



# Goodhue-Bellechester Messenger

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## Goodhue Fire & Rescue Department's 27th Annual Open House and Fundraiser

The Goodhue Fire & Rescue Department's 27th Annual Open House and Fundraiser, will be held at the Goodhue Fire Hall on Sunday, October 15th, 2023, from 11am – 3pm. Along with the Open House we will be celebrating our 125th year of service!

*(continued on page 4)*

## Informational Meeting Held for Roundabout Project

By Beth Brekke

The Minnesota Department of Transportation held an informational open house meeting at the Lion's Community Center on Tuesday evening, September 26th. Several informational posters, maps and drawings of the upcoming roundabout project were displayed to clarify the design and why the project is needed. Project manager, Chad Hanson, along with other MnDOT representatives were on hand to answer questions.

Construction of the roundabout at the intersection of State Highway 58 and Goodhue County Road 9 is scheduled to begin in mid-April 2024 and be completed by the Fourth of July. This is an estimated timeline that can be affected by weather and other factors. Highway detours will be in place in two stages but access to the city will be maintained throughout the process.

*(continued on page 5)*



**Pictured to the right: Project Manager, Chad Hanson, answers questions posed by area residents about the planned roundabout at the Highways 58 and 9 intersection.**

## City of Goodhue to be patrolled by County

The city of Goodhue has contracted with the Goodhue County Sheriff's Department for the 2024 year. The contract will allow six hours daily of coverage for \$127,873 annually. This is about \$210,000 less than the city would spend operating its own police department on a yearly basis. The city is working on selling off the items formerly used by the police department which are no longer needed.

*(continued on page 5)*

## Announcements

• **Belvidere Happy-Go-Luckies 4-H Club** (usually) meets the first Monday of each month at 7p.m. at St. Peter's Church, rural Goodhue. New members are always welcome! Contact club leader Michelle Benrud at 651-923-5247 for more information.

• **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

*Do you have an announcement?  
Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)*



## Goodhue Homecoming

By Beth Brekke

Goodhue students celebrated homecoming week September 25-29, 2023. The theme for this year's events was "sports". Each grade was assigned a sport to incorporate into the week's activities such as dress-up day and window painting. The theme carried through to the video commercials created by 9-12th grades and the booster club. The videos were used as part of the coronation night entertainment.

The coronation ceremony was held at the high school on Monday, September 25th. Introducing the candidates and serving as emcees for the evening were Julia Carlson and Tanner Smith. This year's homecoming royalty candidates were: Alexa Schafer, Ava Gadiant, Olivia Ryan, Teagan Hinsch and Ellie Peterson for queen and Jed Ryan, Caden Berg, Carsyn O'Reilly, Gavin Schafer and Eli Ryan for King.

*(continued on page 8)*

**Pictured to the left: Ellie Peterson and Gavin Schafer were crowned Homecoming Queen and King kicking off the September 25-29th week festivities.**

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## Pastors Corner

By Pastor Martin Weigand  
pastormweigand@gmail.com

Dear Residents of the Goodhue area- Hello!  
Some of you know me already of have met me in the seven years I've had the privilege of serving in this area as pastor at Grace Lutheran on County 4, and St. Peter's Lutheran in town; others of you I hope I will yet meet. And I hope what I write in this and future columns will be something God uses to bless you.

In future articles, I hope, at times, to bring the light of God's word to bear on various issues that people are debating in our time and culture, such as, "Is there a 'Christian' position on abortion?" (I believe there most definitely is!)

But today I want to talk about a question that's even more important: Who is Jesus for?

For God's answer, I direct your attention to the Gospel of John, Chapter 4, especially verses 39-42: (This and other Scripture quotes from the NIV translation) - Many of the Samaritans from that town believed in him [Jesus] because of the woman's testimony,

"He told me everything I ever did." So when the the Samaritans came to him, they urged him to stay with them, and he stayed two days. And because of his words many more became believers. They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."

Who is Jesus for? If you are part of the world, then he's for you. When he died on the cross, he paid for your sins, for he's "The Lamb of God, who takes away the sin of the world." (Jn 1:29) When he rose from the dead, it was to live as your Savior. For "everyone who believes in him receives forgiveness of sins through his name." (Acts 10:43) Even if you have messed up your life with your sins as badly as the woman from that Samaritan town had done (read the rest of John, Chapter 4), he came for you. And the salvation he came to bring you lasts forever, for "Whoever believes in him shall not perish, but have eternal life." (John 3:16). But if you persist in rejecting him, you will lose out on the salvation he came to bring you, for "Whoever does not believe stands condemned already, because he has not believed in the name of God's one and only Son." (John 3:18) Don't miss out on God's salvation! No matter who you are and what you've done, repent of your sins and put your trust in Jesus, and you shall enjoy God's salvation! For this man- Jesus of Nazareth- really is the Savior of the world!

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### HOLY TRINITY CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org  
211 4th St. N., Goodhue • 923-4472  
Parish Office Hours, Mon.: 9:00AM - 2:00PM  
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).  
Sat.: 4:45PM - 5:20PM Confession, 5:30PM Holy Mass (Sunday vigil)  
Tues.: 8:00AM Holy Mass  
Wed.: 8:00AM Holy Mass, 9:00AM - 2:00PM Eucharistic Adoration  
Rosary said 25 minutes before Holy Mass  
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.  
We practice because we are not yet perfect!

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221 Chester Avenue • 923-4472  
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).  
Sun.: 8:15AM - 8:35AM Confession, 8:45AM, Holy Mass  
Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration  
Rosary said 25 minutes before Holy Mass  
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.  
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### ST. COLUMBKILL CATHOLIC CHURCH

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County Road 47, Goodhue • 923-4472  
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).  
Sun.: 10:30AM Holy Mass  
Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass  
Rosary said 25 minutes before Holy Mass  
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.  
We practice because we are not yet perfect!

### GRACE EV. LUTHERAN CHURCH (WELS)

Pastor Martin Weigand  
39774 Co. 4 Blvd., Goodhue • 651-923-4624  
gracelutheranchurch@gmail.com • www.gracestpeters.org  
Sunday Morning Worship 8:30a.m. with communion on the second and fourth Sunday of each month.  
Sunday School at 9:30a.m., Sunday Bible Study at 9:45a.m., Confirmation Class 5:45 on Wednesday at St Peter's.  
8:30a.m. Quilting and Bible Study on Wednesday at St Peter's, and 10:30a.m. Midweek Bible Study on Thursday at St Peter's.

### AREA CHURCH DIRECTORY

#### Moses and Monsters

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

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

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

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

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

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

### ST. JOHN'S EV. LUTHERAN (WELS)

Pastor Randall Kuznicki  
Minneola Twp. Co. Rd. 7, rural Zumbrota  
Sunday Worship 10:00 a.m.; Communion 3rd Sunday  
Sunday School and Bible Studies (Adult & Teen) 11:00a.m.

### ST. PETER'S LUTHERAN CHURCH, MISSOURI SYNOD

Pastor Steven Frentz  
28961 365th St., Goodhue  
651-923-4438  
Email: stpeter@sleepyeyetel.net  
9:30a.m. Sunday School  
10:30a.m. Worship

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### MINNEOLA LUTHERAN CHURCH

Pastor Hannah Bergstrom de Leon  
www.minneolalutheranchurch.com  
13628 Cty. 50 Blvd., Goodhue  
Office line: (507) 218-7177 • Pastoral Care: 507-218-9063  
10:30a.m. Sunday Worship

### ST. JOHN'S EV. LUTHERAN CHURCH (WELS)

Pastor Robbin Robbert  
36620 Co. 4 Blvd., Goodhue • 651-923-4773  
Sunday 9:00am Worship  
Communion offered on the 2nd & 4th Sundays.

