



# 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.

• **The Goodhue Area Historical Society Museum** is open for the season. June thru August Thursday & Sunday 1 to 4pm. For after hours appointments call Marie 651-923-4302 or 651-301-5731.

• **Goodhue County Health & Human Services Immunization Schedule**, located at 426 West Avenue, Red Wing, MN. January through July 1st, Tuesday 1-4pm; August through December, every Tuesday 2-4pm. 651-385-3200 or 1-800-950-2142.

• **Community Library:** The Goodhue School Library, in conjunction with SELCO and Goodhue County is open to the public Wednesday mornings 9a.m.-Noon and Wednesday evenings 4:00-7:00p.m. School year hours are Wednesday evenings 3:30-7:30p.m. Remember - the library is equipped with inter-library loan service, which means if the library does not have a book you want, that book can be there in two days.

• **The Mazeppa Area Food Shelf, serving Mazeppa, Bellechester, and Zumbro Falls Area is open the second Thursday of the month from 9:30-11 am and 3:30 - 5:30pm, and the fourth Thursday from 3:30 - 5:30pm.** Food drop off locations are First State Bank of Red Wing, Mazeppa Branch, and Entry way to Mazeppa City Hall.

## Pastor Martin Weigand Celebrates 30 Years in Ministry

By Beth Brekke

Like most little boys, Martin Weigand once thought he might like to grow up to be a fireman, but soon outgrew that phase and started to feel the pull to become a minister. He didn't feel this was an unusual career choice as his father was a minister and his mother was a school and piano teacher and played organ in church. While his parents influenced his decision, he says he was never pushed. He knew that as a doctor he could help save lives, but as a minister he could help save souls.

Martin's early years were spent around

Fountain City, WI. His father then took a call to become the minister at a church in Milwaukee, WI. While this was a rather drastic change in surroundings, it gave him a broader perspective of the world and he was fascinated by the size of a big city library. He attended Martin Luther Prep., a Christian high school in Prairie Du Chien, WI and Northwestern College in Watertown, WI.

He went on to the Wisconsin Lutheran Seminary, a 4-year pastoral training school in Mequon, WI. Three of those years were spent on campus, with one year serving as a



Pastor Martin Weigand, pictured here with his wife, Debbie at a cake and ice cream reception in honor of his 30 years in the ministry. Hosted jointly with their sister congregation, Grace Lutheran, the event was held at St. Peter's church on May 23rd.

student pastor in Benton Harbor, MI. After graduation, he first served as a minister in Missoula, MT and then Riga, MI. He was called back to the congregation in Benton Harbor due in part to his German language skills.

(continued on page 4)

## Goodhue Discusses RV Campers

The city council has recently addressed camper and trailer units within the city. The council has reviewed the ordinances and found that there is one on the books since the 1990's which restricts gvw to less than 10,000 pounds. This applies to campers and trailers and bans parking them on the street or lawns. The weight restriction was designed to prevent heavy vehicles from tearing up the city streets. The council will look further into this subject but for the time being restricts campers from being parked on the streets.

CountrySide Manor trailer park has two mobile homes abandoned and in disrepair. The owners did not respond to the park management or police department notices. The trailers will be condemned allowing the park to legally remove them. There were multiple vehicles with out current registration as well and they will be towed if the owners do not respond.

The city has requested bids for refuse hauling and will accept the lowest bid. Waste Management will continue to pickup garbage until a new contract is in place. They recommended the city schedule trash to be picked up weekly and recycling every other week to be the most cost effective manner.

The council approved a raffle to be held by the Goodhue Lion's Club on September 12th. The Lions will donate \$1,000 toward new signs for the city. They city will place four new signs, one at each entry of the city.

City council meetings will start at 6pm now.

**JOIN US FOR MAZEPPA DAZE  
LIVE MUSIC BY NIGHTSHIFT**

**Friday After the Parade at 8:30p.m.**

**MAZEPPA DAZE**

**JULY 9-10-11**

**PLAY BALL!**

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**Thursday**  
After Field of Honor  
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**Saturday**  
**DUCK RACES**  
2:00p.m.  
Mazeppa Lions Club  
**BAR BINGO**  
2:45p.m.

**Sunday**  
**Funday CAR SHOW**  
Lions Park  
**KARAOKE**  
6:00p.m.



## Dinner with Jesus: Matthew & Friends



By Pastor Colleen Hoeft

This weekend is our nation's birthday, Independence Day. Often, we celebrate with family and friends get-togethers- cook-outs or picnics. It's a time to remember our history and the sacrifices of those men and women in the early days of our country that believed in an independent nation apart of King George's rule. How will you be celebrating? However, you celebrate no doubt there will be food! Some of my favorite memories as a kid and as a young adult were picnics with family- when I was a kid and with my church family as an adult. Here at South Troy we always had a huge picnic gathering near the Zumbro River. We played softball, great food and they served pop and ice cream. Great memories and lots of fun!

What is your favorite kind of dinner? casual? formal? Picnic or potluck, sit down or buffet? People have family dinners, fancy dinner parties, or lunches. Meet Matthew; he was a Jew, he was a tax collector, he was wealthy, he had probably cheated many in his community and was despised by the "religious" leaders of his society. His friends were other "sinners"

that were despised as well. Then one day Jesus walks by; Matthew recognized him. He had heard him speak, had heard about the miracles and he wanted to know Him better. As Jesus passes by- He stops- He turns and looks Matthew in the eye—He smiles because Jesus sees Mathew's heart—a heart open and ready to receive Him and says, Matthew, come and follow me! Matthew is so excited- he leaves it all behind. He leaves the money on the table; he leaves the paperwork and the position forever to follow Jesus. His entire life changed with those 2 words, "follow me." and now- a few days later, Matthew had a party and he assembled all his friends to meet Jesus. Jesus accepted the invite. Jesus sat at the table with Matthew and his friends. That's huge!!! When you share a meal with someone you are saying- I accept you, I want to get to know you... I am willing to learn about you. Jesus didn't see this as a way to make points—he was accepting an invite from Matthew and an opportunity to share with Matthew's friends about the good news. That would certainly make evangelism easier wouldn't it? Having Jesus come in person to our dinner or event and having Him share about himself. That's what Matthew did—he hadn't been following Jesus very long- but he knew that Jesus testimony of himself would be a powerful tool to reach his friends and family with the gospel. Matthew cared enough about those in his circle of friends that he wanted them to know Jesus.

Matthew wanted them to receive Jesus as their Savior, to follow Jesus as he has done.

Matthew had been freed from his sin and guilt and wanted the same for his friends and family. Are we like Matthew? Have we invited our friends or family to meet Jesus? It begins with a relationship with Jesus and with those we want to introduce. Matthew didn't go and find strangers- he invited his friends and associates. We can do that too.

Matthew's friends felt they belonged- even though Matthew had changed, and they were willing to listen and meet this person that meant so much to Matthew. When we help people to feel like they belong, that they are accepted -right where they are at- they will be much more receptive of what we want to share with them.

