



# Goodhue-Bellechester Messenger

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JULY, 2023

Volume 20 • Issue 5 • \$1.00

## Getting Resources to Remote Areas of Goodhue and Wabasha Counties

While HOPE Coalition is recognized for support and advocacy for victims of violence, we also help where we can with basic needs.

*(continued on page 3)*

## Goodhue County Breakfast on the Farm

Goodhue County dairy farmers and the Goodhue County American Dairy Association showcased dairy farming and products at their annual Breakfast on the Farm held Friday, June 16th. The purpose of the Breakfast on the Farm event is to share with the public how the local dairy industry works and contributes to the local economy and way of life.

*(continued on page 5)*



Goodhue County Dairy Princesses (L-R) Nalalie Clemenson, Emma Eggenberger, Kelsey Holst, Evelyn Scheffler, and Karyn Miklaus greet the public with the current Minnesota Princess Kay of the Milky Way Rachel Rynda

## Announcements

• **Three Rivers Community Action** is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo. Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$4.50 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@threeriver-scrap.org

• **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 Area Historical Society Open House

The Goodhue Area Historical Society invites you to an Open House to be held Sunday, July 23rd from 1-4 p.m. (105 4th Ave). See our display of old chain saws, on loan to us for the summer. Check out the many new artifacts we have received. There will also be a demonstration on dog training by Shelly. Treats will be furnished. See you on July 23rd !!



## Summer's Here!

By Beth Brekke

A lot has happened around town in the month of June. The Goodhue High School class of 2023 walked out of the building for the last time as students on June 2nd, and following the car parade returned for the all-night party, staying through the early morning hours of June 3rd.

*(continued on page 6)*

Pictured to the left: Two of Goodhue County's dairy ambassadors, Emma Eggenberger and Evy Scheffler, hand out dairy treats during the June appreciation event held at First Farmers and Merchants Bank. Also on the menu were grilled hot dogs and brats, chips, and cookies served by bank employees on June 8th.

## Have a Safe & Happy 4th of July!

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## Pastors Corner



By Pastor Eric Hanson,  
St. Luke Lutheran Church

Summer is upon us, and I imagine that you, like me, have your head turned to the plethora of recreation activities available during your average Minnesota summer. I am an outdoor enthusiast and so when the weather gets nice, I start thinking about lakes and rivers and hiking and camping...pretty much anything that gets me outside. I've always felt connected to God through nature & my faith tells me that should come as no surprise. Scripture makes it clear that we're supposed to see glimpses of God—our maker—in what's He has made. Romans 1:20 tells us, "Since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made...." In short, when I see a thun-

derstorm roll across the valley and get the sense that God is powerful, that's what I'm supposed to know about God. When I look at a beautiful sunset and think that God loves beautiful things, I'm supposed to sense that about my Creator. God has literally woven bits of Himself into creation for us to see and recognize. Thanks be to God that He connects to us through created things!

Creation though, only tells half the story of who God is for us. A few years ago, I was playing with my kids on a beautiful river near my home in Washington State. It was spring and the river was high so we weren't venturing too close to the shore. Until we started skipping rocks, that is. Anybody who has ever skipped a rock knows that the closer you are to the water, the better it skips. To make a long story short, my kids both kept getting closer and closer to the raging water. Eventually they got too close for comfort and I had to call them back. I told them, "That river is beautiful and strong, but it does not love you. It will sweep you away just as easily as it'll let you skip a rock over its waves." What's the point? Creation is awesome, but there are certain parts of God's story that creation can't communicate to us. For instance, creation can't tell you that God loves you, that God forgives you, that God is for you, or that God would die for you. Truths like that have to be revealed to us beyond what creation can communicate. That is something Christians call "special revelation."

General revelation is Truth God reveals to us about himself "generally" in what he has made. Special revelation is Truth God reveals to us in acts that go beyond what we can understand about God through nature. For example, through the prophets, God revealed that He is for the downtrodden, the persecuted, and the exploited, not the rich and powerful. Through Abraham's family, God revealed that He is the God of the entire universe, not just one of the world's tribes. And through Jesus Christ, God reveals that He is for us, that He forgives us, and that He loves us beyond measure. In short, to get the full picture of who God is for us we need both

general revelation and special revelation to tell the whole story. Both communicate different aspects of who God is for us.

Now why write an article about all of that during the summer? As we recreate during the summer, it's important to also dive into the part of God's story that nature can't reveal to us. In whatever way you experience God's special revelation, make that a part of your summer too. Summer is a great time to dive deep into all the ways God communicates who He is for us: through things created and through His great acts found in the story of God. Have a blessed summer.





**Cody Buck is an LPL Financial Advisor & CERTIFIED FINANCIAL PLANNER™** dedicated to assisting his clients in pursuing their financial goals.



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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  
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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.  
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Pastor Martin Weigand  
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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**  
"Tell Me, Please"

*The eunuch asked Philip, "Tell me, please, who is the prophet talking about . . . ?" — Acts 8:34*  
At Cove Mountain on the Appalachian Trail I had shelter from an all-night rain. The next morning I was back on the trail. No one needed to tell me where to go. I headed north, as I did every other day of my three-week trek. Philip, however, whom the Spirit called in our story today, had instructions on where to go. An angel of the Lord told Philip to go south to the desert road leading from Jerusalem to Gaza. There Philip met an Ethiopian official who was returning home from Jerusalem. The Spirit then led Philip to stay near the man and to help him understand a passage he was reading from Isaiah. Philip explained that the passage was about Jesus, the Son of God, who came to die for our sin, and then Philip baptized the Ethiopian, just as the man asked him to do. Through his Spirit and the Word, the Lord still commands us everyday. God calls us to walk in his ways, loving the Lord with all our heart, soul, mind, and strength, and loving our neighbors as ourselves. Does God speak to us in other ways, such as the way he spoke to Philip? God certainly can speak to us in dramatic ways, but more often the Spirit of God speaks to us in quiet, subtle ways through his Word and with the help of other believers (like Philip). We should always be following God's Word and listening for his voice, especially as he nudges us to share the love of Jesus. *Lord Jesus, help us to listen for your voice and to share your love with the people we meet every day. Amen.*

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

Pastor Randall Kuznicki  
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Office line: (507) 218-7177 • Pastoral Care: 507-218-9063  
9:00a.m. Sunday Worship  
July 2 - Wanamingo Park  
July 9 - Park Worship @ Lands  
July 16 - Indoor @ Minneola  
July 23 - Outdoor @ Minneola w/ communion  
July 30 - Indoor @ Minneola  
August 6 - Indoor @ Minneola  
August 13 - Outdoor Community Worship @ Minneola  
August 20 - Indoor @ Minneola  
August 27 - Outdoor @ Minneola

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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.

## Getting Resources to Remote Areas of Goodhue and Wabasha Counties

(continued from page 1)

Since rural areas in HOPE's service area (Goodhue and Wabasha counties) so often lack transportation, our advocates are packing up a van and reaching out to the people in a brand new Mobile Outreach Initiative.

Once per month, HOPE's Mobile Outreach advocates will be in the parking lot of one of the local food shelves, offering basic hygiene supplies, infant supplies, simple clothing and common cleaning supplies. Items available will depend on the donations we receive. Advocates will also be there for confidential assessments and referrals on sexual assault, domestic violence, or child abuse inquiries. The outreach areas are Wabasha, Lake City,

Zumbro Falls, Mazeppa and Elgin. The schedule is below, and most current info is on HOPE's website and Facebook feed.

Since outreach is a clear need in both counties, and this is a brand new initiative to reach more people, we are asking you to consider a news article to share with your readers. For more information, you can contact the Program Director Chasity Steffenhagen or Wabasha Advocate Melissa directly:

chasitys@hope-coalition.org  
melissad@hope-coalition.org

### List of dates:

**Wabasha:** Wabasha Food Share, 142 2nd St. West

July 3, August 7 and Sept. 4 • 2-4 PM

**Lake City:** Lake City Food Shelf, 600 South 8th St.

July 20 @9-11 AM, August 8@1-3 PM, Sept. 12 @ 1-3 PM

**Zumbro Falls:** Zumbro Falls Food Shelf, 56817 Highway 63

July 25, August 22, September 26 @ 11 AM-1 PM

**Mazeppa:** Mazeppa Food Shelf, 329 1st Ave N

July 13, August 10, Sept. 14 @ 9-11 AM

**Elgin:** Elgin Food Shelf, 25 Main St. W

July 26, August 23, September 27 @ 10 AM-12 noon

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## OBITUARY

### Sandra Jean Van Stone

Sandra Jean Van Stone 65 passed away on June 22nd, 2023 on her 65th Birthday at her home, in Red Wing. She was born June 22nd 1958 to Kenneth and Florence (Albers) Bremer in Red Wing and grew up in Goodhue and then on the Featherstone township farm. She was confirmed at St. Luke Goodhue and graduated from Goodhue High School in 1976. She joined the US Navy after basic training in Pensacola Florida and was stationed at Adak, Alaska, Guam, Japan and Masset, British Columbia.