### ST. LUKE'S LUTHERAN CHURCH (ELCA)

Pastor Eric Hanson  
PO Box 276, 308 1st Ave., Goodhue  
Email: office@stlukegoodhue.org • 651-923-4695  
Sunday Worship: 9:30 a.m.  
Wednesday Worship: 6:45 a.m.\*  
18910 360th Street, Goodhue  
\*Check our website for changes: www.stlukegoodhue.org

### ST. PETER'S EV. LUTHERAN CHURCH (WELS)

Pastor Martin Weigand  
702 West Third Ave., Goodhue, MN • 715-441-5086  
Sunday Morning Worship 10:45a.m. with communion on the second and fourth Sunday of each month.  
Sunday School at 9:30a.m. at Grace.  
Sunday Bible Study at 9:30a.m.,  
Confirmation Class 5:45p.m. on Wednesday,  
8:30a.m. Quilting and Bible Study on  
Wednesday, and 10:30a.m. Midweek Bible Class on Thursday.



## Maurice "Morrie" Walter Alms

Maurice "Morrie" Walter Alms, 87, of Red Wing, died Tuesday, September 26, 2023, at Deer Crest, surrounded by his family. He was born October 5, 1935, in Red Wing, to Mildred Alms. He grew up in Featherstone Township, attended a one-room country school through eighth grade, then Goodhue High School for two years. At age 15, he and his mother moved to Red Wing where he attended Red Wing Central High School, graduating with the Class of 1953. On August 29, 1958, Morrie married Janice (Smith) Alms. They had one son and later divorced. In 1978, he met Donna Mae Johnson and they were married on April 28, 1979, at First Covenant Church in Red Wing. They recently celebrated 44 wonderful years of marriage. During high school, Morrie worked at Nybo's Bowling Alley as a pin setter. The Monday following graduation, he was hired by George Bergwall at Red Wing Shoe Company, where he was employed for the next 48 years in the Lasting Department. When he left "the Shoe", he had mastered every part of shoemaking and treasured the friendships with his many co-workers. After retirement, he worked part-time for several years for Gary Iocco as a delivery driver to area dental offices. He also helped his Wacouta neighbors by mowing their lawns and snow blowing their driveways. Morrie volunteered as a parking valet at Mayo Clinic Red Wing and enjoyed meeting new people there. He served in the National Guard from 1953-1955, was a member of the Leo C. Peterson American Legion Post 54 and a part of the All Veteran's Color Guard for many years. He was a member of First Covenant Church of Red Wing. Morrie enjoyed spending weekends at their cabin on French Lake in Faribault, before purchasing a home in Wacouta overlooking Lake Pepin. In 2014, they sold their home and moved to a townhouse in Red Wing and then to Deer Crest in 2022. Morrie's family was very important to him, and he enjoyed time spent with his and Donna's combined families. He had a great sense of humor and was the type of guy to help anyone who needed it. He especially loved their home on the lake and watching the big riverboats go



by. He loved feeding the birds and watching the eagles. He was a jack of all trades, always tinkering with projects or repairing things, caring for his yard and flowers, playing cards and doing puzzles. He was a big fan of the Minnesota Vikings.

Survivors include his wife, Donna Alms; 1 son, Walt (Sharon) Alms of Austin, MN; 4 step-children, Kathy Johnson, Dan (Jill) Johnson and Diane (Clarence) Demers all of Red Wing and Keith (Renee) Johnson of Hager City; 10 grandchildren, Brittany (Michael) Symonds of Prior Lake, Nick (Kelly) Alms of Plymouth, Sara (Alex) Hall of Canon City, CO, Chris "Vern" (Bri) Johnson of St. Paul, Nate Johnson of Red Wing, Jeni (Kevin) Grimm of Eagan, Lucas (Samantha) Johnson of River Falls, Shane (Crystal) Eckhoff of Goodhue, Cole (Mandy) Eckhoff and Tanner (Camile) Eckhoff of Red Wing; 15 great-grandchildren, Addison and Mitchell Symonds, Oliver and Emma Alms, Kinsley Hall, Avi and Kroix Johnson, Lily, Jack and Brooks Grimm, Lucy Johnson (and baby boy Johnson due in December), Braeden and Carsen Eckhoff, Piper Eckhoff, Wesley Eckhoff; 1 brother, Richard (Elaine) Scharpen of Red Wing and many nieces, nephews and cousins.

He was preceded in death by his mother, Mildred; his maternal grandparents, Christian and Maria Alms; brother, Robert Scharpen; sister, Donna Scharpen Jonas; son-in-law, Michael Johnson and granddaughter, Alyssa Johnson.

Funeral service was at 11 a.m. Tuesday, Oct. 3, 2023 at First Covenant Church with a visitation one hour prior. Burial with military honors was at Burnside Cemetery. Memorials are preferred to Brighton Hospice, American Cancer Society or donor's choice. Arrangements handled by Mahn Family Funeral Home, Bodelson-Mahn Chapel. Online condolences may be sent to the family at [www.mahnfamilyfuneralhome.com](http://www.mahnfamilyfuneralhome.com)

## Gwendolyn Elaine (Lexvold) Fredrickson, "Lex"



Gwendolyn Elaine (Lexvold) Fredrickson, "Lex", 99, died September 21, 2023, peacefully at home, after a fall.

Elaine was born in Goodhue County March 17, 1924. Raised on her par-

ents rural Goodhue farm, she attended schools in Goodhue and Red Wing. She loved to tell the stories of sleigh rides with horses and returning home from school, seeing her home aglow with electric lights. No more kerosine lamps to clean.

She received nursing training in Rochester, and worked there and in Red Wing before marrying H.J. "Speed" Fredrickson. As young adults they enjoyed dances in Goodhue, where Big Bands would perform on weeknights. They lived in Minneapolis during World War II, while Speed worked at munitions factories because his severe asthma kept him from serving in the military.

They returned to Goodhue County to build a life in Cannon Falls, contributing to a growing community. It was in their basement, that Point of Sales started, known today as Cannon Equipment. As members of St. Ansgar's Lutheran Church, she participated in church life; keeping her faith to the end. Elaine was a wonderful mid-twentieth century "housewife", a homemaker in every sense. She succeeded in creating the family memories people hold dear: meaningful holidays and occasions, supportive and tender moments, loving care. "Lex" knew how to laugh, and make others laugh; enjoying the fellowship of friends and family, and golf and travel, and trips to "The Cities."

She lived beyond the years of most of her family and dear friends, feeling the loneliness of being among the last of her generation, the Greatest Generation.

Elaine is survived by daughters: Tamara Fredrickson Schirber of St. Joseph, and Anne Fredrickson of Cannon Falls; loving nieces and nephew: Candace (Jim) Lee Whilt of Santa Barbara, CA; Peg (Don) Boraas Lochner of Zumbrota, Mary (John) Boraas Janotta of Paynesville; Kelly (Kris) Bowe of Lakeville, Sheri (Jerome) Bowe Wittrock of Burnsville, and Shirley Fredrickson of Zumbrota; and grandsons Paul, Brian, and Eric Schirber of St. Joseph. She was preceded in death by her son Steven Fredrickson, husband Speed, and beloved sisters Faye Lee and Diane Bowe, and nieces and nephews.

Funeral services for Elaine were held on Friday, September 29, 2023, at 2:00 pm, at St. Ansgar's Lutheran Church, 7459 Hwy 19 Blvd, Cannon Falls, MN 55009. There was a visitation one hour prior to the service at the church, and a luncheon followed the interment in the Cannon Falls Cemetery.

