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The Circus is Coming to Dennison

Thanks to the sponsorship of the Dennison Lions Club & Fireside Lounge, the Culpepper & Merriweather Circus is coming to Dennison, MN on Thursday, July 31st, to the lot across from the Dennison Lutheran Church located at 37514 3 Ave. with shows at 5:00 & 7:30 pm.



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Goodhue County Fair

This August 6th the Goodhue County Fair will start at the Fair Grounds in Zumbrota. This year offers a change as there will be Daily Free Events taking place each of the five days of the fair.

The Tumbleweed Crossing is an award-winning comedy wild west gunfight stunt show.

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Announcements

• **Newly added! Adult-Use time at Pool:** Open Swim Adult Use of Pool – Tuesdays & Thursdays from 7-8pm for lap swim and/or aerobics. Entry fee would be either obtaining or using a current pool pass, or \$5.00 gate entry fee per use. Come and enjoy the pool!

(continued on page 2)

Farmers' Market Offers Food and Fun through September

By Beth Brekke

The Goodhue Farmers' Market saw some changes last year with a new location, vendors and entertainment. An undertaking of the Goodhue Chamber of Commerce, the experience continues to improve and flourish. The market opened for the 2025 season on

July 9th, and will be set up in the Lion's parking lot every Wednesday from 3:30-6:30 pm through September.

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Pictured to the right: Lauren Buck and her mother, Linnae Carlson offer samples of sourdough bread and cookies at the Goodhue Farmers' Market.



Organizations Support Fire Department with Donations

By Beth Brekke

On July 15th the Goodhue Fire Department (GFD) received funds donated by two local organizations.

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Firemen, Derek Weckerling (L) and Travis Thomforde accept a check from Carol Voth, treasurer of the St. Peter's Ladies' Aid. The money was raised at the Volksfest burrito breakfast and will be used to buy pagers for the firefighters.



Habitat for Humanity House Built by Goodhue Students

By Beth Brekke

Goodhue County Habitat for Humanity hosted a dedication at its nearly finished home at 507 Park Avenue, Goodhue on July 24th. Nichole Brunkhorst and her daughter, Karlee welcomed visitors to the open house event. The organization's programs made it possible for Nichole to purchase the home.

Brunkhorst said she really wanted to stop renting and own her own home but could not qualify for adequate financing.

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(L-R) Goodhue County Habitat for Humanity President, Bob Hawley, home owners Karlee and Nichole Brunkhorst, Construction Manager, Bob Bidon and Home Owner Services Manager, Angie Foss

Don and Lila Reese Honored with Surprise Chivaree



Don Reese in the suit jacket he wore for his wedding and Lila in her veil posing for pictures in front of a Western backdrop in the activity room of Goodhue Living where they have resided for the past year. The surprise chivaree was a Goodhue Living Dare to Dream event.

(continued on page 3)

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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 5-9!

Pastors Corner



By Pastor Eric Hanson,
St. Luke Lutheran Church

One of the most profound pieces of scripture in the Bible comes in Genesis 2:18, when God says, “It is not good for the man to be alone.” The context surrounding Genesis 2:18 makes this little verse even more remarkable. In Genesis 1—the very first chapter of the Bible—God spends six days making everything that exists in the world. From light to rocks to trees to oceans, to the DNA that governs cell reproduction...God makes all of it. And, after each new creation, the author of Genesis tells us, “God saw that it was good.”

Everything was good, however, until it wasn't. Finally, we get to the first thing that is not good in God's creation. God himself says, “It is not good for the man to be alone.”

This little verse reminds us of a deep truth inherent in our human nature: we were made for community and relationship, and without it, we are less than what we were created to be. In the words of Genesis, we are “not good.”

Oftentimes this “not good” is interpreted as some sort of moral inferiority. Loners can be looked upon as essentially selfish people who look after their own needs and stop there. Or, this “not good” is sometimes interpreted as a type of social inferiority. Those who “walk alone” (as Green Day says) are perhaps those whose social skills don't match the “normal” social skills that tend to be rewarded by easy friendship & social engagement in our society. But what's great about the Bible is that it doesn't interpret this “not good” for us.

We're left to fill in the blanks with our own interpretation, and to then wonder at God's response.

And if you know the rest of the story, you know that God's response is to provide humanity with relationship. God starts by creating all the animals, hoping they will be a suitable partner for humanity. And then, when God discovers more is needed, He creates Eve. Relationship happens, but those relationships, we discover, are tenuous. By chapter 3, Adam and Eve are fighting, and even creation becomes as much an enemy to the humans as it is a friend.

But God keeps responding. The rest of the biblical story could be summarized as God's work in restoring human beings to all the relationships he gave them from day one; relationship with Him, relationship with creation, and relationship with each other. It was not good for man to be alone in Genesis 2:18, and God spends the entirety of scripture fixing anything in creation that would keep us apart

from Him, creation, and each other. As 2 Corinthians 5:18 reminds us, “In Christ God was reconciling all things to himself.”

What does this mean for us? Oftentimes we want to do “great things” in God's Kingdom. Maybe one of the holiest things we can do is ensure those around us are not alone. A phone call, a text, a walk with a friend, a shared project, a conversation over a delightful beverage...how often have we considered these small acts restorative moments in God's story? At the very least, they tell those around us, “You are not alone.” At the most, they partner with God in reversing the only “not good” thing that happened when He created the world. Who is “not alone” because of you? Well done good and faithful servant, you're playing an important part in God's restorative work.

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

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Tues.: 8:00AM Holy Mass
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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 Lost Sheep Blinded

... Jesus himself came up and walked along with them; but they were kept from recognizing him.
— Luke 24:15-16

Does it seem unfair that these disciples were kept from seeing Jesus? I have heard people say that it seems Jesus was being tricky here. While Jesus walks along with them, the disciples think he is an out-of-touch stranger who has no idea what happened recently in Jerusalem.

But let's look at this from a different angle. From a teaching and learning perspective, Jesus makes a brilliant move. The disciples do not know Jesus is right there with him, so they can express their misunderstanding and frustration without being distracted. They have no need to try to act as they would if they knew he was there. They have room to hear God's story all over again and to begin learning anew.

We learn that they also asked each other later, “Were not our hearts burning within us as he talked with us . . . ?” Somewhere deep inside they sensed that their fellow traveler had remarkable understanding and authority as he spoke about the Scriptures, but first they needed to be in a space where they could be redirected. Jesus their shepherd had more than one agenda to attend to in order for them to grow as disciples who would be invited to share in his mission. While not being able to recognize him, they could begin to develop spiritual eyes of faith by which all new disciples would begin to see him.

How has the good shepherd gotten your attention lately? What is he trying to teach you?

Lord, help us to learn anew and to be more attentive so that we can see you at work in the world today. 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
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702 West Third Ave., Goodhue, MN • 715-441-5086
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Don and Lila Reese Honored with Surprise Chivaree

By Beth Brekke

When Don and Lila Reese married on June 28, 1952, they celebrated with a chivaree. On June 25, 2025 they were surprised with another one in honor of their 73rd anniversary. The celebration was planned by the Reese's children and the staff of Goodhue Living as a Dare to Dream event.

A chivaree, (also spelled shivaree) is defined as "A noisy, mock serenade performed for a newly married couple, often involving the use of pots, pans and other noisemakers. It's a traditional custom, and is essentially a raucous celebration or a form of hazing". Even though Don and Lila met at a dance, holding a chivaree at the home of a newly wed couple the night of the wedding was more common than a dance at the time the Reese's were married.

At age 16, Lila caught Don's eye at a dance in Oak Center in 1949 and again when he was home on military leave in 1951. Don offered Lila a ride home that night and they've been dancing through life together ever since. The couple farmed and raised eight children in Goodhue Township and continued to live there until 2024 when they moved into Goodhue Living.