When Matthew turned to follow Jesus- one of the first things he did was to desire to share his new friend with all his old friends. That's the call to every Christian. We are to go into all the world and be His witnesses. First to our close family and friends. Remember Cornelius- his entire household was present when Peter came to share about the good news and the entire household believed that day and was baptized! Were they perfect and shiny Christians—no- they were still the same people they were 10 minutes before on the outside- but they were definitely changed on the inside! How about the jailer in Philippi, he was about to kill himself and Paul intervenes and he brought Paul into his home and over a meal, Paul shared the truth of the gospel and the jailer and his entire family was saved and baptized! Then there was the Ethiopian eunuch, and

many others... as they were introduced to faith in Jesus Christ- they believed. On the outside they were still gentiles, tax collectors, jailers, Romans, etc. but on the inside, they were new creations and followers of Jesus!

Peter wrote, "you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it. 16 But do this in a gentle and respectful way. Keep your conscience clear. Then if people speak against you, they will be ashamed when they see what a good life you live because you belong to Christ." 1 Peter 3:15-16.

We are to be ready to give an answer for our hope as believers We are to share the hope of Jesus Christ with those around us. That's one thing our world needs desperately: hope. Hope that life isn't a waste, hope that there is a future, that there is a heaven, that we can change, hope for a better life in this world and the next. We, as believers have the answer. We have that hope! We are called to share that hope, to be light, to a dark world. Jesus left us here to be his light to the world. It's time to invite your friends, your family to dinner with Jesus. Introduce them to the love of your life, the one and only one that can profoundly change our dark hearts and hopeless worlds to light, love and joy! John wrote, "This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all." We have the answer, we have the hope, and we have the ability to invite people to come to the table and meet Jesus!

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### HOLY TRINITY CATHOLIC CHURCH

Father Randal Kasel • www.holytrinitygoodhue.org  
211 4th St. N., Goodhue • 923-4472  
Regular Mass Times:  
Wed.: 8AM at Holy Trinity, Goodhue  
Tues.: 8AM at St. Mary, Bellechester  
Sat.: 5:30PM at Holy Trinity, Goodhue  
Sun.: 8:45AM at St. Mary, Bellechester and  
10:30AM at St. Columbkil, Belle Creek

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Father Randal Kasel • www.holytrinitygoodhue.org  
221 Chester Avenue • 923-4305  
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Sat.: 5:30PM at Holy Trinity, Goodhue  
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Father Randal Kasel • www.holytrinitygoodhue.org  
County Road 47, Goodhue  
Regular Mass Times:  
Wed.: 8AM at Holy Trinity, Goodhue  
Tues.: 8AM at St. Mary, Bellechester  
Sat.: 5:30PM at Holy Trinity, Goodhue  
Sun.: 8:45AM at St. Mary, Bellechester and  
10:30AM at St. Columbkil, Belle Creek

### 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

#### Grieving and Quenching the Spirit

Do not grieve the Holy Spirit. . . . Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. — Ephesians 4:30-32

The Bible includes warnings about grieving the Spirit and hindering his work.

Ananias and Sapphira lied to the church and the Holy Spirit (Acts 5:1-10). They sold a piece of property, kept some of the money, and gave the rest to the church. That wasn't a bad thing, of course, but then they lied about their gift, saying they donated all of the money from the sale. They wanted people to be impressed by their generosity. But they could not get away with their deception. If we make a false commitment to God, pretending we are following the Spirit and even bragging about it, we fall into dangerous hypocrisy.

Following our own selfish desires, we can quench or suppress the Spirit. We can dampen the Spirit's fire by not following the Spirit's leading. We can refuse to use the gifts of the Spirit when they are available. But if we do things like that, how can we expect to be faithful and useful to God?

We can also grieve the Spirit by rebelling against God and doing as we please (see Isaiah 63:10). We can be stubborn and mean-spirited. Instead of being kind and compassionate, we can act with bitterness and anger. We can be unwholesome and immoral.

How can we protect ourselves from these destructive ways? We can ask the Holy Spirit to fill us and guide us each day so that we can live in step with him. Then God can use us in wonderful ways.

#### Prayer

Protect us, Lord, from grieving and quenching your Spirit. Fill us and direct us to follow your will, not our own. Amen.

### ST. PETER'S LUTHERAN CHURCH, MISSOURI SYNOD

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

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

### MINNEOLA LUTHERAN CHURCH

Pastor Hannah Bergstrom de Leon  
www.minneolalutheranchurch.com  
13628 Cty. 50 Blvd., Goodhue • 824-2685  
In-person and live-stream on the 2nd and 4th Sunday at  
10:30a.m. Live-stream only worship on the 1st and 3rd.  
Always check our website,  
www.minneolalutheranchurch.com  
or Facebook page for latest updates and live-stream links.

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

Pastor Kurt Hagen  
36620 Co. 4 Blvd., Goodhue • 651-923-4773  
9:00a.m. Sunday School  
10:15a.m. Bible Class & Sunday School

### ST. LUKE'S LUTHERAN CHURCH (ELCA)

Pastor Eric Hanson  
PO Box 276, 308 1st Ave., Goodhue  
Email: office@stlukegoodhue.org • 651-923-4695  
Worship at St. Luke Church every Sunday at 8:30am.  
Worship at Zion Church (18910 360th St. Goodhue)  
every Thursday at 7:00p.m., dress accordingly for outdoor  
weather, bring a chair.

### 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.

### 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.



## Bernice A. Halpaus

Bernice A. Halpaus, 93, passed away on Tuesday, June 15, 2021, at the Mayo Health Care Center in Lake City. She was born on August 5, 1927 to Karsten & Anna (Christiansen) Skjefstad in Goodhue, MN.

Bernice is survived by her husband Harvey Halpaus Sr.; son, Harvey Jr. (Carol) of Ellsworth, WI.; 4 grandchildren, Eric, Adrian, Adam, Arin. She is preceded in death by her parent; 2 sisters, Betty Anderson, Barbra Bremer.

A private family service was held on Monday, June 21, 2021 at the Mahn Family Funeral Home, Anderson - Peterson Chapel in Lake City. Burial was at the Oakwood Cemetery in Red Wing, MN. On-Line Condolences may be placed at [mahnfamilyfuneralhome.com](http://mahnfamilyfuneralhome.com).



## Phyllis Helen (Banitt) French

Phyllis French, 87, of Rochester, passed away Saturday, June 12, 2021 at Willows and Waters Senior Living.

Phyllis Helen Banitt was born July 15, 1933 in Red Wing, MN to Fred and Helen (Nelson) Banitt.

She was raised on a farm in the Goodhue area where she began to kindle her life long love for sheep. Phyllis graduated from Zumbrota High School in and a few years later married Duane French in 1954. She was the bookkeeper for French's Produce for many years where she worked alongside Duane. Phyllis loved cooking, fishing, summertime, and was a devoted member of the "Red Hat's Club". She enjoyed listening to Elvis and was very proud of her wide collection of joke books! Most importantly, Phyllis was a wonderful and loving wife, mother and grandmother.