## Margaret Laurinda Dankers

Margaret Laurinda Dankers, 85, formerly of Goodhue, Minnesota, passed away peacefully in Ellsworth, Wisconsin on Friday, September 29th, 2023. She spent her final days surrounded by loved ones sharing cherished memories.

She was born on February 2nd, 1938 in Salem Township, WI to Edwin and Mabel (Peterson) Olson. She attended Salem four, a one-room schoolhouse, and then Maiden

Rock High School. She graduated on May 25, 1955. Soon after, she became a clerk in the Clerk of Court office in Ellsworth, Wisconsin.

On a rainy evening on May 9, 1959, she married Glen Dankers at Salem Lutheran Church. The happy couple made their home on a dairy farm near Goodhue, where they worked side by side for many years. After selling the farm in 1986, Margaret continued to work alongside Glen in his career as a real estate agent and broker. During their 61 years of marriage, Glen and Margaret raised two children, Mary Jo (Dan) Schwartau and Bruce Dankers. They attended their grandchildren's activities and sporting events - even through rain, sleet, and snow.

One of Margaret's greatest joys in life was sharing baked goods and a cup of coffee with family and friends, along with engaging in good conversation and playing board games. She created a home that was carefully decorated for each season and loved hosting family for holidays. Helping her grandchildren and great-grandchildren bake for county fairs was the highlight of each summer. She eagerly anticipated attending the fairs to see which ribbons were awarded.

Margaret was an active member of St. Peter's Lutheran Church. She and Glen maintained the flowers that decorated the entrance and enjoyed weekly services. She made meals for church events and delivered food to fellow congregants, neighbors, and other members of the community in times of need.

It is said that rain on your wedding day is a sign of a lasting marriage and riches to come. Glen and Margaret often said that they led a rich life filled with love, family, and lasting friendships. Just like their wedding day, her last day on this earth was rainy - a sign of the richness awaiting her in heaven when she was reunited with her savior and her husband of over 60 years.

Margaret was preceded in death by her parents, siblings James, Floyd (Gladys), Clinton (Dorothea), Howard (Jean), Leonard (Wanda), Harold, Maynard (Carol), Dorothy (Glenn) Johnson, her husband Glen, and grandson Dustin Dankers. She is survived by her sister, May (Stan) Ramberg; Sylvia Anderson; daughter Mary Jo (Dan) Schwartau; son Bruce Dankers; grandchildren Melissa (Dave) Fitzgerald Bryce (Brooklyn) Dankers, Ashley (Ean) Gibson, and Tyler Matthys, great grandchildren Morgan, Mikayla, Madelyn, and Mariah Fitzgerald, Harvey and Kashton Dankers, Arthur and Walter Gibson, nieces and nephews.

A memorial service was held Wednesday, October 4, 2023 at 11 a.m. at Mahn Family Funeral Home, Bodelson-Mahn Chapel. Visitation was from 5-7 p.m. Tuesday, October 3, 2023 at the Mahn Family Funeral Home, Bodelson-Mahn Chapel. Inurnment took place at the Evergreen Cemetery in Goodhue, Minnesota. Online condolences may be left for the family at [www.mahnfamilyfuneralhome.com](http://www.mahnfamilyfuneralhome.com)

(obituaries continued on page 4)

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Goodhue-Bellechester  
**Messenger**

## Goodhue Fire & Rescue Department's 27th Annual Open House and Fundraiser



1st Row Quin Kehren Tim Watson Trevor Miller Cory Benda Jeremy Schafer Dustin Luhman Mitch Gadiant Doug Beck Jermiah Bien Matt Gadiant  
 2nd Row Jason Thuman Joe O'Rielly Jason Arendt Padriac Casey Mike Lodermeier Trebyn Kehren Derek Weckerling Jerod Thomforde Travis Thomforde Ryan Holm Luke O'Rielly Mike Benda Putts Thuman

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Active and retired department members will be serving lunch and available to answer any questions about our equipment or the services we provide to the Goodhue community and surrounding area. Along with the meal we will have fire truck rides for those interested, auto extrication demonstration at 1:00pm, kids water activity, hope to receive our new fire engine, and we hope to receive a visit from a rescue helicopter if their schedule allows and weather is permitting. The Goodhue Fire & Rescue Department provides services to the townships of Belle Creek, Belvidere, Chester, Featherstone, Goodhue, Hay Creek, and Vasa in addition to the cities of Goodhue and Bellechester — an area over 275 square miles! We are proud to provide firefighting/fire protection, medical first responder, and motor vehicle accident response services to the residents of these communities. The past year has been busy: members responded to 136 medical and 48 fire calls in 2022 within the area we serve. In addition to the 12 monthly meetings, the department completed over 1000 training hours in 2022, and has completed 785 hours of training so far in 2023. This keeps us up-to-date on the latest medical and firefighting practices/procedures/protocols so we can provide the best possible service to the residents and communities we serve.

### OBITUARY

#### David Charles "Punky" Sibley

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



David was born December 21, 1957 in Rochester to David Eugene and LaVonne Mae (Fieck) Sibley. He was baptized at Redeemer Lutheran Church in Rochester and spent his early childhood in the Mazeppa and Minneola area until the family moved to rural Kenyon in 1965. David was confirmed at Holden Lutheran Church and graduated from Kenyon High School. While in high school, he began employment at Bombay Elevator. Shortly thereafter, he began hauling grain and livestock, and later operated David Sibley Trucking.

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

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

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

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

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

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### DISCOVERY FINANCIAL

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## Informational Meeting Held for Roundabout Project

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Estimated cost of the project is \$2.4 million.

An informational flyer given out at the open house states that the project will provide many benefits beginning with improved safety for all users. Studies show a decrease in the frequency of accidents when using a roundabout compared to a regular intersection crossing. Any accidents that do occur are usually less severe due in part to the need for a reduced speed upon approach and entrance. Additional lighting is also planned for the area.

Drivers need to yield to other motorists already in the circle but with a reduced need for a full stop, traffic moves more quickly through the intersection.

Extending large culverts under CR9 will improve drainage upon completion of the project. The welcome sign and landscaping on the edge of city limits will not be affected and the entire project lies within the right-of-ways. The need for turning lanes will be eliminated and the project will not encroach on farmland.

MnDOT designed the project using computer simulations to ensure it will accommodate the largest legal truck. It will be created with large farm equipment and oversize loads in mind, having a short 4 inch curb and basic grass center. Curbs on the approaches will have openings to accommodate users of both the walking trail and snowmobile crossings.

Project materials can be viewed online at the project's website, [www.dot.state.mn.us/d6/projects/hwy58-cr9](http://www.dot.state.mn.us/d6/projects/hwy58-cr9).

## City of Goodhue to be patrolled by County



(continued from page 1)

Some equipment can be used by other city departments while the squad cars may be sold to other communities for their law enforcement departments.

## Crash History

### Crash Data

Crashes at the intersection between 2017 and 2021 were examined. Below is the number of crashes sorted by level of injury or damage.

