



Goodhue-Bellechester Messenger

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Announcements

Save The Date

The Goodhue Gesundheit 4-H club is in the early planning stages of a 90th birthday celebration featuring a noon potluck picnic at Rosie Park on July 24th. All past and current members, parents and leaders are encouraged to attend. The event will coincide with the Historical Society Museum open house from 1-4 pm the same day.

- **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.

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

Local National Honor Society Members Are Committed To Community Service

By Beth Brekke

The Goodhue High School chapter of the National Honor Society (NHS) held its induction ceremony for new members on May 4th. There were 16 newly eligible sophomores and two juniors who received this honor. *(continued on page 4)*

Pictured to the right: Members of the Goodhue High School National Honor Society came and went as their schedules allowed, helping out at their semi-annual car wash. A steady line of all types of vehicles kept the crew busy and raised money for the school scholarship fund. The Spring fund-raising event was held Sunday, May 15th in the parking lot of the ASCS building off of Highway 58. The group will host another car wash in the Fall on a date to be determined later.



L to R: Cayden, Carsyn, Casey, Kim, & Jack O'Reilly

O'Reilly's To Host Breakfast On The Farm June 17th

By Beth Brekke

Who wants ice cream for breakfast? While it may not be standard or traditional breakfast fare, there is one day each year that it is allowed. This year that day is Friday, June 17th when the Casey O'Reilly family of Goodhue will be hosting the annual Breakfast On The Farm event from 7-11 a.m. *(continued on page 7)*

Win a Weekend Getaway!



Although the Spring weather hasn't been too spring like, The Messenger is Gearing up for some Summer Fun!

Along with our partners, we are excited to be giving away prizes to you, our loyal readers and supporters. There is no purchase necessary, and you must be 18 or older to win. *(continued on page 3)*

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One Way

By Pastor Colleen Hoeft

I like having options and variety. I like finding different ways to drive somewhere. Sometimes I need to go to Wabasha- there are 3 different major routes to get there- one is scenic and full of s curves, another goes north before it goes to Wabasha, and the other goes south before it goes to the County seat. Even though Highway 60 is the shortest mile wise- it is actually is the longest, time wise, path to Wabasha. In a lot of things, it just depends on what your goal is how you determine the path you end up taking.

In these kinds of choices there isn't a right or wrong path- they will all get you to where you are going. We all like choices, we all like to choose our houses, our cars, our foods, the stores we shop in- We like options to be available. Maybe that's why we have such a difficult time with Jesus words in John 14. Jesus is only giving us one way to get to heaven- "I am the way and the truth and the life. No one comes to the Father except through me." He leaves no other option. If you put heaven into your GPS the only route would be JESUS!

So, who is Jesus- who is he claiming to be? He tells Philip- "Don't you know who I am? If you have seen me, you have seen the Father. How can you ask me to show you the

Father?" Jesus claim is that He is one with the Father- God- thus claiming that He is God. Is that difficult for you to accept- for some there may be questions and a struggle with this truth. Let's investigate who Jesus is. Jesus Christ was God wrapped in human flesh- we call that 'incarnation.' Jesus is the 2nd person of the Trinity- God the Father, God the Son and God the Holy Spirit- three in one. We can read the clues about this characteristic of God in Genesis 1:26, "Let us make mankind in our own image." When Jesus arrived on the scene, he introduced himself as the Son of God- not just a good man and teacher. His Father was God. Jesus was equal with God from the very beginning of time. Jesus came to live fully man and fully God, sent to rescue us from the sin that holds us captive and leads to the horrors of hell. He came to bring us freedom from sin and death. He said to those that believed in Him, "If you hold to my teaching, you are really my disciples. Then you will know the truth and the truth will set you free." John 8:31-32. Jesus said a number of things about himself- leaving no doubt on who he is.

1. Jesus said He was the Messiah. He declared it in Luke 4:16-21, Jesus read a prophecy about the Messiah from the book of Isaiah- and then at the end he said- you are witnessing history- this prophecy has come true! In that moment- people didn't recognize him, but many would begin to fol-

low and believe. This was only one prophecy that was fulfilled through the life of Jesus. Others that I could mention are from Micah 5:2, that Jesus would be born in Bethlehem. Isaiah 7:14 prophesied that the Messiah would be born of a virgin. The prophet Zechariah wrote that Jesus would be sold for 30 pieces of silver and the money thrown to the potter's field- (500) years before it happened! These are all- Isaiah 53:7 said, "He was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open His mouth." On trial before Pilot, Jesus didn't respond and Pilot was amazed. Mark 15:5. David even prophesied about Him in Psalm 22:17-18- that he would be stared at and gloated over while they gambled over his clothing. This is only 5 prophecies and there were many more- Scholars recognize at least 60 prophecies that Jesus fulfilled.

Back in the 1960's a couple of mathematic professors wanted to figure out the odds that one person could fulfill only 8 of the prophecies was an astronomically large number, 1017. That's 1 in 100,000,000,000,000,000. They wrote about their findings in a book titled Science Speaks.

2. Jesus said he was God. One of the times Jesus claimed this is in John 8:58 "58 "Very truly I tell you," Jesus answered, "before Abraham was born, I am!" By stating He was before Abraham and using the phrase- I AM he was declaring himself to be God.

3. Jesus said He was the Only Way to God. "I am the way the truth and the life. No one comes to the Father except through me." John 14:6 Can't be much more clear can it?

Jesus is the Messiah. He said it and the evidence supports it as well. God did all of this because He loves us. He loves His creation. Jesus came to earth because of LOVE. God loved human beings enough that He made a way for them to get back to Him. He allowed His only Son Jesus to be sacrificed for us. But, God lets us choose. He gave us free will to choose our own way. We can choose to remain separated from God or we can choose to live in a relationship with Him.

Jesus is the WAY, the Truth and the Life! One Way only. Does it bother you that there is only one way to God? Think of it like a doctor who's delivering to you the news of terminal cancer. Wouldn't you want the doctor to tell you this news with compassion- not just science and terminology we don't understand. We'd also want to know if there is a cure-. If he told you there was only one cure- and it was 100% effective- wouldn't you want it? Of course, you would- We have the truth- we have the answer for everyone's sin problem. We can offer them the solution. But it is their choice if they are going to take it. Don't shy away from sharing the truth- but always do it with compassion and kindness! There is only ONE WAY- and His name is Jesus!



Goodhue-Bellechester Messenger

Business & Subscription Office
 P.O. Box 125
 Dennison, MN 55018
Phone:
 507-645-9877
Fax:
 507-645-9878
www.goodhuemn.com

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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, 8:45AM, Holy Mass
 Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration
 Rosary said 25 minutes before Holy Mass
 All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
 We practice because we are not yet perfect!

ST. COLUMBKILL CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
 County Road 47, Goodhue • 923-4472
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkil, Belle Creek, since merger in 2013).
 Sun.: 10:30AM 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
The Universal Church

There before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. — Revelation 7:9

The Christian faith is deeply personal. At the same time, it is also deeply communal. When we say, with the Apostles' Creed, "I believe in . . . the holy catholic church," we are declaring that the church, the body of Christ, includes all who belong to the people of God throughout history.

Let's be clear, though, that this statement does not single out or promote a particular church within the body of all who believe in Christ. The word "catholic" here means "universal," indicating that the church of Christ includes all of God's people from all times in history. The breathtaking vision in Revelation captures the scope of Christ's church gathered "from every nation, tribe, people and language." Can you imagine a more awe-inspiring sight?

And what unites this astonishing multitude of people from every time and place? Since the early centuries of the church, the teaching of statements like the Apostles' Creed has played a central role in uniting Christians around the true faith anchored in Scripture and inspired by the triune God—Father, Son, and Holy Spirit.

May the truth and witness of the universal church comfort, encourage, and challenge you to love and serve the God whom countless believers have served through the ages.

Lord, we are humbled and grateful to belong to your church, and we look forward to praising and serving you forever. 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
 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
 June 5: 9:30a.m. Worship
 June 12: 9:00a.m. Worship w/Communion
 June 19: 9:30a.m. Worship
 June 26: 9:30a.m. Outside w/Communion

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

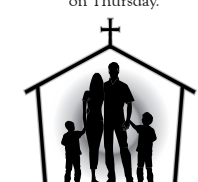
Pastor Robbin Robbert
 36620 Co. 4 Blvd., Goodhue • 651-923-4773
 Sunday 9:00am Worship
 Communion offered on the 2nd & 4th Sundays.

