



Goodhue-Bellechester Messenger

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Announcements

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

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Don Reese Celebrates 100th Birthday



Family, friends and neighbors greeted Don Reese at his 100th birthday celebration on the farm.

By Beth Brekke

The skies cleared and the sun shone over events at the Reese farm on September 12th. Old-time oat threshing, straw baling, corn picking and plowing took place during an afternoon celebration of Donald Reese's 100th birthday.

The farm, located on 390th Street in Goodhue Township, has been in the Reese family for over 100 years. Don's grandparents lived there when Don was young.

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Goodhue Homecoming King and Queen

Mari O'Connor and Ayden Horsman



Karyn Edelbach Robertson Ends 31-Year Career at Goodhue School



By Beth Brekke

"I don't like being the center of attention," Karyn said as she stood in the Wildcat Den after school on September 23rd. "I'm speechless," she said at her retirement party that came largely as a surprise 3 days before she finished her 31-year career as Goodhue School's main custodian.

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Pictured to the left: Karyn Edelbach Robertson stands among the gifts and treats organized by Goodhue school staff and employees for her retirement party. She served as the school's custodian for 31 years.

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Announcements

• **Save the Date! Everyone is Welcome to an All Saint's Day celebration on Saturday, October 31st from 9:30-12:30 at Holy Trinity Church in Goodhue.** Our fifth and sixth grade faith formation students will present on their chosen saint from 10:00-11:15. Saints are our role models. Come support our students and see and hear about the saints they chose to share with all of us. Other activities include bake sale and lunch from 9:30 to 12:30 with a carnival from 10:00 to noon for children and adults. Proceeds benefit the Faith Formation Program. Contact Ann Buck at 651-764-3087 with questions.

• **Hiawatha Valley Genealogy Society meets the second Tuesday of each month at 10 a.m. at the Goodhue County History Center, 1166 Oak St. Red Wing. Your first meeting is complimentary! Oct 13 Shirleen Hoffman, PGDip, QG will present: "Expand your family history toolbox with no cost Minnesota genealogy resources."**

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Bellechester, Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon, Wabasha 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. Please contact Three Rivers at 507-316-0610 or email: oas@threeriverscap.org

Do you have an announcement?

Email:

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Pastors Corner



**By Pastor Eric Hanson,
St. Luke Lutheran Church**

When I was a kid, it was almost impossible to find a church that didn't practice communion in some way, shape, or form. Different churches practiced communion in different ways; in some you dipped the bread, in some you broke the bread off a big loaf, some had wafers, some did communion every Sunday, some did it once a month, etc. But, in every church you did communion.

Then the "Great Decline" of the American Church hit in the 80's and 90's and the church growth movement started. In order to bring people back to church, church leaders did some interesting things. Seeker sensitive

churches were birthed, started by Rick Warren in Orange County, California and Willow Creek in Chicago. Churches started to remove denominational names from their titles so as not to detract people who didn't feel a connection to that denomination, or who were averse to it (a great example of this is Granger United Methodist Church in Indiana. Granger saw the success of its neighbor, Willow Creek, and in short order removed any denotational affiliation from its name. It has been Granger Community Church since the early 2000's).

This also led to further rebranding. Not everybody who walks through a church door every Sunday morning is Christian or even feels affable toward Christianity (people go to church for a lot of reasons, sometimes Grandma makes us). For this reason, symbols of Christianity such as crosses, paraments, baptismal fonts, etc., were removed from many of these attractional church sanctuaries. The goal was to make the church building and its sanctuary look like a place for everybody, not just for people who knew the secret handshakes or connected deeply with its symbols.

And I've always had a love/hate relationship with this movement. More people experiencing the Gospel is a holy thing & thank God for leaders who've challenged the Church to do things differently to meet the kaleidoscope of spiritualities that come through our doors (I've done a few weird things too in my day). At the same time, re-

ally important church practices were jettisoned for the sake of attraction. Namely, communion. Very few churches formed by this attractional model practice communion. Why? Communion is chock full of secret handshakes and uncomfortable movements. Communion requires understanding something of the story of Christ before you touch the bread and wine (insider knowledge). Communion requires standing up and bumping into neighbors you might not want to bump into. Communion requires being vulnerable in front of a stranger and standing there open handed, as he or she feeds you. Communion requires standing out a bit, knowing that people are watching you eat, and going back to your seat to watch other people eat. Communion requires the ability to hold mystery; we know Jesus meets us in bread & wine, but we're not good at explaining how. Out of every experience at church, communion is the hardest to curate and control. It's messy people sharing a messy meal. If you're trying to curate an experience where everybody feels comfortable, communion might not be your best friend. And so communion was cut out of the attractional church model.

Why all this talk about communion and its messy nature in a community newspaper? On some level, I think church is supposed to be a mess, and communion is WHERE we experience God meeting us in that mess.

(continued on page 3)

HOLY TRINITY CATHOLIC CHURCH

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

ST. MARY'S CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
221 Chester Avenue • 923-4472
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkil, Belle Creek, since merger in 2013).
Sun.: 8:15AM - 8:35AM Confession, 8:30AM, Holy Mass
Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

ST. COLUMBKILL CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
County Road 47, Goodhue • 923-4472
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Sun.: 10:00AM Holy Mass
Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

GRACE EV. LUTHERAN CHURCH (WELS)

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

AREA CHURCH DIRECTORY Jesus, Name Above All Names

God exalted him to the highest place and gave him the name above every name, that at the name of Jesus every knee should bow. . . . — Philippians 2:9-10

There are a lot of big names out there: Zuckerberg, Apple, Xi, Trump, Oprah, AI. Does our world rise or fall with these names?

Or how about some names closer to home: Parkinson's, Alzheimer's, ALS, Down Syndrome? Or what about labels that society might apply to us: divorced, disabled, addicted, infertile, fired, foreclosed, forgotten, paroled? Do any of these have the power to make or break us?

No. Our reading today proclaims that no name, whether it carries princely power or brings us problems or roadblocks, is greater than Jesus— not even light years close.

None of those names went down low, "taking the very nature of a servant" and "becoming obedient to death" to raise us up. None of those died on a cross to give us new life.

Jesus is the only One whom God gave the name greater than any other name. He is the only One we should bow to. We can take him more seriously than any other name or label, for he himself is God, and he rules over all things.

This month, let's reflect on the various names of Jesus and what they show us about him. Each one reveals something marvelous and matchless about Jesus Christ, our Lord, to whom every knee and power and threat will bow, "to the glory of God the Father." We are in his hands, and he puts all things in their place.

Thank you, Jesus, for all you have done to give us new life and faith in the power of your name. May we honor your name above every name. Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

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

ST. PETER'S LUTHERAN CHURCH, MISSOURI SYNOD

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

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

MINNEOLA LUTHERAN CHURCH

Pastor Judy Thompson-Reitz
www.minneolalutheranchurch.com
13628 Cty. 50 Blvd., Goodhue
Office line: (507) 218-7177 Pastoral Care: 507-218-9063
Sunday School (first two Sundays of month) 9:30a.m.
Worship at 9:00a.m. (Communion on 2nd and 4th Sundays)

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

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

ST. LUKE'S LUTHERAN CHURCH (ELCA)

Pastor Eric Hanson • www.stlukegoodhue.org
37750 County 6 Blvd., Goodhue, MN 55027
Email: office@stlukegoodhue.org • 651-998-7106
8:30a.m. Sunday School; 9:30a.m. Sunday Worship
6:45p.m. Wednesday Worship

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

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

LANDS LUTHERAN CHURCH

Pastor: David Krinke, Email: pastordavid@landslutheran.org
Pastor: Nikki Rockne, Email: pastornikki@landslutheran.org
P O Box 225/16640 Hwy 60 Blvd, Zumbrota, MN (507) 732-5482
Web Site: www.landslutheran.org
Facebook: Lands Lutheran Church
Sunday mornings: 8:30a.m. Contemporary Worship Service & on Facebook; 9:30a.m. Sunday School; 10:30a.m. Traditional Worship Service & on Facebook
Wednesday Evenings: 6:15p.m. Confirmation; 6:15p.m. Worship & on Facebook; 7:00p.m. Adult Study



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Raymond "Ray" Howard Sands

Raymond "Ray" Howard Sands, 95, of Kenyon, died on Monday, September 14, 2026, at his home with his daughters by his side.

Ray Sands, a life-long musician, farmer, was born January 9, 1931, on his family's 200-acre dairy farm near Kenyon, Minnesota.

He was a third-generation farmer and was one of four children born to Charles "Charley" and Florence Sands.

