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The View From the Back *Part 1*

Ted Gamble is an avid runner and friend of The Messenger. This is the first of a 3 part series on his recent adventures that we will run in the Messenger in July, August and September. We hope you enjoy it.

By Ted Gamble

I'm thinking about this on Sunday morning, the day after the race.

(continued on page 8)

Small Town USA 2024 Volksfest Memories

By Beth Brekke

The electronic sign at the Country Station read, "Goodhue, MN—Small Town USA" by day and "Make good choices, our jail's

music sucks" by night. Both sentiments referred to Volksfest weekend entertainment that featured country singer, Justin Moore. "Small Town USA" is the name of Moore's



Country music singer, Justin Moore on stage for the street dance that drew about 2200 people Saturday June 8th. Organizers had to stall people waiting for the meet and greet event while they waited for Moore, who did not arrive in Goodhue until about 10 minutes before his scheduled performance due to his personal bus breaking down. He was bumped from the first flight he booked but arrived in time to put on the show which he said he enjoyed even though he had not slept.

biggest number one single and the humorous quote was a good reminder to the 2200 people attending the show to enjoy it responsibly. That good advice also applied to those rocking out to Hairball Friday night and all the other amazing events put on in our small town June 7-9.

Goodhue may be a small town but the population swells and events fill every hour between naming the new Miss Goodhue Friday night and the fire department's water fight Sunday afternoon. *(continued on page 4)*

June Dairy Month



Goodhue County Dairy Princesses, Natalie Clemenson and Evelyn Scheffler shared ice cream treats and other promotional items with customers during a June Dairy Month event at Ag Partners Goodhue location on June 18th. Eric Schultz, an Ag Partners employee from Rollingstone, MN chose an ice cream sandwich.

Announcements

• **Celebration of Life for Phyllis Schafer Cady** will be Saturday, July 20th, 1-3 pm at the Mazeppa Community Center.

• **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 \$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

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Pastors Corner



By Pastor Eric Hanson,
St. Luke Lutheran Church

In 17+ years of ministry I've had the pleasure of accompanying people of different ages, stages, cultures, and socioeconomic status on their journeys of faith. It is an honor to walk alongside others as together we seek to discern what God is up to in our individual lives and in our world. One question that often pops up in conversation with people, whether old or young, from familiar cultures or foreign ones, is the question, "Who goes to heaven when they die and what do people need to do to get there?" It's an age, old spiritual question, and I think we ask it for a few reasons. First, we hope to be on the right side of this question. We want to think, believe, and live in such a way that we're assured of our place

in eternity alongside our Savior. Second, we ask this question for the sake of our loved ones. We want those we love to be alongside us in eternity too. And third, I think we're a bit afraid. We all secretly wonder in the dark of night if we (or those we love) have done enough and believed enough to merit heaven in the afterlife.

There's a problem with this question though, however. If a focus on heaven and who goes there takes up too much spiritual real estate in our hearts and minds, it could mean the true center of our faith is heaven, not Jesus Christ.

What do I mean?

The center of the Christian faith is supposed to be Jesus, not heaven.

One thing scripture is very clear about is that Jesus Christ isn't a means to an end in our lives of faith. He is the end. Jesus is the fulfillment of where our faith lives are headed. Jesus says in John 14:6, "I am the way, the truth, and the life." And the word for life he uses in this verse is the Greek word "zoe" which means "life in this world and the next." This means that in scripture, eternal life isn't identified as a place or as a spiritual state of being, it's identified as a person—specifically, an eternal relationship with a person—Jesus Christ. Anybody who reads the Gospels knows that the Bible doesn't center us on a love for heaven, the Bible centers us on love for Christ. C.S. Lewis once said, "Aim at heaven and you'll get earth thrown in." He should have said, "Aim at

Christ, and you'll get heaven thrown in." The center of the Christian faith is Christ, not heaven. Think of heaven as a nice addition to our lives with Christ, not the main course. The main course is Jesus.

Why is this an important distinction? The question "Who goes to heaven & how do I get there?" can, if we let it, pull us away from Christ rather than toward Him. A preoccupation with heaven may make us categorize people and judge their spiritual state of being rather than focus on simply loving whoever God puts in our path (Jesus loved whoever God put in His path). A preoccupation with heaven may cause us to look inward at ourselves too much rather than outward at God's activity in the world (Jesus Christ cared deeply about what happens to people in this life, not only the afterlife). A preoccupation with heaven may cause us to nurture a "self-centered" faith that focuses solely on our spiritual destination, but cares little for others around us. A preoccupation with heaven may cause us to objectify our neighbors, valuing them only as future objects of conversion or as stepping stones to our place in eternity (it's hard to love our neighbors authentically if "loving them" means we're using them to secure eternal life through good deeds done to them). A preoccupation with heaven may cause us to ignore Christ's work in the world here and now, feeding the hungry, befriending the lonely, bringing peace and justice to our communities. If we're always looking up to heaven, how can we be

part Christ's life being lived out at our feet?

At best, a faith centered on heaven is misguided. At worst, it's good, old-fashioned idolatry. Christ is our center. Heaven may be thrown in, but heaven is not our center.

And please don't hear me downplaying heaven. From what I read in the Bible, heaven sounds amazing, and I'm excited to get there. But not yet. For now, I need to engage with what Christ is doing at my feet much more than I need to engage the afterlife. I have trouble loving my family and neighbors as myself now. But if Christ is at the center of my relationships, I find I'm able to love family and neighbors a lot better. I often want to look after my own needs and neglect the needs of others. But if Christ at the center of my community, I'm pulled out of myself into that community where Jesus is always at work. I often want to divide the world into "people I like" and "people I don't like." I need Christ to blow up my categories every day and teach me to how love whoever God puts in my path.

And in the end, I don't want to love Jesus just for what He can give me. That's not real love. That's how I treat Santa Clause. I want to love Jesus for what God made Him to be for our word: love incarnate, alive, active, and at the center of everything. NOW.

And part of me wonders, if I focus on walking with Christ now, am I getting a little taste of heaven thrown in? That would be ironic. If we focus on Christ now, maybe we don't have to wait so long to experience heaven?

Goodhue-Bellechester Messenger

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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 Sleep of Exhaustion

He lay down under the bush and fell asleep.
— 1 Kings 19:5

Yesterday I mowed our overgrown lawn, cleaned our cluttered garage, and washed some of the filmy windows on our house. Physically exhausted at the end of the day, I fell asleep as soon as my head hit the pillow.

In our reading for today, Elijah is exhausted and falls asleep under a bush in the wilderness. But Elijah isn't exhausted from doing chores. He has just had a dramatic confrontation with the priests of Baal (see 1 Kings 18:16-46), and now he is fleeing for his life from King Ahab and Queen Jezebel. Totally shattered—physically, emotionally, and spiritually—Elijah asks God to take his life.

Yet God doesn't answer his plea. Instead, through an angel, God provides Elijah with sustenance for the road ahead. Then, after some more restful, restorative sleep and more food and drink from the angel, Elijah sets out on the journey ahead of him.

What can this extraordinary story teach us? We are reminded of our basic need for sleep and its restorative benefits. Even more importantly, we see that God tenderly cares for us, feeds us, and watches over us—even in our deepest, darkest moments. Though our own story may not be as dramatic as Elijah's, God will provide what we need so that we too can take up the journey ahead of us. In fact, God has already provided for us through his Son, Jesus, who invites us to come and rest in him (Matthew 11:28-30).

Lord, our only hope for true rest is in you. As you reach out to us, help us to come to you. Amen.

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Wednesday Worship: 6:45 a.m.*
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*Check our website for changes: www.stlukegoodhue.org

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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.



Marcella Mae Jonas

Marcella Mae Jonas, 91, of Goodhue, passed away peacefully on Friday, June 7, 2024, at Goodhue Living. She was born in Spring Valley, MN on June 29, 1932, to Lloyd and Bernace (Bauer) Drinkall. She graduated from Wykoff High School in 1950. She met Donald Jonas dancing at the Pla-Mor Ballroom in Wykoff, MN and the two were married shortly after on October 12, 1957. Don and Marcy established their family farm in



1957 and milked cows, raised young stock, and crop farmed for many years. Marcy was a very hard-working farm wife who always took great care of those she loved. She was very generous, selfless, and would do anything for anyone. She was an excellent baker and was known for her cinnamon rolls, pies, cakes, monster cookies, and many other tasty treats. She spent countless hours tending to her large garden and canning vegetables. She woke up very early each day to get all her tasks done for the day and always enjoyed a pot of coffee. Marcy was a longtime member of St. Peter's Lutheran Church where she taught Sunday School for many years and was active in the Ladies' Aide. She was also a board member of the Parent Teacher Association at Goodhue School.

She is survived by her children, Susan (Brian) Peters, Teri (Todd) Skavlen, and Mike (Lynn) Jonas; 11 grandchildren, Michelle (Eric) Nerison, Mitch Peters, Mike (Sara) Peters, Matt (Ali) Peters, Katie Enevold (Matt Jones), Jesse (Katie) Jonas, James Jonas (Kayla Nord), Wilson (Kallie) Jonas, Abby Jonas, Erik Skavlen, and Ethan Skavlen; 17 great-grandchildren, Rory, Ellison, Miley, Brantley, Maverick, Oliver, Lyla, Sophia, Finnegan, Gabriella, Lance, Caitlin, Hudson, Henry, Garrett, Blake, and Adeline; one brother, Darrell (Vivian) Drinkall; and brother-in-law, Duane (Marilyn) Jonas.

She was preceded in death by her loving husband of 65 years, Donald; her parents; brothers, Warren, Larry, and Donald Drinkall; granddaughter-in-law, Tessica Peters; and great-grandchildren, Petrina and Sawyer. Funeral service was at 11 a.m. on Friday, June 14, 2024, at St. Peter's Lutheran Church in Goodhue. Reverend Martin Weigand officiated. Visitation was for one hour prior to the service. Burial was at the Evergreen Cemetery in Goodhue.

The family would like to thank the Goodhue Living and Moments Hospice for their kind and compassionate care given to Marcy. Arrangements made by the Mahn Family Funeral Home, Larson Chapel in Zumbrota.



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2024 Volksfest



2023 Miss Goodhue, Ellie Peterson crowns her predecessor, Ciara Callstrom, daughter of Adam Callstrom and Shannon Callstrom. Coronation was held at the school on Friday evening June 7th.

(continued from page 1)

The Volksfest committee, JayCee's, Lion's, chamber and others, along with the many event sponsors deserve a standing ovation for planning, supporting and executing a great festival. All photos can be viewed in color on our website, www.goodhuemn.com.



