



Goodhue-Bellechester Messenger

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Meet the new Goodhue Administrator

Lisa Redepenning started as the new interim full time Goodhue city administrator on July 29th. Lisa has served as the Bellechester city clerk for eight years and most recently took the position as the Goodhue city treasurer a few months ago.



Lisa Redepenning

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Second Street Pub, New name, New Owners

Jeremiah and Sarah Bien are planning a grand opening of the Second Street Pub for August 17th. They purchased Dar's Pub this summer and have been renovating the business with remodels and upgrades.

The bar on the north end of Second Street has had five owners during its history. The building was built shortly after the turn of the century. Jeremiah's dad's uncle owned it when it was Art's Bar and it occupied half the size that it is today. Their employee, Bonnie, has worked there for 34 years for three of the owners.

Jeremiah and his dad and grandfather have had a long history of civic involvement in Goodhue. His dad Kerry and grandfather Vaughn both served as Goodhue mayor for a number of terms each. All three have been members of the Goodhue Fire Department as well as all being Lion's Club members in Goodhue. Jeremiah grew up in Goodhue and



Sarah and Jeremiah Bien

Sarah is from Wisconsin.

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Announcements

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

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

Do you have an announcement?
Email: hometownmessenger@gmail.com



Miss Goodhue royalty greeted visitors at the newly revived farmer's market. Paul Luhmann and his family offered flowers and vegetables from their Whispering Pines Farm near Lake City. Paul has been helping to bring new ideas and new vendors to town.

Goodhue Revives Farmer's Market

By Beth Brekke

Absent last year, the Goodhue Farmer's Market is back on Wednesday evenings with a renewed spirit. Formerly operating under the city council, the market is now a project of the Chamber of Commerce whose members are working to make it bigger and better than ever. The season opened July 10th with just four or five vendors the first two weeks but jumped to a dozen for the kick-off "Music and Mingle" event July 24th.

(continued on page 7)

Goodhue County Fair This Week



2023 Goodhue Co. Fair

The 2024 Goodhue County Fair is this week in Zumbrota. The fair is a showcase for the county and provides many opportunities to exhibit items in the open class competition. Fine Arts, Crafts, and Needle Arts, Culinary, Flowers, Fruits, Vegetables, Woodworking, Collections, and Hobbies are open to any person to participate in the fair show.

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WE LOVE OUR COUNTY FAIR

Whether you're showing a bottle calf, baking a pie, or just attending the shows, thank you for supporting the fair.

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See you at the Goodhue County Fair August 6-10!

Who Can Really Change Things?

By Pastor Marty Weigand,
Grace and St. Peter's Lutheran
Churches (WELS) of
Goodhue, MN

In case you didn't notice, we are in an election year. 16 years ago, when we were also in an election year, one candidate for president had a slogan that really caught on, and helped propel him to the White House. Do you remember that slogan? "Hope and Change".

When there is a change in the top elected leader of our country, people hope the new president will change things for the better. But no matter how much the new president tries to change things, it's usually not as much change- or at least not as much change in a good direction- as we had hoped for.

That shouldn't surprise us, because the kinds of changes that our society needs most- people being responsible, kinder toward each other, more generous and less greedy, more honest and more loving toward each other, more faithful to their marriage partners and more determined to carry out their proper roles in marriage and family the way God designed them to be- can't really be brought about through a change in laws or political leaders. You can change people's outward behavior to a certain extent through laws, if they are enforced. But to bring about real change in these areas requires the ability to change people's hearts. Laws, and the authority of governments to punish and use force, don't have the power to do that.

But there is something- or I should say someone- who can change people's hearts. And when he changes their hearts, it also

changes their behavior toward other people. Let me give you an example:

Around 2000 years ago, there was a certain well-educated man who was very proud and sure of himself. He tried very hard to follow the ways his forefathers had handed down to him, and thought he was serving God by doing so. When what seemed to him like a new religious movement arose that rejected some of what he had been taught, even though this movement wasn't doing anything that hurt anyone, he thought this was a dangerous movement that must be stopped. So that's what he tried to do. He had members of this new movement arrested and put in jail. He even got some of them put to death. He chased most of them out of the main city of his country, then set out toward another large city where many of them had fled, in order to have them arrested and punished.

But while he was on the way to the city, something happened to this man that changed his heart. Instead of priding himself on living a better life than others, he became someone who saw himself as the worst of sinners, and was amazed that God had been merciful and forgave him, and loved even someone like him. Instead of hating the movement he had been using force and violence against, he became someone who loved what this movement was about; and he worked harder to spread it than he had been working before to stop it. But he worked in a different way. He never used force and violence to try to spread this movement; he just spoke words that he

hoped would change the hearts of those who opposed it, just as his heart had been changed. He willingly endured threats and violence done to him because he spoke up for this movement. Instead of taking revenge on those who did such things to him, he prayed for them. Along with other members of this movement, he lived a life of kindness toward others; of refraining from greed and lust; of helping the weak and needy; all to give honor to the God who so loved him and had forgiven him his sins.

What changed this man's heart? Get out a Bible and read Acts 9:1-12, and you will hear how and when it happened. Then read what the man himself said about it when he looked back on that time, in Philippians 3:3-11, and 1 Timothy 1:12-17. You'll see that the man I'm talking about was a Jew named Saul, now better known as the Apostle Paul. And what changed this man's heart and life was when he came to know Jesus. Jesus Christ, the Son of God, changes the hearts and lives of those who trust in him.

And he doesn't stop his work of changing you, once you have first come to believe in him. I was baptized as a baby, and in my earliest memories, I can't remember a time when I didn't already know Jesus as my Savior. (That doesn't make me a better Christian than others who were brought to Christ later; it's just how God worked in my life.) But Jesus keeps coming to me in his word, and making me appreciate even more how much I need the forgiveness he won for me on the cross,

and how good it is to have it. And he keeps working in me a heart that doesn't want to follow the sinful thoughts and desires that keep arising from the sinful flesh I was born with; a heart that is sorry for them and turns away again when I do stumble into those things; a heart that wants to be more and more like him, in forgiving those who have hurt me, being kind to others, living my life according to God's good plans for things like marriage and family and attitude toward my earthly government; willing to let others have "the bigger piece of the pie"; wanting them to have the same forgiveness, peace with God, sure hope of heaven, and heavenly purpose and guidance for their earthly lives that my Lord Jesus has given me.

So if you vote in the coming election, go ahead and vote for whomever you think will do the most good and/or the least harm to the people of our nation. But for real change- change of hearts; change of eternal destiny; true change of lives that comes from the heart- look to Jesus; and invite others as well to get to know the one who died on the cross for their sins, and rose from the dead to live as their Lord and Savior. For as that same changed man I've been talking about- the Apostle Paul, was inspired by God to write in 2 Corinthians 5:17-18 (NIV84)- "If anyone is in Christ, he is a new creation; the old has gone; the new has come! All this is from God, who has reconciled us to himself through Christ."

HOLY TRINITY CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
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Parish Office Hours, Mon.: 9:00AM - 2:00PM
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkil, Belle Creek, since merger in 2013).
Sat.: 4:45PM - 5:20PM Confession, 5:30PM Holy Mass (Sunday vigil)
Tues.: 8:00AM Holy Mass
Wed.: 8:00AM Holy Mass, 9:00AM - 2:00PM Eucharistic Adoration
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Sun.: 8:15AM - 8:35AM Confession, 8:45AM, Holy Mass
Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
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County Road 47, Goodhue • 923-4472
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Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

GRACE EV. LUTHERAN CHURCH (WELS)

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

AREA CHURCH DIRECTORY

Which of These Was a Neighbor?

"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbor as yourself." — Luke 10:27

When we moved into our house 12 years ago, there were only five other houses on the street and a lot of empty lots where new homes would be built. We imagined what the houses and neighbors would look like—and now, with almost 100 houses on our street alone, we have made friends with many of our neighbors.

Along the way we decided to become "muffin people," delivering those treats to about a dozen houses nearby. We introduced ourselves without thinking who might be behind the door except that they were neighbors. We began a soup and buns night with neighbors too, learned their stories, and shared life with them. It may have cost us a bit, but the reward of sharing experiences has been life changing.

The parable of the good Samaritan offers a picture of what Jesus was trying to show a religious leader who wanted to test him. It is about risk and relationship with people who are not identical to us. It is about seeing the one that Jesus has placed in front of us and becoming involved in their story. It is about addressing hurts and loneliness because that is what Jesus is asking us to do. It is about paying attention to the needs of people around us and not stepping aside or walking by, thinking that someone else can take care of them.