After seven decades of marriage and caring for a farm and large family, the Goodhue Living services are a luxury. "I like to come down and eat so I don't have to make it," Lila says with a smile. "Nobody's a stranger here," she adds of the community. Wednesday night Euchre is one of the many activities for residents. Don will participate, but Lila says, "I don't play Euchre". This made bringing the couple in to the room for the surprise chivaree a bit of a challenge for Life Engagement Coordinator, Susie Matthees. With a promise to play a different game, Susie convinced Lila to join her and Don.

All of the Reese children, spouses, and many extended family members had come in a side door and gathered out of sight in the activity room. When Don and Lila entered, they were greeted by the loud clanging of pots and pans and "happy anniversary" wishes. Lila thought something special might happen on Saturday but was completely surprised by the Wednesday night party. "I came in to play cards and the room was full of people!"

Not only were 98-year-old Don and 91-year-old Lila able to mark their 73rd anniversary, they were joined by their best man, Don's brother, Harlan Reese (95) and maid of honor, Lila's sister, Betty Mehrkens (87). Among the memorabilia was their wedding cake topper, Lila's dress and veil, and Don's wedding suit jacket. Lila wore her veil for the evening, joking that her dress would not fit, while Don correctly assured everyone that his jacket still would.

A Western backdrop and straw bales set the theme for the celebration and many family photos.



Don and Lila enjoy a root beer float at their surprise chivaree. They were married on June 28, 1952.



The Reeses met at a dance when Lila was just 16 years old and they've been dancing through life together ever since.

In addition to their eight children, the Reese's have 29 grandchildren and say they needed a calculator so stopped counting great grandchildren at around 100 with over 40 great-great grandchildren and the first few great-great-great grandchildren arriving.

Everyone was treated to root beer floats while they enjoyed socializing and the accordion music of Cindy Wilson. Once the music started, Don's foot began tapping and he shared a dance with each of his daughters, including Cindy (Bill) Cordes whose 42nd wedding anniversary happened to be that day.

Lila's mobility limits her ability to stand for any length of time, but she did the arm gestures of the Chicken Dance while encircled by daughters, daughters-in-law and granddaughters. She looked lovingly at Don from her chair as she held his hands and moved her feet to the music as they shared a dance. The couple sealed the deal with a sweet kiss on a memorable night of music, joy and love.



Don and Lila Reese (front center) celebrated their 73rd wedding anniversary in June. Flanking the couple are Don's brother and best man, Harlan Reese and Lila's sister and maid of honor, Betty Mehrkens. Also attending the party were the Reese's 8 children (back row L-R) Kathy, Sue, Diane, Dave, Dan, Dale, Cindy and Jodi.



Don and Lila Reese share a kiss to celebrate their 73rd wedding anniversary.



98-year-old Don Reese danced with Jodi and all his other daughters during the anniversary party.



Cove Poncellet, one of Don and Lila Reese's great granddaughters prepares to bang on her pan at their chivaree.

Organizations Support Fire Department with Donations

(continued from page 1)

The fundraising efforts of St. Peter's Lutheran Church and the Goodhue Lion's Club will benefit the department by enabling them to purchase new equipment. The St. Peter's Ladies' Aid donated \$1300.00 toward new pagers and the Goodhue Lion's Club presented the department with \$24,772.00 to help purchase an extractor for washing uniforms.

The St. Peter's donation represented the profit from their Volksfest burrito breakfast. Volunteers shopped for, prepared, cooked and served eggs, ham, sausage and all the burrito fillings plus fruit and beverages. Some food and supplies were provided by church members and \$160.00 cash was collected from the congregation to cover expenses. One member donated a \$250.00 gift card earned as Thrivent Financial Choice Dollars, allowing the \$1225.00 in free-will donations of over 175 guests to be rounded up and passed on to the GFD.

The money will be put toward the purchase of new pagers. Like most technology, pagers become outdated and need to be replaced with newer models. The pagers receive calls from dispatch and have the ability to record the messages, making it easier for emergency crews to review the information. The pagers cost \$600.00 each and the department is close to having one for each of its 29 members.

The Goodhue Lions' donation included money raised from their Belgian waffle breakfast also held during Volksfest. This, added to funds from their annual chicken BBQ and charitable gambling, will be used by the department to purchase a new extractor. The machine is used to wash the crews' turnout gear following a fire call. A set of turnout gear—the protective coat, pants, boots, gloves, hood and helmet—worn while responding to a fire, costs \$5000.00. An extractor is an advanced washing machine that protects the uniforms while ensuring the removal of contaminants that can cause environmental or health problems. GFD has showers on-site and participated in hazmat



The Goodhue Lions' Club donated toward an advanced washing machine for the Goodhue Fire Department's turnout gear. (L-R): Lions Scott Peterson and Ben Stern, Fire chief Derek Weckerling, Lions president Ken Blattner, fireman Travis Thomforde and Lion Tom Pasch.

and decontamination training the same night they received the donations.

Goodhue Lions' president, Ken Blattner said, "It wasn't a hard decision" to donate to

the GFD. "It might be us (that needs their service) one day". The organization makes many other donations each year including \$5,000.00 to the Habitat for Humanity house

and \$100,000.00 given to the Goodhue County Friends of the Fair for the construction of the new poultry building.

(See related articles.)



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Ribbon Cutting Officially Dedicates New County Fair Livestock Buildings

By Beth Brekke

The Friends of the Goodhue County Fair organization launched a fundraising effort in 2017 and officially became a non-profit in 2018. Their mission is to improve livestock exhibition and housing facilities at the Goodhue County Fair. Working separately but in cooperation with the fair board, they are focused on providing a better experience for youth and adults during the fair.

Their main efforts have been focused on animal housing and exhibition areas. Existing buildings were in poor condition and no longer large enough as Goodhue County boasts some of the largest livestock participation numbers in the state. The goal has been to expand space, create better viewing areas for spectators and improve safety for them, the animals and exhibitors.

As fundraising got underway, the money was pooled and the Goodhue County Community Goat Barn was erected in 2023. Once the Friends of the Fair proved that the community supported their plans, fundraising became easier and they found individuals and

businesses that were ready and willing to fund much of the needed work. When the 2024 fair was over, plans moved forward to remove the remaining old barns on the North edge of the grounds and build new structures. Crews worked right up to the dedication day, July 24, 2025.

Fairboard president, Bob Gonsior addressed the large crowd that showed up to witness the dedication. "These buildings are places where families will gather, kids will proudly show their 4-H animals and memories will be made that will last a lifetime. This project would not have been possible without the incredible generosity and forward thinking visions of our three major donors."

Sherri Betcher, president of Friends of the Goodhue County Fair organization called representatives of the poultry building sponsor, Goodhue Lion's Club; swine barn sponsor, The Red Wing Shoe Company Foundation; and cattle barn sponsor, the Lowell Broin family to the front for recognition. Each group received a photo of the new building they sponsored in a frame made of wood from the old building it replaced. Sherri also recognized current 4-H members on hand to help the local dairy princesses serve ice cream donated by Nate and Mindy Arendt.

Before the actual ribbon cutting, Gonsior invited everyone to attend the upcoming fair saying, "As we cut these ribbons, may we stand as a symbol of growth, of pride in who we are, and the bright future of Agriculture and the future of the Goodhue County Fair."

"This project is a shining example of what we can achieve when we come together for a shared purpose."

Sponsorship Sign on the New Goodhue Lions Club Poultry Barn on the County Fairgrounds



Fairboard members with Nick and Cindy Fisher-Broin (front left) representing the Lowell Broin family who donated the money for construction of the new cattle barn on the Goodhue County Fairgrounds.



Fairboard and Friends of the Fair members with Marisa Wilson, Bill Sweasy and Suzanne Blue (front center) representing the Red Wing Shoe Company Foundation, funding sponsor of the new swine barn on the Goodhue County Fairgrounds.



Fairboard and Friends of the Fair members and Goodhue Lions representatives watch as Goodhue Lions president, Ken Blattner cuts the ribbon on the new Goodhue County Fair poultry barn that was funded by the Lions.