ST. LUKE'S LUTHERAN CHURCH (ELCA)

Pastor Eric Hanson
 PO Box 276, 308 1st Ave., Goodhue
 Email: office@stlukegoodhue.org • 651-923-4695
 Sunday 9:30a.m.
 Thursday's at Zion Church at 7:00p.m.
 (June-August)
 *Check our website for changes: www.stlukegoodhue.org

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

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





Larry Fox

Larry Fox, age 78, of Goodhue, died Sunday morning, May 8, 2022, at his home.

Larry Wesley Fox was born on December 7, 1943, in Los Angeles, California, the son of Harold and

Delores (Swanson) Fox. He moved with his family to Red Wing when he was two years old and attended Vasa Elementary school and graduated from Red Wing High School in 1964. Larry received a bachelor's degree in Ag Economics and Soil Conservation from the University of Minnesota, in 1966. On Sept. 5, 1964, Larry was united in marriage to his best friend Janelle Berg, in Red Wing. Larry worked in agriculture all of his career, starting in 1966, as a salesman and district

manager for MoorMan's Feed Co; before starting his own business, Fox Ag, and finally as a Key Sales Manager for Alpine/Eco Quest, until retiring in 2001.

He was a member of Minneola Lutheran Church. Hobbies included playing cards, watching all kinds of sports, westerns on tv, playing church league softball, and bowling in his younger years. He sponsored a bowling team in Red Wing for several years. Larry and Janelle enjoyed traveling, both for business and pleasure.

Survivors include his wife Janelle, children

Corey (Pamela) Fox, Dean (Karen) Fox, and Julie (Micah) Hoyt; 10 grandchildren; 8 great-grandchildren; sisters Karen Collins and Karleen Henderson; as well as several nieces and nephews. He was preceded in death by his parents, Harold and Delores, and his Son Timothy.

Memorial services for family and close friends was held at Minneola Lutheran Church. Interment was in Oakwood Cemetery in Red Wing. Lundberg Funeral Home is assisting the family, and online condolences are welcome at www.LundbergFuneral.com.

St. Luke Lutheran Church Plans New Construction



The old St. Luke Lutheran church building on First Avenue in Goodhue has housed the congregation for the last one hundred and twenty-five years and now a new construction project is ready to begin. The decision was made to build new rather than remodel the existing building after seven years of discussion. The new site is located along County 6 boulevard and plans are to begin construction this summer.

Over \$850,000 has been raised of the one million dollar building goal. Numerous local construction businesses have offered their services at low cost or free to help in the completion of this new church building.

The new building will increase the capacity of the church from one hundred to two-hundred and fifty people.

Win a Weekend Getaway

(continued from page 1)

Simply send an entry e-mail to messengerdrawing@gmail.com with your name, address and contact phone number to sign up. (WE WILL NOT SHARE YOUR INFORMATION WITH ANYONE!)

You will be entered into our Summer Fun Giveaway. The Grand Prize is a Two-Night Stay and Grand Casino Mille Lacs and a Family 4 pack of tickets to Iconic Fest July 8 & 9. If you are a fan of 90's Country, you will enjoy Iconic Fest. This years line up includes Black Hawk, Doug Stone, Phil Vassar and More. Located between Garrison and Brainerd, this annual event is a great way to get away and enjoy live music outdoors.

Check out their website at iconicfest.com

We will also have Tickets to Volksfest in Goodhue. This years musical guests include Hairball and John Michael Montgomery. Goodhue is located just 20 minutes east of Dennison. A short drive for some great weekend entertainment June 10 & 11. We will also draw weekly for dining certificates to the areas best restaurants. Winners will be notified by e-mail, so make sure you enter today!

The Only way to enter is send an e-mail to messengerdrawing@gmail.com.

Prize Drawings Begin June 1st! There is no purchase necessary and this promotion is void where prohibited.

(see ad on page 13)

Everyone's Invited
to Celebrate
ST. LUKE'S
125TH ANNIVERSARY
JULY 24TH
FROM 4:00-6:00 PM
at Rosie Park
and
Goodhue Swimming Pool

CELEBRATING
125TH ANNIVERSARY
July 24th from 4-6pm
Rosie Park & Goodhue Pool

— Buttons \$5 *Button Required
Children 5 & under FREE

GOODHUE VOLKSFEST '22

WED., JUNE 8 — MEDALLION HUNT
1ST CLUE • 7pm • POOL GAMES www.GoodhueVolksfest.com

— 7pm Miss Goodhue • GHS Gym 2 • *Button —

FRIDAY, JUNE 10th — STREET DANCE

HAIRBALL / Rhino \$20 / Gates Open 7pm Music 8pm

SATURDAY, JUNE 11th

8am - 1pm • Car Show - St. Peter's Church
8:30 - 11:30am • Quilt Show & Burrito Breakfast - St. Peter's Church
Reg.: 8:45 - 10am • Road Rally - Start at C-Store - \$5/person
9am - Udder Run - behind GHS
9am - 2pm • Craft & Vendor Show - Rosie Parking Lot
9am • Co-ed Sand Volleyball Tourn. - Rosie Park - \$60/team
10am - 1pm • Kids Bounce Party - Rosie Park

Bean Bag Tournament • 11am Reg. / Starts: 12pm - Rosie Park - \$40/team sponsored by Goodhue Wrestling
1pm • Bingo - Fire Hall
1 - 4pm • Gopher State Garden Tractor Pull - 3rd Ave
2:30 - 5:30pm • Volksfest Cookoff - Lion's parking lot
2pm • Pedal Pull - Located at Broadway & 2nd Avenue
10pm • Dusk Fireworks - Rosie Park

STREET DANCE

Gates Open 6pm • Music 6:30pm
\$30 pre-sale • \$40 at gate

John Michael Montgomery
JT & The Gunslingers/Bryan Anderson

SUNDAY, JUNE 12th

9am • Community Worship Service - GHS Gym
1pm • Parade
Post Parade • FD Water Fight & Medallion Hunt Award - Fire Dept

9am - 12:30pm • Dad's Belgian Waffles by Goodhue Lions - Goodhue Community Center

Local National Honor Society Members Are Committed To Community Service

(continued from page 1)

10th, 11th, and 12th grade students who have a 3.5 or higher grade point average (GPA) are encouraged to apply for membership. A faculty council reviews the applications and determines memberships. If a student is not selected, they may reapply again the following year as long as they meet the 3.5 GPA requirement.

The National Honor Society values not only scholarship, but service, leadership, and character. According to www.nhs.us, "These four pillars have been associated with membership in the organization since its inception in 1921. NHS organization quickly developed into one

of the country's leading educational groups. Today, it is estimated that more than one million students participate in NHS activities. NHS chapters are found in all 50 states, US Territories, Canada, and around the world. Chapter membership not only recognizes students for their accomplishments, but challenges them to develop further through active involvement in school activities and community service."

Throughout the year, local members take on these challenges by participating in a variety of activities. Some service projects such as assisting with a Veterans' Day program or working with the Feed My Starving Children organization are simply volunteer hours. The group promotes Earth Day in April and participates in the Adopt A Highway program in both the Spring and Fall. They also volunteer to read with the elementary students during the school year.

NHS members have been visible at many school activities including the new construction open house last September and the Goodhue Education Foundation auction. You will find them assisting the Booster Club in the concession stand and helping collect and sell gently used Wildcat wear in the consignment closet. They also run a pop tab collection for the Ronald McDonald House.

Other events that earn money include an



NHS Class of 2022

Row 1 - Alivia Holst, Alandra Hinsch, Laurel Jacobson, Liv Veiseth, Jehimi Rodriguez
Row 2 - Darby Miller, Emily Doerhoefer, Ani Schafer, Grace Thomforde, Brooke Buck, Karli Veiths, Madisen Betcher

Row 3 - Joe Cuccio, Trent Heitman, Trey Heitman, Claire Schulte, Grace Schulte

submitted photo



NHS Class of 2023

Row 1 - Kennedy Diercks, Hallie O'Connor, Madison Ferguson, Tally Stehr, Kiera Norman, Melanie Beck

Row 2 - Brooke Ryan, Emma Thomforde, Madisyn Nurnberg, Brianna Fitzgerald, Jack Goodman

Row 3 - Calvin Benrud, Jada Scheele, Abby Opsahl, Adam Poncelet, Kade Altendorf

submitted photo

aluminum can collection, helping with the Red Cross blood drive in March, a free-will offering car wash in the Spring and again in the Fall and coordinating the Holiday Home Tour in December. The three local families that opened their homes to the public this year were, Eugene and Sherri Betcher, Luke and Cassie O'Reilly, and Erica Boldt.