Level of Injury/Damage	Number of Crashes
Fatality	1
Serious Injury	1
Minor Injury	3
Possible Injury	5
Property Damage Only	8
<b>5-year Total</b>	<b>18</b>

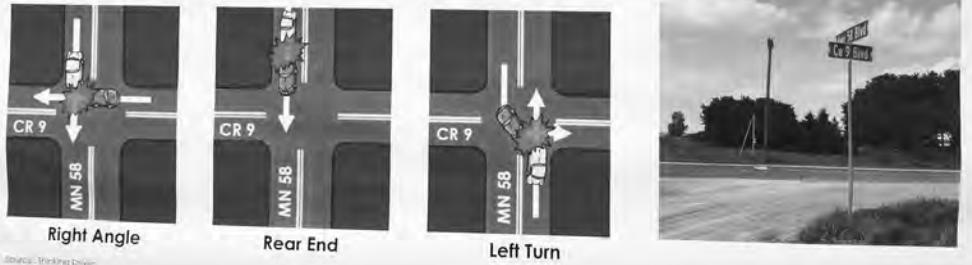
• Rate of crashes is **16 times** higher than average in Minnesota for similar rural intersections with side street stop signs

• Rate of fatality or serious injury is **33 times** higher than average in Minnesota for similar intersections

### Crash Patterns

- The most common crash type at the intersection was a right angle crash - 16 crashes between 2017 and 2021
- The one fatal crash was a left turn crash, leading to a head-on collision
- One rear end crash occurred on County Road 9 involving a farm vehicle

### Crash Types

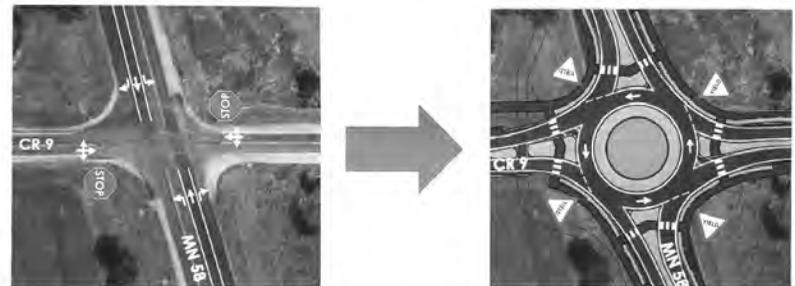


An informational poster summarizes accident history between 2017 and 2021 noting that the rate is 16 times higher than average.

## Improvements to Safety

A safety analysis was performed to find which improvements would create a safer intersection.

Converting the side street stop intersection to a roundabout offers the greatest crash reduction potential.



69% ↓

Decrease in right angle crashes

83% ↓

Decrease in left turn crashes

+80% ↓

Decrease in fatal and serious injury crashes

Roundabouts have lower approach speeds and fewer opportunities for high-speed angle and left turn crashes, which are more severe and result in more serious injuries.

Previous MnDOT studies have proven that roundabouts reduced severe crashes at similar intersections.

Highway 58/County Road 9 Roundabout Project - Goodhue, MN



A poster shows a simulation of upcoming changes to the highway 58/9 intersection and data on the expected increase to safety.

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## 23rd Annual Goodhue Area Historical Society Auction

October 19th, 2023

Lions Community Center

Start time is 6:00



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## Goodhue shuts down the Ramblers!

Submitted by Chad Otterness  
September 8, 2023

The Goodhue Football Team shut out Winona Cotter 41-0. Running back Grant Reed scored 2 touchdowns, Gavin Schafer, Mason Young, Jack Carlson and Nathan Beck each scored a touchdown. Kason Bigalk added 5 extra points. Reed ran for 134 yards, Beck for 92 and Schafer for 53. Luke Roschen threw for 97 yards and a touchdown. Max Loos caught a pass for 13 yards, while Mason Young caught 1 pass for 84 yards. The Wildcat defense gave up 145 total yards. Reed led the defense with 14 tackles, Jacob Ryan had 9 tackles and a sack. Nathan Beck and Peyton Holst each had 6 tackles.

Scoring Play	Score
Gavin Schafer 1 YD TD Run (Kason Bigalk Kick)	7 0
Grant Reed 1 YD TD Run (Bigalk Kick)	14 0
Grant Reed 3 YD TD Run (Bigalk Kick)	21 0
Marcus Young 84 YD TD Pass From Luke Roschen (Bigalk Kick)	28 0
Jack Carlson 1 YD TD Run (Bigalk Kick)	35 0
Nathan Beck 90 YD TD Run (Kick Failed)	41 0



photos by Katie Kurtti



Collin O'Connor with a sack



Bigalk for another extra point kick



Craig Kurtti and E. O'Reilly on the D line



Henry Caswell with a sack



Young for a 84 yard recieving touchdown

## The Wildcats blow out the Rushford-Peterson Football Team 33-6!

Submitted by Chad Otterness  
9/15/2023



Goodhue Running back Grant Reed rushed for 3 touchdowns and 134 yards to lead the Cats over the Trojans of Rushford-Peterson! Gavin Schafer also rushed for 36 yards and scored a touchdown. Quarterback Luke Roschen passed 6 times for 91 yards. Sean Matthees and Max Loss each caught 3 passes for 47 and 44 yards a piece. The defense stepped up to hold the Trojan offense to 91 total yards. Caleb Kurti had 9 tackles and 2 sacks, Grant Reed had 14 tackles and 2 sacks, Henry Caswell had 7 tackles, Jacob Ryan had 7 tackles and 2 sacks, Jack Carlson had 10 tackles, Gavin Schafer had 10 tackles, Mason Young had 7 tackles and 2 sacks, Max Loos had 5 tackles and a pass blocked up, Nathan Beck had 5 tackles and returned an interception for a touchdown, and Sean Matthees had 3 tackles, 3 blocked passes and an interception. Kicker Kason Bigalk added 3 extra points for the Wildcats.



Beck with an interception returned for a touchdown for the Wildcats photos by Katie Kurti

Scoring Play	Score
Grant Reed 18 YD TD Run (Kasen Bigalk Kick)	7 0
Grant Reed 62 YD TD Run (Kick Failed)	13 0
Grant Reed 6 YD TD Run (Bigalk Kick)	20 0
Gavin Schafer 3 YD TD Run (Bigalk Kick)	27 0
Nathan Beck 58 Yd INT Return for TD (Kick Failed)	33 0
Dawson Bunke 14 YD TD Pass From Caden Johnson (Run Failed)	33 6



Carlson with the carry

## The Wildcat football team beats Blooming Prairie 33-7!

Submitted by Chad Otterness  
9/22/23

Goodhue quarterback Luke Roschen passed for 3 touchdowns and 241 yards to lead the Wildcats over the Blossoms of Blooming Prairie! Marcus Young was the leading receiver for the Cats by catching 4 passes for 121 yards and 1 touchdown. Sean Matthees hauled in 4 passes for 59 yards and a touchdown. Max Loos had a 55 yard grab and scored a touchdown. Gavin Schafer also caught 1 pass for 6 yards. Leading the rusher was Grant Reed with 94 yards on 21 carries and 1 touchdown. Nate Beck had 60 yards on 8 carries, while Max Loos scored a rushing touchdown on a 14 yard run.

Defensively, the Wildcats held the Blossoms to 195 yards and 1 touchdown. Caleb Kurti had 9 tackles, Grant Reed 11, Jack Carlson 8, Max Loos 6, Gavin Schafer 7, and Jacob Ryan 6. Sean Matthees had an interception and Henry Caswell had a quarterback sack. Several Wildcat players had passes block for the defense.

Scoring Play	Score
Sean Matthees 51 YD TD Pass From Luke Roschen (Kasen Bigalk Kick)	7 0
Marcus Young 31 YD TD Pass From Luke Roschen (Kasen Bigalk Kick)	14 0
Max Loos 55 YD TD Pass From Luke Roschen (Kick Failed)	20 0
Max Loos 14 YD TD Run (Jack Carlson Run)	28 0
Grant Reed 9 YD TD Run (Bigalk Kick)	35 0
Carter Bishop 76 YD TD Pass From Brady Kittelson (Jonathan Grant Kick)	35 7

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## Goodhue drops a high scoring game to the Cardinals!

