



Goodhue-Bellechester Messenger

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Farmer's Market Winding Down For The Season

By Beth Brekke

The Goodhue Summer Farmer's Market is held on Thursdays from 3:30-6:30 PM on the grounds near the old depot. Apple cider is popular along with about a half dozen of the 24 varieties of apples grown at Sogn Valley Orchard.

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New Community Health Awareness Coalition Forum

By Beth Brekke

A newly formed coalition on community mental health awareness hosted a public event on Sunday evening, September 25th in the high school gymnasium. The event was well attended and featured guest speakers that covered several topics related to the group's mission statement, "Together, discovering and preserving the balance of family time within the changing seasons of life to

promote healthy spiritual and mental wellbeing". Partners in the presentation were St. Luke Lutheran Church, Holy Trinity Catholic Church, St. John's Lutheran Church and School, National Alliance on Mental Illness (NAMI SE MN), and the Goodhue County Mental Health Coalition.

Father McCabe from Holy Trinity Catholic Church noticed a concerning trend in his parish. Students were missing worship and



Father Thomas McCabe, Holy Trinity Catholic Church, is one of three Goodhue faith leaders involved in forming the new Community Health Awareness Coalition. He welcomed those attending the mental health forum sponsored by the coalition on September 25th.

instruction on Sunday morning and Wednesday afternoon/evening because of extracurricular activities. He mentioned this to Pastor Hanson from St. Luke's who had seen a similar problem in the community he served in Washington State before coming to Goodhue.

(continued on page 8)

Announcements

• **Goodhue Farmer's Market is open 3:30-6:30 Thursdays October 6th and 13th in the area outside the old depot.**

• **The Community Health Awareness Coalition is an ongoing and growing effort and welcomes anyone from the community to come to their next planning meeting, Sunday October 30th at 6:30 pm at St. Luke's Church.** For more information, contact Pastor Eric Hanson at 612-834-2149.

• **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 June thru August Thursday and Sunday 1 to 4 p.m.. For after hours appointment call 651-923-4302 or 651-301-5731.

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

Goodhue County Sheriff Race

Marty Kelly is the incumbent Goodhue County Sheriff. He was elected in 2018 after serving as a Red Wing Police Officer for 30 years. Kelly is a Goodhue County native, growing up on a small Dairy farm near Welch, before moving to Red Wing. He received his Bachelor in Law Enforcement at Mankato State University in 1988 and started with the City of Red Wing Police Department in 1989. He did run unsuccessfully for sheriff in 2010. Kelly has been married to his high school sweetheart, Mary, for 32 years and they have five children and two grandchildren. He has also volunteered as a youth football coach for twenty years and is an adult leader with the Vasa 4-H club.

Kelly has served as School Resource Officer, Investigator, Field Training Officer, Field Training Supervisor, Bike Patrol Officer, Bike Patrol Supervisor, member of the Goodhue County SWAT Team, Crisis Negotiator and a First Aid instructor. Marty was also the Medical Examiner Investigator for Goodhue and Dakota Counties from 2005 until 2013. During that time, he investigated deaths throughout both counties, worked closely with the Sheriff's Department and built relationships with neighboring agencies.

The sheriff brings thirty-four years of experience in every aspect of law enforcement and knows the job and what to ask of the staff. In 2020 he was instrumental in placing a community engagement coordinator, through the help of a grant, to facilitate law enforcement and citizen interaction.

(continued on page 6)



Marty Kelly



Josh Hanson

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Pause for Prayer Family Dynasty

A Dynasty is often tied to kings and rulers- and it is also tied to powerful families. Going to the dictionary I discovered that a dynasty: “a succession of people from the same family who play a prominent role in business, politics, or another field.”

I believe we all are a part of a dynasty that our family began many years- centuries ago. Following family trees, and doing genealogies is big business now. People want to discover where they ‘came from.’ I know the basic sequence of events of the Benike family tree when they came to the United States. Many of you know yours as well. And I have to agree that it is fun to know where your family originated from- and what kind of heritage you have. Knowing that my great, great grandpa settled in the Farmington township wilderness in the 1800’s is interesting. The other cool part of that is that my brother is still running that same piece of land even now. It’s been in my family for over 160 years! That’s a dynasty. Now I can’t say that my ancestors or present family play any prominent role in our world- but we have a legacy- we have a family dynasty that is passed down through the generations.

Families pass a long all sorts of things. They pass on the obvious genetics- and DNA structures. They often pass along property, heirlooms and things of value to the future generations. And there’s the broken pieces that can also be passed on to future generations; a predisposition towards addiction or sexual immorality or obesity. There’s good and bad passed down through the generations of our families. Our dynasties...

God set a precedent in the beginning of His calling of the people of Israel- He wanted them to know they were chosen a part of a royal priesthood- Peter wrote, “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. 10 Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.” 1 Peter 2:9-10.

As believers we are all a part of this family- this Dynasty, of believers. And God has set each of us into a human family as well. A place where we can grow, where we can be loved and cared for, and a place where we can learn more about Him. As believers we are a part of a royal priesthood- an amazing dynasty of believers throughout the centuries- some prominent, others well-know, and most quietly living out lives that reflect the holiness of God in their everyday life. For the majority we are called to live out our faith and to pass it on to the next generation. We are called to go and make disciples.

If we want our dynasty to stand for God- we need to begin with the basics. “There’s a famous saying, “The family that prays together stays together.” The author is Fr. Patrick Peyton, a priest who later became famous for promoting the rosary all over the world. When he was a kid in Ireland, his mother would call him and his eight siblings to pray. Then their dad would teach them the rosary. Well, sort of. He didn’t have to teach it. He would just kneel and lead it. By and by, the kids learned it.” One of the reasons that praying together is so powerful is that praying together bonds people together.

Jesus told his disciples in Matthew 18:19-20, “Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. 20 For where two or three gather in my name, there am I with them.”

When 2 or 3 are together- and pray together- there is a promise that our Father

God in heaven will do it. As we agree together- believing God hears us and that God has the power to answer. When families pray together there’s a bond that is formed- there’s excited in seeing the answers together, to seeing the problem through and joy and blessing when we become part of what God is doing.

For many Americans, every day is a day of prayer. According to a 2014 Pew Research Center survey: more than half (55%) of Americans say they pray every day. What is it about prayer that affects relationships that helps families be closer and have greater unity?”

Prayer helps us to get closer to God, to know Him more. When we pray with our families we’ll experience reduced relational tensions and more feelings of closeness and unity. Praying together as a family is a great way to communicate and an intimate way to share our hearts and lives with those that we love.

The study authors — Chelladurai, Dollahite and Loren D. Marks, all from the School of Family Life at BYU — identified seven positive outcomes when we Pause to Pray:

- Family prayer as a time of family togetherness and interaction.
- Family prayer as a space for social support.
- Family prayer as a means for intergenerational transmission of religion.
- Family prayer involves issues and concerns of individuals and the family.

• Family prayer helps reduce relational tensions

• Family prayer provides feelings of connectedness, unity, and bonding.

• Families struggle to pray together when there is disunity.

If you think that praying with your family is impossible or that it is going to be too difficult; start with baby steps- begin by praying before a meal or with your children before they go to bed. Start in healthy small steps- and don’t give up!

If you want to create your family dynasty- to be strong for generations to come, you need to begin by Pausing for Prayer. You must come to God and seek His will for yourself and for our family. Parents, teachers, leaders- we are called to lead. To Pray for our children and pray over them. We are called to pray for each other. As men and women, boys and girls, Grandpa and Grandma, Dads, and Moms; we are called to pray together. The first step is to begin. Set aside time today to pray for your spouse, your parents, your significant other. Pray for their peace, their faith, their health- God will hear you- God longs to spend time with you and your family.

God is calling you to build your Family Dynasty on the foundation of Prayer. That’s where it all begins. God hears our prayers, and He will answer- He will bless the family that prays together- Lets begin to build our dynasty this week- Praying together.

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AREA CHURCH DIRECTORY I Will Come and Eat With You

"Here I am! I stand at the door and knock. . . . I will come in and eat with that person, and they with me."
— Revelation 3:20

During the COVID-19 pandemic, many people struggled even more than usual with loneliness and isolation. Not being able to meet and eat with friends and family weighed heavily on populations worldwide.

For many people and for many different reasons, though, eating alone was a reality long before COVID restrictions came along, and in those cases the lifting of restrictions won't mean there will suddenly be people to eat with. So Jesus' words of invitation here may be especially welcome for people who yearn to eat with someone who loves them.

Jesus' words in this passage echo some of the lines in another book of the Bible, which is associated with tender, intimate love: the Song of Songs. In Song of Songs 5:2, the 'woman says, "Listen! My beloved is knocking." And her beloved says: "Open to me. . . ."

Both the scene in Song of Songs and this scene in Revelation are very tender, and the word for "love" here is phileo, referring to love that is affectionate, as warmhearted as a close friend, and as near to one's heart as a lover. It makes sense, then, that the great feast that culminates the entire story of God's love for his people is the wedding supper of the Lamb, our Savior, Jesus Christ.

Listen, he stands at the door and knocks. Will you open the door and let Jesus in?

Lord Jesus, I hear you at the door, knocking. Thank you! Lord, please come in and eat with me. Amen.

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Paula Blakstad

Funeral services for Paula Blakstad were held Monday, September 12th at 11:00 AM at Minneola Lutheran Church, 13638 County 50 Blvd., rural Goodhue. The Reverend Hannah Bergstrom de Leon officiated. Burial followed the service in the church cemetery. The visitation was Sunday, September 11th from 2:00 – 4:00 PM at Mahn Family Funeral Home, Larson Chapel, in Zumbrota. The visitation continued one hour prior to the service at the church on Monday. Mrs. Blakstad, 69, died Thursday September 8, 2022 at her home surrounded by her family and loved ones. She had been under hospice care.