All money raised is donated for Scholarships which benefit Goodhue seniors who complete

the scholarship application process. Additionally, one local person or family is the recipient of funds raised in a grade level competition called the Penny Drive. All classes collect coins, each having either a positive or negative value that determines the class winner. This year's competition raised \$2,200.00 and was donated to the Josh Budsiek family.

(additional pictures on page 5)



NHS Class of 2024

Row 1 - Laura Brinkman, Jordyn Lantis, Ali Strauss, Abi Jablonski, Teagan Hinsch, Hannah O'Neill

Row 2 - Ellie Peterson, Ava Gadiant, Olivia Ryan, Sophia Huneke, Alyssa Luhman

Row 3 - Julia Carlson, Elisabeth Gadiant, Carsyn O'Reilly, Tanner Smith, Gavin Schafer

submitted photo

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Veterans Day Program: Kade Altendorf, Alivia Holst, Liv Veiseth, Emily Doerhoefer, Jada Scheele, Brooke Ryan, Ani Schafer, Emma Thomforde, Tally Stehr

submitted photo



Holiday Home Tour

Karli Veiths, Liv Veiseth, Taylor Berg, Hallie O'Connor - greeters/tour guides

submitted photo



Consignment Closet

Madison Ferguson, Alandra Hinsch, Kennedy Diercks, Abby Opsahl

submitted photo



Car Wash

(additional pictures at www.goodhuemn.com)



First Farmers & Merchants

BANK

Goodhue

Customer Appreciation Event

**THURSDAY, JUNE 9
5PM - 7PM**

Join us for food,
refreshments, & fun!

FF&M Bank | 202 3rd Ave | Goodhue, MN | 651-923-4455



Brooke Buck Receives Road to Success Scholarship

Voth Insurance Agency of Goodhue along with Grinnell Mutual of Grinnell, Iowa, has named Brooke Buck of Goodhue as one of the 80 recipients of a 2022 Road to Success scholarship for \$1,000.

"We're happy to recognize Brooke's academic accomplishments and safe driving record with a Road to Success scholarship, and we wish Brooke the very best in future endeavors," said Jerry Tipcke of Voth Insurance Agency in Goodhue.

Buck was selected from thousands of Grinnell Mutual policyholders based on excellence in the classroom and a safe driving record. Brooke is a senior high student at Goodhue Public School in Goodhue.

Voth Insurance Agency is an independent insurance agency serving Goodhue and the surrounding area. The agency provides several lines of personal and business insurance products and represents Grinnell Mutual Reinsurance Company.

About Grinnell Mutual

Grinnell Mutual, in business since 1909, provides reinsurance for farm mutual insurance companies and property and casualty insurance products through more than 1,700 independent agents and brokers in 13 states. Grinnell Mutual is the 107th largest property-casualty insurance company in the United States and the largest primary reinsurer of farm mutual companies in North America.



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Trust in Tomorrow.



**TRUST US TO BE THERE
WHEN YOU NEED US**

During National Dairy Month — and every month — we thank dairy farmers for the hard work you put in every day. Trust in Tomorrow.®



Jerry Tipcke and Brandon Haidar
www.Vothinsurance.com
109 N Broadway
Goodhue, MN 55027
Phone: 651-923-4048
agent@vothinsurance.com

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ZFGC, the course with beautiful views of ponds and a vineyard and the rolling hills on every hole. Enjoy a beverage or food in the clubhouse after your round with your friends!



MONDAY SPECIAL 12-8pm
Cheeseburger, Fries & a Beer.....\$10

TUESDAY SPECIAL 12-8pm
3 Large Street Tacos & a Beer.....\$10

WEDNESDAY SPECIAL 12-8:30pm
10 Boneless Wings w/Sauces & a Beer.....\$10

THURSDAY SPECIAL 5:00-8:30pm
Smoked Ribs Platter - Ribs, Beans and Coleslaw.....\$13

FRIDAY SPECIAL 4:30-8:30pm
Fish Fry! Amazing Lemon Flavored Cod Loins and Grilled Tilapia & Sides.....\$14

SATURDAY SPECIAL 12-8:30pm
Full Mexican Menu - Chimichanga, Burritos, Fajitas, Enchiladas, Street Tacos Served with Beans & Rice.....\$11

GOLF SPECIALS

Monday through Thursdays
9 Holes and a Cart for \$20
18 Holes and a Cart for \$25

WEEKEND RATES

9 Holes and a Cart \$24
18 Holes and a Cart \$34

TWILIGHT SPECIAL

Friday-Sunday 3 pm to close
9 Holes and a Cart \$20/person



SUNDAY SPECIAL 8-11am

Homestyle Breakfast Made to Order
Omelettes, Biscuits and Gravy, Eggs and Hashbrowns, French Toast and Pancakes

Famous Broasted Chicken 11:30-8pm \$14
Half a Chicken with Mashed Potatoes & Gravy, or Baked Potato or Fries or Homemade Potato Salad & Coleslaw

1 Amazing food with a beautiful view from every chair in the clubhouse! 1

O'Reilly's To Host Breakfast On The Farm June 17th

(continued from page 1)

Of course more than just ice cream will be offered for breakfast, there will also be an egg bake, donuts, and milk. The Ellsworth Co-Op Creamery will be deep frying cheese curds

or you can opt for cheese sticks or other dairy treats. Princess Kay of the Milky Way, Anna Euerle, and Goodhue County Dairy Princesses will be on hand to serve and answer questions. KCUE radio will be broadcasting live at the farm for their morning on air broadcast from 6:00 am – 10:00 am.

The organizing committee and the O'Reilly's have been busy preparing for the annual event that has drawn crowds of up to 1,700 people. Having gone to a drive-thru program the past 2 years due to the Covid pandemic, they are excited to be going back to an on-farm format. There will be something for everyone including kids' games and other favorites such as tub train rides and a

petting zoo. Tractors and farm equipment will be on display and the Ag Cab Lab tractor driving simulator will be on site. You can try your hand at milking a cow and enter the calf naming contest.

The host family consists of Casey and Kim and their three boys, Carsyn, Cayden and Jack O'Reilly who are all active on the dairy.

The boys are fourth generation farm workers helping with everything from daily chores to field work. The farm, located at 33456 200th Avenue, Red Wing, was started in 2009 after Casey and Kim built their milking facilities and brought 76 cows across the field from Casey's family farm, Shamrock Farms. The operation is all organic, currently milking 100 cows twice a day and running 320

acres of land. They hosted Breakfast On The Farm in 2011 and are looking forward to doing it again this year.

The goal of this event is to educate consumers and the community on the positive impacts the dairy industry has in Goodhue County and to the overall economy. It is a way to get people out on the farm to experience firsthand how dairy farmers take the health and comfort of their cattle very seriously and work hard to produce high quality products to feed your family. Farmers also take great care of their land to ensure it is available, and will remain as high quality as it is today, for many generations to come. "We encourage people to take their time, look around and ask questions," Kim said.

Breakfast on the farm is a fun, yet educational event for the whole family. And, let's be honest, we all want ice cream for breakfast. The event is free and sponsored by local dairy farmers through the Goodhue County Dairy Association, KCUE radio, Organic Valley Cooperative and local businesses. Onsite parking is limited but there will be bus service beginning at 6:35 a.m. and running continuously until 10:30 a.m. with pick up and drop off points at both the Goodhue and Red Wing high schools. Hiawatha Transit will be offering rides from Red Wing to the school at a minimum cost. Please direct any questions to Kristin Schimpf at 651-380-8293 or Ann Buck at 651-764-3087.

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GOODHUE COUNTY
BREAKFAST ON THE FARM

Friday, June 17th, 7-11 a.m.
O'Reilly Organic Dairy, LLC
33456 200th Ave Red Wing, MN 55066

Everyone is welcome - families, neighbors, community members, and school groups!
Meet Princess Kay of the Milky Way, Anna Euerle and the Goodhue County Dairy Princesses

- Free Breakfast with ice cream!
- O'Reilly Family Bingo
- Farm Tours
- Petting Zoo
- Name a Calf Contest
- Ag Cab Lab - Tractor Drive Simulator
- Games and Farm Fun Activities for Kids
- KCUE Live Radio Broadcast 6-10 a.m.
- Tractor and Farm Equipment Display
- Milk "Annabelle" the cow
- Tub Train Ride for Kids

Sponsored By: Goodhue County Dairy Farmers, KCUE Radio, Organic Valley, and local Businesses

CELEBRATE DAIRY MONTH

We're proud to support the hard work and dedication of our area dairy farmers. Thank you for all you do in our communities!