Who is your neighbor?
Lord, open our eyes and hearts to all the people whom you have given us to be our neighbors. Help us to see and share your love for all. Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

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

ST. PETER'S LUTHERAN CHURCH, MISSOURI SYNOD

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

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

MINNEOLA LUTHERAN CHURCH

Pastor Hannah Bergstrom de Leon
www.minneolalutheranchurch.com
13628 Cty. 50 Blvd., Goodhue
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10:30a.m. Sunday Worship
Sunday School the first 2 Sundays of the month at 9:30am.

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

Pastor Robbin Robbert
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Sunday 9:00am Worship
Communion offered on the 2nd & 4th Sundays.

ST. LUKE'S LUTHERAN CHURCH (ELCA)

Pastor Eric Hanson
37750 County 6 Blvd., Goodhue, MN 55027
Email: office@stlukegoodhue.org • 651-998-7106
Sunday Worship: 9:30 a.m.
Wednesday Worship: 6:45 a.m.*
18910 360th Street, Goodhue
*Check our website for changes: www.stlukegoodhue.org

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

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



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Be a Host Family This Year

By Tyler Weeks

Stepping outside our comfort zones and seeking change is a scary idea for many of us—why do something we aren't 100% certain about? But when we say yes to new experiences, life introduces us to cultures and communities that are only reachable through taking that first step.

Exchange students from countries all around the world dream of doing this very thing by visiting America through the International Student Exchange program. Since 1982, the organization has allowed students to temporarily live in countries with a host family to better their education and build relationships.

Without the help of local families offering their households to host, their mission and goal of letting youth experience the world through the lens of a small town would never be possible. It's been ISE's leading motivation to persist for over forty years, during which they've brought communities closer together

by promoting peace in a detached world. With their help, over 30,000 students have received access to quality exchange programs.

Many exchange students still need families to open their doors. High schoolers from Europe, Asia, and South America are eager to experience life in a Minnesotan community, including people like Umberto. Hailing from a small Italian town, Umberto desires to go to America for the 2024 fall semester to gain independence and improve his English. Hosting him will offer a glimpse into his passion for robotics, philosophy, history, and geography while spotlighting interests like soccer, boxing, and spending time with friends. With his love for travel, he hopes to add Minnesota to his list of visited places, alongside Hawaii, Tanzania, and various European capitals.

If you're interested in positively impacting Umberto's life this upcoming semester, please message Jennifer Conrad, the determined woman aiming to get him and many other students into American households. Find her at 651-434-0517 or on Facebook, where she strives to bring exchange students the opportunities they deserve. If you want to impact your community in a meaningful and life-changing way, know that he and many others from Belgium, Spain, and Thailand look forward to meeting you. In the chance that you still have doubts, though, hear from a family who recently decided to host their first exchange student:

"It has been a phenomenal experience! We never dreamed that we would enjoy her so much. She has already asked us to visit her home country and said she feels like family here."

Apart from significantly affecting a student's life, hosting a kid benefits both sides in many ways. Sharing cultures, creating lasting memories, and allowing them to experience a day-to-day American lifestyle are all things that come with the program. Those of us who have always had access to such opportunities often take the small things for granted. But after seeing how grateful someone is for something as simple as education, our perspective shifts, and daily occurrences like a college football match or summer barbecue take on a new meaning. Hosting an exchange student isn't just about opening your

doors—it's about opening your heart to something new, exploring the globe without leaving home, and sharing our world with others.

By inviting an exchange student into your life through the ISE program, you can learn about a foreign culture while allowing them to experience yours. This decision

doesn't just greatly benefit the student and family; it showcases humanity's openness and care for people who were initially strangers. If you're considering hosting one of these incredible students, step outside what's expected of you this upcoming school year. Open the door to opportunity.



Second Street Pub, New name, New Owners

(continued from page 1)

They have nine children. Jeremiah and Sarah are Goodhue Wildcat sports supporters and believe in supporting local businesses.

Some of the improvements in the bar include freshening up paint on all the walls, Goodhue memorabilia and pictures displayed on the walls, five televisions synced together, an updated cocktail menu and expanded pub food offerings. They have a big "off sale" walk in cooler known as the beer cave. The Pub features a wine selection from Zumbro Falls Winery. A outside patio has been built at the backside of the pub. Meat raffles are held on Saturday, bingo and 50/50 raffles. There

are daily specials and happy hours are Monday through Friday from 10am to 7pm. More events like live music, card games, open mic and comedy are planned. They will be open on Sunday's for football this fall.

The hours are Monday through Wednesday 10am to 11pm, Thursday through Saturday 10am through 1am and Sundays 10am to 8pm. The Second Street Pub is also able to host your birthday parties and other family events.

The grand Opening will be held on Saturday August 17th with music on the patio during the day and music inside at night. A food truck will be outside, bean bag games, cash horse races and new merchandise and free giveaways.

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Goodhue County 4-H Dairy Judging Team Sees Success Internationally

Submitted by Aly Kloeckner,
Goodhue County 4-H
Extension Educator

Over the years the Goodhue County 4-H Dairy Judging Teams have seen success, but none quite like the team comprised of Calvin Benrud (Goodhue), Natalie Clemenson (Zumbrota), Caryn Miklas (Zumbrota), and Evelyn Scheffler (Zumbrota). This team of judges has worked with each other from a young age - learning together, stumbling together - and in the fall of 2023, it took the team to the top of the standings at the National 4-H Dairy Judging Contest at the World Dairy Expo in Madison, Wisconsin. This accomplishment awarded them the opportunity to travel internationally this summer to the Royal Highland Show in Scotland, as well as the Charleville Agricultural Show in Ireland. At the end of the trip, the youth were also able to explore London.

During the trip the team was able to learn about agriculture in other countries, visit local attractions, and judge in a few contests. Clemenson and Scheffler placed third overall at the Royal Highland Show, and the full team consisting of Benrud, Clemenson, Miklas and Scheffler placed second overall at the Charleville Agricultural Show! This type of success internationally has not been something previous teams have enjoyed.

When asked about their favorite parts of the experience - the youth responded with slightly different responses - but each were focused on agriculture in other places. Benrud responded

with a fun fact he learned. "Geographically, the United Kingdom is positioned in a way that creates a very mild climate. It was interesting to see how they used this to their advantage by growing much more grass and wheat, and little to no corn". Scheffler enjoyed all aspects of the trip, but really enjoyed walking the fairs and placing in the judging contests. Ireland was her favorite sight seeing place with all the small towns they went to. Clemenson responded that "A highlight of the trip for me was being able to tour the farms and see the similarities they have to American farms, but also the many differences. Including different feeding rations, breeding selections, and more. I enjoyed being able to hear from each of the farmers directly and their perspective on agriculture in their countries."

The chaperones were continually impressed with the behavior of the kids and said it never got old hearing from the guides and tour leaders how well behaved and respectful the youth were.

The opportunity to travel internationally is not one afforded to all youth, and we are very proud of the efforts put forth by this group of 4-H members to earn this award and their continued advocacy for agriculture through their experiences.

We are also thankful for the chaperones, parents and coaches who got these youth this far. Roger and Michelle Benrud, Brian and Tiffany Clemenson, Mike Chamberlain and Amy Bearbower, Tony and Maizie Scheffler, and Emily Mollenhauer - a wholehearted thank you from 4-H for your continued support and the positive impact you've each had on these youth (and many others!) in the 4-H program.

The entire team looks forward to presenting about their experiences at upcoming community and 4-H meetings and thank the many supporters of their trip. It could not have been possible without the support of the many businesses and community members who donated to the team!



L-R Caryn Miklas, Natalie Clemenson, Calvin Benrud, Evelyn Scheffler (Touring the National Museum of Rural Life in Glasgow Scotland)



L-R Natalie Clemenson, Calvin Benrud, Caryn Miklas, Brian Styer (Wisconsin 4-H Member who joined the team for Ireland Contests), Evelyn Scheffler (Charleville Agricultural Show)



L-R Natalie Clemenson, Evelyn Scheffler (Placed third as a duo at the Royal Highland Show)



L-R Natalie Clemenson, Evelyn Scheffler, Caryn Miklas and Calvin Benrud (Royal Highland Show)

Goodhue County Fair This Week

(continued from page 1)



4H members will be showing their beef, dairy, swine, sheep, goats, rabbits and poultry during the week with the ribbon buying breakfast and auction Saturday morning, August 10th beginning at 8am. On the lighter side there will be a goat costume show on Friday August 9th at 5 pm.