Ray learned to milk cows by hand at the age of five and began playing the accordion at age nine. By the time he was 11, he was performing alongside his siblings in the family band. Ray attended country school and farmed alongside his father on the family farm, milking cows, raising turkeys and planting and harvesting crops in the field. He took over the farming operation after his father's passing, continuing the dairy herd until he retired from milking in 2009.

After graduating from Wanamingo High School in 1949, Ray was invited to play accordion with a municipal band in Zumbrota to help raise money for a new hospital. That experience helped lead to the formation of the

Polka Dots, who went on to become a successful old-time polka band that toured throughout Minnesota and the Upper Midwest. In 1963, Ray was asked to lead the band and continued doing so until their final performance in August 2022.

On December 12, 1970, Ray was united in marriage to Susan (Fossum) Sands at Holden Lutheran Church. Together, they shared a life centered around family, music, farming, and their community. They had two daughters, Kristy and Heidi, who performed with them at numerous venues.

Ray performed with the band for more than seven decades, bringing the happiness of polka music to festivals, fairs, nursing homes, conventions, dance halls, and community celebrations. He recorded several albums and CDs with the Polka Dots and the Ray Sands Combo, including milestone recordings commemorating the band's 40th, 50th, 60th, and 70th anniversaries. He also helped make musical history when the Polka Dots became the first old-time band to record an LP with their signature song, "The Ping Pong Polka." Throughout his remarkable career, Ray performed internationally at polka festivals in Austria, Norway, Denmark and Sweden, appeared on nationally syndicated polka shows and was featured on Prairie Home Companion and a movie called "His Neighbor Phil." The band also played at the Kennedy Center in Washington, D.C., and

the Southwest Polka Festival in Las Vegas, Nevada.

Ray received numerous honors for his contributions to polka music and his community. In 2000, he was inducted into the Minnesota Music Hall of Fame. He was named Kenyon's Rose Fest Parade Grand Marshal and Kenyon's Citizen of the Year in 2009, and in 2020, he was selected as Goodhue County Citizen of the Year.

Ray's greatest legacy was the joy he brought to others through his music. For more than 70 years, he rarely turned down a request to perform, continuing to share his talent with audiences of all ages. Whether playing for a crowded dance hall, a community celebration, or a nursing home gathering, Ray understood the simple power of music to bring people together and create lasting memories.

His dedication to music, family, farming, and his community made him a beloved figure whose influence will continue for generations. Ray will be remembered for a life filled with music, hard work, generosity, and a genuine love for the people around him.

He is survived by his daughters, Kristyn (and Matt) Jacobson of Kenyon, Heidi (and Mikkel) Gusenius of Minnetrista; grandchildren, Bryan and Colin Jacobson, Rylan and Marika Gusenius; brother-in-law, Robert Fossum and his nieces.

He was preceded in death by his wife, Susan Sands; parents, Charley and Florence Sands; brothers, Wilbur and Duane Sands, and his sister, Doris Nodland.

Visitation was at Michaelson Funeral Home, Kenyon on Friday, September 18, 2026, from 4:00 PM to 7:00 PM. Funeral services were held on Saturday, September 19, 2026, at 11:00 AM at Emmanuel Lutheran Church - Aspelund with a visitation starting at 10:00 AM. Interment was in the Emmanuel Lutheran Cemetery in Aspelund.

Sharon Kappedahl



Sharon Kappedahl, of Randolph, MN passed away Tuesday, September 1, 2026 at Valentine's Assisted living in Red Wing, MN.

Sharon Beverly Kappedahl, 82, was born in Kenyon, MN on November 1,

1943. She graduated from Kenyon High School and married the love of her life, Orvin Kappedahl, in 1961. Together, they raised their four children in rural Randolph and operated a family business, "Orv's Refrigeration," until retirement. The couple wintered several years in Texas where they enjoyed playing music and making friends.

Sharon is survived by son Clay (Mina) Kappedahl of Lakeville, grandchildren Sam and Noelle; daughter Lynn (Kerry) Quam of Eden Prairie, grandchildren Austin, Layne, and Jenae; daughter, Jodi Kappedahl of Yakutat, AK; and daughter Missy (Jed) Post of rural Goodhue, with grandchildren, Cayden, Levi, Rylan, Asher, Leona, and Walton. Nieces and nephews: Charleen (Pete) Volkert, Rhonda Liberty, and Brett Neseth.

Sharon was proud of her children and grandchildren, delighting in their visits and phone calls and residing with daughter Missy and her family when living independently was not possible. Sharon was a resident of Valentines Assisted Living in Redwing in her last days.

During her life, Sharon loved people and made friends wherever she went. She enjoyed playing guitar, making floral arrangements, baking and decorating cakes and a variety of Christmas cookies to share with others.

In her last days, Sharon said the most important thing about life is "knowing Jesus." She was an active member at St. Marks Lutheran Church in Randolph and attended Grace Lutheran Church in Goodhue. She is preceded in death by husband Orv, her parents, Benjamin and Gladys Neseth; and siblings, Bernard (sister-in-law, Julie) and Gary Neseth.

Visitation was held on September 11th, 12:00-1:30pm at St. Marks Lutheran Church 28595 Randolph Blvd, Randolph, MN. A graveside memorial service followed at 2:00pm, at Little Cannon Cemetery in rural Nerstrand. After the service, everyone returned to St. Marks for fellowship and reception.

Pastors Corner

(continued from page 2)

We might enjoy curated, controlled spaces, but the bodies & minds we bring to the table are anything but curated or in-control. We bring the mess of our lives and ourselves, and we bump into the mess that is our neighbors. We hold out our hands still dirty from the fields and receive bread from somebody that definitely needs to cut their nails more.

And somehow, THERE is where we meet Jesus. Not in our curated lives, but in the mess we and our neighbors bring to the Table.

Yes, there's something uncomfortable about that. But, there's also something really holy there too. A well-manicured sermon might take 1,000 words to tell you Jesus loves you. But bread and wine from one dirty hand given into another preaches the whole Gospel in an instant. Thank God for the sacraments, lest we ever forget God shows up in our messes.

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Holy Trinity Parish

All Saints Day Celebration

ALL ARE WELCOME!

SATURDAY OCTOBER 31, 2026
at Holy Trinity Church in Goodhue

Thank you for making this All-Saints celebration a success!

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Shirley Mae Roschen

Shirley Mae Roschen, 80, of Red Wing, passed away Monday, September 14, 2026, at her home surrounded by her loving family. She was born June 2, 1946, in Red Wing, to Maynard and Donna (Arden) Vieths. She graduated from Goodhue High School, class of 1964. On November 20, 1965, she married the love of her life, Delmar Roschen at Immanuel Lutheran Church in Hay Creek. Together they had 5 boys and raised their family in Red Wing. Shirley worked for Red Wing Shoe Company for 37 ½ years, retiring in 2008. She had many special talents and passions, but her greatest joy came from cheering on her grandchildren and great-grandchildren at all of their events. Shirley loved planting flowers and keeping her home decorated year-round. She enjoyed cooking and baking, and she was especially famous for preparing more than enough food during the holidays and deer hunting season. Gifted with a needle and thread, she spent countless hours sewing, altering garments, and crafting costumes for her family and friends. Shirley had an adventurous spirit, finding joy in side-by-side rides, snowmobiling through the winter, camping and fishing at Balsam Lake, and hitting the open road in the camper. She enjoyed taking pictures and became the family's great archivist, carefully preserving memories in countless photo albums. A true NASCAR and racing fan, Shirley's love of fast cars and the thrill of the track earned her the nickname "Hot Rod Grandma" when she was racing in the Powder Puff Races. Shirley deeply loved her family and shared an unbreakable bond with her husband, rooted in a rare and lasting devotion.

Shirley is survived by her husband, Delmar Roschen; 5 sons, Delmar Jr. (Traci), Dennis (Jamie), Duane (Nikki), David (Michelle) and Daryl (Carianne) Roschen; grandchildren, Andrew (Morgan) Roschen, Abbey (George) Post, Maverick Roschen, Daniel Roschen, Lauren (Derek) Gibson, Hallie, Bailie and Cody Roschen, Caitlin (Kolton) Heisler, Morgan (Nathan) Haviland, Carson Roschen and Alivia and Willard Roschen; step-grandchildren, Josh (Connie) Minder, Jesse and Mason Peterson and Portia Bol-

land; great-grandchildren, Bentley, Brooks and Rayleigh Post, Ryan Groth, Ryder and Paislee Heisler and Blakelee and Casen Haviland; step-great-grandchildren, Wesley and Calvin Minder and Ethan and Wesley Hertzog. She is also survived by her siblings, Ken (Sharon) Vieths, Audrey Novek, Sandy (Mike) Wood, Larry (Nancy) Vieths, Keith Vieths, Lynette (Ron) Hanson, Tony (Jean) Vieths and many nieces and nephews.