202 3rd Ave | Goodhue | 651-923-4455
13313 Co 1 Blvd | White Rock | 651-258-4430



Join our Host Family Farm
- O'Reilly Organic Dairy, LLC -
to celebrate June Dairy Month!

Direction from Goodhue: Take County 9 Blvd. West. Turn right onto County 6 Blvd. Right on 340th St. Left onto 200th Ave. 3rd Place on Right

LIMITED EVENT PARKING ONSITE
FREE BUS SHUTTLES: Starting at 6:35 a.m. running continuously till 10:30 a.m. Pick up and drop off points at **Goodhue School and Red Wing High School**

The June Dairy Breakfast on the Farm is a "fun" yet "educational" event to explain how milk is produced and to educate consumers and community on the positive impact the dairy industry has in Goodhue County and MN. They want to say "Thank you" for being our neighbor and supporting our family farm.

Questions? Or group reservations of more than 10:
Call Kristin Schimpf 651-380-8293 or Ann Buck 651-764-3087

Keeping Your Farmland in Production



Tim Penny
So. MN Initiative Foundation

As any farming family can attest, every farm has its own special history. The small farm that I was raised on outside of Kiester is no exception. Our lives were rooted in the connection between land and community. Because of these important ties to the land, it concerns me that the average farmer is close to retirement age, and that not everyone has an heir to transfer the land to when the time comes. Fortunately, Southern Minnesota Initiative Foundation (SMIF) has a program that can help farmers safeguard the legacy of their land while simultaneously giving back to their communities.

In southwest Minnesota, Neil and Jenna Kruse wanted to make sure that their family farm will be maintained as farmland after retirement. With help from their estate planning attorney they created a plan that will keep the

family's 145 acres in production after they're gone. Rental income from the farmland will support nonprofits that have been important in their lives, including a program that supports agriculture education in Minnesota public schools.

Neil and Jenna's story is just one example of how a farmland donation has benefited the landowner and positively impacted their surrounding community for years to come. SMIF's Acres for Good program allows farm families like Neil and Jenna to donate their land as a charitable gift. What makes this model unique is that rather than liquidate the asset as most charities do, SMIF retains the land and keeps it in production by a rental arrangement. This allows retiring farmers the peace of mind that their land will continue to be farmed. The landowner receives a tax deduction and bypasses capital gains tax while still being able to maintain a stable revenue source for life.

As the name suggests, the Acres for Good program is also a way to do good things for your community. The income stream from the land is used to support southern Minnesota communities well into the future. With more than \$7 billion of wealth in SMIF's region expected to transfer by 2030, this program can help retain that wealth locally while creating a unique opportunity for farmers to make a long-lasting impact on rural Minnesota.

Farmers will choose how they want to allocate their gift of land through this program. It can go toward one of SMIF's 30 Community Foundations which invest in their communities through grants and programs. For a region-wide reach, farmers can allocate their land toward SMIF's general endowment, or SMIF's specific funds which support youth

and entrepreneurs in the region. Farmers can even set up a Donor Advised Fund to allocate resources to their specific interests and values such as their place of worship, alma mater or local charity. We will work with farmers to make the process as simple as possible.

If you know a farmer who is thinking about retirement or estate planning, please let them know that there is a way their land can remain active farmland and provide them with a steady revenue stream, while in the long-term also benefitting the communities and

causes they care about most. This is gifting with a purpose at its best – and SMIF is here to help.

To learn more about the Acres for Good program visit smifoundation.org/acresfor-good or contact Alissa Oeltjenbruns, Philanthropy Officer, at 507-214-7023 or alissao@smifoundation.org.

As always, I welcome your comments and questions. You can reach me at timp@smifoundation.org or 507-455-3215.





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LANDSCAPE BUSINESS AUCTION

Saturday, June 4, 2022 9 am

Location: 100 5th St., Farmington

Location: From Hwy 50 take 105th St. North two blocks, Next to Creamery
Owner: Landscape Depot & Farmington Truck Center

Auctioneer's Note: Colin is relocating therefore selling off two businesses. A full day, so bring your trailers. Many more items than listed!

SKID STEER & VEHICLES
- 2019 Case SR 270 Track machine with 400 hours
- 2005 Duramax 4 door pickup with 174,000 miles, gray
- 1996 Chev one ton truck
- 1997 Mack diesel truck, 22 ft bed, 500,000 miles

TRUCK PARTS & TOOLS Gas powered cement mixers, cement hammers, cement cutters, pallet racking, new oil, large variety of new truck hubs & parts, large impacts, 220 volt grinder, several steel benches, wire feed welder, transmission jack, Mack tools, cement blankets, air floor jacks, 100's of new truck filters & belts, new alternators & suspension parts, starters, chop saws, nuts & studs, springs, cement chute, misc metal signs, new silk fencing, specialty tools, windshield grabbers, new chains, binders, old truck manuals, 100 mile aerial map, cement working tools, approx 100 new cement trowels, misc tires, tire cage, forklift cage, iron rack & iron, scrap iron, new yard tools, pallets of leftover landscape items.

Terms: Cash, check, major credit cards w/ convenience fee
No Buyers Premium at this auction

NOT RESPONSIBLE FOR ACCIDENTS.

Auctioneer
Larry J. Valek Lic.# 19-126
cell 612-978-6901

Check our website for pictures
www.valekauctions.com



JENSEN AUCTIONS

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Saturday, June 4th, 2022 • 10AM CST

Schedule: 10AM Racks & Tools - 12:30 Live Portion Begins - Remainder Selling in 2 Rings
Live & Online Bidding proxibid.

Preview Date:
Saturday, May
28th 10-3pm OR
contact Dennis for
private showing.
507-456-1210

1968 Mustang convertible
1967 Mercury Comet Cyclone
1967 Mercury Caliente
BMW K75 Motorcycle
Allis Chalmers WD 45 w/loader
Toro zero-turn mower

SHOP, LAWN AND GARDEN

Bendpak model XPA-10A, two post lift, 10,000#, very little use (Buyer to remove), Century 130 mig wire feed welder, Makita 14" chop saw, Delta 10" compound miter saw, Chicago 10" sliding compound miter saw, Larin 1000# engine stand, Larin 2 ton foldable engine hoist, Walker 99 Hyd. bumper jack, Mat 1/2" floor drill press, 14" bench anvil, OTC #1003 puller, Milwaukee Sawzall in metal box, Double Ram, Transmission jack (like new), 2 ton floor jack, 1/2 hp bench grinder on stand, Blue point 3/8 air impact, Proto 150 ft torque wrench, 11 piece slide hammer set in case, Matco 3 drawer service box, Matco 10 drawer rolling tool chest and 9 drawer top w/side bar, Craftsman 3 drawer tool chest and Remline 10 drawer top box, DeWalt 6" grinder and wire wheel on stand, Hutching 6" air sander, Central Pneumatic #422 air paint shaker, Finex FX 100 mini HVLP spray gun, Optima 500 HVLP spray gun, Fluke Auto Meter, OTC Ford fuel injection press test kit, OTC Genisys Mentor Scan System Analyzer, Craftsman hand tools, MATCO hand tools, 3/8 & 1/2 impact sockets, bolt and screw organizers, jack stands, plastic gas cans, log chains, traps, Sanyo stereo system w/ turntable and cassette, shop lights, cords, metal storage racks, Sandusky metal 2 dr cabinet 30"x6", car ramps, grease guns, Motorcraft terminal box, Many shovels & forks, Sears 15-30-100 amp charger, (3) 5' sections of scaffolding w/bracing, (2) 3' scaffold extensions, (1) 7' Aluminum scaffold plank, (4) wheel kit, Homelite XL-700 gas chain saw 24" bar, Stihl MS440 gas chain saw 20" bar (nice), Stihl 026 gas chain saw 18" bar (nice), Timber Tuff electric chain saw sharpener, Red Devil lawn spreader, Ryobi gas weed whip, Montgomery Ward 5hp 2 spd front tine tiller, 6'x8' two place snowmobile tilt trailer, Blitzer fence, 5'6" & 8' wood step ladders, Black & Decker workmate