This year the grandstand shows include bull riding, barrel racing and mutton busting on Tuesday at 7pm. Wednesday will be autocross racing at 7pm. Thursday evening at 6:30pm is the truck and tractor pull. Friday will be autocross racing will be held again at 7pm. The grandstand shows end with a demolition derby on Saturday at 10pm.

The carnival midway will open Wednesday evening and be open Thursday through Satur-



2023 Goodhue Co. Fair

day from 1 to 10pm. Free events include the

Acme Magic Factory, the Circus Science Spectacular, the magic of Shaun Jay and Doc Magic Fun time Variety Show taking place daily all week long. Wednesday will be Day Care Day. Thursday is Goodhue County Ag Day. Friday is Senior Citizens Day with those 65 years and older getting in free.

Daily admission is \$7.00 with those under 12 free. Unlimited ride special armbands are available for \$20.00 on select evenings and

Saturday afternoon.

There is free live music at the beer garden every day. Tuesday is Leonard McCracken from 7 to 10pm. Wednesday is Dave Carpenter and friends at 2pm and Ryan Sullivan at 6pm. Thursday features Troy Aron Johnson at 5pm. On Friday George's Concertina Polka Band is at 2:30pm and Bryan Anderson at 7pm. On Saturday Foster Grand will play from 8:30pm to 12:30am.

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Down on the Farm/ Up at the Cabin Chickens and Cows and Goats, Oh My!

By
Monica & Claudia Vanderborght

Chickens.

Yup – they would be the first livestock on Monica’s farm. But knowing nothing, she knew she needed to educate herself. It was time to start some research.

A church friend had six chickens in a very small hut. Water and feed was carried daily for a reward of a few delicious eggs. Monica’s closest neighbor, Rae, had more than 300 chickens housed in one large cinder-block coop and three brooding coops, with many

feeding stations. After visiting both farms, Monica knew wanted something in-between.

Friends Norm and Dawn once again came to the rescue! In exchange for building a hunting blind on Monica’s land, they would teach and help Monica to build a chicken shed. (The joys of farm construction projects is a different story.)

Rae offered to sell Monica some of the older chickens to start her flock. If you have never

tried catching a chicken with a foot hook, you should. Chickens don’t just run away in two dimensions; they can jump more than a foot in the air to get away from that contraption! Many laughs and a few skinned knees later, Monica had 12 laying hens. (Of course she would do her best to take care of her new flock, but should they die it was not a great financial loss. And if she tired of them, they could find their way to the soup pot.)

When you are new in a small town, everyone knows it. While buying some parts for the ATV, Monica met a gal who raised “Heritage” cattle. Fascinated, Monica discovered that Irish Dexters are small (maturing at about 40 inches at the shoulder and 700-900 pounds) but are not considered miniature, since there is no full-sized version of them. Dexters were developed in Ireland over 500 years ago by poor farmers who needed cattle for more than one purpose; they are good for milk and/or meat, and can be trained as oxen.

Dexters are intelligent, curious, and hardy – usually able to calve unassisted. They sounded like the perfect breed for Monica! And the gal lived locally so she would be around to answer questions.

Monica bought two: a boy and a girl. (Bull and heifer ... there was going to be a lot of new vocabulary to learn!) She named the black heifer Olive (for Olive Oyl – the Navy Reservist in Monica had always loved Pop-eye). Whenever the red bull spotted Monica,

he was all love and kisses, begging for the apple-flavored horse treats she always brought to the pasture. He became Scooby and the treats – Scooby snacks. That spring and summer, Monica spent many hours in the pasture with her cattle.

But two young cattle cannot consume seven acres of fenced pasture. The grass grew longer, the thistles grew thicker, and the riding lawnmower was definitely not up to the task. Monica knew she did not like lamb – what about goat? Goats are cute. And she had eaten goat meat when deployed overseas in the Navy. Monica knew she liked it better than lamb.

As said, when you are new in a small town, everyone knows it. Someone told Monica that there were some male goat bottle-babies for sale just south of Wanamingo. And six wethers (farmer-talk for castrated goats – more vocabulary to learn) easily fit in the back of the minivan. Five had been disbudded (dehorned) but one hadn’t. A corner of the pole barn was fenced off for them (more construction projects). The young goats – Stew, Ribs, Chops, Patty, Link, and Horny – were so very cute.

Goats aren’t grazers, they are browsers. (One of Monica’s favorite sayings is: You don’t know what you don’t know. Four more head, which means more pasture, more fencing.) She brought the goats branches with leaves (more trails in the woods from which to harvest more firewood for cutting, hauling, splitting, and stacking). The goats loved those branches!! Monica wondered if there was a more efficient way of getting the goats the food they so loved. She tried taking Horny on a leash into the woods – it sort of worked.

Next, she grabbed a bucket of grain and tried walking the whole bunch out there. And they followed!!

Goat walks became a regular occurrence. And they sure made clearing the trail easier!!

The little herd learned to stay close and would follow Monica (well, the grain



bucket) back to the barn each time.

Monica had no experience with livestock – let alone three different species. Rae had tilled a big garden plot with her tractor and Monica had planted a bunch of seeds. Monica had little experience with gardens – but seeds were cheap. And don’t forget about the winter’s worth of firewood to harvest. And the seven acres of overgrown pasture and five acres of lawn. It was a very busy summer!

But she was in heaven! Monica loved viewing the gorgeous sun - rises from the kitchen window and the spectacular sunsets in the back. And watching the farmers in the neighboring fields till and harvest the corn and beans. And – of course – watching her dog, four cats, 12 chickens, two cattle, and six goats grow and frolic in this wonderful pastoral setting.

Minnesota Farmers’ Markets Eligible for MDA Cost-Share Funding available to support market food assistance programs

Minnesota farmer’s markets participating in food assistance programs are eligible to apply for the Minnesota Department of Agriculture’s (MDA) new Senior Farmers’ Market Cost-Share and Food Assistance Cost-Share programs.

The Senior Farmers’ Market Cost-Share Program is open to Minnesota markets that are authorized to participate in the federal Senior Farmers’ Market Nutrition Program (SFMNP) in 2024. It reimburses expenses related to helping increase SFMNP benefit redemption, including technology upgrades and transportation costs for bringing senior participants to the farmers’ market.

A total of \$50,000 is available for Senior Farmers’ Market Cost-Share Program reimbursements, capped at \$1,000 per market association. Funding is provided through a USDA SFMNP American Rescue Plan Act Grant.

The Food Assistance Cost-Share Program offers reimbursement for expenses directly related to operating food assistance programs such as Electronic Benefit Transfer (EBT), Supplemental Nutrition Assistance Program (SNAP), and Farmers’ Market Nutrition Program (FMNP). Eligible expenses include, but are not limited to, staff time and volunteer stipends, program specific signage, printing of program tokens or other program materials, and storage.

One-time funding of \$200,000 is available for the Food Assistance Cost-Share Program reimbursements, capped at \$1,500 per market association.

Markets can apply to reimburse eligible costs incurred between July 1, 2024, and June 1, 2025. The MDA will review and fund eligible requests on a first-come, first-served basis until the application deadline of June 1, 2025, or until all funds are dispersed, whichever comes first.

For full details on eligibility and how to apply, visit the MDA’s Farmers’ Market Cost-Share Programs webpage.

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Goodhue Revives Farmer's Market

(continued from page 1)

Along with a variety of vendors, the evening included Miss Goodhue Royalty, two food trucks, and live music and KCUE radio broadcast. Enhanced advertising and perfect weather helped draw a large crowd for the special event. Chamber member, Shannon Harrell says, "Things have really progressed the last couple months. I'm looking forward to it growing".

Harrell relayed the chamber itself is undergoing growth and becoming more structured and active. The chamber is a group of volunteers representing local businesses and helping with community projects. They have redesigned the former Christmas in Goodhue event into the Christkindlmarkt and were excited to take on the Summer Farmer's Market. They looked to Paul Luhmann, who is on the board of the Lake City Farmer's Market, to help guide the endeavor.

Paul has reached out to potential vendors and helped spread the word that Goodhue's market is open again. They are participating



The Goodhue Farmer's Market kicked off with a Music and Mingle event July 24th. Two food trucks and live music encouraged shoppers to hang around and enjoy a beautiful evening.

in a program called Power of Produce (POP) that provides kids with a free token that they can use to purchase \$2.00 of produce from any vendor. The program helps teach children the value of agriculture and healthy food choices. Families can sign up and receive the token any week at the market.

