. Sandy Sahl; Brooklyn Arnold, Gr. 4, Mrs. Chloe Gohman; Harper Kerr, Gr. 4, Ms. Rhonda Thesing



**KW Noble Knights of the Week
for March 22, 2024**

Front Row: Axton Porras, KG, Ms. Madi Andrist; Reyna Dressel, KG, Mrs. Tanya Short; Aubree Wood, KG, Mrs. Katie Valek; Reese Allen, Gr. 1, Mrs. Katie Benbrooks; Malia Evenson, Gr. 1, Mr. Tony Donkers.
Back Row: Jade Wrolson, Gr. 2, Mrs. Deb Hinrichs; Nathan Barraza, Gr. 2, Mrs. Megan Jordan; Oliver Stoppel, Gr. 3, Ms. Val Ashland; Hudson Otte, Gr. 3, Ms. Sandy Sahl; Olivia Lerfald, Gr. 4, Mrs. Chloe Gohman; Nathan Flom, Gr. 4, Ms. Rhonda Thesing



**KW Noble Knights of the Week
for March 29, 2024**

Front Row: Rose Burginger, KG, Ms. Madi Andrist; Alex Keller, KG, Mrs. Tanya Short; Ruby Caron, KG, Mrs. Katie Valek; Peyton Luedtke, Gr. 1, Mrs. Katie Benbrooks; Haddie Schwing, Gr. 1, Mr. Tony Donkers.
Back Row: Riley Falenschek, Gr. 2, Mrs. Deb Hinrichs; Patience Castle, Gr. 2, Mrs. Megan Jordan; Jaxsyn Bauer, Gr. 3, Ms. Val Ashland; Lily Knott, Gr. 3, Ms. Sandy Sahl; Ruby Allen, Gr. 4, Mrs. Chloe Gohman



**KW Noble Knights of the Week
for April 5, 2024**

Front Row: Remington Stalker, KG, Ms. Madi Andrist; Olivia Ramirez, KG, Mrs. Tanya Short; Scott Hogy, KG, Mrs. Katie Valek; Brecken McCabe, Gr. 1, Mrs. Katie Benbrooks; Liza VanDeWalker, Gr. 1, Mr. Tony Donkers; Fabian Smith, Gr. 2, Mrs. Deb Hinrichs.
Back Row: Sam Keller, Gr. 2, Mrs. Megan Jordan; Henry Skillestad, Gr. 3, Ms. Val Ashland; Sebastian Uran, Gr. 3, Ms. Sandy Sahl; Laila Mandujano, Gr. 4, Mrs. Chloe Gohman; Daniel Richards, Gr. 4, Ms. Rhonda Thesing

93% of Americans concerned about brain health!! Irish Music and Guinness Taste



By Shauna Burshem, D.C.

According to a recent AARP survey, 93% of Americans are concerned about their brain health, yet few understand how to protect it. Research is now showing that canola oil leads to significant declines in memory and has a negative impact on body weight management. This is bad news, as canola oil has always been touted as a healthy oil to use. Most people do not even know where canola oil comes from or even what a canola is. There is actually no such thing as canola. Canola stands for Canadian Oil. It is in reality rapeseed oil which comes from pressing the oilseed rape plant. Canada became the first country in the world to produce large

quantities of rapeseed with low erucic acid in the oil and low glucosinolates in the meal. Thus the name Canadian Oil or Canola Oil for short. Canola Oil is not a healthy oil for your brain. It is genetically engineered and altered to reduce toxic to humans erucic acid levels and then processed with several chemical baths before being bleached. Sadly, canola oil is found in almost oil processed (man-made foods in boxes or bags). And over the years, through proper marketing by canola oil manufacturers, has led us to believe it is a health food. Healthier options include pastured organic butter, virgin coconut oil, ghee, avocado and walnut oil for cooking and olive oil for non-cooking purposes (use olive oil as an added oil once the food is cooked, because olive oil is not supposed to be heated).

68% of adults have damage to the discs in their neck. The discs are cushions between the cervical vertebrae. This condition is called cervical disc degeneration or degenerative disc disease (DDD). If you do not have this condition now, you will likely get it unless you are in a neck mobility program. Early signs of disc degeneration include popping, cracking or gravelly noises in the neck. Chiropractic spinal adjustments either by hand or low force adjusting instruments place motion in the spinal joints which reduces the friction on the surface of the bones. Also helpful is using a cervical pillow at night and performing passive range of motion exercises daily.

There are two types of sugars which you should be aware of. Refined sugar and intrinsic sugar. Refined sugars are linked to health problems and include high fructose corn syrup as one example. Intrinsic sugars

are naturally occurring sugars in whole fruits and vegetables. Refined sugars affect the gut by causing endotoxin production which destroys the function of the energy producing cells in the body which then can result in cancer metabolism. Fructose present in whole fruits does not result in the production of endotoxins. Avoid high fructose corn syrup and eat sugars from whole fruits, raw honey or pure organic raw cane sugar.

Mustard seed contains chemical compounds that can enhance the cancer fighting potential of cruciferous vegetables like broccoli, cauliflower and brussels sprouts. Sprinkle mustard seed powder on these vegetables to further reduce cancer risk. A compound in brown mustard seed lowered the risk of bladder cancer by 34.5% and was 100% effective at preventing the spread of cancer into surrounding muscle cells.