After leaving the military, she worked for Red Wing Service company and JCPenney and, most recently, the Red Wing license center. She always had a huge smile and was eager to visit while doing all she could to assist customers.



She loved playing games, socializing, and eating sweet treats. She had the most infectious laugh and loved spending time with family.

She is survived by her children Maggie (Aaron) Fossum of Byron, Rebecca (CJ) Syhre of Chaska, Minnesota and Tristan Van Stone of Hopkins, MN, 5 Grandchildren, Rylie and Hank Fossum, Jaxson, Reagan and Lincoln Smythurst. Sisters, Susan (Richard) Majerus of Bellechester, Sarah (David Huppert) Meyers of Bay City, Wisconsin and brother James (Gabrielle) Bremer of Lilburn Georgia and Aunt Carol May of Frederick, Virginia.

She was preceded in death by her parents.

On Wednesday, June 28th, a private family burial with military honors will take place at Hope cemetery in Featherstone township. Followed by a gathering of family and friends at the Mahn family Funeral Home, Bodelson-Mahn Chapel in Red Wing, MN from 4:00 to 6:00 p.m on Wednesday.

## Share a pic with Your Town

We are starting a contest of the best picture to encapsulate or represent your community and each issue we will be selecting the best submissions for publication in the Messenger and online. All you have to do is send us a picture that you take and you could be a winner. First prize each month will receive a \$25.00 gift card to a local restaurant. E-mail the picture to hometownmessenger@gmail.com.

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Goodhue-Bellechester Messenger

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**Going to be 1st-4th Grade**

Front Row (L to R): Evan Weckerling, Owen Buck, Jackson Diercks, Jaylen Zorn, Hermann Von Knobelsdorff, Henry Peters, Niles Voth, Rhett Holst, Sean Buck, Fletcher Dicke, Jorli Ebner, Abram Strauss, Landon Wallerich, Lincoln Brinkman, Hunter Hickey. Second Row: Camden Meyer, Cameron Schofield, Kaden Dicke, Eric Meyer, Miles Breuer, Taylor Richardson, Paxton Thomforde, Garrett Peters, Bergen Wieme, Finnegan Lodermeier, Oakley Bigalk, Thomas Thompson, Brooks Brinkman. Third Row: Marik Bogojevic, Lane Wytaske, Kade Ageneten, Lane Bollum, Eli Roschen, Virgil Dicke, Konnor Nelson, Edwin Gronvall, Griffin Marquardt. Fourth Row: Carson Nobles, Christian Bergson, Lincoln Dicke, Walton Gronvall, Tye Roschen, Caleb Schofield, Mason Jaeger, George Bonner, Cole Jablonki

The Goodhue boys basketball team held their annual camp for summer 2023. There were over 100 campers taking part. The camp focuses on the fundamentals of dribbling, passing, and shooting with games and contests also being a major part of it.



**Going to be 9th-12th Grade**

Front Row (L to R): Garrett Boldt, Roland Munson, Michael Roschen, Gaving Schafer, Owen Rothen, Attucus Miller, Cam Agenten, Ayden Horsman, Colten Lohman, Porter Benda. Back Row: Luke Rosche, Austin Bartholome, Jed Ryan, Sean Matthees, Jacob Ryan, Caden Berg, Marcus Young, Cole Jenson, Carter Lindholm, Carl Braunreiter, Alex Loos, Brady Harrell, Cody Ryan, Ethan Diercks



**Going to be 5th-8th Grade**

Front Row (L to R) Connor Dicke, Lewis Von Knobelsdorff, Micah Diercks, Jakobe Agenten, Jay Roschen, Kevin Meyer. Second Row: William Ryan, Blake Shaw, Joey Buck, Kipton Thomforde, Ethan Weckerling, Linus Cuccheti, Calvin Brinkman, Murphy Voth, Wilson Breuer. Third Row: Duncan Poncelet, Jackson Lodermeier, Corbin Jaeger, Alex Matthees, Bo Scheele, Max Bremmer. Fourth Row: Dominic Bartholome, Jack Buck, Brody Doerhoefer, Cody Ryan, Rhett Miller, Gustavo Parker, Brady McNamara, Toby Lodermeier, Gus Raasch

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# Breakfast on the Farm

## Goodhue County Breakfast on the Farm

(continued from page 1)

Events like these provide visitors the opportunity to get a first-hand look at where their wholesome and nutritious dairy products come from, and how dairy farmers care for their cows and land.

Approximately 1700 people visited the McNamara Dairy in rural Goodhue where they were able to eat breakfast, tour the farm, participate in interactive activities, and interact with various agricultural business leaders. Besides the visit to the farm, the star of the morning were the delicious and nutritious dairy products served including milk, cheese sticks, yogurt, ice cream, and fresh deep fried cheese curds.

Visitors were able to get a close-up look at the farm's cattle, view various calf and cow housing facilities, name a calf, and test their driving skills in a combine driving simulator.

Areas were staffed by volunteers and local business partners who explained milking practices, farm safety, cow care, and answered questions. The Goodhue FFA chapter assisted with interactive activities for children including a farm baby animal petting zoo and tractor train rides. Area 4-H dairy project members shared information about feeding



Lacey and Hallie Schrimpf, daughters of Ross & Mikayla Schrimpf of Goodhue take a train ride around the McNamara Dairy

practices. Minnesota's Princess Kay of the Milky Way, Rachel Rynda led Goodhue County's dairy princesses in greeting and interacting with guests.

The Goodhue County Breakfast on the Farm committee is led by local dairy producers Ann Buck, Kristin Schrimpf, and Shannon Dicke, with the assistance of many other local producers and business volunteers. KCUE Radio of Red Wing produced their morning broadcast live on the farm sharing information and talking with the many contributors to the dairy industry.



McNamara Dairy owner Rich McNamara welcomed many of his family members to the June Dairy Month celebrations including the following: (seated) Barbara Hinck, (standing L-R) Rich McNamara, Karen Richardson, Joanne Carter, Don McNamara, and Dorothy Riedell



Breakfast on the Farm committee members L to R Michaela Gadiant, Makiel Schmalfeldt, Ann Buck, Shannon Dicke, Kim O'Reilly, Carrie O'Reilly, & Kristin Schrimpf



Goodhue FFA chapter members show baby farm animals to the public in the farm's calf barn. Seen with the chapter are Goodhue and Red Wing Royalty representatives.



Goodhue County's breakfast on the farm event draws a large crowd from around the area. The weather was perfect for congregating on the farm lawn and enjoying great food and socializing.



Julia and Natalie Kurtti, daughters of Josh & Carlee Kurtti of Goodhue, enjoy breakfast while wearing their new farm safety vests. (additional pictures at [www.goodhuemn.com](http://www.goodhuemn.com))

## Summer's Here!

(continued from page 1)

First Farmers and Merchants Bank, AgPartners, and J-Hill promotions hosted apprecia-

tion/dairy month events. The annual Volksfest celebration included something for everyone over the course of the June 9th-11th weekend. Participants in the ever popular Goodhue County Dairy Producers Breakfast On The Farm enjoyed perfect weather the morning of June 16th. Read more about Breakfast On The Farm in this issue. Enjoy the photos recapping these events and see them in color on our website: [www.goodhuemn.com](http://www.goodhuemn.com).



A few parking spots were blocked off on Broadway in front of J-Hill Promotions on June 8th so customers could sit outside and enjoy the beautiful weather and a musical duo from Iowa. The open house included lunch and discounts on merchandise.



The 46 Graduating Seniors gathered outside the school just before the 110th annual commencement ceremony on June 2, 2023.



This banner, an orange couch and colored umbrellas in the lobby outside the gymnasium, helped create the "Friends" TV series setting that was used as the theme for the evening.



Speaking for the class were Kade Altendorf and Jada Scheele.

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While fans recognize this display from the TV show "Friends", others may have thought they were just prepared for the showers that threatened the Seniors car parade that followed the official graduation ceremony.



Following a tradition that started due to Covid in 2020, the graduating Seniors participated in a car parade around Goodhue. Many of the escort vehicles were unique and included a fire truck, convertible, and a snowmobile strapped to the bed of a pickup. Banners identified the students and most were accompanied by family members including Roger Benrud driving with son, Calvin Benrud in a classic pickup.



Students attending the All-Night Graduation Party received gifts and earned tickets for the larger prize drawings. Gifts and prizes were the result of money or direct donations from local businesses and individuals.



The All-Night Graduation Party, which is put on for the Seniors by parents of Goodhue High School Juniors, entertained the kids with games such as Spoons, Chess and Jenga.



