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Taste of the Ranch!

Submitted by
Chad Otterness
Cannon Valley Ranch (CVR) is hosting a beef cook-out and serving the public on Thursday, September 12th, 4-8 PM. CVR previously had beef cookouts in July and August.

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Goodhue Living Sponsors Dare to Dream Events

By Beth Brekke

The staff of Goodhue Living hosted two "Dare to Dream" events in August. The first was a horse-drawn wagon ride honoring Gary Glander. The other, to treat Jim Fountaine as the guest of honor at a Goodhue Wildcats football practice. Area hospice volunteers and family members were invited to share in the residents' joy. These special events are planned to create lasting memories for Goodhue Living residents and their

families.

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Pictured to the right: Dave Stevenson drives his horses, Jaxson and Pappy out of the Goodhue Living parking area. His co-pilot is Gary Glander, who enjoyed his ride so much that they went out a second time. Some of Gary's family members were along for the ride in the wagon during the Dare to Dream event.



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

Red Cross Blood Drive

American Red Cross

The American Red Cross will be holding a blood drive at the Goodhue Community Center hall on Tuesday, September 10th. They will be taking donations from 1 to 7pm that day. You may call 1-800-733-2767 or visit RedCrossBlood.org and enter goodhuemn to schedule an appointment.



Crews Upgrade Verizon Equipment

By Beth Brekke

Giving Back to Project Hero Veterans



Todd Setter with Project Hero presenting a signed bike jersey to Marty Kehren of the Goodhue Lions

Submitted by Joan Welscher - Adjutant Post 598 American Legion and John Huneke - Commander Post 598 American Legion

On Saturday August 17, 2024, the Goodhue Lions hosted a UTV ride for participants of Project Hero. UTVs provided by Lions and community members were driven by members of the Goodhue Lions and the Bellecheester American Legion, giving each Hero rider a personal tour. Marty Kehren led the event which started at his farm and looped through neighboring farms.

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This August 15th photo shows upgrades being made to Verizon equipment on top of the Goodhue water tower.

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Pastors Corner



By Pastor Eric Hanson,
St. Luke Lutheran Church

I've been thinking a lot over the past few months about the experience of grief. The Oxford Dictionary describes grief as, "deep sorrow, especially that caused by someone's death." It's not a surprise that The Oxford Dictionary associates grief with death. Whenever most of us hear the word "grief" I imagine we do the same. But to confine grief only to the realm of death does not give the full spectrum of grief its due.

The feeling of grief, in my humble opinion, is captured best by a quote from author Katherine Webber, "Life seems nothing more than a series of losses, from beginning to end." Webber notes that humans grieve many things over the course of our lives that aren't, specifically, death. We grieve the loss of babyhood when our babies turn into children.

We grieve the loss of childhood when our children turn into adults. We grieve the loss of our own childhood when we take on adult responsibilities. We grieve the loss of meaning and purpose when we make professional changes and/or move into retirement. We grieve the loss of ability as our bodies age. We grieve the loss of relationships when friendships change, or friends move away, or we move away from locations and homes and people we've loved. With all that in mind, maybe The Oxford Dictionary has it right after all. All those changes are like little deaths. In a way, grief does mean something

has died.

One of the things that makes grief so hard is that it's coupled in the human heart and mind with a very feisty, natural human desire for permanence. Inasmuch as we grieve loss, we long for permanence. We long for relationships that won't change, bodies that won't age, children that always want us around, and professions we always move in well. It seems God has created us between a rock and a hard place. We long for permanence...but we live in a world that never stays the same.

As a Christian, I've learned it's important to notice feelings, for they are one of the ways God speaks truth to us. It's important to notice our burning desire for permanence in a world that's always changing. That feeling tells us God has made our hearts and minds to cling to something for all eternity. We are supposed to be permanently part of something. Grief, however, is that constant reminder that whatever that "something" is, it isn't of this world. We won't find it in our work, we won't find it in our human relationships, we won't find it in our abilities, we won't find it in the next location, we won't find it in the next accomplishment, we won't find it anywhere if we're looking at the puzzle pieces that make up our lives. If we think our lives are like a flat 1,000 piece puzzle, grief reminds us life is more like Jenga. Everything gets moved around all the time and when it falls it gets re-stacked again. Wash, rinse, and repeat.

Perhaps the permanent thing God has made

us to cling to—the only thing that can fulfill that human desire for permanence—is God Himself. God who is the giver of all our gifts. God who remains after those gifts are gone. God who is still there as new gifts enter our lives. God who remains as those new gifts become our next losses. God who birthed us from the womb. And God who

welcomes us in death.

Our desire for permanence means something: God has made us for Himself. Our grief is an ever-present reminder that the gifts God gives are not gods themselves. As we grieve loss in the different seasons of our life, may we remember we will never lose God and God will never lose us.

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Tues.: 8:00AM Holy Mass
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gracelutheranchurch@gmail.com • www.gracestpeters.org
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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

What Things?

"Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"
— Luke 24:32

At a concert, the usher at the door looked so familiar to me. But I could not recall where or when I might have met him before. After a brief conversation with him, we recalled that years ago he had been our son's grade-8 teacher. We enjoyed sharing a few memories of that time in our lives.

I think the situation was slightly different as the two followers of Jesus walked along toward their home in Emmaus. They didn't recognize that they were talking with Jesus, even though they had seen him recently. Did he not look the same? Jesus asked questions and taught them about the Scriptures, but it wasn't till they sat and shared bread together that their eyes were opened to see him. What a wonderful feeling that must have been!

Then, after Jesus "disappeared from their sight," they joyfully made the long trip back to Jerusalem to share their story. They could not wait to share their experience. Their love for Jesus and the others was enough to propel them back to Jerusalem to share.

With a text message from my cell phone, we eagerly shared with our son that we had talked with his grade-8 teacher at the concert that night. And it was fun to share that with him.

Are we eager in a way like that to share with others about our times with Jesus?

Lord, thank you for moments when you meet with us in a fresh new way. Open our eyes and hearts to your work in our everyday lives, realizing you are closer than we might think. Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

Pastor Randall Kuznicki
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Sunday Worship 10:00 a.m.; Communion 3rd Sunday
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Email your church announcements, schedule to the Messenger at: hometownmessenger@gmail.com

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MCCL Announces Winner in Cutest Baby Contest at Goodhue County Fair

Ellowyn Augustine, daughter of Taylor and Riley Augustine of Goodhue, was the winner of the Minnesota Citizens Concerned for Life's Cutest Baby Picture Contest held at the 2024 Goodhue County Fair, August 6-10.

A \$30 gift certificate to the Zumbrotta Dairy Queen was donated by Minnesota Citizens Concerned for Life (MCCL) and was given to the family. There were 21 baby pictures that were entered and displayed for judging by fair-goers.

The MCCL group has been at the Goodhue

County Fair commercial building for many years, promoting the value of life from the moment of conception to natural death. It offers various opportunities for young and old to learn about a person's life before birth. Numerous volunteers staff the booth to provide information and resource materials.

New to the MCCL booth this year was a powerful display of life-size unborn baby models of different sizes and colors. This baby display is a continuation of this year's MCCL March for Life, when MCCL showcased 12,000 baby models to represent the number of unborn lives lost in MN in one year alone. The display was tangible and visceral representation of the reality of unborn human life and the enormous tragedy of abortion in Minnesota.

Back again this year was the "Spinning Prize Wheel", where visitors to the booth could spin the wheel, answer a question, and receive a sweet treat. Similar to last year, The Young Ones, models of babies ten to twelve weeks old, true to life-size, made soft



Crews Upgrade Verizon Equipment

(continued from page 1)

The job included removing some old equipment and installing new components that will be capable of providing 5G service in the future. Cables were accessed from the bottom while the crew used a lift capable of reaching 180 feet to put the new antennas at the top of the structure.

The 3-man crew is from Sauk Rapids and works for Omni Contracting, Inc, a wireless

construction contractor. According to Bloomberg.com, "The Company offers new build construction and tower erection, carrier upgrades, civil work, meter reading systems, drive testing, tower maintenance, and inspection services. Omni Contracting serves telecommunications industry in the State of Minnesota".

to the touch, lifelike in appearance, were a big hit. A card was handed out with each one to explain the different milestones of early development. There was also an educational display of fetal models, kids activity and coloring sheets, educational materials, along with larger Touch of Life babies.

Those over 18 were encouraged to sign this

year's pro-life petition, asking Minnesota lawmakers to protect babies and pregnant woman and take no more extreme pro-abortion votes.

The drawing for the Dairy Queen birthday cake, donated by Zumbrotta Dairy Queen was won by Max Lexvold of Goodhue.

Taste of the Ranch!