(L-R) Miss Goodhue candidates, Emarae Holst, Lily Peterson, Emma Voth, Carly Matthees, Princess Marisa Collins, Miss Congeniality Kaelynn Ryan, Miss Goodhue Ciara Callstrom, Princess Ella Buxengard, Taylor Betcher, and Jenna O'Reilly.



The new Miss Goodhue royalty (L-R) Princess Marisa Collins, Miss Goodhue Ciara Callstrom, Princess Ella Buxengard and Miss Congeniality Kaelynn Ryan, visited the burrito breakfast hosted by St. Peter's Church Saturday, June 8th. Also at the church was a quilt show inside and car show outside. Early morning showers gave way to near perfect weather for the remainder of the weekend.



Rich and Sue Majerus were chosen as Grand Marshalls to lead Sunday's parade. The announcement was made during Friday evening's pageant.



Lynn and Peg Nardinger were crowned Volksfest King and Queen at Friday evening's kick-off event at the school.



A steady crowd of customers shopped the trade show inside the Community Center on Saturday, June 8th.



Brian Gordon, one of the Bellechester Lion's Club members who helped at the bounce party at the school gym, supervises a group of kids. Saturday afternoon events for all ages included the Udder Run, road rally, bean bag, volleyball and basketball tournaments.



William Ryan, son of Trevor and Karla Ryan, gets a smiley face painted on his cheek.



Walton Post, son of Jed and Melissa Post, concentrates on his effort in the kids pedal tractor pull.



Members of the Goodhue County Sheriff's Posse wave to those watching the Volksfest parade.

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The new Zumbro Falls Winery participated in the Goodhue Volksfest parade Sunday, June 9th.
(photos continued on page 6)

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A large crowd enjoyed watching the water fight while children delighted in the shower and runoff collected in the street. Royals was open to serve ice cream during the event.



The Goodhue Fire Department hosted a water fight against neighboring departments from Lake City, Miesville, Zumbrota and Mazeppa. The 2-man team that moved the barrel farthest into the opponent's territory in the allotted time moved on to the next bracket of competition.



A team of Zumbrota firemen aim their hose, working their way through the mist to move the barrel away from them during the Sunday Volksfest event.



Carol Voht, treasurer of St. Peter's Ladies' Aid, presents a check for \$1300.00 to fire chief, Derek Weckerling. The money was raised through free-will offerings given at the burrito breakfast during Volksfest. The church uses Thrivent funds and congregation member donations to purchase groceries, and volunteers to prepare and serve the food. Weckerling was grateful for the donation which will be used to purchase pagers for new members of the fire department.

Also pictured is the newest addition to the fire truck fleet, a pumper truck capable of carrying 1000 gallons of water. The truck was custom built by a company in Florida to serve our department's needs.



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Down on the Farm/ Up at the Cabin Construction Projects - Another Adventure in Learning

By Monica & Claudia Vanderborght

Both Monica and Claudia were more adept at construction projects than the average suburban gal. Our father was an architect and engineer – always working on some building or mechanical project when we were growing up. Our mother was a seamstress by trade and taught us both to sew when we were young. So construction came quite naturally to us and Monica frequently said, “The only difference between working with wood and fabric is that sewing requires a 1/8” seam allowance.”

Well, the tools and the materials are somewhat different too. But for both sewing and construction you need a plan (patterns vs. blueprints), materials (fabric vs. 2x4s), fasteners (thread vs. nails), and tools (scissors and sewing machines vs. circular saws and nail guns). We grew up watching father study and revise the blueprints on his drafting table and watching mother design and sew all of our dresses and coats. But to put it simply, both are: measure, cut, attach.

The chicken coop was the first farm construction project. Good friends Norm and Dawn promised to help Monica build the shed; in return, Monica would help them build a similar one on the far end of her property as their personal hunting blind. Perfect! Material lists were made; everything was ordered and delivered. Monica decided that the best location was between the pasture’s water hy-

drant and the pole barn – not too close to the house, not too far. Feed could be kept in the barn and a hose could easily be run from the hydrant.

Sections were laid out and air-nailed together in the pole barn – electricity and the air compressor were close at hand, and the barn kept everything (and us) protected from the March weather. An air framing nailer can be a bit intimidating at first, but it’s so fast! Monica (a bit impatient and an efficiency lover) quickly became quite adept at using it. Everyone – including the grandkids – helped carry the framed sections out to the location and secure them together. The younger kids helped nail the plywood siding to the frame; Monica’s college-aged grandson helped with the roofing.

By the time the exterior was finished, Monica felt completely competent (she’s a very good seamstress). Racks for the laying boxes were measured, cut, and assembled. Doors were constructed and hung. (Hinges are tricky – there is no sewing equivalent to hinges.) Used dog kennel panels made a lovely, protected run for the chickens.

By this time, Monica had added bottle-baby goats to her farm; soon they would need grass and hay, and the cattle feeders were just too big for the goats. And by winter the goats would need an enclosure in the barn, separate from the cattle. Monica had learned a lot building the chicken coop with Norm, but this was different. These things didn’t come with set patterns – they had to be designed from scratch – which she thought was half the fun.

And it was fun! Well, except that when you are designing and building, your initial plans don’t always work out. Monica quickly learned that removing nails that had been put in with compressed air was not at all fun ... nearly impossible. So the air nailer was aban-



done and torx-head screws (and her faithful Ryobi impact driver) were embraced. Easy in and easy out! Coming home from the next trip to Menards, Monica had six different varieties of screws and a second battery for the impact driver. She was ready!

The first goat feeder (designed to be part of the goat enclosure – very efficient) was perfect. Until the goats started climbing on it. And in it. Well-fed baby goats get bigger, and heavier, and love climbing up and over anything – hay feeders, hay bales, even cows eating hay. The goat feeder / enclosure was going to have to be redesigned (more than once over the years). Thank goodness for the screws.

Chickens grow too. They can easily hop onto the workbench in the pole barn – knocking and moving anything that was left loose (particularly screws which roll off the counter onto the dirt floor and threaten to puncture vehicle tires). Back to Home Depot for holding containers and magnets and more screws. And more 2x4s and plywood, of course. But all that wood takes up an inordinate amount of floor space and the next thing Monica built was a rack to hold all the new and scrap wood that was waiting for the next project idea.

Claudia didn’t really enjoy construction projects (she doesn’t like tools and doesn’t care much for sewing either). But she was great at finding lost screws with magnets (well, most of them), and reorganizing the work benches when they became piled with stuff (screws and discarded pieces of 2x4s and tools ... “Hey Claudia! Have you seen the T-square? I can’t remember where I put it.”). And usually by the time construction was over for the day, Monica was done-done.



To the rescue came Claudia – cleaning up all the scraps and putting the tools away. For Monica it was like having a fairy-godmother with a magic wand.

The sisters became quite a team! Claudia would hold the end of the tape measure while Monica designed the new screen room / firewood shelter on the deck. Or Monica would cut the plywood with the circular saw while Claudia steadied the 4’x8’ sheet. And Claudia would stand on the ladder, holding one end of the 2x4, while Monica attached it. Measure, cut, and fasten. Construction and sewing are very similar – except for that 1/8” seam allowance.



Funding Available for Community Development Financial Institutions to Support Farmers

New technical assistance grants will help expand agriculture-focused services

Community Development Financial Institutions (CDFIs) foster economic opportunity for diverse communities around Minnesota, and new funding is available to help them support more of Minnesota’s farmers. The Minnesota Department of Agriculture (MDA) is now accepting applications for its CDFI Technical Assistance Grant, aimed at helping Minnesota’s certified CDFIs expand their agriculture-focused services.

The MDA expects to award approximately \$260,000 in one-time funding through a competitive review process, with individual grants of between \$10,000 and \$200,000 available for certified CDFIs in two main areas of technical assistance:

Technical assistance provided by CDFIs to farmers (e.g., assisting farmers with loan readiness or expanding outreach efforts toward targeted groups with agriculture-focused financial services).

Technical assistance for CDFIs to increase their own capacity to serve farmers (e.g., to develop their agriculture lending program or internal knowledge and processes as a foundation to provide financial services to farmers).

The deadline to apply for the grant is 11:59 p.m. on Thursday, September 5, 2024. The MDA will notify applicants in October about whether their proposal was funded.

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

Applicants must be certified CDFIs who serve or intend to serve farmers in Minnesota and have participated in at least one U. S. Department of Agriculture grant or loan program. A certified CDFI is defined as a bank, credit union, microloan fund, or venture capital provider who has completed a certification process with the U.S. Department of the Treasury’s CDFI Fund.

An online public information session about this technical assistance grant will take place at noon on Wednesday, July 31, 2024. The MDA will review basic information included in the RFP including applicant eligibility, funding timelines, and application questions. Registration is required.

The View From the Back

(continued from page 1)

Everything is sore, and I have feet on my blisters. My toes hurt.

A working title of this story could be “Zumbro will Zumbro!”, a phrase from the race director’s email referencing the notoriously bad weather and muddy conditions at the race. This year it actually got HOT!

Or “Why the _____ do you want to do that!”--the question my father usually asked me when I told him about my next running adventure.

Or what about “The view from the back”? This one makes the most sense, so I think I’ll go with that—you’ll know why after you read my story....

This year I was going to attempt to run the Zumbro 100 in the Zumbro River bottoms near Theilman, MN. In previous years I’ve done the 50, 34, and 17 mile distances. It’s a looped course and the 100 mile course is six 17 mile loops with 34k feet in total elevation change and a 34 hour time limit. This will be my first attempt at the 100 mile distance.

I made a mental commitment to sign up in late August and training began immediately in early September. That’s early for an April race, but I wanted to give myself some extra time. A friend of mine who was also running the race; Derrick, gave me the plan. It was a 24 week plan that he followed about a year ago for his first 100 miler.

Early September to mid-April is longer than 24 weeks, but the extra time cushion would be nice because the holidays and our wedding anniversary were in that time frame. I decided that I would just re-do the prior week’s plan if any long runs were missed, or there were any pauses in the training. You cannot plan for everything and you never know what else might come up.

By that, I mean the weather. It can get very, very cold and snowy here in Minnesota. So I think I had about four extra weeks built into the training plan. In the end it turned out very well as we had a very mild winter. The

weather only forced me inside two or maybe three times between September and April. So, training went better than planned. With the mild winter and dry weather, the trails were in excellent condition. Things seemed to be lining up for a good race!