Paula Mae Ramthun was born January 7, 1953 in Lake City, Minnesota, the daughter of Robert and Raeburn (Banick) Ramthun. Raised in Mazeppa, she was a graduate of the Mazeppa Public Schools. Paula had a 43 year career with Mayo Clinic in Rochester. She married Greg Blakstad on June 7, 1975 in Mazeppa, and the couple enjoyed 47 years of marriage. Following retirement, she enjoyed spending time with her grandchildren, and she loved teaching them about her favorite pastime, floral gardening.

She is survived by her husband Greg Blakstad of Zumbrota; two sons Corey (Mandi McBride) Blakstad of Zumbrota, and Sean (Meghann) Blakstad of Holmen, Wisconsin; eight grandchildren, Mia, Lexi, and Liliana Blakstad, Isaac Sorensen, Marissa and Isabel McBride, Maximus and Lucas Todd; a brother Keith Ramthun; and two sisters, Janice (Keith) Jones, and Rita Brown.

She was preceded in death by her parents; a brother Kenneth Ramthun; and a sister Roberta Heitman.

She was preceded in death by her parents; a brother Kenneth Ramthun; and a sister Roberta Heitman.

Romeo Clarence Cyr

Romeo Clarence Cyr, 82, of Red Wing, embraced by God, passed away Thursday, September 8, 2022 surrounded by his loving wife and children, at his home. He was born in Red Lake Falls, to Florence (Violette) and Romeo Cyr. He graduated from Hibbing High School

and earned his undergraduate degree and a master's degree in Agriculture Education from the University of Minnesota. It was during college, that he met the love of his life, Mary Ann Cummins, at a Catholic Mixer. They were united in marriage at the Church of St. Joseph and this year marked their 60th

anniversary.

Romeo taught farm management classes for many years in Mazeppa, Goodhue, and Red Wing. He was very active in his community serving on the Red Wing City Council for several years, was Mayor of Red Wing for 10 years and was also a Soil and Water Commissioner for Goodhue County. Together, he and Mary Ann served as the Federation President Couple of the Christian Family Movement of the Dioceses of St. Paul. He was also on the board of the Benedictine Foundation, the Benedictine Care Center and Coordinator of the Befriender Ministry. Romeo was an active member of the Church of St. Joseph and his faith was an important part of his life.

He loved to travel with his family and one of his favorite trips was a 10-week houseboat trip down the Mississippi River. After their children were grown, he and Mary Ann continued to travel worldwide, enjoying their time exploring new places. He also enjoyed cruises, camping, biking, racquetball and running marathons, having participated in four over his lifetime.

Romeo's love of family is what will be remembered most about him. You could just feel it being in his presence. Those who loved him were blessed to have been apart of his life and his legacy.

He is survived by his wife, Mary Ann; son Edward (Mary) and their children, Ethan (Kyra), Olivia (Adam), Patrick, Molly, and Teagan; son, Richard (Nancy) and their children, Matthew (Emma) and Paul (fiance, Courtney); daughter, Valerie (Mick) Scofield and their children, Andrew (Sarah), Nathan and Erin; daughter, Tammy (Doug) Basten and their children, Alec and Tyer; daughter, Debbie (Jeff) Habig and their children, Lindsey and Jonas; two great-grandchildren, Waylon and Mabel; brother, James (Geraldine); nephews, Henry (Chrissy) and Bruce (Jenny); and niece, Dorene (Brad).

Romeo is preceded in death by his parents.

Mass of Resurrection was at 11 a.m., Tuesday, September 13, 2022 at the Church of St. Joseph in Red Wing. Father Brandon Theisen officiated. Visitation was 5-7 p.m., Monday, September 12, 2022 at the Mahn Family Funeral Home, Bodelson Mahn Chapel and one hour prior to the service at church. Memorials are preferred to the St. Crispin Foundation, the Church of St. Joseph or the donor's choice. Online condolences may be left for the family at www.mahnfamilyfuneralhome.com

ilyfuneralhome.com

William Joseph Shelstad

William Joseph Shelstad, 80, of Red Wing, died Tuesday, September 27, 2022, at Mayo Clinic Health System, Red Wing Campus. He was born on January 25, 1942, in Red Wing to Joyce and Estella (Gombert) Shelstad. He graduated from Goodhue High School in 1960. He served in the US Army from 1964 to 1966 during the Vietnam War. On December 23, 1970, he married Anne Mollenhauer. They lived in Goodhue where he worked for the Goodhue School from 1970 to 1981 as a custodian and a bus driver and in 1981, he and Anne purchased Deloris' Lounge in Goodhue. They later divorced. He then worked for the Goodhue County Government Center as a custodian until his retirement. He was a member of Holy Trinity Catholic Church in Goodhue and the Leo C. Peterson American Legion Post #54 in Red Wing. He enjoyed golfing, playing cards, shooting pool and bowling, but most of all, attending his grandchildren's activities.

He is survived by his children, Jodi Shelstad of Red Wing, Wade (Nikki) Shelstad of Red Wing, Paula (Mark) Isaacson of St. Francis and Lisa (Stephen) Irestone of Savage; 13 grandchildren and 11 great grandchildren; one sister, Genevieve Robbins of Rochester along with many nieces and nephews. He was preceded in death by his parents and two brothers, John and Terrance.

Mass of Christian Burial was at 11 a.m. Tuesday, October 4, 2022, at St. Columbkil Catholic Church in Belle Creek. Father Thomas McCabe presided. Burial will full military honors was at the church cemetery. Visitation was from 5 p.m. to 7 p.m. with a 7 p.m. Legion prayer service, Monday, October 3, 2022, at the Mahn Family Funeral Home, Bodelson-Mahn Chapel in Red Wing and at the church for one hour prior to the service. Memorials are preferred to Holy Trinity Catholic Church, Goodhue Education Foundation or Red Wing Amateur Baseball Association.

Mass of Christian Burial was at 11 a.m. Tuesday, October 4, 2022, at St. Columbkil Catholic Church in Belle Creek. Father Thomas McCabe presided. Burial will full military honors was at the church cemetery. Visitation was from 5 p.m. to 7 p.m. with a 7 p.m. Legion prayer service, Monday, October 3, 2022, at the Mahn Family Funeral Home, Bodelson-Mahn Chapel in Red Wing and at the church for one hour prior to the service. Memorials are preferred to Holy Trinity Catholic Church, Goodhue Education Foundation or Red Wing Amateur Baseball Association.



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Vacation Bible Camp Held at Holy Trinity in Goodhue

“Jesus Christ, Our Eucharistic Lord” was the theme for the Catholic Vacation Bible Camp held recently at Holy Trinity Church for children in grades Pre-K through Grade 6. Older children volunteered as Guardian Angels to help the younger ones when needed. Father Thomas McCabe, Parochial Administrator, and 18 adult volunteers taught the children about God’s love for them in the Holy Eucharist, the peace and joy of Eucharistic Adoration, the Rosary and had fun playing outdoor games. They also learned about Blessed Carlo Acutis, who was recently proclaimed blessed by Pope Francis, and is known as the newest saint of the internet. Blessed Carlo was diagnosed with cancer and



Father McCabe teaching songs to the children in the Church during Catholic Vacation Bible Camp

died at age 15, shortly after building a website dedicated to Eucharistic Miracles (<http://www.miracolieucaistici.org/en/Liste/ist.html>) A mother whose child was slowly

dying sought Carlo’s intercession and the child was instantly healed. The medical doctors could not explain it, thus this miracle through Carlo Acutis’ intercession proved to

Church authorities that he is indeed “Blessed.” Another verified miracle through his intercession would make him eligible for canonization.



Catholic Vacation Bible Camp Volunteers

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Kay Gadiant Honored With Outstanding Senior Citizen Award

By Beth Brekke

Among the many accolades given during the Goodhue County Fair are the Male and Female Outstanding Senior Citizen awards. This year's recipients were Howard Ayen of Zumbrota and Kathleen (Kay) Gadiant of Goodhue.

The winners are picked through a nomination process and the awards were presented in the entertainment tent Thursday evening, August 11th.

Under the pretense of needing to work in the MCCL booth that evening, Kay's oldest

daughter, Linda suggested they head to the fair a little early in order to enjoy a malt and look at the exhibits. Arriving at the MCCL booth, the volunteers told the women they would not be needed and Linda steered her mother toward the ceremony and shushed a few folks who almost gave away the surprise.

They were then approached by a relative who enticed them to the beer garden/entertainment tent saying Kay's nephew was there and wanted to visit with her. A still unsuspecting Kay noticed some of her other children and grandchildren were at the fair but thought nothing of it. Even as her good friend, Marlys McNamara, began the presentation, Kay only wondered why Marlys would be reading about herself as the two women have been involved in a lot of the same activities over the years. It wasn't until Marlys described the nominee as having 12 children, 40 grandchildren and 65 great-grandchildren that it sunk in that she had been duped into coming to the fair and she was the recipient of the 2022 Outstanding Goodhue County Female Senior Citizen Award.

McNamara nominated Kay for the award

highlighting —among other things—her volunteer efforts within St. Columbkil Church over the past 65 years which include the Council of Catholic Women, past Eucharistic Minister and Faith Formation teacher. She has served on many committees and visits shut-in members, offering them communion, prayers, food, or whatever is needed. Kay also delivers meals to Goodhue residents through the Three Rivers Community Action program. She has actively participated in Lions'/Lioness' programs including hearing and vision screenings, hazardous waste collection, blood drives and the birthday calendar. Kay never forgets her own family's birthdays or anniversaries and attends all of the celebrations.

Caught completely by surprise, Kay wonders at all her children "keeping their mouths shut for two weeks. They had all sorts of little tricks," she said while relaying the story. Humbled by the attention, she first noted that she could think of many people deserving of the award and wants to nominate others next year.

The recognition program continued with the presentation of the Outstanding Male Senior Citizen Award. Darla Vieths nominated and presented this honor to Howard Ayen of Zumbrota. Ayen's volunteer activities center around the VFW and Veterans' programs. A Vietnam Veteran himself, he has helped plan Zumbrota's Memorial Day Field of Honor and arranges its 24-hour surveillance, along with organizing the parade and



Kay Gadiant of Goodhue received the 2022 Female Outstanding Volunteer Award presented at the Goodhue County Fair on August 11th which was also proclaimed "Ray Sands Day". Ray Sands and the Polka Dots entertain fair-goers yearly and played for Bill and Kay's wedding dance in 1954. Howard Ayen of Zumbrota was honored with the Male Outstanding Volunteer award.

ceremony at the Zumbrota Cemetery. Howard and his wife, Mary were the parade grand marshals in 2018. He is in charge of the VFW flag and is their historian. He is also on the committee creating the Zumbrota Veterans Memorial.