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Goodhue County Fair

(continued from page 1)

Shows are at Tuesday, August 5th, 5 pm, Wednesday, August 6th 2:30 pm / 5:30 pm, Thursday, August 7th, 11:30 am / 3:30 pm / 6:30 pm, Friday, August 8th, 11:30 am / 3:30 pm / 6:30 pm and Saturday, August 9th, 12:30 pm / 4:30 pm / 7:30 pm.

The Xtreme Strong Man Show is also new this year. Watch in amazement as this STRONG MAN pulls a vehicle with his teeth, bends bars, juggles tires, drives nails and breaks chains with his body! Shows are Tuesday, August 5th, 6 pm, Wednesday, August 6th, 11:30 am / 3:30 pm / 6:30 pm, Thursday, August 7th, 12:30 pm / 4:30 pm / 7:30 pm, Friday, August 8th, 12:30 pm / 4:30 pm / 7:30 pm and Saturday, August 9th, 10:30 am / 2:30 pm / 5:30 pm.

At Fisherman Dan's "Off the Hook" comedy stunt show you can dive into the rip-roaring world of laughter and lunacy with 'Fisherman

Dan's Off The Hook Comedy Stunt Show'! Shows are Tuesday, August 5th, 7 pm, Wednesday, August 6th, 12:30 pm / 4:30 pm / 7:30 pm, Thursday, August 7th, 10:30 am / 2:30 pm / 5:30 pm, Friday, August 8th, 10:30 am / 2:30 pm / 5:30 pm and Saturday, August 9th, 11:30 am / 3:30 pm / 6:30 pm.

For the kids you can enjoy Polka Dot Entertainment with Penelope and Peter. Penelope is an Escape Artist, Magician, Juggler, Balloon Artist, Mentalist, Human Statue, Airbrush Tattoo Artist and Hypnotist. Peter is a Juggler, Stilt Walker, Magician, Balloon Artist and Airbrush Tattoo Artist. Shows are Tuesday, August 5th, 10 am - 8 pm, Wednesday, August 6th, 10 am - 8 pm, Thursday, August 7th, 10 am - 8 pm, Friday, August 8th, 10 am - 8 pm and Saturday, August 9th, 10 am - 8 pm.

So Hot Glass brings the ancient art of glass blowing right to your front doorstep—uniting artistry, education, and excitement with every demonstration.

The Grandstand Shows feature Bull riding, barrel racing and mutton busting on Tuesday at 7pm. Wednesday is AutoCross racing at 7pm. Thursday is the Truck & Tractor Pull at 6pm. AutoCross Racing returns on Friday at 7pm a Demolition Derby is planned for Sat-



urday at 5pm.

The Beer Garden is open daily and serves ice-cold beer and rail drinks with FREE jukebox and live bands Tuesday thru Saturday. Tuesday is Leonard McCracken at 7pm. Wednesday is Dave Carpenter & Friends at 3pm followed by Ryan Sullivan at 6pm. Thursday is Captain Karaoke at 1:30pm and 8th Street Bend at 6pm. Friday is George's Concertina Band at 2:30 and Bryan Anderson at 7pm. Saturday will be Zachary Giebler at 4:30pm and Foster Grand at 8:30pm.



A Minnesotan: Cabin People



By RosaLin Alcoser

All Minnesotans can be set into three main groups when it comes to the lake. Those of us who either live at the lake or in a rural area and do not go to the lake, because there is no need. We're already away from the city and don't need to escape. This is the category I grew up in. I've lived in the rural area and I've lived at the lake.

I've even lived in a lake town that had a lot of the next category. The cabin people. We all know at least one of these. They are the ones who own or rent a cabin and go to the lake as much as they can. To escape the city and in some cases be as loud as possible from Friday night until Sunday night when they go home.

Finally you have the people who just

don't care about going to the lake. These are the town and city people who either don't go because they can't or because they simply rather spend their weekends at home. Which is where I was happily existing. Since going to the lake where one's parents live to see them doesn't really count as going to the lake; it's just going to see your mom.

That was until I married into a cabin family. My husband's family is constantly going to the cabin; all year round. Which has been a new experience for me.

Yes, I did grow up around the lake and lived there for part of my early 20s. However, it's a very different experience then being a cabin person. When you live at the lake you go about your normal business and when the cabin people are around you might plan your weekend around avoiding them; at least that's what I used to do. Mainly because in the lake town I was living in the cabin people tended to forget how to follow traffic rules once they got there.

Now I'm experiencing all sorts of new things. On these short Friday evening through Sunday runs to the cabin. Such as kayaking, playing on the beach, and going out onto the lake without going to fish. I will say I quite enjoy kayaking.

Like I said there are three categories of Minnesotans when it comes to the lake. Most of us only ever fall into one or two of those categories. To my fellow people who have been in all three I hope that you are in your favorite of the three.

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Habitat for Humanity House Built by Goodhue Students

(continued from page 1)

In June of 2024, she applied for help from Habitat for Humanity and was chosen to participate in their program. The organization partners with families to build or repair homes and create unique, affordable financing options for homeownership.

Nichole chose the home layout that worked best for her and Karlee. Working with construction manager, Bob Bidon, she helped with minor plan modifications and personalized the interior with flooring, cabinet, appliance and wall colors and fixture choices. The home features a one-and-a-half car garage, a laundry area, bathroom, and kitchen/dining/living space on the main level in addition to Nichole's bedroom and small office. 11-Year-old Karlee is excited to move into the largest of the three lower level bedrooms and have her own bathroom.

Several local businesses worked on the home including Stern Heating and Cooling, Knobelsdorff Electric and Gadiant Plumbing. The Habitat for Humanity staff acted as general contractor for the home built mainly by students in the Goodhue High School construction class. "The kids had a great year of



The Habitat for Humanity home on Park Avenue was built mainly by the Goodhue High School construction class.

experiences and we're giving them a lifetime of experience," said instructor, Mike Harvey who supervised the project. "These are the kids that come back to our community and start businesses and live here."

The students and other volunteers help reduce costs and finish the job quickly. Construction manager, Bob Bidon said, "It takes a lot of bodies to get a home like this done. The biggest thing was the high school students". Even though some had little or no experience in building a house, Bidon commended the class. "The six students that worked on it did an awesome job." Adding,



Karlee and Nichole Brunkhorst stand in the kitchen of their new home with the gifts presented by Goodhue County Habitat for Humanity at a dedication event July 24th.

"As things go wrong, they had the opportunity to take a couple things apart and make it right. That's just part of this process."

Caden Lodermeier chose the construction project to fill his first and second class periods totaling about 100 minutes each day of his Senior year. He said the number one thing he learned was patience. Next year's class will be taking on another habitat project—building a home on beams in Goodhue and having it moved to a lot in Lake City when it is completed. The woodshop class hopes to build cabinets for the home.

Pastor Robbin Robbert offered blessings at the dedication and Goodhue County Habitat for Humanity president, Bob Hawley thanked everyone who played a part in the project. "This home represents more than just the building with walls and so forth, it's a symbol of the hard work and the partnership, especially with this being the first home that was

built in large part by the students in the school. We're happy that that was a successful venture".

Home owner services manager, Angie Foss explained the traditional gifts she presented as: bread to never know hunger, salt to represent a life full of flavor, and sparkling water to know joy, love and celebration. Bob Bidon presented a flag, fire extinguisher and a fire blanket. Board member, Lana Huemann presented a painting exclusive to Habitat for Humanity home owners. The organization also provided a plant in memory of Nichole's mother who recently passed away.

A native of Ellsworth, Wisconsin, Nichole chose to purchase her home in Goodhue where she works at the school and Karlee is a student. "Thanks to everyone in the community that's put their hard work into this for Karlee and I. It's a big dream coming true and I appreciate it so much."

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Farmers' Market Offers Food and Fun through September

(continued from page 1)

There will be no market on August 6th due to the Goodhue County Fair.