Submitted by Chad Otterness

The Wildcat Football Team was involved in a high scoring game with Faribault Bethlehem Academy as they dropped the contest 38-34. Goodhue fumbled the ball twice and had an interception to give three turnovers to the Cardinal offense. The Wildcat defense gave up 391 yards, 94 rushing and 297 yards passing. Offensively, Grant Reed ran for 234 yards and 2 touchdowns, and Gavin Schafer ran for 48 yards and a touchdown. Quarterback Luke Roschen passed for 84 yards with a touchdown and an interception. Gavin Schafer caught 4 passes for 45 yards and a touchdown, Sean Matthees caught a 20 yard touchdown pass, Max Loos caught a 35 yard pass, and Mason Young caught 2 passes for 13 yards.

Up next for the Wildcats are the Wabasha-Kellogg Falcons.

Scoring Play	Score
Oliver Linnemann 72 YD TD Pass From Elliot Viland (Viland Pass to Hudson Dillon)	0 8
Gavin Schafer 2 YD TD Run (Luke Roschen Pass to Gavin Schafer)	8 8
Gavin Schafer 25 YD TD Pass From Luke Roschen (Kasen Bigalk Kick)	15 8
Hudson Dillon 5 YD TD Pass From Elliot Viland (Run Failed)	15 14
Hudson Dillon 19 YD TD Pass From Elliot Viland (Viland Pass to Linnemann)	15 22
Sean Matthees 20 YD TD Pass From Luke Roschen (Kick Failed)	21 22
Grant Reed 5 YD TD Run (Run Failed)	27 22



Carsyn O'Reilly blocking for Schafer for a gain

photos by Katie Kurtti

## Goodhue Homecoming



The class of 2027's homecoming window painting contest entry.

(continued from page 1)

Junior attendants were Avy Agenten and Lincoln Ryan with Raina Diercks and Henry Huneke serving as crown bearers. The crowns were placed on Gavin Schafer and Ellie Peterson.

The Junior class boys and the teachers each defeated the Senior boys in a fun volleyball competition. The powder puff football game had to be rescheduled because of rain and the parade was also postponed due to a rainy Friday morning.

Multiple food trucks were a part of the tailgate festivities that preceded the football game against Bethlehem Academy. The large crowd enjoyed an exciting and very close game that ended in a 38-34 score that, unfortunately, left Goodhue with their first loss of the season.



Kurtti with a tackle for a loss by BA



Matthees with the rush



Reed 28 with a tackle for a loss by BA



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**INSPECTION DATE:**  
Monday October 9 from 10:00 a.m. to 5:00 p.m.

**PAYMENT & PICK UP DATE:**  
Thursday October 12 from 9:00 a.m. to 5:00 p.m.

# Randy Thompson

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**October 11, 2023**  
**Bidding Begins: .... Oct. 1, 2023**  
**Starts Closing: ..... Oct. 11, 2023**  
**Randolph, MN**  
 ONLINE ONLY FARM ESTATE AUCTION FOR RANDY THOMPSON ESTATE Massey Ferguson 271EX MFWD Tractor with Loader, Hobby Farm Equipment, Tillage Equipment, Flatbed, Tool Boxes, Good Power & Hand Tools, Lawn & Garden Items, Antiques, Furniture, Collectibles, Farm Primitives, Garden Art and More.

**October 21, 2023**  
**Bidding Begins: .. Oct. 12, 2023**  
**Starts Closing: ..... Oct. 21, 2023**  
**LeSueur, MN**  
 ONLINE ONLY VINTAGE COLLECTOR SNOWMOBILE AUCTION FOR DALE & JOANN JONES  
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**October 24, 2023**  
**Bidding Begins: .. Oct. 14, 2023**  
**Starts Closing: ..... Oct. 24, 2023**  
**Lakeville, MN**  
 ONLINE ONLY MOVING AUCTION FOR TERRI PETER & DAN STORLIE  
 Samsung SE210 Excavator, 2003 Chevy Duramax Pickup, 1987 Chevy Pickup, 5th Wheel Travel Trailer, Dump Trailer, (3) 40' Semi Van Trailers, 16' Horse Trailer, Freightliner School Bus, Wooden Wheel Buck Board Buggy, Dr. Buggy, 50+ Livestock Gates, Everlocking Pin Gates, Feeders, 5 Hoop Tents, 2 Buildings on Skids and More.

**November 4, 2023**  
**Bidding Begins: .. Oct. 14, 2023**  
**Starts Closing: ..... Oct. 24, 2023**  
**New Richland, MN**  
 VERY LARGE ESTATE AUCTION FOR MICHAEL (MIKE) WEYDERT ESTATE  
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**November 17, 2023 ... 10:00 AM**  
**Medford, MN**  
 LIVE AND ONLINE FARM RETIREMENT AUCTION FOR PAUL & CYNDI MAAS CHARITABLE REMAINDER TRUST  
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**Estate of Chuck Holen**  
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J.D 3 Cylinder DieLel zero turn 72" mower (nice), Mitsubishi L.P. No. 35 7,000 Lift Cap with side shift model FG35A serial, No. AF35A 800 hrs. (Like New), 1988 Mercedes Benz Kit Car Convertible, 1939 J.D H NF Tractor, complete Restoration (New Tires), 2 I-H Hit & Miss Eng. (as is), Ford 300 Eng, pallet of batteries, Rooster Weather Vane, pallet racking, deer horns, Bombardier Quest 4 wheeler, Approx. 10 assorted long guns, ammo, 8 Steel livestock gates, 2 lg. gun safes - 6ft. moose antlers, 11 ft. x 8 ft. storage building to be moved, Wickman index metal lathe, Lg. press, 4 ft. x 12 ft. trailer, Torch set, Lg. collection of good tools, Cash register, Graco grease pumps, Cub van for scrap, I-H Toys, Mounted pheasant in glass, peanut machine, School lockers, tool cabinets, some high end household furniture, machine shop items.

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## Save Your Brain, Prevent Dementia



By Shauna Burshem, D.C.

Save your brain, prevent dementia. The more you eat a diet based on whole healthy foods the more you can improve brain power and brain function. Certain foods can delay or prevent age related cognitive decline and other brain disorders. For instance, anchovies, sardines, mackerel, herring and wild caught salmon are full of omega 3 fats that have neuroprotective properties for the brain. Cruciferous vegetables (broccoli, cauliflower, asparagus, brussels sprouts) and leafy greens

also contain brain protecting nutrients like folate, vitamin E, K, lutein and beta carotene. Free range, grass fed eggs, particularly the yolks contain choline which is needed for your body to make acetylcholine which is involved in maintaining your memory.

Women with the highest cardiovascular fitness had an 88% lower risk of dementia than those with moderate fitness. Cardiovascular fitness can be used as measure of how well blood is circulating to your heart and your brain.

Tomatoes and fruit have been shown to improve lung function. A recent study showed that former smokers who consumed tomatoes and fruit improved lung function and even restored damaged lung tissue. The two main compounds responsible for helping the lungs were the flavonoids contained in fruit and the lycopene contained in tomatoes.

The federal government has rebranded the covid boosters as a new annual vaccination. Sadly, Pfizer's testing of the new formulated booster only involved 10 mice. Moderna's version was only tested on 50 adults. The updated mRNA injections were developed to correspond to the Omicron variant, which now only accounts for 3.1% of the circulating strains currently out there.

46% of American adults suffer from high blood pressure. High blood pressure is affected by circulating blood volume and blood vessel constriction, both of which are regulated by the kidneys. Research data demonstrates high levels of uric acid, cleared through your kidneys, may increase your risk of gout and kidney stones and raise your blood pressure. Vitamin D helps protect against early kidney disease and therefore helps prevent high blood pressure.

