



Goodhue-Bellechester Messenger

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Goodhue County 4-H Dairy Judging Team Places 1st in Nation

2023 was another very successful year for the senior dairy judging team from Goodhue County. The team placed first at the Minnesota State Fair which advanced them to the national competition at World Dairy Expo. *(continued on page 5)*

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*

Snow Falls on Third Annual Live Nativity

By Beth Brekke

Members of Grace, St. Peter's and St. John's Lutheran churches held their third annual drive-thru live Nativity on Saturday November 25th. As if on cue, the first significant snow began to fall on this Saturday after Thanksgiving, kicking off the holiday season with a Christmas feel.

Nativity scenes celebrate Jesus' birth in a stable in Bethlehem where his parents had arrived to be counted in the census. Church volunteers similarly counted 108 vehicles and 337 people as they entered the Grace church yard off highway 4 East of Goodhue.

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Pictured to the right: A calf nestles in the straw next to Kelsey Holst and Tyler Holst who depicted Mary and Joseph in the stable.



Come enjoy Christmas Music at Goodhue Living



Goodhue Living received a piano from one of the residents this past year. The instrument is in the community room and has entertained many with music.

The piano arrived in June with the help of friends moving it from Larry's Lake Zumbro home upon his request in memory of his wife, Sue.

(continued on page 6)

Deer Hunters' Suppers Run Successfully



Bellechester Community Center Association members and volunteers package take-out meals and leftovers following the November 3rd fundraising supper.

By Beth Brekke

The Bellechester Community Center Association successfully ran two fundraising suppers at the facility on November 3rd and 17th.

(continued on page 14)

We truly appreciate
your friendship
and support.
Merry Christmas and best wishes
from our entire team!



Cory: 651-380-0927 Mike: 651-380-6936
651-923-4737

213 N. 2nd Street, Goodhue, MN
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Merry Christmas
and Happy New Year!

As we gear up for another Christmas, we're happy and grateful to be celebrating it with the customers and friends who have made our year so special. We appreciate your trust in us, and we're proud to serve this community.



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Pastors Corner

By Robbin Robbert
St. John's Evangelical Lutheran
Church in Goodhue

Can you say, "Happy Holidays" and still confess your Christian faith? Yes!! The origin of the word "holiday" is "hāligdæg" which is an old English word meaning "holy day". So proudly tell people, "Happy Holy days"!!! People outside of the state will just think you pronounce your "o"'s like Minnesotans or Canadians.

Does your family observe the "Twelve Days of Christmas"? It is a festive period marking the days between Christmas and the Epiphany. During this time, people often engage in festivities, gift-giving, and celebration, culminating in the recognition of the arrival of the Magi to see the baby Jesus. Holy Days indeed!!

The gospel of Luke records the conception of Jesus Christ in Luke 1:26-56 and His birth in Luke 2:1-7. Eight days later according to Mosaic custom, Jesus was taken to the temple to be circumcised and given His name. Then 40 days after His birth, He was taken to the temple and dedicated to God in obedience to Leviticus 12:4-5. Some time after that, the wise men or magi visited Christ (Matthew

2:1-11). The answer to the question is found in Matthew 2:1, 11 and 16.

The gospel of Luke tells us that Jesus Christ was born in a manger because His parents could not stay in the master bedroom (likely because there were elderly relatives that needed the master bedroom). When we think of Jesus being born in a barn it may be because we are enough generations removed from living structures that include man and beast under one roof. I was told by my Grandma that when she was young she asked her Grandma if she would want to go back to Germany and was told no because at the end of their time in Germany the wall that separated the animals and the humans in the house was no longer functional.

And she gave birth to her firstborn son; and she wrapped Him in cloths, and laid Him in a manger, because there was no room for them in the inn (καταλύματι) Luke 2:7 The Greek word for manger (φάτνη) means "a box or crib where animals feed."

Luke 2:8-21 tells us that an angel spoke to some shepherds who then visited Jesus after He was born that evening.

