



# Goodhue-Bellechester Messenger

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## Christkindlmarkt Planned for Saturday, December 2nd

Christkindlmarkt is planned for Saturday, December 2nd this year. The event will be held outside from 11am to 3pm. Look for more information in the December issue of the Goodhue/Bellechester Messenger which will come out November 29th.



## Announcements

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

• **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@threeriverscap.org

Do you have an announcement?  
Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

## Goodhue Fire Department Observes 125 Years of Service

By Beth Brekke

The Goodhue Fire Department was officially organized in 1898 with seventeen men who each received a salary of \$5.00 per year. Paul Husting was the first fire chief who, along with the firemen, were appointed by the village council. Derek Weckerling is currently the chief of the department that now keeps a full roster of 25 men and women. Today's crew work without salary but receive a small allotment when they retire. Each member must live within six minutes of the station.

(continued on page 4)

Pictured to the right: Current Goodhue Fire Department chief, Derek Weckerling stands with former chiefs, Chip Krueger, Al Lodermeier, Elroy Rusch, Dustin Luhman and Mike Lodermeier at the fire hall on October 15, 2023 in observance of the 125th anniversary of the department's founding.



## Goodhue Living Marks 1st Anniversary

By Beth Brekke

A large crowd enjoyed a variety of events marking the one-year anniversary of Goodhue Living. The celebration included tours of the building and visits with staff who would like to thank all those who helped make the event so successful.

(continued on page 5)

Pictured to the left: A group of young Just For Kix dancers prepare to start their routine. Visitors enjoyed a number of entertainment options at the Goodhue Living property on October 15th. See more pictures on their Facebook page, <https://www.facebook.com/GoodhueLiving>.



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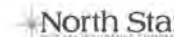
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## Pastors Corner



By Pastor Eric Hanson,  
St. Luke Lutheran Church

I've been reading an interesting book lately called "The Year of Living Biblically." Its a book by a man named A.J. Jacobs who spent the year of 2006 adhering as strictly and as literally as possible to the over 700 rules, codes, and guidelines found in the Bible. This means he followed the rules most people know are in the Bible (stuff from the 10 commandments like thou shalt not kill and thou shalt not steal). But it also means he sought to follow other, lesser known rules (though shalt not wear clothes made of two different materials, though shalt not plant more than one kind of seed in a field, men shall not cut the hair at

the sides of their head or clip the edges of their beard, etc.). To understate A.J. Jacobs' challenge: it was hard.

This book was originally suggested to me by a friend who doesn't have the kindest view of organized religion, and so when I started reading it, I expected to feel antagonistic to A.J. Jacobs' summaries at the end. I incorrectly assumed he would summarize his biblical year as primarily negative. I assumed he would call the Bible an ancient book no longer relevant for modern living. I expected to argue and fight with him on every page. I was sorely mistaken.

Instead, I came away with a reverence for the way the Bible seeks to meticulously guide so much of our everyday lives (a conclusion A.J. Jacobs came to as well). For example, I was reminded that the Bible cares vehemently about what we put in our bodies.

All. The. Time (there are over fifty dietary laws in the Bible, even laws that tell us what posture we should use when eating). I was surprised how often the Bible mandates prayer (not just once a week, three times a day at minimum, unless you level up with the Apostle Paul's command to "pray unceasingly"). Christians tell the big stories of the Bible twice a year (Christmas and Easter), but the Bible actually tells us to monthly stop what we're doing and celebrate festivals that tell stories of what God has done for us. The Bible calls us to do radically compassionate things like leave the corners of our fields unharvested so the poor can glean the excess for

themselves and cancel the debts of those who owe us money every seven years (without reason, just cancel them). The Bible has commands that govern decisions on when to go to bed and when to rise, what kind of prayers to say upon sleeping and eating, how to greet strangers when they walk through our doors, and what parts of our income we can use for ourselves and what we must give to others. In short, the Bible has guidance for how to live almost every minute of every day (again, over 700 rules!). Why? Because the Bible sees every moment of every day as ut-

terly sacred...an opportunity to meet God or miss him. An opportunity to be part of God's activity in the world, or be ignorant of it. An opportunity to love our neighbors or neglect them. Perhaps the Bible's rules could be summed with the simple phrase: God is active in this moment, wake up and participate!

It's been a fascinating read and I'm excited to go back to the Bible's more archaic and lesser known laws with a new level of appreciation. I'm not sure I'm ready to give up the poly-cotton blends in my closet yet, but I'm at least considering it.

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### HOLY TRINITY CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org  
211 4th St. N., Goodhue • 923-4472

Parish Office Hours, Mon.: 9:00AM - 2:00PM

(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).

Sat.: 4:45PM - 5:20PM Confession, 5:30PM Holy Mass (Sunday vigil)

Tues.: 8:00AM Holy Mass

Wed.: 8:00AM Holy Mass, 9:00AM - 2:00PM Eucharistic Adoration

Rosary said 25 minutes before Holy Mass

All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.

We practice because we are not yet perfect!

### ST. MARY'S CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org  
221 Chester Avenue • 923-4472

(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).

Sun.: 8:15AM - 8:35AM Confession, 8:45AM, Holy Mass

Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration

Rosary said 25 minutes before Holy Mass

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Father Thomas McCabe • www.holytrinitygoodhue.org  
County Road 47, Goodhue • 923-4472

(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).

Sun.: 10:30AM Holy Mass

Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass

Rosary said 25 minutes before Holy Mass

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We practice because we are not yet perfect!

### GRACE EV. LUTHERAN CHURCH (WELS)

Pastor Martin Weigand  
39774 Co. 4 Blvd., Goodhue • 651-923-4624

gracelutheranchurch@gmail.com • www.gracestpeters.org

Sunday Morning Worship 8:30a.m. with communion

on the second and fourth Sunday of each month.

Sunday School at 9:30a.m., Sunday Bible Study at 9:45a.m.,

Confirmation Class 5:45 on Wednesday at St Peter's.

8:30a.m. Quilting and Bible Study on Wednesday at St Peter's, and

10:30a.m. Midweek Bible Study on Thursday at St Peter's.

### AREA CHURCH DIRECTORY Ark of the Church

*In [the ark] only a few people, eight in all, were saved through water, and this water symbolizes baptism that now saves you also. . . - 1 Peter 3:20-21*

In our reading for today, the apostle Peter mentions Noah and the ark, which we discussed on October 4 (Genesis 8). Do you remember another story this month that also pointed to the ark? In Exodus 2 (Oct. 5), as you may recall, Moses' mother places him as a baby in a "basket," and the Hebrew word for that can also mean "ark." Moses' mother did this, in faith, hoping that her little boy would escape the murderous reach of Pharaoh, the king of Egypt (see Exodus 1:22).

In the New Testament, the apostle and fisherman Peter states that just as God rescued Noah and his family "through water" while other people were swept away in judgment, Christians are rescued from judgment by Christ's death and resurrection, which is symbolized in baptism. If believers in Christ are symbolically rescued (like Noah and his family) "through water" (baptism), then what is the "ark"? What is the vessel of God's rescue for us and indeed for the whole creation? It seems that this would be the church, the community of faith. Remember, baptism places us in the nurturing community of the people of God with its worship, prayers, sacraments, and fellowship. In this "ark" we are on the way to the resurrection and full life in God's renewed world.

*Lord, we praise you for the church, which, though it can be rocked by powerful winds and waves, is nonetheless piloted by you and is the place of your grace and salvation. Amen.*

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

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

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

Pastor Steven Frentz  
28961 365th St., Goodhue  
651-923-4438

Email: stpeter@sleepyeyetel.net

9:30a.m. Sunday School

10:30a.m. Worship

Email your church announcements,

schedule to the Messenger at:

hometownmessenger@gmail.com

### MINNEOLA LUTHERAN CHURCH

Pastor Hannah Bergstrom de Leon  
www.minneolalutheranchurch.com  
13628 Cty. 50 Blvd., Goodhue  
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10:30a.m. Sunday Worship

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

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

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

Pastor Eric Hanson  
PO Box 276, 308 1st Ave., Goodhue  
Email: office@stlukegoodhue.org • 651-923-4695  
Sunday Worship: 9:30 a.m.  
Wednesday Worship: 6:45 a.m.\*  
18910 360th Street, Goodhue  
\*Check our website for changes: www.stlukegoodhue.org

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

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



## Gladys Holst Johnson

Gladys Holst Johnson of Nashville, TN was born November 8, 1936, at the family farm home in rural Lake City, Minnesota, to LaRoy and Elsa Holst and passed away on Oct 6, 2023, from complications of Inclusion Body Myositis. Her family moved to near Goodhue, MN in 1950 and

Gladys graduated from Goodhue High School in 1954. She then attended Minnesota School of Business in Minneapolis and worked as a secretary at Northwestern Bank. On May 10, 1958, she married George Lee Johnson in Goodhue. They lived in the Minneapolis area and two children, Carrie and Brent, were born to this marriage. The family moved to New Richmond, Wisconsin in 1970 and she was employed as a teacher's aide at the High School. George and Gladys moved to Green Valley, Arizona in 1988 where she worked as a receptionist. Gladys and George retired in 2002; and to be near Carrie, they moved with her to Naples, Florida, Athens, GA, and Pearland, TX. George passed in 2018 and in 2020 she moved with Carrie and Michael to Nashville, TN.