Phyllis is survived by her husband Duane ("Duke"); children, Debra (Darrell) Grenz of Rochester, Kathy (Jim) Steinlicht of Faribault, Doug (Angie) French of Alaska and Wisconsin; eight grandchildren, Henry (Jamie), Benn (Brooke), Dan (Chelsey), Laura (Matt), Mary (Aaron), Andrea (Alex), Amy (Nick), Chad (Ashley); six-



teen great grandchildren; and many very special nephews and nieces.

Phyllis was preceded in death by her parents; brothers, Byron (Bobbi) and Ronald (Renie); nephew Stevie; brother-in-law Gene (Janice) French.

There was a private funeral service for Phyllis at 10:30 a.m. Tuesday, June 15 at Mahn Family Funeral Home - Larson Chapel in Zumbrota. Pastor Karen Foster officiated. Burial followed at Zumbrota Cemetery. Online condolences are welcome and may be shared at [mahnfamilyfuneralhome.com](http://mahnfamilyfuneralhome.com).

## Allan Lee

Allan Lee, age 78, of rural Goodhue, died on Tuesday, June 15, 2021 at Bayview Nursing and Rehabilitation Center in Red Wing.



Allan Joseph Lee was born on May 11, 1943 in Red Wing, the son of Joseph and Florence (Vanberg) Lee. He went to Wastedo School and then Cannon Falls High School. He was a Dairy Farmer on the family farm where he grew up, from the time he left school until his retirement. Allan loved animals. Blessed be his memory.

Surviving is his brother Robert (Chong) Lee. Allan was preceded in death by his parents.

A memorial gathering was held on Friday, June 25, from 5-7 pm at Lundberg Funeral Home, 5839 Hwy 19 Blvd, Cannon Falls, MN 55009.

## Ruth Lillian Holm

Ruth Lillian Holm, age 91 of Red Wing and formerly of Goodhue, died peacefully on Saturday morning, June 26, 2021 at the Ellsworth Care Center, Ellsworth, WI.

Ruth was born at home on October 16, 1929, the daughter of George and Lillian (Lehmann) Domke. She married Walter Holm on March 6, 1948, and they made their home in Goodhue. She was a homemaker and raised her three children. She enjoyed coffee with friends and taking care of her grandchildren.

She was a longtime member of St. Luke Lutheran Church in Goodhue and was also active in the Red Hat Society.

She was preceded in death by her parents; husband, Walter on June 26, 1998; son, Larry on January 24, 2020; and four brothers, Lyle, Kenneth, Richard and Melvin Domke.

She is survived by her son, Dale (Char) Holm of Goodhue; daughter, Lori (Ray) Fenzel of River Falls, WI; grandchildren, Travis (Toni) Holm, Tiffany (Shannon) Harrell, Matthew Langer (Heather Jablonske), and Ashley Langer (Jordan Thomas); great grandchildren, Brady and Jaxon Harrell, Brayden and Kaylee Langer, and Anthony Langer; step grandchildren, Erin (Nick) Turchin and Kyle Fenzel; step great grandchildren, Stacia and Mason Turchin; and many nieces and nephews.

A memorial service was held on Thursday, July 1 at 12:00 pm, with visitation from 11:00 am - 12:00 pm, at St. Luke Lutheran Church, Goodhue. A time of fellowship followed at the Goodhue Lions Community Center.



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## Goodhue Education Foundation

By Tracy Gadiant and Kristin Diercks  
On behalf of the  
Goodhue Education Foundation

The Goodhue Education Foundation (GEF) is a nonprofit organization that partners with the Goodhue community. Founded in 2014, our purpose is to provide resources for the enrichment of educational experiences and promote excellence for all students at the Goodhue Public School, whether in the arts, academics, activities, or athletics. We work to identify community resources to ensure long-term financial stability in support of our mission. We collaborate with the district school board and administration to support the foundation's innovation, strategic goals, and initiatives.

We partner with alumni, parents, educators, businesses, and the greater community to support our mission. And we are working to build an endowment fund for the sustainability of the foundation and support of projects.

The GEF is busy at work planning this year's fundraising events. We are currently seeking recipes for a Goodhue Community Cookbook. Recipes can be sent to [gef-board1@gmail.com](mailto:gef-board1@gmail.com). Presales for the cookbook will begin in late summer and cookbooks will be here in time for Christmas gifts.

School Supply Kits can be ordered for the '21-'22 school year and portions of the proceeds will be shared with the GEF. Kits can be ordered online at: <http://1stdayschool-supplies.com/kits.php?sid=1178681>. Additionally, Goodhue School Spirit wear can be ordered any time of the year at: <https://1stplace.sale/49355>. This program is great to share with grandparents who live far away and want to support their grandkids in the Goodhue School District.

Another fun event to look forward to is the Harvest Gala, which is being planned to

## Pastor Martin Weigand Celebrates 30 Years in Ministry *(continued from page 1)*

While he claims he is only fluent in English, his training also includes Greek and Hebrew.

Pastor Weigand next served in East Farmington, WI before he received and accepted the call to Grace Lutheran Church in rural Goodhue in 2016. At that time, the Wisconsin Evangelical Lutheran Synod (WELS) congregations of St. Peter's in Goodhue and St. John's, Minneola decided to dissolve their partnership and Weigand began to serve as the interim pastor for St. Peter's. After much careful planning, a joint congregation agreement was reached between Grace and St. Peter's and he has served both since 2018.

Pastor's wife, Debbie Weigand, lived in an area South of Chicago and started attending Lutheran school in the 8th grade. She originally did office work but went back to school to get her teaching degree and will be teaching at St. John's Lutheran School in Red Wing this Fall. The couple met through mutual friends and has been married since 2000. They have two daughters,

Kathy, a Freshman at Wisconsin Lutheran College and Emily, a Sophomore at St. Croix Lutheran High School. The whole family enjoys music and their other leisure activities include gardening, fishing and fitness.

The Weigands have made many friends here and found Goodhue to be a neat, supportive community. Reflecting on his past 30 years of serving WELS congregations, he says he loved the mountains of Montana and the beaches of Michigan, but there is still no better sight than a person showing their faith or being brought to faith in their older years. He is humbled saying, "God works through me and in spite of me."

The area WELS congregations welcome all to worship at Grace, 39774 County Road 4, 8:30 AM Sundays and 7 PM Wednesdays, and St. Peter's, 702 West Third Ave, 10:15 AM Sundays. For other activities or more information, please e-mail [gracelutheranchurchmn@gmail.com](mailto:gracelutheranchurchmn@gmail.com) or visit their website: [www.gracestpeters.org](http://www.gracestpeters.org).



coincide with the opening of the completed school building/remodel project. A school tour, dinner, and dance will be hosted by the GEF.