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(continued from page 1)

Bruce and LeeAnn Waugh are owners of Cannon Valley Ranch and their sons Taylor and Aaron also assist in operations. Entertainment will be provided musician Clay Fulton. CVR is showcasing their ranch and raising Angus Beef by implementing regenerative agricultural practices. They are inviting the public into their ranch to learn more about how they raise their beef.

Food options will Angus Beef burgers, beef hotdogs, cole slaw, fries and ice cream for dessert. Pasture tours will be available

throughout the evening for family enjoyment.

Animals will be in holding areas for families to view, such as calves, goats and a lama. A wine tasting area is available for adults, as well as beer, soda and water.

Cannon Valley Ranch is located in rural Goodhue 1/2 half mile off of county road 7.

Reach out to the website for further details: www.cannonvalleyranch.com

Address: 14495 390TH ST, GOODHUE, MN 55027

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Giving Back to Project Hero Veterans

(continued from page 1)

The UTVs returned to Lance's Park on the Kehren farm where, the Bellechester American Legion Post 598 and Sons of the American Legion Squadron 598, had prepared a reception of grilled ribeye steaks, baked potatoes, coleslaw and other delicious food.

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury

achieve rehabilitation, recovery, and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI.

Project Hero riders were participating in the 2024 Great Lakes Challenge which began on August 19 in Minneapolis/St. Paul. It traveled through the towns of Red Wing and Rochester before crossing into Wisconsin as the participants biked through the towns of La Crosse, Reedsburg, before its end in Madison on August 24, 2024.

Although there is no exact number, it is estimated 17-22 veterans die each day from suicide. Project Hero is helping veterans cope with PTSD and TBI. We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

The members of Project Hero were deeply touched by the outpouring of support from this community. Their spirits were not damped by a brief rain shower and the fresh

mud. They commented on the lush greenness of the farmland and the beauty of the area. On behalf of the Goodhue Lions and the Bel-

lechester American Legion we wish to say thank you to all the landowners and everyone who helped make this event possible.



Hero UTV 2024 road reception by community



Hero UTV 2024 view from the back



Hero UTV 2024 road reception by community



Down on the Farm/ Up at the Cabin *Farm Vehicles: More Power!*

By
Monica & Claudia Vanderborcht

It seemed silly to pay someone to plow the 1/3 mile gravel driveway when Monica owned a perfectly good F250 farm truck. (Plowing couldn't be that difficult, could it?) So she bought a plow blade, had the installers give her a quick "How To" for running it, and figured she was good to go.

Now Monica wasn't inexperienced with vehicles: besides driving sedans and minivans in the suburbs, Monica had toured 49 states on a motorcycle. She had also slow-crawled through many back-country trails with her Jeep Wrangler, equipped with an air-actuated front differential locker, big Super Swamper radial tires, and a 4" suspension lift. She had conquered "Baldy" – a steep, sandy hill at a private off-road camp in northern Wisconsin, disemboweling a rear shock while navigating over some large boulders. In Colorado, she negotiated 12-point turns on the old single-lane mountain trails. And at her elementary school, Monica routinely parked at a 45-degree slant on the snowbank. (The kids loved it; the principal hated it).

The most important lesson from the Dakota Dirt Diggers 4WD club (a great bunch of guys who were happy to teach Monica about their favorite hobby) was probably, "If you never get stuck, you're not doing it right." Glorious freedom to make mistakes! Other important

lessons were how to avoid getting stuck (usually) and what it took to get unstuck (tow-straps, chains, and winches). Yep, thanks to her Dirt Digger buddies, Monica was somewhat fearless behind the controls of farm vehicles.

The first few snowfalls, light and fluffy, were great practice for the plow controls.

Then one beautiful winter day Monica got overzealous plowing around her pole barn and did, indeed, get stuck. (There was a dip in the lawn that she had forgotten about.) The truck had great clearance, but the snow plow frame didn't. Out came the shovel, the high-lift jack (which she had owned for years but never had a reason to use) and the camera (to memorialize the event). Lesson learned: the plow has less clearance than the truck.

It was a great first winter learning to snow-plow! Only a few times did Monica back into a rock-hard snowbank (going too fast). Or get stuck up to the windows in the hard-packed drift snow across the driveway (going too fast). She volunteered to plow out a friend a few times (only once getting so stuck they had to call the tow truck). And she helped plow the church's parking lot – several times pulling vehicles out of ditches (neither going too fast nor getting stuck).

In the spring, Monica ordered several loads of Class V to firm up the driveway and around the barns. The trucks came once the roads were cleared for heavy equipment. After one dump truck dropped its load and was turning around, the rear tires sunk into the soft spring lawn. The trucker tried, but the tires only spun and sunk deeper into the soft earth. No stranger to stuck vehicles, Monica – friendly and helpful person that she is – offered to help, explaining that she actually had experience pulling vehicles.



Out came her heaviest chains! A quick hook-up between the dump truck and her little F250 – one tug and he was out. Although he probably never shared that story with his buddies over a bottle of beer.

New livestock necessitated new vehicles. Monica purchased a Kubota tractor to move the 1000-pound round bales for the two cattle and a few 700 pound square bales for the six goats. All was good until after a few thaw-freeze-thaw cycles ... Yes, the Kubota could lift a dry round bale without too much trouble. But when the top few inches had absorbed water and the base had become encased in ice – oops! In the end, Monica took the bales apart and fed the cows one scoopful of hay at a time. Lesson learned: store the hay in the pole barn so it doesn't freeze to the ground.

By winter, the farm had grown to 80 chickens, 14 cows, and 10 goats.

Yes, the Kubota could lift a round bale if it was kept in the pole barn over winter, but it was very difficult to maneuver: with the bale in the front and an implement on the back for ballast, the now very-long tractor required multiple-point turns. She dreamt of something that was both stronger and more maneuverable.

Monica started looking for a skidsteer (just what every retired elementary teacher dreams of!) She had never driven one – had never even sat in one – but fearless Monica started shopping. It wasn't too long before she found one, in-budget, and with acceptable hours.

She drove the F250 with 20' trailer up to get it, but made the sales guy drive it onto the trailer (not willing to look foolish with an audience).

The skid loader was perfect – maneuverable, stronger, and more power! The new snow on the driveway was the perfect place to practice. (And so cozy warm in the cab compared to the chilly open seat of the Kubota.) Who knew the skid loader clearance was only 3 inches? Yup, stuck again. (Towing skills certainly come in handy on a farm.) Claudia in the truck, Monica in the loader – it was out in seconds. Another lesson learned!

Remember the Dakota Dirt Digger motto: "If you never get stuck, you're not doing it right." Monica regularly found herself stuck in the mud with the riding lawnmower, stuck

on a high rut in the skidloader, stuck in a ditch with the ATV (who put that ditch there by the silo?). Once, trying to deliver a hay bale to the goats, Monica got the skidloader stuck in the snow ... tried to pull it out with the truck but got it stuck, too ... and then fired up the tractor, driving it out of the summer barn (intending to free the truck and skidloader) but got the tractor stuck in the drifted snow. Claudia headed to the garage for the snow shovels.

That spring, Monica was moving a round bale across the yard to the goat pasture. The frost was starting to come out of the ground and it was slippery. Heavy machines make deep mud ruts; low clearance makes heavy machines stuck. Usually not a big deal. But this time she couldn't go forward, she couldn't go backwards, and she couldn't get out – trapped inside the cab by the round bale! Oops.

Monica enjoys farm vehicles; Claudia not so much. The most helpful thing Claudia could do was phone Heather: a neighbor, stay-at-home mom, and very experienced farmer. As Claudia reached for the phone, it rang – it was Heather! Calling out of the blue! Within minutes she and her kids were at the farm studying the predicament. Her oldest son had just received a winch for Christmas and was really excited to try it out. He winched the bale off the forks and Heather used the forks to push the loader slowly backward.

And Monica drove the skidloader straight back into the barn until the ground was solid again. Lesson learned!

In time, Monica got quite proficient with the skid steer, able to unload the 20 foot trailer full of round bales as if she had been doing it for years. She could load and unload any farm vehicle onto the trailer without assistance (ATVs, tractor, skid loader) – for which Claudia was grateful because just watching the operation scared her silly.

Guys like to brag about their vehicles – make, model, even the number of cylinders. Let's see: F-250 (10 cylinders), minivan (4), second minivan (6), tractor (3), skidloader (3), mower (4), ATV (4), second ATV (4) – not bad for a suburban gal turned farmer. Not that anyone cares, but the tire count, including all the trailers, was 40.



Goodhue Living Sponsors Dare to Dream Events

(continued from page 1)

77-year-old Gary Glander was one of the first residents to move into Goodhue Living two years ago. He was placed on Hospice care in July after a diagnosis of Acute Myelogenous Leukemia. Gary's son, Brian, who attended the August 6th event, said their family has been "more than pleased" with the community. The respect is mutual. Life Engagement Coordinator Susie Matthees described Gary as "Always caring about everyone else".