Gladys is survived by daughter, Carrie (Michael) Capps of Mount Juliet, TN, son, Brent (Jamie) and grandsons, Tanner and Parker of Pittsburgh, PA. Also, brother Gary

(Debra) of Idaho Falls, ID and sister-in-law, Julie (Darrel) Jaeger of Stewartville, MN. Gladys is also survived by several nieces and nephews. Her parents and brothers, Arleigh, Carl, Norbert and sister, Gloria Henn predeceased her, as well as her sisters-in-law Donna Holst and Mary Holst and brother-in-law, Dallas Henn.

A graveside Celebration of Life was held on Friday, October 27th at 11:00 am at St. John's Cemetery in Lake City, Minnesota. Mahn Funeral Home Anderson – Peterson Chapel in Lake City is overseeing arrangements.

## Marilyn Grace Diercks

Marilyn Grace Diercks, 91, of Red Wing, died Wednesday, October 11, 2023, at Deer Crest Senior Living in Red Wing. She was born on July 3, 1932, in Hay Creek Township to Edward and Leonora (Banitt) Kohrs. She attended school at District 23 of Hay Creek Township and

Immanuel Parochial School. She graduated from Red Wing High School in 1950. After high school she worked at a supermarket for six years. On January 1, 1954, she was united in marriage to Stanley Diercks. After the birth of their children, she was a stay at home mom. Living in Red Wing for eight years, they then moved to a small farm in Belvidere

Township, where they raised their family. They resided here until moving back to Red Wing in 2006. She was a member of St. Peter's Lutheran Church in Belvidere where she taught Sunday School, belonged to the altar guild and the ladies aid and was a part of the Belvidere Extension Group. She enjoyed working out-of-doors, gardening, doing lawn work and helping on the farm. She liked to read and enjoyed watching her grandchildren participating in sports.

Marilyn is survived by 3 sons, David (Sue) of Red Wing, Bill (Ruth) of Brookings, South Dakota, and Brad (Linda) of Red Wing; 9 grandchildren, Tally Diercks, Brittany (Ben) O'Reilly, Zachary Diercks, Caleb (Joan) Diercks, Samuel (Mallory) Diercks, Brady (Leeann) Diercks, Noah (Alex) Diercks, Matthew (Kelly) Diercks and Allie Nissen; 21 great-grandchildren; siblings, Marlys Odean of Aurora, IL and Audrey (James) Horn of Red Wing; sister-in-law, Doris Kohrs of Red Wing and brother-in-law, Joe Kunze of Twin Cities. She was preceded in death by parents; husband, Stanley; grandson, Ross Diercks; sister, Yvonne Kunze; brother, John Kohrs and brother-in-law, Walter Odean.

Funeral service was at 11 a.m. Monday, Oct. 16, 2023 at St. Peter's Lutheran Church, Belvidere. Burial was at the church cemetery. Visitation was 2 p.m. to 4 p.m. Sunday, Oct. 15, 2023 at Mahn Family Funeral Home, Bodelson-Mahn Chapel and for one hour prior to the service at the church. Memorials preferred to St. Peter's Lutheran Church or donor's choice.

## Lois Dankers

Lois Dankers passed away peacefully surrounded by her children on October 17, 2023, at the age of 76 years.

Lois Ann (Flaten) Dankers was born October 31, 1946 in Faribault, Minnesota to Howard and Lorna (Lorenson) Flaten. She was raised in rural

Wanamingo and graduated from Wanamingo High School, Class of 1964. Lois married Donald Dankers on July 20, 1968, at Holden Lutheran Church in Kenyon, Minnesota.

They made their home in Goodhue all their married years. Lois helped Don on the farm while they raised their 5 children. After the children were grown, she worked outside of the home in the hospitality industry for approximately 20 years. Lois was a humble, kind, and loving woman. She loved spending time with her family, especially at the lake most summers. She also loved music and singing. She sang Happy Birthday to each one of her grandchildren every year on their birthday. Over the years, she enjoyed singing songs with her sisters at several events, visiting with friends at card club, and watching Hallmark movies. She was an avid sports fan. She especially enjoyed watching the MN Twins, the MN Vikings and NASCAR races.

Lois was preceded in death by her husband, Donald, her parents Howard and Lorna; her sisters Joanne Flaten and Nancy Robles and her brother-in-law Robert Blakstad. She is survived by her daughters, Patty (Jay) McNamara of La Crosse, Jane (Mark) Bortnem of Eau Claire, Amy (Steve) Hinrichs of Plainview, and Annette Reimers of Plainview; one son, Kevin (Robyn) Dankers of Goodhue; one brother, Roger (Jan) Flaten of Cannon Falls; one sister, Judy Blakstad of Zumbrota; 16 grandchildren; 1 great grandchild and many other relatives and friends.

A funeral service was held on Sunday, October 22nd at St. Peter's Lutheran Church, 702 3rd Ave, Goodhue, MN 55027, at 2:00 pm with visitation before the service starting at 12:30. Interment followed at Evergreen Cemetery in Goodhue. Lundberg Funeral home in Cannon Falls is assisting the family, and online condolences are welcome at [www.LundbergFuneral.com](http://www.LundbergFuneral.com).

Active pallbearers were grandsons Patrick and Joseph McNamara, Brandon Bortnem, Alexander Hinrichs, Kade Brannon, and Benjamin Donnay. Honorary pallbearers were grandchildren, Jenna McNamara, Erika Brannon, Brianna Bortnem, Samantha and Abigail Hinrichs, Blaize Donnay, Bianca Dankers, Micayla and Bryson Reimers, Hailey, Shelby and Jaysa Dankers.

In lieu of flowers, memorials are preferred to Goodhue Fire and Rescue.



Meagan Jaeger

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## Goodhue Fire Department Observes 125 Years of Service

(continued from page 1)

The current fire station, built in 1995 on the corner of Second Street and Third Avenue, was the location of the 27th annual open house and fundraiser supporting the department. As a volunteer department, Goodhue Fire & Rescue depends on donations to maintain, purchase, and update equipment.

The October 15th event also celebrated the 125th anniversary of the organization.

In honor of the occasion, the department roasted three hogs for a meal served by active and retired department members. They were also available to answer any questions about equipment or services. Other events of the day included fire truck rides for those interested, an auto extrication demonstration and a kids' water activity. On display were the 1941 fire truck original to the department and the newly arrived pumper truck.

Daryl "Chip" Krueger, who served on the Department for 28 years, including as chief from 1998 to 2007, was instrumental in planning the event. Krueger has a keen interest in the history of the department. With a lot of understanding and help from his wife, Peggy, he compiled extensive information, photos and a membership roster into a book that he published in 2014. He said his resources were spread out across the dining room table while he worked on the book every day for four-and-a-half months. He added material to an updated version in 2017 and another updated



Retired members of the Goodhue Fire Department attending the 125th anniversary celebration were (Front row, L-R): Chip Krueger, Pat Bien, Roger Kurtti, Judy Ramboldt, Rodney Voth, Howie Kylo, Kerry Bien, Mark Thermos and Elroy Rusch. (Back row, L-R): Bob McNamara, John Ramboldt, Rocky Ramboldt, Al Lodermeier, Al Holm, Dean Groth, Tom Haugen, Wayne Gadiant, Hilbert Strusz, Mike Lodermeier, Chad Christensen, Roy Lodermeier, and Carl Bartsch. Unable to attend were: Joe Benda, Ni Buck, Terry Buck, Bob Busby, Orly Fredrick, and Bob Schinnert.

edition should be available before Christmas.