Prior to the Senior Citizen awards, Goodhue County Fairboard member, Chuch Schwartau proclaimed August 11, 2022 "Ray Sands Day" at the fair. Ray Sands of Kenyon is the leader of the Polka Dots band that he helped form in 1949. Ray was presented with a plaque while he and the band were on stage finishing their session ahead of the awards ceremony. They have provided entertainment during the fair for many years. It is interesting to note that they also played for Kay and her late husband, Bill Gadiant's wedding dance in 1954.

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Farmer's Market Winding Down For The Season

(continued from page 1)

Stop by to stock up on end of season vegetables and grab a pie pumpkin or two from Chase. Other items available include honey, imported coffee, and home décor - any of which would make a great gift. Your last chance to support these vendors in Goodhue will be October 13th.

Pictured to the right: Ken Exner appears at the Goodhue Farmer's Market on a bi-weekly basis. He is a co-founder of Santa Martha Café, working with importers of green coffee beans from Nicaragua, Guatemala, Tanzania and a growing number of other countries. His passion for helping these farmer's earn a fair price for their product and a sense of pride in their work originated on a mission trip. Exner lives in Randolph where he roasts the beans and packages them to sell whole or ground.

These small batches are considered a micro-lot as the beans come not only from just one farm but from one section of one farm. Some sale proceeds are used to buy trees to plant in these regions to help offset the carbon footprint of the coffee industry. Learn more at: www.santmarthacafe.com



Chase Jacobson waits on customers at a recent Goodhue Farmer's Market. Chase is a regular vendor who brings fresh vegetables from his farm near Sogn. Although some things are sold out for the season, he still offers a great variety. Find him on Facebook at CJ Farms.

Goodhue County Sheriff Race

(continued from page 1)

Some of their activities have includes coffee with officers, home security sessions and exposing fraud directed at senior citizens.

Kelly has worked with the budgeting process to save nearly \$2 million of tax payer dollars. He has added a second narcotics officer and promoted the D.A.R.E. program in Pine Island and Zumbrota schools. He has also supported the Minnesota Teen Challenge and the Drug Court to help rehabilitate those with substance abuse problems.

Josh Hanson is the challenger for the 2022 Goodhue County Sheriff position. Hanson is a 1999 Red Wing High School graduate and joined the United States Army where he became a Ranger and was deployed to Afghanistan in 2001.

Hanson attended Alexandria Technical College for a law enforcement degree and became a part-time officer for the city of Goodhue in 2005, before being promoted to Police Chief. In 2007 he joined the Minnesota Army National Guard and was deployed to Iraq during 2010-11.

Josh was hired by the city of Kenyon in 2007 and became a patrol deputy for Goodhue County in 2009. In 2015 he was promoted to Patrol Sergeant and Commander of the Emergency Response Team in 2016. He was named Goodhue County Sheriff Department Employee of the year in 2018 and promoted to Patrol Captain in 2019. In 2021 Hanson became the Emergency Management Director.

Josh Hanson is married to BreAnna, who is also a Goodhue County Deputy Sheriff officer. They have two children.

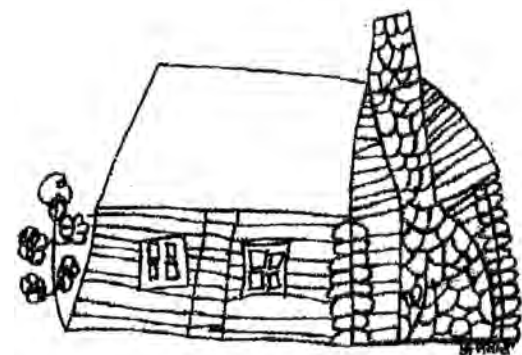
Josh would like to focus on training and readiness of the department in areas including physical fitness, mental health and wellness. He is alarmed at the societal trend of attacks on law enforcement and compromising their effectiveness and safety. He promises to stand strong and support the department and community as sheriff. "My goal is keeping my family, neighbors, and fellow citizens safe, secure, and preserving the peaceful way of life here," Josh states.

Harvest Thyme Craft Show

Saturdays: October 1, 8, 15, 22, 29

Sundays: October 2, 9, 16, 23, 30

Hours: 10:00a.m. to 5:00p.m.



Place:

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Goodhue High School Class of 1967 Reunion



Pictured left to right: (Front row) Bruce Meyer, Jane Center, Mary Wolkenhauer, Pat Stemmann, Vicky Anderson, Eva Diercks. Row 2 left to right: Carol Sawka, Gloria Agen-ten, Lynette Reuter, Karen Stemmann, Althea Voth, Jeri Petree, Chuck Schwartau, Carol Schwartau. Row 3 left to right: David Hadler, Larry Holst, Bill Majerus, Marcus Voth, Jim Dicke, Duane Zemke, David Diercks. Row 4 left to right: Glenn Albers, Tom Kittleson, Ed Gadiant, Fred Erickson, Randy Kahl, Chuck Bremer

The Goodhue High School Class of 1967 gathered for their 55th reunion on August 27, 2022. The event included a tour at the Goodhue Area Historical Site and the updated built onto Goodhue School. Then a group picture was taken at Rosie's Park followed by a meal and social program and meeting, all at Rosie's Park. The class included 62 students. The reunion included 27 previous students. Thirteen have passed away.

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New Community Health Awareness Coalition Forum

(continued from page 1)

The two were soon joined by St. John's Pastor Robbert and a few community members who then formed the coalition and invited Superintendent, Evan Gough to offer input from the public school's perspective. Gough has been a valuable resource to explain rationale from the school's perspective. Some of the conflict was a referee shortage coming out of COVID and a need to schedule activities this year on Wednesdays.

One of the main goals of creating this coalition is to keep Sunday mornings and Wednesday evenings free for religious instruction and/or Family time. This is not to say that school and social activities are not important but youth also need to step back from these demands. Today's use of cell phones and social media can contribute to a never-ending barrage of pressure to participate or no escape from bullying.

51% of Goodhue County residents responding to a recent survey said they felt their mental health had become worse since COVID. In Father McCabe's opening greeting at the forum he stated, "We want to get people together to talk about this. We want to work through this together". Community faith leaders know there is a correlation between mental and spiritual health. Regular experiences with positive spirituality have been scientifically proven to decrease psychological distress with prayer increasing dopamine and melatonin release and subduing cortisol, the stress hormone. The Center for Disease Control identifies positive spirituality as a protective factor against suicide.

Maggie Cichosz, Goodhue County Mental Health Coalition Community Engagement Specialist presented facts gathered from a survey of 5th, 8th, 9th and 11th grade students. 12% of Goodhue County students seriously considered suicide in 2019 and an average of 7 complete this act each year. The county has seen an increase in the number of days people report feeling mentally unhealthy from 4 out of 30 days up to 9 out of 30 days in the lower income population. In 2021, 81 people were committed due to mental health issues, up from 47 in 2020.

Cichosz reported that people often delay seeking help for mental healthcare. They may not see it as serious enough to justify the costs or find the time due to other life commitments. It can also be difficult to find access to help with a shortage of professionals and a long wait time for appointments. Pastor Hanson concurred that this was an ongoing problem in his former Sammamish, Washington community. He also recognized the affluence of the area as a risk factor for anxiety and pressure to excel. He recommended two books, *Hurt 2.0: Inside the World of Today's Teenagers* by Chap Clark and *The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Un-*



Maggie Cichosz, Goodhue County Mental Health Coalition Community Engagement Specialist, was a keynote speaker presenting local facts and offering resource support at the mental health forum.

happy Kids by Madeline Levine for further understanding of the issues facing today's youth.

Cichosz encourages social connections and suggests reaching out and offering a hand to anyone, especially youth who need extra adult guidance in their lives. This is in line with the new coalition's objective to connect youth and families with mentors to support mental and spiritual health. They have partnered with Goodhue County Health and Human Services to provide resources for education, early intervention, treatment, and community support services. Another resource is NAMI, the National Alliance on Mental Illness affiliate in Rochester (www.namismn.org).

Anita Otterness, a former employee and current volunteer with NAMI, spoke about the non-profit's recent walk that raised \$80,000.00 to support their programs which include law enforcement training, support groups, a crisis center in Rochester and working with other organizations. She touched on recommendations for eight dimensions of wellness to achieve a higher quality of life and total well-being. This information can be found at: <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4957.pdf>.

Those attending the September forum were greeted with treats and an array of useful pamphlets and an opportunity to ask the providers and panel members questions. Door prizes dubbed "Four baskets of Jesus' Love" were awarded at the end and the evening concluded with final remarks and a blessing by Pastor Robbert.

The Community Health Awareness Coalition is an ongoing and growing effort and welcomes anyone from the community to come to their next planning meeting, Sunday October 30th at 6:30 pm at St. Luke's Church. For more information, contact Pastor Eric Hanson at 612-834-2149.

Tree Branches Trimmed from Power Lines



An Asplundh Tree Service worker trims branches from power lines along Park Avenue on August 25th. Excel Energy contracts with the service to keep trees out of the lines to help prevent power outages. The crew puts the fallen branches through a shredder mounted on the service vehicle and the chips are blown into the box of the truck. The chips are then delivered to people to use as mulch.