I took Thursday off to prepare for the Friday/Saturday race and drove to the Zumbro bottoms where the race was held. There I met up with Chad and Derrick and Derrick’s wife, Chris. After putting up my tent and just hanging out for a while I went to my motel in Lake City about ten miles away.

Our campsite wasn’t a very high end or luxurious motel. I only wanted a warm, dry, and cheap place to stay because it’s assumed that it would be cold in early April. The outside was being remodeled, and that was OK. The inside was clean though it was kind of chilly at night. The heat didn’t work properly so it took a while to warm up. As I waited for the room to heat up, I thought that a shower would warm me up and help me relax, I was already starting to get a little anxious.

There was no hot water.

After an hour or so, the room warmed up, but because it was radiator heat, it kept getting warmer. Eventually I figured out how to open the window and that helped. Long story short, I did not sleep well at all that night, and the 5:30am alarm came too soon. When I got up I noticed Linda couldn’t sleep either--she sent me a text about 3am, saying that she was praying for me. I appreciated that as it was certainly needed!

I left the motel at 6AM. I was hungry and needed something with a lot of calories to get me going. Nothing was open that early so I picked up a few items at a local Kwik Trip. The evening meal the night before was from Burger King. That may have had an effect on how things went early on, but who knows?

I arrived at the campground and got together with Derrick and Chad and a few others showed up to see us off.

After months of training, the big event finally started. It was a beautiful day! Running at Zumbro usually means rain, snow, sleet, cold and overall bad weather. And mud, copious amounts of mud, soul-sucking, sticky and slippery at the same time. But not this year—if anything the forecast called for conditions to be almost too warm with 70’s on Friday, and close to 80 on Saturday. I don’t typically do well in the heat, but we’ll talk more about that later. The trails were in



Andy and I crossing the Zumbro on the first lap.

the best condition I’ve ever seen them and not a drop of mud anywhere—in other words, they were perfect!

The first of the six laps took about four hours and 15 minutes which was equal to what Derrick and I had done about a month earlier on a practice run at Zumbro. I thought that was a little fast, but there’s plenty of time to slow down since we now had some time “in the bank”. I had calculated that I would need a 5.5 hour/lap average in order to meet the 34 hour cutoff time. There were no illusions of being fast, I did not care if I finished last, I simply wanted to finish.

On the second lap it started to get warm out. I must not have been eating or drinking enough because I began to feel really awful after only a few miles. I got to the final aid station about 3 1/2 miles from the finish and mentioned it wasn’t going as well as I wanted it to. One of the workers told me I should drink more water and get some more food. Easier said than done! I tried to eat a Cliff bar earlier, and ended up tossing it in the woods—it made me retch a little. I didn’t want food, so he suggested some pickle juice to help settle my stomach. I also grabbed some candy and decided to walk it back to the finish line.

Why was I suffering so much? It’s only the second lap? There are still four more to go! I



Despite the beautiful scenery, I was really struggling here.

started to feel sorry for myself--the last week or so has been very discombobulated with a lot of things in my personal life going on with a death in the family, and various work and family responsibilities all seeming to hit at once.

(continued on page 9)



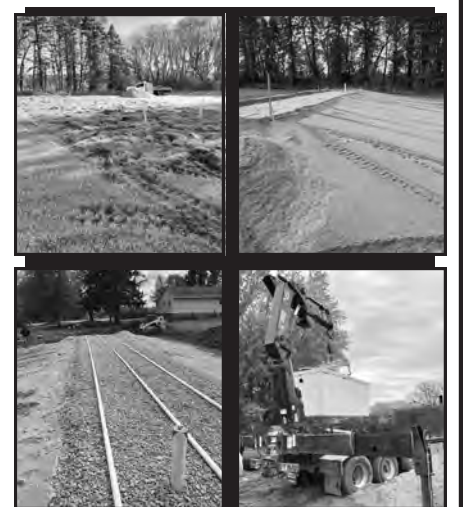
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The View From the Back

(continued from page 8)

It was also hot, and I never do well in the heat (I recalled a conversation with Derrick back in July, “Hey, let’s do Zumbro—at least we won’t have to worry about overheating!” he said), maybe I hadn’t trained as hard as I thought? Maybe I could’ve done more? But, during training I ate better, I lost some weight, gave up beer (I gave up beer for this?!?), I was sleeping really good, so everything was in line. I should’ve been doing better! Why was this happening?

All they way back I was having an internal debate—should I quit? Should I tough it out? Once the “quit” word sneaks into the brain, it’s really hard to ignore as the doubts kept percolating.

When I finally arrived at our camp, just short of the finish line, I collapsed into a chair and put my head in my hands. I was really discouraged about what was going on, especially after training so hard for so long. What a waste of time, and training!

As I was sitting there Chad and Chris told me a story about Derrick. It seems his legs cramped up really bad and he had fallen down on the trail. His eye fell out and landed in the dirt. He has a glass eye from an old BB gun injury. I couldn’t help not laughing. Or feeling bad for laughing.

No matter what happens today, I will not lose an eye!

I could see the disappointment in Chad’s eyes as he tried to encourage me to keep going. Chris was also there trying to convince me not to drop. But, I was done, it just isn’t going to happen today. Maybe I could call this a really good training run for FANS? Chris gave me a cup of soup and a banana. It was then that another thought crept into my head...there is still 24 hours to go before cut off, and there are only four laps to go—that’s six hours per lap, slower than my current pace. Those thoughts gradually began to replace the “quit” that was stuck in my brain.



“Where am I? Who am I? What’s going on...”

Maybe.....

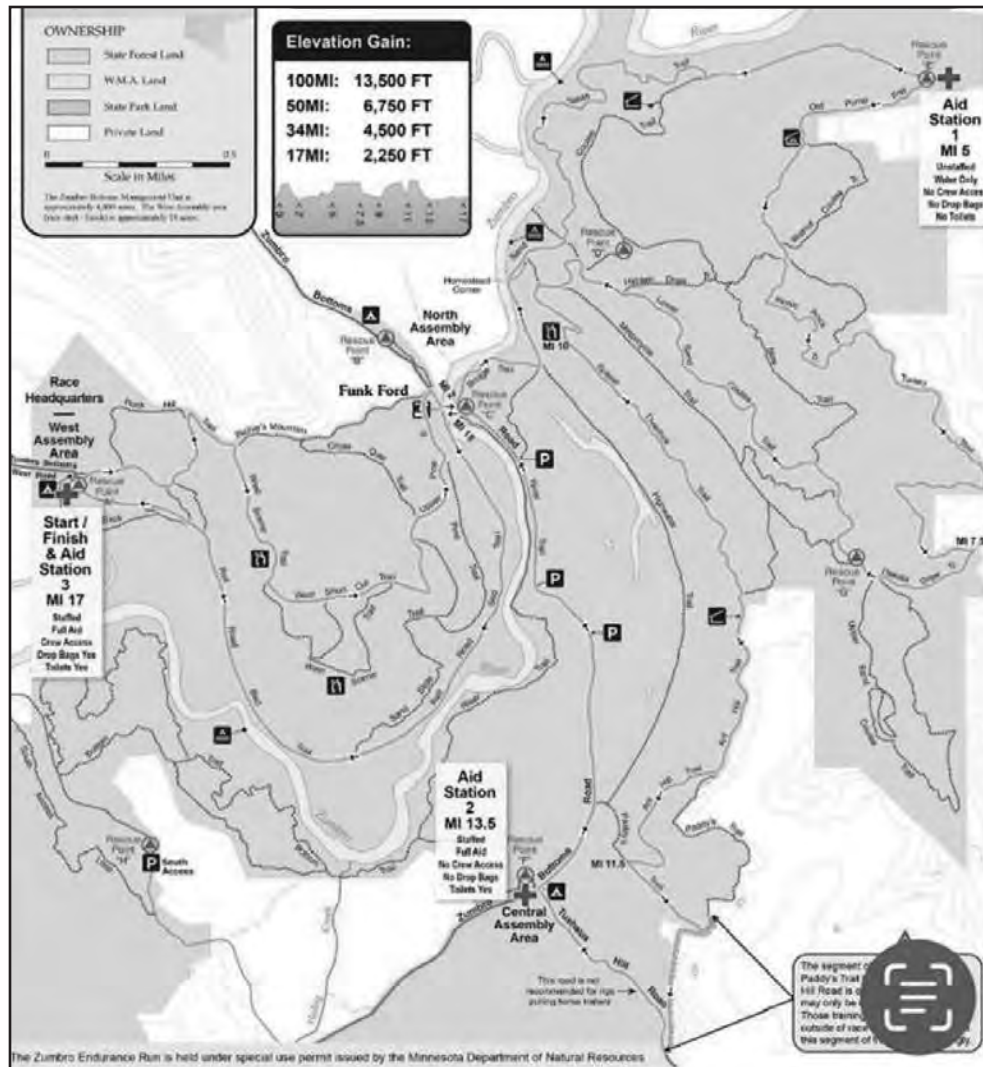
But no! I was done. I took off my hydration vest and walked to the lap counters in the start/finish area. But something happened on that short walk, I realized that I felt OK, and I was mostly just feeling sorry for myself. I think maybe I can do this?

When I arrived I was asked for my bib number.

“Number 16, but I left it back by my tent. I was going to quit, but I changed my mind. Do I need to go get it, and come through again?”

“No, you can just get back on the trail—good luck!”

I went back to the tent to grab my stuff and told Chad and Chris (and an old friend, Nick was there too now) that I was still in it. I wanted to walk an entire lap and evaluate again when I come back. Nick handed me a red solo cup full of the noodle soup to drink as I walked. My water bottles were refilled, and as I walked I started feeling better and better. My stomach settled down (pickle juice?), and my attitude rebounded. The noodle soup and banana was the “magic elixir” that kept me going.



Zumbro!

I started the third lap about 6 o’clock. It was going to be a walking lap, and I was assured that at least half of it would be in the dark, so I brought my headlamp with. As always I was a little concerned about what it’s going to be like in the dark, in the woods, all by myself. Well, I could always rely on the Dog Men to keep me company. I hear they are native to the area. Seriously.

In the end, it wasn’t bad at all. Actually, I kind of enjoyed it. It was peaceful. It was quiet, I was by myself and probably bringing up the rear by a long way, and I was OK with that. I was just walking, but I kept reminding myself that my goal here today is to simply finish. There was no chance of winning, or even placing now. My plan was to run the first lap and then see what happens. I only needed a 5.5 hour average lap, and I would be good. The first lap was done in 4:15, which I thought was a bit fast and the second lap didn’t go so well, but if I could finish this third lap before midnight, I would still be on the original plan. If my fourth lap started at the same time as the fifty milers, or maybe a little bit earlier it would be good just to have the company of more people. Then I wanted to be separated enough from the 34 and 17 milers when they started the following morning so they wouldn’t be in my way. Or, so I wouldn’t be in their way.