The book includes information on the 1895 fire that nearly destroyed the town and was the catalyst for the formation of the department in 1898. The following quote is from an account of the fire in the Red Wing Republican Eagle titled "Goodhue in Ashes". "The prosperous village at Goodhue Station on the Duluth, Red Wing and Southern Railroad, was the scene of a conflagration on Saturday night, which very nearly wiped out the entire business portion of the town, entailing a loss at the lowest calculation of \$35,000 and making five families homeless." At this time, there was no local organization and the only

way to get water to the fire was by a bucket brigade. By the time word was sent to Red Wing and aid arrived, the fire had run out of fuel and largely burned itself out.

Some firefighting equipment was purchased in 1897 and the first fire hall/jail combination building erected in 1898. A fire engine was purchased in 1900 and water mains and hydrants were installed in 1903. Hose carts and ladders that were purchased in 1903 remain in good condition and are stored in the current fire hall. The department fought several notable fires in those early years including feed mill and implement businesses and the Goodhue Creamery.

In 1940, the Goodhue Fire & Rescue Department began providing services not only to the city of Goodhue, but to the townships of Featherstone, Goodhue, Belvidere, Hay Creek and Zumbrota. Chester, Belle Creek, Vasa and the city of Bellechester were added later. The department now proudly provides firefighting, medical first responder, and

motor vehicle accident response services to these communities (except Zumbrota), an area over 275 square miles! Members responded to 136 medical and 48 fire calls within that area in 2022.

In addition to the 12 monthly meetings, the department completed over 1000 training hours in 2022, and 785 hours of training so far in 2023. This keeps them up-to-date on the latest medical and firefighting practices, procedures, and protocols to provide the best possible service to the residents and communities served. "People don't realize how much time it takes to be a firefighter and the sacrifice it takes," stated Krueger who, although officially retired, still attends meetings and consults with the department. He may be reached at 651-212-3460 to order a copy of the newest Goodhue Fire Department History book, an excellent gift option at an expected price of just \$12.



Mike Yungers, grandson of John Yungers who served on the Goodhue Fire Department in the 1930's, poses with the original 1941 fire engine that was on display next to the brand new pumper truck recently acquired by the GFD. Yungers is a public safety photographer who has previously worked with the department and was in town for the annual open house and fundraiser on October 15th.



## DISCOVERY FINANCIAL

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## Farm Rescue, Serving Others

By Cheri Roshon

We all have our trials and tribulations as we traverse this experience called Life. Once when I was struggling mightily with issues seeming to be beyond my control, my mother gave me a poem called Don't Quit. I would like to share with you the first few lines, as it pertains to the story at hand.

*When things go wrong as they sometimes will,*

*When the road you're travelling seems all uphill,*

*When the funds are low and the debts are high*

*And you want to smile but you have to sigh,*

*When care is pressing you down a bit---*

*Rest if you must, but don't you quit!*

Today's story is about an organization called Farm Rescue. Their mission is to help farmers and ranchers who have experienced a major setback by providing the necessary equipment and a volunteer workforce to plant hay or harvest their crops, among other chores they can lend a hand with. Livestock feeding assistance is also available for ranchers.

Farm Rescue offers assistance to farms in Illinois, Iowa, Kansas, Minnesota, Montana, Nebraska, and North and South Dakota.

The Farm Rescue program also provides longer term assistance solutions to farmers and ranchers who have suffered major illness

and injuries, or who have been through a natural disaster.

The Board of Directors will review all requests for assistance, and approves cases based on each unique situation. They see what they can provide with their available funding and volunteer manpower. They have several sponsors in every state that help with lending equipment, and donations of time and money. Private tax deductible donations are also gratefully accepted.

These selfless acts of kindness are helping all of us to survive. Think about it. Without our farmers, we wouldn't have food to eat or clothes to wear. The more we help each other, the bigger the ripple effect. Something as simple as offering time to help a neighbor get his crops planted or harvested when he is unable, or sharing a donation of money to pay for seed or gas.... in the long run it is helping more than just one person.

John Deere Company is one such provider. They offer state of the art equipment to help get the jobs done. They travel thousands of miles to deliver the equipment and train the volunteers how to use them. It is a partnership that has helped almost 1,000 farmers in need so far, and there is no end in sight. What a comfort that is when one is in need!

One man who has helped through Vlogging (video blogging) calls himself the Millennial Farmer. He started a podcast several years ago so people not familiar with farming could see the work that goes into raising the crops and livestock that we all consume, and hopefully correcting some of the misinformation going around, painting farmers and ranchers in a bad light. *(continued on page 6)*



The agriculture community is truly a tight-knit group and we love sharing the random acts of kindness bestowed upon our hard working volunteers and farm families by local do-gooders. Today, our crew received another generous meal in the field from Alison Peters with Peters Insurance, a Farmers Union Agency. She was kind enough to deliver these bagged lunches during our soybean harvest operations near Dundas, MN. Our team has been eating very well this week and these heartwarming gestures mean the world to our organization and those we serve. Thank you, Alison!

## Goodhue Living Marks 1st Anniversary



Goodhue County K-9 Officer, Valor, waits for a command during a demonstration at the Goodhue Living facilities first year anniversary open house.

*(continued from page 1)*

Those attending could view several classic cars and a Farmall H tractor while chatting with local guests, Goodhue County Sheriff Marty Kelly, Representative Pam Altendorf, and Mayor Terry Buck. Amanda Huneke, Caitlin Heisler & Cassie O'Reilly were on hand to autograph the children's books they authored and several groups of Just For Kix dancers entertained the crowd. Other activities included pumpkin and face painting, Goodhue County K-9 officer demonstrations and a sampling of culinary treats.

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## 100 Ladies and Gentlemen Craft Show

By Cheri Roshon

For the last 50 years, Curt and Marlene Morrow and their family have been holding a Holiday Craft Fair just outside of Kenyon. Only hand made goods are sold here, and you won't believe the variety of products they have! Everything from glass lawn ornaments to crocheted items for the house is to be found in their very large Morton building! Rusty iron, glass trinkets, sewn items, all pretty much one of a kind, can be found inside these walls. I was mesmerized by the variety and the quality of the items they had procured for the gift giving season.

I asked Marlene how they got started on such a large scale endeavor. "I was an elementary school teacher when Curt and I were first married. After our second child was born, I decided to be a stay at home mom. Always liking to be busy, I started doing crafts at home. I was making refrigerator magnets,

then plaques, and the inventory kept growing, so I started selling them out of our basement. Curt joined in the fun, and started making wooden toys in the mid 70's, and then began with the baskets. I started helping him with the baskets, and we are still making them." Now, she is making Porch Pots for the fall season, and for Christmas, too.

Now, after the Craft fair runs it's course, they take the show on the road, and have a working vacation, travelling all over the United States, selling their wares at shows in places they want to visit.

They are open Thursday through Sunday, starting October 19th, ending on Nov. 12th. The hours are 10 am to 7 pm, but they will close at 5 pm on the last day. For any questions, please call (507) 789-6223. The address is 45986 Highway 56, Kenyon. You can even vote for the best scarecrow on your visit!

Curt and Marlene credit their success to their loyal customers who continue to support them, and to their son and daughter, and a few friends who are always there to help with the sales, and waiting on customers.

For more information, check out their Facebook page at [Morrow's Gifts!](#) You've got to see it to believe it!!



## Farm Rescue, Serving Others

(continued from page 5)

"I just wanted to share the truth", he says. He has volunteered on many projects to help other farmers when he is needed.

One such farmer is John Thomas. John has a condition that causes neuropathy in his legs. He and his wife Judy live and farm in the Faribault area. They have 6 grown children, Elizabeth, Phyllis, Maynard, JW, Nathan and Travis. About 11 years ago, John suffered his first amputation from this disease, and just recently had to have his other leg amputated as well. It is a disease with no cure. John heard about Farm Rescue, and they were able to help him harvest his crops this year. He is very grateful, and wants to help get the word out about this unique program that does so much for so many.

I asked him what kind of qualifications a person would have to have to be able to lend assistance. He said they take volunteers from all walks of life. If training is needed, they are trained in whatever aspect is necessary to help the families in need. One of the people who

helped in John's case was a DJ from Minneapolis. One was a police officer. Of course people who have a valid CDL license are needed to haul equipment from project to project, and anyone who knows farm work is a valuable contributor. But all you need is a desire to help others, and you can be a volunteer.