Due to excessive rain this spring, some vegetable crops have been delayed but the variety of produce available now is nearing its

peak. Luhmann's own stand offered onions, kohlrabi, green beans, other vegetables and also flowers. Sweet corn is a popular item and stands selling meat, jams, breads, and applesauce make the market a one-stop-shopping experience. Jewelry, craft and gift items could also be purchased and face painting had a continuous line of excited kids.

Vendors are charged a small fee to participate and can vary week to week. New vendors and those trying to grow a local business are welcome to participate by calling Luhmann at 507-272-8619 or Harrell at 651-380-

1475. The market has moved to the Lion's Community Center parking lot giving them more space and a better, safer parking area. Hours are 3-6 PM Wednesdays through September 25th. They hope to have at least one food truck on site each week and will host another Music and Mingle event in September.

"We can't thank the community enough, this community always support things like this," said Harrell, who added, "I'm happy to be part of it."

GOODHUE
FARMERS
market

Wednesdays from 3:00-6:00PM
July 10th through September 25th

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Face painting was a very popular attraction at the farmer's market.

The View From the Back

By Ted Gamble

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

On my second lap in that area, I tripped over a rock and landed flat on my face.

Not hurt, just embarrassed. I told myself to remember that, but I got a little careless on the last lap and tripped over this exact same rock.

Then we go over the bridge crossing the Zumbro river. This is another often photographed area.

Then we head into the river bottoms and there's some flat single track; it's really kind of an easy portion of the course. From there we go up onto a gravel road portion for a bit. There's a little climb here before going down to the Sand Coulee area, then up a hill where you wind and snake through the woods eventually hitting a long downhill with really excellent views of the river. Then up a short little single track washout which when muddy is awful but when everything is dry, it's just kind of a short hill to get you warmed up for what comes later. Winding trails take you to a nice little downhill trail to the first aid station. It's (mostly) unstaffed and only had water.

At this point it feels like you've come a long way, but you're only about 5 miles into the course with another 12 to go. There's a sign as you leave that aid station telling you

have 8.2 miles to the next aid station, which is fully staffed and has food. On a normal run 8.2 miles isn't bad, but this is the longest and most discouraging stretch of the entire race, and it seems much longer. The trail snakes through the woods until it comes to the Pump House Trail. It's just a bit bigger and longer than the washout described earlier. This one is absolute hell when it is muddy but this year it wasn't that bad—well, it wasn't that good either! I brought my trekking poles and I'm really glad I had them as they were very useful for the hilly portions. At that point you're at the top of another hill and the next thing to look forward to is kind of a long rocky decline, which, if I was younger, stronger, and more nimble would be really fun to run down. But I am none of those things so I had to take it kind of slow.

It seems to take a long time to find this, but when you finally do get down the next portion is a flat stretch called Sand Coulee. And that's what it is. It's a ditch that's full of sand. It's hard to run the sandy portions but it is flat and there are some packed down dirt areas where running is easy.

There are some really pretty areas along here. Eventually it ends, though and there's an intersection of various road and trails where we are routed up a very steep, and thankfully, short single track before hitting the Scenic Overlook Trail. It is a very long trail and steep in parts, especially as you get near the top. But once you get up there, there is another great view of the valley. You can see where you were at the beginning of the race as well as the bridge over the Zumbro that was crossed only a few miles back.

Along the top of the ridge is an old horse trail that has been there so long, the trails are grooved down several feet in many places.

There's a cabin up there that I kind of wonder about, but probably built by the DNR for some forgotten purpose years ago. After about two miles there is the Ant Hill, which is very steep and very rocky. At least it's



One of the first rocky downhills

downhill, but it has to be taken slowly, or the injury possibility can be severe. This is where Derrick cramped up and lost his eye. When the bottom is reached, the trail immediately turns left and goes up a fresh hell (yes, I spelled that right!) called Paddy's Hill. It's just like Ant Hill, but it goes up. 300 feet down, then 300 feet back up. At this point, you have come about twelve miles.

Next, comes a short single track along a cornfield followed by a logging road that leads to a downhill gravel road. From here, it's all downhill to the aid station. In the earlier stages of the race it's a good place to open

it up and just coast down the hill. At the bottom is a fully staffed and supplied aid station. The sign says you're only 3 1/2 miles from the start/finish area, but the scenery is flat and unchanging so it seems much longer. These final miles are fondly known as the "Death March". After the Ant Hill descent, followed by Paddy's Hill, and then down the gravel road the flat should be easy right? Only it's not—your legs are trashed from the ups and downs, combined with the unchanging scenery, this part seems much longer than it actually is.

(continued on page 9)



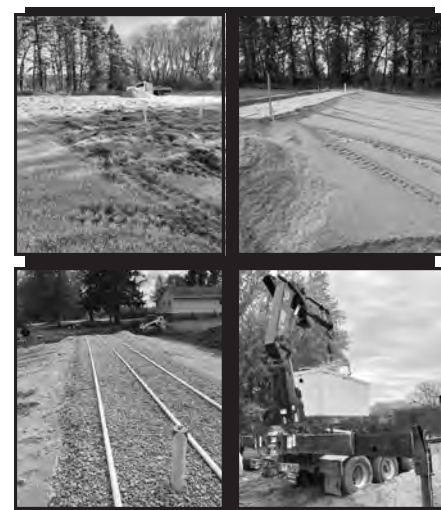
The bridge over the Zumbro

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The View From the Back

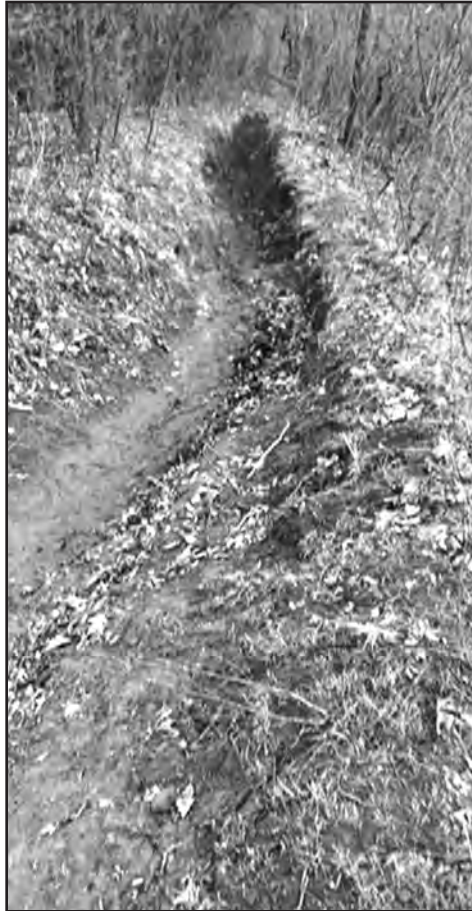
(continued from page 8)

The first part of the "Death March" is a mostly flat gravel road that goes back to the bridge over the Zumbro that was crossed earlier in the race. After crossing the bridge, there is a narrow logging road that goes back to the start/finish. There is a nice view of the river at about the halfway point.

Zumbro is a very scenic area lots of good places for photos. Although I had my phone on me the whole time I think I only took one picture. And that was when I was going to quit and it didn't matter.

So, back to the race.

As we left the camp for the fifth time a little before six in the morning something really strange happened: a joint hallucination. It was just starting to get light out, and we were on the short stretch of gravel road leading up to Rock Hill. To our left was an unplanted cornfield. Chad asked, "What are those people



The old, rutted horse trail



Some single track near Sand Coulee

doing?"

I looked and saw two people on the left side of the road. One was crouched over and the other was lying behind with his hand on the other person's hip. It looked like they were trying to either take a photograph of something in the field, or maybe they were guns they're trying to shoot something? Or maybe they were sighting in their rifles?

We both looked, expecting to see deer (it is not deer season) or a target off to the left; but there was nothing. As we got a little closer, Chad says "Hey wait a minute--that's just a wash out in the road!"

We kept moving, and he was right. Wow, how did that happen? That was really strange.

Chad reminded me several times that on this lap that I was executing my plan to perfection. With a six hour goal for each of the re-

maining two laps, I was still OK. But there was something deep inside that wanted to push it and go a little bit faster. I was getting very sore and very tired, but at this point I had made up my mind: I was going to finish this thing! It's funny how the mind can tell the body to do something it doesn't want to.