Finally, the Spring Auction is happening! The auction will be held in the Spring of 2022. If you have donations you would like to add to the auction, please email us at [gef-board1@gmail.com](mailto:gef-board1@gmail.com). If you would like to donate to the GEF you can send checks or cash to P.O. Box 96, Goodhue, MN 55027.

Thanks to previous generosity, the GEF was able to satisfy all the grant requests submitted this winter. With your help, we were able to fund all the below classroom enhancements: books/supplies for literacy enrichment, Goodhue School Forest project, Social Emotional Learning materials, Flipped lessons equipment, Vinyl Printer and Cutter, Phonics activities, and STEM building supplies totaling \$10,264.54.

The Goodhue Education Foundation would like to extend a sincere thank you for your continued care throughout the years. It

is our honor to pass along the donations gathered for all the special projects and programs for our great school.

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## Health Tip of the Month: Vitamin D, Dangers of High Fat Sugar Diet, Junkfood App



By Shauna Burslem, D.C.

More good news concerning vitamin D! Vitamin D is an essential nutrient that is manufactured in our body by exposure to sunlight. Vitamin D helps to strengthen bones and teeth. Over the last decade or so, Vitamin D has been shown to have many immune system enhancing components, making the vitamin extremely important for helping the body to stay healthy from viruses and other germs. As far as Covid-19 virus is concerned, studies around the world have shown a correlation to severe cases of coronavirus cases and low Vitamin D levels. In addition, Vitamin D has anti-cancer properties and can help lower your risk of acquiring certain cancers. New research on Vitamin D is now showing promise for opioid addiction.

Low levels of Vitamin D in lab animals have shown the animals crave and become addicted to opioids. The cravings are curbed when Vitamin D levels are restored to normal. The study suggests that the use of the inexpensive supplement, Vitamin D could be used in the fight against opioid addiction.

New information on eating a high fat, high sugar diet has shown that there is a large link connecting high fat and sugar intake to immune system impairment and gut infection and inflammatory diseases like irritable bowel syndrome. The stomach and digestive tract produce healthy bacteria that boosts immune system function. A diet high in saturated fat (junk food, fried foods, processed foods) and high sugar intake destroys Paneth cells in the gut. Paneth cells are immune system cells that fight inflammation. Messing with the healthy gut bacteria and Paneth cells can lead to a host of digestive problems and lower immune system function, making you more susceptible to viruses.

How about an app that can help you eat healthier? The new Food Trainer app (FoodT) trains people to tap on images of healthy food and stop when junk food appears. A new study conducted at Exeter and Helsinki Universities found that by using the app once a day for a month led to a reduction in junk food consumption. Longer use of the app led to further reduction in eating unhealthy foods. The study found using this brain training app created an association with unhealthy foods and the stopping of eating them.

**Pregnancy and Prenatal Care News:** Everyone knows that drinking alcohol dur-

ing pregnancy is a no-no and harmful to the developing baby. A new study has found that heavy drinking lessens your chances of conception and becoming pregnant. The study defines heavy drinking as 6 or more alcoholic drinks per week. The country song on the radio says that "Tequila makes her clothes fall off," according to this study, if it is the 6th one, it will not help if trying to get pregnant. Also, the study goes on to say, please do not use alcohol as birth control. "The results in this study should not be construed to mean that drinking alcohol prevents pregnancy. In other words, alcohol is not birth control. Even if a woman drinks alcohol heavily, if she has unprotected intercourse, she can become pregnant." Another pregnancy study suggests that a healthy diet around the time of conception through the second trimester lowered the pregnancy risk of gestational diabetes, hypertension, preeclampsia and preterm delivery. To me, this is the "Duh" study, as healthy eating in general, not just in pregnancy lowers the risk of diabetes and high blood pressure.

**Covid-19 Update:** The CDC announced that it will hold an emergency meeting to discuss the higher than normal amounts of myocarditis in young people after receiving the Covid-19 vaccine. As of this writing over 500 cases of myocarditis have been reported in the teenage group. At a recent FDA meeting, FDA advisers were debating vaccine standards for vaccinating young children. "Tom Shimabukuro, a CDC official, presented slides showing that half of

the 528 cases reported in a safety database occurred in people 12 to 24 years old, even though they represent only 9 percent of vaccine recipients. He also showed that the cases in younger age groups are occurring more frequently than would normally be expected.

Some experts said that untangling whether there is a link between the vaccines and the myocarditis cases is necessary before making a vaccine more widely available to children." Health officials in Israel have decided that there is a probable link to the vaccine and the myocarditis with instances occurring 25 times more than the normal rate. It has also been reported that health officials in Canada and Germany are noticing similar outcomes.

Covid-19 vaccination reaction update for your informed consent: This week's number of reported deaths among all age groups following COVID vaccines is 5,888, up 723 from last week, according to data released this week by the Centers for Disease Control and Prevention (CDC). The data comes directly from reports submitted to the Vaccine Adverse Event Reporting System (VAERS).

Every Friday, VAERS makes public all vaccine injury reports received as of a specified date, usually about a week prior to the release date. Today's data show that between Dec. 14, 2020 and June 11th, a total of 329,021 adverse reactions were reported to VAERS, including 5,888 deaths — an increase of 723 over the previous week. There were 28,441 serious injuries reported, up 3,082 compared with last week. 2,012 pregnant women have reported adverse reactions and there were 666 reports of miscarriage or premature birth. Over 96,000 adverse event reports were for anaphylactic shock, 3,211 reports of Bell's Palsy and 5907 were cases of blood clots.

I report on the VAERS statistics so you are aware of any risk associated with the vaccine. The news in general does not report on vaccine risks. Statistically, compared to the 299 million vaccine doses given thus far, reactions are considered low. But as seen above, they do happen and it is important that people are aware and are not blindly vaccinated without being made aware of possible adverse reactions that can happen.

## MISSY'S MESSAGE



MISSY PAPERFUS

### WHAT'S FOR DINNER?

We have been eating at home a lot more over the past year. I do not think that was our intention to eat at home more, it just worked out that way and has become the new normal. We like to get milk, bread, and eggs at the gas station when we are running low, and then head the to the grocery store every other week. We are not picky eaters at our house. Mike will eat anything. Monty hates tomatoes, he will pretty much eat anything else. I love tomatoes. Especially cherry tomatoes. Every year we get a hanging cherry tomato plan from Jenny's Greenhouse. I try to keep up with watering it. Thankfully, I have my green thumb Mike to take proper care of it. Whoever is cooking, gets to plan the meal.

Mike usually grills at our cabin. I chose the easy way out, so I'll buy some lettuce and a potato salad, so I do not have any cooking with the meal. Just set the table. We see what kind of meat looks good at the store and go from there. We also make HoBos (hamburger/potatoes/onions/carrots in tin foil) a lot on the grill in less than an hour. I've found that whole carrots last a lot longer than baby carrots, but you can use either.

When you are cooking, it does not have to be difficult. Make it easier, use some paper plates so there are no dishes. We like to keep both canned and frozen vegetables, so when we do not have a plan, we can always put something together in a pinch. Another trick is buying a roasted chicken. You have endless options with a whole cooked roasted chicken. I have never been one to meal plan. We typically figure it out right then and there.