She was preceded in death by her parents and an infant brother, Michael.

Memorial service was at 11 a.m. Tuesday, September 22, 2026, at United Lutheran Church. Rev. Justin Boeding officiated. Visitation was for one hour prior to the service at the church. Memorials are preferred to United Lutheran Church or St. Croix Hospice. Arrangements handled by Mahn Family Funeral Home, Bodelson-Mahn Chapel.

Elizabeth "Betty" Louise Stellrecht

Elizabeth "Betty" Louise Stellrecht, 90, of Red Wing, Minnesota, died Sunday, Sept. 27, 2026, at her home at Potter Ridge. She was born February 19, 1936, in Bellechester, MN, to Tildon and Hilda (Gillespie) Burkard. Betty and her siblings were raised in the upstairs of the



Tavern in Bellechester, where they made many special childhood memories together. Tavern patrons and family were treated to Gene Autry movies projected on bedsheets, outside the Tavern on warm Saturday nights.

Sadly, by the age of 11, Betty and her siblings had lost both of their parents. Betty then lived with her great aunt Annie for one year as well as her other aunts and uncles, Catherine and Pat for 3 years and then Carl and Vern, briefly. She finally settled with her cousins, Cal and Mina and they lived in Spokane, Washington for her sophomore year of high school, Red Wing for her junior year and she graduated from Bloomington High School in 1954. Betty worked at Snyder Drug in Minneapolis for one year before moving to Spooner, Wisconsin in 1955, where she met Henry Stellrecht. They were married on April 14, 1956, and in 1963, they moved to Red Wing. Betty did daycare in her home for 15 years and then cleaned homes. Henry and Betty were married 58 years before his passing in January of 2015. She was a member of

the Church of St. Joseph.

Betty found great joy in baking, especially her delicious apple and raspberry pies and an assortment of homemade cookies. Her oatmeal, chocolate chip, and coffee spice cookies were family favorites. She also enjoyed making doughnuts, raspberry jelly, and strawberry jam, and enjoyed canning. Playing cards was always a favorite of hers, especially euchre, 500 and canasta. Above all, Betty cherished her family. She loved her children, grandchildren, and great-grandchildren dearly and treasured every opportunity to spend time with them and be a part of their lives.

She is survived by her children, Brenda of Spooner, WI, Jerry of Goodhue, Steve (Deanna) of Welch, Paul of Hastings, Brian Stellrecht of Red Wing and Beth (Brian) Hall of Zumbro Falls; 8 grandchildren, Kaela (Gary) Stellrecht, Korbyne (Miles) Edstrom, Kamryn (Walker) Kennedy, Keaton (Anna) Stellrecht, Courtney (Cole) Willers, Cassandra and Lily Hall and Dakota Belisle-Stellrecht and 4 great-grandchildren, Lorayna and Nyksen Edstrom, Thomas Kennedy and Charlotte Willers. She was preceded in death by her parents; husband, Henry; son, Robert and siblings, Joe Burkard and Berta Peterson.

Funeral Mass was at 11 a.m. Friday, October 2, 2026, at the Church of St. Joseph with visitation one hour prior. Burial took place at St. Mary's Cemetery, Bellechester. Arrangements handled by Mahn Family Funeral Home, Bodelson-Mahn Chapel.

In Memory:

Rev. Arthur H. Frenz Jr.

Rev. Arthur Hilbert Frenz, who faithfully served the Goodhue community as a spiritual leader for many years, passed away at his home in the Twin Cities metro area. Known to some as "Archie", he was raised in Two Rivers, WI, the youngest of 4 children. He met Virginia when a classmate set them up on a blind date for a party. They were married 57 years and had two sons and one daughter. Their family expanded to include two daughters-in-law, one son-in-law and nine grand-

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sons. At the age of 83 years, Archie passed peacefully from earthly life to eternal life with his Savior.

Pastor Frenz was a dedicated minister within the Wisconsin Evangelical Lutheran Synod (WELS). During Archie's 40 years of ministry he was a faithful shepherd of five Minnesota churches. On June 9, 1974, he was officially installed as the head pastor of sister congregations, St. John's and Grace Evangelical Lutheran Churches in Goodhue Township. Throughout the mid-1970s and 1980s, he guided local families through countless baptisms, confirmations, weddings, and funerals. Following his impactful ministry in Goodhue, Pastor Frenz relocated to northern Minnesota, where he spent many years serving as the pastor of Christ Evangelical Lutheran Church in Baxter/Brainerd. He eventually retired to Maplewood, Minnesota.

In various stages of adult life, he enjoyed a variety of hobbies and activities. These included camping, motorcycling, cross-country skiing, playing the dulcimer and making floral arrangements. Two special desires that he fulfilled were taking sailing lessons on Lake Superior and taking watercolor painting classes. God blessed him with 17 years of retirement. One of the greatest joys of this chapter in his life was living near all nine grandsons and seeing them often.

He is survived by his beloved wife, Virginia "Ginny" Frenz, and family. A memorial service was held at Christ Lutheran Church of North St. Paul and Hugo, MN on August 12, 2026. Blessed be his memory.

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Karyn Edelbach Robertson Ends 31-Year Career at Goodhue School

(continued from page 1)

The office paged Karyn for clean-up duty in the Wildcat Den where she was instead met by a crowd of current and former school employees wearing purple. Notice went out earlier to teachers and the rest of the school staff letting them know about the party, and that they and the students should “Dress like Karyn,” whose favorite attire promotes the Minnesota Vikings. As she looked around and pieced things together, she said, “Thanks for all the Viking’s wear—the school never looked so good”.

Looking from the crowd to the display set up in her honor, she studied the elementary students’ signatures on one poster and another with a list of ideas on how to spend her upcoming free time. A quilt made by fellow school employee, Riley Krusmark hung as a backdrop to other gifts. The quilt was made from Goodhue Wildcat T-shirts that Karyn had donated back to the school. Riley gath-



A large number of current and former school workers surprised Karyn with a retirement party at the school on September 23rd. Another large group of family and friends celebrated with her at the Bellechester Tavern on September 25th.

ered the shirts and gave them new life in the quilt that unsuspecting Karyn was happy take back home.

Guests marveled at a beautiful treat tower of macaroons created by Kris Luhman, laughed at a golden plunger and a golden mop bucket full of cards from the kids, and wondered at a jar of already-been-chewed gum. “She’s scraped so much gum off stuff in 31 years, we thought we’d send some home with her,” Sheila Stehr explained.

Other school employees praised Karyn’s passion for groundskeeping, her school spirit when decorating the lounge, and the reliable way she showed up at 5:30 every morning. For many years Karyn also operated the

flower shop downtown, working at the school from 6 AM-noon, then working at the shop into the evening and often on the weekends.

Aaron Fredrickson has been hired to fill Karyn’s position and has spent time learning the duties through job shadowing but everyone agrees that it will be different without Karyn working at the school. Her last day was Friday, September 25th after which she hosted another retirement party at the Bellechester Tavern. Among the food and memorabilia was a poster of potential retirement jobs that included: professional dog sled racer, Vikings’ cheerleader, and Jamaican tour guide. In reality, Karyn will be vaca-

tioning in Jamaica in January and going on a “cousins’ cruise” in February. She also plans to make quilts and spend more time with her 3 children, 7 grandchildren and 2 great-grandchildren.

Karyn describes her time at the school as having “a lot of laughter and a lot of tears,” adding that she loves the kids and has so many happy memories. “I never dreamt I’d spend my whole life here.” Having grown up and lived in Kellogg before moving to Goodhue, she found the same small-town atmosphere and fell in love with this community right away. She likes to visit her hometown but says Goodhue really feels like home. “I even bought a cemetery plot – I’m here to stay!”

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Don Reese Celebrates 100th Birthday

(continued from page 1)

He and Lila, now married for more than 74 years, moved into a trailer there as newly-weds. They first moved into the upstairs of the early 1900's home between the births of their first two children. After 11 years and 7 children, they moved to their farm on County Road 4 where their youngest child was born. 23 Years later their oldest child took over that farm and Don and Lila moved back to the old homestead for 38 years. Lanny Reese, one of their 29 grandchildren, currently resides on

the farm. The couple looked forward to the birthday celebration which brought them back to the farm for the first time since moving to Goodhue Living in July 2024. They spent the afternoon surrounded by friends and family. All eight of their children attended the event. The five girls, Kathy, Diane, Sue, Cindy and Jodi, each wore a different colored T-shirt printed with, "Raised on Love and Hard Work: A Farmer's Daughter". Sons, David, Dale and Danny and other relatives made sure the day's events ran as smoothly as possible. Working with old farm equipment was not without challenges and a few delays, but every part of the process was accomplished. Threshing the grain, which had been cut and bundled earlier in the summer, remains the dusty and labor-intensive process it was decades ago. Many volunteers worked to operate the equipment, feed the bundles into the thresher, then move the straw through the baler and tie the bales. "It's the only way it works," Don said of the large crew required to get the job done. (continued on page 7)



Some of the vintage buildings and equipment on the Reese Century Farm.