Anyway, we continued on and a few miles later we got to the portion that led down to the first unmanned aid station. I swear there was a woman with a large white dog standing on the side of the trail. As we got closer, it was actually just a stump.

From that point on I decided not to look into the woods. Just keep your head down and eyes on the trail and you won't see anything weird, I told myself.

(Watch for part 3 in the next issue of The Messenger)

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The 49th annual Rice County Steam and Gas Tractor Show will take place August 30, 31 & September 1

Visitors can take a trip back in time with all the various exhibits and activities going on at the annual Rice County Steam & Gas Show just South of Dundas MN on Hwy. 3 Friday, Saturday and Sunday, August 30, 31 & Sept 1. This year the event features Minneapolis Moline Tractors and Equipment.

Attendees can expect to see many of the familiar attractions as they have in the past including the operating sawmill, corn shelling, thrashing, blacksmithing, and more. The annual flea market will take place on the grounds and additional exhibits are many, including antique tractors, classic cars and trucks along with draft horses. Vintage Machinery, both horse drawn, and tractor driven, will be on display and used in various exhibits on the grounds.

The tractor parade takes place at noon each day.

Breakfast is served daily on the grounds as well as other food stands offering food throughout the day.

The kids pedal pull is Saturday after the parade, and the tractor pull is Sunday at 9:00 AM. Minneapolis Moline tractors and implements are the feature of this year's show, and one is being raffled off for their annual fundraising raffle. The kids' play area includes a merry go round, swings, sandboxes and more.

A petting zoo will also be available for visitors, presented this year courtesy of Windy Willow Farm Adventures.

There will be live music all three days and a non-denominational church service will take place Sunday at 8:00 AM.

General admission is just \$10 for the entire weekend and all events are free for ages 12 and under.

The all-volunteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year. The newest acquisition for the club was the former Waterford, MN schoolhouse and township building, which was moved to the grounds last year from its original location in Waterford (Just North of Northfield). The move south down Highway #3 was delayed several times last year due to weather and other factors. Photos of the historic move are available on the Rice County Steam and Gas Facebook page.

Complete information and event listings are available on the group's Facebook page and website at ricecountysteamandgas.com.

(See ad on page 20)



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2023 Show



2023 Show



2023 Show



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MISSY'S MESSAGE



MISSY PAPPENFUS

I have written a lot of articles about eating better, drinking water, and exercise. Scheduling regular preventative doctor visits are just as important. Dental visits, blood draws, eye exams, skin check, and mammograms. Wow, that's a lot, but I try to stay on top of it. We go to the dentist twice a year to get our teeth cleaned, a dental checkup, and x-rays.

I go to the dermatologist once a year for a skin check since I had melanoma quite a few years back. I also make sure to put moisturizer on my face every day with SPF 30. I also make sure to use sunscreen when we are out for the day, I like to wear some sort of hat, and try to stay in the shade when I can. I have also instilled the importance of sunscreen and a hat to our son Monty.

I am long overdue for an eye exam, and finally scheduled one this month. I have a family history of cataracts. I don't notice any vision changes, but I know it is important to keep an eye on it (pun intended).

Missy and her husband Mike own MotoProz in Mazeppa.

Constipated? Read this. ADHD now 1 in 9 children



By Shauna Burshem, D.C.

Aloe vera gel can help improve the symptoms of psoriasis as well as other skin conditions such as cuts and burns. Psoriasis treatments typically involve medications with serious side effects like nausea, vomiting and diarrhea. Aloe vera gel has been shown to benefit psoriasis sufferers by decreasing inflammation, increasing collagen production, relieving pain and adding hydration to dry scaly skin. While topical aloe vera creams are available, the best way to apply aloe vera gel is by cutting or snapping a piece off the easy to grow plant.

Low back pain sufferers are finding relief with regular walking. Walking is an effective, low-cost intervention for preventing and managing back pain. Studies show walking can significantly extend pain-free periods and reduce recurrence risk by 43%. Regular walking is as beneficial as other forms of exercises (stretching, yoga, resistance) for chronic low back pain, improving pain levels, disability, quality of life. Walking offers numerous other health benefits beyond back pain relief, including improved cardiovascular function, health, better sleep and helping the aging process. Aiming for 7000 to 12,000 steps daily provides optimal health benefits without the risk of over exertion. To increase the benefits of walking you can wear weighted vests, use Nordic walking poles, walk in nature, with friends and or combine walking with purposeful activities like learning (site-seeing, history trails). Chiropractic care provides a holistic, non-invasive approach to back pain relief by focusing on spinal adjustments to improve alignment and overall mobility. Coupled with regular walking on flat surfaces, which strengthens core and back muscles, this combination can significantly reduce low back pain and promote long-term health.

Attention-deficit/hyperactivity disorder (ADHD) diagnoses in U.S. children have increased, with 1 in 9 now affected. Factors like chemical intolerance in parents, environmen-

tal pollutants and prenatal exposures are potential contributors. Toxic substances linked to ADHD include lead, phthalates, BPA, pesticides and air pollution. These can disrupt brain development and neurotransmitter systems, affecting behavior and cognitive function. EMF exposure from electronic devices (smart phones, tablets) may cause mitochondrial dysfunction and neuropsychiatric effects, potentially contributing to ADHD. Limiting EMF exposure is recommended but challenging in modern environments. Multiple childhood vaccinations may be associated with increased ADHD risk. Genetic vulnerabilities may increase susceptibility to environmental toxins like glyphosate and vaccine ingredients. Early-life gut flora composition plays a crucial role in neurodevelopment. Frequent antibiotic use, environmental stress, and secondhand smoke exposure in early childhood increase ADHD risk.

The U.S. Environmental Protection Agency (EPA) now recognizes more than 14,000 different chemical structures as PFAS (polyfluoroalkyl chemicals (PFAS) or "forever chemicals"). These synthetic, man-made chemicals don't break down easily in the environment and can bioaccumulate in people and wildlife. Rates of cancer diagnosis in children are increasing in Minnesota, which is where chemical company 3M's global headquarters are located. As far back as the 1960s, the company has been dumping PFAS chemicals in the surrounding areas. Minnesota sued 3M for the damage that it has caused to the state's natural resources, and in 2018, the company was ordered to pay \$850 million for contaminating the state's water supply for decades.

Constipation happens when you have trouble with bowel movements, making it hard to pass stool. This can be caused by several factors, including not eating enough fiber, not drinking enough water, and not getting enough exercise. Fiber helps to move food through your digestive system, and drinking water helps to soften the stool, making it easier to pass. When you don't get enough fiber or water, your stool can become hard and dry, leading to constipation. Additionally, if you don't move around much, your digestive system can slow down, which can also cause constipation.

If you're dealing with constipation, there are a few things you can do to help. First, try to eat more fiber-rich foods like fruits, veg-

etables, and whole grains. This can help to bulk up and soften your stool. It's also important to drink plenty of water throughout the day to stay hydrated. Regular exercise can also keep your digestive system active and help prevent constipation. By making

these small changes to your diet and lifestyle, you can often relieve constipation and keep your digestive system healthy.

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

Allergies Gone



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Are allergies affecting your quality of life these days? As we move into the fall season, many will be challenged with hayfever, but others have been dealing with pollens since spring began. We often associate allergies with pollens or animal dander, but an allergic reaction can develop for anything. Under the right conditions, the human body will identify a potential threat and develop an immune response to that threat in an effort to decrease your presence near that item. Food allergies are increasing across the country with the most common food items being dairy, eggs, nuts, seafood, and wheat. Chemical allergies are increasing as our environment continues to be overwhelmed with perfumes, personal care products, agricultural chemicals, and plastics. Even electrical sensitivities are being observed more frequently as our culture spends increasing amounts of time with cell phones, laptops, and iPads. All of these challenges increase stress on our body and activate our immune system. The allergic reaction is a stress response of your immune system.

The stress response from the immune system can have different levels of intensity. You may be allergic to something and have such a low immune response that you do not recognize it as a problem. At the extreme end of allergic response we have a reaction where breathing gets difficult and heart rate increases, known as anaphylactic shock. Hives, body rashes, runny nose, and watery eyes are additional symptoms we recognize as allergic responses.