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November Auctions

- Bonnie Russell Auction Online ONLY: Online Bidding ends November 4th (find the on-line bidding link on auctionsgo.com)

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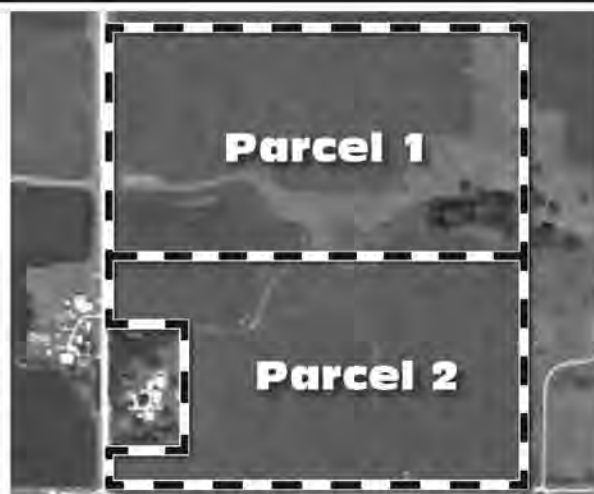
Directions to Farm: From Mantorville, MN go north on Highway 57 to County Road 16, east on County Road 16 to County Road 5, north on County Road 5, Watch For Real Estate Signs, east side of road.

PARCEL 1

79 Deeded Acres of Bare Crop Land, N1/2 of NW1/4 Section 6, Kalmar Township, Olmsted County, MN

*** Area: 79 Deeded Acres	*** Crop Productivity Index: 85 CPI Average
*** PID# 750621054830, Zoned Ag 2A	*** Very Good Soils
*** Real Estate Taxes For 2022: \$1,714.00	*** To Be Sold 79 x Money Bid
*** Tillable Acres: Approx. 52 +/- Acres	*** Seller Will Allow 1031 Buyer Language Into The Purchase Agreement

Terms: \$30,000 down the day of auction per parcel, which is non-refundable if buyer(s) fails to close and pay sellers in full. The balance is due and payable in full to the sellers on or before November 23, 2022. All real estate is selling in as-is condition with no warranties or guarantees expressed or implied by the sellers or any of their agents. All real estate sells with no contingencies whatsoever. All real estate taxes due in the year of 2022 shall be paid by the seller. All bidders and buyers must have their finances in order prior to auction date. There is a 3% buyers premium that applies to this Real Estate Auction. This 3% will be added above the final bid price to equal full purchase contract price. Broker: Maring Auction & Realty Inc., Lic# 40241191



PARCEL 2

72 +/- Acres of Bare Crop Land, S1/2 of NW1/4 Section 6, Kalmar Township, Olmsted County, MN

*** Area: 72 +/- Acres	*** Crop Productivity Index: 91.4 CPI Average
*** PID# 750623054381, Zoned Ag 2A	*** Very Good Soils
*** Real Estate Taxes For 2022 To Be Determined After Property Split of Building Site	*** To Be Sold 72 x Money Bid
*** Tillable Acres: Approx. 65 +/- Acres	*** Seller Will Allow 1031 Buyer Language Into The Purchase Agreement

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93rd street for a half mile, first driveway on the left/north
side of the road.

TRACTORS: Case Tractor with Loader, Toro LX487, Toro
Time Cutter HD - 60" deck, Toro Power Clean 21", Toro
Wheel Horse w/tiller

EQUIPMENT: Toro Power MDX Snowblower HD 928 OAE,
Toro Blower, (2) Wheel Snowblower Trailer, (2) Wheel
Trailer, (2) Small Wagons, Eagle Valley Golf Cart, Strongway
Wagon, Big Red Mule Wagon

MISCELLANEOUS: Jiffy Ice Auger, Home Light Chain Saw,
Steel Wheel Cart, DeWalt Chop Saw, Shop Smith Work
Station, Craftsman 12" Band Saw, Work Bench, Ridged
Wet/Dry Vac, Very Old Anvil, Grinder, Old Trunk, T-Posts,
Electric Fence Posts, Round Table & Chairs, (4) Wood
Rockers, Drop Leaf Table, Ornate Table, Reclining Leather
Sofa, End Tables, Old Library Table, Heavy Duty Shelving,
Bedroom Set, 3.5 Cu Ft Freezer Chest, Kitchenware, Large
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2022 AUCTIONS**

Saturday Oct. 29, 2022
• 10:00 A.M.
71 ACRES FARM LAND
FREEBORN COUNTY, MN
BANCROFT TOWNSHIP,
SECTION 15
Very good soils, 85.9 CPI Rating
Jeanne Darby - ETAL
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West Concord, MN

TIMED ONLINE ONLY AUCTION
MATT MARING AUCTION CO.

We Sell the Earth & Everything On It.

Location: 8365 Courthouse Blvd, Inver Grove Heights, MN 55077
Bidding Opens: Saturday, October 1, 2022, at 8:00 a.m.
BIDDING STARTS CLOSING
Sunday, October 9, 2022 • 3:00 p.m.
FOR ONLINE BIDDING, PICTURES & DETAILS GO TO
www.maringauction.com

Ranch Style 4 Bedroom, 2.5 Bath, 2804 Finished Square Feet, Nice Shop/Shed on 3.33 Acres



*** Property Address: 8365 Courthouse Blvd, Inver Grove Heights, MN 55077
*** PID # 20.01700.07.020 Zoned Residential
*** 2022 Taxes: \$ 5,054.00
*** Area: 3.33 Acres of Land

*** Ranch Style Single Story Home, 4 Bedroom, 2.5 Bath, 2804 Sq. Ft., 2 Car Attached Garage, 40'x60' Cement Floor Shed/Shop
*** Private Septic System, Conforming
*** Good Cased Well

REAL ESTATE INSPECTION DATES:
Saturday, October 1, 2022, 10:00 a.m. - 12:00 Noon
& Wednesday, October 5, 2022, 4:00 p.m. - 6:00 p.m.

Terms of Real Estate: \$20,000 Down the day of auction, which is non-refundable if buyer fails to close. Balance is due to the sellers on or before November 29, 2022, at which time the buyer shall receive a clear marketable warranty deed and possession. Said real estate is selling with no contingencies whatsoever. All real estate sells in as-is condition with any and all faults. All real estate taxes shall be prorated to date of closing. All standard MN real estate disclosures will be filled out by seller. All bidders/buyers must have their finances in order prior to auction closing date, October 9, 2022. This real estate auction shall have a 5% buyer's fee which will be added to the final bid price, to equal full purchase contract price. Maring Auction & Realty Inc. is representing the sellers in this transaction. Broker: Maring Auction & Realty Inc., Lic# 40241191

Lawn and Garden, Ford 8N Tractor
Bob Cat T3100, 20hp, 60" Deck, Hydro, 789 Hrs; Ford 8N Tractor, PTO, 3 Pt., Runs; Craftsman G5100 Garden Tractor, 52"; AgriFab 38" Sweeper; Rugid Poly Pull Type Spreader; Stihl FS51 AV Weed Whip; AgriFab 125 Broadcast Spreader; Paramount Leaf Blower; Cub Cadet BC80 Weed Whip; Huskee 8hp Snowblower, 26" ; Yard Pro Electric Shredder/Blower/Vacuum; Husqvarna LGT, 48", Hydro., 140 Hrs; Ryan Mataway Walk Behind 24" Over Seeder; Lawn Carts; Soil Shredder

Power and Shop Tools, Electrical Supplies

Pro-Tec 10" Compound Miter Saw; Enco 14" Bench Band Saw; Sears 3/4 hp grinder; Porter Cable 6 Gal Compressor; Hausfeld 80 Gal Vertical 5hp Compressor; 3 Ton Floor Jack; (5) Hyd Bottle Jacks; Sears Battery Charger; Crown 27" Pallet Jack; Greenlee 12" Hook Type Cable Sheave; Generac 3500XL Power Generator; Several Sections of Commercial Pallet Racking; Urban Gorilla Tools 16" Laser Level with Tripod Stand, New; DeWalt 18V Trim Saw; Sears 10" Radial Arm Saw; Snap-On 2000 PSI Pressure Washer; Werner Fiberglass Ladders: 6', 8', 10', 12', 24'; Ridged Pipe Threader; Cordless Angle Grinder; (5) Greenlee Screw Type Reel Stands; 12" Dove Tail Jig; Many Cordless Tools; Many Spools of New Electrical Wire; Electrical Breakers, Switches, and Conduit; Commercial Light Fixtures; (4) Knack Job Boxes

GMC RV, Ford Vans, Ford Cube Van

'75 GMC RV Limited, Tandem, 454 V8 Gas, Auto, Sleeps 4, Stove, Refrigerator, A/C; 1998 Ford Van, V8, Auto; 1992 Ford Work Van, Shelving, V8, Auto; 1994 Ford 350 Cube Van, 15' Box, Dually, V8, Auto, Roll Up Door, Ramp; Pickup Box Trailer

Arcade Shopping Mall Toys, Household Antique

10c Wells Fargo Horse and Carriage Ride; Pac Man 25c Double Player Arcade Game; Duck Hunter Arcade Game; Hogans Alley Arcade Game; Asteroids Arcade Game; Space Invaders Stand Up Arcade Game; 33" Stone Firepit Insert; BBQ Grill; Yard Games; Canning Jars; Patio Furniture; 1970's Tonka Toys; Football Table; Concrete Yard Figurines; Vintage Bikes; Antique Spinning Wheel; String Puppets; Pool Table; Red Wing Crocks

PERSONAL PROPERTY INSPECTION DATE:

Friday, October 7, 2022, from 10:00 a.m. - 4:00 p.m.

Terms of Personal Property: Terms: Cash, Check, Credit Card. All Sales Selling As-Is Where Is With No Warranties Or Guarantees Expressed By Sellers Or Any Of Their Agents, All Items Must Be Paid In Full On Payment And Pickup Date. 10% Buyers Fee Applies To All Sales. 15% If You Use Credit Card

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Minnesota Horse Feed Maker Turns to Forgotten Crop as an Ingredient and Investment

Mary Hartman's Kasson, Minn.-based StableFeed firm is bringing back a forgotten perennial crop – sainfoin – to create healthy horse feed as well as a new niche in the U.S. agriculture market.

Courtesy of Post Bulletin

KASSON, Minn. — When researching for her healthy horse feed, Mary Hartman found a key ingredient and a new commodity in a mostly forgotten crop that hasn't been broadly grown in the U.S. since the 1890s.