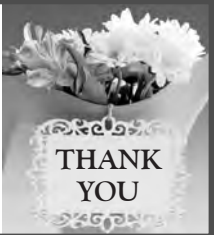
Dried plums, aka prunes may help prevent bone loss in older osteoporotic postmenopausal women. In addition, dried plums are loaded with anti-oxidants which are very important for overall health.

Drinking Ireland's Guinness Stout was shown to taste better if you are listening to Irish music. A study from London, England's University of Lincoln, published in the journal *Frontiers in Psychology* found that the

tastes change when drinking Guinness stout comes down to two psychological factors. The first is called priming. Priming is the idea that exposure to one stimulus may influence a response to another stimulus without guidance or intention. For example, if a wine shop played German or French music in the background of their store, there would be increased interest in wines from those countries. The second factor is called musical fit. This factor state that our brains function better when things are as we expect them to be, or are well put together. For example, people are more willing to pay more for a drink in a bar or restaurant when the music playing fits the décor or foods being sold. The Guinness study showed that certain frequency ranges, tempos, timbres and harmonies are associated by our brains with flavor attributes such as sweetness, bitterness, sourness and perceived body and strength of the beer. For example, a light hearted tune like the Saw Doctors "To Win Just Once," or Van Morrison's "Brown Eyed Girl" make Guinness taste sweeter. On the other hand, Sinead O'Connor or the Cranberries singing "Zombie" would make the Guinness taste heavier, stronger and more bitter due to the heavy guitar and strong emotional content.

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What's Normal?



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

As we progress into the first days of Spring, we look back on a winter season that was not the typical Minnesota winter. We can also look back to the fourth anniversary of the Covid pandemic and the infamous shutdown the entire society endured. As that experience dragged on there was an increasing desire to see things “return to normal.” But how do you define normal?

Normal is “a standard, or regular pattern”

according to the Merriam-Webster dictionary, and is often associated with a routine, or possibly a habit. One individual online described “normal” as that action or belief that is accepted by 62% of the population. However, what is considered normal may not be healthy, or good for you. How comfortable are you with making a healthy choice that is not be seen as ‘normal’?

The Standard American Diet is a common phrase used by nutritionist with the emphasis on the first letter of each word – S.A.D. The normal choices for food consumption among Americans has resulted in SAD consequences. Back around 1901, the normal consumption of sugar per American was around 5 pounds of sugar per year. Today, the normal consumption of sugar per American is over 100 pounds of sugar per year. Before 1930, vegetable oil, corn oil, soybean oil, and canola oil did not exist. Today, soybean oil and corn oil are the top oils consumed promoting significant inflammation. There are a multitude of foods available in our warehouse grocery depots that our great grandparents would not recognize. What we consider normal today has brought about SAD consequences.

Unfortunately, in our culture, normal is not the same as healthy. Consider some of these examples:

- More than 70% of the American population is overweight or obese leading to heart disease, diabetes, and a weakened immune system
- Premenstrual cramps, headaches, and irritability each month is considered normal
- Constipation with bowel movements less

than once a day is considered normal

- Braces to straighten teeth and pulling wisdom teeth is considered normal
- More than 10 prescriptions per American is the current average

To make a healthy choice, or choose a healthy lifestyle is not considered normal. Do some of these healthy choices seem ‘abnormal’ to you:

- Have some vegetables with your breakfast
- Be sure to drink 8 cups of filtered water (or more) each day
- Eat an apple every day
- Eat only three meals a day with no snacks between meals
- Each meal should include a protein (meat, egg, dairy, or beans)

When what is normal is not a healthy choice, you and I have the opportunity to be an influence to our circle of friends and relatives to help them recognize a healthy option. To be an influencer is to be one who helps others to be interested and to recognize there is another choice available. The normal advertisements and recommendations coming across the television screen are not presenting healthy options, they are presenting normal options. Internet videos presenting extreme diets and exercise are not presenting healthy options, they are sales gimmicks. The healthy options are going to be consistent, natural-based options your great grandparents would recognize. Healthy options are lifestyle choices that pro-

mote longevity, fertility, and a healthy environment. You can be an influencer to help move the American culture back to a healthy standard. Perhaps one day, healthy choices will be the “new normal.”

I invite you to join me this spring at the Northfield Holistic Health Summit “New Beginnings” Saturday, May 4, 2024, to learn more about healthy lifestyle choices and the resources available to you. Ten local health practitioners will be presenting information on – herbs, homeopathy, acupuncture, toxins, neurology, allergy therapy, and more. Purchase your ticket today for this event that includes a healthy catered meal by Café Shawn. Ticket sales close on April 30. More information

at <https://www.nutritionproportion.net/health-summit2024> or scan the QR code.