"We are taking things up a notch this year (with) more food trucks, and entertainment every Wednesday," promised recently elected chamber president, Shannon Harrell. A special Kids' day theme July 23rd featured the MN Twins mascot, TC Bear. The mascot was very popular, as was face painting and the unexpected fun of splashing in puddles and running through water in the street after a pouring rain. The sun came out and a festive atmosphere dominated the market with live music provided by Greg Taylor. KWNG radio was also live, broadcasting interviews with Miss Goodhue royalty and other visitors. The Goodhue Lions food truck, The Depot and Fiesta Mexicana offered a variety of on-site food choices.

Weekly take-home choices include in-season vegetables, meats, eggs, preserves and baked goods. You can also pick up specialty coffee or even a customized hat. The market offers the Power of Produce (POP) Club. The



Jaxon Harrell poses with Twins mascot, TC Bear during Kids' Day at the Goodhue Farmers' Market.

program is for children ages 4-12 and seniors age 60+. POP participants receive a \$2.00 token to spend on fresh fruits or vegetables just for signing up. Supporting your local farmers' market encourages healthy choices, social interaction and stimulates the community's economy.

Lauren Buck is a new vendor at the market this year. A casual conversation while on a road trip with a friend led Lauren to acquire some sourdough starter. She describes her first attempts as "Not so successful". She continued to experiment until she felt she had the process, "Down to a science". The dental hygienist-turned stay at home mom to a 7-year-old boy and 5-year-old girl decided to



Buck & Dough Artisan Bread is a popular new vendor at the Goodhue Farmers' Market.

get her Cottage License from the MN Department of Ag and start selling her creations under the name, Buck & Dough Artisan Bread.

Preparing for the market is a 2.5-3 day process for Buck. She starts her creations Monday evening, combining ingredients for regular sourdough bread, cinnamon bread and rolls, herb breads, and a buttery croissant version. She also makes peanut butter and chocolate chip varieties of cookies, baking everything in her home kitchen's double ovens. Product prices range from \$8/dozen cookies to \$10-\$14 loaves of bread to \$20 for a dozen cinnamon rolls. Her first week at the Goodhue market, she sold out in 45 minutes.

She increased her inventory from 20 loaves to 35 loaves and 19 dozen cookies, selling out again the second week.

Assisted by her mother, Linnae Carlson, Lauren will be at the Goodhue Farmers' Market every week except August 27th. If you miss the opportunity to purchase from Lauren at the market, you can email her at buckanddoughartisanbread@gmail.com for a custom order. She continues to experiment with new flavors and has offers to appear at future events such as Sargeants Fall Fest and the Red Wing Holiday Stroll.

Vendors, food trucks and entertainment vary each week. Watch the Goodhue Farmers Market Facebook page for updates.

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Goodhue County Farm Bureau Sponsors Dairy Cow for Kenyan School children

GOODHUE, MN — The Goodhue County Farm Bureau is proud to announce its sponsorship of a dairy cow for Simba Educational Ministries, an organization dedicated to sup-

porting schools and communities in Kenya. The cow, affectionately named Miss Goodhue, will help provide vital nutrition to 50-60 schoolchildren and their families by supplying fresh milk on a daily basis.

This initiative was inspired by local residents and Goodhue County Farm Bureau members, Ted and Katie Brenny, who have been actively involved with Simba Ministries since 2019. Katie, who first traveled to Kenya on a mission trip, has remained committed to supporting the school through agriculture-based efforts, sponsoring a child, providing agricultural education, and funding poultry projects. The Brennys recently advocated for the donation of two dairy cows, recognizing the critical role milk can play in supporting



childhood development and bone health.

"Miss Goodhue is more than just a cow, she's a symbol of our county's commitment to sharing the values of agriculture with communities around the world," shares the Board of the Goodhue County Farm Bureau. "We're honored to contribute to a cause that promotes nutrition, education, and global agricultural awareness," shares president Tom Perkins.

The sponsorship includes a \$750 donation to cover the cost of the cow. Simba Ministries is also fundraising \$3,000 for a shelter to

house the animals, ensuring their health and productivity.

The Goodhue County Farm Bureau encourages other organizations and individuals to consider supporting Simba Ministries and join in connecting agriculture across borders.

For more information on Simba Educational Ministries and how to contribute, visit www.simbaministries.org.

For further information and questions, please contact Goodhue County Farm Bureau Office Assistant Mary Jo Schoenfeld at 507-455-0745 or steelecountyfb8@gmail.com.

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The Circus is Coming to Dennison

(continued from page 1)



C&M Circus has been providing quality, local family entertainment for 40 years. This authentic One-Ring, Big Top Circus has been featured on the A&E Special: Under the Big Top, Nick News: On the Road with Circus Kids and most recently OETA's Big Top Town.

This year, we're very excited to bring you our brand new 2025 performance featuring Big Cats presented by Trey Key, our Aerialist Extraordinaire Simone on the trapeze, the

Perez Daredevil Duo on the Tight Rope and Wheel of Destiny, the high energy Macias family hand and foot juggling, and everyone's favorite Circus Clown Leo Acton.

Circus Day Schedule

9:30 a.m. - Tent Raising & Tour

Everyone is invited to watch the Big Top rise! You'll also get a chance to tour the grounds and get a behind-the-scenes look at our show! Learn about life on the road and the care our animals receive.

4:00 p.m. - Midway Opens

Pony Rides, Moon Bounce, Giant Slide, Face Painting, Concession Stand and Box Office open up for some extra fun!

5:00 & 7:30 - Circus Performance

Get ready for an amazing show the whole family will love! Each show lasts about 90 minutes.

Tickets

Advance Tickets Prices

Adult Ticket - \$13 Child (2-12) or Senior (65+) - \$8 Advance tickets can be purchased BEFORE Circus Day from these locations:

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Parkside General Store - Nerstrand

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Box Office Prices

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How to Remove a Tick and What to Eat When You Are Sick



By Shauna Burshem, D.C.

When you're sick, your body demands more nutrients, fluids, and energy to recover, but appetite often diminishes, creating a challenging mismatch. This is where food choices play a critical role. Eating becomes less about flavor and more about function, as the right foods can support your immune system, soothe symptoms, and speed up recovery. Conversely, the wrong foods can hinder healing, worsen discomfort, and prolong illness. Tailoring your diet to your symptoms ensures your body gets the building blocks it needs to heal effectively. Hydration is a top priority, especially during stomach bugs, as vomiting and diarrhea deplete both water and essential electrolytes like sodium and potassium. Coconut water and bone broth are excellent options for gentle rehydration, while high-water fruits and vegetables like watermelon and cucumbers provide hydration alternatives when plain water feels unappealing. For upset stomachs, bland carbohydrates such as bananas, rice, and applesauce are easy to digest and help stabilize the digestive system. Eating small, frequent meals rather than large portions is key to avoiding further irritation. Specific symptoms call for targeted food strategies. For constipation, gradually increasing dietary fiber is essential, but overloading too quickly can worsen bloating and discomfort. Warm beverages like tea or coffee can help stimulate bowel movements, while fruits like prunes and fiber-rich legumes provide lasting digestive support once the gut stabilizes. For sore throats, both warm soups and cold foods can provide relief, while raw honey acts as a natural cough suppressant. Bone broth offers collagen and amino acids for tissue repair, and garlic's antiviral and antibacterial properties can reduce the severity of colds and flu.

Ultimately, food choices during illness should focus on supporting the body's natural healing processes without aggravating symptoms. Functional foods like ginger can calm nausea and soothe the digestive tract, while coconut water replenishes electrolytes without upsetting the stomach. Bone broth and warm teas are particularly effective for congestion, offering both hydration and soothing warmth. By aligning your diet with your

symptoms, you can work with your body to recover faster and more effectively.

Ticks pose a significant health risk, turning a simple outdoor experience into a potential battle with illness. The danger lies not just in the bite itself but in the aftermath, where improper handling can lead to infections and long-term complications. Many people, driven by panic or outdated advice, resort to unsafe removal methods like burning the tick or using nail polish, which only increase the risk of infection. Knowing the correct removal techniques and preventive measures is crucial to staying safe and healthy. The safest way to remove a tick is by using fine-tipped tweezers to grip it close to the skin and pull upward with steady, even pressure. Twisting or yanking can break the tick apart, leaving fragments embedded in the skin. While it may be tempting to dig out leftover parts, experts advise against it, as the body will naturally expel these fragments over time, much like it does with splinters. Attempting to remove them manually often causes more harm, leading to skin irritation or secondary infections.