"My introduction to sainfoin came from researching the equine microbiome. I read an article by a UK researcher who mentioned sainfoin as an outstanding forage for horses that they love to eat. I had never heard of it," said Hartman. "It's a really ancient forage legume. It used to be grown specifically for horses and sheep. George Washington and Thomas Jefferson grew it. They tried to get it to go here. It turned out that alfalfa was easier to grow in rich soils, so it was passed over."

Sainfoin is a perennial crop with purple flowers that is harvested and baled like alfalfa. After discovering a handful of growers started raising sainfoin in Montana in the 1970s, Hartman tracked them down and started buying up sainfoin to use in her StableFeed products.

"The Montana producers are excited, because there wasn't a market for sainfoin. They just grew a few fields for themselves. Why would you grow a lot of something when there's no market?" she said. "Now, I've created a market for it."

Thanks to Hartman, sainfoin is now being harvested in southeastern Minnesota for the first time in modern memory. Kory Weis, a Pine Island area farmer, planted a patch of

sainfoin for Hartman and they are experimenting with the best ways to grow and harvest it.

Good for horses

"We are the only commercial providers of sainfoin into the market in North America. I'm going to move 190 tons of sainfoin into the market this year. Some of that may go to South Korea, where they have requested 40 tons," she said.

Selling straight sainfoin pellets is a growing market for Hartman. However, it is also important for her growing business, because sainfoin is also the base ingredient in all five of her feed blends for horses with specific health issues.

After starting in 2017 making chia horse biscuits in Rochester basements and garages, Hartman's healthy horse treats and feed company has grown and evolved into a popular name in the equine market.

StableFeed outgrew spaces in Rochester, so Hartman and her seven employees are now based in a 3,200-square-foot facility in Kasson.

"The rent is higher in Rochester than Kasson. This facility is perfect, and there is more space that I could grow into," she said looking at the warehouse full of bags of her products awaiting shipment.

Each of the five horse feeds feature sainfoin pellets "garnished" with carrots, dandelions, spirulina, prickly pear, burdock, bee pollen and other ingredients that horses used to consume while foraging.

StableFeed also still sells the original five types of chia biscuits that launched the company. Most of her business direct sales via her website.

While her high-end, specialty feeds are not cheap, Hartman points out that they are less expensive than calling a vet to treat a horse struggling with gut issues or other health problems.

When she developed the feeds, Hartman worked closely with Minnesota's Agricultural Utilization Research Institute. AURI is a state-funded nonprofit that spurs economic development by helping entrepreneurs develop and launch new products.

Alan Doering, a senior scientist who manages AURI's Coproducts Utilization Laboratory in Waseca, Minnesota, has worked with the development of a lot of animal feeds. However, Hartman brought several novel ingredients to the table, including sainfoin.

"I actually farm and we grow alfalfa. ... I



From left, Deb Maiers, Miya Charles, both with StableFeed, and Mary Hartman, owner of StableFeed, work with a chia product in Kasson. Photo by Post Bulletin

had no idea what sainfoin was. The interesting thing about sainfoin is that it is a legume. It's high in protein like alfalfa. Unlike alfalfa, it's non-bloating. So it is safe for horses," said Doering.

Good for the land

He sees a lot of promise in sainfoin as a crop in Minnesota.

"I think the big opportunity for sainfoin in Minnesota would be planting it on marginal land. Whether it's river bottom or whether it's hilly land that is higher in sandy soils, this is an ideal crop to produce protein," said Doering.

Alfalfa production is on the decline in Minnesota with low commodity prices and less dairies operating in the state. This could provide a useful alternative to alfalfa for some farmers, he added.

As a perennial, sainfoin can help farmers who are concerned about erosion.

"It is basically a living cover crop on your soil throughout the winter," Doering said. "And yet, it's not a cover crop, because you're harvesting it. It's a living cover. It'll come up, year after year."

Weis, the farmer who is growing sainfoin for Hartman in the Pine Island area, said it stands out from other local crops.

"When everything else is brown in the fall,

after everything freezes before we get snow, this stuff was just as green as could be right up until the snow covered it up. And it starts earlier in the spring. It was greening up just as soon as the days started getting warm. We get some sunlight and it takes off growing," said Weis.

He added that the purple flowers are also very popular with bees. During peak pollinating time, visitors can hear the buzzing before the sainfoin field comes into view, according to Weis.

A bright future

Looking ahead, Hartman expects to grow and sell more sainfoin. She is optimistic that more and more stables and individual owners will start using her feeds and biscuits after they see the difference the products make in a horse's health and appearance.

She would like to build a new facility to turn sainfoin into pellets to ramp up production and closely control the quality of the pellets.

Of course, sainfoin will be a key part of the future growth of StableFeed.

"I really think this is a plant that's time has come. I think that this is a plant that could play a really big role in the ag sector, both in the short term and the long term," said Hartman.



Charles Ellwood, with StableFeed, works with sainfoin horse feed

Photo by Post Bulletin



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The rural landscape has changed and old ways aren't coming back, so how do we hold on to what we have?

Courtesy of AgWeek

AgWeek reflects on the way things used to be -- both good and bad -- and how rural areas can hold on to the things and people that still make them special.

A ride along to purchase five Holstein bull calves from a dairy producer in southeastern Minnesota was welcome on a glorious late afternoon when the rolling hills best showed their beauty.

It is a strong dairy area, in contrast to the prairie that the calf buyer and I call home. Silos and barns — to an extent relics of a bygone time — remain in sharp contrast to the large dairy we stopped at. Truckloads of fresh-chopped alfalfa were being transported to the edge of a large pile, where it was packed tight by a four-wheel-drive tractor.

Along the way we talked about how vital dairy used to be across Minnesota. Local stores sold milking equipment and other supplies, and small towns were crowded with cars on weekend nights when checks were cashed, and families came to eat and be entertained.

West Concord — a town of less than 1,000 in the 1950s and now — once had a couple of tractor and car dealers, a clothing store, two hardware stores, two banks, a railroad line, and more. A mural painted on a building's

side depicts Mainstreet circa the 1950s.

It's a shame, I said, that those days are no more.

"You can say it's a shame," the pickup driver said, "but they are never going to come back."

There are many reasons why that is so.

Ease of transportation, technology, cost of living, efficiency of scale, and an unstopping exodus of people to metropolitan areas are among the reasons.

Writings dating to the 1980s reveal that I railed against the loss of family farms (a category that remains difficult to define), consolidation in the meatpacking and dairy industries, and the foolishness of federal farm policy that failed in its stated mission to protect family farmers.

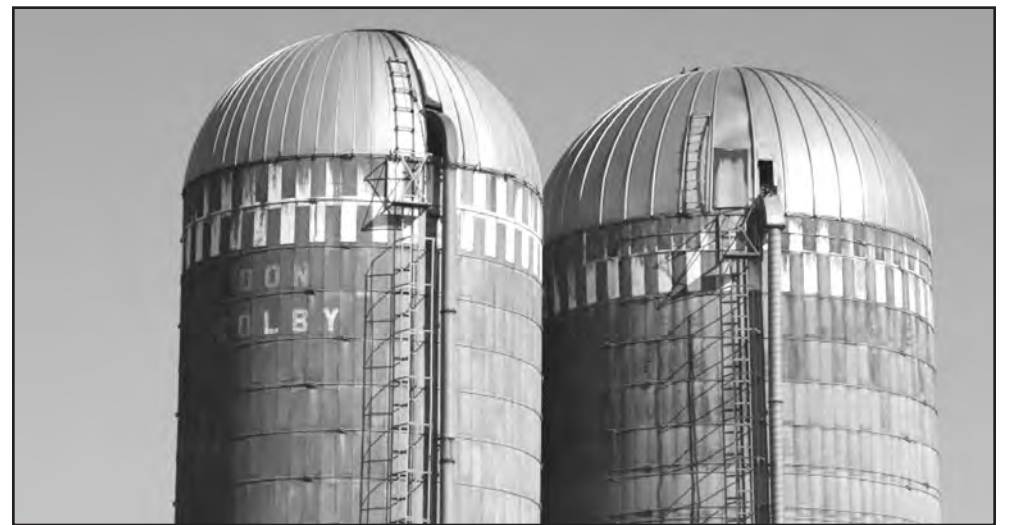
Keeping family farmers on the land has been the goal since President Franklin Roosevelt's New Deal initiated the farm program framework in the Great Depression. Supply management through land banks and Conservation Reserve Program sign ups have been tried with mixed success ever since the government moved away from parity pricing formulas.

History suggests that the dominance of diversified farms blossomed only briefly. The driver raised a valid point when he said that we tend to remember the good times more than the bad.

Cultivating row crops four times followed by whacking weeds, sick calves in pneumonia-filled barns, picking frozen silage from silo walls, and dealing with untiled fields was no one's idea of fun.

Maybe a more reasonable goal is to hang on to what we have. It will not be easy. The public school closed in the early 1990s, and a start-up school that followed several years later folded. Three churches, hurt by declining attendance, have closed. The lone restaurant closed during the pandemic and won't reopen in its wake. The American Legion, housed in a building constructed in the early 20th century, struggles for members.

The pickup driver asked and answered his



A pair of stave silos offer a hint at the dairy farming that once went on at the Don and Sylvia Colby farm near Milnor, North Dakota. Mychal Wilmes says the old ways of rural life and farming weren't all good, but there is good in the rural lifestyle to hold onto.

Photo courtesy of AgWeek

own question.

"Would your children want to move back here? No, they wouldn't, because there is nothing to do here."

Well, that is not 100% true. There is much to be said for raising a family away from the busyness of a big city, the community that remains strong in its commitment to schools and other institutions.

The movement away from rural areas is a worldwide phenomenon unmatched in his-

tory. The slums of Third World nations are crowded with now-landless people. Europe and the United States are far better equipped to handle the migration as rural residents move for better opportunities.

Thomas Jefferson wrote centuries ago that the strength of American democracy is found in its millions of family farmers. It remains true to this day, which may explain why countless surveys find that support for family farmers remains strong.