Danny Reese owns most of the vintage equipment put on display for his dad's 100th birthday celebration. He made sure everything was in working condition for the event.



Don and Lila Reese returned to the farm they lived on for 49 of the 74 years they've been married when their 8 children hosted Don's 100th birthday party on September 12th.



Threshing bundles of oats and baling the straw was a main attraction at Don Reese's 100th birthday party.



Threshing bundles of oats and baling the straw was a main attraction at Don Reese's 100th birthday party.



Folks watch whole corn cobs fly into the wagon as Lanny Reese operates the 2-row John Deere picker.

Don Reese Celebrates 100th Birthday

(continued from page 6)

In addition to threshing, family members ran other antique equipment on an adjacent field. A bit of corn was chopped with a Gehl self-propelled Chop-All Harvester purchased by Don in 1959. Grandson, Lanny then picked

more corn with a John Deere tractor and 237 2-row picker attachment. Once the edge of the field was opened, grandson, Jason Reese ran another John Deere tractor with a 3-bottom moldboard plow and Danny used his Aultman-Taylor 30-60 tractor to pull a 3-bottom and 5-bottom plow in tandem.

The social event was open to the public and drew many neighbors and community members of all ages. Guests moved freely between the time-honored procedures and the many tractors and implements on display. A picnic-style lunch was provided by granddaughter and owner of the Corner Bar, Tracy Reese. She summed up the event with a Facebook post saying, "Seeing grandpa's face in awe that it was all for him was priceless".

A lunch with a cake depicting a farm scene as its centerpiece, highlighted a second public celebration held in the community room at Goodhue Living the following day. The family gathered again on September 15th, Don's actual birthday, for a military recognition program.



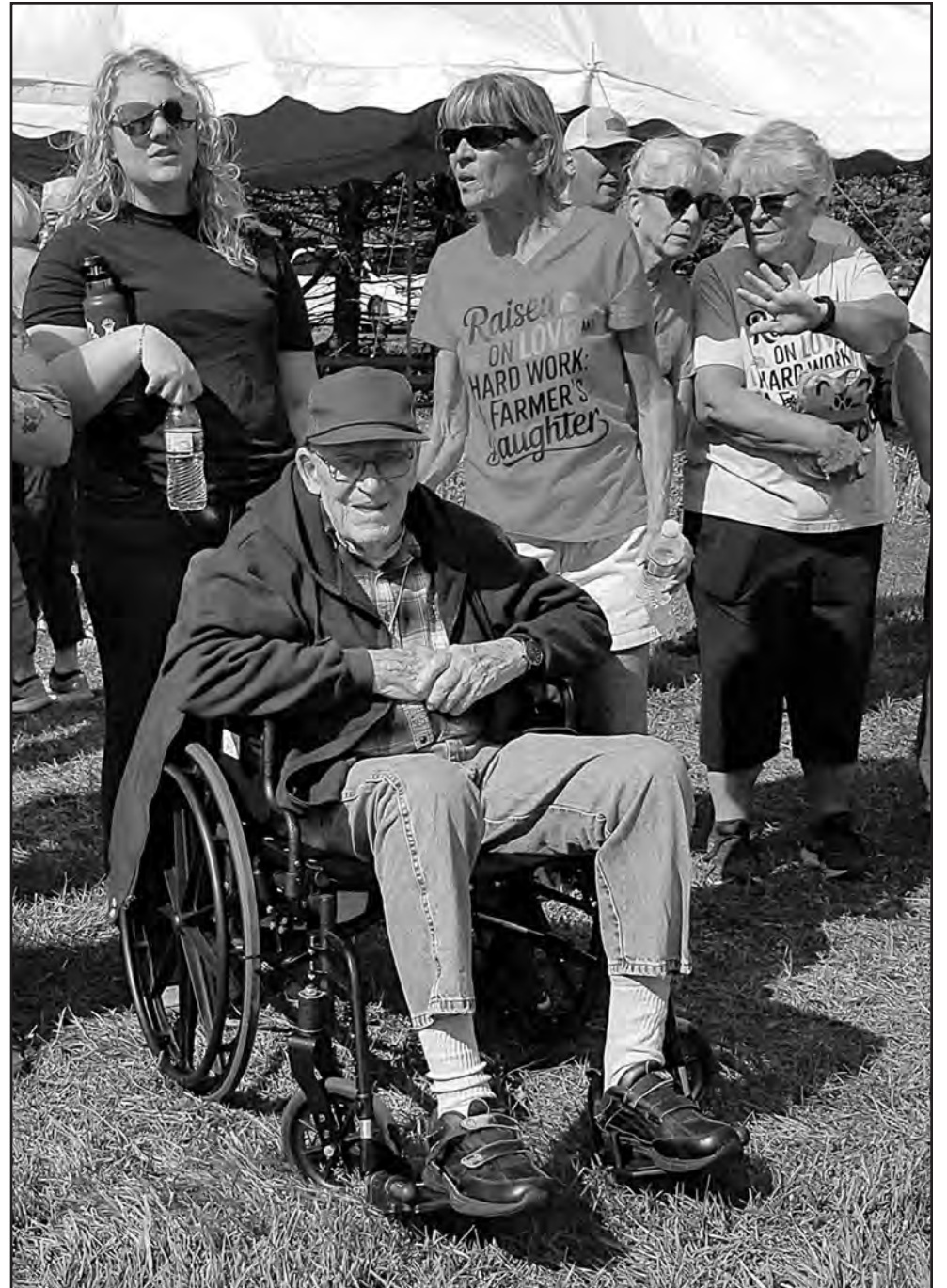
A "Beware of Cow Pies" sign welcomed guests to park in the pasture on the Reese Century Farm when they arrived to celebrate Don Reese's century of life.



Danny Reese's Aultman-Taylor tractor has no problem pulling 2 moldboard plows through the field.



Spectators of all ages watched straw being baled and tied with baling wire on the Reese Century Farm.



Don Reese takes in the threshing demonstration with his great granddaughter, Mellany Carpenter (L) and daughters, Diane, Sue and Cindy behind him.



Kathy (Reese) Ofstie pitches an oat bundle into the threshing machine.

Donald Reese Honored for Military Service

By Beth Brekke

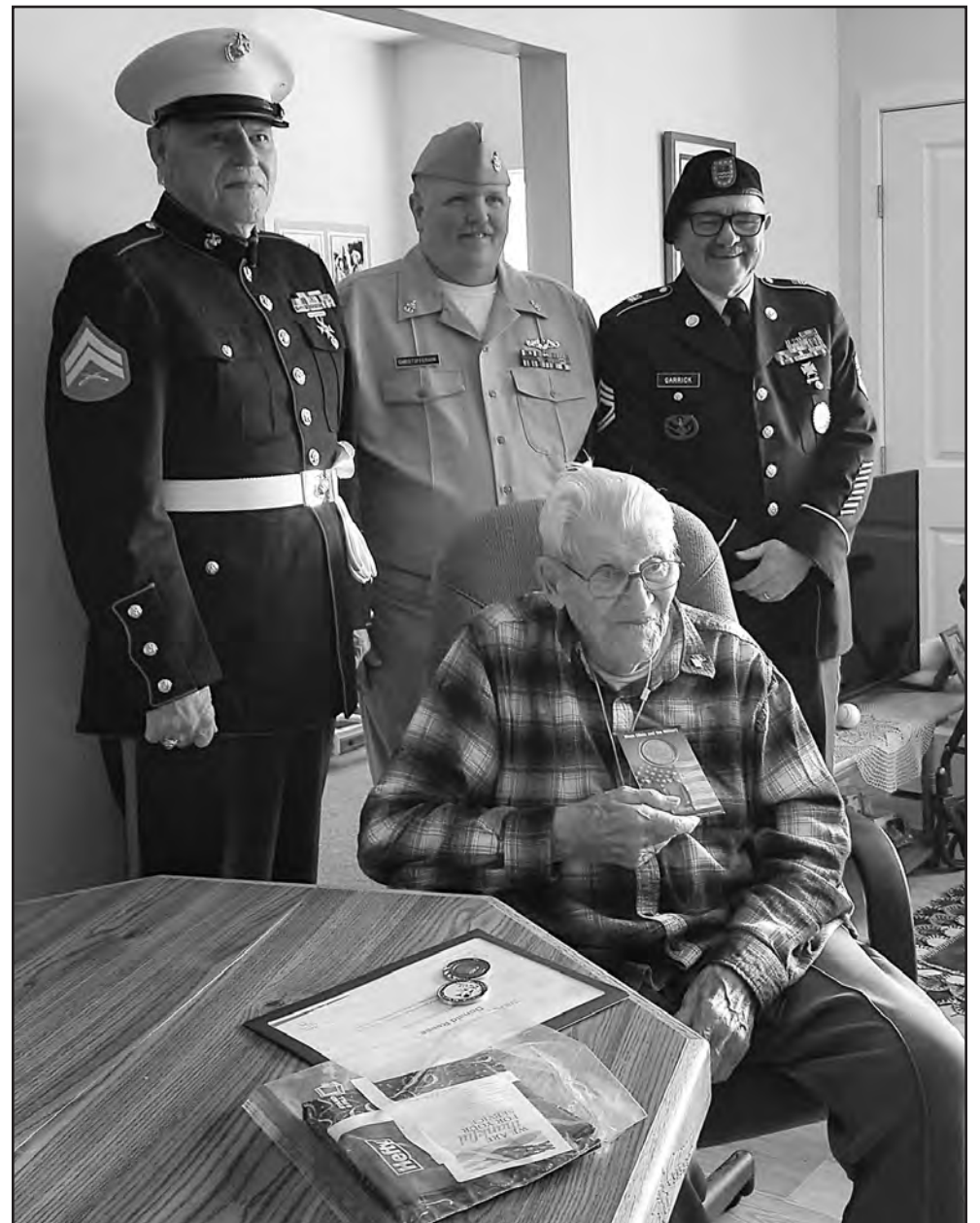
A We Honor Veterans pinning ceremony and military salute was held for Donald Reese on September 15th, his 100th birthday. The program was presented by Mayo Clinic Hospice and Representatives of Red Wing American Legion through the Hiawatha Valley Family Beyond the Yellow Ribbon chapter, which serves veterans and deployed service members. A legion member and Army veteran opened the program saying, "Our big thing is to come and pay honor where honor is due, and honor is due today for you, Donald. We are here to support you."