Make your health a priority in 2024. Change is required, but the outcome is worth the effort. Little changes can make a big difference over time. If you would like to pursue a healthy lifestyle and increase longevity, I can help.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net



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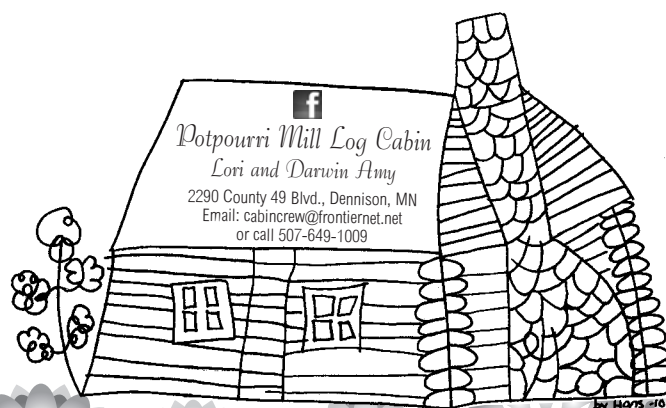
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Down on the Farm/ Up at the Cabin Becoming a Farmer: First Steps

By Monica & Claudia Vanderborght

A farm dog -- for companionship and protection.

Monica's daughter had two dogs, both lab-crosses. Together, they could get into so much trouble!! If they weren't locked in their kennels each and every time the family left the home, disaster would greet them upon return: upturned garbage cans spilling their contents, pillows and sofa cushions strewn about, shoes chewed, once they even managed to open the refrigerator door and raid the contents. Mocha and Ice didn't have a bad life, but their weekdays were relegated to their kennels. Ice was a sweetie with those he knew -- but a car accident had left him with only three legs and abuse made him untrustworthy around strangers, particularly men. Mocha was an easy girl with a wonderfully loud, deep, (and often too frequent) bark. After a few lessons at PetCo, Mocha knew basic commands and actually followed them on occasion.

Mocha absolutely loved her new-found freedom. She followed Monica everywhere, although she kept a safe distance when the chainsaw was in use. The rule of "No Dogs on the Couch" was quickly forgotten -- when Monica was on the couch, Mocha was there. When Monica was in bed, Mocha was there.

The two spent many hours outside each day, and she was Monica's constant companion.

Cats -- for amusement and critter control. Monica is adventuresome and brave, but when it comes to rodents and snakes Monica reacts like a typical girl.

Never mind that Monica fearlessly drove her 4WD Jeep over / through trails (and creeks and large rocks) in Minnesota and Wisconsin with the Dakota Dirt Diggers. (An important lesson that would also serve her well on the farm: "If you aren't getting stuck, you aren't learning anything.") All by herself, Monica traveled 49 states and several Canadian provinces on a Goldwing motorcycle. In 2005 she volunteered to be deployed with the Naval Reserve: ten days later she was on a plane to CENTCOM in Tampa for paperwork and immunizations; two weeks later she was on the long flight to Qatar.

Brave, yes. But when it comes to snakes and rodents, Monica actually believes she can levitate when startled by either. Perhaps it is the scream that gives the extra lift. Cats, for critter control, were absolutely essential.

So four kittens came to the farm: two from Craigslist, two from a friend. Each grandchild was tasked with naming one kitten. Cuddles and Tippiie were siblings (who hated each other and hissed whenever the other drew near). Shelley and Oliver were lively, curious, and chased each other all over the house. Slowly, the kittens were given greater outdoor freedom as they grew.

One dog, four cats, and dozens of boots (Monica, kids, grandkids, friends of grandkids) can bring in a tremendous amount of dirt and mud from the outside. The barely-nice house with easy-to-clean floors was ap-

preciated.

Autumn turned to winter. The days got shorter and colder. Claudia, who for decades had heated her homes exclusively with wood, assured Monica that the fire could burn all day without supervision. It could burn all night too. If the grandkids wanted to find the kittens, the fireplace was the first place they looked.

Every January, the fifth grade teachers and students headed to Eagle Bluff for a three-day field trip. This was the first extended "vacation" Monica would be away from home. (Not really a vacation, having to supervise all those children -- and their parents.) But it was a wonderful learning experience for the kids, many of whom had lived their entire lives in apartments with hundreds of TV channels and piles of video games. Mocha returned to Ice's house for a three-day sleepover. Thermostats for the electric heaters were set to 55 degrees. Food and water was left for the kittens ... although one wasn't looking well. Shelly was lethargic and showed little interest in food or water. Either she would be okay, or she wouldn't. Monica left for the field-trip, hoping for the best.

The internet was slow at Eagle Bluff, but Monica looked up symptoms of feline diseases. She asked for advice from the teachers. All symptoms pointed to feline leukemia -- a death sentence for Shelley and probably the other three. It was a long three days and a dreaded return home.

Mocha was thrilled to be out of the suburbs and back on the farm where she could run free again. Three kittens seemed fine, but



Mocha

Shelley was seriously ill. Monica still had two days before the weekend to consider options. Her colleagues sympathetically suggested that Shelley be taken to the vet for a confirmed diagnosis and to be euthanized. All the suburban friends agreed.

But Monica resolved: wasn't she a farmer now? Farmers don't take their cats to the vet to be euthanized -- they do it themselves. Farmers do not let their animals suffer. It was a difficult, agonizing, painful decision. But when she got home from school that day and saw the pitiful state Shelley was in, Monica knew what she had to do. It was a rough, rough weekend -- but she knew she had done the right, the farmer thing.

Several months later, Oliver started going downhill -- the same symptoms. This time the decision was no easier, but farmers do not let their animals suffer. Oliver's suffering was shorter, and the decision was easier, though no less painful.

Monica felt she had just passed a huge milestone in becoming a legitimate farmer. The first, difficult steps had been taken.