Looking for a way to honor Gary, Matthees approached his family for ideas to create a memorable event. They landed on bringing in Dave Stevenson who donated his time and two-horse hitch for a wagon ride around town. Stevenson lives between Zumbro Falls and

Hammond and although the ride needed to be postponed one day due to the weather, he was able to bring his horses, Jaxson and Pappy, to Goodhue for the special occasion. St. Croix Hospice workers helped residents enter and exit the wagon and provided snacks for everyone who attended.

Able to accommodate about 10 passengers, Stevenson first took other Goodhue Living residents for a ride around town. While that group was gone, Army Veteran Gary came outside to visit with Greg Majerus and John Huneke who represented the Bellechester American Legion. Majerus and Huneke flanked the drive holding flags as the wagon left the parking area a second time. An enlivened Glander took the seat of honor next to Stevenson as he drove the team. He enjoyed the outing so much that he asked for, and received, a second trip. Brian and his wife, Cheri, along with Gary's sister and brother-in-law, Lori and Fred Eberhardt, and others rode in the wagon.

Lori described her brother as, "A great person. You ask him to do something, he'd do it". An avid outdoorsman who grew up near Bellechester, he enjoyed woodworking and



Seated L-R: Gary Glander and Fred Eberhardt. Standing L-R: Brian Glander, Cheri Glander, Lori Eberhardt

tinkering with tractors and lawn mowers, especially John Deere. Gary worked for Federal Mogel in Lake City for 47 years. He and his wife, Laurie had three sons and fostered many children. Gary passed away on August 14th. His obituary can be found at <https://www.mahnfamilyfuneralhome.com/obituaries/gary-glander>.

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Goodhue Lions ATV - UTV Ride

The Goodhue Lions will be holding a fundraiser ATV-UTV ride on Saturday, September 8th. There is an 11am start from the Goodhue Lions Building and registration is at 9am. You may pre-register at Voth Ins Agency.



The cost is \$20.00 per person with kids under 10 years of age free. A hog roast meal will be served at the end of the ride.

All participants will be required to sign a release of liability. No Jeeps please. Contact Jerry Tipke at 651-764-0508 or Marty Kehren at 6571-380-2888 for more information./ Rain date is Saturday, September 15th.

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Goodhue Living Sponsors Dare to Dream Events

(continued from page 6)

The second Dare to Dream event was a collaboration between Goodhue Living, Moments Hospice and the Goodhue High School football team. Jim Fontaine grew up cheering for the Wildcats football team. Not the Goodhue Wildcats, but the Kansas State Wildcats. In planning the event, Life Engagement

Coordinator, Susie Matthees told Jim, "I can't get you back to Kansas to see your Wildcats football team, but I can get you to the Goodhue Wildcats football practice!"

Fontaine's love of the Kansas State team stemmed from his childhood in Kansas and his father who was a professor at the University. Jim graduated from the Kansas State Veterinary School in 1971. He had a desire to work where there were more and larger dairy farms than Kansas. In 1973 he saw an ad seeking a veterinarian in Kenyon, Minnesota—an area that had plentiful herds of 40 or more cows. Jim and his wife, Karen became part of the community and raised their three sons, Chuck, Tom and Peter in Kenyon.

Fontaine says the best part of his career was "to be part of the people you meet and

being part of their family". He was fortunate enough to spend a day at the 2024 Goodhue County Fair where he visited with many of the people he met through his work as a veterinarian. He also enjoyed the 4-H building, livestock exhibits, a malt and pork sandwich.

On Monday, August 19th, Matthees transported Jim and Karen in a side-by-side utility vehicle to the sidelines of the local Wildcats' morning football practice where he watched each play. The couple enjoyed visiting with head coach, Tony Poncelet, assistant coaches and team members. Coach Poncelet presented Jim with a Goodhue Wildcats T-shirt and hat to replace the Kansas State one he was wearing. The Fountaines returned the favor by sharing a couple Kansas State shirts for the local team. The two teams have the

same mascot, logo and color. Wearing his new hat with pride, Jim showed his enthusiasm for the sport with a fist pump and declared, "Go Cats!"

The Fountaines have been watching the Goodhue team play via livestream since Jim's move to Goodhue Living. Karen, a retired nurse, visits Jim daily. He says, "The personnel are excellent". Goodhue Living donated Gatorade and water and Moments Hospice provided sandwiches and cookies for everyone following the event. Following the morning practice, Susie took the Fountaines to The Goodhue Depot asking Jim if it was ever "too early" for ice cream. He replied, "No. Easy answer." Jim's Dare to Dream event was a WIN-WIN for everyone.



John Huneke (L) and Greg Majerus (R) represented the Bellechester American Legion and honored US Army Veteran, Gary Glander (center) at his Dare to Dream event at Goodhue Living



Jim and Karen Fontaine enjoyed a visit with Goodhue Wildcats football coach, Tony Poncelet and other coaching staff and players when they were the guests of honor at team practice August 19th.



Jim Fontaine grew up cheering for the Kansas State Wildcats and since moving to the Goodhue Living community, has become a big fan of the local Wildcats team. He and his wife, Karen watch the team's season via livestream. They were able to attend a practice and watch each play in person from a utility vehicle on the sidelines thanks to a Dare to Dream event planned by Goodhue Living.



2024-25 Goodhue Wildcats Football Team

Goodhue Wildcats Football



51 9th-12th grade students have been practicing for the new season of Goodhue Wildcats football. You can find the schedule and links for livestreaming the games at <http://www.goodhuewildcats.com> or <http://www.goodhue.k12.mn.us>

Goodhue Rolls to a 28-0 win over Lewiston-Altura!

By Chad Otterness

The Wildcats easily ran over the Cardinals of L-A in a game that occurred over two days due to lighting. Jack Carlson scored 3 rushing touchdowns and Nathan Beck added another.

Nathan Beck led the all rushers with 165 yards on 19 carries. Jack Carlson had 38 yards on eight carries and Hayden Holm ran for 53 yards on 11 carries.

Goodhue QB Luke Roschen was 7 of 11 for 63 yards.

The Wildcat defense held L-A 118 yards rushing and 41 yards passing.

Scoring Summary:

Scoring	Scoring Play	Score
2 5:50	Jack Carlson 2 YD TD Run (Cristian Monjaraz Mendez)	7 0
2 0:24	Jack Carlson 1 YD TD Run (Cristian Monjaraz Mendez)	14 0
3 4:50	Nate Beck 24 YD TD Run (Cristian Monjaraz Mendez Kick)	21 0
4 6:31	Jack Carlson 7 YD TD Run (Cristian Monjaraz Mendez)	28 0



Henry Caswell with the catch



Nate Beck with a touchdown



Caleb Hansen, Micah Diercks, Jay Roschen, Jakobe Agenten



Hayden Holm of Goodhue forcing a fumble vs Lewiston-Altura. August 30, 2024 Photo: Katie Kurti

The View From the Back *Part 3*

By Ted Gamble

Ted Gamble is an avid runner and friend of The Messenger. This is the third of a 3 part series on his recent adventures. We hope you enjoy it.

The rest of the lap was somewhat uneventful. We just kept going—“relentless forward progress!”. As one racer passed us he said the fifth lap is awful because you’ve done everything five times and you still have to do it once more before you’re done. He was on the best lap, the sixth one—it is the best because each time you hit one of the harder portions of the trail you get to think and say to yourself, “I don’t have to do that again—you can even give it an obscene gesture if you want!”

Anyway so we finished lap number five. Chad was pretty tired so he stayed there and rested up with plans to run the loop in reverse so he could meet up with me somewhere along the way and then we could finish together. It was just a few minutes after 6 AM when we finished the fourth lap, and it was just a few minutes before noon when I began lap six. Still on pace.

We did some run/walk intervals a bit on the fifth lap to build some extra cushion into the final lap which would probably be needed. There was still six hours to go, but I didn’t want to have to push it too hard, I’m already sore and tired, and now it’s getting stressful!

With the various shortcuts and his fresher status we assumed that Chad would be meeting me before I was halfway done.

Anyway, I’m on my own again and looking forward to him Chad later on. That’s when the hallucinations started to come hard and often.

The first one occurred where I saw the woman with the large dog on the side of the trail that goes down to the first water stop; this time it was a little girl putting up a garage sale sign. I thought it could be real, this part of the trail is an old logging road that leads to a gravel road that I’m sure goes by some farms and rural homes. There could be a garage sale around here somewhere. Makes

sense, right?