Chiropractic and neuroplasticity: Neuroplasticity is defined as the brain's ability to change, reorganize or grow neural networks. Neuroplasticity is a common talking point when discussing degenerative brain conditions, such as Alzheimer's or dementia. Memory loss, brain fog, and mental exhaustion are symptoms of neuroplasticity degeneration. The spine – specifically the cervical

spine – plays a very direct, very integral role in maintaining brain function. The spine houses essential nerve bundles and lymphatic delivery systems, which are charged with feeding the brain. Nerve bundles housed in the cervical spine carry critical messages to and from the brain, facilitating both unconscious and complex functions. Likewise, blood supplied to the brain provides oxygen, amino acids, electrolytes, hormones, and more, for healthy operation. With the link between the spine and brain evident, researchers have begun to look at how chiropractic may be used as a tool to help preserve positive

neuroplasticity. Clinical studies have already begun, monitoring the effects of chiropractic on patients' abilities to solve puzzles, multi-task, and recall memories. A 3-year study comprised of 100 volunteers, presented at the International Research and Philosophy Symposium held at Sherman College of Straight Chiropractic. The study monitored the mental activity of participants using electroencephalograms (EEG), comparing readings before and after chiropractic adjustments. In an overwhelming majority of readings, brain function showed improvements across the board.

## Talking Fall and Winter Allergies with U of M

By University of Minnesota

As the crisp autumn air ushers in a new season, many people look forward to the beauty of changing leaves and the cozy comforts of fall and winter. However, for those prone to allergies, seasonal changes can bring a different set of challenges.

John Moore, MD, with the University of Minnesota Medical School and M Health Fairview, shares an introduction to fall and winter allergies, including their causes, common symptoms and effective management strategies.

*Q: Can you explain the difference between fall and winter allergies? What are the common triggers for each season?*

Dr. Moore: In the fall, the typical allergens are weeds and mold. The most common weed is called ragweed. This usually starts in August and peaks in September. and sticks around until it gets really cold, usually in November or December. The amount of mold in the air can change depending on the weather. If it's rainy, humid or windy, the mold levels can go up. Even thunderstorms can make it worse.

In the winter, when everything outside is frozen, we tend to have allergies to things inside our homes. This includes pets — like cats or dogs — dust mites and cockroaches. Not everyone has to worry about cockroaches—it depends on where you live, though some apartment buildings or schools may have them regardless of your location.

*Q: What is the connection between fall and winter allergies and other respiratory conditions, such as asthma? How do these conditions interact and affect each other?*

Dr. Moore: The connection between allergies and asthma is called the "one airway hypothesis." This means when the nose is inflamed from allergies, it can also inflame the lungs, which can then trigger asthma symptoms. These symptoms might include coughing, feeling out of breath or wheezing. In general, exposure to more allergens makes asthma symptoms worse.

In my work, I aim to manage both allergies and asthma symptoms. If we only address one and not the other, it can still trigger asthma, which is why it's important to acknowledge the connection between them. About 40% or more of allergy patients also have asthma. When people come in for a diagnosis, we often ask about both conditions because they're often linked.

*Q: How can you tell the difference between allergies, colds and COVID?*

Dr. Moore: To start, allergies usually bring

about itchy eyes, a runny nose, congestion and sometimes a cough. They shouldn't cause a fever. If you have a fever, it's more likely a sign of a viral illness like COVID or a cold. The extreme tiredness that can come with COVID or the flu is uncommon with allergies. While allergies can make you feel a bit tired, it's not the same overwhelming exhaustion you get from viruses. Muscle pains and aches are another sign more associated with viral illnesses like COVID, colds or the flu.

Loss of taste and smell is not something typically seen with allergies. Allergy symptoms also stick around for months if you're consistently exposed, whereas most viral illnesses usually last a week or two before getting better.

*Q: What are some strategies for preventing or treating fall and winter allergies? Are there any lifestyle changes or precautions individuals can take?*

Dr. Moore: Dealing with fall allergies can be challenging, especially concerning pollen. In the allergy clinic, we suggest using air conditioning instead of opening windows at home and keeping car windows up. If you spend a lot of time outdoors during the fall, it's a good idea to rinse off in the shower before bed to wash away any pollen you might have picked up.

As for winter allergies, they mainly come from indoor irritants. If you're allergic to dust mites, there are unique covers for mattresses and pillows that can help keep them away. Lowering humidity can also make a difference, as dust mites thrive in humid conditions. Regular cleaning, like vacuuming and using air filters — especially if you're allergic to dust mites or pets — can be beneficial.

There are medications available, many of which you can get over the counter. For example, antihistamines, nasal steroids and eye drops can provide relief. For a more long-term solution, there's allergy immunotherapy — like allergy shots — which work on the root of the problem rather than just easing the symptoms.

The collaborative effort among specialists, general practitioners and internal medicine providers is truly valuable. Being able to update them on any unexpected findings or changes in a patient's condition helps ensure smooth ongoing care. It can be quite challenging when you're not within the same system, but having a messaging system that allows timely responses has been highly beneficial and rewarding.



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## MISSY'S MESSAGE



I have really been slacking on my strength training. I keep saying I am going to start doing something, and then never get to it. I made a pact with a friend, that I was getting up at 5:15AM, schedule in time to do a 20-minute strength online workout and go for my walk afterwards, like I normally do. I knew if I didn't do it right away in the morning, it wouldn't get done.

My mom introduced me to the "FitOn app" that has many free workouts on demand. I took a quick look last night, to have a plan what I'd be doing, so I didn't have to think about it when I woke up. I signed up for a strength challenge on the app to complete 5 workouts in 7 days consisting of 20 minutes to 28 minutes long. We leave Monday for vacation and will be gone all week, so I'm hoping to get the other four workouts in by Monday. I'll start back up Friday afternoon when I return!

I need to change it up to stay accountable, and 'll report back next month!

*Memo from MotoProz...*

We received a new order of MotoProz "Ode to hunting clothing" I'd call it. Orange and camo, antlers, new logos. Caps, hats, and shirts! Get ready for fall and come take a look! If you're in the market for new or used ATVs, Hustler lawn mowers, and Arctic we have a pretty good selection. Stop in or check us out online at [www.MotoProz.com](http://www.MotoProz.com)!

Missy and her husband Mike own MotoProz in Mazeppa.

## Ask the Nutritionist



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

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

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

For example, many clients will mention they have acid reflux. Acid reflux is also called GERD or "heart burn" because of the

burning sensation located near the heart, especially following meal time. Many medical doctors will recommend antacids such as TUMS or Roloids, or will prescribe a medication to reduce stomach acid. However, too much stomach acid is not the problem. Not enough stomach acid is being produced. How can this be?

The problem is with the special muscle that connects your stomach with your esophagus.

This muscle squeezes shut when stomach acidity gets high. If the stomach acidity is not high enough, it will resist closing. So the problem is not too much acid in the stomach, but not enough. Additional reasons this muscle may not close properly include: a hiatal hernia, H. pylori infection, obesity, smoking, some medications, and some foods like chocolate, onions, or alcohol, which relax the muscle that is supposed to close.

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

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

Some additional ways to address acid reflux may include:

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

As we get older, the body decreases its production of enzymes. Digestive aids from var-

ious foods or supplements will help to keep the digestion strong. In order to get all the nutrients from your food, you need to have quality digestion.