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# Summer's Here



Volksfest activities kicked off on Friday, June 9th with the Miss Goodhue pageant. Candidates recently finished their Junior year of high school and were (L-R) Ava Gadiant, Jessica Hirsch, Abigail Jablonski, Jordyn Lantis, Ellie Peterson, Olivia Ryan and Chloe Sorenson.



Chosen to represent Goodhue in 2023 were (L-R) Abigail Jablonski, princess; Olivia Ryan, Miss Congeniality; Ellie Peterson, Miss Goodhue; and Jordyn Lantis, princess.



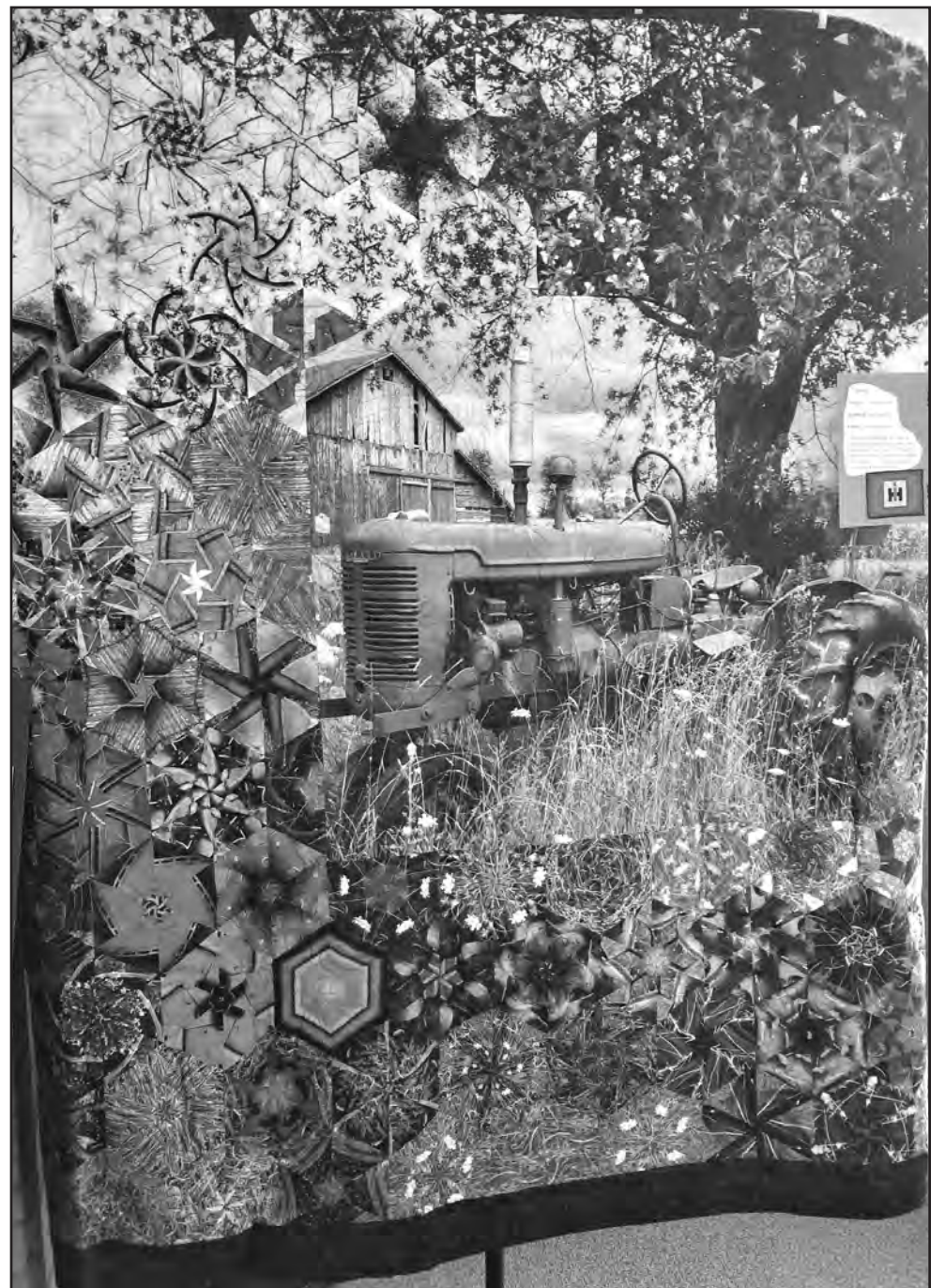
A much surprised Wayne and Brenda Gadiant were crowned Volksfest King and Queen during the Miss Goodhue pageant. The evening ended with a street dance downtown with KC/DC, an AC/DC tribute band headlining.



Saturday June 10th was a full day of festivities in Goodhue. Early morning events included the Udder Run/Walk, road rally, craft and vendor show and kids activities downtown. St. Peter's Church hosted a car show with 25 vehicles.



Local quilting groups filled every pew and alter space of St. Peter's Church with their beautiful creations while a burrito breakfast was served downstairs.



This piece was created by Pat Stemmann and quilted by Heidi Roberson. The pattern is called "One Block Wonder" but the outer area is created using 695 triangles cut from 6 identical panels.





Saturday Volksfest activities included Bingo, bean bags and sport events. Kids had the chance to show their strength at the pedal pull but the lawnmower pull was on a completely different level.



The Volksfest committee sponsored the Gopher State Garden Tractor Pulling competition which ran down Third Street Saturday afternoon, June 10th. Participants from Goodhue, Owatonna, Stillwater, Ellsworth and other places blew black smoke and burned tires on the street--much to the delight of the spectators.



Tyler Stehr entertained Volksfest visitors on the Corner Bar patio Saturday afternoon.



Bright lights shown over a huge crowd during the Granger Smith show. The country music national recording artist wrapped up an evening that also included local talent, Bryan Anderson, Lost Highway and an impressive fireworks display.



Representatives of St. John's Lutheran School walk the parade route on Sunday, June 11th. Other Sunday events included a community worship service, Dad's Belgian waffles breakfast, a water fight put on by the fire department, and Bryan Anderson performing at the Corner Bar.



A highly modified vehicle carries members of the Goodhue Jaycees. The parade is a victory lap of sorts for the club who is a major sponsor and driving force behind the annual town festival.



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## Dr. Shauna's Health News



By Shauna Burshem, D.C.

As I sit down to write my monthly health tip newsletter, my thoughts turn to the overall theme of my health tips. The past few years my newsletters seem more about bad news than health tips. I enjoy giving you information that can be used to help make your life healthier. That being said, a lot of what I write about is all the scary bad things that are going on in our foods, environment and medicines. The biggest issue I have and this is not a bad thing, is that I read a lot about health topics. I subscribe to medical journals and I am privy to much information that the general public would never see, as these types of articles and research papers are rarely reported on in the popular press. The bottom line is that I come across "bad" health related news that I feel people should be made aware of. I am all about informed consent. Give

me as much information on a topic as possible and I will make my own decision as to what I do with that information. I do not like the idea of facts being hidden from me. I want to be aware. For example, If I eat Buffalo chicken wings all the time and there is an ingredient in the chicken wings that can cause health issues, I want to know about it. If I know about it, I can then make my own educated decision as to whether I stop eating the wings, cut my consumption down or not care and continue to eat the wings as usual. It's my choice. My choice comes from having informed consent, not from having the wool pulled over my eyes.

So, as much as I would like to just write about healthy advice to make your life healthy, I will continue to report the "bad" news so that you too can have informed consent and use the information or not use the information anyway you see fit. As long as we are aware, in my mind, it's all good.

With that being said... let's go:

83% of households use disinfectant wipes at least one time per week and 29% use them daily. Disinfectant wipes contain quaternary ammonium compounds (QACs). Researchers have found that these chemicals contribute to antibacterial resistance, pollute the environment and are linked to several health issues.

Watermelon season is here and it is a good thing that it is. Only 6.8% of U.S. adults have optimal cardiometabolic health. While an estimated 47 million people have cardiometabolic disorders. Watermelon con-

tains L-citrulline and L-arginine which are nitric oxide precursors. Nitric oxide relaxes blood vessels and widens arteries. Eating watermelon juice helps heart rate variability. Low heart rate variability is associated with increased risk of heart disease and death. If you are interested in losing weight, eating watermelon led to greater satiety (being full), lowers hunger and desire to eat. In addition to water melon, beets, spinach, carrots and broccoli can also boost nitric oxide.

Omega 3 fats are not only good for you heart and your brain but can also help with weight loss. Eating omega 6 fats high in DHA raises your metabolic rate 15% and increases fat burning capacity during exercise by 30%. Even at rest, your fat burning increases by 20%.