Anyway, I’m on my own and I’m in the dark. I brought my phone with because I knew that I would be in this situation and I thought it would be a good opportunity to listen to some music or some podcasts to keep my mind occupied. I started with some podcasts, got through three of them; long ones

that had overlapping and intersecting topics that were very interesting to me. Don’t ask me what they were about; I cannot remember—only that they were really absorbing at the time. And then I switched to music, probably the best music I had ever heard. I was starting to feel a lot better. The idea to walk a lap was working.

Should I eat jerky at night, what if some animal smells it, and comes looking for it? I don’t know what lives out here....

When I arrived back at camp about 11:45pm, Nick said I looked like a new man. And he was right; I felt it too as I was in a much better place both mentally and physically. My confidence was back and I was going to finish this thing! I was even joking when Chad came out to pace me on the fourth lap (pacers are allowed only after three laps are complete) that I had just completed the Bon Jovi lap, because we’re “halfway there”! Get it? I had a lot of alone time to think...

So Chad and I took off a few minutes before the Midnight 50 race started. I told him I didn’t want to talk, just let me listen.

“Tell me your life story, Chad. Let’s start at the beginning—what was your favorite color when you were born?”

But I was feeling so much better by then so it was nice to talk/converse as we went about our business of completing the fourth lap. He reminded me that I told him a few weeks back that “If I could be on my fourth lap when the 50 milers start, that would be great!” I was right where I wanted to be.

We had about a one mile head start and we were already on the top of Rock Hill when they started.

(continued on page 10)

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The View From the Back

(continued from page 9)

We could see a line of headlights snaking through the woods as they followed us up which was a really cool sight to see. As we started to head down the other side of the hill and the runners started to catch and pass us, several of the runners saw my name and number on my bib so there were lots of compliments – “way to go hundo runner” and phrases like that. That gave me a mental boost.

Also heard a lot of “Hey, you’re Ted Gamble, we follow one another on Strava!” I heard that maybe a dozen or two times and it really surprised me. I wish I could remember everybody I saw that said that because it was kind of cool to attach a real person to what was only a name on a screen.

We were also passed by a younger runner, Ian, (he was in his late 20’s) who was in my church camp group at Eagle Bluff in Lanesboro several years ago. He was probably in

junior high at the time, and I was one of his camp counselors. Over the years, he had grown about a foot, his hair included. He was rocking a Forrest Gump meets a Grizzly Adams look. We talked for a little bit and agreed to catch up after the race. I found out later that he dropped after his first lap, so we were unable to meet as he was long gone by the time I was done.

We finished the fourth lap in less than 6 hours so we were still on pace. Chad decided to stay with me and we began lap number five. But before I tell you about that (this is where it gets really interesting, and a little weird!), let’s take a short interlude and re-view the course.

The entire race is on trails. There are some are horse trails, there is some single track, a few logging roads, and a little bit of gravel road. Plenty of variety, but no pavement.

The trail heads out of the campground/horse-park and runs along a corn field before heading up Rock Hill, an appropriate name as the trail is strewn with rocks. It rises about 300 feet above the campground, but this one is not that bad compared to what comes later. It’s a little bit lengthy but from the top, you get a really pretty view of the campground with the Zumbro River in the background--you will see a lot of photos of this area online.

From here we head through the woods, and kind of curl down an old logging road. Re-



The view from the top of Rock Hill

minds me of my father-in-law who was a logger--that spot was being logged out a few years ago during the race and in the morning when it’s typically cold, all of the mud was frozen so it was an easy spot to get through

but as the day wore on and the mud melted, it became a muddy quagmire.

(Watch for part 2 in the next issue of The Messenger)

Goodhue Living Earns Great Place to Work Certification

(GOODHUE, MN) – Goodhue Living, a senior living community managed by Jaybird Senior Living, is proud to announce it has been certified as a Great Place to Work by the Great Place to Work Institute and their senior care partner, Activated Insights.

This certification is based on a detailed survey of Goodhue employees, covering over 60

aspects of their work experience. These include pride in the community’s impact, belief in the importance of their work, and a strong sense of purpose.

Goodhue is dedicated to providing a supportive and engaging environment for both residents and staff. The community values inclusivity, respect, and excellence, making sure every team member feels appreciated and empowered.

Missy Shaleen, Executive Director of Goodhue Living, expressed, "Receiving this certification is a true honor. We focus on making sure our employees feel appreciated and motivated. It's their dedication and hard work that drive our achievements."

This recognition highlights Goodhue’s commitment to a positive work environment and its role as a top senior living community. Since the certification is based solely on anonymous employee feedback, it genuinely reflects their experiences and sentiments.

Goodhue Living will continue its mission to provide exceptional care and create a nurturing, engaging environment for all residents.

About Goodhue Living

Goodhue Living is a resident-centric senior living community offering Assisted Living, Memory Care, and Respite Care staffed with trained professionals 24 hours a day, seven days a week. To learn more about Goodhue Living, visit <https://www.jaybirdseniorliving.com/senior-living/mn/goodhue/goodhue-living/>.

About Jaybird Senior Living

Jaybird Senior Living provides innovative, compassionate, people-centered healthcare and management services for upwards of 40 Senior Living communities throughout the states of Iowa, Illinois, Minnesota, and Wisconsin. To learn more about Jaybird Senior Living, visit www.jaybirdsl.com.

About Activated Insights and Great Place to Work

Activated Insights is the senior care affiliate of Great Place to Work, the global authority on high-trust, high-performance workplace cultures. Through its aging services certification program, Activated Insights helps Great Place to Work recognize outstanding workplace cultures in the aging services industry. Learn more at ActivatedInsights.com and on LinkedIn Twitter, Facebook and Instagram.



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Sitting Too Long Harms Kid's Livers



By Shauna Burshem, D.C.

Loneliness can have a serious impact on the life span of seniors. When older adults feel isolated or alone, it can lead to both physical and mental health problems. Studies have shown that lonely individuals often live shorter lives compared to those who have strong social connections. Loneliness can increase the risk of conditions like heart disease, high blood pressure, and weakened immune systems, making it harder for seniors to stay healthy. In addition to physical health, loneliness also affects mental well-being. Seniors who are lonely are more likely to experience depression and anxiety, which can further reduce their quality of life. Being socially active and maintaining relationships can help seniors stay healthier and live longer. Making an effort to connect with family, friends, or community groups can make a big difference in improving both health and happiness.

Sitting for more than six hours a day can be harmful to kids' health, especially their livers. When children spend too much time sitting, either in school or at home playing video games, they are at risk of developing fatty liver disease. This condition occurs when fat

builds up in the liver, which can lead to serious problems like liver cirrhosis, where the liver becomes severely scarred and damaged. It's important to understand that our bodies are not designed to sit for long periods, and doing so can have lasting negative effects. However, there is a simple solution to reduce these risks: light physical activity. Activities such as playing outside, walking, or biking can dramatically improve liver health and overall well-being. Encouraging children to move around more often can help prevent the buildup of fat in their livers and protect them from severe liver diseases. So, whether it's a short walk during breaks or a fun game of tag, getting kids moving is crucial for their health.

Biotech giant Bayer signed an exclusive licensing agreement with Pairwise, a genetic-based food startup, to develop and market its genetically engineered mustard greens, modified to be less bitter. Critics say the products haven't been evaluated for health or environmental risks and could contain toxins or allergens. One critic says this, "And why anyone would want to genetically modify mustard greens to make them less, well, mustardy, is a complete mystery to me. The whole point of eating mustard greens is their pungent and bitter taste, and the compounds that make them pungent and bitter also happen to provide health benefits. People who want their mustard greens to taste like lettuce can eat lettuce".

Chiropractic care can be very helpful for people with shoulder problems, like athletes or anyone dealing with shoulder pain. Chiropractors are experts who use hands-on techniques to adjust the spine and joints. By doing these adjustments, they can help reduce pain in your shoulder and improve your range of motion. This means you can move your shoulder more freely and with less discomfort. Whether you're dealing with shoulder strains, sprains, or even issues like an ac separation or rotator cuff problems, chiropractic care can offer relief and help you get back to your normal activities.

Chiropractors also provide rehab exercises

tailored to strengthen the muscles around the shoulder and improve overall function. These exercises are an integral part of the recovery process, helping to promote healing and prevent future injuries. Additionally, chiropractors often work in conjunction with physical therapists to offer a comprehensive treatment plan. This collaborative approach ensures that all aspects of shoulder health are addressed, from mobility and strength to pain management and functional recovery. Both chiropractic care and physical therapy aim to restore optimal shoulder function and enhance the quality of life for individuals dealing with shoulder issues.

In addition to lessening pain and improving movement, chiropractic care focuses on

the root cause of your shoulder problems. For example, if your shoulder is fixed in a particular position and won't move easily, a chiropractor can work to adjust it and restore proper alignment. This can make it easier for the muscles and tendons to heal naturally. Athletes, in particular, can benefit from this type of care because it helps keep their bodies in top condition, allowing them to perform better and recover faster from injuries. Overall, chiropractic care offers a natural and effective way to manage shoulder pain and improve overall shoulder function.

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

Missing Pieces



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Are you familiar with the game – JENGA? This game challenges you to see how many pieces you can carefully remove before the entire tower collapses. It is amazing how many pieces can be removed from a wooden tower before it falls to the ground. The human body is even more amazing with the ability to sustain life and keep going even when essential nutrients are lacking. But at some point, the human body will collapse just like the JENGA tower if the right nutrients are not provided.

When you notice symptoms of illness starting, do you think about what your body needs – more medication or more nutrients? The runny nose and itchy eyes are because you need more Zyrtec? The excessive high blood sugar means you need more insulin? Or the extra weight gain means you are lacking Ozempic? Of course not. Yet these medications are well known for the symptom relief they provide and because medical doctors will recommend these medications before talking about the essential building blocks your body needs.

Your body will begin to show symptoms when it is missing essential nutrients because these nutrients are the original building blocks used to make your body. While medication may lessen a symptom for a season, the only true way to eliminate that symptom is to identify the necessary ingredients your body is signaling to receive.