Three main systems of the human body express allergic reactions. The digestive system can generate cramps, bloating, or diarrhea immediately after eating a certain food. The lungs can have difficulty breathing after exposure to pollens, chemicals, or food. Asthma is often related to allergies of food, pollen, and chemicals. The skin will present with rashes, eczema, or psoriasis as an allergic response. As you consider these three systems of your body, which one seems to be the area you expe-

rience?

How can this allergic response be changed? Your immune cells are the "front line troops" that respond to any food, chemical, or pollen you come across. The immune cells release chemicals to attack the challenge. Current ways of treating allergic responses involve shots, drops, or medicine to calm the immune cells and suppress the activity. But the immune cells receive instructions from your brain on how to act. To make a lasting change, the allergic response can be reduced by helping the nervous system to "change its mind" or "reset" about the offending item.

A client came to the office with an allergy to cow's milk. The allergic response started after a car accident when a newly purchased gallon of milk hit the dashboard and sprayed all over the car. The brain registered the stress of the car accident with exposure to the milk and the result after the accident was an allergic reaction any time the client consumed milk. Another client reported some trauma in the family that took place at the same time he developed asthma. The brain will process information in such a way as to most effectively help the body survive. Allergy medications and shots only help to suppress the signaling but do not help resolve the issue.

There can be true allergy relief by providing specific signals to the brain to reset on this information. An allergy response to pollen, animal hair, food, or chemical can be removed when the brain is given the proper stimulation to make a change. This stimulation is accomplished with a focused beam of light that carries the electrical frequency of the allergy to the nervous system to stimulate the brain to reset. Typically just one treatment is needed to resolve a specific allergy and remove the hyper-sensitive response. The light therapy is pain free and involves a simple clinic office visit. This therapy has been available across the country for more than 16 years and is quickly becoming the favored alternative to allergy shots and medication.

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 life. Allergies are a signal that the brain is hypersensitive about a specific item. You do not have to be dependent on allergy shots or medications to get through another day. A free video about this therapy is available at <https://www.drcramchiro.com/allergy-relief/>

Contact me to discuss your health goals for 2024. I can help you become allergy free in 2024. 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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Talking Summer Hydration with U of M



Katie Loth, PhD, MPH, RD,
University of Minnesota
Medical School

Getting enough water each day is crucial for our health year-round, and it's especially important in the summer months as temperatures rise. While there are many beverage options to choose from, water is essential for replenishing fluids.

Katie Loth, PhD, MPH, RD, with the University of Minnesota Medical School speaks about symptoms of dehydration, the importance of staying hydrated and her research.

Q: Why is it important to stay hydrated?

Dr. Loth: Staying hydrated is critical to many of our body's functions. Water helps to

regulate body temperature, supports the delivery of nutrients, facilitates the removal of wastes throughout the body, protects joints and organs and keeps all of your organs working correctly. Drinking enough water also helps your muscles work efficiently. For example, when you are well hydrated, your heart does not have to work as hard to do its job. Staying hydrated can also improve your mood and ability to think, and has been shown to improve sleep quality.

Q: What are the signs and symptoms of dehydration?

Dr. Loth: Being dehydrated means that your body does not have enough water. The first sign of dehydration is thirst or having a dry mouth or tongue. You will urinate less than usual, your urine will be darker in color and it will have a stronger smell. Other signs include dizziness, feeling tired or lightheaded, swollen feet or hands and headaches. Extreme dehydration can cause people to develop a fever and even lead to life-threatening illnesses, such as heat stroke. Not sweating during vigorous physical activity can be a sign that you are dehydrated to the point where you are at risk for heat stroke.

Q: What tips do you have for staying hydrated in the summer months?

Dr. Loth: I always tell people to start by drinking a glass of water first thing in the morning and a glass with every meal or snack you have during the day. This habit alone will get you a long way toward your goal. Many people also benefit from a visual reminder — like a fun water bottle you carry throughout

the day or a refillable mug or glass that you keep at your desk or work station. If you are particularly forgetful, set an alarm or notification on your phone to remind you to drink water. You can also get creative by infusing your water with slices of fruit or veggies to make it more flavorful, or by having sparkling water or seltzer on occasion.

Focus on your body's signals: be sure to drink water in response to your own thirst and make a note to drink more if you notice the color of your urine is darker than usual. Water is typically all a person needs to stay hydrated, but if the weather is particularly hot or you are engaging in vigorous physical activity, you could benefit from a sports drink that replaces fluids and electrolytes.

Q: How much water should people drink each day?

Dr. Loth: The amount of water a person needs depends on a lot of factors, including their age and size, the climate, the clothing they're wearing, their level of activity and the sex they were assigned at birth. As a starting point, it is generally recommended that men should drink about 13 cups, women 9 cups (10 if they are pregnant and 12 if they are breastfeeding), and kids and teens 6 to 8 cups of water each day. This might sound like a lot, but eating fruits and vegetables that are filled with water and drinking beverages that are primarily water (e.g. milk, tea or coffee) also count toward this total. Sugar-sweetened beverages (e.g. soda, lemonade or juice drinks) should be consumed in moderation.

Importantly, as people age, their thirst center — the part of the brain that regulates the

sensation of thirst — is not as active as it used to be. This means it may take longer for them to realize that they are thirsty. In addition, our bodies do not hold on to as much water as we get older. Combined, these two factors place older individuals at greater risk for dehydration and make it critical that they stay on top of their hydration, particularly during warmer weather.

Q: What work are you doing at the U of M to advance diet and nutrition research?

Dr. Loth: I am involved in a number of projects seeking to better understand how to promote the development of healthy dietary intake and eating behaviors in children, adolescents and adults across their lifespan. My newest research project, Preschool Plates, is a cohort study that aims to better understand the role of parents in the development of their child's food preferences, eating behaviors and dietary intake. We are enrolling parent-preschooler pairs and following them over the span of two years to better understand the impact of various parenting approaches on young children's developing relationship with food. We look forward to sharing that information with families throughout Minnesota. I am also lucky enough to mentor and teach pre- and post-doctoral students and work closely with medical residents training to be family physicians.

Katie Loth, PhD, MPH, RD, is an associate professor at the University of Minnesota Medical School and associate vice chair for faculty affairs in the Department of Family Medicine and Community Health. Dr. Loth is both a researcher and a practicing clinical dietitian. Her research explores social and environmental influences on child and adolescent dietary intake and eating behaviors. Specifically, she is interested in identifying ways that parents and primary care providers can work to help the children in their care develop and maintain a healthy relationship with food and with their bodies.

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SMIF Seeking Applications for Small Town Grants



Tim Penny
So. MN Initiative Foundation

Southern Minnesota Initiative Foundation (SMIF) is currently accepting applications for its Small Town Grant program. Towns, or Native nations, with populations of 10,000 or less in SMIF's 20-county region are eligible. Nonprofit 501(c)(3) organizations, public in-

stitutions and units or agencies of local, state, federal and tribal government are encouraged to apply. Requests of up to \$10,000 for eligible projects will be considered.

The Small Town Grant Program seeks to invest in collaborative initiatives which improve the way a community works together, solves challenges, creates a welcoming community and sense of belonging for all. SMIF seeks proposals which focus on collaboration throughout the project and will impact the culture, education, economy and/or social aspects of the community. Proposals to launch new projects or expand existing initiatives will be considered.

Since 2017, SMIF has awarded 114 Small Town Grants, impacting more than 150,000 residents in the smallest communities of southern Minnesota. Examples of past grant projects include: the establishment of a new organization to unite various cultures in town, a new event to draw tourism and create a welcoming atmosphere, strategic planning for city growth, marketing videos to retain and attract residents, community-wide branding initiatives, a welcome basket program for new residents, translation services for non-English speaking residents and more.

The Small Town Grant program is supported, in part, by a generous donation in



The Hayfield EDA received a Small Town Grant in 2022 to support a bike rodeo which promoted bike safety and accessibility in the community.

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memory of Paul O. Johnson who wanted southern Minnesota's smallest communities to thrive. Paul's legacy is being continued by his family, Amy De Jong, Paula Rehder and Scott Johnson.

"These funds have been an incredible way to jumpstart collaborative projects that help create welcoming communities," said Tim Penny, president and CEO of SMIF. "Once again, we are grateful to Paul Johnson's family for their generous support."