Using improper tools or methods, such as squeezing the tick or applying petroleum jelly, matches, or nail polish, can force harmful bacteria into the skin, increasing the risk of diseases like Lyme disease. These methods also delay proper removal and heighten the chances of serious illness. Once the tick is removed, safe disposal is essential. Crushing it with fingers is risky, as its fluids may carry pathogens. Instead, wrap it in tape, flush it, or submerge it in alcohol to prevent contamination.

Prevention is the best defense against tick-borne illnesses. Wearing protective clothing, using natural repellents, and performing daily tick checks significantly reduce the risk of bites. Tools like lint rollers and proper tick disposal methods can help you stay proactive. Additionally, documenting bites with photos and saving the tick in a sealed bag or alcohol can provide valuable information for medical professionals if symptoms develop later.

Ticks are more than just a seasonal nuisance; they are a hidden threat that requires vigilance and proper handling. By understanding the risks and following expert-recommended practices, you can minimize the chances of infection and avoid the complications associated with tick-borne diseases. Staying informed and prepared ensures that a simple encounter with nature doesn't turn into a prolonged health challenge.



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Spinal pain impacts millions of people, despite over \$134 billion being spent annually in the United States alone. Most patients remain trapped in chronic pain cycles because treatments often focus on alleviating symptoms rather than addressing the root causes. Common pain generators, such as weak ligaments, tight muscles, structural misalignments, trapped emotions, and inflammatory conditions, are frequently overlooked. This leaves patients cycling through increasingly risky interventions without resolving the underlying issues. Conventional medications often exacerbate the problem rather than solve it. NSAIDs are the leading cause of drug-related hospital admissions, Tylenol results in 56,000 emergency room visits annually due to toxicity, and Gabapentin offers minimal relief while causing cognitive side effects like drowsiness. Corticosteroids, often hailed as "wonder drugs," inflict severe long-term damage, including 5% to 15% yearly bone loss, a 70% rate of weight gain, and dramatic increases in heart attacks (226%), heart failure (272%), and strokes (73%). Spinal surgeries, while highly profitable, are often questionable in their effectiveness. They carry significant risks that patients frequently only learn about after complications arise, with no way to reverse the damage caused by the procedures. Natural alternatives for spinal pain focus on addressing root causes and promoting overall healing without the risks associated with conventional treatments. These approaches often include strengthening weak ligaments through prolotherapy or platelet-rich plasma (PRP) injections, which stimulate the body's natural repair processes. Gentle practices like yoga, Pilates, and physical therapy can improve

posture, release tight muscles, and correct structural misalignments, while acupuncture and chiropractic care provide targeted relief by restoring balance and alignment. Anti-inflammatory diets rich in whole foods, omega-3 fatty acids, and antioxidants can reduce systemic inflammation, while supplements like turmeric, magnesium, and collagen support joint and tissue health. Additionally, addressing emotional stress through mindfulness, meditation, or therapy can help release trapped emotions that contribute to chronic pain. These holistic methods not only alleviate pain but also empower patients to take an active role in their recovery, fostering long-term wellness. Chiropractic care offers a natural, non-invasive approach to managing spinal pain by focusing on restoring proper alignment and function to the spine and nervous system. Through techniques like spinal adjustments, chiropractors can relieve pressure on nerves, reduce inflammation, and improve mobility, often providing immediate pain relief. Regular chiropractic care can also address underlying issues such as poor posture, muscle imbalances, and joint dysfunction, preventing the recurrence of pain and promoting long-term spinal health. Additionally, chiropractic treatments are tailored to each individual, ensuring a personalized approach that targets specific pain generators. Beyond physical benefits, many patients report improved overall well-being, better sleep, and reduced stress levels as a result of chiropractic care, making it a holistic solution for those seeking relief from spinal pain without relying on medications or invasive procedures.

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

Goodhue County Launches Local Advisory Council on Mental Health

Community members encouraged to get involved in shaping mental health services

Goodhue County — NAMI Southeast Minnesota is proud to announce the formation of a Local Advisory Council (LAC) on Mental Health for adults. The council will serve as a vital forum for individuals with lived experience of mental illness, family members, mental health providers, and community advocates to help shape and improve mental health services in the county.

The creation of the LAC is in alignment with Minnesota Statute §245.466, which calls for local governments to establish mental health advisory councils to assess needs, identify service gaps, and advise county leaders on mental health policy and service delivery.

"This is a significant step forward for Goodhue County," said Abby Villaren, Goodhue County Social Services Supervisor. "The LAC will help ensure our mental health services are informed by the voices of those most impacted — individuals and families navigating the mental health system every day. This development is something we've been hopeful about for quite some time and are excited that it's coming together now, giving us opportunities to improve our delivery of mental health services."

The council will meet regularly to discuss community mental health needs, provide recommendations to local policymakers, and support efforts to increase awareness, access, and equity in mental health services.

Meetings will be open to the public, and community participation is strongly encouraged. The LAC is currently seeking new members, especially those with lived experience or an interest in advocating for mental health improvements in Goodhue County.

Interested individuals can learn more by contacting Megan Toney at nami-semn@namisemn.org or by visiting the NAMI Southeast Minnesota website at www.namisemn.org.

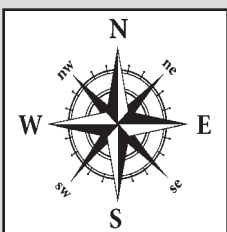
About the Local Advisory Council on Mental Health

The Goodhue County LAC is a collaborative group of individuals, providers, and advocates working to strengthen the local mental health system through community input and engagement. The LAC promotes recovery-focused, person-centered care that reflects the needs and values of Goodhue County residents.

The next meeting will take place on August 14, 2025 at 10:30am. All are welcome.
Red Wing Ignite - 419 Bust St., Red Wing, MN

Changes in Latitudes, Changes in Attitudes

Snakes, Why does it Always Have to be Snakes?



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.

OK, so I took the title from my favorite Indiana Jones movie, but I really hate snakes. Have all of my life. Not sure why but most likely started with the Bible story about an apple and the serpent.

My grandfather, Norman, tried to rid the farm of rattle snakes back in the 1880's when he happened upon sixteen rattlers while picking grapes on the hillside in our woods. He killed them all and reported that many were in excess of four feet long.

As a kid I was certain I would be encountering rattlesnakes in my exploration of our woods, so I purchased a snake bite kit and carried it every time I went out. I envisioned extracting the poison from my leg with the little rubber suction cup in the event I accidentally scared one up. I have found out since that it was as unlikely to work as I was to ever come across a poisonous snake.

When I moved down to Tennessee, I was prepared to wage war on copperheads and water moccasins. I brought a Taurus Judge 5 shot revolver filled with .410 shells. Never had an occasion to use it.

Last year my wife had netting over the plants on the back deck to keep the bird from robbing her fruit plants. It had come off over the winter and while she was mowing the John Deere snagged a piece of the fabric and wrapped it up around the blades. I took it to the shop where I removed a 16' netting that had been spun into a nice six foot long rope by the blades. The next week I decided to clean up the remnants of netting by the garden to prevent a reoccurrence with the

mower.

Until this time, I hadn't a care in the world about snakes in Minnesota. I reached down and grabbed the loose netting in the tall grass, and wondered why it too had been spun into a long rope, but not wrapped up in the mower blades. I had the loose netting in my right hand and a firm grip on the supposed rope with my left hand. No gloves on, just bare hands. My left hand told my brain this was not a rope about the same time my eyes told my brain about the pretty diamond shaped markings all down the rope. Both hands let go at the same time.