Headaches – a common symptom for many people. What is a headache trying to tell you? First, consider drinking pure water. Water is 75% of the human body

and a headache can signal you are dehydrated. Second, consider your stress. Taking some magnesium can help to relax muscles and quiet nerves. Additionally, increased stress will use up B vitamins quickly, so a B-complex supplement, a whole egg, or some spinach will increase the necessary B vitamins.

Diabetes – we are seeing an alarming rise in people struggling with high blood sugar.

What does high blood sugar measures mean? First, pure water intake should be considered. The kidneys will help to remove excess sugar from the body with proper water intake. Clients with diabetes are consistently missing magnesium and B vitamins, which are important nutrients to properly handle sugar. Vitamin D is another common nutrient that is low in clients with diabetes. Along with these nutrients an increase in healthy protein sources and a decrease in processed sugar is very helpful.

High Blood Pressure – a common symptom related to weight gain and stress. What does high blood pressure mean? The body is having difficulty relaxing partly because of a lack of nutrients that will help the body to relax. Magnesium and potassium are two essential minerals the body will use to relax. There are four B vitamins commonly deficient in clients with high blood pressure, as well as Vitamin D and Vitamin C. Healthy food choices will provide these vitamins and help the body to move to a healthy weight which will result in lower blood pressure. In addition to good nutrition, a quality exercise routine can improve blood pressure.

As a society we have become well trained to look to medications to reduce our symptoms of illness, and we have become ignorant of the true building blocks that sustain our life. Illness is a result of missing pieces that need to be supplied in order to maintain life and move forward. Another day is passing by. Will you continue to live life as you have and remove another link, or will you replace some of the missing pieces and give your body what it needs to thrive?

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

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

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New North Star Promise Scholarship Making a Tuition-free Pathway to Education at Minnesota State College Southeast Possible this Fall

Red Wing and Winona, MN – A new program has been created by the Minnesota legislature to make college more accessible and

affordable for many Minnesotans.

Beginning in Fall 2024, the North Star Promise Scholarship will cover the balance of tuition and fees at Minnesota State College Southeast after other federal and state grants, stipends, and tuition waivers have been applied.

The North Star Promise Scholarship is available to qualified state residents with a family adjusted gross income below \$80,000 as reported on the Free Application for Federal Student Aid (FAFSA) or Minnesota Dream Act application.

“This means qualifying adult learners who need to reskill, upskill, or prepare for a new career field would be eligible for tuition-free college. New high school graduates who thought their families could never pay for college can now afford to realize their college dreams,” said Dr. Marsha Danielson, President of Minnesota State College Southeast.

Tammy Vondrasek, Director of Admissions and Enrollment, added, “We are here to help

you navigate the process. Start by talking to the admissions advisors at Minnesota State College Southeast. Our dedicated staff will help you every step of the way to achieving your goals.”

“We are grateful to the Minnesota state legislature for funding the North Star Promise Scholarship program,” said President Daniel-

son. “The program will serve as an economic driver by educating qualified workers who are much needed to fill vacancies in the state’s labor force.”

For more detailed information about eligibility for the North Star Promise Scholarship, go to www.southeastmn.edu/freetuition.

The North Star Promise Scholarship – Tuition-Free College for Eligible Minnesotans

Guest Opinion Column by Dr. Marsha Danielson, Minnesota State College Southeast

At Minnesota State College Southeast, we believe college is for everyone. We believe in meeting students where they are. We believe that every step toward reaching their educational goals should be simple and achievable, and that students should be able attain their goals in the least amount of time for the least amount of debt.

That is why I am very excited to announce a new program, the North Star Promise Scholarship, which will make a tuition and fee-free pathway to higher education possible at Minnesota State College Southeast in Winona, Red Wing, and online.

The North Star Promise Scholarship will make college accessible and affordable for any qualifying Minnesota resident with a family adjusted gross income below \$80,000, as reported on the Free Application for Federal Student Aid (FAFSA) or Minnesota Dream Act application.

After other state and federal grants, stipends, and tuition waivers have been applied, the North Star Scholarship will cover the balance of tuition and fees remaining for eligible students.

New high school graduates who thought their families could never pay for college can now afford to realize their college dreams. Students across Southeast Minnesota, including new graduates from Goodhue High School and Zumbrota-Mazeppa Middle/High School, should know about this opportunity when considering their educational goals.

Through the North Star Promise Scholarship, qualifying adult learners who need to reskill, upskill, or prepare for a new career field would be eligible for tuition-free college. The program will serve as an economic driver by educating qualified workers who are much needed to fill vacancies in the state’s labor force.

We are very grateful to the Minnesota state legislature for funding the North Star Promise Scholarship program, which makes college more accessible to all Minnesotans!

Tuition-free college may be possible for you and your family, and Minnesota State College Southeast is here to help you navigate the process. Start by talking to the admissions advisors at Southeast. Our dedicated staff and faculty are here to help you every step of the way to achieving your goals.

The North Star Promise Scholarship will make going to college more than a dream – it will make getting a college degree, diploma, or certificate a reality for the learners who need it most.

For more detailed information about eligibility for the North Star Promise Scholarship, see our website at www.southeastmn.edu/freetuition.

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U.S. Senators Amy Klobuchar and Tina Smith Announce Funding from U.S. Department of Agriculture to Help Expand High-Speed Internet Access in Rural Areas

WASHINGTON, June 27th, 2024 – Today, U.S. Senators Amy Klobuchar and Tina Smith (both D-Minn.) announced \$25 million in funding availability from the U.S. Department of Agriculture (USDA) to increase high-speed internet access in rural and Tribal communities. The funding is made available through the USDA's Broadband Technical Assistance (BTA) Program, part of the Biden Administration's historic Bipartisan Infrastructure Law to connect every community in America with affordable, reliable, high-speed internet.

"We should be able to bring high-speed internet to every family in Minnesota— regardless of their zip code," said Klobuchar. "This funding will ensure that the broadband upgrades going on across our state also reach our rural areas. As co-chair of the Senate Broadband Caucus, I'll keep working across the aisle to make sure all Minnesotans can re-

liably access the high-speed internet they need."

"Internet access is not just a luxury in the 21st century, it's a necessity," said Senator Smith. "In Minnesota and across the country, people in rural areas, small towns, and Tribal communities need access to reliable, high-speed internet. Investing in broadband infrastructure with the Broadband Technical Assistance Program is a step in the right direction, helping connect communities in every part of the country to high-speed internet and strengthening communities from the ground up."

The program will support local governments, organizations, cooperatives, and Tribes as they work to expand broadband access in rural communities, delivering on President Biden's promise to invest in infrastructure and strengthen the economy from the inside out. This includes funding infrastructure studies, network designs, hiring efforts, application assistance and more.

The announcement marks the second round of funding for the program. In its first round, the program received 96 applications requesting a total of \$44.5 million.

In this round, applicants may apply through one of two funding categories: the Technical Assistance Providers category accepts applicants seeking to deliver broadband technical assistance to rural communities; The Technical Assistance Recipients category includes applicants who would benefit from broadband technical assistance.

Applications for the funding opened on June 21, 2024, and must be submitted electronically using Grants.gov no later than

11:59 p.m. Eastern Time on August 20, 2024.

Additional information is available on page 52012 of the June 21, 2024, Federal Register.

U.S. Senators Amy Klobuchar, Tina Smith, Colleagues Press Postal Service for Details on How Facility Consolidation Could Impact On-Time Delivery of Mail-In Ballots

WASHINGTON, D.C. – U.S. Senators Amy Klobuchar and Tina Smith (both D-MN) joined 17 of their colleagues in sending a letter to Postmaster General Louis DeJoy requesting information about how the U.S. Postal Service (USPS) plans to ensure the timely delivery of mail-in ballots throughout the ongoing 2024 election cycle and beyond. The request comes in light of USPS facility consolidations initiated under DeJoy, which have been temporarily paused following outcry from people all across the country as well as Congressional leaders. Through this process, USPS has greenlit the downgrading of 56 of 59 selected postal facilities nationwide — including in Minnesota.

"USPS serves an essential function in American elections. On a nonpartisan basis, it securely processes, transports, and delivers election mail, including ballots. In 2020, the Postal Service overcame a series of challenges, including the onset of a global pandemic, to fulfill this critical mission. Impressively, it delivered 97.9% of ballots within three days, even as a record number of Americans voted by mail. For the 2022 midterm elections, USPS maintained this standard of excellence and delivered 98.96% of ballots within three days," wrote the senators. "We applaud these achievements, but much has changed since 2022."

"In July 2023, USPS completed its first regional consolidation in Richmond, Virginia. A report from the USPS Inspector General found that the consolidation led to "a decrease in service performance for the Richmond region that continued four months after launch," they continued. "Earlier this year, these delays led some local election officials to direct area residents to forego USPS entirely and instead place primary election ballots in designated drop boxes.

USPS continued the Mail Processing Facility Review process for several months, despite this evidence of consolidation-related service disruptions."

"We believe that the Postal Service remains well-equipped to securely deliver mail-in ballots. However, given the service disruptions already resulting from the Deliver for American plan, we fear the same approach adopted by USPS in 2020 and 2022 may not be sufficient to guarantee on-time delivery results," wrote the senators.

Specifically, the Senators requested the Postmaster General answer the following questions by July 24, 2024:

Has USPS conducted any studies evaluating the Deliver for American (DFA) plan's short- and long-term impact on election mail operations? If so, please provide us with a copy of such studies. If not, why not?

During the Mail Processing Facility Review (MPFR) pause, will the Postal Service commit to providing evidence that the consolidation will not result in further degradation of service for customers?

Please describe any efforts the Postal Service has taken or plans to take to engage in direct outreach and offer support to election officials for the 2024 election, as it did during the 2020 and 2022 election cycles.

Since 2022, has USPS developed new election mail strategies to account for continued implementation of the DFA plan?

In the upcoming election, how does the Postal Service intend to improve service for the communities where it has already proceeded with postal consolidations?

What support from Congress, if any, does USPS need to ensure on-time delivery of election mail?

Senators Klobuchar and Smith have long been leaders on holding the Postal Service accountable. The Senators requested an audit of the Minnesota-North Dakota Postal District back in December. They also introduced the bipartisan Postal Delivery Accountability Act, which would address USPS' failure to accurately track when mail routes do not receive deliveries. They also pressed USPS for answers about a payroll error that led to 53,000 rural letter carriers missing or receiving only a partial paycheck.