*Memo from MotoProz...*

Mazeppa Daze 2021 coming right up! July 9, 10, 11 See us Friday night in the Parade at 7 PM, Bring on the Fireworks at dusk (mini display Friday night and Saturday night is the big night! 5K walk/run starts Saturday morning at 9AM at the school. Tractor pull Sunday! The place to go is MotoProz!

Missy and her husband Mike own MotoProz in Mazeppa.

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# Mazeppa Daze Returns for 2021 July 9-10-11

The Field of Honor will be open all week starting on Thursday. On Friday there will

be a parade at 7pm followed by a street dance at 8:30pm and a small fireworks display at dark.

Saturday starts with a pancake breakfast at 6am and volleyball and softball tournaments starting at 8am. The 5K run/walk starts at 9:30am. The Lion's BBQ dinner will be held from 4 to 8pm at Lion's Park. A live band will be playing at the ballfield at 8:30pm and a huge fireworks display will be held at dusk.

On Sunday there will be a tractor pull at 10am, a fire department water fight at 11am and a classic car show at noon.

## Free Nitrate Tests for Drinking Water

The Goodhue Soil and Water Conservation District (SWCD) will be providing free nitrate testing for your private wells this year at the County Fair. The SWCD will have their water testing equipment set up at their fair booth from 12:30 to 4pm on Thursday Aug. 12th and Friday Aug. 13th of the fair. Prior to the county fair, we will also be accepting water samples at the Goodhue SWCD office @ 104 E 3rd Ave. Goodhue, MN. Just drop off a small sample of your drinking water by the office with contact information and we'll contact you with the results.

If you have any questions please contact Chad Hildebrand at the Goodhue SWCD childebrand@goodhueswcd.org or 651-923-5286 x109.



\*\*\*\*\*

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\*\*\*\*\*

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- ★ JUST 4 LAFFS - BALLOON ANIMALS AND FACE PAINTING

★ **FRIDAY NIGHT**

★ 7PM - AUTO CROSS

★ **SATURDAY NIGHT**

★ 7PM - DEMO DERBY

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WabashaCountyFair.org

Facebook: Wabasha County Fair

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Sign Up after 7a.m. Race kicks off at 8a.m.

For participating runners, a FREE WAFFLE BREAKFAST is included that you may enjoy before or after the run.

## KIDS PEDAL PULL

Pull starts at 11:00a.m.



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## Mental Toughness is Finding Fuel on an Empty Tank



By Harvey Mackay

Phil Mickelson recently became the oldest golfer to win one of the four major professional golf championships by taking it one mental stroke at a time.

Confidence and the physical part of golf has never been an issue for Mickelson, but he recently talked about his mind and the mental lapses that were costing him. He hadn't won a tournament on the PGA Tour in two years or a major championship in eight years, until winning the PGA Championship at Kiawah Island in South Carolina in May.

Mickelson said: "I'm trying to use my

mind like a muscle and just expand it because as I've gotten older, it's been more difficult for me to maintain a sharp focus, a good visualization and see the shot.

"Physically I feel like I'm able to perform and hit the shots that I've hit throughout my career, and I feel like I can do it every bit as well as I have. But I've got to have that clear picture and focus," Mickelson added.

And that's exactly what he did. He didn't hit a shot until he had a clear picture in his mind of what the shot was supposed to look like.

Another golfing great, Arnold Palmer, said: "My father always said to me, 'Remember, whatever game you play, 90 percent of success is from the shoulders up.'"

Famed NFL football coach Vince Lombardi said: "Mental toughness is essential to success. You've got to be mentally tough. Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind - you could call it character in action."

"Champions aren't made in the gyms," according to Muhammad Ali. "Champions are made from something they have deep inside them - a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill."

After Tom Brady won one of his seven Super Bowl championships he was asked what makes his team so special. His answer:

"Mental toughness."

Psychologists have defined mental toughness for athletes as "having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure."

Note a trend here. Most people attribute mental toughness to elite athletes. I disagree. Being mentally tough can apply to anyone in any profession. Wikipedia defines it as a measure of individual resilience and confidence that may predict success in sport, education and the workplace.

Mental toughness is keeping everything together when everyone expects you to fall apart.

Mental toughness grows in the moments when you think you can't go on but you keep going anyway. Anyone can give up. But to hold it together when everyone else would understand if you fell apart, that's true mental toughness.

Mental toughness comes into play when the going gets tough. Achievements are more rewarding when you work hard for something.

Fortunately, mental toughness can be cultivated and developed. Start by making a commitment to succeed. Only focus on what you can control. Be confident and thrive on adversity. Learn from your fail-

ures, but don't dwell on them. The past is valuable training - nothing more.

Don't complain or show emotions. Train your mind to be stronger than your emotions or else you'll lose yourself every time. In sports, you don't want to show your opponent that you are hurting or tired.

Be well conditioned. Physical strength will get you to the starting line, but mental strength will get you to the finish line.

Ten-time NCAA basketball championship coach John Wooden said: "I always stress condition with my basketball players. I don't mean physical condition only. You cannot attain and maintain physical condition unless you are morally and mentally conditioned."

Solicit feedback. Listening to advice or criticism is not easy for most people. In today's business environment, where the landscape is changing rapidly, learning how to accept feedback is a key skill for advancing. Everyone can improve performance.

History has shown us that the most celebrated winners usually encountered heart-breaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats. They have grit and resilience.

**Mackay's Moral: Mental toughness is what separates champions from near champions.**

*Reprinted with permission from nationally syndicated columnist Harvey Mackay, author of the New York Times #1 bestseller "Swim With The Sharks Without Being Eaten Alive."*



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## Donors Urgently Needed

### Red Cross Still Facing Severe Blood Shortage

The American Red Cross continues to experience a severe blood shortage that is negatively affecting blood product availability across the country. Donors of all blood types – especially type O and those giving platelets – are urged to make an appointment to give now and help ensure hospital shelves are stocked with blood products over the Fourth of July holiday and beyond.

Right now, the Red Cross is working around the clock to provide blood products to hospitals responding to an unusually high number of traumas and emergency room visits, as well as overdoses and resulting transplants. As a result of the blood shortage, some hospitals are being forced to slow the pace of elective surgeries until the blood supply stabilizes, delaying crucial patient care.

In addition, while summer is traditionally a time when blood donations decline, this year is particularly challenging as many Americans receive their vaccinations and

resume summer activities after more than a year of limited interactions and travel, leading to lower donor turnout. The need for blood doesn't take a holiday break – patients still depend on lifesaving transfusions.