Pam Roe, a social worker with Mayo Hospice, presented a certificate printed with Don's name and "United States Army" for his 2 years of service. Reading from the special certificate, she shared, "We appreciate our

veterans. We pay special tribute to you for your military service to America and for advancing the universal hope of freedom and liberty for all." He was then presented with an Army pin. "And with that pin, Don, we say thank you for your service to our nation, thank you for the sacrifices you made, and your willingness to serve our country. You endured hardships and were willing to risk your life to maintain our freedoms and on behalf of the Mayo Clinic staff and volunteers, the Veterans Administration, Beyond the Yellow Ribbon and our local legion we want to thank you, and please accept our sincere gratitude. When you see that pin, know that your service to the nation is deeply appreciated and we thank you."

"Thank you, thank you," Don repeated humbly after each presentation.

Roe continued the presentation saying, "One of the things that many people don't know about Mayo Clinic is that our founding fathers at Mayo – both the brothers Mayo – were military members as well. And so we'd like to give you this special commemorative coin." The three military members present also handed Don what they called Challenge Coins. The coin from the Beyond the Yellow Ribbon organization lists all service branches, including the Space Force, on the back.



3 Members of the Red Wing American Legion and Beyond the Yellow Ribbon organization presented Don Reese with a certificate, pin, coins and patriotic pillow case on Don's 100th birthday, September 15th.



Don and Lila Reese with their 8 children and representatives of the military gathered at Goodhue Living for a special presentation. Children left to right in the middle row: Danny, Diane, Sue, Kathy, Jodi, Dale, Cindy and Dave.

"One last gift, Don. The Evening Star Quilting Guild of Red Wing is honored to present this red, white and blue pillow case as a thank you for all you have done to protect our freedoms. This one has been specially sewn just for you," Roe said as she handed Don the package.

After the group admired and commented on "All these birthday gifts", the servicemen lined up and said, "We have one other thing we want to do, Don. We want to honor you

with a salute."

"I appreciate it," Don said and added another, "Thank you." The group then sang Happy Birthday and took photos. In addition to Don and his wife, Lila, their eight children and spouses attended the event. The family offered a "Happy 100th" toast and enjoyed root beer floats and spending time with Don on his birthday.

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Dueling Piano Concert Set to Raise Funds for First Choice Clinic

By Beth Brekke

First Choice Clinic in Red Wing is celebrating 20 years of serving families in the Red

Wing area. Doors open at 11:30 AM for their annual VIP fundraising luncheon to be held at St. Joseph's Church on Thursday, October 8th. That same evening they will present a special 20th anniversary, fun, family-friendly dueling pianos concert at the New River Assembly of God church beginning with a reception at 5:30 PM. Both events help support the non-profit organization.

"We want to get people involved and know what the organization is about. We wanted to do something big and different," First Choice Clinic board member, Regina Poncelet says about the plans to celebrate the non-profit's 20th anniversary. Sweet Keys dueling piano players will be on stage at the New River Assembly of God church to entertain supporters at the special concert. Poncelet expects the duo will take requests and mix comedy with showmanship during their performance.

The unique concert is in addition to the same day noon fundraising luncheon and other events held throughout the year such as a daddy/daughter dance and silent auction. Money raised is used for clinic upkeep, a paid executive director and a registered nurse on staff. Funds are also needed for the programs and services the clinic provides including pregnancy tests, ultrasounds and baby essentials such as diapers and car seats.

The non-profit medical clinic offers free and completely confidential services including pregnancy and sexually transmitted disease testing. Poncelet, who first volunteered at the clinic before becoming a board member 4 years ago, says, "It is a real positive place for girls" but the organization also serves men. In addition to STI/STD testing and treatment, expecting couples can participate in counseling and parenting classes including a fatherhood program.

The faith-based center offers services to

people in Goodhue, Wabasha and Pierce Counties. They offer education and support to those dealing with an unexpected pregnancy and struggling parents of children up to age 3. Volunteers offer guidance as posted on their website, "You are not alone. We're here to walk with you as you work through all the big questions and offer insight into all your pregnancy options".

An "earn while you learn" program offers a chance to earn points for participating in parenting programs and use them to get free essential baby items. Those wishing to donate to the program can find a list of needed items on the First Choice website. Items or cash donations may be dropped off at the clinic located at 1614 W. Third Street— between highway 61 and Old West Main Street in Red Wing. The organization also has an Amazon wish list for online shopping and delivery.

First Choice Clinic accepts no government funding and relies solely on donations. The pregnancy care center in Red Wing logged 988 visits and served 92 clients in 2025. Supporting the sponsored fundraisers and any other donations to the non-profit are greatly appreciated by these families in our communities.

First Choice Clinic is open Tuesdays, Wednesdays and Thursdays. For information or to make an appointment, call (651) 267-4357. Visit them online at <https://firstchoice-clinic.org/>. Luncheon registration, concert and ticket information can be found on the website. Regina Poncelet can be reached at (651) 764-9238. Concert tickets are \$25. Doors open to a reception at 5:30 and the show begins at 6:30.

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Goodhue FFA Summer Highlights

By Ms. Amara Livingston
6th-12th Agriculture Instructor,
FFA Advisor

Goodhue FFA members took part in leadership, community service, and competitive opportunities throughout the summer.

Four Goodhue FFA members, Taylor Thomforde, Hailey Dankers, Nathan Ballman, and Lillian Raach, traveled to Washington, D.C., for the five day Washington Leadership Conference (WLC). Throughout the conference, members focused on developing their leadership skills and learning how they can make a difference in their own communities. A major focus of WLC was developing a Living to Serve plan, where each attendee identified an issue in their home community and created a plan they could bring back and put into action. Members also served the Washington, D.C., community by packing food for Meals of Hope and participated in leadership workshops throughout the week. They explored Washington, D.C., visited the U.S. Capitol and surrounding landmarks such as the

Supreme Court and Library of Congress, and had the opportunity to visit Arlington National Cemetery or explore Smithsonian museums. Members also took a nighttime tour to see many of the city's famous memorials. "It was so interesting to see the memorials, especially at night," said Lillian Raach. Goodhue FFA would like to extend a special thank you to the Goodhue County Lions Club for its generous donation and support in helping make this experience possible.

Goodhue FFA members Brynn Frederick and Micah Ballman attended State Greenhand Leadership Camp (SGLC), a four day leadership event for first year FFA members entering grades 8 through 10. Held at the Deep Portage Conservation Reserve in Hackensack, SGLC gives members the opportunity to develop leadership skills, meet other FFA members, and learn from State FFA Officers and Region Presidents.