GUNS/CAMPER/BIKE/TRAILER

RemRuger 10-22 semi-automatic w/ Simmons 3x9-40 scope SN#23578175, Remington 870 Wingmaster magnum 12 gauge shotgun SN#X037719, Remington 22 long rifle, composite stock w/clips SN#22394663, J.C. Higgins model 20 12 gauge shotgun, Springfield 22 LR single shot, bolt action, Leeload All II reloader, Inventive Tech Sharpshooter Rifle Rest, Sentry Gun Safe, Outers mini grand trap thrower, Federal 22-250 ammo, 3 pair snow shoes, Silva TW 200 cross country skis, 8' Owatonna Pickup topper w/stove & gas fridge (nice, came off 1999 Ford 150), 20" Trek 7300 alum hybrid utility bike, Thermos 2 burner camping stove, Doolittle 7000# bumper hitch 7"x18" flatbed trailer, brakes, 2' dove tail, ramps, side boards, wood floor, Stored inside (nice)

ANTIQUE & HOUSEHOLD

Oak 4 dr dresser w/mirror, square oak table w/ 7 leaves, 6 oak chairs, oak picture frames, copper boilers, iron 3/4 bed, cast iron (duplex) well handpump, Ball green & clear jars, (10) stone jugs, Shakespeare 1905 reel, boxes of sea shells, large pine truck w/Franz Springer Owatonna, Barbie fashion doll truck, Hamilton Beach "10" milkshake mixer, 95+ 33 records (Beach Boys, Jerry Lewis etc), 100+ 45 records (Juice Newton, Madonna, Blondie, etc), Ford Times 70's magazines, Sheps neatfoot can, Anacin tin, Tin toy barn & house, Maytag oil can, Collector calendars (Pratt garage, 1915 A.M. Renchin & Son Blooming Prairie) 1954 Easter Seal stamps, Postcards (Owatonna & Waseca). Buttons, Vintage stereoscope viewer w/case, #5 The World visualized cards, Board games, Owatonna Centennial 1854-1954 button, cookbooks, Doilies, small kitchen appliances, puzzles, (3) wood metal runner sleds, 12 pcs set of Harmony House China Platinum Scroll #3643, area rug 7'5"x10'5", Princess (Lane cedar chest), children books, school books, Vintage Little Lady tin stove, kids toys & furniture, Eska John Deere 1/16 12A pull-type combine, Ertl International 1/16 1586 tractor & loader, Michael Steve (Calling The Red) framed print, Lewis framed print (Quail), Hon 4 drawer filing cabinet, Office chair & mat, Samsung 40" flat screen TV, Broyhill oak framed green couch, many more unlisted items!!

1967 Mercury Caliente 2 dr HD/TP, w/289 V2/V8, 4spd transmission, PS, Radio, Red Exterior and Black Interior, 63,000 actual miles, chrome reverse rims, original rims in trunk (All original survivor, 1 Owner always in shed)



1967 Mercury Comet Cyclone, 2 dr convertible "California Car" 289 V2/V8 -3 spd automatic, PS, AM-FM radio, Yellow exterior with Beige and black interior, Engine and transmission completely rebuilt, Completely stripped off all mechanical components, Underneath the body was primed and painted. Seats and interior were all redone to factory like specs.



1993 BMW K75 Red Touring Motorcycle, 3 Cylinder engine, 64,000 miles, Fuel injection, water cooled, shaft drive, 5 spd Front dual disc brakes - single disc rear - radio, Windshield and faring - saddle bags (very clean bike)



1968 Ford Mustang Convertible 2 dr, 289 V2/V8, 3 spd, automatic, PS, new dash, PB, AM Radio, restored top to bottom to specifications, New brakes, bumpers and floor pans. Interior redone, Engine and Transmission rebuilt. Exterior Yellow & Black, Interior Beige/Black, Everything that needed to be replaced to get this car perfect has been replaced.



Allis Chalmers WD 45, Gas Tractor, 540 PTO, 12 volt, wide front, lights, 2pt snap couplers, Paint excellent, 13-6-28 rear tires 60%, like new front tires, frame mount loader and snow bucket Serial# 193743 TO BE SOLD SEPARATELY - set of chains for the WD45 and set of rear wheel weights & Allis Chalmers 3 btm plow 2 pt (Very good) & Allis Chalmers - 8' snap coupler field cultivator (very good)



TORO Time cutter SS 4200 zero turn lawn mower, 42" deck, Kawasaki FR651V engine, Only 226 hours (looks new)



1952 Ford Customline Green ext. (barn find) 4 dr, Flathead V8, 3 spd, Radio (has rust), engine loose, Stored inside



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See Website for Terms - AUCTION #2270 THE CHRISTENSEN FARM

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• CPI of 89.1	• CPI of 84.5	• CPI of 93.4

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 Trailer - Collector Tractor Parts
 John Deere Memorabilia - Misc. Items
PHIL BRIGGS - ESTATE
KAREN BRIGGS - OWNER
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Sat., June 25, 2022 - 9:00 A.M.
 JD 4400 - JD 270 skid loader - 11 collector tractors - JD 7700 Combine - Old D-8 Cat - Old A.C. grader - Trailers - Misc. Farm Equipment - Outdoor Items
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June 2, 2022
Bidding Begins: ..May 26, 2022
Starts Closing.....June 2, 2022
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June 16, 202210:00 AM CST
Boyd, WI
 LIVE & ONLINE FARM RETIREMENT AUCTION FOR JOHN & DAWN HERRICK
 (1) John Deere Mfwd & 2wd Tractor, 2 Skid Loaders, Planter & Drill, Tillage Machinery, 2 Forage Harvestors, 3 Manure Spreaders, 2 Manure Tanks, Livestock Machinery, Pickups, Trailers, Clean Well Maintained Equipment

June 25, 2022 9:00 AM CST
Owatonna, MN
 LIVE & ONLINE FARM RETIREMENT AUCTION FOR JOHN & JUDY KRIESEL
 John Deere 7720 2WD & 7405 2WD Tractors, Case IH 4300 Field Cultivator, Case IH 950 Planter, (2) Brent G544 Wagons, Clean Chevy 70 Grain Truck, Spraying & Tillage Equipment, Other Farm Machinery, Farm Support Items

July 11, 2022
Bidding Begins: July 2, 2022
Starts Closing.....July 11, 2022
Kenyon, MN
 ONLINE ONLY ESTATE AUCTION FOR THE CHUCK V. DURYE ESTATE
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July 15, 202210:00 AM CST
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June 11, 2022

Time: 8:00 AM - 12:00 PM
 Place: Schmitty Holsteins Farm-Jon and Kim Schmidt Family
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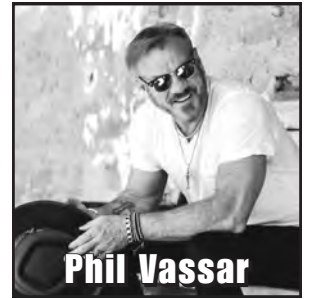
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The Will Is As Important As The Skill



By Harvey Mackay

Once a young man asked Socrates about the secret to success, so Socrates invited the young man to meet him at the river the next morning. They walked hand-in-hand into the water up to their necks when the Greek philosopher dunked the young man and held his head under water until he started to struggle.

When the young man surfaced, he took several deep breaths. Socrates asked him, "What did you desire most when you were under the water?"

"Air," the man replied.

And Socrates said: "That's the secret to success. When you desire something as bad as you wanted air, you will get it. There is no other secret."

Nothing is more powerful than the power of desire. Napoleon Hill, one of my favorite authors, said: "Desire is the starting point of all achievement. Not a hope, not a wish, but a keen pulsating desire which transcends everything."

In his classic book, "Think and Grow Rich," Hill provides a six-step formula that explains exactly how to achieve your desires, plus my input:

1. Focus your attention on exactly what you want. With money, this means the exact amount of money you intend to bring into your life.
2. Determine exactly what you are prepared to offer in return for the thing you want.
3. Establish the exact date when you intend to have the thing you desire in your possession.

4. Develop a clear plan for manifesting your desire and put this plan into action immediately.

5. Create a clear statement that includes the exact amount of money or whatever it is you want, the time when you intend to have it, what you are giving in exchange and your time and action plan for making it happen.

6. Read this written statement out loud two times each day, as you go to bed in the evening and as you get up in the morning. And most importantly, act as if it is already yours when you read your statement. Visualize it, feel it and believe that you have already manifested the thing you desire.

Look up the word desire in your thesaurus and you'll find synonyms like covet, hunger, craving, longing, want and yearning. Not only must you know what you want, but you must really want what you want, if you are to get what you want.

A coach or teacher can tell you what you need to do to accomplish something, but if the individual does not have a deep-down burning desire to achieve it, great success will not be attained. Desire must come from within. You either want it or you don't.