But once again, this was a tree stump. Earlier, I wrote about trying to find the downhill that goes down to the Sand Coulee area. As I was moving along the trail looking for this and not finding it, I realized that I hadn’t seen any of the orange ribbons along side of the trail for quite a while.

Oh no, am I lost? Now what? I will never finish on time now! Deep down...here’s my excuse...

So I backtrack for a little bit until I found one, touched it to make sure it was real, and then turned around assured that I was on the right trail. I didn’t backtrack much, but it was wasted time, and it took away from my “relentless forward progress” motto.

It still seemed to take a while before I finally found the downhill turn. When I finally found it, there was a young man sitting with his girlfriend at the top of the hill.

I’m wondering what they’re doing there? Are they suffering as much as I? Maybe I can rest with them a bit before we tackle Sand Coulee, the company would be nice.... Turns out they weren’t doing anything. The young man and his girlfriend were just a couple of bushes. Anyway, when I finally got to the bottom there was an old rusty pickup truck parked off to the side in the woods. Just another large stump on the ground.

I’m about halfway, where is Chad?

Anyway, time to climb up to the Scenic Overlook Trail for the last time. I am not sure if this guy was real or not, but he was sitting on the side of the trail near the top. Shirtless (it was pretty warm again by then) and wearing a hydration pack. I looked down for a bit, and he had moved to the last switchback. He did not reply when I greeted him, but I didn’t stop either. Was he real? I don’t know.

I stopped and admired the view from the top (for the last time!) and continued down the trail. I really like this part of the trail, and just enjoyed slowly trotting along. The next phase that I had to look forward to was my final descent down Ant Hill.

It was really tempting to cut some corners or take some shortcuts that would make the journey a little easier. But, I knew deep down that I wouldn’t/couldn’t do it. Even though nobody would see, I would know that I cheated. So I didn’t. Why even consider it, then?

“Lord help me make it through this!” I

prayed.

Anyway, as I’m approaching Ant Hill, I started to imagine taking a short cut along a trail that runs along the ridge that meets up at the top of Paddy’s hill. This would eliminate the descent down Ant Hill and the equally brutal trip up Paddy’s Hill. Nobody would know, maybe if I...and then I saw a flatbed truck with a wooden gate around the bed filled with about a dozen large propane tanks—the kind that you see at older gas stations in rural areas. To the side of the truck was a farmer and his wife. Both were wearing flannel shirts—that’s weird, it’s kinda hot today, I thought. He was posing next to the truck while his wife was taking photos. He looked very proud. There were others standing behind the truck. There’s no way I can take my shortcut now!

As I turned onto Ant Hill the entire scene disintegrated into the trees and bushes that were always there.

Maybe only five miles to go? I glanced at my phone and it’s getting close to 4:30. About 90 minutes to go.

Normally, on any other day this would not be a big deal. But, today was different. I have been up for roughly 36 hours, and been moving since 8 AM the day before.

Am I going to make it? Everything hurts, I’m tired, and starting to worry. I just want this to be done.

As I got to the bottom of Ant Hill just before making the turn up on Paddy’s Hill I saw a



Maybe some cold water will keep the hallucinations away?

guy come off the road, and he is “sneaking” (high stepping it, elbows out, looking from side to side—did I really just see that?) onto Paddy’s Hill. He just gets on the hill and starts hiking up, did he just cheat?

(continued on page 11)



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The View From the Back

(continued from page 10)

That makes me kind of mad! Maybe it bothered me because earlier on I had thought about doing the exact same thing. At the bottom of the Scenic Overlook Trail there is a road that cuts to where the bottom of Ant Hill and Paddy's Hill join up. Taking that route cuts a few miles off the route, and eliminates a couple of very tough hills. But, I also knew as soon as I had the thought that if I cheated I would regret it because I would know that I cheated, even if no one else did.

Anyway, I followed him up the hill and did not see him again until I passed him about a mile later just before starting the final "Death March". He looked like he was in a lower place than I was, no wonder he took a short cut!

Just before leaving the woods, I could see a few people running up the gravel road. What is going on? Maybe they're aid station workers getting a little exercise?

When I got on the road I notice off on the side in there were three or four people sitting in camp chairs enjoying some cold drinks. Only they weren't there. More hallucinations.

Even weirder than the hallucinations was the fact that they were coming so often and I did not think it was weird. It just was.

There was a small portable TV on the side of the road that probably should have been a hallucination but wasn't. It was really there and had been since the first lap. Thankfully, nothing was playing on the TV whenever I saw it. Now, that would have been weird!

One of the aid station workers that was running on the road approached me and asked me if I needed any help to finish this thing.

"I will take any help that you can give!" I replied, grateful for the offer.

We exchanged introductions, her name was Jeannie and she was from Milwaukee. She was here to "give back to the community". It seems foolish now, but I had to ask if she was real, I had been seeing too many things that weren't



for the last few hours. She was real all right. We started down the hill together and she reassured me that we had plenty of time to make it. As long as I crossed the finish line before 6PM, I would be happy. But Jeannie had other ideas and wanted to push me. She wanted a bigger cushion than I did. Why? I don't know; she was kind of harsh.

Hey, where was Chad? He should have been here hours ago!

"I can see physically you're wasted, but mentally you still have something in the tank. Now let's run to that tree. Not that tree—the next one! Keep going!"

I would have preferred Chad; he would have been nicer to me.

I told Jeannie that I was still expecting him, even though he was late. But, remember my prayer earlier? Jeannie was an answered prayer—God gives you what you need, not what you want.

We cross the bridge, for the final time. Now we're now on the last stretch of road before the turn back into the campground and the Finish Line.

"Hey, is that your buddy coming towards us?"

It was Nick and Linda. "Yes, but not the one I was expecting! Hey, and that's my wife, too!"

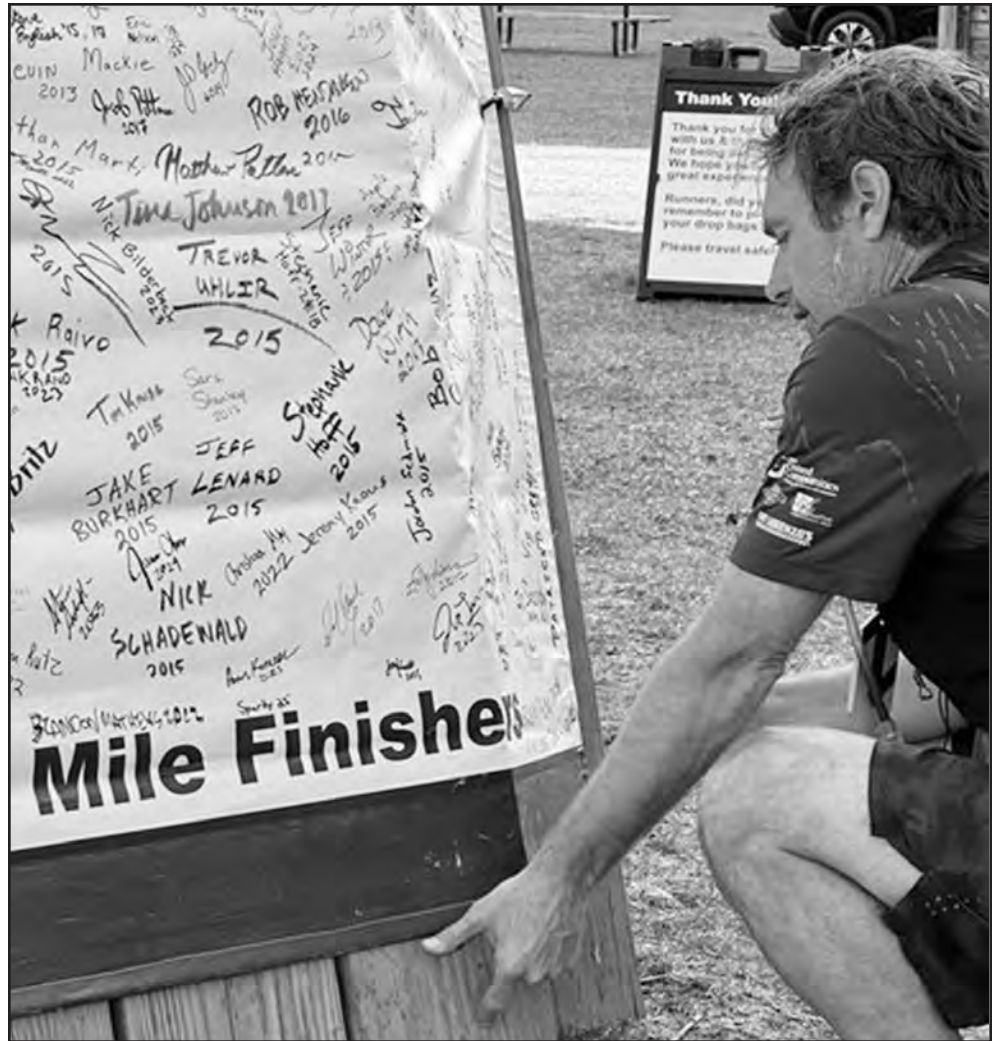
I was really happy to see them; seeing Linda was an extra surprise.