To contact Farm Rescue for any reason, their address is Farm Rescue PO Box 28 Horace North Dakota 58047. Their email is [info@farmrescue.org](mailto:info@farmrescue.org), and their phone number is (701) 252-2017. Personally, I think that anyone who can write a story for any kind of publication to spread the word about these services would be helpful, and volunteers are always needed. And as I stated previously, all monetary donations are tax deductible, so there's a win/win situation as well.

I would like to thank John for bringing this organization to our attention, and wish him and his family a joyful holiday season.



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## Goodhue defeats Wabasha-Kellogg 40-6!

10/5/23

Goodhue's defense was dominant, getting three turnovers while gaining a 40-6 win over the Falcons!

The Wildcats recovered two fumbles. Marcus Young and Max Loos each recovered the fumbles.

Jed Ryan also had an interception for the Wildcats!

On offense, Goodhue relied on their rushing attack. Running back Grant Reed scored two times in the first quarter on carries of 2, 21 and 68 yards. Reed had 193 yards on nine carries.

Jack Carlson carried the ball for 51 yards on six carries and scored one touchdown. Sean Matthees scored one touchdown and had 20 yards with two carries. Gavin Schafer carried the ball five times for 44 yards.

Luke Roschen was 4/5 for 56 yards and one touchdown. Max Loos caught the 32 yard touchdown in the second quarter.

The Falcons scored their only touchdown on a pass from QB Springer to WR Coe Scheel. Kason Bigalk added 4 extra points for the Cats!

On defense, Jack Carlson had 14 tackles, Gavin Schafer 9, Nathan Beck 7 with an interception and Hayden Holm had 6.

Scoring Play	Score
Grant Reed 2 YD TD Run (Kason Bigalk Kick)	7 0
Grant Reed 21 YD TD Run (Bigalk Kick)	14 0
Sean Matthees 15 YD TD Run (Bigalk Kick)	21 0
Max Loos 32 YD TD Pass From Luke Roschen (Bigalk Kick)	28 0
Grant Reed 68 YD TD Run (Kick Failed)	34 0
Jack Carlson 3 YD TD Run (Kick Failed)	40 0
Cole Scheel 26 YD TD Pass From Caleb Springer (Pass Failed)	40 6

## Wildcats drop game to Knights!

Oct. 12, 2023

In a defensive battle, Goodhue dropped a close game to Kenyon-Wanamingo 6-0.

The Wildcats had 106 total yards. Luke Roschen had 52 yards passing and Grant Reed had 53 yards rushing. Trent Foss scored the lone touchdown on a 1 yard run for the KW Knights.

Quarterback Will Van Epps led the Knights with 143 yards rushing on 23 attempts.

## Goodhue shuts out the Blossoms 40-0!

10/24/23

The Awesome Blossoms did not look very awesome against the Wildcats in the 1st round of the Section 1A football playoffs. Grant Reed had 238 yards rushing and 4 touchdown runs. Gavin Schafer had 41 yards rushing and a touchdown, and Nathan Beck added 38 yards and a touchdown to cap off the scoring. The Wildcats had 355 total yards for offense on the night. Jack Carlson had 12 tackles, Gavin Schafer, Nathan Beck, and Jed Ryan added 7 apiece, and Reed added 8. Sean Matthes added an interception, while Max Loos added a 2 point conversion, and Kason Bigalk kicked 4 extra points.

## Wildcats drop Section playoff game to Fillmore Central 24-17!

The Wildcat Football team jumped out to a 17-7 lead over the Falcons of Fillmore Central.

However, Fillmore Central battled back and took the lead and secured the win. Fillmore Central will play Kenyon -Wanamingot for the Section 1 A championship. Goodhue ended the season a record of 7-3.

**Place Your Ad in the December Issue of the Goodhue-Bellechester Messenger**

Contact Terry at 507-951-7417 or email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

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## FEAST! Local Foods Festival Celebrates 10 Years



**Tim Penny**  
So. MN Initiative Foundation

Rochester, MN – This year's FEAST! Local Foods Marketplace marks a decade of bringing the best in local food to Rochester. A gourmet tasting experience unlike any other, the nonprofit festival showcases everything from cheese to chocolate, all under one roof, Saturday, Nov. 4, 10am-4pm at the Mayo Civic Center, Rochester, Minn.

Every fall, thousands of eaters and food and beverage makers from across the Upper Midwest flock to Rochester to eat, drink and be merry at FEAST!. Aisle after aisle of the event flows with fare made exclusively in Minnesota, Wisconsin and Iowa. Samples of every product offered by the 100 makers gives foodies a chance to try the latest and greatest before they buy. Music, lively kids' activities, prize drawings, craft alcohol tasting, and cooking demos round out the festivities.

"The vibe at FEAST! is so fun. I always love the feeling I get from discovering a new, locally made ingredient or food product," says Shari Mukherjee, top-five finalist on MasterChef, Season 10 and one of five culinary artists featured at demos throughout the day.

New this year are carnival games—have your local food purchases weighed for a chance to win a prize—and an expanded kids' activity area with storytime, games, and a take-home gift (for the first 100 kids). There is also a grand prize giveaway from Vikre Distillery.

As fun as the one-day celebration is, there's

more to it than just great food and good times. Two Minnesota nonprofits—Southern Minnesota Initiative Foundation and Renewing the Countryside—founded it 10 years ago to strengthen the economic and social ties that occur when eaters support local farmers and food producers.

"These entrepreneurs are passionate, dedicated and extremely hard working," says FEAST! Marketplace coordinator, Elena Byrne of Renewing the Countryside. "I'm frequently in awe of the sheer star power gathered on that day, from our loyal returning vendors to the ones we're just getting to know. We're here to help them grow and thrive, increasing their connections to each other and to consumers."

Over 10 years, FEAST! has connected the public to 377 different food businesses from across the Upper Midwest, and those connections have rippled out to the businesses and communities with whom those makers work.

"When you buy at FEAST!, you not only support one local business, you sustain every business, every family, that maker works with," says Deeann Lufkin, co-owner of CannonBelles Cheese in Cannon Falls, Minn. CannonBelles has been a FEAST! Exhibitor since 2016 and won the festival's People's Choice award in 2019. "We source all our ingredients (except bacon bits) from within 25 miles of Cannon Falls. So when you buy our cheese, you're actually helping an entire community because all the local companies and farms we work with also support others in dozens of ways, from providing jobs to sponsoring baseball teams."

Looking for a delicious way to support local farmers and food producers while having a great time? Then check out FEAST!, Saturday, November 4 at the Mayo Civic Center.

Discount tickets are available at [local-feast.org/buytickets](http://local-feast.org/buytickets): general admission \$8 (\$10 at the door), with VIP admission for craft alcohol sampling at \$25 (\$30 at the door). Kids under 12 are free. Get tickets at [local-feast.org](http://local-feast.org).

For more details on local foods in the Upper Midwest, look for LOCAL FEAST! magazine, Volume 6, available October 12.

FEAST! Local Foods Marketplace is a nonprofit event presented by Southern Minnesota Initiative Foundation, Renewing the Countryside, the Minnesota Department of Agriculture, and Compeer Financial. Visit [www.local-feast.org](http://www.local-feast.org) and follow @localfeast-network on Facebook, @Local\_Feast on Twitter, and @localfeast on Instagram.



## Coffee: Pros and Cons



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

In last month's article, I presented the concept that food can be used as medicine. I presented some ideas for managing acid reflux. In that article, I mentioned that coffee can be a trigger for acid reflux. So how does coffee relate to nutrition? What are the positive aspects of coffee and what are the negative considerations? Can a person use coffee as medicine?

First, a little history. As reported by Tori Avey in "The Caffeinated History of Coffee," the first reports of coffee originate around Ethiopia and Yemen. The ripe coffee fruit is red, and the coffee bean is the seed of the fruit. Roasted coffee beans were first produced by Arabs and the Arab community had control of the coffee market until the Dutch were able to acquire some seed and start plantations around the world. In 1773, when Americans were revolting against the tax on tea, coffee became the acceptable, patriotic choice.

According to the National Coffee Association, more than 65% of Americans drink coffee each day. The average American consumes just less than 3 cups of coffee per day. The United States is the top coffee consuming country in the world with coffee being the first-choice beverage over tea, soft drinks, and juice. Berkeley, California wins the prize for the most coffee shops according to ApartmentGuide.

So, with all this coffee consumption what are the PROS or CONS of coffee consumption?