To lack desire means to lack a key ingredient to success. Many a talented individual failed because they lacked desire. Many victories have been snatched by the underdog because they wanted it more. So if you desire intensely and you act upon it, then everything stands within your reach.

Your ultimate desire must be based on reason. You won't become the queen of England without the requisite family ties or the Super Bowl MVP when you can't read the play-book. Aspirations that are unrealistic get in the way of legitimate desires that are within your control.

Desire may start with a daydream, but it is so much more. The weeks, months or years of hard work may seem like a nightmare at times. Roadblocks and failures will test your mettle.

Desire could be Sir James Dyson's middle name. He failed more than 5,000 times over 15 years in developing a prototype for his best-selling bagless vacuum cleaner, while investing his entire savings. How many of us can claim that sort of dedication?

Viola Davis developed her love for acting in high school, but she didn't get her big break until 2008 at age 43 when she landed a role in the movie "Doubt," which garnered

her first Oscar nomination, paving her way to success.

Stephen King's first book "Carrie" was rejected 30 times, but he kept writing and now is regarded as one of the greatest living writers with more than 60 novels to his credit.

Julia Child didn't have a strong desire for cooking until she was almost 40 and attended the world-famous Cordon Bleu cooking school. She worked tirelessly for nine years to get her first cookbook, "Mastering the Art of French Cooking," published.

They didn't give up because they all wanted something "as bad as air." My advice: Take a breath and jump right in.

Mackay's Moral: Desire is an inside job.

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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Skin Cancer



By Shauna Burshem, D.C.

Hopefully, we have put this foul unlike spring weather behind us and we can start thinking of warmer temperatures and sunny skies. That being said, with warmer weather comes more sun exposure. Skin cancer is a huge problem. The problem begins with sun exposure. This is where the topic can get tricky. Experts agree that over exposure to the sun, via burning of the skin is a catalyst for many skin issues including skin cancer. The conundrum is that exposure to the sun is of extreme benefit to the body. This is in fact due to vitamin D3. Vitamin D is the sunshine vitamin. Vitamin D is created in the body by the sunlight's radiation on the skin. D3 is important to the body due to its beneficial effect on the immune system. Vitamin D3 improves the effectiveness of the immune system and is known to help the body prevent viruses such as the flu. This is why there is a flu season in the winter and not the summer. Also, vitamin D3 has been shown to decrease the risk of certain cancers. The problem then becomes how do we balance our sun exposure to get the proper amount of vitamin D without increasing our risk of skin cancer? The answer is not tricky, but the solution can be difficult and requires effort on your part. First off, the body needs sun exposure for optimum health. The sun's rays cannot be blocked by applying sun block and sun lotions. The sun's rays need to

hit the body to create vitamin D. There is a way to do this without increasing your risk of skin cancer. This is called healthy sun exposure to the skin. As we enter the warmer months, the body needs to be slowly introduced to the sun's rays. Initially, the body's unprotected sun exposure should be about 10 minutes. That is it. For the body to maximize vitamin D creation, your body needs to be fully exposed to the sun. This means, you need to be in a bathing suit with most of your body exposed to the sun. After a few days of 10 minute sun exposure, you can gradually increase your exposure time to 20 minutes of unprotected sun. 20 minutes a day is enough time to get the full health benefits of the sun without damaging the skin. Once the 20 minutes is up, it is time to get out of the sun and protect your body from further exposure. There are many ways to do this, such as covering up with shirts and hats, sitting under an umbrella and adding sun block to your skin with an SPF of at least 30. Sun block has also become an issue, as there is legitimate debate that most sun blocks contain harmful chemicals that are being absorbed into the skin, which some scientists think can lead to skin cancer. That being said, there are plenty of safe sun blocks and skin protection on the market made with 100% natural ingredients and or organic ingredients. These are much better to use on your skin. Lastly, recent research is showing that certain vitamins may help the skin prevent sun related skin cancer. Turmeric is a spice that is extremely popular in Asian countries. Studies show that people who consume turmeric on a daily basis have a lower risk of skin cancer. Lastly, as reported recently in the news, niacinamide (a form of vitamin B3) has been shown to decrease the risk of skin cancer. One study showed that people who have had skin cancer treatments were less likely to have reoccurrences of skin cancer while taking daily doses of niacinamide.

Thought for the Week: A perfect summer day is when the sun is shining, the breeze is

blowing, the birds are singing, and the lawn mower is broken. ~James Dent

Chiropractic Thought for the Week: If you have a yard, you have been working in it. Gardening, raking, digging, lifting and mowing are all common yard activities. Not to mention other things like power washing, painting and moving outdoor furniture. All of these activities can strain muscles of the lower back causing subluxations of the

spine. Once that happens, symptoms can occur such as back aches, back pain, restriction of movement and muscle spasms. Time for a chiropractic adjustment to set the spine straight. More importantly, don't wait until you hurt your back. Preventative chiropractic care can keep you in the yard, working hard without the pain! Chiropractic first, health first.

The Mental Health Crisis of Moms

(StatePoint) A new survey reveals that the mental health of American moms is going largely unattended, with many living under a near-constant state of stress and few seeking support to ease the burden.

The research, commissioned by MDLIVE, an Evernorth company and leading provider of virtual care services in the United States, finds that 33% of mothers feel stressed or overwhelmed by their responsibilities as a mom at least five days a week. Drivers of their stress and anxiety may include financial concerns, ripple effects of the pandemic, including the mental health crisis among teens, work responsibilities and being a caregiver simultaneously to both children and aging parents.

Yet, for many moms, the prospect of managing their mental health has become a source of stress in and of itself. For 37% of moms, concerns about their own mental health are among their biggest stressors, second only to finances (40%).

Possibly even more concerning is that 70% of moms admit to holding back their feelings and not telling their partner or family when they're stressed, and 61% feel that they have no one to turn to or confide in for help.

"Our research shows that many moms are suffering in silence and not getting the support they need," says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE. "I cannot stress enough how important it is for them to prioritize their own well-being." To help moms manage their mental health, MDLIVE offers the following tips:

1. Prioritize self-care: Recognize that practicing self-care is not selfish. In addition to things like eating well, exercising, practicing



good hygiene, getting enough sleep, and seeing a health care professional routinely for preventive screenings and other care, self-care also means taking time to pursue hobbies or personal interests that bring you pleasure or fulfillment or offer you a way to relax and unwind – activities you may have abandoned after having kids because it would mean time away from family responsibilities. Practicing self-care puts one in a better position to help care for others because your own well-being is in check.

2. Make time to cultivate relationships: Connecting with people who are important to you is essential to mental health. Make it a priority to spend time with partners, family, friends, colleagues, or anyone else who may be important to you, away from the house and kids, even if it's just for a short period of time.

3. Seek help when struggling to manage stress and anxiety: If your emotional state is interfering with your daily life – if you're having difficulty controlling your mood, withdrawing from loved ones, feeling fatigued, having trouble sleeping, lacking motivation, or frequently "zoning out" – it's definitely time to seek professional help.

Acknowledging the importance of mental healthcare, many health plans and employers have expanded the resources available to their members and employers in recent years. New options include digital tools that can help with tracking mood, support meditation, help build life skills, and provide self-care advice. Additionally, telehealth visits with behavioral health professionals offer private, convenient, quality care quickly. For example, MDLIVE's platform makes it easy to search for providers and schedule appointments with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit www.mdlive.com.

"Although it's natural to feel like you need to be a superhero, it takes a toll. You should never feel like you're alone in your mental health journey or that you need to suffer in silence," Dr. Espada-Campos.

MISSY'S MESSAGE



MISSY PAPENFUS

PRE-TRACKING PART 3

A recap of last month's Missy's message, I committed to pre-tracking my food intake for 10 weeks. After breakfast, I plan what I am having for the day and stick to it as best I can.

My 10 weeks of pre-tracking is up, and I have not been near as consistent in my pretracking as the first half. We are going through a bit of a change right now; such is life. Monty got a dog, so we are still getting into a new routine. I have been taking the dog for walks in the morning which has in turn upped my steps each day. With the nice weather and the dog, getting walks and more daily steps has been a lot easier.

Along with my walking, I have been participating in free YouTube workouts by Caroline Girvan five days a week, about 30 minutes each, this entire ten-week period. I can feel I am getting stronger each day. Consistency is key. Progress not perfection.

Memo from MotoProz...

Our new and used machine inventory has been changing daily! Check us out online for the most up-to-date inventory at www.MotoProz.com. Stihl has many great Father's Day (June 19th) gift options for the special Dad in your life! Happy Father's Day to all the Dads!