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

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

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

or send an email to: [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com)

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

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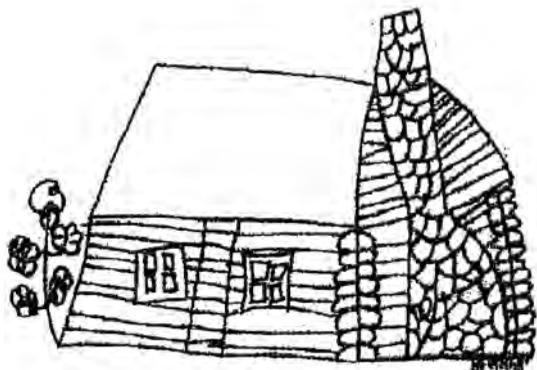
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## Embracing Unity: Exploring the First Universal Law of Oneness



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

In the tapestry of existence, there exists a profound principle that transcends boundaries and connects every facet of our reality—the First Universal Law of Oneness. This fundamental concept invites us to explore the interconnected nature of the cosmos and the potential impact it holds on our lives.

### Understanding the Law of Oneness:

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

ble world, delving into the realms of spirituality, science, and philosophy.

### Spiritual Perspectives:

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

### Practical Applications:

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

### The Ripple Effect:

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

### Embracing Harmony:

As we delve into the First Universal Law of Oneness, we discover an invitation to embrace harmony. This isn't just a theoretical concept but a practical guide to living in balance with ourselves, others, and the world

around us. It encourages a shift from individualism to a more collective consciousness, fostering a sense of unity that transcends borders and differences.

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

If you find yourself inspired to deepen your connection with this universal truth and integrate it into your daily life, consider the trans-

formative power of personalized guidance. As a life coach, I specialize in helping individuals navigate the journey of self-discovery, aligning their actions with the profound principles of oneness. Together, we can explore practical strategies to embrace harmony, unlock your full potential, and create a life that resonates with the interconnected rhythm of the universe.

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

## Special Golf Event to Support Domestic Violence Awareness Month

LAKE CITY, MN – The Jewel Golf Club in Lake City is hosting a special golf event to raise awareness about domestic violence and thank first responders for their service to the public on Friday, October 13, 2023. This is a 4-player scramble with a 10 AM shotgun start. Entry fee is \$100 per player (\$75 for Jewel members) and includes 18 holes of golf, golf cart, range balls, on-course contests with prizes and donation to HOPE Coalition. The public is invited and proceeds benefit HOPE Coalition's domestic violence office in Wabasha County. Reservations are available through the Jewel Golf Club. A large community bake sale is part of the event.

The golf tournament is specifically in October, Domestic Violence Awareness Month. According to the National Institute of Health, 1 in 4 women and 1 in 9 men are victims of domestic violence. The event aims to shed light on the traumatic effects of domestic violence, which can have generational repercussions. The golf event is also expressing gratitude to first responders for their unwavering dedication to the public. In 2022, 23 people in Minnesota lost their lives from domestic violence according to Violence Free Minnesota. Sergeant Bill Weist of the Lake City MN Police Department shares, "We have experienced first-hand the profound impact of domestic violence with the loss of Officer Shawn Schneider in 2011. His loss was devastating to his family."

The tournament will have live on-course scoring using the Golf Genius App. Brett



Bergschneider, representative from The Jewel shares, "We are honored to host this golf fundraiser in support of Domestic Violence Awareness Month. Together we can raise awareness, foster change and build a safer community." Reservations can be made directly through the Jewel Golf Club, 651-345-2672, Ext. 3, <https://www.golfgenius.com/pages/9416043186951848804>

*HOPE Coalition is an advocacy organization helping people in crisis rebuild their lives from domestic violence, sexual assault, child abuse, or lack of basic needs. HOPE serves people in Goodhue and Wabasha Counties, plus western Pierce County, WI.* The Wabasha outreach office is at 251 W. Main St., and is available at 651-565-4112. HOPE has a 24-hour crisis line for those experiencing domestic violence or sexual assault at 800-369-5214.

The Jewel Golf Club in Lake City offers a unique golf experience. The course winds throughout 800 acres of the picturesque Mississippi River Valley, overlooking the river town of Lake City. The tournament date in October offers spectacular fall foliage of the river bluffs and valley. The Jewel features a three-stage practice facility, golf shop and full service restaurant and bar.

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## Minnesota's Students Facing an Educational Crisis



Rep. Pam Altendorf (R) District: 20A

This statistic should alarm you: only 50% of Minnesota's students are reading at grade level proficiency. That's 1 out of every 2 kids.

If you scored 50% on a test, you'd receive a grade of an "F."

The rate of literacy in schools among our students is an educational crisis and should be treated as a disaster demanding immediate intervention. It is false – to all those saying it

– that education scores are down due to COVID-19, as scores were dropping steadily before the pandemic.

And yet, the Democrats who are in control or our state's government refuse to address or even discuss this catastrophe. Their solution is to simply throw more money at schools – with plenty of strings attached – and hope the media ignores this embarrassment. Which, of course, it predictably does.

To be clear, I'm not blaming teachers. With more being asked of them and with student discipline problems on the rise, more teachers are leaving the profession than ever before. This is not a recipe for success, and is also contributing to our education crisis.

If you were to believe headlines from this session, you would think K-12 Education has never been better. Schools received "record funding." That must mean our problems are over!

The question is, are you simply a headline reader and falling for the political rhetoric? Or are you digging deeper and following along and understanding that our schools are in a crisis situation?

There are two facts associated with K-12 funding this session – one over-reported, and one under-reported. But both are undeniably true:

During the 2023 legislative session, Minnesota schools received a record amount of new funding - \$2.2 billion.

Minnesota's schools are now worse off financially after receiving this record amount than they were before the law was passed.

The second fact is due to new mandates approved by the Democrat-led legislature.

These are basically marching orders sent down to the local school districts from state government. They must be followed and many of them come with a significant price tag. 65 new mandates were ushered into law this session, creating more work for schools and putting more burdens on stressed-out teachers who are already struggling to find time to teach basic subjects like reading and math.

Don't believe the political spin: instead of sending this new revenue directly to the classrooms to help students, far too much of it has been placed into special pots restricting the way districts can utilize it.

In addition, these mandates take away the local control of school boards and administrators, the people who best understand the problems being faced by your school district. Local districts should have the funding and flexibility to innovate and meet their individual needs. But the Democrats who control state government have insisted they know best.

By implanting 65 new mandates – such as forcing every Minnesota public school to stock free menstrual products in BOYS bathrooms – Democrats have made it clear they do not have a problem with a one-size fits all approach that hinders many schools statewide.

I've been holding open panel discussions throughout Minnesota so people can learn the truth about what is going on in our schools. Statistically, we are spending more and more dollars, but our children's education is suffering. We need to get back to the basics, and that starts with the Legislature fo-

cus on ways to help students improve their performance in core academic subjects such as reading and math.

If kids cannot read, they cannot succeed. It truly is that simple.

I am urging people to get involved and become a voice for change. Just because the Democrats in charge don't want to talk about it, and the media at large doesn't want to report on it, doesn't change the fact that students and schools are struggling and that our state is facing a very real – and to date, unaddressed - crisis.



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## Bellechester City Council Meeting Minutes

July 19, 2023 @ 6:00PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:01 p.m.

Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Rich Majerus, Mark Gerken, Jered Buxengard as well as treasurer Kyle McKeown and City Engineer Matt Mohs as well as Sharon Kerr were present. City Clerk Lisa Redepenning was absent.

Minutes of June, 2023 regular meeting minutes were reviewed and motion was made by Rich Majerus with a second by Rich Majerus to approve the minutes. Motion carried.

Bills were reviewed and a motion by Jared Buxengard with a second by Kyle Blattner to approve and pay the bills as presented. Motion carried.