### PROS –

- Moderate coffee consumption (1 – 4 cups per day) is linked to longer life
- Decreased risk of liver cancer
- Decreased risk of Parkinson's disease
- Improved clarity in thinking
- Improved regularity of bowel movements

### CONS –

- Inflammation (measured as CRP) can increase with more than 1 cup of coffee per day
- Heart and neurological challenges among infants of mothers who regularly consumed coffee during pregnancy
- Anxiety increased with excessive consumption of coffee
- Difficulty sleeping associated with coffee consumption
- Trigger for diarrhea episodes
- Can promote fatigue through caffeine addiction

Coffee can be a powerful medicine. Caffeine is one of the active ingredients, but there are additional compounds that demonstrate antioxidant and stimulant activity. An important note to understand is that coffee does not produce energy. A black cup of coffee has almost no calories at all. The energy boost from coffee comes from the body re-



sponse to caffeine, which stimulates the adrenal glands to produce epinephrine. The release of epinephrine causes the body to release more energy from its storage areas, in the same way a whip will cause an animal to move that was not moving before. For an individual who is extremely tired in the morning and "needs" the cup of coffee to get started for the day, this individual is battling a fatigue that is only increased by the regular consumption of coffee.

Coffee can be a good aid for digestion. A small cup of black coffee with a meal will stimulate the digestive process and increase the acidic mixture in the stomach. Between meals only water should be consumed to allow the digestive system to rest. There is no need to stimulate digestion by drinking coffee between meals.

An additional use of coffee by health practitioners throughout the centuries has been the use of coffee as an enema. A properly prepared coffee solution carefully introduced into the rectum has been an effective way to remove constipation and blockages in the colon. Reportedly, this enema was effec-

tively used during World War 1 in the military hospitals when nurses used the coffee enema to aid the recovery of recovering wounded in the military hospitals.

Overall, pay attention to how your body responds when you consume a cup of coffee. Consider what other ingredients such as cream, sugar, or other flavors are being added. What happens if you stop drinking coffee for a day or two? You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

I welcome your questions and enjoy the opportunity to discuss healthy options with those who reach out to me with questions.

If you would like to present a question for a future article please write to:

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

or send an email to: [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com)

If you would prefer to meet for a personal consultation, you can contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net)

## Castle on the Hill, The Lutheran Ladies' Seminary of Red Wing, Minnesota

Submitted by Goodhue County Historical Society

Castle on the Hill follows Red Wing's seminary girls as the teenagers navigated choppy cultural waters. Fortunately for history, some girls were "Kodak fiends," and their photos survive in the book. Co-authors of this study, Todd Walsh and Frederick L. Johnson, stand ready to assist if your organization wishes to explore the backstories of Castle on the Hill and/or the book itself. Walsh can be reached at [toddwalsh@charter.net](mailto:toddwalsh@charter.net) or 507.383.4518, and Johnson at [Fredhistory@comcast.net](mailto:Fredhistory@comcast.net) or 651.459.6258.

Excerpt from the book jacket:

From its enviable perch overlooking Red Wing and the Mississippi River, Lutheran Ladies' Seminary brought to mind the medieval castles that once guarded Europe's major waterways. As the seminary opened on this scenic campus in 1894, less than 10 percent of America's youth continued schooling beyond eighth grade. Academies such as LLS served as high schools. Girls could enroll at 14.

Students and teachers alike dealt with a delicate issue: How to educate American females of the Victorian Age while reckoning with the 1890s debut of the dynamic "New Woman." Conflicting messages sent by parents, teachers, clergy and culture besieged the girls. They trained for their traditional "true place" as wives and mothers, while also learning occupational skills that could make them more independent.

World War I anti-German sentiment, the 1917–1919 influenza pandemic and financial issues challenged the seminary during its short existence. But two fires within six months of each other snuffed life from the school. For decades to come, the seminary's ghostly hilltop remains overlooked Red Wing, serving as reminders of a once vibrant school and its bright, spirited young women.

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If you were unable to attend the Grand Opening, we invite you to stop in at any time!

Again, we are humbled and appreciate the support!

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## Flu Prevention Strategies and Flu Vaccine Dangers



By Shauna Burshem, D.C.

The flu vaccine is recommended for pregnant women even though there exists evidence that the vaccine could place their pregnancy at risk. Research funded by the Center for Disease Control (CDC) found a link between being vaccinated for the flu during pregnancy and increasing the risk of miscarriage (8 fold). In general, data from the federal Vaccine Injury Compensation Program shows that the flu vaccine is now the

most compensated claim filed. Between January 1, 2006 and December 31, 2019 five thousand four hundred and seven injury claims were filed for the flu vaccine. In addition, CDC data demonstrates that the flu vaccine is less effective for senior citizens. According to the CDC data, the influenza A and B vaccine had an effectiveness rating of 12% for those over the age of 65. Statistically, the CDC includes death from secondary infections (like pneumonia, sepsis and other respiratory infections) in the total mortality rate from the flu. These secondary infections account for the majority of deaths attributed to the flu each year.

Boosting your immune systems capabilities have been shown to be way more effective than the flu vaccine for preventing the flu or increasing the likelihood for a mild case and or quicker flu illness recovery. Vitamin D3 taken with vitamin K has been shown to lower your risk of flu illness. Vitamin D is the sunshine vitamin. Sun exposure naturally produces vitamin D in the body. This is why flu season is in the fall and winter months. People have lower levels of vitamin D when not able to be out in the sunshine with safe sun exposure. Taking a vitamin D supplement throughout the fall and winter (and even summer if you do not have adequate sun exposure) will boost your immune system function. Functional medicine and nutritional experts have found that the proper dose of vitamin D in the winter season is 30 units per pound of bodyweight. This means if you weigh 150lbs your D supplementation should be 4,500 units per day. People whose levels are below the normal range are at risk for becoming sick with illness and if exposed to covid-19 they are also at a higher risk for hospitalization and death.

In addition to vitamin D (and K), your flu prevention medicine chest should contain elderberry extract and vitamin C (1000mg capsules). If you start to feel the signs of illness coming on begin taking elderberry extract 3 x per day. Elderberry boosts immune function but also has a high amount of antiviral properties and works really well with respiratory infections. Also, increase your vitamin C consumption to 3000 mg and take your C 3-4 times per day, every 3 to 4 hours. Do this until you feel better.

Lastly, chiropractic spinal adjustments have a positive effect on increasing immune system function. Mid back adjustments to the thoracic spine have an immediate effect on white blood cell production. White blood cells are your infection fighting cells. Research has also shown that chiropractic spinal adjustments increase the rate at which your

body's DNA repairs itself. DNA repair is an important marker for immune system function. Additional research has also shown that people who receive regular chiropractic care (at least 1 adjustment per month, every month) have higher resistance enzyme levels than people who do not receive chiropractic care.

## Talking Fall and Winter Allergies with U of M

By University of Minnesota

As the crisp autumn air ushers in a new season, many people look forward to the beauty of changing leaves and the cozy comforts of fall and winter. However, for those prone to allergies, seasonal changes can bring a different set of challenges.

John Moore, MD, with the University of Minnesota Medical School and M Health Fairview, shares an introduction to fall and winter allergies, including their causes, common symptoms and effective management strategies.

*Q: Can you explain the difference between fall and winter allergies? What are the common triggers for each season?*

Dr. Moore: In the fall, the typical allergens are weeds and mold. The most common weed is called ragweed. This usually starts in August and peaks in September, and sticks around until it gets really cold, usually in November or December. The amount of mold in the air can change depending on the weather. If it's rainy, humid or windy, the mold levels can go up. Even thunderstorms can make it worse.

In the winter, when everything outside is frozen, we tend to have allergies to things inside our homes. This includes pets — like cats or dogs — dust mites and cockroaches. Not everyone has to worry about cockroaches—it depends on where you live, though some apartment buildings or schools may have them regardless of your location.

*Q: What is the connection between fall and winter allergies and other respiratory conditions, such as asthma? How do these conditions interact and affect each other?*

Dr. Moore: The connection between allergies and asthma is called the “one airway hypothesis.” This means when the nose is inflamed from allergies, it can also inflame the lungs, which can then trigger asthma symptoms. These symptoms might include coughing, feeling out of breath or wheezing. In general, exposure to more allergens makes asthma symptoms worse.