Missy and her husband Mike own MotoProz in Mazeppa.

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It's Your Life... Live It In Health!

Dairy Producers Connect Over Robotic Milking

By MN Extension

Discussions aid understanding of high-tech dairy systems, cow health and the farm's bottom line

When Lisa and Steve Groetsch's cows are ready to be milked, they approach a milking robot on their own. The system is humane for the cows and brings flexibility to dairy farmers like the Groetsches.

They have been using the system for a decade, and are making the significant investment in robots pay off. Although the farm employs more people than ever, people they appreciate very much, the robotic system provides valuable data and efficiency.

The transition hasn't been without its challenges. Nothing about dairy farming is, but they love their cows and the three young adult children they raised on the farm. Their family's work means someone gets milk on their cereal or yogurt as their tasty snack.

When they were invited to present to other dairy producers via University of Minnesota Extension's virtual Robotic Milking Edition webinar series, Lisa Groetsch realized that while she doesn't see herself as an eloquent speaker, she and Steve had experience to offer.

"To be able to share the good and the bad,

and to maybe help another farmer not go through something we've gone through, or to help someone to not feel alone in something, that can be priceless," she says.

Planned to fit farm life

The series is produced by Marcia Endres, an Extension animal scientist who is well known for her research on cow comfort and wellness. She co-hosts the series with Jim Salfer, Extension dairy educator. Webinars are attended live to include question and answer time and then shared on YouTube. The series has registrants from 42 countries.

"Robots are growing worldwide," says Endres. "My priority is Minnesota, but people are sharing the links and talking about it."

Much of the audience is comprised of dairy producers, but there are also industry professionals, as well as students, such as those Endres teaches as a professor in the University's Department of Animal Science.

Endres planned the Extension series with input received when she and Salfer surveyed dairy producers in 2020.

Producer feedback informed her selection of the virtual format, the 11:30 a.m. time slot on the third Thursday of each month and even the 30-minute duration.

Unbiased and candid

Unlike with webinars offered by robotics companies, Extension discusses every brand, every size farm, and every style of dairy farming, including grazing, large and small freestall barns, mixed systems of robot and parlor, robotic rotaries, and more. The audience includes producers at every stage of decision-making, so Endres invites experienced producers like the Groetsches to tell their sto-



Marcia Endres, U of M Extension animal scientist (left) visits with Lisa Groetsch at Groetsch Dairy.

ries.

Whether a participant decides to proceed with robotics or not to proceed after learning more, it's time well spent.

"Panelists can be honest about what problems they're having," says Endres. "We don't pay producers to present on the webinars. They do it from the goodness of their hearts. Dairy producers are so kind, and they want to share."

Register for the Robotic Milking Edition webinar series at the University of MN Ex-

tension's website (extension.umn.edu). Podcast listeners can also hear Lisa Groetsch on The Moos Room, episode 105.

Upcoming dates are:

- Jun 16, 2022 11:30 AM
- Jul 21, 2022 11:30 AM
- Aug 18, 2022 11:30 AM
- Sep 15, 2022 11:30 AM
- Oct 20, 2022 11:30 AM
- Nov 17, 2022 11:30 AM
- Dec 15, 2022 11:30 AM

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**Bellechester City Council Meeting Agenda
Board of Equalization – Goodhue County**

April 12, 2022 @ 5:00PM

Regular City Council Meeting and Board of Equalization Meeting was called to order by Mayor Jody Gordon at 5:00 p.m.

Goodhue County Board of Equalization called to order at 5:00.

Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Rich Majerus, Kyle Blattner, Jered Buxengard as well as City Engineer Matt Mohs and City Clerk Lisa Redepenning were present. Treasurer Kyle McKeown was absent. Brenda Luhman, Lavonne Augustine, Austin Noble, Mike Smith, Jordan Hillstead from Goodhue County were also present.

Lavone Augustine presented a recap of recent sales in Bellechester and what is used as a formula for the values for properties. State law requires a visit every 5 years by the county to each property. Home sales in Bellechester is also used in valuation. On average Bellechester valuation increased approximately 18%. Brenda Luhman presented her property valuation for discussion. Goodhue County will make an appointment with Brenda directly to come do a walk-through on her property. Motion was made by Rich Majerus with a 2nd by Kyle Blattner

to recommend no change. Motion carried.

Motion was made by Rich Majerus with a 2nd by Kyle Blattner to close the Goodhue County Board of Equalization meeting. Motion carried. Meeting closed at 5:38.

Regular City Council meeting opened at 5:38.

Minutes of April, 2022 regular and special meeting were reviewed and motion was made by Jered Buxengard with a second by Rich Majerus to approve the minutes. Motion carried.

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

Old Business:

Summer Mowing – Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve Jered & Owen Buxengard for mowing services for this year. Motion carried.

New business:

AIR Dance Permit Motion – Motion was made by Kyle Blattner with a 2nd by Mark Gerken to approve the AIR dance permit. Motion carried.

Brian Ringeisen – Building Permit – Location of build was clarified. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to approve the building permit as submitted. Motion carried.

Street Maintenance – Cracks are appearing on our streets. County can do crack sealing

for us. Manhole covered was identified.

Rural Development Approvals related to the Letter of Conditions – Matt Mohs presented 2 documents that were carried over from the special meeting. RUS Bulletin 1780-27 & 1780-12 was discussed. Motion was made by Rich Majerus RUS Bulletin 1780-27 with a 2nd by Kyle Blattner. Motion was made by Rich Majerus RUS Bulletin 1780-12 with a 2nd by Jered Buxengard. Motion carried by all council members.

Engineer Report – Meter discussion will need to be done during the design mode of the project.

Clerk Report – City Phone Line – FYI – Fiber was installed at my home and I inquired if we can run the city line thru that also. They said we could, but it would be tied and added to our account, and would not be on the city's account. He said that copper is going away and he suggested porting the city phone number and have it going to a cell phone. The City will be receive notice from Nuvera now that they are switching completely over from DSL lines to fiber that DLS will be disconnected, therefore, our phone line will be disconnected also. Out of Town – I will be out of town Tuesday evening (4/12) until Monday evening (4/18). Interim Loan Application – I re-

ceived the application from Rural Water for interim funding that I will fill out. Liquor Licenses – renewals were received and forwarded to Tavern and Legion. Quarterly Fed, Unemployment and Sales Taxes – were paid and filed.

Treasurer Report – none.

Water/Wastewater/Facility Report – Fence mender is needed for pond fencing. Posts will be put on manhole covers to mark them. Plumbing was looked at the south pump house. We are getting it looked at and a recommendation to fix the pump. Dirt needs to be moved that is stored at the ponds and put into deep gullies of the waterway on the south end of town. Cut and bailing around the pond was discussed. Mower maintenance was performed.

Mayor Concerns: None

Council Concerns: GPS Marking of water shut offs will need to be done.

Adjourn

Motion was made by Kyle Blattner with a second by Rich Majerus to adjourn the meeting. Motion carried. Meeting was adjourned at 6:08 pm. Next meeting is April 12th @ 5:30 p.m. at the Bellechester Community Center.

Submitted by Lisa Redepenning
City Clerk

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City of Goodhue EDA Meeting Minutes April 27, 2022 @ 6:00pm

Motion by Hahn second by O'Reilly to approve the March 23, 2022, meeting. Motion carried.

Motion by O'Reilly second by Hahn to approve the Community Garden Agreement, with the additions of the clean up fee. Motion carried.

Motion by Hahn and second by Thuman to approve the Façade project for Huemann. Motion carried.

Motion by Thuman and second by O'Reilly to adjourn the EDA meeting.

Respectfully submitted
Jill Buxengard, Clerk

City of Goodhue City Council Meeting Minutes May 11, 2022

Present were Mayor Bien, Council persons O'Reilly, Hahn and Thuman. Also present were Dick Gorman, Officer Sievers, Duane Aland, and Michael Brunkhorst.

Motion by O'Reilly and seconded by Hahn to approve the agenda as amended, adding a building permit. Motion carried.

Motion by O'Reilly and seconded by Thuman to approve the Private Swim Pool Ordinance. Motion carried.

Motion by Thuman and seconded by O'Reilly to approve pool building permit. Motion carried.

Motion by Thuman and seconded by Hahn Liquor License for Dar's Pub and Corner Bar. Motion carried.

Motion by O'Reilly and seconded by Thuman to approve the new council member, Michael Brunkhorst. Motion carried.

Motion by Thuman and second by O'Reilly to approve the bills. Motion carried.