You can read the full text of the letter at www.welch.senate.gov/wp-content/uploads/2024/06/Letter-to-USPS-on-Election-and-Postal-Consolidations.pdf

MISSY'S MESSAGE



MISSY PAPERFUS

Last month, I had emergency surgery with which came restrictions. No lifting over 15 pounds and no exercising, except for walking. After surgery, a person is typically off work for four to six weeks. When you're self-employed, you can't afford to be off work that long. I got out of the hospital the day after surgery. My mom picked me up, and I asked her to take me to MotoProz. I worked for about an hour and then headed home for the rest of the day. I knew this would be my new normal. My first day at MotoProz, Mike and Monty grabbed my purse and my big water bottle and weighed them together. They thought for sure they were more than 15 pounds, but they were only 10 pounds!

I could count on my mom to make sure I was walking each day, that was the number one priority to get walking and ease into it. We walked in Zumbro Falls and Mazeppa. The weather cooperated pretty much every day. I came to work for an hour or two a few days a week.

Four weeks later, I got my all clear to get back to lifting, work, and exercise. I left the doctor and headed to Office Max to get a box of copy paper. That is the heaviest thing I've lifted in a month! Then I headed home for a 30-minute strength workout (I used 5-pound weights) taking it easy. I worked all day the next day, and I was tired. I made it the four weeks, now I need to slow down. I have been in this situation before. I know I need to do what the doctors tell me to do, but sometimes easier said than done.

Memo from MotoProz...

Ready for summer? We are!! Check out our inventory of new E-Z-Go Golf carts, new and used ATVs and side by sides, and new and used Hustler mowers online at www.MotoProz.com or stop in and see what we got! We've got something for everyone! The place to go is MotoProz!

Save the dates...for the Mazeppa Monthly Markets this summer. If you're at the 3rd Thursday Summer Markets in Mazeppa, stop over to chat with us! Coming up in July, August, and September. And Mazeppa Daze July 11th thru the 14th.

Missy and her husband Mike own MotoProz in Mazeppa.

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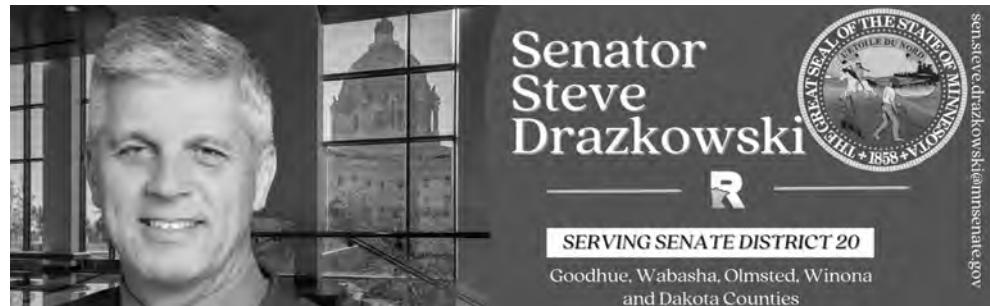
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Dear Friends and Neighbors,

Happy Independence Day! I hope that you are able to take a few days to reflect on the challenges facing our country and our state but also the great gifts we've been given by our Creator and our forebearers who "pledged their lives, their fortunes and their sacred honor" so that we could live in freedom.

I am celebrating the recent decisions by the US Supreme Court. Although the Presidential Immunity case has taken a lot of media attention, the overturning of the "Chevron" case will probably be the most significant from a policy perspective. It rolls back the administrative state's ability to interpret and administer the law on its own, a power reserved for Congress and the courts. The challenge to Chevron was brought by some small East Coast herring fishermen who argued that a rule imposed by the National Oceanic and Atmospheric Administration required them to accept and pay for observers on their vessels, costing them \$700 per day! This rule was the agency's interpretation of a law, not a law passed by Congress. The Supreme Court ruled in favor of these businesses that the rule was an overreach by the administrative state. There are many examples of this behavior by the executive branch, federally and in Minnesota. Hopefully, this ruling will help push back against these abuses.

Cattle at a feedlot

Feed Lot Public Hearings

The Minnesota Pollution Control Agency (MPCA) is proposing changes to feedlot permits. They are doing this in response to the high nitrates in groundwater issue, which was

promoted by environmental groups' complaint to the EPA which led to some surprise inspections of farms in our district several months ago. The inspections themselves did not give the agency any reason for concern, but MPCA and the Department of Health are continuing to push forward on new regulatory initiatives anyway.

The new rulemaking has triggered a 45-day public comment period (June 24 to August 9). In addition to the ability to comment online, there will be two public meetings in Southern Minnesota. They are:

Monday, July 22, 2024, 6 - 8 p.m.
Fairmont Knights of Columbus
920 E 10th St
Fairmont, MN 56031

Wednesday, July 24, 2024, 6 - 8 p.m.
Chatfield Center for the Arts
405 Main St
Chatfield, MN 55923

It's important that the MPCA hear from farmers since they will be directly affected by any new regulations.

Day Care Rules

One of the issues I hear about most often is how difficult it is to own and run a business in Minnesota under the Walz administration, especially for small businesses. I can think of no better example than childcare providers, especially in-home daycare providers. Year after year, the Department of Human Services and county human services have burdened these providers with

more elaborate rules, mandatory programs, and aggressive inspections. Providers are leaving the business, and the number of providers is sharply declining, leading to a shortage and increased costs for families.

None of these changes will enhance child safety or taxpayer accountability. The CCAP (Childcare Assistance Program) fraud occurred under their watch. Meanwhile, the Walz and Biden Administrations are advocating for the creation of larger childcare centers, a move that could potentially foster a more institutionalized environment, which is not ideal for very young children.

Right now, DHS is considering completely new licensing standards for daycare providers. They are calling this "regulation modernization," and they plan to introduce the changes in the 2025 legislative session.

The DHS website describing the stages of the project is mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-educations/systems-transformation-initiative.jsp

The survey to provide feedback on the proposed rules is mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/child-care-regulation-modernization.jsp

The Center of the American Experiment dedicated a recent podcast to this topic with their economist, Martha Njolomole, who has also written a helpful post. She breaks down the incredible government driven effort to micromanage these businesses out of existence.

If you are a parent, a provider, or know

someone in this field, you need to get involved in this issue before independent childcare providers and parental choice in the care and education of their little ones is a thing of the past.

Congratulations Farm Families of the Year!

The Farm Family Recognition Program at the University of Minnesota has honored Minnesota farmers since 1979. Families are chosen for their significant contributions to the agriculture industry and their local communities. It is coordinated by University of Minnesota Extension, the College of Food, Agricultural, and Natural Resource Sciences, and the College of Veterinary Medicine.

Farm Families are recognized at Farmfest in August.

Two families were selected in Senate District 20 this year: In Goodhue County, Tony and Maizie Scheffler and Family who farm at the Scheffler Dairy Farm (Zumbrota area) and in Wabasha County, the John and Kris Miller Family at JM Dairy (Plainview area).

Congratulations!

I don't intend on sending you many emails in the interim months (yes, we still have a part time legislature in Minnesota!) but please do contact me to share any issues, concerns, or feedback you have to assist me in best representing you. The best way to reach me is by email at sen.steve.draskowski@senate.mn or by phone at 651-296-5612. My legislative assistant is Margaret Martin, and her number is 651-296-4264. She will be happy to assist you, in or out of session.

A poster for a "Breakfast on the Farm" event in Wabasha County. The text reads: "WABASHA COUNTY Breakfast on the Farm JULY 13, 2024 7:00-11:00AM Free event for all ages!". Below this, it lists "Kids Activities", "Pancakes & Sausage", and "Farm Tours". At the bottom, it says "JEFF AND RUTH LEE FARM 38093 County Road 75 Lake City". There are illustrations of two cows on either side of the farm name.

A poster for "Iconic Fest 2024", a 2-day outdoor music festival. The text reads: "A legendary musical experience. EST. 2015. EARLY BIRD TICKETS ON SALE NOW!". The dates are "Friday, July 12" and "Saturday, July 13". It features photos of performers: Aaron Tippin, Neal McCoy, and others. At the bottom, it says "2 DAY OUTDOOR MUSIC FESTIVAL! Hosted at the Green Lantern" and "For More Information & to Order Tickets Go To WWW.ICONICFEST.COM". Logos for sponsors like Tito's, Budweiser, 102.5, 96.1, and The Messenger are at the bottom.

Border Battles in Sports & Politics



Rep. Pam Altendorf (R) District: 20A

With this beautiful district bordering Wisconsin many of you will understand the passion that people feel for sports. Let's take football for example. If you grew up a Vikings fan, you probably just can't bring yourself to cheer for the Packers and those of you who are Packer fans, I'm guessing it is equally impossible to bring yourself to cheer for the Vikings. Politics can be a little bit like sports: you pick a team, you grow up with

that team, you're a dedicated fan and it's natural and normal human behavior to become tribal in nature and unwavering in your commitment towards them.

My husband and I both grew up in Minnesota and hence were born into die-hard Viking families. However, for eight years, when we were first married, we found ourselves living in Menomonie, Wisconsin for my husband's job at the time. It is not an exaggeration to say, one of my husband's greatest fears while we were living there, was that our friends were going to turn our children into Packer fans.

Even when the Packers were winning, once you're a dedicated Vikings fan like my husband was, it's awfully difficult or impossible to switch sides.

In today's world of telecommuting, now more than ever we are seeing people "shopping around" and deciding what state to live in. Minnesota excels in the outdoors with our beautiful landscape, 10,000 lakes, and world-known parks and trails. Although our seasons are incredible weather wise, it takes a tough soul who willingly lives here during the winters.

As a state representative, I believe it's critical to have a good understanding of the "pulse" or overall health of our state. One-gauge experts use - and it is publicly accessible for all to see - the IRS website looking at

"adjusted gross income." This, unlike looking at "population," shows better how our state is thriving, as the economy of any state is essential for long-term growth and sustainability of infrastructure and public services.

Back to our border battle. Minnesota and Wisconsin have similar characteristics in location, weather, and state population. The last reported numbers show that Wisconsin lost, in net migration, 65.9 million. In the same year, Minnesota lost an alarming 1.687 BILLION in adjusted gross income.

Looking specifically at population growth, you will see for the most part stability. We must ask then, how can Minnesota have stabilized population, but are losing so significantly on their income base? Clearly people are smart and they are shopping around for the best state to not only live, but where they are able to take home the most money from their paychecks! These numbers show that we are losing our "income earners" to other, more "tax-friendly" states like South Dakota, Texas and Florida. Meanwhile, we are importing people who are using the welfare systems.