Donors are needed now to prevent further delays to patient care. Schedule an appointment to give blood now by using the Red Cross Blood Donor App, visiting [RedCrossBlood.org](http://RedCrossBlood.org), calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

As a thank-you, all those who come to give July 1-6 will receive a Red Cross embroidered hat by mail,\* while supplies last. And, donors who come to give July 7-31 will receive a \$10 Amazon.com Gift Card by email, plus a chance to win gas for a year (a \$5,000 value). (Terms and conditions apply; visit [rcblood.org/fuel](http://rcblood.org/fuel)).

In most cases, those who have received a COVID-19 vaccine can donate. However, knowing the name of the manufacturer of the vaccine they received is important in determining donation eligibility.

#### Upcoming blood donation opportunities in Goodhue County Cannon Falls

7/7/2021: 9 a.m. - 3 p.m., VFW Cannon Falls, 218 4th St. N.

#### Red Wing

7/7/2021: 12 p.m. - 6 p.m., Immanuel Lutheran Church, 24686 Old Church Road

7/8/2021: 1 p.m. - 7 p.m., St. Paul's Lutheran Church, 320 West Ave.

7/9/2021: 12 p.m. - 6 p.m., First Covenant Church, 2302 Twin Bluff Road

7/15/2021: 10 a.m. - 4 p.m., YMCA Red Wing, 434 Main St.

#### Wanamingo

7/8/2021: 12 p.m. - 6 p.m., Community Center, 401 Main St.

#### Welch

7/1/2021: 12 p.m. - 6 p.m., Cross of Christ Lutheran Church, 24036 County 7 Blvd.

7/2/2021: 8:30 a.m. - 2:30 p.m., Cross of Christ Lutheran Church, 24036 County 7 Blvd.



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## Bellechester City Council Meeting Minutes

May 19, 2021 @ 5:00 PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:00 p.m.

Pledge to the flag.

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

Minutes of April, 2021 meeting were reviewed and motion was made by Rich Majerus with a second by Jered Buxengard to approve the minutes. Motion carried.

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

### Old Business:

- **Setup up Mowing for summer** – No one contacted council regarding opening. Jered and/or Owen Buxengard can do it for the summer. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to set them as the mowing service for the 2021 summer season. Motion carried.

- **Portable Generator** – update progress – parts are in for electrical and Cummins will be contacted to fire up new generator and have it ready. Leveling of ground and grass seed was put down as a community service project.

- **Sewer Grant** – update progress.

- **ADA bathroom for Community Center/Raffle** – update progress. Waiting on electrician, which should be next week. Raffle is sold out and set for June 5th.

- **Playground Maintenance – Update** – Pending weather, this Friday woodchips will be purchased and a clean up the equipment. Picnic tables have issues. Lions asked about how to proceed. There was also discussion on the use of the ball fields and if we can repurpose into other function. We do have a park fund certificate that was considered. Motion was made by Mark Gerken with a 2nd by Rich Majerus to close out the Park Fund and deposit into General Fund for the specific purchase of new picnic tables and other necessary equipment to improve the park. Motion carried.

### New business:

- **Set Public Hearing for June for Rural Development/Sewer Grant** – 6:00 at June meeting. Matt will be present to discuss the need for this. Motion was made by Kyle Blattner with a 2nd by Jered Buxengard to set a public hearing for June meeting @ 6:00. Motion carried.

- **Street Sweeping** – Kyle will inquire with City of Goodhue and doing this for us again.

- **Non-stop barking dogs** – what can be done with this.

- **Brush pile burning-wind direction** – Wind conditions will be better monitored next time.

- **Tavern Liquor License Renewal** – Motion was made by Rich Majerus with a

2nd by Kyle Blattner to renew the Tavern liquor license. Motion carried.

- **Garbage Service Changes** – There was issues this week with Waste Management, which took over from Countryside Disposal. Lake City Disposal quote was discussed and to see if some commercial accounts can be changed to residential based on their usage. We will follow up on this and discuss at June meeting.

- **City Cleanliness Complaints** – Complains on yards. Reminders will be in utility bills on yard cleanup and verbal reminders will made by council to residents.

**Engineering Report** - Update on RD Apply - Matt discussed the online application that was started for the RD grant. Jody will need to be authorized on this system for signing. TEDI grant discussion – this would be grant money for improvements for sewer and water expansion for industrial park. We will discuss further. American Recovery Plan discussion / update – approx. \$20,000 is bookmarked for Bellechester. We can put this money towards the current sewer project that is current in progress. At the June meeting, we would have to pass a resolution to accept this money.

**Clerk Report – Garbage Bill** – We received \$1208.98 in and paid \$1473.24 out for April. Liquor Licenses – received back from Tavern and forwarded to County for approval. Xcel Energy – I filled out Auto Pay form to make this payment setup too. I don't believe there are any more standard bills that we receive each month left. So far now Garbage, Phone, Electric are paid directly each monthly. Rural Development Grant Forms – Due to possible changes in the census numbers, we have been advised by Laurie at USDA that we may want to get our application in as soon as we can. Matt has started the process and I have been available when needed for forms to expedite this. It appears that we will benefit more starting it now then waiting until new numbers are formalized. Website – Municipal Impact redesigned their website format. Ours was updated in looks, but it's still the same information.

**Treasurer Report** – List was reviewed.

**Water/Wastewater/Facility Report** – Leak is still being looked at. Chlorine tank

needed a new regulator. New compressor is on and running. Pond 3 is being discharged now. Will look into finding someone to bail at the ponds to cut down on mowing.

Mayor Concerns: Possible meet and greet put on by Lions July 24th in park. More info and confirmation on this will follow.

Council Concerns: Easement issues with sewer project was discussed and will be looked into on what we need to get them recorded. Culvert is exposed on Cty 2. County will be contacted. Gas can spouts are needed for gas cans. Gopher traps are needed at ball field. Mark has one. Garbage can is full at ball field. Removal of snow fencing.

**Resident Concerns** - Norm Blattner brought up vehicles and boats in yards complaint.

### Adjourn

Motion was made by Rich Majerus with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 7:36 pm. Next meeting is May 19 @ 6:00 p.m. at the Bellechester Community Center.

Submitted by Lisa Redepenning  
City Clerk

- **Yard Cleanup** – Please take the time to clean up anything stored on your property. Please be mindful that other people may not enjoy your lawn storage – please help to make our city tidy.

- **Fee Change for Utility Bills** – Shut off fee was eliminated with a single reconnect fee of \$100, a 10% interest fee after 90 days and returned check fee of \$25.

- **Burn Pile** – Please remember that burn pile is for brush and leaves only. We can get fined for all other items left here. The burn pile is for Bellechester City residents only. If you witness any dumping of unauthorized items or non city resident use, please call us.

- **Recycling** - Please recycle whenever you can. There is a recycling bin located on the north end of town by GB Feed and Supply. By recycling, this will keep our garbage rates from rising.

- **Power Outages** – If you have power outage in your home, please check Xcel's website for an update on current outages and contact them directly as they provide the power for Bellechester.