Motion by Hahn and seconded by Thuman to adjourn the meeting.

Respectfully Submitted
Jill Buxengard
City Clerk

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Changes in Latitudes, Changes in Attitudes

Kamikaze Sparrow



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.

"Whap", it hit the window like a soggy orange thrown by a kid. I was in the living room about 6:30 am. The sun was just peaking over the trees in the east. I was just waking up and heading out for the day. I knew what it was. I am used to it now. I just look on the deck outside the big window and there he lies. A perfectly designed flying machine. Upside down on the deck boards with landing gear fully extended.

This happens quite frequently, almost daily. We have been under assault from the feathered air force for some time. They seem to

strike at dawn when the sun is behind them and they have the element of surprise. I believe the surprise is on them though. I am quite accustomed to it.

I go out and scoop up the destroyed aircraft in the snow shovel and give it one last flight out into the yard. It crash lands into the soft grass, it's final resting place. I thought maybe one of my Labs would pick them up but they seem to only like to retrieve ducks that fall into the water. This small bird is not worth their time.

We feed the birds in colorful bird feeders. We buy 50 pound bags of feed for them. They eat black oil sunflower seeds like a horse. I know because I used to have horses. I planted a row of sunflowers along the fence line one year. The green stalks and bright yellow heads were so pretty when they bloomed. Looked like John Deere plants out there in the yard. Until the day the horses realized what they were. I found my riding friends happily munching down the sunflowers as fast as they could. In a couple days my bright yellow sunshine plants were all gone.

Not sure what possesses these birds to fly into the window. Maybe they think it is a portal to another dimension. It certainly takes them from this world to where ever they go next. I remember God says that a sparrow doesn't fall to the earth, but He notices it. I am preparing for whatever I will do for the day and I know I am in good hands. If He sees the sparrow, I know He will keep an eye on me today.

A Minnesotan: Sirens



By RosaLin Alcoser

A couple of weeks ago I was talking to my sister on the phone when my evening was interrupted by a rather familiar sound; the tornado siren. Which naturally prompted me to tell my sister that I had to go, grabbing my bag and shoes, and running barefoot down the stairs to the basement of my building. As some of you are aware I live on the 11th floor of a high rise in the Twin Cities, which means yes I did run down 11 flights of stairs barefoot.

This event brought back one of my memories from when I was in college back in Southern Missouri; which is not per say in tornado alley but is rather close to it.

It was my final year of my undergrad and I was teaching dance at a studio in the evenings about 20 to 25 minutes away from campus. Naturally the studio had massive floor to ceiling mirrors in the rooms and was also in a shopping center.

I was teaching my final class of the evening, intermediate Broadway Jazz, when suddenly the tornado sirens went off

and the few people that were still there all had to go into the back of the building where the office was, because even though it was not in the middle of the building it was the only room without a window or a massive mirror in it.

After a little bit the siren had stopped in that area, however, the warning was still out and there was a confirmed tornado in the area headed north of town closer to where I lived. Everyone else at the studio lived only a few minutes away and decided to use this opportunity to get home quickly. I choose to take my chances in my car over risking the tornado coming back towards the studio with both me and the massive mirrors in it.

It was one of the longest drives I ever had between my school apartment and that dance studio. There was extremely heavy rain going on while the wind from the storm blew it sideways and I could barely see out of the windshield. Needless to say I immediately regretted my choice to leave the studio.

Just as I was rounding the corner of my street it was starting to let up a bit and I was asking myself why in the world had I decided to do something so stupid and that's when I saw it. The bright shining moment that made me feel a little bit less dumb.

There in the middle of the flooded street was one of my classmates, who was a theater major, who was outside tap dancing in the middle of the street during the storm. Because as he explained the next day when else was he going to be able to do a rendition of Gene Kelly's 1952 dance Singing in the Rain.

Drought Relief Application Window to Open Mid-June

*Prepare now to apply for up to \$7,500
reimbursement for expenses*

Minnesota livestock farmers and specialty crop producers who incurred expenses due to last year's drought can apply for up to \$7,500 per farm in reimbursement through the Minnesota Department of Agriculture's (MDA) 2021 Agricultural Drought Relief Program (ADRoP) when it opens in mid-June.

The Minnesota Legislature appropriated \$8.1 million for ADRoP, which will reimburse farm operators for drought-related expenses incurred after June 1, 2021, and before May 23, 2022.

Farms must be located in a county designated by the United States Department of Agriculture as a primary natural disaster area after July 19, 2021 and before January 1, 2022, or in a county contiguous to a designated county. All Minnesota counties except Goodhue, Rice, Wabasha, Winona are eligible.

The application window will run approximately 10-12 business days and applicants are highly encouraged to submit their application through the online grants management system to ensure it is received in a timely manner. The application window will be announced when finalized.

"We encourage farmers and producers to collect and organize needed documents and records now, so they are ready to apply when the application window opens," said MDA Commissioner Thom Petersen. "This is a short timeframe; however, we want to ensure payments quickly get to those who need the help."

More information about drought relief for farmers is available at www.mda.state.mn.us/droughtrelief. Once the application opens, farm operators can email drought@state.mn.us or call the Grants Line at 651-201-6500 with any questions.

People can also sign up to receive email or text updates about the ADRoP application window and further details about the application process, including which expenses will be eligible for reimbursement.

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 25. _____ Francisco
 28. 100 centavos
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 35. Tucked in at night
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 43. Eye part
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 46. Toy flyer
 47. Clickable text
 48. Lady Hamilton's lover
 50. Become puddle from icicle
 52. Hula dancer's necklace
 53. Bloody
 55. Cuban dance step
 57. *Popular prom dress choice
 61. *Namesake of a lemon cake
 65. Approximately 70% of Earth
 66. Daniel _____-Lewis
 68. City in Belgium
 69. Not slouching
 70. Khan's honorific
 71. Viva voce exams
 72. Expunge
 73. Actor/director Howard
 74. Boundary lines

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 6. *Rumpelstiltskin's weaver
 7. Saint Anne, or Santa _____
 8. Resoundingly successful
 9. Demeanor
 10. Slovenian ski maker
 11. Cut with a beam
 12. Matt Damon/Adam Driver movie "The Last _____"
 15. 2-dimensional
 20. Single-cell protozoan
 22. Manhole cover
 24. Joviality
 25. *"Nights in White _____"
 26. Bullying, e.g.
 27. Katmandu country
 29. *Eurasian trade route namesake
 31. Stake driver
 32. Blacksmith's block
 33. Part of a play
 34. *Chinos fabric
 36. "Buenos _____"
 38. Adverse
 42. Crosby, Stills, Nash & Young: "_____ Your Children"
 45. Powerfully persuasive
 49. 1990s negation
 51. Formerly, formerly
 54. "M*A*S*H" character
 56. FlambÉ
 57. Three-_____ sloth
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 63. Eye amorously
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Taxpayers Should Include Financial Safety in Their Disaster Preparedness Plans

After a natural disaster, personal financial, insurance, medical and other records can be vital to starting the recovery process. Here are some things taxpayers can do to help protect their financial safety in a disaster situation.

Update emergency plans.

A disaster can strike at any time. Personal and business situations are constantly evolving, so taxpayers should review their emergency plans annually.

Create electronic copies of documents.

Taxpayers should keep documents in a safe place. This includes bank statements, tax returns and insurance policies. This is especially easy now since many financial institutions provide statements and documents electronically. If original documents are available only on paper, taxpayers can use

a scanner and save them on a USB flash drive, or in the cloud.

Document valuables.

Documenting valuables by taking pictures or videoing them before a disaster strikes makes it easier to claim insurance and tax benefits, if necessary. IRS.gov has a disaster loss workbook that can help taxpayers compile a room-by-room list of belongings.

Understand tax relief is available in disaster situations.

Information on Disaster Assistance and Emergency Relief for Individuals and Businesses is available at IRS.gov. Taxpayers should also review Publication 547, Casualties, Disasters, and Thefts.

Taxpayers who live in a federally declared disaster area, can visit Around the Nation on IRS.gov and click on their state to review the available disaster tax relief. Those who live in counties qualifying for disaster relief receive automatic filing and payment extensions for many currently due tax forms and don't need to contact the agency to get relief.

People with disaster-related questions can call the IRS at 866-562-5227 to speak with an IRS specialist trained to handle disaster issues. They can request copies of previously filed tax returns and attachments by filing Form 4506, order transcripts showing most line items through Get Transcript on IRS.gov or call 800-908-9946 for transcripts.

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