But, I was not finished yet, I still had about a half mile to go. Eventually, finally, we see the sign indicating the turn into the campground.

And the Finish Line.

Suddenly, it wasn't hard to run. I trotted into the campground following the line of orange flags to the Finish. As I passed our tents, I noticed my daughter, Katey, sitting out front. She jumped out of the chair and headed to the Finish to meet me.

I didn't expect to see a lot of people there,



Adding my name to the 100 Mile Finisher poster. I'm grabbing wood below so I don't fall over.

but some of my crew was there and there were several race volunteers still hanging out.

They probably had to stay until everyone was finished.

When I crossed the finish line, I expected elation. But I was too wore out and there was only relief. The people that were still there cheered as I was handed my belt buckle and a wooden race medal was placed around my neck.

Then I had the honor of signing the Zumbro 100 Finishers poster. My name next to the legends of Zumbro.

Derrick and Chris waited see me finish. The rest of our group had packed up and left. Chad had fallen asleep—that's why he never met me. He woke up from his nap, and was there too.

Pretty soon Nick and Linda joined us.

I was officially the last finisher. Number 44 out of 69 that started. So, really, technically, not last!

As I conclude, I'm thinking back to my father's question above, "Why the hell do you want to do that?" Well, here's an answer from Dean Karnazes that I really like:

"Western culture has it a little backwards right now. We think that if we have every comfort available to us, we'll be happy. We equate comfort with happiness. And now we're so comfortable, we're miserable. There's no struggle in our lives. No sense of adventure. We get in a car, we get in an elevator, sit at a desk. It's all comes so easy. What I've found is that I'm never more alive than when I'm pushing, and I'm in pain, and I'm struggling. And in that struggle, I think there's a magic."



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Magnesium



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Benjamin Franklin is quoted as saying, "An ounce of prevention is worth a pound of cure." When talking about the impact of magnesium on your health, this is especially true. Magnesium is the sixth most abundant mineral in your body and is involved in more than 300 essential chemical reactions to keep your body active and healthy. The healthy adult male requires 420 milligrams per day, while the healthy adult female requires 320 milligrams per day. This small amount is not even one-tenth of an ounce, and yet about 75% of Americans are deficient in daily magnesium.

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. So what are some symptoms that may indicate your body is not getting enough magnesium?

Osteoporosis – More than 10 million Americans are experiencing decreased bone density. While many assume or have been told to take calcium supplements, this is not sufficient. Magnesium is needed to transport calcium where it needs to go in the body, and magnesium is also a component of strong bone tissue. Long term magnesium deficiency is associated with decreased bone density.

Restless Leg Syndrome – a nerve condition that can produce unwanted leg movements that decrease the quality of sleep each night. Magnesium is a critical mineral for proper nerve activity. Deficiency of magnesium can result in improper communication between the brain and muscles resulting in leg twitches and uncontrolled muscle responses. Restless leg symptoms have been decreased with consistent magnesium supplementation.

Diabetes – is becoming one of the leading health concerns in the United States. More than 1/3 of the population is challenged with effective control of blood sugar. Magnesium is an essential mineral to aid in the effective control of blood sugar. Magnesium helps the cells of the body to respond quickly to insulin. Without magnesium, cells become insulin resistant and will not absorb the sugar molecule the insulin is bringing to the cell.

High Blood Pressure – 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. Magnesium helps muscles to relax. Both the heart and the blood vessel muscles need magnesium to be able to relax. When an individual is brought to the Emergency Room with a heart attack, magnesium will be one of the first supplements provided to help get the heart muscle in a more relaxed state.

Additional conditions associated with magnesium deficiency include: vertigo, constipation, heart arrhythmia, anxiety and panic attacks, depression, brain fog, migraine headaches, and colon cancer. According to Dr. Norman Shealy, "Every known illness is associated with a magnesium deficiency. Magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient."

Magnesium rich food sources are necessary

to help you keep a healthy balance in this stressful time we live in. Avoid processed foods that do not have any magnesium in them. Choose almonds, cashews, and pumpkin seeds, as well as black beans, lima beans, and quinoa. Magnesium is rich in seeds and in dark green leafy vegetables. Therefore, kale, spinach, and collard greens will be good sources of magnesium. There is no danger of overconsuming magnesium from food sources.

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

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Pesticides Found in Hair Samples, Childhood Chiropractic Care



By Shauna Burshem, D.C.

Using mass spectrometry analysis techniques, researchers in Luxembourg and France detected 69 biomarkers of pollutants and pesticides — 12 of which are banned in the EU — in hair samples from over 200 French children.

This study, published in Environment International, is the first to target over 150 bio-

markers in a single hair sample, which “represents the most comprehensive assessment of chemical exposome in humans,” the authors say. This adds more credence to the debate as to whether or not to eat organic foods, foods which are grown without chemicals and pesticides.

A new study published in the British medical journal, Lancet has confirmed that the use of statin drugs for high cholesterol increases the risk of diabetes by 36%. Statins have also been shown to increase risks of cataracts, neurological conditions and certain cancers. Recent research is pointing to insulin resistance being the primary driver of atherosclerosis, not LDL cholesterol levels. Scientists are recommending a holistic approach to heart health, considering factors beyond cholesterol levels. A Japanese study, published in Scientific Reports (Feb 2024), links the use of statins to pancreatic cancer risks. This study was massive (67,768 participants) and performed over many years and showed a definite increase in pancreatic cancer risk in those who took statins.

Vitamin C is an important nutrient that helps our bodies fight off colds. It has special properties called antiviral and antibacterial properties, which means it can help protect us from germs that make us sick. When we take vitamin C supplements, it

boosts our immune system. This makes it easier for our body to fight off infections, so we can get better faster and stay healthy. Taking vitamin C supplements is especially helpful during cold and flu season. They can help reduce the severity of colds and make our symptoms less severe. Plus, vitamin C is easy to find in fruits like oranges and strawberries, but sometimes we don't get enough from food alone. That's why taking a supplement can be a good idea to make sure we have enough to keep our immune system strong. I personally take 1000mg of vitamin C per day. Vitamin C is a staple in our “medicine cabinet” for when our bodies might be coming down with a germ. At the first sign of a symptom, I become proactive and start taking higher doses of C, multiple times per day. When a germ appears, 3000 to 4000 mg every 4 hrs is not an uncommon dosage for me. Usually, one day of high dose C is all I need, as the C will wipe out the germ with its anti-viral, immune system boosting properties. Liposomal vitamin C is the best C to take for high doses, as liposomal C will not cause any gastric distress.

Chiropractic care can be very helpful for children. It focuses on making sure that their spine and nervous system are working properly. This can help improve their overall health by making sure that their bodies can function the best they can. For instance, children who receive chiropractic care may have better posture and fewer problems with back pain. Another great benefit of chiropractic

care for kids is that it can help their immune system. When a child's spine is in good shape, their body can fight off infections more easily. Science has researched the connection to immune system function and spinal neural impulse flow. The nervous system controls the function of the immune system. This means children might get sick less often and recover faster when they do.

Some kids who see a chiropractor also see fewer ear infections, which are a common problem. Muscle tension in the neck can place pressure on the ear tubes, pushing them more horizontal, which prevents ear fluid from draining. Stagnant ear fluid attracts bacteria which then can lead to infection. Chiropractic adjustments to the neck relaxes the muscles, allowing the tube to “dip” downward, draining the fluid and preventing the ear infection from reoccurring.

Chiropractors can also help prevent and treat issues like scoliosis, which is a condition where the spine curves in an unusual way. This can make a big difference for a child's comfort and health as they grow. Additionally, if a child plays sports, chiropractic care can help them recover from injuries more quickly and even prevent some injuries from happening in the first place. Overall, chiropractic care is a great way to support the health and well-being of children.

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

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MISSY'S MESSAGE

IT'S MY BIRTHDAY MONTH!

There's a big birthday coming up this month, Friday, September 20th I turn the big 5-0!

No reason to keep my age a secret. When I was having what felt like a million tests in the ER back in May, the hospital worker that picked me up in a wheelchair to take me to the next test said, “you look way younger than 49”! Bless her heart! I wear moisturizer each day with SPF and rarely wear makeup. I used to wear a little makeup, but when I started going to the gym years ago and got an eyeliner tattoo, I quit taking the time for it. I really think no makeup and daily moisture is the key to a younger-looking face. To celebrate my birthday, I've been planning some trips to look forward too.