Applications are due to SMIF by August 26, 2024. Awardees will be notified by October 15, 2024. For the application and guidelines, visit www.smifoundation.org/smalltown-grant. For questions, contact Sarah Scheffert, community vitality specialist, at 507-214-7015 or sarahs@smifoundation.org.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I own a 1987 Toyota based RV. The dashboard instrument cluster is pretty minimal. No tachometer, etc. I have found a cluster from another Toyota truck that I'd like to install. My problem is that my RV has about 112,000 miles on the odometer while the "new" odometer shows a bit over 210,000 miles. Is it legal to unwind the "new to me" odometer to match the actual miles on the RV and is there a person/place where I can get this done?

Answer: Minnesota State Statute 325E.14 Subd.6 says about replacing odometers, "Repair or replacement restriction. Nothing in this section shall prevent the service, repair, or re-

placement of an odometer, provided the mileage indicated thereon remains the same as before the service, repair, or replacement. Where the odometer is incapable of registering the same mileage as before such service, repair, or replacement, the odometer shall be adjusted to read zero and a written notice shall be attached to the left door frame of the vehicle by the owner or an agent specifying the mileage prior to repair or replacement of the odometer and the date on which it was repaired or replaced. No person shall remove or alter such a notice so affixed."

Example of odometer notice:

Here's what this means for your situation where your odometer is being replaced with a "used" odometer and unable to reflect the vehicle's actual mileage. You would need to adjust this "new to you/used" odometer to reflect zero. The written notice shall be attached to the vehicle's left door frame. I would advise keeping all documents and receipts on file of the work you had done and equipment purchased for this repair. It would probably be a wise idea to keep another set of the copied documents in your vehicle.

Question: Since I've moved to Minnesota, I've seen many drivers use right turn lanes as a bypass lane. Is this legal or does the sign reading "lane must turn" mean exactly what it says?

Answer: White signs are regulatory and failing to comply can result in a citation for "fail to obey traffic control sign/signal." "Right Turn Lanes" are what they are posted for, not passing or bypassing. The "Bypass Lane" is for bypassing (on the right.) Some areas where signs are posted, both of those would be permitted. A word of caution in those areas where both are allowed, remember who has the right of way and to use due care.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, drive sober. Help us drive Minnesota Toward Zero Deaths.

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

Changes to Minnesota's Child Passenger Safety Law

On Aug. 1, new guidance on car seats, booster seats and seat belts went into effect and may change how your children ride in a vehicle. The new law is based on best practice. It keeps children from prematurely graduating to the next level of restraint.

Prior to the changes, state law required car seats to be used according to manufacturer's instructions on height and weight. Now, instead of just relying on the child's size, the law specifies ages for rear- and forward-facing car seats, booster seats and seat belts (subject to weight and height depending on the child seat manufacturer). The booster seat requirement has been increased from 8 to 9 years old. Additionally, children under 13 years old must sit in the back seat if possible. See additional information on the Minnesota Child Passenger Safety Law and the Child Passenger Safety news release on the Minnesota Department of Public Safety website.

Crashes are a leading cause of injury and death among children, but proper car seat use can help protect and prevent injuries to our youngest passengers. Together, we can drive Minnesota Toward Zero Deaths.



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Hunters in Antlerless Lottery Areas Reminded to Buy Licenses by September 5

By Minnesota DNR

Hunters reviewing the 2024 Minnesota hunting regulations will find season details in most areas of Minnesota similar to what they were last year, including northern areas with lower bag limits intended to increase deer populations. Deer hunting licenses can be purchased now.

“We’re looking forward to fall. The sights, sounds and camaraderie of deer season are cherished traditions for many Minnesotans,” said Todd Froberg, big game program coordinator with the Minnesota Department of Natural Resources. “As hunters prepare, we encourage them to take someone new out hunting this season. Hunting experiences can be even more meaningful when shared.”

Deer season specifics for each deer permit area can be found on the Minnesota DNR website. Electronic copies of all 2024 Minnesota hunting regulations are available now online and printed copies will be available by mid-August wherever licenses are sold. Regulations translated into Hmong, Karen, So-

mali and Spanish will be available online in mid-September and are expected in print by the end of October.

Ninety-nine DPAs keep the same designation as the previous season. Thirty 30 DPAs, primarily in the northern portion of the state, have lower bag limits that will reduce the harvest of antlerless deer, with the intent of increasing deer populations. No DPAs have increased bag limits this year.

Mild conditions this past winter were favorable for white-tailed deer, but looking over the next several years, northern deer populations will need multiple mild winters to recover after the severe winters in 2021-2022 and 2022-23.

Firearm and muzzleloader hunters who want to harvest antlerless deer in a DPA designated as antlerless permit lottery need to purchase their license by Thursday, Sept. 5. Hunters who purchase their license by Sept. 5 are automatically entered into the lottery for the DPA or special hunt area they declare. Hunters in DPAs 235 and 251 are especially reminded to apply for the antlerless permit lottery, because these DPAs were either-sex last season and are designated antlerless permit lottery this season. No application is needed to take antlerless deer in permit areas with either-sex, two-deer limit, three-deer limit, or five-deer limit designations.

CWD sampling continues

Hunters should check the requirements and available sampling options for the DPAs where they hunt. Hunters can find DPA-specific information by visiting the make a plan tool. Hunters are required to have deer one year old or older sampled for CWD in all CWD management and surveillance zones during the opening weekend of the firearms A season (Nov. 9-10). In all areas outside

CWD management and surveillance zones, or in these zones outside of opening firearms weekend, hunters can also have their deer sampled for CWD, if they choose.

Multiple CWD sampling options are available to hunters. Certain sampling options are available all season long, including mail-in kits and the partner sampling program. Hunters can request a mail-in kit before hunting or use kits hunters obtained but did not use from previous years. Visit the Minnesota DNR website throughout the deer season for the most up-to-date information, to find sampling locations or to request a mail-in sampling kit.

This year, the Minnesota DNR has dissolved four CWD surveillance zones in southeast Minnesota to focus surveillance efforts on remaining management zones in the southeast. DPAs 233, 255, 293 and 341 no longer have CWD sampling requirements. DPA 642 (previously DPA 342) has been added as a management zone in southeast Minnesota due to a positive detection of CWD during the 2023 firearms season.

For those hunting outside Minnesota, legislation passed in 2024 made changes to the carcass importation ban. Hunters may bring whole cervid (i.e., deer, elk, moose) heads, with or without neck and hide attached, into the state if they are taken to a licensed taxidermist within 48 hours of entering the state. Taxidermists will be required to use an approved lined landfill for their biological waste, reducing the risk of spreading wildlife diseases like chronic wasting disease. Additionally, hunters who harvest a deer within Minnesota’s CWD management zones are allowed to bring intact heads from deer, with

or without the hide and neck attached, outside of the CWD management zone if they are delivered to a licensed taxidermist within 48 hours of leaving the management zone.

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Regulation Change Will Increase Walleye Limit to 2 on Mille Lacs Lake

By Minnesota DNR

Effective Friday, Aug. 16, Mille Lacs walleye anglers can harvest up to two walleye

through Saturday, Nov. 30. Both fish can be 18-20 inches in length or one can be 18-20 inches and the other must be longer than 28 inches.

“With high angler catch rates last fall, we opted for setting conservative fishing regulations this season because we expected high catch rates to continue,” said Brad Parsons, Minnesota Department of Natural Resources fisheries section manager. “Indeed, fishing was great for the first two months of the season. But with the catch and release regulation and windy and rainy weather, far fewer people than expected fished Mille Lacs so far this season, creating room for more harvest.”

As of July 15, state-licensed anglers had

harvested about 26% of their allowed walleye take.

Based on meteorologists’ projections for a hot and dry summer, along with data on the fishery and past angler effort, the originally planned regulation starting Aug. 16 would have allowed anglers to keep one fish 21 to 23 inches or longer than 28 inches.

Population surveys suggest that Mille Lacs currently has relatively high numbers of walleye 18-20 inches in length. Expanding the possession limit to two fish and moving the size of harvestable fish to that size range allows anglers to catch and keep the “eaters” many prefer.

“We hope that anglers come out and take advantage of this opportunity to fish walleye on Mille Lacs,” Parsons said. “Anglers have advocated for relaxing walleye regulations to increase harvest opportunity when condi-

tions allow, and this is one of those times.”

State-licensed anglers share the harvest on Mille Lacs with Ojibwe tribes that retain fishing rights by treaty. To conserve the fishery, an annual safe harvest level is set through discussion and agreement between the state and the tribes, with each party setting regulations to stay within their share of the harvest.