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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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WHEELS OF HONOR
Minnesota

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 and 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.



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Minnesota State Park Summer Tours Now Taking Reservations

By Minnesota DNR

This summer, Minnesota state parks will offer tours introducing visitors to the Iron Ranges' mining history, prairie life, and the longest cave in the state.

Reservations are now available for tours at Lake Vermilion-Soudan Underground Mine, Blue Mounds, and Forestville/Mystery Cave state parks. Schedules and reservation information are available on the state park tours webpage of the Minnesota Department of Natural Resources website.

Returning in 2024: Soudan Underground Mine tours at Lake Vermilion-Soudan Underground Mine State Park

Minnesota has been a powerhouse in the production of iron ore starting with the state's first iron ore mine, the Soudan Mine, which opened in 1882 and operated until 1962. Underground mine tours will return in May after being closed the last two years due to an extensive restoration project. The mine shaft restoration was completed in December 2023 and new interpretive exhibits are coming to the visitor center in April. In addition, this year marks the 100th anniversary of the installation of the mine shaft hoist in the engine house.

"The Soudan Mine is a living memorial that honors all who immigrated to the Iron Ranges of Minnesota to seek a better life for themselves," said Sarah Guy-Levar, interpretive services supervisor at the park. "We are eager to share the major improvements with our visitors and help people fully immerse themselves in the authentic experience of an underground miner."

The Soudan Underground Mine offers historic tours where visitors travel 2,341 feet —



nearly one-half mile — underground by cage on authentic, expertly maintained hoisting equipment. Once underground, participants board a train and ride nearly a mile to the last and deepest area of the mine. On the tour, visitors hear true stories of the miners and learn firsthand about the working conditions that made this underground iron mine the safest of all the Iron Range mines.

Historic tours run daily from Memorial Day weekend through the end of September. In October, tours are offered on weekends through the third weekend of the month. Mine tours are fully accessible. Reservations are highly recommended as tours frequently sell out.

Prairie and bison tours at Blue Mounds State Park

Blue Mounds State Park, in the state's far southwest corner, offers a 90-minute bus tour into a vast prairie that might include the sighting of the park's massive bison herd. These powerful wild animals can be elusive, so there's no guarantee of seeing one. However, prairie life — such as grasses, prairie flowers and other wildlife — can easily be seen on the tour.

"The bison's story of resilience shows us just how powerful the prairie can be," said Tiffany Muellner, interpretive naturalist at Blue Mounds State Park. "Taking the tour is a great way to experience some of that story and discover how the prairie is so much more than grass."

Tour reservations are required. Prairie and bison tours run Thursday through Sunday from Memorial Day to Labor Day, and weekends from mid-September to mid-October. The tour bus is equipped with a lift and can accommodate one wheelchair per tour.

Mystery Cave tours at Mystery Cave at Forestville/Mystery Cave State Park

Covering 13 miles, Mystery Cave is Minnesota's longest cave. Forestville/Mystery Cave State Park offers a variety of tours through the cave, including the one-hour lantern tour, the one-hour scenic tour, the two-hour geology tour, and the four-hour wild caving tour. Each tour takes visitors to

different areas of the cave and showcases stalactites, stalagmites, flowstone, fossils, and cave pools.

"Mystery Cave is unique because of its interconnectedness to so many wonderful things," Cave Manager Dawn Ryan said. "When visitors leave the surface and go underground into Mystery Cave, they quickly discover the cave is its own environment defined by water. Everywhere you look, water is dripping, flowing or pooling. Water flowing through the cave contributes to the beautiful cave formations and provides habitat for rare cave life."

One-hour scenic tours begin May 11 and run through Oct. 20, and are offered multiple times daily. These tours are fully accessible. Reservations are recommended, but walk-ins will be accommodated based on availability. The 12:20 p.m. and 3:20 p.m. tours on weekends are not reservable and are for walk-ins only.

The lantern, geology and wild caving tours are offered on weekends only, and reservations are required. Participants in these tours should read the cave tour webpage for details about age restrictions, footwear requirements, and conditions that participants will encounter. Lantern and geology tours are available from Memorial Day through Labor Day. Wild caving tours run from June 1 to Aug. 24.

State park vehicle permits

A state parks vehicle permit is not needed for the parking area at the visitor center at Soudan Underground Mine or the Stuntz Bay parking lots; visitors will need a vehicle permit to enter other areas of the park, including the campground.

Tour participants at Blue Mounds and Forestville/Mystery Cave state parks will need a vehicle permit to drive into the park for their tour.

The permit cost is \$7 per day, or \$35 per year for unlimited visits to all state parks and recreation areas. Vehicle permits can be purchased on the state parks permit webpage or in person during open hours at state park ranger stations.

↪ Saturday **May 18**

Nerstrand Night out

Hog Roast

At the Nerstrand Fire Hall

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Dear Editor,

I was very disappointed to read your columnist Shaunna Bursheim, D.C. promoting disproven conspiracy theories as proven just because a promoter of such theories says so. It takes very little effort to fact check her assertions and find that they are without merit. Yes, there are a few facts in there. A common propaganda technique is to throw in a few facts to make the rest seem plausible. Yes, Dr. Fauci made money during the pandemic. But to infer that he caused it for profit or that his decisions were based on self interest, or that he profited directly from it are just plain false. Yes, millions died because of the pandemic. But, that was made much worse by those who refused to follow public health guidelines, discouraged the use of masks which are proven to prevent transmission of disease, and promoted false information regarding vaccines. She is using one of those people as the source for her "proof."