Covid mRNA shots have been discovered to have DNA contamination. Microbiologist and former MIT Human Genome project researcher Kevin McKernan has discovered that simian (monkey) virus 40 (SV40) has contaminated covid vaccines. SV40 has been linked to cancer in humans, including mesotheliomas, lymphomas and brain and bone cancers. The finding of this DNA means that the covid shot may have the ability to alter human genes.

Fennel is a perennial plant in the carrot fam-

ily. Fennel bulbs are low in calories and are high in fiber. Anethole, which gives fennel its unique flavor has anti-inflammatory, anti-cancer, anti-blood clot and neuroprotective properties. Fennel seed has been used to help with digestion, conjunctivitis and respiratory problems like pneumonia, bronchitis and asthma.

Iron levels and Alzheimer's disease. The human body has a limited ability to excrete iron. This means that iron can build up in your organs, including your brain. Too much iron in the brain causes a degenerative effect which, according to research appears to play a role in the progression of Alzheimer's disease. Normal iron levels in the body should be between 40 and 60 ng/ml. If adult men and non-menstruating women have high iron levels, donating blood two to three times per year will normalize iron levels.

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**MISSY'S MESSAGE**

**ALLERGIES**



**MISSY PAPENFUS**

I grew up and never had allergies. Back in college, I had a friend with terrible allergies who took allergy medication every day. Her eyes would water, she would sneeze, and look like she was sick.

About ten years ago, I had a cough that would not go away. I never dreamed that it was allergies. I knew I didn't have a cold. I knew I wasn't sick, but this cough would just not go away. I went to see my doctor, and they suggested I start taking an allergy pill daily. After I started taking the allergy pill, I didn't get a cold for a few years. Well, the pollen must be high this year, my allergies really flared up last week. I think it started from sleeping with the windows open at night. My cough was terrible. Allergies can flare up into asthma. I have a prescription for Tessalon pearls for cough and an Albuterol inhaler, which I have not needed for quite some time and were expired.

When I lay down at night to sleep, I cough and cough and keeps me up. Time to work on prevention to keep this from happening in the first place. I shouldn't have let my medications expire. I asked my doctor for a new inhaler, and it was so expensive, I had to reapprove the order through the pharmacy, so they knew I knew the cost before they just sent it out. I've been going on a week of poor sleep now, but the new prescriptions came today. I am hoping for relief soon.

Moral of the story, if this happens to you, don't wait, go see the doctor and get to the bottom of it. It might be a simple fix.

*Memo from MotoProz...*

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Missy and her husband Mike own MotoProz in Mazeppa.

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Please send a resume and cover letter to St. Luke Lutheran Church at [office@stlukegoodhue.org](mailto:office@stlukegoodhue.org) or drop off/send by mail to St. Luke Lutheran Church, PO Box 276, 308 1st Ave, Goodhue, MN 55027.

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**AUCTION CALENDAR**

**July 16, 2023**  
**Bidding Begins: ... July 7, 2023**  
**Starts Closing: ... July 16, 2023**  
**Mazeppa, MN**  
 ONLINE ONLY  
**HOBBY FARM AUCTION**  
 FOR DENNIS HEIMER ESTATE  
 2006 Chevy 1500 Pickup, IH 666 w/Allied Loader, IH 504 Tractor, IH 284 Tractor w/Mower, (2) Craftsman Garden Tractors, Power & Hand Tools, Hobby Machinery, Livestock Equipment, 75+ Collector Farm Toys & Memorabilia, Lawn & Garden Items

**July 19, 2023**  
**Bidding Begins: ... July 10, 2023**  
**Starts Closing: ... July 19, 2023**  
**Byron, MN**  
 COMPLETE NO-RESERVE NH3 & FUEL EQUIPMENT AUCTION FROM CHS INC.  
 CHS Will Sell All of NH3 Equipment Along with Their Bulk Fuel Plants, Semi Tractors, Other Support Items, No Reserve Online Only Public Auction

**July 29, 2023 ... 9:00 AM**  
**Zumbro Falls, MN**  
 LIVE ONSITE & ONLINE FARM RETIREMENT AUCTION FOR THE RONALD "RV" VOUGHT ESTATE  
 John Deere 7830R, 9520 4wd, 4955, 4640, 4020 Tractors, John Deere 9660 Combine, 635F & 608C Heads, Versatile 976, (2) Peterbilt Semis & Grain Trailers, ID 1770 16R30, ID 120 Shredder, ID 2210 F, Fast Sprayer, CH Disk, Grain Carts, Augers, Grain Dryer

**July 31, 2023 ... 10:00 AM**  
**Zumbro Falls, MN**  
 LIVE AND ONLINE LIKE NEW JOHN DEERE FARM RETIREMENT AUCTION FOR RON & SHIRLEY ANDERSON  
 (2) John Deere 6120E MFWD Tractors with Loaders, John Deere 6135E & 6155M Tractors, John Deere 6615 2WD Tractor, John Deere 6403 MFWD Tractor, (3) John Deere 4020 Tractors, John Deere 3020 Gas with Loader, Parker 750 Grain Cart, Augers, Snowblower, Rear Blade, John Deere 850 Compact, Diesel & Gas Generator/Welders, Air Compressors, Shop Tools And Farm Support Equipment

**August 5, 2023 ... 8:30 AM**  
**Kenyon, MN**  
 AREA FARMERS PRE-HARVEST CONSIGNMENT AUCTION LIVE AND ONLINE AREA FARMERS CONSIGNMENT AUCTION, TRACTORS, COMBINES, SEMIS, TRAILERS, CONSTRUCTION EQUIPMENT, PLANTERS & TILLAGE EQUIPMENT, LIVESTOCK EQUIPMENT, PICKUPS, CARS, ATVS AND FARM SUPPORT ITEMS

**August 7, 2023**  
**Bidding Begins: ... July 27, 2023**  
**Starts Closing: ... August 7, 2023**  
**Dodge Center, MN**  
 Online Only Real Estate & Personal Property for LaMar Johnson  
 Nice 3 Bedroom 1 1/2 Story Home With 2 Sheds On A Large Double Lot, 1923 Ford Model T Roadster, 2018 Flatbed Trailer, OMC Gas Skid Loader, 1976 Ford 23' Motorhome, Pressure Washer, Cement Mixer, Ladders, Hand Tools

**August 11, 2023 ... 9:30 AM**  
**New Richland, MN**  
 LIVE AND ONLINE FARM RETIREMENT AUCTION FOR ALLEN & JANE NELSON  
 John Deere 9650 STS Combine, ID 893 Corn Head, ID 925 Bean Head, John Deere 8760 4WD Tractor, John Deere 4440 & 3020 Loader Tractor, International Day Cab Semi, Wilson Grain Trailer, Wilmar 8100 Crop Sprayer, Planting & Tillage Equipment, Parker 500, 525 & 2000 Grain Boxes, Grain Bins, Augers, Grain Dryer, Holding Bins, Power and Hand Tools, Vehicles, Farm Support Items

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## What Is Your Soul Calling



By Susan Hinrichsen, CHC, CLC, MC

Over the last few articles, we talked about how science is now finding that we are more than what we have been told about who we are and what we are capable of doing and/or accomplishing in our lives. The research in quantum science is showing that our health and wellness is more than just diet. That our thoughts, feelings, and emotions contribute to our health and that everything is connected, and you are connected to everything.

We live in a world that is rushing around, scrambling to get our kids to school, get to work, driving through construction, watching

the clock, all to get to work on time. Whether it is an office job, or a service job, we live under stress and pressure every day of our life. This stress and pressure builds up within our body and this in turn makes our body work harder and expend more energy to rejuvenate our cells while sleeping. Some people may not sleep very well and that compounds the ability of your body to do its job of healing and rejuvenating.

Since the pandemic, everything in our lives has turned upside down, and this has brought to the surface, along with the stress and pressure, fear. Everything around us has a narrative of fear built into it. Fear of our economic system, fear of our place in society, fear of the future, fear of the past or change, fear of what humanity has been through and fear of what is next. Our lives are wrapped in fear. Society has been conditioned to believe we are insignificant, powerless, and helpless, and that there is nothing significant about life, but life is creation at its finest and it is divine. We were not designed to live in fear, nor were we designed to be separate from one another. Fear can be paralyzing to the point where you don't even associate together that the issues you may be having around things, experiences, change, your career, relationships and the environment have been almost normalized into our daily lives.