Organic Certification Cost Share Program Increases Affordability of Certification Rebates

Minnesota organic farmers and processors can apply for a rebate of up to 50% of the cost of their organic certification. The Minnesota Department of Agriculture (MDA) is accepting applications for the Minnesota Organic Certification Cost Share Program from now until November 1, 2022.

Organic certification is a third-party verification system. It assures consumers the organic products they buy are produced in accordance with federal organic regulations. Organic operations must follow National Organic Standards and are monitored through review of their records and on-site inspections at least once a year.

"The yearly cost of certification can range from a few hundred to several thousand dollars," Assistant Commissioner Patrice Bailey said. "This program provides some relief and goes a long way to make organic certification more affordable."

Funds for the cost share program are available first-come, first-served and come from a cooperative agreement with the United States

Department of Agriculture's (USDA) Farm Service Agency (FSA).

Operations that received certification (or had ongoing certification) between October 1, 2021 and September 30, 2022 are eligible for reimbursement of up to 50% of certification-related expenses, with a maximum of \$500 per category (crop, livestock, processing/handling, wild harvest). MDA also offers a similar cost share program for transitioning a farm to organic.

To qualify, applicants must be certified organic by a USDA-accredited certifying agency. New this year will be an online application process. Certified organic farmers or processors can obtain all the program details and necessary materials on the MDA's website or by calling 651-201-6134. Applicants that do not wish to apply with MDA may apply through their local FSA Office.

Additional funding for up to 25% of allowable certification costs is available through FSA. That application deadline is October 31, 2022.

Meat, Poultry, Egg, and Milk Processing Grant Available

Apply by October 27, 2022 for grant to boost livestock product sales

Minnesota livestock product processors seeking to start up, modernize, or expand their businesses are encouraged to apply for the Agricultural Growth, Research, and Innovation (AGRI) Meat, Poultry, Egg, and Milk Processing Grant program.

The Minnesota Department of Agriculture (MDA) anticipates awarding up to \$1.4 million using a competitive review process. The maximum equipment award is \$150,000, and the minimum award is \$1,000.

The intent of the program is to increase sales of Minnesota-raised livestock products by investing in equipment and physical improvements that support processing, capacity, market diversification, and market access.

"Meat processing demand continues to increase, and capacity has to keep pace for a healthy market to exist," Minnesota Agriculture Commissioner Thom Petersen said. "This grant helps processors become more agile and resilient, expanding access to products."

Applicants must:

Intend to or be engaged with livestock slaughter or processing, including meat, poultry, egg, and/or milk.

Be an individual (including farmers), business, agricultural cooperative, non-profit, educational institution, or a local unit of government (including Tribal Governments).

Currently reside in Minnesota and be authorized to conduct business in Minnesota

Grantees are responsible for at least 50% of the total cost for the first \$50,000 and 75% of the total cost for every dollar after as a cash match. Funding for the AGRI Meat, Poultry, Egg, and Milk Processing Grant will be awarded in one round.

Grant applications will be accepted until 4 p.m. Thursday, Oct. 27, 2022. Funding will be awarded in early 2023.

If a grant application is not selected during the AGRI Meat, Poultry, Egg, and Milk Processing Grant, it will be considered for the AGRI Value-Added Grant that is expected to open in winter 2023.

Proposals must be submitted through our online application system.

For more information, visit the AGRI Meat, Poultry, Egg, and Milk Processing Grant webpage.



Top 3 Things to Do for HEALTH



By Shauna Burslem, D.C.

I would like to present to you my top 3 healthy living tips that I have personally found to be essential for every single living person on our entire planet. If the population would adhere to the advice offered below, I am quite certain that health care costs in our country would plummet. The number one health tip is increasing the serum levels of vitamin D3 in our bodies. This could prevent

chronic diseases that claim nearly one million lives worldwide each year. Vitamin D3 can significantly lower your risk of a variety of cancers, including bladder, colorectal, and breast cancer. There appears to be a causal relationship between vitamin D3 levels and death; this relationship is strongest when it comes to death from cancer. In addition, D3 is a potent immune system enhancer and has been shown to prevent and reduce severity of the flu and common cold. D3 is the sunshine vitamin and is the reason why there is a flu season in the winter time, not the summer season. Healthy sun exposure creates vitamin D3 in the body. Scientists suggest that the optimal D3 supplement dosage during the winter months is 35 units per pound of body weight (ex. 150 lb. person would need just over 5000 units a day).

The next two health tips involve weight gain. Obesity is the leading cause of overall ill health and disease in the United States. By paying attention to the following health tips, the general population would lose weight, thus improving health and lowering health care costs. Research shows that the ar-



tificial sweetener aspartame (as in Nutra Sweet) worsens insulin sensitivity to a greater degree than sugar. Artificial sweeteners promote weight gain by tricking your body into thinking it will receive sugar (calories); when the sugar doesn't arrive, carb cravings can result, making you even hungrier. Artificial sweeteners likely also cause weight gain by disrupting your intestinal microflora, thereby raising your risk of both obesity and diabetes. In addition, aspartame is a neurotoxin and can lead to the same symptoms of multiple sclerosis. Popular artificial sweeteners to avoid are Nutra Sweet (aspartame), Sucralose and Splenda.

The last tip for promoting health involves exercise and boosting the metabolism for weight loss. Interval cardio training has been shown to be the most effective form of cardio training for the entire body. Not only is it the most effective way of increasing the body's metabolism (the ability to burn calories at rest), interval training increases heart and lung volume, improving cardiovascular health more than typical endurance training like distance running, distance biking or distance swimming. The whole idea of interval training is that you do an exercise that gets the heart pumping for 20-40 seconds non-stop. You then take a 10-15 second rest break

and repeat. Beginning trainers would do this for only 6 minutes a day. As endurance improves 12-20 minutes is all that is needed for optimal benefits. Researchers in Japan have found that 5 minutes of high intensity interval training is the equivalent of jogging / biking / swimming for 40 minutes. So not only is interval training better for you, it saves you time! Example exercises include running, swimming and biking (run, swim or bike hard for 20-40 seconds then rest 10 and repeat). Skipping rope, jumping jacks and or a combination of calisthenics could also be performed in this style of training. In summary, these three health tips could have a major impact on your personal health and wellbeing as well as the having an impact on the ever increasing health care costs in our country. The only problem is the old horse adage about leading the horse to water!!

Chiropractic Info: Chiropractic care is on the front lines of battling opioid addiction. Inadequate pain management coupled with the epidemic of prescription opioid overuse and abuse has taken a severe toll on the lives of tens of thousands of people in the United States. According to the Centers for Disease Control and Prevention (CDC), as many as one in four patients who receive prescription opioids long term for non-cancer pain in primary care settings struggles with addiction. Every day, more than 1,000 people are treated in the ER for misusing prescription opioids. Beyond the risks of addiction and overdose, prescription drugs that numb pain may convince a patient that a musculoskeletal condition is less severe than it is or that it has healed. This misunderstanding can lead to overexertion, a delay in the healing process or even permanent injury. Chiropractic and other non-drug approaches to pain management can be an important first line of defense against pain and addiction resulting from the overuse of prescription opioid pain medications. Chiropractic is a 100% natural drug free health-care profession that has an impressive history of caring for patients with musculoskeletal pain. In addition, chiropractic's holistic approach to health care by improving neural impulse flow from the spine improves function and performance in the entire body, promoting overall health and wellness.

MISSY'S MESSAGE



MISSY PAPERFUS

OCTOBER IS NATIONAL BREAST CANCER MONTH

October is National Breast Cancer Awareness Month. About 25 plus years ago, my mom had breast cancer. She was off work for about six weeks. They say everything happens for a reason. She had a lumpectomy and radiation. I remember this being in the winter. After her surgery, she was able to

spend half her sick leave in Arizona with my grandparents who wintered there. A couple short years later, my grandma (her mom) tragically died in a car crash. My mom got to spend extra time with my grandma not knowing what the future had in store. I imagine they relaxed and most importantly did their favorite thing and went shopping!

I always get my yearly mammogram. Started earlier because my mom had the history of breast cancer. I have learned from her experience and my own. Do not jump to conclusions and keep in mind that clinic processes change. I had a 3D mammogram a few years ago, and the doctor saw something on there. I had my mammogram late in the day, so I had to come back the next day to do it again. In the end, I was just fine. There was nothing, but I remember sitting thinking to myself, this could be the last normal day of my life.

This summer, I had a close family member that found a lump. I asked if she had a mammogram before. She had not. I said just keep calm and do not over think anything until you hear back. A few weeks went by. We had talked numerous times, but nothing mentioned about the results. I asked what she found out. It was just fatty tissue. Thank goodness! So, all you ladies out there. Do not be afraid. Get your mammogram!

As each year goes by, more and more people I know are diagnosed with cancer. I don't want to live in fear, but understand the importance of paying attention to details, warning signs and symptoms, and to go with your gut feeling. If you think something is wrong, go ahead and have it checked out. Sometimes we all need a little reminder. It's important to take care of yourself first, so you can take care of your family. I am 48 and overdue for my first colonoscopy. I finally scheduled it for October.

Memo from MotoProz...

Haydays was the weekend after Labor Day and Arctic Cat announced their new Catalyst snowmobile platform. The all-new Arctic Cat snowmobile will be released for 2024 with a 600 motor. For more details, check it out on the Arctic Cat website or stop in to MotoProz.

Missy and her husband Mike own MotoProz in Mazeppa.



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Letters to the Editor

**Opinions expressed in Letters to the Editor are not necessarily those of The Messenger*

To the Editor:

What Is “Critical Race Theory”?

CRT emerged in the 1970s and 1980s when law professors explored how race and racism have shaped American law and society. It became a study of the Civil Rights Act of 1964 and its many unfulfilled goals decades later.

CRT does NOT vilify white people and is NOT a study on placing blame. It does educate us how racism has been woven into our laws and regulations. It should teach us to understand how racial disparities endure despite laws to discourage them.

Pam Altendorf, running for MN House 20A, and Steve Dratzkowski, MN Senate 20 candidate, find it necessary to make “CRT” a political issue.