Her column routinely touts unproven or false information, but this is just over-the-top falsehood that will harm people.

I would appreciate seeing a fact check response to her column published.

In the interest of public health, Thank you, Mel Turcanik

Fact check for chiropractor's column from the editor.

We run a column each month written by a very qualified chiropractor and it has stirred some controversy over some of the content. While there are lots of opinions and many people with passionate beliefs, we must temper our feelings with facts. Here are a couple graphs from the CDC regarding death rates and causes over the last seven years. Draw your own conclusions. Was the panic over a virus, which accounted for 10% of the deaths nationally worth closing down schools, ruining businesses, shuttering churches, preventing the elderly from seeing their family in their last days and creating a government spending spree which doubled the national debt in three years? Has your fear of dying prevented you from living your life? This is the first time in history that healthy people were quarantined. Except for Sweden, which didn't lock down their country. Although Sweden was hit hard by the first wave, its total excess deaths during the first two years of the pandemic were actually among the lowest in Europe. The decision to keep primary schools open also paid off. The incidence of severe acute COVID in children has been low, and a recent study showed that Swedish children didn't suffer the learning

loss seen in many other countries.

We are very happy to publish Dr. Bursheim's columns because they provide an alternative viewpoint to what is often the given narrative. One of the positive attributes of a newspaper is to publish all sides and allow the reader to make their own decision.

CDC mortality rates for the United States in 2021

Number of deaths for leading causes of death:

- Heart disease: 695,547
- Cancer: 605,213
- COVID-19: 416,893

- Accidents (unintentional injuries): 224,935
- Stroke (cerebrovascular diseases): 162,890
- Chronic lower respiratory diseases: 142,342
- Alzheimer's disease: 119,399
- Diabetes: 103,294
- Chronic liver disease and cirrhosis: 56,585
- Nephritis, nephrotic syndrome, and nephrosis: 54,358

Number of Deaths for Leading Causes of Death, US, 2015-2020^a

Cause of death	No. of deaths by year					
	2015	2016	2017	2018	2019	2020
Total deaths	2 712 630	2 744 248	2 813 503	2 839 205	2 854 838	3 358 814
Heart disease	633 842	635 260	647 457	655 381	659 041	690 882
Cancer	595 930	598 038	599 108	599 274	599 601	598 932
COVID-19 ^b						345 323
Unintentional injuries	146 571	161 374	169 936	167 127	173 040	192 176
Stroke	140 323	142 142	146 383	147 810	150 005	159 050
Chronic lower respiratory diseases	155 041	154 596	160 201	159 486	156 979	151 637
Alzheimer disease	110 561	116 103	121 404	122 019	121 499	133 382
Diabetes	79 535	80 058	83 564	84 946	87 647	101 106
Influenza and pneumonia	57 062	51 537	55 672	59 120	49 783	53 495
Kidney disease	49 959	50 046	50 633	51 386	51 565	52 260
Suicide	44 193	44 965	47 173	48 344	47 511	44 834

Keith Allen Secures 19A GOP Endorsement



KENYON, MN — Keith Allen, a longtime farmer, District Rep for Congressman Brad Finstad, and former Minnesota Farm Bureau Board Member, earned the Republican endorsement on Thursday March 28th for District 19A which includes portions of Goodhue, Rice, and Faribault Counties including the communities of Faribault, Janesville, Kenyon, and Wanamingo.

"I'm humbled to have earned the trust and support of local Republicans to be the Republican-endorsed candidate for District 19A," Allen said. "I look forward to bringing my decades of experience in the agriculture industry and rural conservative values to the Capitol and to be a strong voice for our communities. I want to thank Rep. Brian Daniels for his years of service to our area; he leaves big shoes to fill and I will work hard to continue his legacy of conservative leadership and fighting for the issues our district cares about."

Allen lives in the rural Kenyon area with his wife Morgan and their two children. He has more than two decades of experience in farming and agriculture business, and was a member of the Minnesota Agriculture and Rural Leadership. His community service also includes time on the Goodhue County Board of Adjustment, the Dale Lutheran Church Board, and on the Board for Cherry Grove Township.

United States - Historical Death Rate Data

Year	Death Rate	Growth Rate
2024	9.226	0.590%
2023	9.172	1.070%
2022	9.075	1.090%
2021	8.977	1.090%
2020	8.880	1.120%
2019	8.782	1.120%
2018	8.685	1.220%
2017	8.580	1.240%
2016	8.475	1.270%
2015	8.369	1.270%
2014	8.264	1.290%
2013	8.159	0.090%
2012	8.152	0.090%

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 March 2024. 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, Administrative Assistant Holli Gudknecht, Police Chief Jeff Sjoblom, Engineer Derek Olinger, Public Works Director Wayne Ehrich, City Attorney Scott Riggs, Officer Brian Homeier, Beth Giese, Kevin Maring, Earl Merchlewitz

The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT ADOPT AGENDA

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

CONSENT AGENDA

Motion by Sjolander second by Helgeson to approve the Consent Agenda, which includes payment of check numbers 75792 through 75876; 4861E through 4894E.