During these post-pandemic months, people are now finding that they have an inner

drive or push and are feeling they should be doing something different in their life, career, or for others. They have an inner knowing that there is more they are supposed to accomplish. I call this a "soul calling." Maybe you know what it is that you want to do or have an idea about it, or maybe you are not sure. This "soul calling" is very strong. As you start to look for the answers you come across something, a video, a podcast, a person, an article that brings a spark of light into your heart. You follow along and want to make a change or a move forward, but you don't do anything. You sit and contemplate. You feel you have good reasons for not doing what it is you want to do but yet you are still having that "soul calling" that says do it, or just try it. Fear stops you from moving forward because it requires you to "do" something different or to "be" something different, and this is frightening. We start to think of ourselves as not worthy of being more. "Who would want to hear what I have to say, I'm a nobody?" "Who would want what I have created or want to create?" We start to have thoughts that say we do not have what it takes, we are not enough of a mom, or artist, to do, or be, what our soul is calling us to create. I want to encourage you to follow your "soul calling" even if it is baby steps. You can create, and be anything in this life that you want, you just have to believe you can. ("Where your thoughts go, energy flows," past article.)

If you look at your limiting beliefs and figure out what they are, what holds you back from being the best version of you, these beliefs usually have something to do with love, safety or belonging. These limiting beliefs can also be beliefs of others that you have accepted as your own, maybe they came from

our parents, or an experience you had when you were a child and could also be subconscious beliefs.

The more we look within ourselves we will find the answers to what we need to know. The more we look within, the more we can find who we really are and what we know to be true of ourselves. By answering the question of "who am I," enables a person to stand in their own sovereignty no matter what comes their way. I am not saying it is going to be easy, but you will be able to stand in your own truth and knowing.

We live in a time that is evolving and expanding at a fast pace and this is difficult to process and understand. The better we know ourselves the more empowered we feel, and by feeling more empowered, we become even more clear of who we are. The more you are in alignment with who you are and your beliefs about life and yourself, the healthier you become and the more joy you have in your life. Right now, the world is shifting into a new age and needs YOU and everything that you have to offer. You are the bridging generation for the new generation because you are living in both generations. "You" are important!

If you are wanting to find "You" again and overcome what is holding you back from creating the next best chapter in your life, schedule your complimentary "Seeking Your Next Chapter Discovery Session" at [susanhinrichsen.com](http://susanhinrichsen.com) and while you're there download your copy of my "7-Day Workbook" at no cost to you. If you have any questions, you can e-mail me at [susiecoaches@gmail.com](mailto:susiecoaches@gmail.com).

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## Back To My Roots

By Helen Reiland

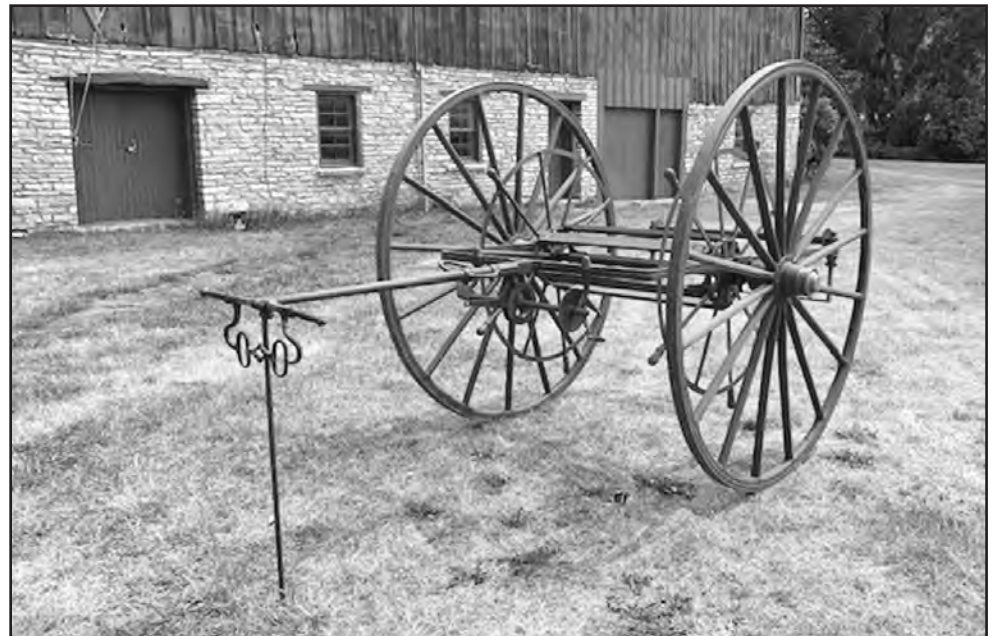
The Mazeppa Area Historical Society is in hopes of bringing the 1896 man-drawn hose cart back home to Mazeppa to be shared & displayed for all to see.

The hose cart was used by the Mazeppa volunteer firefighters in the late 19th century and continued into the 1900's. It was purchased by the City Council from the Waterous Engine

Works Company on April 11, 1896 at a cost of \$70, plus \$4.20 in freight charges.

The Mazeppa Area Historical Society became aware of the cart's existence and current location, the Olmsted County History Center through an old newspaper article referring to the cart being donated to the Olmsted County History Center in 1945, and its origin being Mazeppa. At that time no other local history centers were in existence. The man-drawn hose cart is currently being stored in the barn and hasn't been on display since 2010 at the Day's of Yesteryear.

The man-drawn hose cart will be in the Mazeppa Daze Parade on Friday, July 7 at 7 p.m.



## Mazeppa Daze is right around the corner

Mazeppa Daze will be celebrated next weekend on July 7 - 9. The event starts off on Friday with a parade at 7pm. From 8:30pm to 12:30pm there will be street dance featuring Branded Country. A small fireworks display is planned at dusk. The field of honor will have an opening ceremony at 7pm on Thursday evening and remain open all weekend.

Saturday morning there will be a pancake breakfast starting at 6am. Softball and volleyball tournaments start at 8am and a 5K fun run/walk starts at 9:30am. Duck races will be held at 2pm with Bingo following at 2:30pm. The Lion's BBQ dinner will be served at Lion's Park from 4 to 8pm and a large fireworks display will take place again at dusk.

Sunday will start with softball tournaments and a tractor pull at 10am. The water fights will be held at the fire hall at 11am and a classic car show will take place from noon to 3pm.

The Mazeppa Area Historical Society recently purchased an empty lot east of their current building. Working with the Mazeppa Fire Dept. both are hoping to build a building to house the "HOSE CART & a 1953 Fire Truck," along with other displays from our crowded current building.

The estimated cost for a new building would be approximately \$70,000 or more. The MAHS are currently looking for any tax-deductible donation, doing fundraisers & applying for grants.

The mission of the Mazeppa Area Historical Society shall be the collection, preservation and dissemination of knowledge about the

history of Mazeppa & surrounding area's

The MAHS wishes are to bring the hose cart home to be seen & displayed & not be in a barn.

An anonymous donor giving \$5,000 in March towards a new building that has instigated our desire to proceed!

Any donations can be sent to Faye Gabrielson (treasurer) at 64605 County Road 68, Lake City, Mn. 55041. Any questions you can call Helen Reiland at 507-250-6021

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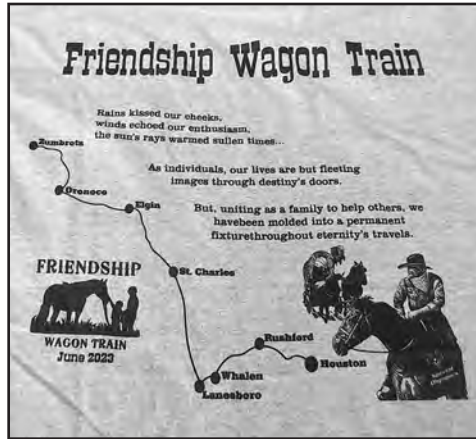
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## Friendship Wagon Train Rolls through Mazeppa

This past Saturday the Friendship wagon train stopped in Mazeppa for a lunch break. The Friendship Wagon Train is a group of horse drawn wagons and riders who are on the road for a week to raise funds for the Special Olympics. This was their fortieth year and they take a different route each time. There were about 45 in the group including ten wagons and fifteen riders. Most wagons had a couple extra passengers including kids and grandkids.

They were served breakfast in Zumbrota Saturday morning where they kicked off their 2023 tour. This year they will ride about 160 miles on their trip stopping for the evening at Oranoco, Elgin, St. Charles, Lanesboro, Whalen, Rushford and Houston.

The Mazeppa Lions Club served the group



lunch in the park at noon. The horses and mules were rested and watered while everyone had a chance to stretch their legs and relax. Some of the dedicated participants have made the trek nearly every year. A truck follows the group to provide water for the horses at each stop and a trailer with a portapotty provides facilities as well. The locals stop to see the horses and wagons and there are t-shirts and assorted items for sale as an additional fund raiser. Most riders get pledges from sponsors and as a whole they hope to raise \$25,000 for the Special Olympics through this trip.