In my work, I aim to manage both allergies and asthma symptoms. If we only address one and not the other, it can still trigger asthma, which is why it's important to acknowledge the connection between them. About 40% or more of allergy patients also have asthma. When people come in for a diagnosis, we often ask about both conditions

because they're often linked.

*Q: How can you tell the difference between allergies, colds and COVID?*

Dr. Moore: To start, allergies usually bring about itchy eyes, a runny nose, congestion and sometimes a cough. They shouldn't cause a fever. If you have a fever, it's more likely a sign of a viral illness like COVID or a cold. The extreme tiredness that can come with COVID or the flu is uncommon with allergies. While allergies can make you feel a bit tired, it's not the same overwhelming exhaustion you get from viruses. Muscle pains and aches are another sign more associated with viral illnesses like COVID, colds or the flu.

Loss of taste and smell is not something typically seen with allergies. Allergy symptoms also stick around for months if you're consistently exposed, whereas most viral illnesses usually last a week or two before getting better.

*Q: What are some strategies for preventing or treating fall and winter allergies? Are there any lifestyle changes or precautions individuals can take?*

Dr. Moore: Dealing with fall allergies can be challenging, especially concerning pollen. In the allergy clinic, we suggest using air conditioning instead of opening windows at home and keeping car windows up. If you spend a lot of time outdoors during the fall, it's a good idea to rinse off in the shower before bed to wash away any pollen you might have picked up.

As for winter allergies, they mainly come from indoor irritants. If you're allergic to dust mites, there are unique covers for mattresses and pillows that can help keep them away. Lowering humidity can also make a difference, as dust mites thrive in humid conditions.

Regular cleaning, like vacuuming and using air filters — especially if you're allergic to dust mites or pets — can be beneficial.

There are medications available, many of which you can get over the counter. For example, antihistamines, nasal steroids and eye drops can provide relief. For a more long-term solution, there's allergy immunotherapy — like allergy shots — which work on the root of the problem rather than just easing the symptoms.

The collaborative effort among specialists, general practitioners and internal medicine providers is truly valuable. Being able to update them on any unexpected findings or changes in a patient's condition helps ensure smooth ongoing care. It can be quite challenging when you're not within the same system, but having a messaging system that allows timely responses has been highly beneficial and rewarding.

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**MISSY'S MESSAGE**

**CHECKING IN**

Reporting back on my strength training from last month, I've managed to complete two short days of strength training a week, since last month in addition to daily walking, sneaking in shorter walks throughout the day when I can.

Time for me to up it to three days per week of strength training, the last couple weeks of the month! I have been completing workouts using the free Fiton app, and not worrying about getting in a 45 minute workout, but using the time I have available getting a workout in even if it's only 15 or 25 minutes long.

I used to get up at 4:30 AM three days a week, and now I have a hard time getting up at 6AM. I am hoping the time change should help get me back to the 5AM club getting up and exercising first thing in the morning! I've found the best help is an accountability partner to check in with and workout with.

Missy and her husband Mike own MotoProz in Mazeppa.

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## Anhydrous Safety Should be Top Concern After Harvest

*The MDA offers safety tips for those maintaining equipment and applying and transporting NH3*

Many farmers and custom applicators will soon apply anhydrous ammonia (NH3) after harvest. Even with a rush against time and the weather, safety should never be compromised. Accidents involving NH3 have proven how dangerous and deadly the fertilizer can be when not handled properly.

The Minnesota Department of Agriculture (MDA) offers the following tips to farmers, fertilizer dealers, and custom applicators to safely field apply NH3.

Always wear NH3-rated goggles and gloves. Never wear contact lenses.

Be sure to have a clean and accessible emergency water supply of at least 5 gallons available.

Exercise caution when making connections

and disconnections of transfer lines, treating them as if they always contain NH3.

Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose end valves by the valve body.

Position equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining NH3 equipment, operating NH3 storage facilities, and transporting NH3.

Never assume NH3 lines are empty.

Always wear the required protective safety equipment.

Have access to safety water (NH3 storage facilities must have a minimum of one open top container holding 150 gallons of clean, accessible water or an accessible emergency shower with a plumbed eyewash. A 5-gallon container of clean, accessible water must accompany NH3 nurse tanks).

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehicle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, seek medical care if needed, immediately call 911, and

then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website.

As a reminder, fall application of NH3 should happen after average soil temperatures reach 50 degrees F or cooler to help prevent nitrogen loss and ensure more nitrogen will be available for next season's crop.

View the MDA's interactive map to find the current 6-inch soil temperature and the past week's history.

Under the MDA's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable groundwater areas of Minnesota due to environmental concerns or risks. View a map of the vulnerable regions of the state.

## MDA Seeks Applications for Crop Research Grants

*\$1.2 million in funding available for applied research projects*

The Minnesota Department of Agriculture (MDA) is now seeking applications for the Agricultural Growth, Research, and Innovation (AGRI) Crop Research Grant Program. Grant funding is intended to generate applied crop research that will improve agricultural product quality, quantity, or value within Minnesota's \$13.5 billion crop industry.

Any Minnesota organization, research entity, individual, or business with agricultural research capabilities is eligible to apply and receive funding. Applied crop research projects must have near-term benefits (three to seven years) for Minnesota's farmers and the state's economy, and applications must include an outreach plan describing how results will be made available to the public.

Special consideration will be given to research on crops with limited access to other research funds, as well projects with an outreach plan describing how activities or outcomes meaningfully involve, inform, or benefit underserved agricultural producers.

The MDA will award roughly \$1.2 million through this round of funding, with a maximum grant amount of \$250,000 per proposal. Applications must be submitted by 4 p.m. on Thursday, November 30, 2023.

Funding for the Crop Research Grant was established through the AGRI Program, which provides grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

To access full program details and the online application, visit the AGRI Crop Research Grant webpage.

## The Law of Vibration: Unveiling the Hidden Harmony



By Susan Hinrichsen  
CHC, CLC, MC  
susiecoaches@gmail.com

In the vast tapestry of the universe, there exists a symphony of vibrations that weave through the fabric of reality. This intricate dance is governed by the second universal law, the Law of Vibration. As we explore this cosmic principle, we delve into the profound concept that everything is in a constant state of motion, emitting its unique vibrational frequency.

At its core, the Law of Vibration posits that all matter is in a perpetual state of motion, oscillating at a specific frequency. This concept has ancient roots, echoing through various philosophical and spiritual traditions. In essence, it suggests that nothing rests; every-

thing moves, and each entity carries its own vibrational signature.

One of the key tenets of the Law of Vibration is the interconnectedness of all things. Every particle, every atom, every living being resonates with a distinctive vibrational frequency. This interconnected web of vibrations forms the basis of the intricate dance of existence. It implies that there is a hidden harmony that unites all elements in the cosmos.

Moreover, the Law of Vibration extends beyond the physical realm into the realm of thoughts and emotions. It suggests that our thoughts and feelings also emit vibrational frequencies, influencing the overall vibrational tapestry of our personal reality. This principle underscores the importance of mindfulness and the impact of positive or negative energy we contribute to the collective vibration.

The ancient wisdom of the Law of Vibration finds resonance in modern science, particularly in quantum physics. Scientists have discovered that at the subatomic level, particles are not static entities but exist in a state of constant motion and vibration. This scientific revelation aligns with the age-old spiritual understanding that everything is energy in motion.

Understanding and harnessing the Law of Vibration can empower individuals to navigate their lives with greater awareness. By cultivating positive thoughts, emotions, and actions, one can elevate their vibrational frequency and attract corresponding positive experiences. Conversely, dwelling in negativity can lower one's vibrational state, leading to

a magnetism for less desirable outcomes.

In essence, the Law of Vibration invites us to become conscious co-creators of our reality. By aligning our thoughts, emotions, and actions with higher vibrational frequencies, we can harmonize with the cosmic dance of existence and unlock the latent potential within ourselves. It's a reminder that, in the grand orchestra of the universe, each of us plays a unique note, contributing to the symphony of life.