Motion carried 5-0-0.

PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/PROLAMATIONS

KW School's Habitat for Humanity

House – Superintendent Giese

Superintendent Beth Giese provided an update on a Habitat for Humanity house project that the High School will be constructing during the 2024-25 school year. The house would be located in the Countryside Meadows development south of the high school. The Consumer Science class will be assisting with the designing and painting.

Earl Merchlewitz – Emergency Management Director

Earl Merchlewitz, Director of Goodhue County Emergency Management, introduced himself and provided an update on the activities his office has been involved with over the last year.

ENGINEERING Trail Committee Summary

Engineer Olinger stated that the first meeting of the Kenyon Trail Committee was held on February 27. This spring and summer, the committee will focus on gathering community support and feedback on a potential trail through pop-up event stands, surveys, and other activities. The next meeting is scheduled for April 9 at 5:00 pm.

CSAH 12 Project Update

City Engineer Olinger stated that a partnership agreement with the county engineer for the construction of County Road 12 should be ready for the April council meeting.

LEGAL

2024 Agreement with Luis Tellez –

Taco Express

Attorney Riggs stated that Luis Tellez, owner of Taco Express has submitted the Annual Lease Agreement for his mobile food truck to operate on city owned space directly east of the Municipal Liquor Store. Vahlsing recommended increasing the agreement amount by \$20 for a lease amount of \$450 for 2024.

Motion by Bailey seconded by Ryan to approve the 2024 agreement with Luis Tellez – Taco Express for \$450.00. Motion carried 5-0-0.

Lot Combination – Kevin Maring

Attorney Riggs stated that Kevin Maring requested approval to combine two lots located at 201 and 203 Bergen Street. Kevin Maring stated that he would like to combine the lots and build a garage.

Resolution 2024-07: Approving Lot Combination (Maring)

Motion by Sjolander second by Bailey to adopt Resolution 2024-07 approving the lot combination for Kevin Maring. Motion carried 5-0-0.

OLD BUSINESS

Muni Roof Quotes

Administrator Vahlsing stated that three quotes were received for replacing the Muni roof. Staff would recommend the quote from Chandler Roofing in the amount \$40,640. The plan is to get an interfund loan from KMU to finance this project.

Motion by Ryan seconded by Helgeson to accept the quote from Chandler Roofing in the amount of \$40,640 for replacing the

Muni roof. Motion carried 5-0-0.

Salary Survey

At the work session Robert Bjorkland reviewed the salary study and pay scale recommendations. The department heads will put together additional information on job comparisons in our area. The personnel committee will meet the last week of March to review this information. A council work session will be tentatively be scheduled for 5:30 pm before the April council meeting.

NEW BUSINESS

On-Sale Liquor License Renewal- Kenyon Country Club

Motion by Helgeson second by Bailey to renew Kenyon Country Club's liquor license. Motion carried 5-0-0.

Schedule of Upcoming Meetings

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

City Council Meeting: Tuesday, April 9th @ 7 p.m.

COUNCIL AND STAFF GENERAL COMMENTS

Council Member Helgeson stated that Park and Rec Easter Egg Hunt will be held on Saturday, March 30.

Administrator Vahlsing thanked all the election judges who worked at the Presidential Nomination Primary.

Motion by Ryan second by Bailey to adjourn the meeting at 7:43 p.m.

Motion carried 5-0-0.
Holli Gudknecht, Administrative Assistant
Douglas Henke, Mayor

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Commissioners Corner

Greetings to District 3

I hope you all had a nice Easter and we are all looking forward to warmer weather. Goodhue County is looking at a \$15 million dollar construction season this year so please be patient with our road crews. The landfill is still a work in progress, and we are looking at what would be the best option for the short term and the long term for our county and residents. We are going through some personal changes with our management team, we have job changes and retirements happening and I am very confident with our administration and HR department that these changes will not interrupt our daily operations. We are holding our May county board meeting in Kenyon on the 7th so if you wanted an opportunity to attend a meeting without the long drive please stop at the city hall at 9:00am on the 7th. I want to thank all our veterans for their service and a special thanks to Ken Axelson who just celebrated his 100th birthday and his 79th anniversary of his liberation from the prison camp during WWII. As always please reach out to me if you have any questions or concerns.

Thank you, Todd Greseth

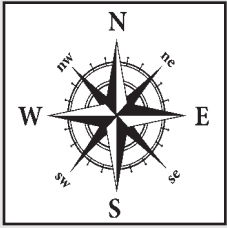


Todd Greseth
Goodhue County
Commissioner
District 3

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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.

We like going to rock concerts. One of our favorite bands is the southern rock group, Blackberry Smoke. Always a great show every time we see them and we are willing to travel see them perform. So, when my wife got tickets to see Charlie and Benji doing an acoustic two man show in Decatur, Alabama I was ready to go.

The Princess theater was a four-hour drive from our home in Tennessee, so we figured an overnight trip was in order. Driving back in the middle of the night after a show is not fun anymore. She booked a hotel overlooking the Tennessee River, the same river that our home in Tennessee is on. I am a farm boy and she is a city girl. Hence a room on the fifth floor seems like a great idea to her but not so much to me. A great view is not as important as keeping my feet on the ground.