## Talking Burn Safety with U of M

Summer is officially here, and it brings two popular activities that embody the joy and celebration of the season: grilling and fireworks. While these activities add excitement to outdoor gatherings and events, it is essential to prioritize burn safety to prevent accidents and ensure the well-being of everyone involved.

Andrew Zinkel, MD, MBA, with the University of Minnesota Medical School, talks about proper grilling techniques, firework safety guidelines, burn types and how to treat them.

**Q: How can I prevent potential burn hazards this summer?**

Dr. Zinkel: The most common safety risks with fireworks and grills are minor to severe burns, but there are ways to mitigate these risks. For both scenarios, always use them outdoors, away from homes, decks or hanging branches, and designate a safety perimeter for pets and kids. This should be at least

three feet for grills and up to 35 feet for fireworks.

**For fireworks:**

Have easy access to water in case of accidents.

Supervise children with sparklers; these can ignite clothing and burn at 2,000 degrees Fahrenheit.

Soak spent and unused fireworks in water before discarding them.

Never hold a firework in your hand when lighting.

Only light one firework at a time.

**For grills:**

Never leave your grill unattended.

For propane grills, use a mixture of soap and water to look for bubbles (a sign of a leak) the first time you use your grill for the season. It should be applied to the entire hose connection between the propane source and the grill. The line should be tested each season.

If you use a starter fluid, use only charcoal starter fluid; never add charcoal fluid or any other flammable liquids to the fire.

**Q: What are the differences between first-, second- and third-degree burns?**

Dr. Zinkel: Burns are described in degrees that correlate with skin layer depths based on a clinical diagnosis. First-degree burns are described as red, painful and tender without blister formation. Second-degree burns are divided into superficial and deep partial-thickness burns. In superficial partial-thick-

ness burns, there is blistering of the skin.

The exposed dermis is red and moist at the blister's base and is painful to the touch. In deep partial-thickness burns, the skin may be blistered, the exposed dermis is pale white to yellow and the burned area is absent of pain sensation. Third-degree burns are full-thickness burns in which the skin is charred, pale, painless and leathery. Pain is absent and skin grafting is necessary for treatment, resulting in significant scarring.

**Q: What should I do if I burn myself—can I can do to treat it on my own?**

Dr. Zinkel: Many first and second-degree partial-thickness burns can be treated at home. Partial thickness refers to a layer preceding a full-thickness burn, and it can be categorized into superficial and deep. The goals are first to control the pain. Cleanse the burn with mild soap and water or dilute with an antiseptic solution. Blisters may be left intact or drained, depending on size and location. Keep the wound covered with a clean, dry bandage and change it twice daily to prevent infection. Burns to your limbs—such as your hands or feet—should be elevated for 24-to-48 hours to prevent swelling.

**Q: When do burns warrant a hospital visit?**

Dr. Zinkel: Burns that warrant a hospital visit include those that are second-degree deep partial-thickness, third-degree full-thickness burns or pain that is not being controlled by over-the-counter medicines. Hospitalization is necessary for burns affect-

ing the hands, face, feet, perineum and major joints, as well as circumferential wounds encompassing areas such as fingers, toes, hands, feet, arms, legs, neck, chest or abdomen. These wounds can result in scarring that can reduce blood flow to areas further away from the central body. Additionally, it can result in devastating consequences, including amputation and difficulty breathing, if not treated appropriately and followed closely in the clinical setting.

**Q: How can I reduce scarring from a burn?**

Dr. Zinkel: Burns can cause skin discoloration and scarring. The first thing you can do to prevent the progression of skin damage for minor burns is to wash the area with lukewarm water for 10-20 minutes. Apply aloe vera gel and a clean, dry bandage. Change the bandage twice daily and reapply the aloe vera. Once a scar has formed, there are treatment options, such as laser therapy, which can help improve the change in pigmentation of the skin to make the scar less noticeable.

*Dr. Zinkel is the senior medical director of emergency medicine at the U of M Medical School. He oversees the clinical practice and administration of the M Health Fairview University of Minnesota Medical Center's emergency departments, UMMC's East and West campuses and Health Fairview Masonic Children's Hospital. As the past president of the Minnesota Chapter of the American College of Emergency Physicians, he has been a fervent advocate on behalf of the specialty and our community patient population.*

### GOODHUE VOLKSFEST

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## City of Goodhue City Council Meeting Minutes April 26, 2023

Present were Mayor Terry Anderson Buck, Council person Jason Thuman, Joe Benda, Patrice O'Reilly, and Chris Schmit. Also present were Cailin Richard, Paul Althoff, Wayne Gadiant, Kyle McKeown, Ben

Rambolt, Reese Sudtelgte, Officer Becht, Officer Youngmark, Darlene Bryczek, Jason Mandelkow, and Pete Grimsrud.

Motion by Thuman and seconded by Schmit to amend the agenda, striking 6c. Motion carried 5-0.

Motion by Schmit and seconded by Benda to approve the agenda as corrected. Motion carried. 5-0.

Motion by O'Reilly and seconded by Benda to approve the minutes from the March 22, 2023, and April 12, 2023. Motion carried 5-0.

Motion by Thuman and seconded by Benda to approve pay application #2 Viola Water-main Loop. Motion carried 5-0.

North Zumbro Sanitary District update was given. Council members, City Engineer, and the district have been very active in working through the Bonding Process as well as Lobbying meetings. 4th Street and Broadway Street Improvements will resume in the spring and completion date should be

June 20, 2023. Street Assessments will be reviewed in the fall and applied in 2024.

The Gas Commission will continue to work with the city Attorney on paperwork corrections. The City Council and Gas Commission Board will try to hold a meeting in the near future. Motion by Benda and seconded by O'Reilly to approve Liquor License for Dar's Pub and Corner Bar.

Motioned 5-0. Motion by Thuman and seconded by O'Reilly to approve all Spring Quotes. Motion carried 5-0.

Motion by Schmit and seconded by O'Reilly to approve Torrie Rehder as the 2023 Pool Manager. Motion carried 5-0.

Motion by Schmit and seconded by Benda to approve the hiring of lifeguards by the Pool Manager. In addition, certifications will be collected and reviewed with council person Schmit. Motion by O'Reilly and seconded by Schmit to approve the following prices for the 2023 Pool season. Single Passes \$70, Family Passes \$150, and Lessons \$40 per session. Motion carried 5-0.

Pool Party Reservation fee was tabled the May 10 work council meeting.

Motion by Schmit and seconded by O'Reilly to approve the purchase of Back Flow Meter and Valve from Core & Main for \$2080.33. Motion carried 5-0.

Motion by Benda and seconded by Schmit to approve the purchase of bulk water price to \$75/per 3000 gal. Motion carried 5-0.

The personnel committee along with Public Works will be reviewing the summer maintenance/lawn mower position applications.

Volksfest street dance fence concerns will be reviewed at the May 10th council work meeting.

Motion by Schmit and seconded by O'Reilly to approve the bills. Motion carried 5-0.

Motion by Thuman and seconded by Schmit adjourn the meeting. Motion carried 5-0.

Respectfully submitted  
Jill Buxengard-City Clerk

## City of Goodhue EDA Meeting Minutes April 26, 2023

Motion by O'Reilly and seconded by Schmit to approve the EDA minutes from March 22, 2023. Motion carried 5-0.

Motion by Thuman and seconded by O'Reilly to approve the Lot Sales Public Meeting Minutes from March 30, 2023. Motion carried 5-0.

Cailin Richard with CEDA gave a Façade program update. Further discussion will be held at a future Council Work Meeting.

Motion by Benda and seconded by O'Reilly to adjourn the meeting. Motion carried 5-0.

Respectfully Submitted,  
Jill Buxengard  
City Clerk

## City of Goodhue Special Council Meeting City Council with Gas Commission May 3, 2023

Present Council Members Mayor Terry Buck, Council Members Chris Schmit, Patrice O'Reilly, Joe Benda, and Jason Thuman. Gas Commission Board Members Kyle McKeown, Wayne Gadiant, Michael Brunkhorst, Terry Anderson Buck. Also, present Robert Vose, Jason Mandelkow, and Kim McKeown.

The City Council and Goodhue Gas Commission meet at 7pm on May 3, 2023, at City Hall.

The reason for the meeting was to discuss roles, clarification, responsibilities, communication processes, and moving forward

what are some of the goals we can work towards together. Correction of paperwork was approved, all in favor.

Motion by Benda and seconded by Schmit to adjourn the meeting.

Respectfully Submitted  
Jill Buxengard - City Clerk

## City of Goodhue City Council Work Meeting Minutes May 10, 2023

Present were Mayor Ellen Anderson Buck, Council Persons Jason Thuman, Joe Benda, Patrice O'Reilly.

Bill Ahlbrecht, Jason Mandelkow, McCrave Olson-News Record, Ryan Tipcke, Charlie Dicke, Treyben Kehren, and Matt Lexvold. Absent was Council Person Chris Schmit.