Old Business:

- Sewer Grant – update progress. The submitted sewer grant came back with a few clarifications on access that will be addressed. Manhole issues was discussed. Rural water had issues that Matt will discuss with them. Matt presented an easement map and it was

discussed. Motion was made by Jered Buxengard with a 2nd by Mark Gerken to approve the right-of-way map that was presented for the project. Motion carried. Rochester Plumbing and Heating has only the trailer park remaining for inspections. Plans will be finalized after this is completed. Matt informed both counties of what we are doing so they are informed of what is going on and to keep this project moving.

- Water Meter Ordinance - Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve and adopt the Water Meter Ordinance #35 as presented. Motion carried.

New business:

- Building Permit – Favio Jurado – portable storage shed - review and approve. It was determined that a permit was not required due to the size. It will have vinyl siding and wood flooring. Council requested beginning/end date. Beginning is 10/1/2023. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to approve proceeding with the permit. Motion carried.

- Sharon Kerr inquired about water quality and presented pictures. All our sampling that we send to the state to have tested have passed. Taking a sample in her home was discussed and is the plan moving forward.

- Wells Creek Snowmobiling Club is having a land owners meeting with raffle on August 5th. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to approve the raffle drawing to take place at the Tavern. Motion carried.

Engineer Report – Lead line service funding is available from the state and Matt will get an application submitted. There are 7 galvanized lines coming from homes that were found in the city.

Clerk Report - Water Meter Ordinance – I checked with our insurance about how to handle when we supply the water meter and there is an issue. Here is their response:

You will only be charged the Property Premium. Liability is there with no additional premium. There would have to be some negligence on the part of the City for coverage to apply. The increase in our premiums depends on how many and the value. Quarterly Reports – federal withholding, state sales tax, state unemployment and building permit reports are done. Resident Complaint Received – received an email with a cycle/atv noise complaint. Referred them to contact

GCSO and informed them they need to see it occurring before it can be enforced. Direct Deposit of Wabasha County Funds – I am filling out the paperwork to have direct deposit of any funds from them to go directly to bank – FYI. 2024 Budget – I have included information on this for your review. It is not on agenda - this is just an FYI for August meeting. LGA for 2024 – There is no information on this yet.

Treasurer Report – Past due accounts were discussed. Metal detector would be helpful to finding shutoff. Matt might be able to get us one to purchase thru Bolten Menk.

Water/Wastewater/Facility Report – Rich requested black dirt and seed by waterway by ponds where there are ruts. Wabasha county will be contacted about mowing property that they own next to community center. Weed killing around ponds is occurring.

Mayor Concerns: Lions Sunday Funday will be happening 1-5 this Sunday. Lions are looking at improvements at the park. Moving and flipping the ball field and basketball improvements was discussed as a long term project for them. The DNR has grants for this that Jody is looking into.

Council Concerns: Rich contacted county about passing/no passing lines on the county roads at the intersection in town.

Adjourn

Motion was made by Jered Buxengard with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 6:49. Motion carried. Submitted by Lisa Redepenning – City Clerk

## Bellechester City Council Meeting Minutes

August 16, 2023 @ 6:00PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:01 p.m.

Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Rich Majerus, Mark Gerken as well as City Clerk Lisa Redepenning and treasurer Kyle McKeown were present. Councilmember Jered Buxengard and City Engineer Matt Mohs was absent.

Minutes of July, 2023 regular meeting minutes were reviewed and motion was made by

Kyle Blattner with a second by Rich Majerus to approve the minutes. Motion carried.

Bills were reviewed and a motion by Rich Majerus with a second by Mark Gerken to approve and pay the bills as presented. Motion carried.

Old Business:

- Sewer Grant – update progress – Land approval was granted and can be accessed for construction when harvest is done. Rochester Plumbing will finish the water heater inspections next week.

New business:

- Auto Cross Vehicle Noise in City Limits. City has received a lot of complaints regarding this. Is there something that we can do during autocross season to control this was raised. We will come up with something before next year.

- Wabasha County Land next to Community Center – Discussion with Wabasha County administrator. Will pass on information when we receive it.

- 2024 Preliminary Budget – discuss/make changes or approve. Motion was made by Rich Majerus with a 2nd by Mark Gerken to approve the 2024 preliminary budget as presented. Motion carried.

Engineer Report – None

Clerk Report - 2024 Proposed Budget – I received the LGA numbers from State and updated budget numbers. We need to get preliminary budget to counties by September 30th.

Treasurer Report – Past due report was distributed.

Water/Wastewater/Facility Report – Samples will be taken on Friday. Some questions were raised about the flow reports in regards to discharges and was discussed.

Mayor Concerns: Some clean up will be done at the Tavern site.

Council Concerns: Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the building of the mobile yard barn as presented at July meeting with October 1 completion date. Motion carried.

Adjourn

Motion was made by Rich Majerus with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 6:45. Motion carried.

Submitted by Lisa Redepenning – City Clerk

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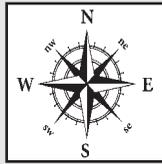
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## Changes in Latitudes, Changes in Attitudes Memories of my Great Grandfather Norman



By Terry Campbell

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

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

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

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

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

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



My great grandfather Norman with his four hitch team of horses

## A Minnesotan: Trunk-or-Treat



By RosaLin Alcoser

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

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

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

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

It is completely an excuse to buy a plas-

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

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

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

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



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# Creating a Sense of Belonging



**Tim Penny**  
So. MN Initiative Foundation

which are dedicated to making southern Minnesota a welcoming place for all. We were excited to see many of our partners in our region celebrating the nationwide Welcoming Week in early September. One of the organizations that was very active during this time was B.E. Welcoming based out of Blue Earth. SMIF has supported the organization with two Small Town Grants. They organized a number of programs throughout the week, including a community bonfire, a story walk and inclusive yard signs to celebrate the people who make Blue Earth what it is.

Many of the inclusive programs that SMIF supports are focused on children in our region. SMIF's Early Care and Education Grant, which is currently open, helps fund early care and education services for children birth to age five, including initiatives which support underserved and diverse populations. During the previous grant round, Healthy Community Initiatives in Northfield used their grant for community outreach to promote local programming that helps low-income and BIPOC families prepare young children for kindergarten. The Rochester Montessori School used their grant to design weekly lessons for small groups using culturally relevant stories and activities for diverse classrooms. To learn more about this grant, visit [smifoundation.org/earlycaregrant](http://smifoundation.org/earlycaregrant) and apply by October 2.

We are also excited to open up a special round of SMIF's Inclusive and Equitable Communities Grant in late October. This grant supports initiatives which will build inclusive, welcoming entrepreneurial environ-

ments and opportunities, especially for BIPOC individuals and/or immigrants or refugees. Earlier this year, the Council of Churches Refugee Services in Mankato was awarded an IEC Grant to support small business leadership skills and engage in cross-cultural learning. The Owatonna Public Schools is using their IEC Grant to provide immigrants and BIPOC adults the opportunity to learn more about how to successfully launch a small business. Look for details about this grant on our website in a few weeks at [smifoundation.org/inclusive](http://smifoundation.org/inclusive).

Belonging begins with us. We can all help make southern Minnesota a welcoming place for all.

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



Creating a sense of belonging in rural Minnesota can enhance the overall quality of life for everyone who lives there. By embracing different perspectives, cultures and ideas, rural Minnesota can build stronger, more thriving communities. At Southern Minnesota Initiative Foundation (SMIF), we offer several grant opportunities to support inclusive initiatives in the communities of our 20-county region to help make everyone feel welcome.

Several years ago, SMIF became a member of Welcoming America, joining many other organizations and communities in our region



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