Democrat policies have led us to have the highest corporate taxes in the nation. Hence, we are losing businesses who are investing their growth in other states.

Democrat policies blew through an \$18 billion surplus, raised your taxes \$10 billion and

increased government spending by an unsustainable 40%.

Democrat policies have made it difficult for law enforcement to do their jobs. We are a state where police now worry about being shot on the job while the hardened criminals continue to get released with little to no consequences.

Democrat policies took away local control from our schools and saddled them with over 65 new mandates, leaving our public school systems financially struggling. How could schools possibly be worse off today than they were 1 year ago with an \$18 billion surplus and record new funding to our schools? Disgraceful!

I get it folks, no one likes negativity! That is exactly why so many people hate politics. However, this is not a game and I believe speaking truth, acknowledging bad policies and working towards real solutions is more important than being liked by those who are not willing to put their egos aside and admit we need to change up our game plan in Minnesota. We are not cheering for our favorite football team. The policies being implemented in our state and in our country have dire consequences on YOU, the people, the taxpayers, the schools. I am all in for Minnesota. GO VIKES!



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Goodhue City Council Public Hearing Meeting Minutes

5:00 pm, March 27, 2024

In-Person Meeting, First Floor Conference Room, City Hall

Council Members Present: Mayor Ellen Anderson-Buck, Patrice O'Reilly, Joe Benda, Jason Thuman, Chris Schmit

Council Members Absent: None

Guests: Cailin Richard, Jason Mandelkow, Reese Sudtelgte, Glenn Gustafson

Call to Order

5:00 pm

Adoption of Agenda

With a motion from Thuman and a second from Schmit (5-0-0), Council unanimously adopted the agenda as stated and opened the public hearing.

Sanitary Sewer Facilities Plan Presentation

City Engineer Sudtelgte and Project Manager Gustafson presented the Facilities Plan and Wastewater Improvement Plan for the North Zumbro Sanitary Sewer District. Engineer Sudtelgte provided an overview of the presentation. Engineer Sudtelgte presented background information on the project, sharing a history of the existing sanitary sewer plant, the current state of the existing plant and how the existing plant's condition is impacting community growth. Sudtelgte shared that the City has been issued a new NPDES permit that allows for higher nitrogen limits. Engineer Sudtelgte presented all of the possible sanitary sewer treatment alternatives including upgrading the existing facility, building a new facility for Goodhue and building a regional treatment facility. Sudtelgte shared the feasibility and cost projections for upgrading the existing facility and constructing a facility for Goodhue. Sudtelgte recommended creating a regional treatment facility with the surrounding communities of Pine Island, including the Prairie Island In-

dian Community, Zumbrota and Wanamingo. Sudtelgte provided additional information on the importance of bonding dollars, the process of creating the sanitary district and the existing joint powers agreement. Engineer Sudtelgte presented information on the proposed treatment facility, sharing the proposed location of the central treatment facility, how Goodhue would be connected to the facility and what new equipment would be constructed in Goodhue. Sudtelgte shared that the Sanitary District would own and operate a lift station in town, Goodhue would operate a collection station and the current plant would be decommissioned. There was discussion amongst Council and the presenters on funding, with Project Manager Gustafson sharing additional funding opportunities including the Clean Water State Revolving Fund, Point Source Implementation Grant and federal earmark funding. There was additional discussion on potential routes for the line to the new treatment facility. Gustafson shared that the purchase agreement was moving forward for the future site of the main treatment facility. Engineer Sudtelgte presented the estimated project costs, sharing the cost for design and construction of the treatment facility would be \$111,300,000, with Goodhue's share totalling \$8,321,600 or 7.5% of the entire project cost. Sudtelgte shared that Goodhue's cost would be reduced to \$4,248,000 with an additional state bonding award. Sudtelgte discussed the probability of receiving bonding dollars and discussed other funding opportunities to reduce the cost further. Engineer Sudtelgte presented information on

sewer charges for customers, sharing the current average user cost was \$42/month, but would rise to \$82/month after the completion of the project. Sudtelgte shared that the monthly costs would go down with additional development in the City, growth of the sanitary sewer user base and awarding of additional funds to the project. Sudtelgte shared additional information on the ongoing maintenance costs for the new systems and facilities. Engineer Sudtelgte presented the project schedule, starting with the idea conception in 2020 through operation of the new treatment facility in 2028. Sudtelgte shared the current stage the project was in, which includes having the plans approved by all participating Cities and submitting the plans to the MPCA for review. Once the plans are approved by the MPCA, Sudtelgte shared the team will begin designing the facility including exact flows and treatment mechanisms. Sudtelgte shared there were a few extra years factored into the project timeline for flexibility. There was discussion amongst Council and the presenters on how businesses and large-scale manufacturers impact project costs and the sewer charges for residential customers. No members of the public addressed Council as part of the public hearing. With a motion from O'Reilly and a second from Schmit (5-0-0), Council unanimously closed the public hearing.

Adoption of Resolution

Engineer Sudtelgte presented Resolution 24-06 for approval, recommending the City of Goodhue pursue the development of a sanitary district by adopting the Facilities Plan and Wastewater Improvement Plan. With a motion from Schmit and a second

from Benda (5-0-0), Council unanimously adopted Resolution 24-6 Adopting the Facilities Plan and Wastewater Improvement Plan for the North Zumbro Sanitary Sewer District.

Adjournment

Motion to adjourn was made at 5:30 pm by O'Reilly and seconded by Schmit (5-0-0). Respectfully submitted, Cailin Richard, EDA Coordinator

Goodhue City Council Meeting Minutes

5:30 pm, March 27, 2024

In-Person Meeting, First Floor Conference Room, City Hall

Council Members Present: Mayor Ellen Anderson-Buck, Patrice O'Reilly, Joe Benda, Jason Thuman, Chris Schmit

Council Members Absent: None

Guests: Cailin Richard, Jason Mandelkow, Reese Sudtelgte, Glenn Gustafson

Call to Order

5:37 pm

Adoption of Agenda

Unanimous adoption of agenda with a motion from O'Reilly and a second from Schmit (5-0-0) with two amendments to the agenda, removing New Business item 6(a) Interim Clerk/Lori Luhman and creating New Business item 6(c) Adopt Resolution 24-5.

Approval of Meeting Minutes

With a motion from Schmit and a second from Benda (5-0-0), Council unanimously approved the Goodhue City Council Work Meeting Minutes from January 10, 2024, Goodhue City Council Work Meeting Minutes from February 7, 2024 and Goodhue City Council Meeting Minutes from February 28, 2024.

(continued on page 17)

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 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.

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Goodhue City Council Meeting

(continued from page 16)

Old Business

There were no Old Business items presented for discussion.

New Business Items

Mayor Anderson-Buck presented a meeting time amendment to Council for consideration, sharing the Council meeting start time was moved to 5:00 pm for the duration of lent and could now revert back to the originally scheduled meeting time of 6:00 pm. With a motion from Thuman and a second from Schmit (5-0-0), Council unanimously voted to move the City Council workshop and regular meeting

start times to 6:00 pm.

With a motion from Schmit and a second from O'Reilly (5-0-0), Council unanimously adopted Resolution 24-5 Approving the Issuance of, and Providing the Form, Terms, and Covenants for the Issuance of its Tax Increment Revenue Note, Series 2024, in an Aggregate Principal Amount not to Exceed \$742,000. There was no additional discussion.

Other Items

There were no Other items presented for discussion.

Approval of Bills

There was discussion amongst Council on tractor rental costs, public safety fund distri-

bution, reimbursement from former employee on insurance costs, annual well house renewal, nitrate clinic grant, election judge reimbursements and the new tractor payment schedule. With a motion from Schmit and a second from Thuman (5-0-0), Council unanimously voted to pay the bills as stated.

Adjournment

Motion to adjourn was made at 5:48 pm by Thuman and seconded by Schmit (5-0-0). Respectfully submitted, Cailin Richard, EDA Coordinator

Goodhue City Council Meeting Minutes 6:00 pm, April 24, 2024 City Hall

Council Members Present: Mayor Ellen Anderson Buck, Patrice O'Reilly, Joe Benda, Jason Thuman, Chris Schmit

Council Members Absent: None

Guests: Cailin Richard, Lori Luhman, Jason Mandelkow, McCrae Olson, Marc Huneke, Brittany Huneke, City Attorney Robert Vose

Call to Order

Call to order at 6:00 p.m.

Adoption of Agenda

Unanimous adoption of the agenda with a motion from Thuman and a second from Schmit (5-0-0) with one amendment to the agenda to change the work meeting minutes date from April 10 to March 13, 2024. All April minutes will be presented for approval in May.

Approval of Meeting Minutes

Council Member Schmit confirmed that the Extra Law Enforcement coverage for Volksfest was correctly stated in the minutes and was clarified by Cailin Richard. A motion from Thuman and a second from Schmit (5-0-0), the City Council unanimously approved both the City Council Work Meeting Minutes from March 13, 2024, and the City Council Meeting Minutes from March 27, 2024.

Old Business

None

New Business Items

Mayor Anderson Buck presented an update on the Stehr property deed and land purchase for the burn pile location. The update concluded that the deed for the property has not been located since its non-filing from 2017 and will continue to move forward.

Mark and Brittany Huneke presented information and requests on the property they recently purchased known as St. Lukes Church. Huneke's have received a demo permit and are working on plans for this site. They are aware that the building is in the City's R2 Zone. Huneke's are initially hoping to get a building permit approval for single or double dwelling apartments in the lower basement level. Secondly, Huneke's are looking at doing something for the community by converting the upstairs into a community space. Doing so will require a multipurpose variance or change in the current zoning ordinance.

Attorney Vose confirmed that the County approves that an apartment would be allowed in the City of Goodhue R1 zoning.

Mayor Anderson Buck reaffirmed that the city is in the process of updating the Zoning, but for now, if they want to start with the apartment, they can move forward with that as R2.

Attorney Vose was asked to clarify how to go about getting neighborhood input for the mixed-use facility. Attorney Vose recommended a public hearing.

Attorney Vose mentioned to Huneke's that the City of Goodhue is going to need to know exactly what you want to do before they can give you an answer.

Mayor Anderson Buck suggested to the Huneke's to continue working with our Public Works Director on the apartment and windows for now and come up with a concrete plan and then we will look at that more closely.

Mayor Anderson Buck announced that Zumbrota has closed their swimming pool and addressed the City's concern for the Goodhue school aged children having times available for their swimming lessons. Our City Clerk is receiving calls asking to sign up for lessons here in Goodhue and reminded the council that Wildcat Care will still be using the pool as part of their summer curriculum. Council Members discussed the pool lesson strategy, if there was space, time, and staff to take care of not only our own, but additional students.