Integrating the Law of Vibration into daily life involves adopting mindful practices and cultivating awareness of the vibrational energy one emits. Here are several practical steps to help individuals align with this universal law:

- Mindful Awareness:
  - Begin each day with a few moments of mindfulness. Reflect on your thoughts, emotions, and the energy you carry into the day.
  - Throughout the day, periodically check in with yourself. Notice the quality of your thoughts and feelings. Are they positive or negative? What kind of vibrational energy are you emitting?
- Positive Thinking:
  - Practice positive affirmations. Consciously choose thoughts that uplift and inspire. Affirmations can help shift your vibrational frequency towards positivity.
  - Avoid dwelling on negative thoughts. When negativity arises, acknowledge it, but then consciously choose to redirect your focus to more positive and constructive thoughts.
- Gratitude Practice:
  - Cultivate a habit of gratitude. Regularly express appreciation for the positive aspects of your life. Gratitude carries a high vibrational frequency and can attract more positive experiences.
  - Keep a gratitude journal and write down things you are thankful for each day.
- Conscious Communication:
  - Be mindful of the words you use. Words carry energy, and their vibrations can impact both you and those around you.
  - Strive to communicate with kindness and positivity. Choose words that uplift and inspire rather than words that convey negativity or criticism.
- Emotional Regulation:
  - Develop emotional intelligence. Understand and accept your emotions but strive to respond to challenging situations with calm and centeredness.

• Practice techniques such as deep breathing or meditation to maintain emotional balance.

- Energetic Environment:
  - Surround yourself with positive influences. Be conscious of the people, environments, and media you expose yourself to.
  - Create a positive and harmonious living and working space. Decluttering and organizing your physical space can also have a positive impact on your energy.
- Self-Care:
  - Take care of your physical well-being. Exercise, proper nutrition, and adequate rest contribute to a higher vibrational state.
  - Engage in activities that bring you joy and fulfillment. The energy associated with activities you love can enhance your overall vibration.
- Visualization and Meditation:
  - Incorporate visualization and meditation into your daily routine. Envision the positive outcomes you desire and feel the corresponding emotions.
  - Meditation can help quiet the mind, allowing you to connect with your inner self and the higher vibrational frequencies of the universe.

Remember that integrating the Law of Vibration is a continuous practice. It involves a conscious and intentional approach to thoughts, emotions, and actions. By making these practices a part of your daily life, you can elevate your vibrational frequency and align more harmoniously with the cosmic dance of existence.

Life coaching serves as a guiding light on the journey to integrate the profound principles of the Law of Vibration into one's daily life. A skilled life coach provides the support and tools needed to navigate the intricacies of mindful living, helping individuals to cultivate positive habits and align with higher vibrational frequencies. Through personalized guidance, a life coach empowers individuals to overcome challenges, break through limiting beliefs, and foster a deeper understanding of themselves. This transformative process not only enhances personal well-being but also ripples outward, positively influencing relationships, career, and overall life satisfaction. Life coaching becomes a catalyst for self-discovery and empowerment, offering a roadmap to unlock the immense potential within, and inviting individuals to dance in harmony with the universal rhythms of existence.

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## EPA Petition Could Create Headaches for Dairy Farmers, Animal Agriculture



Rep. Pam Altendorf (R) District: 20A

Not long ago, a legislative committee heard about a petition that could have severe impacts on the dairy industry and many farmers who specialize in animal agriculture in southeastern Minnesota.

For those who haven't heard, a number of environmental organizations – including Land Stewardship Project - have petitioned the U.S. Environmental Protection Agency (EPA) and asked them to mandate moratori-

ums on concentrated animal feeding operations (CAFOs) in the area. The reason? These organizations are blaming current farmers for high nitrate levels in the area's drinking water.

The organizations pushing for EPA involvement are targeting "Big Ag," and "industrial farming" as the causes of the problems, yet the overwhelming majority of farmers in the area are family farmers who have passed along their land for generations.

Also, not only do the petitioners want the EPA to prohibit the expansion of CAFOs, they also want to prohibit any modifications to their operations. They also ask the EPA to, once it decides who should be blamed for nitrate contamination, require those responsible to supply free, clean drinking water to owners of area private wells, and require CAFOs and other farms using nitrogen fertilizers to change their practices.

There's a lot at stake for agriculture in this ruling. Which might explain why the Subcommittee on Minnesota Water Policy scheduled a hearing on the topic on October 3, which is right in the middle of harvest season, when farmers aren't paying attention to legislative activity. Coincidence? I think not.

At the hearing, they had only one pro-ag testifier, who did a good job discussing all the practices farmers have adopted in order to reduce nitrogen. The only "farmer" who was given time to speak was a self-described herb and flower farmer who does not live in southeastern Minnesota, yet supports the EPA petition. No other serious agricultural farmer was given a voice at this hearing.

Much of the environmental petitioner testi-

mony attempted to lean on fear and emotion, referencing the "young mother and her kids" who will be drinking out of their contaminated wells if the EPA doesn't take over. Plenty of talk centered on "misinformation" that's out there, which of course means the information they don't want you to hear and focus on. In this case, making major changes to animal agriculture operations. And of course, no mention at all that the problems of today were likely caused by the farming practices that occurred decades ago.

Farmers have an extremely stressful job. Both my husband and I grew up on farms. We know the time, sweat, and dedication it takes to manage a farm and turn a profit.

Unlike the stigma that radicals like to paint about agriculture, most farmers are excellent stewards of the land. They care deeply and have already made changes with the help of local county soil and water districts, having adopted best management practices to reduce erosion and protect the surface and ground water quality. Farmers today want to pass their farm to the next generation better than they found it, and they do not need more government regulations. Therefore, it makes no sense how they are often painted in a light of not caring or being reckless environmentally. Why would they want to ruin their own land and water?

The legislative hearing on the EPA topic will continue on November 14th at 9:00 a.m. If you wish to testify before the committee, contact Jim Stark, LCC Subcommittee on Water Policy by email at [Jim.stark@lcc.mn.gov](mailto:Jim.stark@lcc.mn.gov), or call 651-284-6431. Hopefully more farmers will be able

to tune in and learn more about what these environmental petitioners are trying to accomplish. Visit [www.lcc.mn.gov/smwp/Meetings\\_2023.html](http://www.lcc.mn.gov/smwp/Meetings_2023.html) if you'd like to watch online.

We all have the same goals, and no one wants pollution or contaminants in water. But we can't continue to pass unnecessary regulations, breathe down the necks of ag producers, and vilify the very people that are working long hard days, to provide food, fuel, and fiber for all Americans.

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## Bellechester City Council Meeting Minutes

September 20, 2023 @ 6:00PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:01 p.m. Pledge to the flag.

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

sent.

Public hearing opened 6:01 closed at 6:02. No one was present. Public hearing was closed.

Minutes of August, 2023 regular meeting minutes were reviewed and motion was made by Rich Majerus with a second by Kyle Blattner to approve the minutes. Motion carried.

Bills were reviewed and a motion by Kyle Blattner with a second by Mark Gerken to approve and pay the bills as presented. Mo-

tion carried.

### Old Business:

- Sewer Project Update – Waiting for attorney to file paperwork with USDA. Nothing more. Water surveys are done and waiting for their report.

- Water Sample Update – Took samples, sent in, but no report has come back yet. 2 samples from court and 3 outside of court was taken. When we get the report, it will be distributed to council.

### New business:

- Approve 2024 Preliminary Levy - Resolution #2023.4 – Motion was made by Rich Majerus with a 2nd by Jered Buxengard to approve Resolution #2023.4 to approve the 2024 Preliminary Levy to be set at \$70,000 as presented. Motion carried.

- 2024 Special Assessments – approve list for letters of consideration – Motion was made by Jered Buxengard with a 2nd by Rich Majerus to approve the list for Special Assessment consideration to be mailed. Motion carried.

- 2024 Sealcoating, crack sealing, or bituminous paving of roads – Motion was made by Rich Majerus with a 2nd by Kyle Blat-

ner to not participate in this project. Motion carried.

- Land Purchase Agreement from Wabasha County – review and approve. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to approve the purchase of land from Wabasha County for \$500. Motion carried.

Engineer Report – None

Clerk Report - Quarterly Billing – will be done this month. 2023 Levy – The 2024 Budget approved last month included the Levy amount to remain the same as 2023 - \$70,000. This is what you would approve as preliminary, taking into consideration that in November, the final can remain the same or go down. It cannot be raised from preliminary.

Treasurer Report – Past due report was distributed.

Water/Wastewater/Facility Report – We may not need to discharge this year. Well is up and running again. Water pressure was discussed as to getting it raised. Old mowing tractor was discussed with the possibility selling it at auction.

Mayor Concerns:

Council Concerns: Passing lane at intersection.

Adjourn

Motion was made by Jered Buxengard with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 6:25. Motion carried.