As of July 15, state-licensed anglers had harvested around 24,000 pounds of out of a potential harvest of 91,550 pounds. Tribal fishing harvest has been 53,671 pounds of the allowed 65,950 pounds.

Complete Mille Lacs Lake fishing regulations and regularly updated angler surveys that show ongoing state-licensed angler catches of walleye, northern pike and yellow perch are available on the Minnesota DNR website.

Bellechester City Council Meeting Minutes June 19, 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, Jered Buxengard, Kyle Blattner and Rich Majerus as well as City Clerk Lisa Redepenning and City Engineer Matt Mohs. Treasurer Kyle McKeown was absent.

Minutes of May 15, 2024 regular meeting minutes were reviewed and motion was made by Mark Gerken 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 Kyle Blattner to approve and pay the bills as presented. Motion carried.

Old Business:

- Sewer Lining Project - Update progress, Pay Application No. 1 – Visu Sewer has been doing the main lining. Matt when thru the Pay Application process. Televising and lining was done. Bolten & Menk completes the Pay Application and sends to RD & Visu Sewer for approval. 3578 feet has been lined, which is about 30% complete. Visu Sewer is done now and will be coming back in the fall. Televising is being done now on the laterals. Some issues have come up with the moisture issues, so they will be addressed in the fall. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to pay application #1 for \$147,115.82. Motion carried.

- Water Meter Project - Update progress – this has not started yet.

New business:

- Lab Report Results – there is a chemical that can be put in the address the color of water. We received a cost for the system to address it.

- Tavern and Legion Liquor License Approval. Motion was made by Mark Gerken with a 2nd Rich Majerus by to approve both the Tavern and Legion Liquor Licenses. Motion carried.

- Dance Permit – Tavern – not needed.

- Police Contract – discuss – will have GCSO attend August meeting to discuss policing contract for next year.

- Wifi Box Purchase – we will test with a similar box to ensure Zoom meetings can be done via the hotspot and if it has enough to handle it.

- Cannabis Ordinance - Delegating Registration Authority to the County – Motion was made by Kyle Blattner with a 2nd by Jered Buxengard to delegate Cannabis Authority to Goodhue County and Wabasha County for their respective parts of town. Motion carried.

Engineer Report – There has already been a substantial reduction of water into the pond with our lining project. There has been some groundwater coming thru the service lateral on private property identified.

Clerk Report – Wifi Box Information - The same type of box I get when I get from the library (T-Mobile) is \$90 + \$10 connection fee with a monthly charge of (Plan taxes & fees included):

2gig of data = \$10/month, 5gig of data = \$20/month, 10gig of data = \$30/month

50gig of data = \$50/month. So the box would not stay there, can be carried to any location within town and used for city use within the amount of data selected from above options for each month.

Quarterly Billing will be done – the 2023 Consumer Confidence Report will be in the mailing.

LGA Coming this year – Total = \$30,530, \$23,486 this month, \$16,091 end of December.

Barking Dog Complaint Warning – I have a letter ready to send. Cannabis Delegation – if we delegate Goodhue County and I am confirming if they can do the Wabasha County portion of town also – FYI.

Treasurer Report – None

Water/Wastewater/Facility Report – Pond discharge will be done.

Mayor Concerns: None

Council Concerns: None

Adjourn

Motion was made by Kyle Blattner with a second by Rich Majerus to adjourn the meeting. Motion carried. Meeting was adjourned at 7:21. Motion carried.

Submitted by Lisa Redepenning – City Clerk

Traxler Law PLLC

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Ann Traxler

Attorney

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Meet the new Goodhue Administrator

(continued from page 1)

When she helped train in Lori as Goodhue city clerk, she made the decision to apply for the city admin position.

Lisa grew up in Finlayson, Minnesota moved to the Goodhue area in 1998. Lisa and her husband Tim, and daughter live north of Mazeppa. Tim is employed by Goodhue County. They enjoy spending time up north at their cabin and snowmobiling.

Lisa will continue to work with Bellechester as the city has just started a sanitary sewer lining project in June and she wants to see that proceed smoothly to completion.

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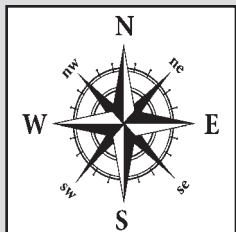
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Changes in Latitudes, Changes in Attitudes Young Farm Lads and Lawn Mowers



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.

As a young boy on the farm in the early 1960's I was fascinated with machinery, and especially tractors. There was one tractor that was just my size. The garden tractor or lawn mower. I was too young to operate the first riding lawn mower my dad purchased. It was a Springfield and I believe it was purchased through the local Gambles Hardware store

around 1960. It had very small rear tires and even smaller front tires and the mower deck cutting height was not adjustable.

But a few years later we bought a Homelite riding lawn mower from Pete Boe in West Concord. I think Pete sold more Homelite's than any other dealer. This was my first serious job on the farm. It had a 24' single blade deck and a 5 horsepower Tecumseh engine. A few novel things about this unit was the four speed transmission, which was a rubber disc spinning on a flat drive plate, and the crank starter on the engine. One would wind the crank until it stopped and then trip the little lever, which spun the engine over. Easy enough for a 7 year-old to operate.

It had a padded seat and a bar in place of the steering wheel. I would spend hours upon hours mowing the yard around the farm. I could only dream of having a radio to kill the monotony. One had to be careful filling the gas tank, as it was part of the engine and any spill would pour raw gas right over the hot engine cylinder. One time the grass was exceptionally thick and tall behind the shop and I complained to my dad that it couldn't hardly cut it in first gear. I was secretly hoping we would get a larger garden tractor. He simply informed me to only cut half as wide a swath. I wasn't the best at fractions as a second grader but I did know that half of 24 inches was one foot and that was forever to get the lawn finished.

The one shining reward was mowing my



Homelite

grandmother's lawn. She lived at the south end of the farm and when I finished her lawn I was invited in for in ice cold Mountain Dew and some cookies. Nothing tasted quite as good as a cold glass bottle of innard tickling bottled by Zeke & Daisy Dew. Probably most Dew drinkers today have no clue.

My friend Ross Avery started selling Massey Ferguson Garden Tractors in the late 60's, at his dad's construction business. I wanted us to buy one of those so bad. The Massey Ferguson 7 was a thing of beauty to me. It had seven horse power, an electric start, a 34 inch deck and a hydrostatic transmission. It even looked like a tractor. I worked on my dad for a long time to con-

vince him. A lawn mower was not a necessity in his mind. But the day did come and I felt like a king on this new machine.

I still mow the lawn. Now I find it a welcome time to think and come up with new ideas. Fifty-six years have passed and my young mind could not even conceive of what lawn mowing would be like in 2024. I use a 25 horsepower John Deere zero turn mower with a 54" triple blade deck. Spring absorbing soft cushion seat with arm rests, and a top mowing speed of over 9 miles per hour. What used to take more than a day for me to accomplish is now finished in about two hours.



Massey Ferguson

A Minnesotan: Goats



By RosaLin Alcoser

My older sister believes that everyone has had at least one great goat story in their lives.

For her and I it was the time one of the neighbors down the road received a goat for Father's Day. The goat got out and ended up on our front porch then proceeded to blet if my sister did not sit outside with it. Our dog went ballistic and had to be kept inside all day until our parents figured out whose goat it was.

While they did that we proceeded to name that goat Kiddie; Kiddie was later renamed by his owners. We only had Kiddie for an afternoon but he was a good goat. About a year or so later our family bought him and he was delicious when we had

him for dinner.

One of my friend's goat story is from when he and his sister kept goats as a 4-H project back in grade school. Once when their aunt was staying over to watch them for a few days she pulled her car up to their car port in the late evening and heard a sound coming from inside.

Apparently the sound sounded like there was someone inside of the car port pretending to be a goat. Naturally since there was a suspected person pretending to be a goat hiding in the car port she called the deputy to come check it out. It turned out to be one of the 4-H goats bleating like a person pretending to be a bleating goat.

For one of my sister's friends their goat story happened after she told her friends about her belief in everyone having at least one great goat story. This friend was from a big city and had never seen a goat in person. So everyone in their group decided that they needed to take him to see a goat.

So his one great goat story is about the time he was taken to a petting zoo and forced to pet a goat.

Everyone has at least one great story about an encounter with a goat. Whether it is having one show up at your door, keeping goats that pretend to be people pretending to be goats or being forced to pet one by your friends. And if you do not have one great story about an encounter with a goat then clearly you have not spent enough time around goats.

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