When we checked in at the front desk a couple came in behind us. She was young, excited all and caught up in the moment. Her boyfriend was Benji Shank's brother and they were opening for the band that night. And here were fans coming to see the show and her exuberance could hardly be contained. Her boyfriend gave her the look like she was a bad dog. Maintain your composure and don't interact with the common folk. She suddenly looked a little downcast. After I saw their performance, I thought he should have let her have her 15 minutes. They were a long

way from the level of talent required for anyone to notice or remember them.

We ate at the Magic Mushroom pizza restaurant just around the corner from the theater, saw a great show and headed back to the hotel. That is where the events got a little weird. At 2am I was jolted out of a sound sleep. And nothing to do with mushrooms, either.

I woke up to a strange popping sound and then smelled smoke. I sat up and looked at the cabinet where the television was mounted and saw smoke rolling out of the door. I looked at the hotel room door and realized it was partially open. My next epiphany was that my wife wasn't there. I am sitting on the edge of a bed in a hotel room, alone on the fifth floor with windows that I already knew wouldn't open. There was a burning smell, smoke rolling out of the credenza in front of me and still an occasional popping sound. The door was propped open and my wife was nowhere to be found. My mind processed the information and analyzed that she wouldn't have fled a fire without waking me up. I hoped anyway. I opened the cabinet door to find a microwave complete with a microwave popcorn package inside way past the two minutes necessary to pop the popcorn properly. In fact, it was just about to the point where it would set a hotel room on fire.

Now I have been able to wake up out of a deep sleep to run out and chase cattle in the middle of the night. But this event was giving my brain a while to process. At the moment none of it made any sense. Fortunately, at this point my wife walked back in the door to explain the circumstances I was witness to. She wanted a snack in the middle of the night and started the popcorn, when she realized we had no drinks in the hotel room so she headed out the door to the vending machine around the corner which turned out to not be operating so she took the elevator down to the next floor to find a soda, and at that time not realizing that the microwave had been set to twenty minutes instead of two. Since hotel rooms always smell pretty funky anyway, the burned popcorn was kind of an improvement. It didn't set off the smoke alarm so we were able to resolve the incident without anymore excitement. The popcorn was beyond edible, but there was still the leftover pizza.

A Minnesotan: Matters of Turkeys and Armadillos



By RosaLin Alcoser

Over the years I have discussed geese, ducks and of course goats. However, what I have yet to discuss are turkeys.

My current neighborhood has a roaming gang of wild turkeys that has at least ten members. Which I go to great lengths to avoid as they are wild turkeys. With good cause too as I once watched them chase a college student down the street. As I watched from my living room window it got me thinking about two encounters that I've had with wild turkeys. Except mine were both out in rural Minnesota rather than being chased down a Twin Cities suburban street.

My first encounter was when I was about

five or six years old. I had gone with my father to the farm of one of his church members at the time. This particular member did not keep a dog but still needed something to keep wild animals out of his chickens. So he kept an attack turkey.

This attack turkey was a big old Tom that was roughly the same size that I was at the time. And this turkey did his job well and pretty much attacked anything that it saw. Including me.

Well that big old Tom came running at me and I ran as fast as my little legs could carry me until it was called off. It felt like I had been chased forever. In reality it probably only chased me for all of one to two minutes but it felt like forever.

About 10 years later I had my second encounter with a wild turkey. I was walking outside with my mother and sister when I saw something stirring in the brush out of the corner of my eye. Then suddenly it moved and like any logical person would do I screamed "Armadillo!" Well the screaming caused it to fly up into the air right in front of me. To which I screamed again "Flying armadillo!"

Of course as this is Minnesota and not the South it was in fact not an armadillo nor can armadillos of any kind fly. As you might have already guessed it was in fact a turkey. More especially it was a mother hen who thought I was after her nest and was doing her best to get me to move away from it.



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Grants Available through the MN Dept. of Agriculture

MDA Now Accepting Applications for Livestock Investment Grants Deadline to apply is 4 p.m. on May 2, 2024

The Minnesota Department of Agriculture (MDA) is once again accepting applications for the Agricultural Growth, Research, and Innovation (AGRI) Livestock Investment Grant. Minnesota livestock farmers and ranchers looking to make improvements to their operations are encouraged to apply.

Livestock Investment Grant funds can be used for equipment purchases and physical improvements to help start, improve, or expand livestock operations in Minnesota. Examples of reimbursable investments include — but are not limited to — the construction or improvement of buildings or facilities for producing livestock, watering systems, fencing, feed equipment, and livestock waste management equipment.

The MDA will award up to \$650,000 in this round of Livestock Investment Grants using a competitive review process. Applicants may apply for up to 10% of their project's total cost, with a maximum grant award of \$25,000. Only expenses incurred after the grant contract has been signed by all parties are eligible for reimbursement.

All principal operators of livestock farms in Minnesota are invited to apply, including those who have received Livestock Investment Grants in the past. However, preference will be given to applicants or farms that have not previously been awarded a grant. Only one application will be accepted per farm.

For the purposes of this program, livestock includes beef and dairy cattle, swine, poultry, goats, mules, bison, sheep, horses, farmed cervids (deer, elk), ratites (flightless birds including emu), and llamas.