Five Goodhue FFA members attended FFA Day at the Saints. Members enjoyed lunch provided by FFA before the game and had the opportunity to participate in an activity on the field, where they won a \$20 coupon to Sport Clips. The Saints also came away with a win.

The Goodhue FFA Officer Team spent time preparing for the year ahead during their summer Officer Retreat. Officers strengthened their teamwork, learned more about their individual roles, and planned upcoming chapter events. They also learned about the Gibbs Reflection Cycle, which the team plans to use to reflect on chapter events



throughout the year. Officers also had the opportunity to tour Painted Outlaw Ranch in Arkansaw, Wisconsin, a ranch specializing in Texas Longhorn cattle, and Eau Galle Creamery in Eau Galle, Wisconsin, a creamery specializing in Parmesan and similar cheeses. These tours gave officers the opportunity to learn more about agricultural businesses and production in the area. Between planning sessions and tours, officers prepared meals together and enjoyed time at the pool.

At the Goodhue County Fair, officers volunteered at the Cattlemen's Booth and Children's Barnyard. The experience gave

members an opportunity to serve their community and help fair visitors enjoy everything the fair had to offer. The Children's Barnyard featured a variety of animals, including alpacas, chickens, rabbits, pigs, and sheep.

Goodhue FFA was well represented at the Minnesota State Fair by Lillian von Knobelsdorf, Trevin Dicke, Caden Lodermeier, Reid Finnesgard, Amelia Lodermeier, Haley Betcher, Garrett Pearson, and Carleen Weckering. Members earned several top honors throughout the State Fair.

(continued on page 11)



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Goodhue FFA Summer Highlights

(continued from page 10)

Lillian von Knobelsdorf earned Reserve Champion Dairy Steer Showman, Reserve Champion Crossbred Dairy Steer, and Grand Champion Carcass Crossbred Dairy Steer. Reid Finnesgard earned Champion Pair of Females in Beef Shorthorns. Haley Betcher earned Junior Market Goat Showman and Reserve Champion Commercial Doeling Pair. Trevin Dicke earned Reserve Grand Champion Market Showman and Grand Champion General Livestock Judging Individual. He also contributed to Goodhue FFA earning Grand Champion Beef Exhibitor Chapter and Reserve Market Beef Chapter Exhibitor. Garrett Pearson earned Junior Reserve Champion Jersey, Reserve Champion Senior Showman, and Champion Individual Herdsman in Dairy. Congratulations to all of Goodhue FFA's State Fair competitors for the time, dedication, and effort they put into preparing and showing



their animals and for representing the Goodhue FFA Chapter at the state level. These experiences gave Goodhue FFA members opportunities to develop their leadership skills, serve their community, strengthen relationships, and represent their chapter. Goodhue FFA looks forward to building on these experiences throughout the school year.



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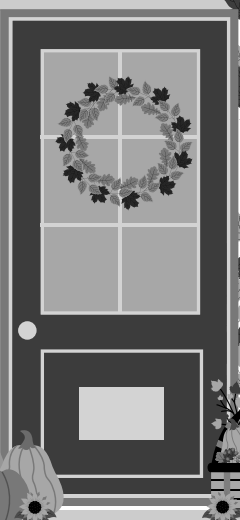
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4-H Youth Exhibit At 2026 Minnesota State Fair

Submitted by Aly Kloeckner and Amanda Gebhart, Goodhue County 4-H Extension Educators

The Minnesota State Fair was a success once again for our Goodhue County 4-H members. Goodhue County sent 163 youth to the state fair to participate in Livestock Shows, Livestock Judging Contests, General Projects, Arts In, Public Demonstrations, Chef for a Day and much more!

Throughout the year, 4-H youth select project areas that reflect personal areas of interest and pursue hands-on learning that is both self-directed and guided by adult volunteers. The results of their learning are exhibited at county fairs across the state. A collection of the best exhibits and livestock from each county fair is brought to present in the 4-H Building and barns at the Minnesota State Fair.

Education is integral in the “learn by doing” philosophy of 4-H. As part of the educational component, Minnesota 4-H requires every youth participating in the livestock encampment to take part in a livestock interview. Examples of the interview process include an online knowledge test, skill-a-thons, and personal interviews about their project area.

Along with interviews, all 4-H youth participating in livestock programming are required to complete the Livestock Quality Assurance and Ethics (LQA&E) Training. Through this



Fine Arts, Mari Hanson

certification, youth are educated on biosecurity, educating the public on the role of livestock, and caring for their animal’s welfare.

Exhibiting project work and delivering public presentations at the state fair provides youth an opportunity to showcase their achievements and continue learning.

This year the Dairy Project had another great showing at the Minnesota 4-H Dairy Showcase and had 7 outstanding participants based on their dairy industry knowledge, 4-H dairy project involvement, along with state fair dairy show results. Congratulations to Ben Scheffler (Zumbrota), Garrett Pearson (Red Wing) and Hannah Gudknecht (Wanamingo). Additionally, Cora Foss (Kenyon), Grant Clemenson (Zumbrota), Gracie Pearson (Red Wing) and Clara Benrud (Goodhue) were named to the Dairy Showcase “Rising Star” Program. The Rising Star program honors youth who have completed 6th through 8th grades to encourage younger 4-H members to participate in the 4-H dairy showcase. *(continued on page 15)*



Clothing Constructed, Allison Lubahn



Clothing, Allison Lubahn



Photography, Emerson Addington



Creative Writing, Faye Pfannkuch



State Fair Beef Kids: Back Row: Jacob Ryan, Carter Dicke, Finn Lodermeier, Bo Holst, Curtis Klindworth, Wyatt Finnesgard, Braylen DeFrang. Middle Row: Gabby Peters, Kendra Reed, Taylor Reed, Madelyn Wachholz, Natalie Thomforde, Hazel Volkmann, Jaysa O'Connor, Aubrey DeFrang. Front Row: Leighton Burfeind, Lance Peters, Jence Fitzgerald, Joseph Buck, Trevin Dicke, Carter Sivahop



General Livestock Team: Coach Maddie Hokanson, Trevin Dicke, Amelia Kispert, Jeffrey Jenson, Kendra Reed, Blake Stark, Leia Patterson, Haley Betcher, Brooke Betcher, Avery Stark, Abby Dicke, Coach Laurel Jacobson, Coach Josie Jenson

4-H Youth Exhibit At 2026 Minnesota State Fair

(continued from page 14)

Goodhue County was fortunate to have 3 youth participate in the State Fair Purple Ribbon Auction this year. Gabby Peters (Zumbrota) with her dairy steer, Logan Dicke (Goodhue) with his swine and Colby Dohrn (Zumbrota) with a sheep.

The General Livestock Judging Team members included: Brooke Betcher (Mazeppa), Haley Betcher (Mazeppa), Amelia Kispert (Kenyon), Abby Dicke (Goodhue), Trevin Dicke (Goodhue), Jeffrey Jenson (Welch), Kendra Neeser (Red Wing), Leia Patterson (Kenyon), Avery Stark (Cannon Falls), and Blake Stark (Cannon Falls). The intermediate team places second, and the senior team placed 5th!

The Dairy Judging team members included: Clara Benrud (Goodhue), Macy Chamberlain

(Zumbrota), Grant Clemenson (Zumbrota), Troy Clemenson (Zumbrota), Cora Foss (Kenyon), Hanna Gudknecht (Wanamingo), Lily Hovel (Cannon Falls) Garrett Pearson (Red Wing), Gracie Pearson (Red Wing), Ben Scheffler (Zumbrota), Liesl Veiseth (Zumbrota). The combined team with Olmsted County advanced to the National 4-H Contest at the All American Dairy Show in Harrisburg Pennsylvania.

A heartfelt thank you goes out to all of the Parents, Chaperones, Volunteers, and Mentors who help our 4-H youth succeed in all that they do! We would not have the successes we have achieved without all of you.

Congratulations to all the Goodhue County youth who participated in 4-H at the 2026 Minnesota State Fair!

With more than 175 screened adult volunteers, 700+ 4-H members, and 18 4-H clubs across the county, Goodhue County is ranked one of the largest 4-H programs in Minnesota. To find out more information about 4-H, or to locate a 4-H club in your area, please visit the 4-H website at extension.umn.edu/local/goodhue, or contact the Goodhue County 4-H Staff, at the Goodhue County Extension Office at (651) 385-3100, schw1348@umn.edu or gebha162@umn.edu

More Minnesota State Fair results and photos can be found at www.4-H.umn.edu/fair-results.