We went to Charleston, South Carolina in August with another couple to celebrate our birthdays. Never been there before and really enjoyed the history of Charleston. I'm still undecided how to celebrate on the 20th! I am headed to Carmel by the Sea, California in the beginning of October on a mother/daughter trip with my mom.

Missy and her husband Mike own MotoProz in Mazeppa.

Talking Back-to-school Anxiety with U of M



By Lidán Gu, PhD,
University of Minnesota
Medical School and
M Health Fairview

Back-to-school season can be filled with mixed feelings for young learners. While some students are excited to return to the classroom, it is also a cause of anxiety for many others.

Lidán Gu, PhD, with the University of Minnesota Medical School and M Health Fairview, speaks about the signs and causes of back to school anxiety, and how parents can provide support.

Q: What is anxiety?

Dr. Gu: Anxiety is like an internal alarm system that alerts us to potential threats or

stressors. It is a natural process and is essential for human survival. A little anxiety can help us to be more prepared for school, work and day-to-day tasks, and thus promotes positive outcomes. However, it can be a problem when anxiety becomes too intense and interferes with our abilities to deal with tasks or solve problems effectively. It can also cause people to try to avoid situations that cause them anxiety.

Q: What are some common sources of anxiety during the back-to-school season?

Dr. Gu: Going back to school may trigger anxious reactions for a variety of reasons. First, going back to school is a time of transition and change. For students who are more comfortable with specific routines, a change in their routine can trigger anxiety and worry. Second, going back to school means increased learning activities. In comparison to activities at a summer camp or unstructured playtime, learning activities require more mental effort and self-control skills to get positive feedback. When a student anticipates that going to school will not lead to positive or rewarding feedback, the student is more likely to feel anxious or worried.

Lastly, increased social demands can also cause anxiety. For students who are not accustomed to being away from their parents, going to school can trigger separation anxiety. Students who are typically shy may find going back to school to be anxiety-provoking. Those who are sensitive to peer reactions may also feel more stressed about returning to the school environment. Students with certain disabilities or immunocompromised status may deal with additional worries surrounding their health when returning to

school.

Q: What are some of the symptoms of anxiety in children?

Dr. Gu: Depending on how close the perceived “threat” is — i.e. how soon they’ll be starting school — children may feel different levels of anxiety symptoms. When children are reminded a few weeks out from their start date, they may feel mild worry or anxiousness. This can present as restlessness, irritability or being generally more emotional. As the first day gets closer, children may show increased anxiety symptoms, such as difficulty concentrating on activities or difficulty falling asleep. Some children may experience physical effects of anxiety such as increased heart rate, headaches, stomachaches, decreased appetite, increased sweating or needing to use the bathroom more often.

Q: How can young children manage their anxiety? How can parents provide support?

Dr. Gu: Helping young children name their anxiety is a crucial first step. They often lack the ability to connect their symptoms to their anxiety sources, which adults likely have more experience with. Parents and caregivers should acknowledge their emotions and potential causes, validate their experiences and help them understand what their anxiety is. Parents should also talk with children about their specific worries, which can help identify the sources of anxiety. It’s important for parents to remember that what may seem minor to adults can be significant to children.

When students worry about the new school year, they may only focus on the stressful aspects. Reminding them of positive aspects, like their favorite classes or going to recess,

can help. Creating positive associations with school, such as celebrating the first day together or planning special activities for a Monday can also be beneficial. For children who struggle with learning, reviewing school accommodations and discussing children’s concerns is useful.

For students who are concerned about social problems, it will be helpful to discuss social problem-solving and identify support available for working on social skills. For clinically significant anxiety symptoms, seeking professional support from a children’s mental health provider is important.

Q: What work are you doing at the U of M to advance mental health research?

Dr. Gu: Having chronic medical conditions can be stressful and anxiety-provoking. My research focuses on understanding the neuropsychological aspects and mental health factors that can promote effective adjustment, coping and self-management in the pediatric solid organ transplant population. One of my current research projects is to develop an effective assessment of psychosocial concerns in pediatric kidney transplant recipients. With this assessment, my colleagues and I hope to be able to identify patients’ mental health and psychosocial concerns, understand how these concerns are related to health decision making and medical adherence, and how these concerns can be addressed through a multidisciplinary approach.

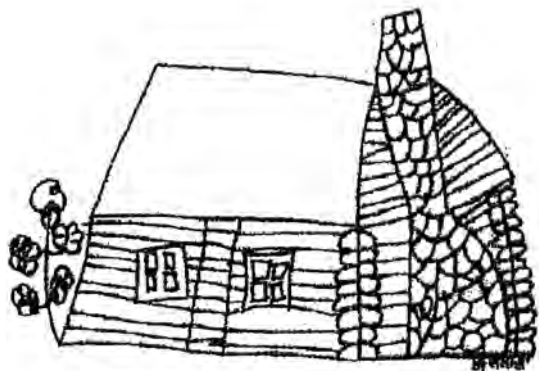
Lidán Gu, PhD, is an assistant professor with the University of Minnesota Medical School and a pediatric psychologist with M Health Fairview. She specializes in psychological evaluation and consultation for children and adolescents with chronic medical conditions and neurodevelopmental disorders. Her research interests include the impacts of mental health on health-related decision making.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I heard the Minnesota State Patrol got a new design for your patches and squad cars. Can you talk about that?

Answer: You are correct. For the first time in more than 50 years, the Minnesota State Patrol has a new look.

Last year when the Minnesota Legislature approved a replacement design for the Minnesota seal and flag, State Patrol leaders took note.

"That decision presented us with a unique opportunity to create something different to represent our division and culture within the State Patrol and its staff throughout the state,"

said Col. Christina Bogojevic, chief of the Minnesota State Patrol.

A working group made up of 13 sworn and non-sworn members of the State Patrol worked for four months with a design agency to come up with and refine the new design. "We wanted something that represented the strong history and legacy of our division, something that is identifiable with the state of Minnesota, all while giving it a more modern update. The redesign was an opportunity for us to create something highlighting our pride in serving Minnesota," said Lt. Col. Jeremy Geiger, who led the group.

The new look — with heavy ties to symbolism — reflects the values and history of the State Patrol. The North Star — a four-pointed star and the same one used on the redesigned state seal — represents the cardinal directions, just as we serve Minnesotans to the north, south, east and west. The Mississippi River, abundant in its contribution to our state and serving as a critical artery for transportation, lends itself to our role of maintaining and securing an efficient transportation network and connecting with others. The Norway pines, the state tree of Minnesota, underscore the steadfast and reliable commitment of the State Patrol, working for Minnesotans 24 hours a day, seven



days a week, through all seasons, all year long.

The new look for the State Patrol isn't just a redesigned patch on our troopers' shoulders. It includes badges, hats, squads, license plates, buttons on uniforms, signage and so much more. In fact, there are more than 188,000 pieces of equipment that will need to be updated with the new design. State Patrol leadership is prioritizing updates on squad cars and uniforms, and being diligent about updating items where they were already scheduled to be replaced. To complete

the whole process will take somewhere from six to nine months and an estimated \$4 million.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always 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 Sgt. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)



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School Bus Safety

It is hard to believe, but summer is coming to an end for students across the state. With schools welcoming back students, Minnesota school buses will make about 10,000 trips each day. According to the National Highway

Traffic Safety Administration, a school bus is one of the safest vehicles on the road for students, but we all need to work together to ensure that everyone makes it home safely.

Stop for School Buses: It's the Law!

State law requires all vehicles to stop for school buses when the bus driver activates the flashing lights and has the stop arm fully extended.

Drivers who violate the law face a \$500 fine.

Drivers can face criminal charges for passing a school bus on the right, passing when a child is outside the bus, or injuring or killing a child.

Motorists:

On undivided roads, motorists traveling

both directions must stop at least 20 feet from a school bus that is displaying red flashing lights and an extended stop arm.

Traffic traveling the opposite direction on a divided roadway with a separating median such as a cement wall or boulevard is not required to stop.

Motorists should slow down, pay attention and anticipate school children and buses, especially in neighborhoods and school zones.

Students:

When getting off a bus, look to be sure no cars are passing on the shoulder.

Wait for the bus driver to signal that it's safe to cross.

When crossing the street to get on the bus or to go home, make eye contact with motorists before proceeding.

You can do your part by knowing the School Bus Stop-Arm Safety law. And students can do their part by keeping themselves safe outside and inside the school bus. Please share with others to ensure that all our children make it home safely. Together, we can move Minnesota toward zero deaths.



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Bellechester City Council Meeting Minutes July 17, 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 and Rich Majerus as well as City Clerk Lisa Redepenning, Treasurer Kyle McKeown and City Engineer Matt Mohs. Councilmember Kyle Blattner was absent.