Applications for the grant will be accepted until 4 p.m. Central Time on Thursday, May 2, 2024. Visit the AGRI Livestock Investment Grant web page to access the full request for proposals (RFP) for further eligibility details.

Funding for the Livestock Investment Grant is made available through the MDA's AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

New MDA Grants Available to Aid in Weather Resilience

Program will help farmers and ranchers prepare for extreme weather events

Recognizing the risks posed by extreme

weather, the Minnesota Department of Agriculture (MDA) is offering a new grant opportunity to help eligible producers make their operations more resilient to drought, flooding, and severe weather events like storms, tornadoes, and straight-line winds.

The Preparing for Extreme Weather Grant, also referred to as the Prepare Grant, offers one-time competitive grants of up to \$10,000 for Minnesota livestock and specialty crop producers to buy and install supplies and equipment for weather event preparation. It requires a 50% match.

"In the past few years, we've seen examples of extreme weather like record flooding and drought affect farming operations throughout Minnesota," said MDA Commissioner Thom Petersen. "These grants will help producers bolster their operations and get ahead of the curve in terms of anticipating and managing the risks of future weather events."

For the purposes of this grant program:

Livestock includes beef and dairy cattle, swine, poultry, goats, mules, bison, sheep, horses, farmed cervids (deer, elk), ratites (flightless birds including emu), and llamas.

Specialty crops include fruits and vegetables, tree nuts, dried fruits, horticulture and nursery crops, and floriculture. See USDA's list of Specialty Crops for further examples.

Eligible projects include — but are not limited to — water tanks, pipelines, and wagons/trailers; wells (new improvements, fixes, replacement pumps); irrigation equipment (including drip irrigation); fans; misters; livestock shade systems; and windbreaks.

The MDA expects to award 50 to 75 grants with the \$500,000 available for this program and encourages producers to apply early. Applications will be accepted through 4 p.m. Central Time on April 23, 2024, and the MDA will notify applicants as soon as possible, but no later than May 31, about whether their proposal was funded.

Full grant details and the request for proposals (RFP) can be found on the MDA website.

The Preparing for Extreme Weather Grant is funded by the Agricultural Growth and Research Initiative (AGRI) Program, which supports advances in Minnesota's agricultural and renewable energy sectors.

Rice County Steam & Gas Engines

Annual Flea Market & Swap Meet

Saturday May 25th & Sunday 26th, 2024
8 am to 5 pm
Free Admission - Held Rain or Shine

Rice County Steam & Gas Showgrounds * 11988 Faribault Blvd *Dundas, MN 55019
(Located South of Dundas on Highway 3)

www.ricecountysteamandgas.com

Flea Market & Swap Meet
Contact: Sandy Bouillez 507-581-6223

\$30 - Outdoor Space (30' x 30')
\$40 - Indoor Space (10' x 10')
SET UP 8 am - 8 pm, FRIDAY ONLY
Sale of firearms is prohibited

Sunday: 9 am

S.E.A.T.P. TRACTOR PULL
Registration opens 7 am
\$20 per hook to pull tractor

Food Stands available on grounds
Breakfast available both Saturday & Sunday
No Alcoholic beverages allowed on grounds
Primitive Camping

Come to our 49th Annual Fall Show * Aug 30th - Sept 1st, 2024




Saturday: 9 am

CONSIGNMENT AUCTION
Bring your items to sell
Thursday Afternoon - May 30th
Friday All Day - May 31st
All commissions will be donated to the Club
AUCTIONEER:
LARRY VALEK 612-978-6901 TO CONSIGN
www.valekauctions.com

Miniature Railroad Train Rides
Saturday and Sunday
No charge, but donations are welcome

General Information Contacts:
Bill Becker 507-581-7225
Jeremy Sevcik 507-403-1614
Carmen Sevcik 507-649-0352

BERNE Summer 2024 Concert Series

FREE MUSIC WEDNESDAYS 5-8 PM

Date	Opening Band 5:00 PM	Headliner 6:30 PM
June 5 th	Lost Faculties	Uptown Jazz
June 12 th <small>Salsa Heritage Exhibit</small>	Thomas & the Shakes	Branded: Hot Country
June 19 th <small>Art & Agacia</small>	Foster Grand	Crazy on You: A Tribute to Heart
June 26 th <small>Classic Car Cruise-in & Country Night</small>	507 Country	County Line Drive
July 3 rd	Rockin' Hep Cats	Old Country Boys
July 10 th <small>Kids Night w/ Zoolinn Zoo</small>	The Vintage Tones	The Soul Train
July 17 th	Orchid Jane	Incognito
July 24 th	Collective Unconscious	The Stella Vees
July 31 st <small>Classic Car Cruise-in</small>	Cosmic Orphan	Retro Soul & the Westside Horns
August 7 th <small>Armen Market</small>	My Grandma's Cardigan	Six Mile Grove
August 14 th	The Chubs	The Local Hooligans
August 21 st <small>BBQ Breakfast</small>	True North	fABBAulous
August 28 th <small>Classic Car Cruise-in</small>	Jeremy Jewell & the Co-Dependents	Nite Shift

LOCATION: Zwingli UCC
23148 Co. Hwy. 24 West Concord, MN 55985

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HERITAGE BANK






BERNE WOOD-FIRED PIZZA

WWW.BERNEPIZZA.ORG