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# Changes in Latitudes, Changes in Attitudes The Tennessee Tilt



By Terry Campbell

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

I saw pickup trucks driving around like this and thought there must have been a mechanical failure. Then I found out it was actually a fad. It comes from giving a perfectly good four-wheel drive pickup to someone lacking in common sense. They call it the Tennessee Tilt and it has been seen in neighboring North Carolina where they call it the Carolina Squat. It is a terrible new trend for pickups from the millennial country kids. You take a perfectly good 4x4 truck and then you jack the front up so the headlights are in the trees and the back of your truck resembles a dog with an itchy butt, rubbing across the carpet.

I have spent my life driving pickup trucks. A man is not a real man unless he owns one. He uses it daily and he treats it with respect. You put every thing in the back including the kitchen sink and you want it to stay there.

No logical, intellectual being would slope the bed of the pickup box to self-unload



everything you put in there. You put oversized springs on the rear axle so a heavy load doesn't have you dragging the hitch ball down the highway. You want clearance so you don't get hung up on a stump when you go off road.

But down here some hillbilly brain trust came up with a backwards way to make the most noble vehicle on the road look silly. I first thought that "Bubba" found a way to load his fishing skiff without a trailer. Just back that old truck down to the water and run the john boat up in the box. But it is mostly new pickups which were emasculated and sent down the highway looking like some punk at the mall with his pants hanging below his underwear.

It has become bad enough, that the state legislature passed a law to ban this practice, stating; "A private passenger automobile shall not be modified or altered by elevat-

ing the automobile more than 3 inches from the manufacturer's specified height in the front and lowering the automobile more than 2 inches from the manufacturer's specified height in the rear."

One of the great things about being an old farmer is that you are actually smarter than most kids, and ornery enough to tell them so.

# A Minnesotan: Fireworks



By RosaLin Alcoser

While when the holiday is spent in the city the experience is different. The fireworks go off from all the different parks and people's yards; sometimes in the yard right next to your house. And the streets are packed with people in lawn chairs to watch the chaotic firework display going off around them.

Last year I personally did not get either of these experiences as I was the town reporter; which meant I was at the one Firework display going on in town. Once the Independence Day softball game was over the firework display started and lasted for about half an hour. It was held at the fairgrounds and while some people lined the streets in town, most people watched from the back of their cars at the fairgrounds.

I spent it watching from the back of my hatchback at the fairgrounds... well, my Mom did. I viewed the whole thing through my camera lens while I jotted down notes about the event.

This year though this year will be different as I now live in the cities and will not be covering local events. Instead I will have to be one of those people who views the chaotic display from their home or by going outside to view it from the street.

2020 was the first Fourth of July that I spent in Minnesota in years and it was the first year that I had spent it at the lake in years. The years before when I was in school in Missouri and I spent most of those Fourth of July's in the city.

I have found that the biggest difference between being in the city vs being on the lake for the Fourth of July is the way we view the fireworks. Years where I have spent it at the lake. The large colorful bust of the fireworks can be leisurely viewed from the water, dock, or the deck. It's beautiful as the fireworks go off over the water from afar.



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### CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13						14			15		
16						17			18		
19				20		21	22				
			23			24					
25	26	27		28		29		30		31	32
33		34		35		36		37			
38				39		40		41			
42				43		44		45			
46				47		48		49			
50				51		52		53			
			54			55		56			
	57	58	59			60		61	62	63	
64				65	66			67			
68				69		70					
71				72		73					

5	9	8	1	4	2	3	7	6
4	6	3	7	9	5	2	1	8
2	7	1	6	3	8	5	4	9
9	3	4	8	7	1	6	5	2
1	5	2	3	6	9	4	8	7
7	8	6	5	2	4	1	9	3
3	4	5	9	8	6	7	2	1
8	1	7	2	5	3	9	6	4
6	2	9	4	1	7	8	3	5

SUDOKU ANSWERS

6	2	9	4	1	7	8	3	5
8	1	7	2	5	3	9	6	4
3	4	5	9	8	6	7	2	1
7	8	6	5	2	4	1	9	3
1	5	2	3	6	9	4	8	7
9	3	4	8	7	1	6	5	2
2	7	1	6	3	8	5	4	9
4	6	3	7	9	5	2	1	8
5	9	8	1	4	2	3	7	6

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- THEME: SUMMER OLYMPICS
- ACROSS
- Welsh dog breed
  - With juice, or au \_\_\_\_
  - Pirate's yes, pl.
  - What a subordinate does
  - Cigarette residue
  - Chimney cleaner
  - Coffin holders
  - "Sheep be true! \_\_\_\_-ram-ewe!"
  - Poisonous Christmas berry
  - \*First U.S. city to host Summer Olympics
  - \*Swimmer with most Olympic medals
  - Part of a min.
  - \*Field hockey's stick and ball, e.g.
  - Gayle King's network
  - Capital of Latvia
  - \*Canoeing: slalom and \_\_\_\_
  - Rhine tributary
  - Building annexes
  - A in AV
  - Three-ply cookie
  - \*Madison cycling, e.g.
  - \*Light ball tap, in volleyball or tennis
  - What hoarders do
  - Not happening (2 words)
  - Half-rotten
  - \*Martial art debuting in Olympics in 2021
  - Make a plaintive cry
  - Short for although
  - Luau instruments
  - Street in Paris
  - \*\_\_\_\_ horse in gymnastics
  - \*One of pentathlon events
  - Kentucky Derby drink
  - Rock in a glass
  - Small Asian ungulate
  - Spy's cover
  - Not a win nor a loss
  - Run off to marry
  - Pat dry
  - Eastern Standard Time
  - Between shampoo and repeat

- DOWN
- Corn units
  - Final notice?
  - Rod attachment
  - Greek sandwiches
  - Federal Reserve in relation to U.S. currency
  - \*Boxing moves
  - \*All-time Olympic record holder in medal count
  - Popular fitness magazine
  - Military no-show
  - Crowd-sourced review platform
  - Mature elvers
  - I do this with my little eye
  - Tibetan mountaineer
  - Slipperier
  - \_\_\_\_-been
  - London's Tyburn Tree, e.g.
  - Kick the bucket
  - Thailand's neighbor
  - Give sheep a haircut
  - A valley in Scotland
  - "Ant-Man" leading actor
  - Dostoevsky's "The \_\_\_\_"
  - Beethoven's famous symphony
  - \*2021 Olympic host
  - Civil Rights icon
  - Long adventure story
  - \_\_\_\_ welcome!
  - Tree cutters' leftovers
  - \_\_\_\_ out, as in victory
  - One suffering from tuberculosis
  - Chosen few
  - Food safety threat
  - \*Threat to muscles
  - Mixture
  - Source of protein
  - Pedal pushers
  - Golf club
  - Midday slumbers
  - High school club
  - #6 Down, sing.
  - Post-Soviet Union union

6				1		8		
		7			3			
			9	8			2	1
		6	5			1	9	
	3	4			1	6		
2	7			3	8			
			7			2		
		8		4				6

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.