The City's Public Works Director received two sewer quotes, both are for four years of service for sewer cleaning. One is for cleaning and the other for cleaning and televising. Council Member Schmit made a motion to approve the four-year contract of cleaning and televising inspections with Empire Pipe Services, seconded by Benda, (5-0-0) motion carried.

Spring Quotes are in. They are Thomforde Enterprises and Schumacher Brothers Excavating. A motion was made by Council Member Thuman, to accept both quotes, seconded Schmit, (5-0-0) Motion carried.

Attorney Vose addressed the update on Highway 58 Billboard. The terms of the property were worked out with Regan Advertising. They have agreed to sign a lease and to pay past-due rent. We had this worked out two months ago, but they still haven't responded. Mayor Anderson Buck suggested we move the billboard update to the work meeting and hope we will hear something by then.

Mayor Anderson Buck announced that Virginia submitted her resignation from the cleaning position. Her last day is April 30, 2024.

The liquor licenses renewals have been received. Council Member Benda made a motion that we approve both Liquor license renewals, second by Schmit, Motion Carried (5-0-0).

Other Items - None

Approval of Bills

Council Members reviewed and discussed the bills to be paid. A motion was made to approve the bills by Council Member O'Reilly, seconded by Schmit, (5-0-0) motion carried.

Mayor Anderson Buck announced that Lisa Redepenning is our treasurer now. She has submitted a balance sheet for the month of March for us to review.

Adjournment

A motion to adjourn the meeting was made at 7:17 pm by Council Member Schmit and seconded by Benda (5-0-0).

Respectfully submitted, Lori Luhman, City Clerk/
Administrative Assistant

Bellechester City Council Meeting Minutes May 15, 2024 @ 6:00 PM

Meeting is recorded, and the recordings belong to the City of Bellechester.

Pledge to the flag.

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

Minutes of April 18, 2024 regular meeting as well as the May 8th Special 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 Lining Project – update progress – see below. Cement blockage was found and removed with the beginning of the project.

New business:

- Noise Complaint – Jody read a letter from a resident. A clarify letter will be sent.
- Dust Issues Downtown – Ag Partners will be putting down rock to see if that works.
- Building Permit Process – Verification – Council decided to have all permits come to council before going to county. Goodhue County will be informed.
- RESOLUTION 2024-01 Authorizing Execution Of An Advance Agreement And Participation In Joint Powers Authority For A Water Project – Motion was made by Kyle Blattner with a 2nd by Rich Majerus to approve and accept the authorizing the execution of agreement. Motion carried.

Engineer Report –

- The contractor started work on Monday by cleaning and televising the lines on Wabasha Co 7.
- The lines under CR 7 are fine to line – no excavation is needed.
- They will continue to clean and televise the main line this week through Thursday then they'll be back next Monday for another week of cleaning and televising. The contractor hung door hanger notices that provide information on the cleaning and televising operation.
- Sewer main line lining is scheduled to begin on Tuesday, May 28th after the holiday.
- With the schedule change, I'm scrambling a bit but will get a newsletter out to the property owners with an update.
- There's a rumor that the manhole rehabilitation contractor will be in town later this week or early next week to start their work.
- Our inspector is Nolan Boice. His phone number is 507-884-4877 if anyone has questions. Rich has been our primary council / city contact for this project.
- I expect we'll have our first monthly meeting in early June. More to come on this.
- Water Meter Project – We need RD to concur with our project contract award then we can start the contracting process.

Clerk Report – Dog Complaint – we received a 2nd complaint. Letter was sent to resident. **Positions up for Election** – FYI – Mayor and 2 council seats currently held by Jered & Kyle. The candidate filing period for these positions is July 30 until August 13th and filing fee is \$2.00. **Building Permit Process Verification** – We had a building permit go directly to Goodhue County and get approved without coming through council. This is the first time I had this happen. When I inquired, here is the response I received. Do you want it be run this way? **FEMA Flood Insurance Rate Map** – We received a packet from them. I have it if you wish to look at.

Treasurer Report – None

Water/Wastewater/Facility Report – Mark will be taking care of baling at the ponds.

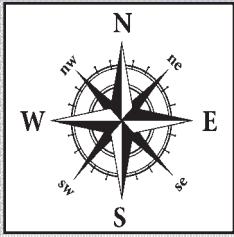
Mayor Concerns: Wells Creek Snowmobile club landowner's Chicken BBQ event on 9/14/2024 wants to sell raffle tickets at their event. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the club selling raffle tickets. Motion carried.

Council Concerns: None

Adjourn

Motion was made by Kyle Blattner with a second by Mark Gerken to adjourn the meeting. Motion carried. Meeting was adjourned at 6:57. Motion carried. Submitted by Lisa Redepenning – City Clerk

Changes in Latitudes, Changes in Attitudes



By Terry Campbell

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

I grew up with an active imagination and some of that would be my dad's fault. My dad was a farmer, but he always thought up more adventurous things to do. That can happen when you spend hours in a field on a tractor. I just assumed it was life as usual. I recall being sent to talk to the guidance counselor when I was in Second grade. I guess my stories sounded too far-fetched. I couldn't understand why they questioned me.

It started out with a Cat D-2. My dad owned a bulldozer. It was the early 60's. A six-year old boy talks about such things at school. But it got much worse. My dad also owned a

Cessna 172. That is an airplane. A four-seater airplane. My dad, mom and two of us kids would fly in it. He kept it on the farm and had a landing strip across the road in a hayfield that ran east and west. I recall a friend of his stopped by one cold winter day when I was five. Actually, the friend landed his plane on Highway 57 and taxied right up to the house. After talking for hours after lunch the friend went to leave and the plane was too cold to start. I recall my dad with the Knipco heater on the tractor loader warming up the engine of the plane so it would start.

The poor school counselor couldn't tell if I was making up tales or not. I think they liked kids to stay in that little lane they had planned out for them, just another brick in the wall. My sister told of the same problem. It seems her teacher started to describe the White House in Washington D.C. during a class and my sister told her she has been there. The teacher didn't believe it and told my mom she was making up tales. My mom said we had been there. My dad took us on a vacation each winter and we had seen every site in DC.

My dad belonged to the Flying Farmers. It was a group of farmers with planes and airstrips on their farms. One family lived next to my aunt and uncle's farm. We could fly down there for the day and fly back home. I recall one summer evening we took off to return to our farm and ran into a thunderstorm on the way home. It was very tur-



bulent and dark with intermittent lightning all around us. Sitting in the back seat I realized my picnic dinner was not staying put. My mom turned around in her seat and held the air sickness bag while I threw up. I believe I was too young to be scared. I figured my dad was invincible and the plane would never crash. I never remember any apprehension at getting a chance to go in the air with him. I can still recall the smell of the cockpit and the sound of the air from the propeller through the aluminum skin of the

plane. Not content with a fixed wing aircraft, my dad took lessons to get his helicopter pilot's license. He flew for a construction company and my greatest thrill as a kid was to take the day off school and spend it with him flying from job site locations to check on the dirt work. This all happened by the time I was seven years old. I believe his helicopter was a Bell 300A, a two-seater with a Plexiglas bubble for a cockpit. Similar to the ones you see spraying crops.

A Minnesotan: Bikes



By RosaLin Alcoser

Once again Minnesotans have reached the time of the year where we all go outside. All of us. As much as we possibly can. After all, we only have a short period of time where we can be outside before it gets cold again. Then only the cold weather people go outside.

One of the favorite outside activities of Minnesotans of course is biking. Of all

kinds. Road, mountain, sidewalk, snow. You name it and there's a Minnesotan who does that kind of biking.

Now when I was a kid in rural Minnesota my sister and I had mountain bikes so that we could ride on dirt or gravel. So I never learned how to ride on pathment until I went to college. Of course I had to teach myself a whole new version of riding a bike.

Of course as a small child I had learned to ride on the sidewalk before we moved to the rural area. Which of course we did while I was still too little to ride anything except my sidewalk bike. Six-year-old me did not take being left out of bike riding well and declared that when I was grown I was moving to St. Paul where there were sidewalks to ride my bike on.

I will admit that I was off about which part of the cities I would grow up to move to but I was right about there being sidewalks to ride my bike on. Except now that I am an adult riding a road bike instead of a sidewalk bike my young declaration was not fully needed.



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 - Paid player
 - Not Miss or Ms.
 - First-rate
 - Mattress with memory?
 - Be of use
 - "It's time!" signal
 - ___-de-camp
 - Like an unhealthy dog
 - *First one to circumnavigate globe, almost
 - March Madness org.
 - Bring upon
 - Orange Lavaburst drink
 - *Rita ____, first Latina to win Academy Award
 - Winter rides, in Russia
 - Brewery order
 - Unties or unbuttons
 - Nearly
 - One born to Japanese immigrants
 - Good times
 - Rheumy
 - Tel ____, Israel
 - Bequeath
 - Once known as
 - West African country
 - *Chuck ____, first to break speed of sound
 - Genetic info carrier, acr.
 - City near D_sseldorf
 - Short for Dorothea
 - *First artificial satellite (2 words)
 - Clay and silt deposit
 - Marine eagle
 - Mercantile establishment
 - Singer Piaf
 - Concert series
 - Indian nursemaid
 - Craggy peak
 - Little troublemaker
 - Solitary
- DOWN**
- Give in to gravity
 - Weaver's apparatus
 - The "I" in "The King and I"
 - Carrots or peas, slangily
 - French soldier in WWI
 - Speed gun
 - *First horror film about Damien Thorn, with The
 - Supernatural life force
 - Capital of Latvia
 - Canny
 - Han Solo's "Millennium ____"
 - Prenatal test, for short
 - *The first one helped combat smallpox
 - Tedium
 - 120 mins.
 - #8 Down, pl.
 - Martini garnish
 - Pine product
 - Midterm, e.g.
 - a.k.a. Tibetan wild ass
 - Feel the same
 - Timider
 - Deadly challenge
 - Military moves
 - *Mount first conquered by Hillary and Norgay
 - 10 to 12-year-old
 - Ewe's cry
 - Half-shell delicacy
 - Grind with teeth
 - Fauna member
 - Erasable programmable read only memory
 - Break of day
 - List of chores
 - Prince of Wales to King
 - Searching for E.T. org.
 - Boxer's last blow
 - Azerbaijan's southern neighbor
 - ___ the wild rumpus begin!"
 - ___ one and only"

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