Purple Ribbon Auction: L-R Goodhue County Purple Ribbon Fund Representative Derek Dicke, Gabby Peters, Colby Dohrn, Logan Dicke, Goodhue County Purple Ribbon Fund Representative Noah Erickson



Arts In: Back Row: Dan Carpenter, Rebekah Luhman, Jacklyn Tangen, Adult Director Collin Warren, Adult Director Lanny Reese, 3rd Row: Chelsea Tangen, Sylvia Hedeon, Annabelle Diercks, Lillian Tangen, Greyson Bartholomew, Clara Weckerling, Faye Pfannkuch, Miranda Koehler, Travis Geisinger, Rilynn Smith, Adult Director Cheyan Koehler. 2nd Row: Abigail Tipton, Ruby Smith, Arrowlyn Bartholomew, Rosie Cook, Evan Weckerling. Front row: Trenton Diercks, Ella Eggenberger



Poultry Kids: Carleen Weckerling, Reese Holz, William Ryan, Oliver Lee, Isaiah Kispert, Willow Whalen, Amalia Dicke, Amelia Kispert, Ethan Weckerling

Goodhue-Olmsted Dairy Judging Team Competes at All American Dairy Show



Harrisburg Team, L-R, Troy Clemenson (Zumbrota), Liesl Veiseth (Zumbrota), Anna Rott (Elgin), Ross Simpson (Pine Island)

Submitted by Aly Kloeckner and Amanda Gebhart, Goodhue County 4-H Extension Educators

The Goodhue-Olmsted Dairy Judging team was awarded the opportunity to represent Minnesota 4-H at the All American Dairy Show in Harrisburg Pennsylvania after placing well at the Minnesota State 4-H Contest. The contest was held on Sunday, September 13th. The team was made up of Goodhue County team members Troy Clemenson and Liesl Veiseth (both of Zumbrota) and Anna Rott (Elgin) and Ross Simpson (Pine Island) of Olmsted County. Overall the team placed in the top 5 for several breed divisions - 5th in Guernsey, 4th in Holstein and 3rd in Jersey and this earned them an 8th overall team placing. Congratulations to each of these participants!

Farm Girl Chatter

Fall Is Around the Corner... and So Is the Hay

By McKell Lemmerman



Well folks, it's that time of year again. Fall is creeping around the corner, which means harvest is coming, cattle work is picking up, and before we know it, we'll be wondering where the heck summer went.

Normally, this is when farmers start getting ready for harvest and thinking about the long winter ahead. But this year, Mother Nature apparently decided to turn the faucet off.

The pastures are starting to look more like the African safari. Grass is drying up, growth is slowing down, and the cattle and other



My oldest cow "starving" for a sweet corn cob, and she did in fact eat it in pretty much one gulp! Haha

livestock are getting hungrier after each bite. This means now that some livestock producers are being pushed into feeding hay much earlier than normal. Those bales that were supposed to sit perfectly stacked in the shed until winter are getting rolled out sooner than planned.

Farmers have enough on their plates already.

Soon the combines will be rolling, trucks will be hauling, and now somebody has to remember to feed hay too. It's a wonderful time

of year when the days get shorter but somehow the to-do list gets longer.

For now, we'll keep watching the sky, praying for rain, and counting the hay bales.

Around here, we may not be able to control the weather, but we'll sure find a way to work around it.

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Can Eggs Help with Osteoporosis?



By Shauna Burshem, D.C.

Osteoporosis: Bone loss tends to sneak up on you. You wake up a little shorter, your back complains after simple chores, or a small stumble turns into a fracture you never saw coming. Osteoporosis means your bones lose strength and structure over time, which raises the odds of breaks in the hip, spine, and wrist. The good news is that your bones are living tissue, and they respond to the signals you send through food, movement, and daily habits. That's where a familiar breakfast staple comes in. Recent research shows that egg yolk proteins may offer natural support against the very process that leaves bones fragile.

Here's the part that gets me excited. When egg yolk proteins are broken down into tiny fragments called peptides, they seem to work on both sides of the bone equation. On the defense side, one study found that the smallest water-soluble peptides reduced the number of cells that wear bone away, even shutting off the internal "switches" that tell those cells to keep breaking down bone. Think of it like flipping several off switches at once, stopping the damage before it spreads. On the rebuilding side, a second study found that these same tiny protein pieces helped bone-forming cells grow, mature, and lay down more calcium and minerals, making bones denser and tougher. Together, that means less bone being torn down and more being built back up, which is exactly the balance you want for strength and fracture prevention.

So how do you put this to work in real life? Reach for pasture-raised, low-linoleic acid eggs, and don't skip the yolk, since that's where these helpful proteins live. Pair them with collagen-rich foods and the nutrients that bones truly depend on, like vitamin D, magnesium, and vitamin K2, which help direct calcium where it belongs. Eggs aren't a magic cure, and they work best alongside smart movement and a well-rounded approach to your health. But they give your body one more natural, drug-free tool to protect bone density, stay mobile, and hold onto your independence as the years go by.

Stomach Woes: Here's something I hear all the time: "Oh, that's just how my stomach is." A new survey found that more than half of



Americans believe stomach troubles are simply a normal part of life. You know the ones I mean. The tight waistband after a meal. The sudden bloating that shows up out of nowhere. The gas that just won't quit. Most folks shrug it off, blaming it on getting older or having a "sensitive" stomach, and they carry on like nothing's wrong. But here's what I've come to understand over the years, and it's worth sitting with for a moment. Those daily annoyances aren't as harmless as they seem. When your digestion is out of balance, it doesn't stay quiet in your belly. It reaches into your energy, leaving you dragging when you'd rather feel strong. It touches your mood, your focus, even how you show up for the people you love. Your body is talking to you, and these little signals are its way of asking for help. The good news? When you stop treating discomfort as "normal" and start listening, you open the door to feeling truly well again, from the inside out. Start by paying closer attention to what your body is telling you—those uncomfortable signals don't have to be your everyday reality. Small changes can make a big difference, like adjusting your diet to include more whole, fiber-rich foods that support gut health or drinking plenty of water to aid digestion. Practicing mindful eating, such as chewing slowly and stopping when you're full, can also help ease strain on your stomach. If discomfort persists, consider seeking guidance from a health professional to uncover the root cause and create a plan tailored to your needs. When you take these steps, you're giving your digestion—and your overall well-being—the care it deserves.

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

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Apples and Healthy Weight



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

You have heard the rhyme, "An apple a day keeps the doctor away." But what does an apple really do for you? Does any apple work, or only certain kinds? A few answers can be found here.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a day required less prescription drugs. Those who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

Heart Disease - A 2017 study published in Molecular Nutrition Food Research by Bondonno et al compared apples high in flavonoids, which are found in the apple skin, with apples low in flavonoids and observed improved blood flow through the brachial arteries when the high flavonoid apples were eaten. In other words, these apples improved the blood flow through the body. The darker red apples that are not too sweet are the apples with high flavonoid content.

Cholesterol - A healthy control of cholesterol has also been improved with an apple a day. A 2017 study in the Journal of the Science of Food and Agriculture by GC Tenore compared modern apples with the Annurca apple and observed that two small Annurca apples a day significantly lowered the bad cholesterol and increased the good cholesterol. The Annurca apple is known for its higher flavonoid content. Older, heritage apples typically have high flavonoid and polyphenol content.

Blood Sugar - Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was reported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the speed of sugar absorption in the intestines by closing the primary



"door" that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in Molecular Nutrition and Food Research.

Colon Health - The ability of the polyphenols of apples to "close the door" on sugar transport to cells is one of the pathways to stop the growth of cancer cells in the colon, as observed in a 2016 study by Lin et al in the Journal of Agriculture and Food Chemistry. A cancer cell has many "doors" to bring in sugar to accelerate growth, so polyphenols help to close these doors and inhibit the growth of cancer cells. The peeling of the apple contains the highest content of effective polyphenols with antioxidant activity, anti-bacterial activity, and anti-cancer activity, which was documented in a 2016 study by Lin et al in the Journal of Food Science.

The older apple varieties that have high polyphenol content include - Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have been bred for increased sugar content and size.

An apple a day is a key principle for improved health. A personalized health plan that includes an apple a day as part of a whole food program will provide great benefit to whole body health. Many individuals in southern Minnesota have already received their personalized plan and have observed blood sugar levels decrease, cholesterol levels improve, inflammation decrease, acid reflux disappear, and the body shift to a healthy weight.

A free online webinar with Dr. Noel Aldrich, Nutrition Specialist, will be presented on Tuesday, October 27 at 7 pm. "Feel Stuck in a Rut? How to Finally Reset Your Body and Feel Better Than You Have in Years - Without Extreme Diets." This one-hour session will introduce you to how quality nutrition therapy can help you reach your health goals. Free registration for the webinar is available through this website link:

<https://wellness.nutritionproportion.net/registration-page>

Or scan this QR code:

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



Goodhue County Health & Human Services Employee Spotlight

Meet Levi Dahling

By Goodhue County Health and Human Services

Goodhue County, MN - Goodhue County Health and Human Services (GCHHS) Employee Spotlights are an opportunity to inform and educate our residents about the many programs and services we offer while highlighting the HHS professionals who are the driving force behind the work.