Motion by Benda and seconded by O'Reilly to amend the agenda. Adding M and N. Motion carried 4-0.

Bill Ahlbrecht with AG Partners reviewed with the City Council the land vacancy near the walking trail.

Further information will be taken at the next meeting.

Façade Program was reviewed. Changes have been suggested by council members. The draft of a new program layout will be reviewed at a future meeting.

Pool Party fees were discussed. Changes will be made at the next council meeting.

Volksfest street closures were discussed, along with the layout of the fenced area.

(continued on page 21)

*A legendary musical experience*

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### Goodhue City Council Meeting

(continued from page 20)

58/9 watermain project were discussed. The council would like further discussion with the City Engineer,

Northland Security, and the City Attorney. Future special meetings will be called.

City web page will be reviewed, having additional questions. More information will be talked about at an

upcoming work meeting. City Text messaging option was discussed, it is very costly to have this at this time.

Data request form will be updated and approved and the Mat 24 meeting.

Cell phone and Text Messaging during council meetings was talked about. A policy will be drafted for future meeting approval.

The City Council will be working on updating the final draft of the Zoning and Sub-division Ordinance.

This will be approved at a future council meeting.

Manor Ave street and upcoming construction projects were briefly discussed. More info will be discussed at a future meeting.

Motion by Thuman and seconded by O'Reilly to adjourn the meeting. Motion carried 4-0.

Respectfully Submitted Jill Buxengard - City Clerk

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### Bellechester City Council Meeting Minutes - May 17, 2023 @ 6:00PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:04 p.m. Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Rich Majerus, Mark Gerken, Jered Buxengard as well as City Clerk Lisa Redepenning, treasurer Kyle McKeown and City Engineer Matt Mohs. Council member Kyle Blattner was absent. Pat Duncan was also present.

Minutes of April, 27 2023 regular meeting and Board of Equalization meeting minutes were reviewed and motion was made by Rich Majerus with a second by Mark Gerken to approve the minutes. Motion carried.

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

#### Old Business:

- **Sewer Grant – update progress** – Matt has pictures to go with water meter report. Small Cities Assist wait time and paperwork is near completion. Easements are also coming close to being done. Map and easements will be coming to council for final approvals. Rural Development will start its review. Easements have been filed with county.

- **Water Meter Ordinance** - review/make changes. Changes were discussed and made to the draft ordinance.

#### New business:

- **Liquor License Renewal** – Tavern liquor renewal was presented by Jody Gordon on behalf of the Tavern. Motion was made by Jered Buxengard with a second by Rich Majerus to approve the Bellechester Tavern as presented. Motion carried.

- **Noise complaint** – resident complaint about noise.

- **Mowing/grass Enforcement** – Resident complaint about mowing.

- **Building Permit Request** – Pat Duncan. Pat Duncan presented a building permit for siding on his shop. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to approve the building permit as presented meeting all county requirements. Motion carried.

- **Dumpster issue** – unwanted items in dumpster and it not being emptied.

#### Engineer Report –

- **Clerk Report** - Interim Financing – I have compiled the expenses and have it enclosed and ready for transfer. Edward Jones – account goals confirmation. Any changes or keep the same?

- **Treasurer Report** – Past due accounts were discussed along with shut off notices.

- **Water/Wastewater/Facility Report** – discharging at the ponds will be done one more time again in June. Hydrant flushing will occur on 5/26. Mower maintenance and blades needs to be done.

- **Mayor Concerns:** None

- **Council Concerns:** Resident concern about waterway concrete breakage.

#### Adjourn

Motion was made by Rich Majerus with a second by Jered Buxengard to adjourn the meeting. Motion carried. Meeting was adjourned at 6:55.

Submitted by Lisa Redepenning – City Clerk

# Milo Peterson Ford Co.



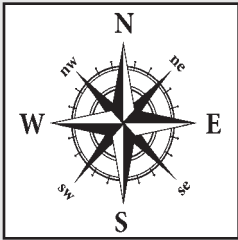
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## Changes in Latitudes, Changes in Attitudes Model Rockets



By Terry Campbell

*This column is written by Messenger editor and Minnesota native Terry Campbell.*

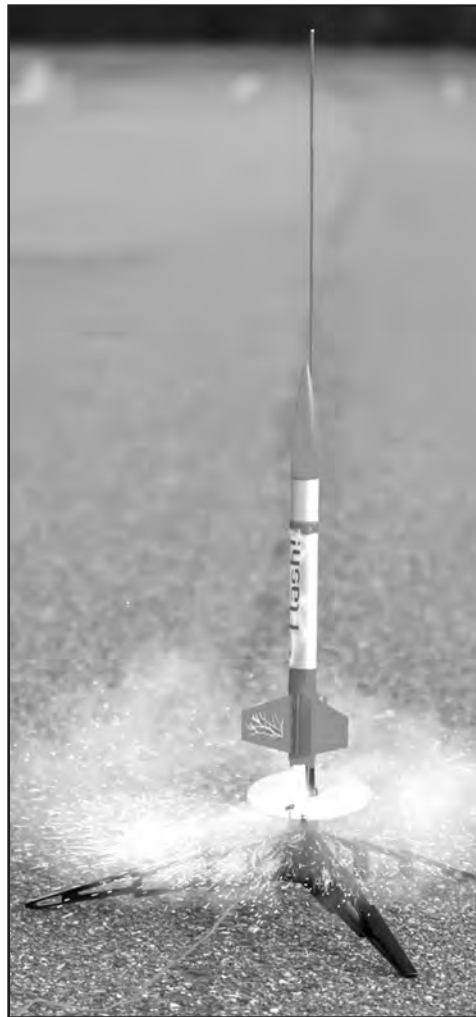
*Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.*

Most of us who grew up in the 50's and 60's were fascinated with rockets. From the sci-fi shows and movies, to JFK promising to put a man on the moon, it seemed like such an exciting future.

Somewhere in the late 50's model rockets became popular. They consisted of a cardboard tube and a dry fuel rocket engine. A balsa wood nose cone at the top and three or four fins on the base that you could paint to look really cool. The nose cone was attached to the main rocket body and a parachute. When the rocket engine was done burning it would ignite a charge that blew the nose cone off and a parachute allowed it to float back to earth gracefully. In theory you could repack the chute, replace the spent engine and launch it again for hours of fun. That was the point where, theory and practice parted ways.

My friend Jim Engvall was the first I remember to get into model rockets. One day in Mr. Wavra's science class we all hiked out to the football field and set up the rocket launcher. It was a textbook launch. A lantern battery was connected to the launch button and the launch pad. A small gauge wire was folded in half and inserted into the rocket engines with alligator clamps to energize the ignitor. A second or two after the launch button was pressed a flame shot out of the tail of the rocket and away it went. Straight up until it flamed out, and then a poof of smoke and the chute deployed. It slowly drifted back to earth. Unfortunately, there was a strong wind out of the west a few hundred feet above terra firma and we all watched the rocket come back to earth and disappear somewhere to the east of the rail road tracks, at least a half mile from where we were standing. Mitch Frederick and I got permission to take the next hour, which was our study hall, to go looking for the wayward rocket. We never found it but we did get to skip an hour of school, so that was a definite plus for us.

I was hooked so I ordered some model rocket kits and engines from Estes Model Rocket company in Colorado. They had a great catalog of every style of rocket one could imagine. This was the year of the moon landing and they sold a great Saturn V rocket, complete with three stages. At halftime during a bowl game at the Houston Astrodome on December 31, 1969 they launched one of



these in front of a sold-out college football crowd. It was perfect, the rocket performed flawlessly and deployed the chute right under the top of the dome, slowly returning to earth buoyed by the parachute.

My mother wasn't quite as keen to the idea of me launching rockets though. I built and painted the rockets and stored them in my bedroom. Most of my rockets were single use, never surviving their maiden flight. I recall we found one hanging from a tree in the wood while we were squirrel hunting in the fall. My mom finally told me I had to store the rocket engines outside in the farm shop. I guess she had trepidation about me storing rocket fuel in my bedroom.

So, one day my friend Gary Runner was over and we were thinking up things to do for fun. Launching a rocket seemed like the thing to do. We thought if we launched it out in the field, we could avoid any trees on re-entry. But we discovered that model rocket engines were sensitive to humidity in the farm shop and the little lantern battery would not ignite the engine. So, I got the John Deere with a 24volt battery system and enough amps to fry anything. We stuck a 17gauge electric fence wire into the engine and connected directly to the tractor battery terminals. Model rocket engines which have been impacted by moisture do not burn as uniformly as intended and when that bird took off it was not tracking the way I expected. In fact, before it got fifty feet in the air the rocket made an arc and headed back toward us like a boomerang. Gary and I dove for cover. The rocket hit the dirt and burned out before our eyes. My space dreams were crushed and I figured it would be safer if I stuck with farming.