Minutes of June 19, 2024 regular meeting minutes were reviewed and motion was made by Jered Buxengard 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, Pay Application No. 2, – Matt provided an update. Mains are done until fall. We need to wait for harvest to finish. Lateral lining - most all laterals have been televised and provided a list of what they found. Laterals will start in the next several weeks. Project is on schedule so far. A change order will be needed for the size of the pipe near the church. Motion was made by Rich Majerus with a 2nd by Mark Gerken to approve the 2nd pay application of \$107,215.09. Motion carried.

- Water Meter Project - Update progress. Contracts are all approved. August 1st is a pre-construction meeting to get this started. Oct/Nov timeframe is tentative schedule. Rochester Plumbing and Heating will be doing all the installs and scheduling.

New business:

- 2025 Preliminary Budget – initial look at numbers.
- Junk Ordinance Review – will revisit at August meeting.
- Police Contract – will revisit at August Meeting
- Ideas for possible excess sewer grant fund expenditures – council discussed possible purchases for excess funds from grant.

Engineer Report – See above.

Clerk Report - Property Tax Payments – FYI – both Goodhue and Wabasha County has been received as well as special assessment payments. Login.gov Email – There will be an effort to make government emails to have the .gov extension for security reasons. It is free and only government entities can get it. This will eliminate the monthly charge we have for Nuvera to just host our email. It is not mandatory yet, but we are paying Nuvera monthly now, so I will be getting it switched soon and advertised. Police Contract – With our street project paid in full, we have more flexibility to absorb the increase in police fees. The bond payments that are estimated are approximately \$15,000 less than the street project payments – FYI.

Year	Police	Approved Rates
2025	\$87.70	17364.60
2026	\$90.63	17944.74
2027	\$93.68	18548.64

The GCSO needs to know maintain the historic 198 hours of service from May 15th to September 15th as described by Sheriff Kelly's letter on May 29th, 2024, or if you would like to discuss alternative hours of policing that are at or above the minimum of 219 hours per year. Budget FYIs – Telephone budget will go down due to switch to Verizon. We will also not have the \$6.95/month Nuvera charge when I switch email. Loan payment is going down (difference in payment amount from Street Loan to RD Bond). The increase in legal fees and publishing fees was directly related to lining project and easements and will not be the issue in 2025. Previous electricity included expenses that get paid from water and sewer. This budget is for general fund only, so it was reduced. LGA from State – should be coming later this month. LGA stated on budget proposed for 2025 is estimated. Final amount not set yet. Quarterly filings done – Building Reports, Fed withholding, unemployment, sales tax.

Election training – I have 2 session scheduled, but they are online. Wifi Box – We tested it at the project meeting and the library box worked fine. As long as I have a month's notice, it is not a problem to keep requesting the library box for the remaining of the meetings until project is done – FYI.

Treasurer Report – Shut off notices will be sent.

Water/Wastewater/Facility Report – extra discharge was needed due to excessive water.

Mayor Concerns: None

Council Concerns: None

Adjourn

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

Submitted by Lisa Redepenning – City Clerk

Goodhue, Dodge, Olmsted 4H Shooting Program to Compete at Minnesota 4H Shooting Sports Event



Wildlife day at Frontenac State Park

Submitted by Jim Perrotti

The Goodhue, Dodge, Olmsted 4H Shooting Program will be competing at the Minnesota 4H Shooting Sports Event held in Alexandria Minnesota September 6,7, & 8th, 2024. When the Youth are there that will have the opportunity to compete in different disciplines offered through the 4H Shooting Sports program. The disciplines offered are Archery, Air Discipline, Trap, 22 rifle, and Muzzle loading/Tomahawk, plus have the opportunity to do Wildlife Calling, Wildlife Knowledge, and Cast Iron Cooking To compete in each of these events the Youth will have trained in the disciplines they choose to compete in. 15 hours of training is required the first year out for a discipline and 8 hours each year after plus 8 hours of Wildlife training each year. This year Wildlife Day was held at Frontenac State Park. 4H Youth learned about bird and tree identification and made pizza on cast iron pans. Most of the 4H youth also took a wildlife project to their local county fair. 27 4H Youth from Goodhue, Dodge, Olmsted, and Winona Counties will be competing in this year's event. This year the Shooting Sports Program received donations from Bellechester Legion, NRA Foundation, and the Mazeppa Lions Club to help with archery supplies, trap shells, and other supplies needed for the shooting program. If any youth are interested in the 4H Shooting Program please contact 4H extension at 651-385-3100.



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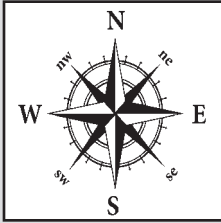
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Changes in Latitudes, Changes in Attitudes Vacation Homes and Winter



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 built our home on Kentucky Lake in 2021. I had purchased the land a few years earlier but kind of left it alone while we worked on other projects. I hadn't scoped out the property before purchasing it, because it was sort of an impulse buy. I was quite surprised to find it was right over the hill from the lake. Once the leaves came off the trees, I could see the water.

As I started to rough in the structure I began to fall in love with the area. It was peaceful and so quiet. There was nobody around. Just my neighbor Gloria and her two beautiful Golden retrievers who came by every day to visit. She lived about a half mile up the road and would drive her golf cart over so see the crazy longhaired guy building a house all by himself. These were all rich people who hire everything done. I think they were intrigued by the working class in action.

What I learned with time was that all these houses along the lake were summer homes for most of the owners. Big beautiful homes. Million-dollar properties with \$150,000 boats sitting in a shed next to the house. All vacant during the winter. After I finished the house and we were living there, I would walk the dog up to the lake and along the road where all these fancy, empty homes were lo-



cated. About one in ten had a resident. They did show up over Christmas and New Year and then vanished again. The year-round residents soon became our friends. They are always happy to visit when I go by. John at the end of Dogwood mows our lawn and trims weeds all summer. He makes a living mowing everyone's lawn in the area. Harry is a retired farmer from Illinois, who lives about a mile down the road from us. He has a John Deere tractor with a loader. He loaded the logs on my trailer, landscaped our property and bladed gravel for our driveways. Bob and Linda live across the valley from us and keep an eye on our house when we are gone.

Building this house down by the lake was relaxing for me. I would work on the newspaper all morning online and then drive over from our small farm by Dover, to build all afternoon. A half-hour drive each way. The hardware store in Dover was also a lumber yard so I could pick up supplies on the way for each day. The only downside was that the pandemic panic had driven the price of lumber sky high. I was paying \$9 per 2x4, during 2021. Pretty shocking to haul \$1,000 of

lumber to the building site each day. Fortunately, I had drawn up the plans for the house two years prior and I had purchased all the exterior log siding and interior rustic pine tongue and groove lumber while prices were good, and they were stored on the car trailer in the pole shed on the farm.

My plan had been to spend a couple winters completing this project and enjoy the summers in Minnesota. But the spring of 2022 ushered in an overheated housing market and when my wife listed our hobby farm outside of Dover, she had an offer in four days. Suddenly I was going to finish a house in four months, or we wouldn't have a winter home to go to. I worked from 6am to 10pm seven days a week. Just like farming, only I was quite a lot older now. July and August are quite hot in Tennessee, everyday can reach 100 degrees. I got the house buttoned up before we closed on the old one and

then spent the rest of the year finishing the interior.

Back to the million-dollar mansions on the lake shore. We got in the habit of driving the golf cart for miles along the waterfront roads each day with the dogs. Smaller gravel roads lead away from the paved roads and down these little paths you find a different life. Old run-down shacks where the hillbilly's live looking right out of a century ago. Some you wouldn't think were habitable but the lights were on. Most were surrounded by years of junk and trash. We have seen houses with so much garbage in front of the door, one can hardly get through. It is sad to find that within a mile from the most affluent lifestyle was a most depressing and primitive one. Most of these were home to people with no motivation to pick up after themselves or try and improve their lifestyle. The locals call them hillbilly's.

A Minnesotan: State Fair



By RosaLin Alcoser

The Minnesota State Fair is something to look forward to with great anticipation.

Unless you are one of the Minnesotans, like me, who did not think through living near the State Fair grounds before moving there.

For everyone else it is a time to be excited about. From the farm exhibitions, 4-H projects, musicians, to the rides everyone has something to look forward to at the fair. The thing I have heard most about this year has been the food from my

co-workers. Mostly about the variety of things that have been deep fried. The most heavily discussed one has been the new deep fried ranch dressing that has been there this year. While no one I have spoken to has actually tried this it has been one of the more curious deep fried foods I have ever heard of.

While I did not go this year I have gone before in years. My favorite trip to the Minnesota State Fair was the year we went as soon as the gates opened. Which is really the ideal time to go to the fair.