Meet Levi Dahling, Registered Nurse (RN), Goodhue County Health and Human Services (GCHHS) Disease Prevention and Control Coordinator, and our second GCHHS Employee Spotlight. Levi's career at GCHHS started in 2024.

What inspired you to pursue a career in health and human services and/or public service?

I was feeling burnt out working as an Emergency Department Nurse and knew I needed a change. It's been the change of pace I needed and due to the flexibility of my work I haven't missed any of my kids' events since I took this job, which is very important to me. I have two daughters aged 12 and 14 and they keep us pretty busy between ski racing and softball. Now that I have been in the role for a while, I can see the benefits of how HHS serves our community and am honored to be a part of it.

How would you describe your connection to this community, and what keeps you rooted here?

I grew up in Red Wing but moved away. I was a helicopter mechanic in the Marine Corps, so I moved out of state for 5 years but always knew I wanted to move back. I went to San Diego, California, but then was in Florida and North Carolina for a bit. My final duty station was in San Diego again. I then decided to move back to the Red Wing area, worked as a nurse in surrounding communities, and now really enjoy serving and being a part of the community I grew up in. My

family likes downhill skiing, and I especially enjoy hunting. Red Wing and the Welch area make for the perfect place to live considering our love for outdoor hobbies.

WHAT WE DO

Can you explain the core mission of your program or service in a way residents can easily understand?

In this role, my overall goal is to keep Goodhue County healthy by preventing or stopping the spread of infectious disease while working together with community members, the Minnesota Department of Health (MDH), and regional and local health partners.

How does your team help reduce costs—for residents, the county, or the broader system?

We work on reducing costs of healthcare by keeping our residents healthy and encouraging timely vaccination. We provide vaccines to certain eligible clients. Our vaccines are provided to these clients by two different vaccine programs through MDH. Minnesota Vaccines for Children (MNVC) Program and the Uninsured and Underinsured Adult Vaccine (UUAV) Program. These vaccines are provided at no cost to the client. Goodhue County does charge a \$20 administration fee per vaccine, with a maximum cost of \$75.00.



Levi Dahling

This fee can be waived due to financial hardship if needed, though. Getting vaccinated helps prevent illness and supports a healthier community.

How can residents access your program, and what should they expect when they reach out?

Residents can access our program by calling our office at 651-385-3200 or accessing the online scheduling link at https://goodhue-countymn.gov/health_human_services/public_health/schedule_an_appointment/. When reaching out, expect to provide some demographic information, your availability for an appointment and I would ideally like to access a resident's vaccine record before providing services. We have interpreter services available as well.

LEARN MORE ABOUT US

Each month, we will be highlighting a different HHS professional across our department and the services/programs they provide to Goodhue County residents and communities.

For more information about our programs and services, contact us Monday - Friday, 8:00 a.m. - 4:30 p.m., by phone at 651-385-3200 or in person at 426 West Avenue, Red Wing, MN 55066. Visit our webpage: goodhuecountymn.gov/hhs or our social media at Instagram: @goodhuecountyhhs and Facebook: www.facebook.com/gchhs/. For Employment Opportunities, visit <https://goodhuecountymn.gov/employment/>.

Why Asian Lady Beetles Show Up Every Fall in Minnesota

According to the University of Minnesota Extension, these beetles are officially called multicolored Asian lady beetles (*Harmonia axyridis*). They were brought to the United States from Asia years ago to help control aphids and other crop pests. During the summer, they are helpful to farmers because they eat the insects that damage soybean plants.

When soybean fields are harvested and temperatures begin to cool, the beetles look for a warm place to spend the winter. They'll gather on buildings, especially those with sunny south-facing walls, before sneaking inside through cracks and gaps.

I was cleaning up the porch and putting away patio furniture cushions when I discovered this large mass of Asian lady beetles clustered underneath one of the cushions:

At first glance, Asian lady beetles look a lot like the native ladybugs, but they're not the same. These Asian beetles can be orange to red and might have no spots at all or lots of them. One easy way to tell them apart is the black "M" or "W" shape on the white area behind their head. Regular ladybugs usually have a set number of spots and don't have that marking.

They might look harmless, but Asian lady beetles can and will bite you, and it definitely stings! It doesn't leave lasting pain or



itch like a mosquito bite, but it's enough to make you flinch and swat at it.

They also squirt a yellow fluid that smells really bad if you bother them. Once they get inside your house, they don't have babies, but they do like to gather in big groups in attics, behind walls, or under trim. On warmer fall or winter days, they can wake up and buzz around, which is never fun.

The University of Minnesota Extension says prevention is the best way to deal with these beetles. Taking time to seal your home before they arrive can make a big difference. Here are some tips they offer to prevent Asian lady beetles from getting into your house:

- Check for and seal cracks around windows, doors, siding, and utility openings.
- Repair or replace damaged window screens and worn-out weather stripping.
- If you have had issues before, consider a perimeter insecticide applied by a licensed pest control professional.

If Asian lady beetles make their way into

your house, there are safe ways to remove them without leaving stains or odors behind. Here is what the University of Minnesota recommends:

- Do not crush them. Squishing releases a bad smell and can stain walls and furniture.
- Use a vacuum cleaner to collect them quickly.
- To keep your vacuum clean, place a knee-high stocking inside the hose and secure it with a rubber band before you start. The beetles will collect in the stocking, and you can empty it outside afterward.

While Asian lady beetles can be annoying, the problem usually lasts only a few weeks in the fall, and after that, winter is coming. But before winter fully sets in, nature gives us a few clues about what's ahead. Keep scrolling to see the signs to watch for that can hint at a harsh Minnesota winter.

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THEME: MUSICAL INSTRUMENTS

ACROSS

1. Trampled

5. Dashboard unit, acr.

8. "Be quiet," onomatopoeically speaking

11. Clean the whiteboard, e.g.

12. Morally wicked

13. Former anesthetic

15. Bad luck precursor

16. Banned apple spray

17. *Ringo Starr's instrument, pl.

18. *Home of the bagpipes

20. Big one, at 7-Eleven

21. Contemplate

22. Jewelry stone

23. Hindu queens

26. Something earned

30. Tokyo, formerly

31. *Riddim pair music genre

34. Spock's famous body parts

35. *Animal, source of violin bow strings

37. Scott Joplin's "Maple Leaf ____"

38. Away from port (2 words)

39. Not much (2 words)

40. Post-graduate journey?

42. Always, to a poet

43. Baby bear (2 words)

45. Beach-comber's collection

47. Cholera

48. Popular pie nut

50. Glazier's unit

52. *Flute player

55. Pointy teeth

56. 36 inches

57. Sticky stuff

59. Hot ____ buns

60. Code word for K

61. Mauritania's Eastern neighbor

62. Soda pop container

63. Ems follower

64. Highest point

DOWN

1. *Piano has at least ____ pedals

2. Part of a glass, pl.

3. Leading oil-producers' grp.

4. Indicate

5. Home to Teatro alla Scala

6. Popular core exercise

7. Deer social group

8. Synagogue

9. Cannabis plant

10. Store posting, abbr.

12. Old-fashioned carry-on bag

13. Straight ones in drafter's toolbox

14. *Louis Armstrong's instrument

19. "And Then ____ Were None"

22. "Wow!"

23. User's "getaway"

24. Sun-dried brick

25. Water wheel

26. Intense anger

27. Painter's prop

28. Angler's basket

29. Former Russian leaders

32. Snatch

33. Toothy fish

36. *Lute family instruments

38. "Perfect" Buddhist

40. Theatrical prompt

41. Former Portuguese money

44. Edible herb

46. Brain teaser

48. Like average Jane

49. British peers

50. Prefix for "beyond"

51. Any minute, arch.

52. Type of fish net

53. Daytime TV program

54. Enameled metalware

55. Federal Communications Commission

58. *Standard number of strings on guitar

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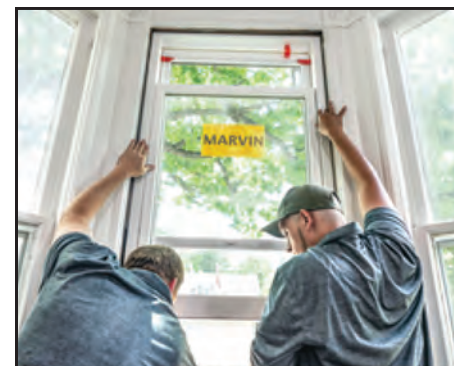
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