## A Minnesotan: Fireworks



By RosaLin Alcoser

Fireworks are my favorite part of the 4th of July celebration. The large burst of glittering colorful explosions soaring up into the sky are always breathtaking; and extremely loud.

I've watched fireworks displays in a couple of different ways over the years. I've had years where we've watched them go off over the lake. One where they were set off on the porch while we were on that same porch. And others where I saw the whole display through the lens of my camera which was a lot less exciting than watching them without looking through the small viewfinder.

Back when I lived in southern Missouri I was able to watch fireworks while driving home. Mainly because unlike Minnesota Missouri has much looser laws around fireworks. Meaning that people in the city could just set off as many of whatever kind that they wanted off in their yards; includ-



ing some that if seen in Minnesota would have come from Wisconsin.

Driving through people setting off fireworks left and right is both really cool and really scary at the same time. It's amazing because you're just surrounded by a massive display of explosions causing the sky to be constantly lit by colorful sparks. Which is also scary because you are surrounded by a massive display of explosions that can make it hard to drive as the sky is in a constant state of being blindingly bright then suddenly dark for half a second. This is an experience that I have only ever experienced in Missouri.

The last two years I have watched the fireworks from my Twin Cities apartment which is definitely a different experience. Mainly due to there being far less on official firework displays going on in the middle of a Minnesota city then there are in the middle of one in Missouri. There were a couple of people setting them off at home far off in the distance that I could kind of see from my window and a couple glimpse from the official displays in the park.

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# CANNON VALLEY FAIR JULY 1-4, 2023

Cannon Falls, Minnesota

- **GOLD STAR AMUSEMENTS** — Will be on the midway during the fair starting July 1st, 2023 at 1:00 pm. Ride sessions will be from 1-5 pm OR 5-10 pm each day of the fair. Advance wristbands for \$20.00 each are available at Cannon Specialties and Cannon Belles Coffee and Ice Cream Shoppe through June 30th. Unlimited ride wristbands for \$25.00 each will be sold each day of the fair. One wristband is good for one session of rides.
- **FFA KIDDIE BARNYARD** — Open Daily
- **CHALK THE WALL**
- **POWER-UP VIDEO GAMING TRAILER** — Open Daily Noon – 8:00 PM
- **ALFY'S WORLD OF ROBOTIC PUPPETS** – JULY 1 & JULY 2 – Roaming the Fairgrounds

**2023 Schedule**

**July 1st**

- 9 am – 5 pm – Livestock Entry
- 11:30 am – Kids Pedal Pull Registration – Near Grandstand
- Noon – Kids Pedal Pull – Near Grandstand
- Noon – Truck Pull Pit Gate Opens
- 1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
- 3 pm – Just 4 Kix Performance – FREE STAGE
- 3 pm – 6pm – Cannon Valley Youth Jackpot Beef Check-In & Weigh-In – ARENA
- 4 pm – Truck Pull Starts – Ticket gates open at 3:00 pm
- 5 pm – 4H and FFA Beef Show followed by Open Class Beef Show – ARENA
- 5 pm – Just 4 Kix Performance – FREE STAGE
- 6:30 pm – Cannon Valley Youth Jackpot Beef Show – ARENA
- 8:30 – Midnight – THE SHEETROCKERS – FREE STAGE

**July 2nd**

- 7-9 am – Ladies Auxiliary Pancake Breakfast – LEGION PAVILION – Free Will Donation
- 9:30 am – True North Church Service — FREE STAGE
- 10 am – 4H & FFA Rabbit Show followed by 4H & FFA Poultry Show – ARENA
- 11 am – Auto Cross Pit Gate Opens
- Noon – Cory & Friends – The Power of Friendship – FREE STAGE
- Noon – 4H & FFA Sheep Show followed by Open Class Sheep Show – SHEEP & GOAT ARENA
- 1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
- 2 pm – Cory and Friends – The Power of Friendship – FREE STAGE
- 2 pm – Dog Demonstration – ARENA
- 3 pm – Auto Cross Starts – Ticket gates open at 1:30 pm
- 3-5 pm – Cannon Valley Youth Jackpot Market Lamb Check-in & Weigh-in – SHEEP & GOAT ARENA
- 4-7 pm – 4H Demonstrations – 4H BUILDING
- 6 pm – Cannon Valley Youth Jackpot Market Lamb Show – SHEEP & GOAT ARENA
- 8:30 – Midnight – CHICKEN RANCH DUO – FREE STAGE

**July 3 – KIDS DAY**

- 9:30 am – 4H & FFA Dairy Show – ARENA
- 11 am – 4H & FFA Goat Show – SHEEP & GOAT ARENA
- Noon – District VI Holstein Show – ARENA
- Noon – 3 pm – Cannon Valley Youth Jackpot Meat Goat Check-in & Weigh-in – SHEEP & GOAT ARENA
- 1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
- 1 pm – Demo Pit Gate Opens
- 1 pm – Dazzling Dave Yo-Yo Master – FREE STAGE
- 2 pm – Karl Achilles Escape into Magic – FREE STAGE
- 3 pm – Dazzling Dave Yo-Yo Master – FREE STAGE
- 3:30 pm – Cannon Valley Youth Jackpot Meat Goat Show – SHEEP & GOAT ARENA
- 4 pm – Karl Achilles Escape into Magic – FREE STAGE
- 5 pm – Demo Derby Starts – GRANDSTAND – Ticket gates open at 3:00 pm
- 8:30 – Midnight – THE CHUBS – FREE STAGE

**July 4th – VETERAN & SENIOR CITIZEN DAY – FREE GROUNDS ADMISSION DAY!**

- 11 am – Grande Day Parade Starts
- 1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
- 2 pm – Harness Horse Racing – GRANDSTAND – FREE Admission
- 2 pm – 4 pm – FLIPSIDE BAND – FREE STAGE
- 5 pm – Livestock Released.
- 7-9 pm – Building Exhibits Released.
- 7:00 – 11:00 pm BRYAN ANDERSON – FREE STAGE
- Dusk—Fireworks Show

Admission to the fairgrounds is \$5.00 per person daily (5 and under Free) or Season Pass available for \$12.00.

PARKING IS FREE!

Demo Derby & Truck Pull grandstand admission per event is \$15.00 per person or \$5.00 for those under 12 years and under. Pit Pass is available for \$25.00.

Harness Racing GRANDSTAND Admission is FREE.

**TRUCK PULL**  
**SATURDAY, JULY 1 - 4 PM**  
 Trucks: Western Wisconsin Truck Pulling \$200 FWD MOD \$200 SUPER STOCK \$200 PRO STOCK \$800 IMPROVED STOCK \$200 IMPROVED STOCK \$800 OPEN DIESEL \$500 KING OF STREET \$800 OUTLAW STOCK \$200 STREET STOCK DIESEL. Any local drivers can run in Outlaw Stock Classes.  
 Pit gate opens at Noon  
 Grandstand Ticket Gates Open 3:00 P.M.  
 The Sheetrockers 8:30 PM - Midnight FREE STAGE  
 ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25

**AUTO CROSS**  
**SUNDAY, JULY 2 - 3 PM**  
 Pit gate open at 11:00  
 Grandstand Ticket Gates Open 1:30 P.M.  
 • Compact Car 4 cyl  
 • Mid Size Car 6 cyl  
 • Mid Size Car 6 cyl Powder Pull  
 • Mini Vans  
 • Full Size Car  
 • Full Size Car Front Wheel Drive  
 • Full Size Car Rear Wheel Drive  
 • Compact Truck/SUV No V8  
 • Compact Truck/SUV V8  
 • Full Size Truck 2x4  
 • Full Size Truck 4x4  
 CHICKEN RANCH  
 ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25  
 For rules and regulations go to: www.cannonvalleyfair.org

**DEMOLITION DERBY**  
**MONDAY, JULY 3 - 5 PM**  
 Pit gate open at 2:00 P.M.  
 Grandstand Ticket Gates Open 3:00 P.M.  
 • Mega Stock Mid Size Car (Youth)  
 • Mega Stock Mid Size Car (Adult)  
 • Mega Stock Mini's  
 • Mega Stock 80's & Newer  
 • Mega Stock Full Size Truck  
 • Limited Weld Mid Size Car  
 • Limited Weld Mini's  
 • Limited Weld Full Size Car  
 • Limited Weld Full Size Truck  
 Pre-Registration Online  
 ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25  
 For rules and regulations go to: www.cannonvalleyfair.org

**HARNES HORSE RACING**  
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 Fireworks July 4 - Dusk  
 Bryan Anderson 7 PM - 11 PM  
 FREE ADMISSION & FREE PROGRAMS

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