That year we had a great parking spot at the fairgrounds and got in before it started getting crowded. We had a great time walking around before everything was open drinking coffee from the Farmers of America stand while eating mini-donuts. If you have never had mini-donuts for breakfast I would highly recommend doing so.

By the time we had been there roughly eight hours we were tired of the fair and ready to go at about 1PM or 2PM. Which is just about the time the fair really starts to get overly crowded in my opinion. We had seen all of the attractions we had wanted to see and tried all the fun fair foods we had gone for. Making a perfect trip to the State Fair.

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 19. *Traditionally clipped
 21. *OS in POS at the supermarket
 23. Bro's sibling
 24. "___ there, done that"
 25. T in Greek
 28. FBI's cold one
 30. Windshield ____, pl.
 35. "The ___ for Red October"
 37. Coach of Dallas Mavericks
 39. Bow's partner
 40. Black and white killer
 41. Be in accord
 43. First word in fairy tale
 44. Formerly known as Pleasant Island
 46. Long-lasting Steelers coach
 47. TV's "man named Brady"
 48. *GO in BOGO
 50. French "place"
 52. 6th sense
 53. Adored one
 55. What cruelty and crush have in common
 57. *Dairy aisle package
 60. *S&H Green ____
 63. Non motorized vessel
 64. I have
 66. Nev.'s neighbor
 68. Offspring, collectively
 69. Rank above maj.
 70. Visual
 71. QBR in football, e.g.
 72. Will Ferrell's Christmas classic
 73. Like a gymnast

- DOWN
1. *What registers do
 2. Nonclerical
 3. Football legend Graham
 4. Unborn vertebrate
 5. ___ of Cancer
 6. *Like freezer aisle "Cuisine"
 7. "___ Robinson" by Simon & Garfunkel
 8. California/Nevada lake
 9. Mediterranean Strip
 10. Not written
 11. Dull one
 12. Pen juice
 15. Home to Sarajevo
 20. Port city in Japan
 22. Like marines in slogan
 24. Cowboy's bedding
 25. Flip-flop
 26. Plural of aura
 27. Adam Sandler's "___ Gems"
 29. Manual communication gesture
 31. High school ball
 32. Bert's TV buddy
 33. Ice in a cocktail
 34. *TV's "Supermarket ____"
 36. Tropical tuber
 38. *Sliced items section
 42. Choose a president
 45. "___ we stand, divided we fall"
 49. Tokyo, once
 51. Adenine's partner in RNA
 54. Chilled (2 words)
 56. Savory taste sensation
 57. *Rolling supermarket carrier
 58. Dwarf buffalo
 59. Type of canal, in dentistry
 60. Ego's main concern
 61. Surveyor's map
 62. Accompanies relief
 63. "Big Three" TV network
 65. Radio knob, abbr.
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With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

	9						5	2
				2		4		9
		4	9			6	8	
8	7		6					
			1		5			
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	1	7			4	8		
6		3		1				
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AREA DINING & ENTERTAINMENT



PLAZA MORENA
CAMPESTRE GRILL

DINING ROOM
Open 7 Days a Week 11:00am-10:00pm

5% OFF MEAL PURCHASE

Expires September 30, 2024 Does not include alcohol. Not valid with any other offer.

160 26th St NE, Owatonna • 507-413-0819
www.plazamorena.com



625
EST. 2023
BAR AND GRILL

FOOD SPECIALS! **E-TABS, PULL TABS EVERYDAY!**




Watch Our Facebook Page for Updates!
- ON / OFF SALE -

Closed Mondays; Tuesday-Friday: Bar 11am-Close; Kitchen 4-8pm
Saturday: Bar 11am-Close; Kitchen 11am-9pm
Sunday: Bar 1-9pm • Kitchen 1-8pm
Main Street, Dennison • Phone 507-782-9061

Take a Short Drive to Delicious



The Fireside
LOUNGE & BAR

Steaks - Seafood
Burgers
Sandwiches
Salads
10 Tap Beers
Full Bar - Off Sale
4-Season Patio!

DAILY FEATURES

WEDNESDAY Enjoy Our Jumbo Wings Specials! BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)
THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks! Taco Specials! Fajita Specials! 16oz. Margarita Special

FINALLY FRIDAY All You Can Eat Fish Dinner
SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib
SUNDAY Enjoy Our Sunday Breakfast Beginning at 9a.m. and Sunday Pasta Features

37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM; Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
Bar Open Later
RESERVATIONS STRONGLY SUGGESTED. CALL 507-645-9992.
www.firesidelounge.net

House Smoked BBQ Food, Cold Drinks and LIVE MUSIC!

Watch our Facebook Page Daily Specials & Weekend Entertainment!
Check Out Our Website!

RBAR-RANDOLPH.BIZ
Great Way to Keep Up on All Our Live Events!



4354 292nd St E, Randolph
507-646-0107
rbar.randolph@gmail.com
Monday 3:00pm-9:00pm
Tuesday-Thursday 11:00am-11:00pm; Friday & Saturday 11:00am-1:00am
Sunday 11:00am-9:00pm



Great Food • Strong Coffee

Daily Lunch Specials • Delicious Desserts



M-F 7:30am to 7:30pm
Sat. 7am to 2pm
Closed Sundays

125 Main Street
Wanamingo, MN
507-824-2969

Where Good Coffee and Good Friends Meet!

NEW! GRAB N GO LUNCHES



TOREY'S
RESTAURANT & BAR
TOREYS.NET

YUM!

Don't Let Your Hurry Come Before Your Hunger!

Available Weekdays 11am-1pm

PICK UP ONE OF OUR DELICIOUS SALADS OR WRAPS!

LOCATED NEAR THE BACK ENTRANCE OF THE RESTAURANT AT 208 N. CEDAR, OWATONNA

CHECK OUT OUR MANY NEW LUNCH & DINNER MENU ITEMS!

507-455-9260
MON-TUES-WED-THURS 11AM-9PM
FRIDAY 11AM-9PM
SAT 3:00PM-9:00PM • SUN CLOSED

BOOK YOUR FALL & WINTER EVENTS! Banquet Hall, Seating Up to 300



TAMMY'S PLACE
Restaurant & Bar
Kasson, MN



DRINKS • APPETIZERS • SANDWICHES
BURGERS • SALADS • WRAPS • DESSERTS

DAILY SPECIALS

Closed Mon.; Tues-Thur 11am-9pm; Fri-Sat 11am-10pm; Sun 11am-8pm
111 West Main Street, Kasson, MN
507-634-3133



SANDWICHES • BURGERS • BBQ

THE SMOKIN' SILVERBACK

1832 South Cedar Owatonna MN
507-214-0701
Monday-Thursday 11am-9pm
Friday-Saturday 11am-10pm; Sunday 11am-7pm

BREAKFAST, LUNCH, DINNER



**BURGERS, ESPRESSO
HOTDISH
ICE CREAM**

TRY OUR DAILY SPECIALS!



635 2nd Street, Kenyon
Hours:
Tues.- Sat. 7am to 8pm; Sunday 8am to 1pm
Closed Mondays
507-789-1100

East Wind
東風 Buffet

15% OFF Wednesday, Thursday with ad
10% OFF Friday, Saturday, Sunday with ad

MENU OR BUFFET
Cannot be used with other offers.

Hours: Monday: 11am-10pm; Tuesday: Closed; Wed.-Sun.: 11am-10pm
507-451-9666

1015 W. Frontage Rd., Suite 103, Owatonna • South of Lowe's • Dine In Only • Expires September 30, 2024



Center
FAMILY RESTAURANT
507-633-3333
Thank You

30 Main Street
Dodge Center, MN 55927

Breakfast, Lunch & Dinner

Generous portions, friendly service and delicious homestyle cooking anytime!

TRY OUR DAILY SPECIALS! **BREAKFAST SERVED ALL DAY!**

10% OFF With this ad

Good Monday-Friday. Expires September 30, 2024.
Hours: Sunday-Thursday 7am-3pm; Friday-Saturday 7am-8pm
507-633-3333

OPEN 7 DAYS A WEEK!
Indoor Dining or Pick Up

SENIOR CITIZENS MENU
(55 and Older)

DAILY BREAKFAST, LUNCH, DINNER SPECIALS

COME SEE OUR NEW MENU

10% OFF
with this ad
Good Monday-Friday. One coupon per meal. Expires September 30, 2024



Olivia's
FAMILY RESTAURANT
Family Fare at Great Prices

Hours:
Sunday-Wednesday 6:00am-3:00pm
Thursday-Saturday 6:00am-8:00pm
1160 Frontage Road, Owatonna
507-444-4000



KERNEL
Restaurant

1011 Hoffman Dr
Owatonna
507-451-2585
M-F 7am-7pm
Sat-Sun 7am-2pm