Mr. Dratzkowski states on his website that he will remove CRT from classrooms. According to the MN Department of Education, CRT is not taught in any public school in Minnesota.

Social Studies is currently under a normal 10-year review with revised standards to be released in the 26-27 school year. In a proposed draft, ethnic studies will likely be added.

Please read candidate Altendorf’s statement on her website. She believes that CRT seeks to divide children and adults based on the color of one’s skin. We agree that racism is an individual “heart” issue, but to say that it is not collective or systemic is hard to believe.

After the murder of George Floyd, the Trump administration sent a memo to federal agencies to cease any training on “critical race theory”. Far right-wing politicians followed his lead to stop teaching equity and diversity in our schools.

American History, painted with a huge “white” brush, has been taught in our schools for decades. Our wish is to be represented by individuals that are open to change, have a vision, purpose and willing to include all races and cultures.

On November 8th, be part of history and vote for Minnesota Independent candidate for MN House 20A, Roger Kittelson. He will listen, has the experience in education, business, and common sense to be a great Representative. A candidate who will represent YOU and not a political party.

Dean & Diane Opsahl

Goodhue, MN

To the Editor:

As the November election quickly draws near, I have given much thought about what to look for in a candidate who will represent me in the Minnesota House of representatives-District 20 A. That candidate is Roger Kittelson who is running as an independent. The negativity, divisiveness, and mean spiritedness that seems to be the norm in current politics has swayed me towards Roger and the Independent party. I first knew Roger in high school, and have recently become reacquainted with him. I can honestly say that he is one of the most positive, hardworking, straight forward and open people I have ever met. Furthermore, he has a strong business management background as well as strong

ties to the farming community which makes up a significant portion of district 20a. I believe that he would be a great asset to the residents of district 20a and the state of Minnesota as a whole.

His work ethic is evidenced by his campaign approach. He has been working diligently at connecting with residents in Red Wing, Goodhue, Wabasha, Lake City, Cannon Falls, Miesville, and Bellechester. Additionally, he has introduced himself to the downtown businesses, has been visiting our public schools, and has been reaching out to volunteers at the VFW’s and American Legions.

I urge you to Review his website. After examining the information and if you agree and want to offer support, you can request a lawn sign, door knock in your community, distribute his 3X5 information cards, or make a monetary donation. Each local newspaper in the 20 A district has a posting each week for September and October on page 2 or 3 sharing what he has learned from his visits. Roger believes we need to better support our education system, we need to do a better job of caring for our elderly and disabled, improve health care for all, and work with law enforcement to improve public safety. He listens and will work hard for you.

Roger wants our state to have a functioning, viable legislature and is working hard to win the open seat.

Hopefully, you will consider this independent as we truly need an independent attitude to get our State moving.

William Mitchener

Red Wing Mn

To the Editor:

A new teacher licensing standard called ‘Racial Consciousness and Reflection’ has been added to the list of seven ‘Standards of Effective Practice’.

This new standard will require private and public school teachers to ‘have a foundational understanding of how race and racism are embedded in our institutions and everyday life’ in order to ‘understand and implement culturally-responsive education’. Teachers must embody the standard to ‘effectively teach’ Minnesota students.

According to the Standards Board, teachers must ‘Understand’ intersectionality, processes of racialization and how ‘ethnocentrism’, ‘eurocentrism’, and ‘white supremacy undermine pedagogical equity’ to requiring a teacher to ‘understand’ that ‘knowledge creation, ways of knowing, and teaching are social and cultural practices shaped by race and ethnicity, often resulting in racially disparate advantages and disadvantages.’ This is CRT coming to a MN school near you!

Thank goodness we have people running for elected office that have solutions for our failing education system. Pam Altendorf and Representative Steve Dratzkowski have already authored a bill that will allow education funding to follow the student! Parents will be able to decide what school(s) or home school options are best for their families vs. tax dollars automatically going to the school(s) who are indoctrinating our children. Do you think schools will continue to push CRT if parents are taking their children (ie.

Funding) somewhere else?

Please vote for Pam Altendorf and Steve Dratzkowski so our children have an opportunity for a quality education free from indoctrination.

Dawn Appel, Lake City

To the Editor:

THE DEMOCRAT & “THE OTHER DEMOCRAT”

This November we have two Democrats and one Republican seeking House Seat 20A. Roger Kittelson by title, is running as an “Independent”, however, the facts are Roger previously ran six times as a Democrat. In 2020, Roger ran in a losing effort in the Democratic Primary for Senate District 21. In 2016 Kittelson unsuccessfully jumped in the race for the Democratic nomination for the 2nd Congressional District, in 2014 he lost in the Democratic primary for MN House, in 2004 and 2008 (while in Wisconsin) he ran as a Democrat for a congressional seat and lost both times, and finally in 1982 he ran for Minnesota legislature as a Democrat and lost that time as well.

It appears that his attempts at rising through the ranks of the DFL party have not been very fruitful for him, so this election he is changing his branding to “Independent” and hoping this Conservative District is not paying attention.

Voters ask yourselves, who are Roger’s true allegiances with? Roger’s messaging at the LWV debate which I attended last week in Red Wing, solidly put him in the camp of the tax-and-spend Democrats. Is he misrepresenting who he actually is because of the current unpopularity of Biden? Things do not pass the smell test where Kittelson is concerned.

Conservative voters, we can’t afford for you to be fooled by the “independent” title, which doesn’t match up with Kittelson’s history. If you are a Democrat and like high taxes...? Then you can vote for the Democrat or you can vote for the “other Democrat”, both will create bigger government and raise your taxes. However, for those who live in this District that are tired of politics as usual, mandates, regulations and the high taxes in this State...elect a proven business leader and a real fiscal conservative for the MN House, help us get tax reform and reduce Government; vote for Republican Pam Al-

tendorf.

Bonnie Luhman

Email: Bluhman62@gmail.com

To the Editor:

FREEDOM OF CHOICE.

Gone are the days of patient focused care. Our health care system is ailing. We need to find a cure, rather than cover our failed system with a band aid. Today’s health care is about profits, not people.

As our country moved from putting patients first, health insurance companies have moved doctors and healthcare delivery to a production model of healthcare.

I have been a RN and a Nurse Practitioner for 42 years. I have seen firsthand how our system does not work. All of the “band aids” meant to improve our healthcare in this country and this state, including HMOs, PPOs, choice plans, select plans and Obama Care are all but a mirror, which projects an illusion of healthcare when in fact these are means by which to control our freedom of choice when it comes to our healthcare.

In rural Minnesota, the annual premiums and deductibles for a rural family can reach \$25,000 to \$45,000 per year. Family farms and small businesses cannot afford these outrageous healthcare costs. Nearly 72% of farmers or a family member must have a second job to pay for health care. (MNhealthplan.org)

So what can we do to cure this problem? I believe the Health Care for All plan is a good beginning and perhaps the solution to this problem in Minnesota. This is a single, statewide “trust fund” health care administered plan that would cover ALL Minnesotans for ALL their medical needs.

Minnesota House of Representatives 20A candidate, Roger Kittelson, has been an advocate for better health care, pushing for a plan to help everyone, not just the top 5% or the lower 5%. He believes in taking profits out of the health care insurance industry and putting choice back in the hands of the consumers.

We all have a right to health and good care that is affordable. You can trust that Roger will listen and advocate for all of us. Vote for change November 8, vote for Roger Kittelson.

Candace Kiebel

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Bellechester City Council Meeting Minutes

August 17, 2022 @ 6:00PM

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 Rich Majerus, Kyle Blattner, Jered Buxengard as well as City Clerk Lisa Redepenning, Engineer Matt Mohs and Treasurer Kyle McKee-own were present. Also present was Mychal Johnson with Goodhue County Sheriff's Department.

Minutes of July 20, 2022 regular meeting were reviewed and motion was made by Mark Gerken with a second by Rich Majerus to approve the minutes. Motion carried.

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

Old Business:

• **Sewer Project Update** – Matt distributed a map detailing wastewater collection system breakdown of issues identified. Problem

spots in town was also discussed. Our project will continue as planned.

New business:

• **Engine Braking Resident Complaint** – Mychal Johnson provided information on this. We would have to pass an ordinance indicating braking noise reducing. Signs cannot be enforced. We will look into wording and work an ordinance. Also discussed was solar powered stop signs for county road intersection in town.

• **Discuss 2023 Levy/Preliminary Budget** – discuss/change/approve. Motion was made by Mark Gerken with a 2nd by Jered Buxengard to set the levy at \$70,000. Motion carried.

• **2023 Special Assessments** – Initial discussion.

Engineer Report – Matt reported new lead standards that the State of Minnesota has implemented.

Clerk Report – 1st Half Goodhue County Taxes – received \$26264.95, 1st Half LGA from State – received \$12171.50, 2nd Half of American Rescue Plan – received \$9507.56

Treasurer Report – few overdue accounts. Water/Wastewater/Facility Report – spraying of weeds have been done at ponds. Water/sewer rates were discussed and the possibility of raising them.

Mayor Concerns: None

Council Concerns: Council discussed the phone replacement for the city and directed to change. BCCA inquired about garbage forgiveness.

Adjourn

Motion was made by Kyle Blatter with a second by Jered Buxengard to adjourn the meeting. Motion carried. Meeting was adjourned at 7:36 pm. Next meeting is September 21 @ 6:00 p.m. at the Bellechester Community Center.

Submitted by Lisa Redepenning – City Clerk

City of Goodhue City Council Meeting Minutes Sept. 14, 2022

Present were Acting Mayor Hahn, Council persons O'Reilly, Thuman, and Brunkhorst. Also present were Officer Sievers, Smith and Nate, Jason Mandelkow, George Eilertson, Pete Grimsrud, Reese Sudtelgte, Cailin Richard, Attorney Bob Vose, Rich Majerus, Jim Mollenhauer, Terry Anderson Buck, Rick Buck, Chris Schmit, and Dan Tipcke.

Motion by Brunkhorst and seconded by O'Reilly to approve the agenda. Amending #7 moving into place #4 Motion carried.