I knew that there are no Copperheads in Minnesota. My neighbor John, up the road from us in Tennessee lost a finger on his left hand when he picked up a stick of lumber with a juvenile Copperhead under it. I understand the risks with snakes. I am very careful picking things up in Tennessee during the warm months. I have encountered garden snakes in many areas around the farm but never "accidently" picked one up bare handed.

My wife has an app on her phone to identify plants and she took a picture of this "thing." It was a northern water snake. I have lived in Minnesota sixty-eight years and spent every year of it in the woods and streams around here and never encountered one of these. They grow to four feet long and this one was fully grown on the day it expired. It had slithered into the netting and became caught, right under the deck beside our bedroom. Hopefully it doesn't have a family living nearby.



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The Savvy Senior Beware of the Medicare Advantage Trap



By Jim Miller

Dear Savvy Senior,

I will be enrolling in Medicare in a few months and would like to know if I initially enroll in a Medicare Advantage plan, am I able to switch back to original Medicare and get a supplemental (Medigap) policy and prescription drug plan later with without paying a fine? –Almost 65

Dear Almost,

You won't be subject to any fines for switching Medicare plans, but you will be subject to medical underwriting for the supplemental (Medigap) policy. That means the private insurance companies that offer these plans can deny you coverage or charge you

a lot more for preexisting conditions. This is known as the Medicare Advantage trap. Here's what you should know.

Understanding MA Plans

Medicare Advantage plans (also known as Medicare Part C) are government approved health plans sold by private insurance companies that you can choose in place of original Medicare. The vast majority of Advantage plans are managed-care policies such as HMOs or PPOs that require you to get your care within a network of doctors.

If you join an Advantage plan, the plan will provide all of your Part A (hospital insurance) and Part B (medical insurance) coverage like original Medicare does. But many Advantage plans also offer extra health perks like dental, hearing and vision coverage along with gym/fitness memberships, and most plans include prescription drug coverage too.

Medicare Advantage plans are also cheaper than if you got original Medicare, plus a separate Part D drug plan and a Medigap policy. This can be very attractive to new enrollees who are relatively healthy and don't require much medical care.

But the benefits and networks of Advantage plans can change from year to year. And if you get care outside the networks, you'll usually pay more – sometimes a lot more. Advantage plans are also criticized for pre-authorization requirements which can delay or deny patient access to medical care.

The rap on Medicare Advantage has always been that they're great when you're healthy and don't require much health care, but depending on the plan, may not be so great if



you get sick.

With original Medicare, benefits remain the same and you can use any provider that accepts Medicare (most doctor's do). But original Medicare has coverage gaps (deductibles, coinsurance and copayments) that can be very expensive, which is why you'll need a supplemental (Medigap) plan offered by a private insurer.

If you opt for original Medicare when you're first eligible, insurers are required to issue you a Medigap policy and can't charge you more based on your health status. In most states, Medigap plans are automatically available only in the first six months after an enrollee becomes eligible for Medicare.

But if you enroll in a Medicare Advantage

plan when you're first eligible, you'll miss the Medigap enrollment window, which means an insurer can refuse to write you a Medigap policy or charge you a lot more for signing up later. And in case you're wondering, you can't buy a Medigap policy while you're in a Medicare Advantage plan.

There are, however, four states — Connecticut, Massachusetts, Maine and New York — that prohibit insurers from denying a Medigap policy to eligible applicants, including people with pre-existing conditions.

For more information on how Medigap works visit [Medicare.gov/health-drug-plans/medigap](https://www.medicare.gov/health-drug-plans/medigap).

Neighbors

50th Annual Rice County Steam and Gas Tractor Show August 29, 30 & 31

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 29,30,31.

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, in-

cluding 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. For the annual fundraising raffle, a Club Car Golf Cart is the Grand Prize this year. Raffle Tickets are just \$5.00, with the drawing Sunday at 4 PM. .

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.

Celebrating 50 years of shows, the all-vol-



The Charlie Sticha Band from 1 pm to 4 pm!



Old Country Boys on Friday, August 29th from 5 pm to 8 pm!

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STEAM & GAS ENGINE INC

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AUGUST 29TH
FOR ALL THE
FUN!



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unteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year. The newest building acquisition for the club was the former Waterford, MN schoolhouse and township building, which was moved to the grounds from its original location in Water-

ford (Just North of Northfield). 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

LABOR DAY WEEKEND

Rice County Steam & Gas Engines Welcomes you

50TH ANNUAL SHOW

Gates Open - 7am August 29-31, 2025

FEATURING
ALL MAKES & MODELS OF TRACTORS & EQUIPMENT

**New this year- CORNHOLE TOURNAMENT - Saturday Afternoon, North side @ Music Bldg*

***PARADE OF TRACTORS -DAILY @ NOON**
***TRACTOR PULL - Sunday 9:00 am**
***KIDS PEDAL PULL - Saturday 2 PM**
***RAILROAD TRAIN RIDES - DAILY**
***SUNDAY 4:00 pm* RAFFLE DRAWING**

LIVE MUSIC & BEER GARDEN

FRIDAY
1:00 - 4:00 pm *Charlie Sticha Band*
5:00 - 8:00 pm *Old Country Boys*

SATURDAY
10:00 - Noon *Marv Gohman*
1:00 - 3:00 pm *Square Dancing*
1:00 - 4:00 pm *Dave Horejsi -Drentlaw House*
4:00 - 8:00 pm *Dakota Ramblers Band*

SUNDAY
8:00 am *Non-Denominational Church Service*
10:00 - Noon *Marv Gohman*
1:00 - 4:00 pm *Czech Area Concertina Club*

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WINDY WILLOW Petting Zoo at Horse Barn

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Can you write about airbags? I know you just wrote an article about it being best for kids to ride in the back seat. I know airbags are an issue for kids in the front seat so I thought this would be a good topic. Thank you.

Answer: An airbag is a supplemental restraint system. Airbags work with seat belts to prevent injuries but are not designed to keep occupants from being ejected. For safety reasons, children under age 13 must ride in the back seat if it is available.

Airbag safety suggestions

- Try to keep at least 10 inches between yourself and the steering wheel. Keep your hands at the 8 and 4 o'clock or 9 and 3 o'clock positions on the steering wheel. Avoid the 10 and 2 o'clock position.

- Keep your thumbs turned out on the steering wheel.

- Move front passenger seats as far back as possible. Read your operator's manual before driving or riding in a vehicle with airbags.

- For more information about seat belts, airbags and car safety seats, visit the Department of Public Safety's Office of Traffic Safety at ots.dps.mn.gov.

Question: I heard some talk about a new law of July 1st that allows motorcycles to drive through traffic. Can you explain this as a lot of my friends are talking but I can't get the same answer from any of them.

Answer: Motorcycle Lane splitting and filtering are legal on Minnesota roads as of July 1. The new law, passed by the Legislature in

2024, allows motorcycles to share lanes with cars for the first time in the state, with notable restrictions on speed and where lane sharing can be performed.

It is the responsibility of motorcyclists to perform these actions safely and legally. Motorists need to be aware of motorcycles that are splitting and filtering and cannot get in their way, however they are not obligated to accommodate them.

- Lane splitting allows a motorcycle to share a lane with and pass a vehicle in slow-moving traffic at no more than 25 mph, and no more than 15 mph over the speed of traffic. Once traffic gets back up to 25 mph, the motorcycle must go back into their own lane of traffic.

- Lane filtering allows motorcycles to move through traffic that is stopped, such as at a stoplight or in a traffic jam. The motorcyclist cannot go more than 15 mph as they filter toward the front of the line of traffic.

- Splitting and filtering are prohibited in roundabouts, school zones, freeway on-ramps and work zones where traffic has been funneled down to a single lane.

For more information:
<https://dps.mn.gov/news/ots/lane-splitting-filtering-begin-mn>

Question: Somebody was trying to tell me the other day that it's ok to throw out their fruit peels along the highway as they break down fairly quick and it shouldn't be an issue. I disagreed and told them garbage is garbage. I asked if they would want someone to throw that stuff in their yard. What does the law say?