Submitted by Lisa Redepenning – City Clerk

## Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

*Question: What is the difference between careless or reckless driving? What about “exhibition driving”?*

Answer: In general, the difference between reckless and careless is that “reckless” is generally “intentional” or the driver “should know” that the driving behavior could injure or kill someone. Here’s more detail on how they differ:

**Reckless driving** - This involves a motorist who’s aware of and disregards the risk that their driving behavior may result in harm to another or another's property. That’s considered misdemeanor reckless driving, and if the behavior results in great bodily harm or death to another person, it’s then gross misdemeanor reckless driving.

A driver shall not race any vehicle on any street or highway. Any person who willfully compares or contests relative speeds is guilty of racing, which constitutes reckless driving. It doesn’t matter whether or not the speed is over the speed limit.

**Careless driving** – This involves a motorist who carelessly or heedlessly operates or halts any vehicle upon any street or highway that disregards the rights of others, or endangers or is likely to endanger any property or any person. This includes endangering themselves or their passengers. This is considered misdemeanor careless driving.

**Exhibition driving** - Minnesota does not have an “exhibition driving” law. “Exhibition driving” is usually listed as an ordinance within cities, counties, townships, etc. In general, the difference between state law and an ordinance is that a state law is passed by your state government and is effective state wide. Ordinances are “laws” passed by the local government – city council, county commissioners, etc. – and only in effect within that border.

I’ve usually seen most “exhibition driving” ordinances state: “Unreasonable acceleration of a motor vehicle or acceleration without apparent reason and accomplished in such a manner as to cause squealing or screeching sounds by the tires, or the throwing of sand or gravel by the tires of the said vehicle, or both.”

These do not apply to an emergency vehicle responding to call or when in pursuit of an actual or suspected violator. They also don’t apply to any raceway, racing facility, or other public event sanctioned by the appropriate governmental authority.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson – Minnesota State Patrol at 2900 48th Street NW, Rochester, MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)



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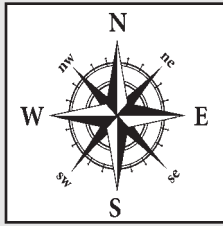
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## Changes in Latitudes, Changes in Attitudes My Grandfather, Otis.



By Terry Campbell

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

I never knew my grandfather, Otis Campbell. He passed away the year I was born. But my grandmother and father told me many stories about him that just piqued my interest in him. I always enjoyed the character by his name in the Andy Griffith show, but unlike the Mayberry Otis Campbell, my grandfather was stone sober.

Most people remembered him for his dry wit. The only tangible evidence I had of that was the story my dad relayed about the day my grandpa almost ran over Elvis. It was written in pencil on the granary wall and mostly faded from sight by the time I was a kid. Turns out Elvis was the family dog, but it made a great story.

Harold Avery was a friend of Otis, and they were members of the Concord Church. When a new preacher was hired, Harold volunteered to take his livestock truck out to the western part of the state to move the new minister back, and Otis rode along to help. As the two filled the box of the truck with the new parson's household belongings, they constantly harped on each other over how to load each item. Once loaded the new pastor climbed in the truck cab between the two bickering furniture movers and had to endure the constant insults they plied each other with. His concern was that they may stop the truck and come to blows from the endless feuding. He was starting to reconsider the wisdom of coming to a church where two of the good members seemed to dislike each other so much. He later learned that they each loved to rib each other mercilessly and were in fact best friends.

The church had an old coal furnace in the

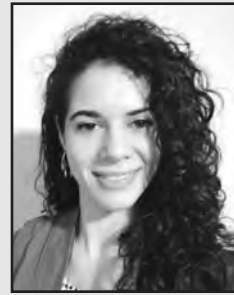


basement and one cold winter day it broke down. A couple of the men took turns laying on their backs inside the firebox and hammering with a cold chisel to remove the broken part. Dean Loquai told me years ago about the day in question, how the minister came over to see how they were coming along. Dean told him to head back to the parsonage as they were some words coming out of the furnace he might not want to hear.

My grandfather's hired man was Perry Bartholomew and one evening Otis stopped by their house on the farm to visit. Perry's wife loved the suspense theater on the radio and was sitting on a kitchen chair listening to the radio show with rapt attention. At the precise time, Otis reached out and put his hand on her shoulder. Her reaction was more than he expected as she jumped, sending the chair backwards, where the rear leg caught in a knot hole in the wood floor and she nearly fell onto the floor. She was not as amused as the two men were.

One evening Otis and a younger hired man had walked down to the country schoolhouse for a community meeting. As they walked back along the dark and deserted gravel road in the dark, a sound came from the cornfield to their right. It was the sound of cornstalks being broken and knocked down by a large and rapidly approaching object. The hired man in his terror took off running for the farm, leaving his older boss in his dust. Otis simply stopped and waited as a large buck deer burst out of the corn rows and raced across the road in front of him. My grandfather thought the whole event was too funny to be mad at the poor kid.

## A Minnesotan: Thanksgiving Traditions



By RosaLin Alcoser

Across the country every family has their own Thanksgiving Day traditions. Holiday traditions are a great way to bring families closer together on the holiday as everyone has something to look forward to knowing that no matter what that one thing will take place on that day. It can even be a good way to feel connected to your family on the holidays if you are far away from them during the holidays. As you can at least do that one thing knowing that your loved ones are also doing it at the same time.

Some families cook the same meal every year, or watch football, others go outside to play football, while others do Turkey Trots or volunteer at soup kitchens. My family does none of these things.

Over the years we've done a number of things on Thanksgiving Day over the

years. There have been years when we had venison or ham instead of turkey. There have been years that it was warm enough for us to go for a walk after dinner or where we had gone back south and could do that. While there have been other years where we talked about how if it wasn't snowing we could go for a walk. Mostly though we have no strong traditions that we have to do on Thanksgiving Day no matter what.

Except for one. Every single year we all watch the Macy's Thanksgiving Day Parade no matter where we are. There isn't a single year in my entire life that I can recall not watching that parade on Thanksgiving Day. Even though we can't all be together on Thanksgiving Day every year, which is most of it these days, we all make sure that we are up and watching the parade at the same time.

For my family at least, watching the parade has given us all something in common about the holiday while apart for over a decade now. Which means at the end of the holiday we all have at least one shared experience to talk about no matter what else happened allowing for that feeling of togetherness that traditions create.



### Holden Lutheran Church

## All Saints Dinner

### Sunday, November 5, 2023

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## DNR Grants Help Children Get Outside, Begin a Lifetime of Outdoor Experiences

*Apply through Dec. 12 for funding aimed at increasing outdoor experiences, education and stewardship*

The Minnesota Department of Natural Resources is pleased to announce another phase of the No Child Left Inside grants. These grants help more children cast a line, study animal tracks, hike or bike, or simply learn more about nature.

"This successful outreach grant program continues to send resources to schools and organizations to help get children outdoors," said Jeff Ledermann, DNR education and skills team supervisor. "These grants boost outdoor programs and initiatives all around the state, especially in communities with lim-

ited opportunities to connect with nature."

Public entities and nonprofit organizations serving youth younger than 18, including Native American tribes, schools or governments, can apply for No Child Left Inside grants.

This grant program contributes to realizing the vision of the Minnesota Children's Outdoor Bill of Rights opens in a new browser tab for each and every Minnesota child to experience outdoor recreational activities and discover the natural environment regardless of where they live, learn, or play

As of Monday, Oct. 30, the Minnesota DNR is accepting applications for both mini grants (less than \$5,000) and larger grants (\$5,000 to \$25,000). The request for proposals is available on the Minnesota DNR website. Applications will be accepted until 2 p.m. Tuesday, Dec. 12.

Mini grant awards will be chosen by lottery after review to ensure they qualify. Larger grant awards will be selected using a competitive review process. Funding can be used for outdoor recreation equipment, transportation, and related natural resource education expenses. Past mini grant awardees are encouraged to apply for a larger grant during this phase. Organizations that previously received a larger grant are ineligible for funds this round.

The 2023 Minnesota Legislature appropriated \$1 million from the state's General Fund and the Heritage Enhancement Account of the Game and Fish Fund to continue the work of the No Child Left Inside grants program in fiscal year 2024.

For more information about the grant pro-



gram, instructions for how to apply, and a link to the application or informational webinar registration, visit the No Child Left Inside grants webpage of the Minnesota DNR website. Questions about these grants or the

application process should be emailed to outreachgrants.dnr@state.mn.us opens in a new browser tab with "Grant Questions" in the subject line. People can also call 888-646-6367.



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