Motion by O'Reilly and seconded by Brunkhorst to approve the Aug. 24 Minutes with amendments noted. Motion carried.

Motion by Brunkhorst and seconded by Thuman to approve the 4th St. and Broadway St. projects Bond for 10 years. Motion carried.

Motion by Brunkhorst and seconded by Hahn to approve the cost of the water line extension on Broadway going North. Motion carried.

Motion by Brunkhorst and seconded by Hahn to approve the Municipal Advisor Agreement with Northland Security. Motion carried.

Old Business-

Motion by Brunkhorst and seconded by O'Reilly to accept the proposal quote for the security system from RWC Tech solutions, \$4,377.91. Motion carried.

New business-

Engineer Report Reese gave an update on the 4th Street and Broadway Street construction. They are on track and may need one additional week due to the extension of the water on Broadway, the project is moving forward great. No updates on the North Zumbro Sanitary District. Council has asked the City Engineer to look at numbers for other options the city will look into for the future of the sewer plant. Motion by Thuman and seconded by Hahn to approve the Pre-Levy \$1,095,907.77. Motion carried.

Motion by Thuman and seconded by O'Reilly to approve Resolution 9-14 which would allow Goodhue County to move forward with a public auction for the property of 509 Park Ave. Motion carried.

Motion by Brunkhorst and seconded by Hahn to accept the resignation of office Nick Sievers. Motion carried.

Thank you, Nick, for you two plus years of service to the city. You will be missed. Motion by Thuman and seconded by O'Reilly to approve the Agreement with Goodhue County for prosecutions. Agreement will be for one year and any time the city can release the contract. Contract amount is \$680 per month. Motion by Brunkhorst and seconded by O'Reilly to approve a job posting for a Police Officer. Motion carried.

Chief Smith reported that his audit went well and is also looking at updating the Emergency Management Book.

Public works update-

Water Tower cleaning went well earlier this week. Mastic work has been completed for this year; all are happy with how it turned out. Looking at updating some on the broken picnic tables at Rosie Park. Flow meter at the sewer plant is not working correctly, public works will be finding quotes. Public Works is looking at their budget for consideration of a new lawn mower. In the future they are considering the need for a skid loader and the plow truck needs a new sander and box needs to be patched or plated. Streets that need crack fill or seal coated have been noted and quotes for this work and options will be considered in the future.

St. Luke's board member, Dan Tipcke spoke of the communication on the water to the new church location. City council considered whether to extend a water main past the ditch or water conveyance and into the church's property. The council declined to do so for several reasons including because doing so would require an engineering plan, establishment of an easement or right-of-way for the line, imposition of special assessments for the cost, and higher costs to the church.

Instead, the council indicated that the church may proceed with installing a service line to the existing main. As provided in the City Code, service lines are installed at the property owner's expense. Please work with the City's public works director to sort out the details concerning a new connection to the existing main.

Motion by O'Reilly seconded by Brunkhorst to approve the bills. Motion carried.

Motion by Thuman and seconded by Brunkhorst to adjourn the meeting. Jill Buxengard- City Clerk

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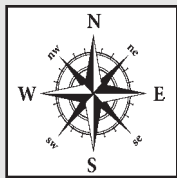
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Changes in Latitudes, Changes in Attitudes The State Fair



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.

Not many events were as exciting to me as a kid as the Minnesota State Fair. I anticipated our annual trip all summer long. Were a farm family and the main reason for going was machinery hill. Eighty acres of farm equipment of every imaginable kind. The Minnesota State Fair machinery hill was larger than the entire Iowa State Fair, we were told. At least that helped to fuel our feeling of superiority over our neighbors to the south.

Our State Fair trip was always between the morning and evening chores, so we woke early and worked fast to get on the road by 8am. We also knew that chores would still be waiting when we returned that night.

My dad would park the car in the lot at the top of machinery hill and we would begin to hike along each street admiring the displays. It smelled of fresh sawdust and delicious food everywhere. The Patz company had a barn cleaner running continuously conveying wood shavings that went up the chute and dropped back into the gutter to make another trip. Were amazed because never before had a barn cleaner looked so clean.

My dad knew most of the sales reps at each booth and they were primed to try and sell him the newest and best they had that year. My favorite was the John Deere exhibit. I

would check out the riding lawn mowers. The John Deere 140 was the biggest lawn tractor available in the late 1960's, with a huge 14 horsepower engine. I was in awe and never dreamed I would mow lawn with a 27 hp zero turn when I grew up.

A couple of the farm machinery companies would have a tent set up with bleachers where you could sit and watch a tractor parade while the announcer pointed out all the features of each model. Our blood was green but we still sat there and admired the orange, yellow, red and blue tractors as they chugged through. The dairy building was always on the agenda to visit. There we would get a milk shake and watch as one farmer's daughter had her life size likeness carved in butter. They would even bring out a tray of butter chips served on crackers for us to taste, as the artist shaped the block into a pretty girl's face.

As the day progressed, we would head toward the grandstand to see three levels of merchandise waiting for us to purchase. I still recall one year as we walked down Dan Patch Avenue, one of my dad's friends saw us and headed toward us. His greeting to my father was, "the things you see when you don't have a gun." And then they laughed and talked, leaving this ten-year-old boy contemplating their silly banter.

One of the less pleasant experiences of my life took place in the grandstand one year. There were salesmen pitching their vacuum cleaners, mops, sewing machines and every house hold appliance made. For some reason the guy demonstrating a liquefier caught their attention. He would chuck every inedible food product into this machine and after grinding it into a juice, he would pour some into a tiny Dixie cup and hand it out to the observers. I watched in horror as vegetables and a whole egg went in the top and then was dispensed into sample size portions for unsuspecting kids to consume. My parents bought this contraption and seeing he had a captive audience, the hawker poured us each a large cup of the brew. I could barely choke down the first batch and now I was given a second large helping. As an obedient child I

knew that I couldn't refuse food offered with such good intent.

All of the delicious smells of fair food were

suddenly drowned out by this unwanted health drink. I mean how many ten-year-old boys have a taste for vegetable juice?

A Minnesotan: Trick-or-Treat



By RosaLin Alcoser

Trick-or-treat as a kid is the most magical night of the year. Dressing up and going from house to house getting candy was absolutely one of the best nights of the year growing up.

Don't get me wrong I still love Halloween now that I am an adult; a little too much according to my mother. Every year I still dress up in custom, decorate my home and take part in all of the Halloween activities.

As a kid going out trick-or-treating was one of my favorite events of the holiday. But now that I am on the other side of the door handing out the candy a little bit of the magic of trick-or-treat has vanished.

The first Halloween I was out of school, I didn't get the chance to participate in

trick-or-treat on Halloween night because I was traveling and then the second year was the pandemic which frankly was a lost year for us all.

Which means that last Halloween was truly the first one that I was the one on the other side of the door handing out candy and listening for a knock at my door.

Now I live in an apartment building that gives every resident an orange paper sign to tape to the door to let the children in the building know that it's OK to trick-or-treat at that apartment.

I think that night I had made 5 or 6 trick-or-treaters in total for the whole night; mainly the ones who live on my floor and a few who were clearly going to every floor in the building.



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8. *Elton John: "And it seems to me you lived ____"
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10. Hiking sandals brand
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13. Show's other star
14. Rap sheet listing
19. Negative house description
22. p in #5 Across
23. Michael Jackson's "Thriller", e.g.
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25. Bluish greens
26. Banana leftover
27. ____'s, grape jelly brand
28. Many iambs
29. *Guns N' Roses: "Take me down to the paradise city where the ____"
32. Missouri capital tourist attraction
33. *ABBA: "Waterloo - knowing my fate is to be with ____"
36. *Queen: "You got mud on your face, you big ____"
38. Hiding place
40. Aptitude test acronym
41. Black Death
44. Picture
46. Restraint
48. Ballet rail
49. Playful
50. Immature butterfly
51. Unfortunately, exclamation
52. Jiffy's grease
53. Spooky
54. Uncontrollable anger
55. Loquacious person's gift
58. Not don'ts

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

Deer vs. Motorcycle

Minnesota's large deer population makes them a safety hazard on the road all year long, but deer-vehicle crashes peak in the autumn months. Although all motorists need to be extra cautious as the weather cools down, deer crashes can be especially dangerous for motorcyclists — a group which accounted for 15 of the 18 vehicle-deer related deaths in the last five years (2016-2020).

Deer are unpredictable — they stop in the middle of the road, they cross and quickly re-cross back, and sometimes even move toward an approaching vehicle. While it is important to plan ahead for unexpected situations, strategy isn't enough if you don't have the skills to execute it. Rider training helps new riders develop skills and earn a license, while returning and experienced riders can sharpen their skills. The skills learned in the training can save your life.

Sadly, motorcyclist traffic fatalities overall are the highest they've been in several years. Through Sept. 26, preliminary figures show 76 motorcyclists have died on Minnesota roads so far this season. At this time in previous years, that compares with 59 deaths last year, 56 in 2020 and 40 in 2019. All the more reason to take rider training, learn the skills to avoid deer crashes and other hazards on the road, and for riders and drivers to work together to make safety a priority for the remainder of the motorcycle season.

Motorcyclists Safety Tips to Avoid Deer Crashes:

- Avoid night and low-light riding periods. Be especially cautious from 6 - 9 p.m., when deer are most active.
- A rider's best response when encountering a deer is to use both brakes for maximum braking and to keep your eyes and head up to improve your chances of keeping the bike up.
- Use high beams as much as possible at night, especially in deer-active areas.
- Watch for the reflection of deer eyes and for deer silhouettes on the shoulder of the road.



If anything looks slightly suspicious, slow down.

- Slow down in areas known to have a large deer population — such as areas where roads divide agricultural fields from forest land.
- High visibility gear can assist other driver's in seeing you better; whether it's while making an evasive maneuver to avoid a deer or laying on the roadway after impacting a deer.

When deer cross the road, they don't look twice for motorcycles. Stay alert and always wear full protective gear to protect yourself in case of a crash.

When deer cross the road, they don't look twice for motorcycles. Stay alert and always wear full protective gear to protect yourself in case of a crash.

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