Answer: You are correct. That would not be allowed. It is illegal to throw items from your vehicle onto streets, roads, and public or private land. Do not throw, leave, place or dump any items, including: cigarettes, fireworks, debris, snow, ice, glass, nails, tacks, wire, cans, garbage, papers, ashes, refuse, carcasses, offal, trash or rubbish.

Question: I was driving in the metro area the other day and I witnessed a bus driving on the shoulder. Is this allowed?

Answer: Transit buses and metro mobility buses are permitted to use the shoulder of a freeway or expressway. Buses can use the shoulder only when main-line traffic speeds

are less than 35 miles per hour. Bus drivers on the shoulder may not exceed the speed of main-line traffic by more than 15 miles per hour and may never exceed 35 miles per hour. Bus drivers on the shoulder must yield to merging, entering and exiting traffic and to other vehicles on the shoulder.

Question: I see a lot of motorists pulling campers and trailers that don't have experience or simply don't know what they are doing. I see some crashes that I suspect are due to this. Can you talk about pulling campers and trailers?

Answer: If you pull a camper or trailer with your vehicle, you must maintain at least 500 feet of following distance from other vehicles.

When loaded, 10 to 15 percent of the trailer's weight should be balanced on the hitch between the trailer and vehicle. When correctly loaded, the trailer's floor should be level. After the first few miles, stop and check the hitch, tires, lights and load. Repeat this process at all rest stops.

Travel at a slower speed. Many trailers have smaller wheels that turn faster than your car wheels, causing heat buildup that can lead to trailer wheel bearing failure.

Remember that the brakes on your vehicle were probably not designed to handle heavy trailer loads. A sudden stop at high speed could flip both the trailer and the car.

Speed up carefully, using a lower gear if necessary. Maintain enough following distance to prevent the need for sudden stops. When passing other vehicles, remember the additional length of your trailer and be aware that your ability to accelerate is reduced.

Wind and rain will affect your ability to handle and control a vehicle pulling extra weight. When towing a trailer or camper in wet or windy conditions, slow down more

NEW LAW! Effective July 1, 2025

Lane Splitting and Filtering is Legal ON MINNESOTA ROADS

Motorcyclists and motorists need to be aware of this new law to ensure it is executed safely and respectfully on Minnesota roadways.

LANE SPLITTING

is allowed when two or more lanes of traffic are traveling in the same direction and traffic is **MOVING**. It allows a motorcycle to pass another vehicle in the same traffic lane and direction of travel only under these conditions:

- All no more than 25 mph.
- And no more than 15 mph over the speed of traffic in the same traffic lane.

LANE SPLITTING AND FILTERING CANNOT BE PERFORMED IN:

- A Roundabout (approach, drive-through or exit).
- A School Zone.
- A Work Zone where only a single travel lane is available.
- An On-ramp to a freeway or expressway with or without an active control device where moving or stationary vehicles are queued in one or more traffic lanes.

LANE FILTERING

is allowed when two or more lanes of traffic are traveling in the same direction and traffic is **NOT MOVING**. It allows a motorcycle to move through traffic that is stopped, such as at a traffic light or traffic jam, only under this condition:

- No more than 15 mph over the speed of traffic in the same traffic lane.

MOTORCYCLISTS

It is your responsibility to determine if these maneuvers can safely be performed in every situation. **DO NOT** perform them if you cannot do so safely and within the legal speed restrictions.

MOTORISTS

Be aware of motorcycles sharing your lane in slow-moving traffic and when stopped at intersections. **DO NOT** impede their legal right to do so.

MINNESOTA NETS
drivesafemn.org

than you would normally do in such weather.

Allow plenty of room for turns. Long trailers will swing closer to the edge of the road than your vehicle.

Pay extra attention to your vehicle's cooling system when towing extra weight. Your engine will overheat more easily in warm weather, at high speeds and in hilly areas.

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.

E-Bike Laws and Safety - Know the Rules, Share the Road

With warm weather and more people out and about, e-bikes are becoming a common sight on our roads and trails. Whether you're riding or driving near them, it's important to understand the laws and how to keep everyone safe.

Here's what you need to know:

No license or permit is required to operate an e-bike in Minnesota.

Minimum rider age is 15.

E-bikes are regulated similarly to bicycles, so most bicycle laws apply.

Riders should follow traffic signs and signals and yield to pedestrians.

If you're driving near e-bike riders, be extra alert, give them plenty of space and slow down — especially in neighborhoods or shared-use paths. Whether you're behind the handlebars, behind the wheel or walking, safety is a shared responsibility. Together, we can drive Minnesota toward zero deaths.

New Motorcycle Law Started July 1

A new state law went into effect that allows motorcycles to share lanes with vehicles under specific conditions. The Minnesota Safety Council and Minnesota Network of Employers for Traffic Safety (NETS) developed a resource to help drivers and riders understand the changes to ensure this new law leads to greater safety, not greater risk. Drivers or riders looking for additional resources on lane sharing should go to drivesmartmn.org for more information.

Lane Splitting (when traffic is moving):

Motorcyclists may pass between vehicles in the same lane only if:

- Traffic is moving and there are two or more lanes in the same direction.
- The motorcycle is going no more than 25 mph.
- The rider is traveling no more than 15 mph faster than other traffic.

Lane Filtering (when traffic is stopped):

Motorcyclists may move between stopped vehicles (such as at a traffic light or traffic jam) only if:

- There are two or more lanes in the same direction.
- The rider travels no more than 15 mph faster than other traffic.

Where It's Not Allowed:

- In roundabouts or their approaches/exits
- In school zones
- In single-lane work zones
- On freeway/expressway on-ramps

Whether you're behind the handlebars or the wheel, it's important to stay alert, check blind spots, and give motorcycles space. Let's work together to drive Minnesota toward zero deaths.

Tall Corn = Blind Spots

As we enter peak growing season with corn reaching its full height, it's a great time to remind drivers of the importance of stopping at rural intersections. The height of the corn significantly obstructs visibility at intersections, creating blind spots that can lead to devastating crashes. Never rely on indirect indicators like dust during the day or headlights at night that another vehicle may be approaching. These do not provide adequate warning, and never assume that the other driver will yield or stop.

Stay safe:

Stop at corners, even if there's no stop sign.

Stop, even if you know the other road has a stop sign.

Stop, even if you think no one is coming.

We've seen too many friends, neighbors and loved ones suffer injuries or fatalities at these blind rural intersections during growing season. Your life is precious. Rushing to save a few seconds just isn't worth the risk. Whether you're walking, biking, on a motorcycle, ATV, in your car or driving farm equipment, always — without exception — stop at the corners.



BE CAREFUL AT
RURAL INTERSECTIONS

Bellechester City Council Meeting Minutes

June 18, 2025 @ 6:00 PM

Call the meeting to order at 6:00. 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 member Mark Gerken Jacob Gilsdorf, Nick Keller and Rich Majerus as well as City Clerk Lisa Redepinning and City Engineer Matt Mohs was present. Treasurer Kyle McKeown was absent.

Minutes of the May 21, 2025 regular meeting were reviewed and motion was made by Rich Majerus with a second by Nick Keller to approve the minutes. Motion carried.

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

Old Business:

• **Sanitary Sewer Improvements – Pay Application #7** - Motion by Rich Majerus with a second by Nick Keller to approve Pay Application #7 in the amount of \$23,915.24 to Visu-Sewer and DGS final Pay Application #4 for \$2470.55. Motion carried.

• **Ordinance Violation Letters Update** – we will continue to monitor progress.

New business:

• **Street Closure request for Tavern** – Tavern requested street closure for July 19 for a Community Rib Fest Fund Raiser. Motion was made by Rich Majerus with a 2nd by Jake Gilsdorf to approve road closures. Motion carried with Jody Gordon abstaining.

• **Goodhue county GIS** – Motion was made by Rich Majerus with a 2nd by Nick Keller to join Goodhue County GIS user group. Motion carried.