**Gold Star Amusements on the midway!**  
Rides will run from 1:00pm-11:00pm

**JULY 4th GRANDE DAY PARADE**  
11:00am  
**FIREWORKS SHOW!**  
Dusk

**It's Fair Time!**

# CANNON VALLEY FAIR ★ JULY 1-4, 2021

Cannon Falls, Minnesota

**FFA KIDDIE BARNYARD OPEN DAILY!**

**Thursday, July 1**

9:00am-6:00pm  
10:00am  
11:30am  
1:00-11:00pm  
1:00pm  
2:30-5:30pm  
3:00pm  
3:00-5:00pm  
3:00-6:00pm  
4:00pm  
4:00-8:00pm  
6:00pm  
7:00pm  
7:00-10:30pm

Livestock Entry  
Goodhue County Commissioners Meeting - VFW PAVILION  
Kid's Power Pedal Tractor Pull - Near Grandstand  
Gold Star Amusement Rides Open - Wristband special 1:00-5:00pm and 5:00-10:00pm  
Balloon Artistry by Mandana - PAVILION  
Balloon Artistry by Mandana - Balloon Twisting - PAVILION  
Truck/Tractor Pull Gates Open  
Canvas Art - on the hour - Cafe  
Jackpot Beef Check-In and Weigh-In  
4H and FFA Beef Show followed by Open Class Beef Show - SHOW ARENA  
Canvas Art - on the hour - Cafe  
Tractor/Truck Pull Starts - GRANDSTAND EVENT  
Jackpot Beef Show - SHOW ARENA  
Bryan Anderson - FREE STAGE

**Friday, July 2 - DAY CARE DAY**

9:00am  
9:00am  
10:00am  
10:00am  
10:00am-11:00am & 12:30pm-1:30pm  
11:00am-7:00pm  
11:00am-11:30am & 1:30pm-2:00pm  
11:30am  
12:00pm  
1:00-11:00pm  
2:00pm  
3:00pm  
3:00-5:00pm  
4:00pm  
4:00-7:00pm  
4:00-8:00pm  
6:00pm  
7:00pm  
8:30-Midnight

Miniature Cattle Educational Workshop - SHOW ARENA  
4H and FFA Sheep Show - SHEEP & GOAT BARN  
Emergency Vehicles on the grounds  
Girl Scouts Craft Projects - PAVILION  
Yo-Yo Performance by Dazzling Dave - STROLL  
Breakout Route - Escape Room - tickets sold online at Breakoutroute.com  
Yo-Yo Performance by Dazzling Dave - FREE STAGE  
Don B! Comedian, Illusions, Juggling, Plate Spinning & Unicycling - FREE STAGE  
Open Class Sheep Show - SHEEP & GOAT BARN  
Gold Star Amusement Rides Open - Wristband special 1:00-5:00pm & 5:00-10:00pm  
4H and FFA Rabbit Show and Poultry Show - SHOW ARENA  
Don B! Comedian, Illusions, Juggling, Plate Spinning & Unicycling - FREE STAGE  
Jackpot Sheep Check-In and Weigh-In  
Pit Gate Opens  
4-H Demonstrations  
Canvas Art - on the hour - Cafe  
Jackpot Sheep Show - SHOW ARENA  
Combine, Demo, Lawnmower Derby - GRANDSTAND EVENT  
THE SHEET ROCKERS - FREE STAGE

**Saturday, July 3**

9:00am  
10:00am  
11:00am-7:00pm  
11:30am  
12:00pm  
12:00pm  
1:00-11:00pm  
3:00pm  
3:00-5:00pm  
4:00-8:00pm  
6:00pm  
6:00pm  
8:30pm-Midnight

4H and FFA Goat Show followed by Open Class Goat Show - SHEEP & GOAT BARN  
4H and FFA Dairy Show - SHOW ARENA  
Breakout Route - Escape Room - tickets sold online at Breakoutroute.com  
The OZ Brothers - FREE STAGE  
District VI Holstein Show - SHOW ARENA  
PIT Gate Opens  
Gold Star Amusement Rides Open - Wristband special 1:00-5:00 & 5:00-10:00  
The OZ Brothers - FREE STAGE  
Jackpot Goat Check-In and Weigh-In - SHEEP & GOAT BARN  
Canvas Art - on the hour - Cafe  
Jackpot Goat Show - SHEEP & GOAT BARN  
DEMO DERBY - GRANDSTAND EVENT  
THE COXMEN - FREE STAGE

**Sunday July 4 - VETERAN & SENIOR CITIZEN DAY, FREE GROUNDS ADMISSION DAY!**

11:00am  
1:00-11:00pm  
2:00pm  
5:00pm  
7:00-9:00pm  
7:00-11:00pm  
Dusk

Grande Day Parade starts  
Gold Star Amusement Rides Open - Wristband special 1:00-5:00 & 5:00-10:00  
Harness Horse Racing - Gandstand Event  
Livestock Released  
Building Exhibits Released  
THE CHUBS - FREE STAGE  
Fireworks Show

**TRUCK AND TRACTOR PULL**  
**THURSDAY, JULY 1 - 6 PM**

Trucks:	Tractors:
3100 PURE STOCK 4000 PURE STOCK 5000 STREET STOCK 6000 IMPROVED STOCK 7000 PURE STOCK 8000 PURE STOCK 9000 IMPROVED STOCK 1000 PURE STOCK 1100 IMPROVED STOCK	1000 FARM STOCK 1500 FARM STOCK 2000 FARM STOCK 2500 FARM STOCK 3000 FARM STOCK 3500 FARM STOCK 4000 FARM STOCK 4500 FARM STOCK 5000 FARM STOCK 5500 FARM STOCK 6000 FARM STOCK 6500 FARM STOCK 7000 FARM STOCK 7500 FARM STOCK 8000 FARM STOCK 8500 FARM STOCK 9000 FARM STOCK 9500 FARM STOCK 10000 FARM STOCK

Bryan Anderson  
7 PM - 10:30  
FREE STAGE  
PIT gate opens at 3 PM  
ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25

**COMBINE, DEMO, & LAWNMOWER DERBY**  
**FRIDAY, JULY 2 - 7 PM**  
Pit gate opens at 4:30pm

- Roll Chain Compact
- 80's & Above
- Mighty Men's
- Youth Class
- Combine Derby
- Lawnmower Derby

For Rules and regulations go to: [www.cannonvalleyfair.org](http://www.cannonvalleyfair.org)

**DEMOLITION DERBY**  
**SATURDAY, JULY 3 - 6 PM**  
Pit gate opens at Noon

- MN Classic
- LIMIT WOOD TRUCK (Pitman Series)
- Limited Wheel Chairs
- Roll Chain 80's

For Rules and regulations go to: [www.cannonvalleyfair.org](http://www.cannonvalleyfair.org)

**HARNES HORSE RACING**  
**SUNDAY, JULY 4 - 2 PM**

The GANDS  
7 PM - 11 PM  
Fireworks July 4 - Dusk  
ADULTS: \$10 - CHILDREN 12 & UNDER, \$5