• **Swimming pool permit - Dave Reuter** - Motion was made by Rich Majerus with a

2nd by Nick Keller to approve the pool permit as presented. Motion carried.

• **Liquor License renewals** – Tavern and Legion - Motion was made by Rich Majerus with a 2nd by Nick Keller to approve both liquor licenses for 2026. Motion carried with Jody Gordon abstaining.

Engineer Report – See above

Clerk Report – County GIS – even though we did not get on with this at the beginning of the year, we will get a pro-rated fee based on when we start, not when the date on the resolution states.

Quarterly Billing – will be done June 25th.

Treasurer Report – Past Due list was distributed, letter will be sent.

Water/Wastewater/Facility Report – Plumbing of south well house is needed. Motion was made by Nick Keller with a 2nd by Mark Gerken for these necessary repairs. Motion carried.

Mayor Concerns: None

Council Concerns: None

Adjourn

Motion was made by Mark Gerken with a second by Jake Gilsdorf to adjourn the meeting. Motion carried. Meeting was adjourned at 6:49. Motion carried.

Submitted by Lisa Redepinning – City Clerk

Goodhue City Council Meeting Minutes City Hall ~ June 25, 2025 ~ 6:00 p.m.

Members Present: Mayor Ernie Valenzuela, Council Members Joe Benda, Michael Brunkhorst, Chris Schmit, Jeannine

Nagel Staff: Lisa Redepinning, Lori Luhman

Absent: None

Guests: Lynn Nardinger, Michael Hinsch, Ken Blattner, Maureen Lodermeier, Sheila Gadiant

Call to Order

Mayor Valenzuela called the meeting to order at 6:00 p.m.

Approve or amend Agenda

Two amendments to the agenda under New Business are as listed:

1) Lions Club Temporary Liquor License for the Chicken BBQ on August 17, 2025

2) Resolution approving the Lions Club LG230 Application to conduct off-site Gambling for the Chicken BBQ on August 17, 2025

Motion to approve amended agenda made by Nagel, seconded by Brunkhorst, motion carried 5-0-0.

Approval of Minutes

Motion to approve the June 11, 2025, work meeting minutes made by Schmit, seconded by Nagel, motion carried 5-0-0.

Consent Agenda

A motion to approve items on the consent agenda are as listed:

• Approve Resolution 25-09 Accepting Donation from Goodhue County Cooperative Electric Operation Round-Up program of \$500 for the pool

• Approve The Corner Bar & Grille liquor license renewal

• Approve the Façade program Application for The Goodhue Depot

Motion to approve the Consent Agenda was made by Nagel, seconded by Brunkhorst, motion carried 5-0-0.

Old Business

A motion to approve Resolution 25-10 City of Goodhue Expressing Interest in Joining the Goodhue Fire Truck

Association was made by Brunkhorst, sec-

onded by Nagel, motion carried 5-0-0.

New Business

Motion to approve Resolution 25-11 Approving Lions Club one- year Gambling Premises Permit was made Benda, seconded by Nagel, motion carried 5-0-0.

Motion to approve the Lions Club LG230 Application to conduct off-site Gambling for the Chicken BBQ on August 17,

2025, made by Schmit, seconded by Nagel, motion carried 5-0-0.

Motion to approve the Lions Club Temporary Liquor License for the Chicken BBQ on August 17, 2025, made by Brunkhorst, seconded by Benda, motion carried 5-0-0.

Public Comment

Comments consisted of a letter from Julie Thompson, read by Maureen Lodermeier regarding the use of the pool for water aerobics. The letter informed the council of the program's history, past practices and hope to work something out to continue the program soon. Maureen also stated personal comments advocating for the aerobics program, voiced positive attributes of the instructor and commented the article in the paper was deceptive.

Approval of Bills

A motion was made to approve the bills by Schmit, seconded by Nagel, motion carried 5-0-0.

Adjournment

A motion to adjourn the meeting was made at 6:21p.m. by Council Member Brunkhorst seconded by Schmit 5-0-0.

Respectfully submitted,
Lori Luhman, Administrative Assistant/
City Clerk



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THEME: AT THE CIRCUS

ACROSS

1. *Jumbo The Elephant or Sirius in space

5. "But I heard him exclaim ' ____ he drove out of sight"

8. Young salmon

12. Blood component

13. What Lizzie Borden did

14. Leather razor sharpener

15. "The Famous Five" author ____ Blyton

16. Back of the neck

17. Letter-shaped girder

18. *Feats-of-strength circus performer

20. Indian restaurant bread

21. In need of a muffler

22. Away's partner

23. Backward

26. Same as ruin

30. Greek R

31. Net sales minus cost of goods sold

34. Europe/Asia mountain divide

35. Approximately, as in date

37. Overnight lodging

38. Inflicted a blow

39. Celestial bear

40. Goose egg

42. ____-AFTRA

43. Frying pan

45. Eating establishment

47. Type of English crs.

48. Traffic accident

50. Wading bird

52. *Sara Gruen's novel "Water for ____"

56. *Lion tamer's tool or counter seat

57. Justice's garb

58. Hit it on the head

59. Run off, as in couple

60. Was in the hole

61. Japanese zither

62. Something ____

63. Movie "Saturday Night" subject matter, acr.

64. FedEx, verb

DOWN

1. Tom Jones' " ____ a Lady"

2. *Big Top

3. Gulf V.I.P.

4. Remodeled

5. Tests

6. Settle a debt

7. Biblical place of bliss

8. *"The Greatest Showman" protagonist

9. Equals length times width

10. Multicolored horse

11. Dashboard acronym

13. Type of heart pain

14. Moses' mountain

19. Hollywood legend ____ Shearer

22. *Like circus audience's experience, hopefully

23. Bow-like structure

24. Dodge

25. Trunks

26. *Three- ____ circus

27. What phoenix did

28. Batu Khan's people

29. JD Vance's "Hillbilly ____"

32. Civil disorder

33. African grazer

36. *Sound of circus

38. Money under mattress, e.g.

40. *Aerialist's bouncy safety device

41. Piled

44. Twisted cotton thread

46. Give it generously

48. *Funny one

49. James Dean's famous role

50. It will

51. *Unwelcome reception, pl.

52. Cupid, to the Greeks

53. Sodium hydroxide

54. ____ caca, South American lake

55. Trough stuff

56. Witness

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SUDOKU ANSWERS

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



Goodhue

COUNTY FAIR

August 5-9, 2025

Daily admission: \$7
Season gate pass: \$20
Under 12 years old: FREE

GRANDSTAND SHOWS

Tuesday, August 5th • 7pm
BULL RIDING, BARREL RACING & MUTTON BUSTING
Adults \$15, under 12 \$10

Wednesday, August 6th • 7pm
AUTOCROSS RACING: Adults \$17, under 12 \$10

Thursday, August 7th • 6:00pm
TRUCK & TRACTOR PULL: Adults \$12, under 12 \$7

Friday, August 8th • 7pm
AUTOCROSS RACING: Adults \$17, under 12 \$12

Saturday, August 9th • 5pm
DEMOLITION DERBY: Adults \$20, under 12 \$12

FREE EVENTS DAILY ALL WEEK

Tumbleweed Crossing - Award winning comedy wild west gunfight stunt show

Xtreme Strongman Show

Fisherman Don's "Off the Hook" Comedy Stunt Show

Polka dot Entertainment featuring Penelope & Peter - escape artist, magician, juggler, mentalist, hypnotist, human statue, balloon artist & airbrush tattoo artist

So Hot Glass - ancient art of glass blowing demonstrations



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LEONARD McCRACKEN 7-10pm	DAVE CARPENTER & FRIENDS 2:00pm RYAN SULLIVAN 6-10pm	KAPTAIN KARAOKE 1:30-4:30pm 8TH STREET BEND 6:00-10:00pm	GEORGE'S CONCERTINA POLKA BAND 2:30pm BRYAN ANDERSON 7:00pm	ZACHARY GIEBLER 4:30-7:30pm FOSTER GRAND 8:30pm-12:30am



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