The gospel of Matthew tells us that later some magi from the east arrived in Jerusalem asking where would the king of the Jews be born. (Matthew 2:1-3) The Roman governor, Herod the Great, asked the Jewish chief priests and scribes where He would be born. After the Jewish chief priests and scribes searched the Scriptures they told Herod and the magi the Christ would be born in Bethle-

hem (Matthew 2:4-8).

The magi followed the light in the sky. It led them to the city of Bethlehem and to the place where Jesus was living with His parents.

After coming into the house they saw the Child with Mary His mother; and they fell to the ground and worshiped Him. Then, opening their treasures, they presented to Him gifts of gold, frankincense, and myrrh. Matthew 2:11

Verse 11 states that Jesus was living in a house. This reveals that Jesus' parents had moved to a house. Contrary to popular nativity scenes and paintings, Christ was now living in a house when the magi visited Him. His parents had moved from the location of the manger to this house. There were no shepherds or angels when the magi stopped to worship Him and give Him gifts.

Verses 13-14 state that the magi left and Joseph was warned in a dream to take his family to Egypt. It is difficult to know how much time had elapsed between the magi's arrival in Jerusalem and their visit to the house. But it is highly unlikely that the events happened quickly.

Matthew 2:16 tells us that when Herod realized that the magi had not returned to tell him the exact location of where the Christ was living, he ordered every child two years old and younger to be murdered.

Then when Herod saw that he had been tricked by the magi, he became very enraged, and sent and slew all the male children who were in Bethlehem and all its vicinity, from

two years old and under, according to the time which he had determined from the magi. Matthew 2:16

Verse 16 and verse 2 tell us that Herod the Great had determined that the magi had seen the star two years earlier. Consequently, Herod murdered all children from two years of age and under. This would reveal that Jesus was about two years of age when the magi visited Him.

The gospel of Matthew reveals that Jesus was about two years of age when the wise men or magi visited Him. It is amazing all the information that Scripture gives us. In this case, the age of Christ is important since the information helps us understand the fulfillment of a prophecy in Jeremiah. Matthew 2:17 quotes Jeremiah 31:15

Then what had been spoken through Jeremiah the prophet was fulfilled:

A voice was heard in Ramah, weeping and great mourning, Rachel weeping for her children; and she refused to be comforted, because they are no more (Matthew 2:17).

Matthew 2:17 helps understand why young children were murdered in the prophecy of Jeremiah 31:15.

I am not telling you to take down the wise men from your nativity set but this year keep your tree and nativity sets out until Epiphany to celebrate that us Gentiles, like the Magi, have a part in the salvation that Jesus, the King of the Jews has brought for all. Happy Holy Days!!!



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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!

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Father Thomas McCabe • www.holytrinitygoodhue.org
221 Chester Avenue • 923-4472
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Sun.: 8:15AM - 8:35AM Confession, 8:45AM, Holy Mass
Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
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ST. COLUMBKILL CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
County Road 47, Goodhue • 923-4472
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. 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
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

GRACE EV. LUTHERAN CHURCH (WELS)

Pastor Martin Weigand
39774 Co. 4 Blvd., Goodhue • 651-923-4624
gracelutheranchurch@gmail.com • www.gracepeters.org
Sunday Morning Worship 8:30a.m. with communion on the second and fourth Sunday of each month.
Sunday School at 9:30a.m., Sunday Bible Study at 9:45a.m.,
Confirmation Class 5:45 on Wednesday at St Peter's.
8:30a.m. Quilting and Bible Study on Wednesday at St Peter's, and
10:30a.m. Midweek Bible Study on Thursday at St Peter's.

AREA CHURCH DIRECTORY
The Glory of Jesus

They crucified two rebels with him, one on his right and one on his left. — Mark 15:27

When we think of the glory of God, we probably have something like Isaiah 6 in mind. The prophet Isaiah had a vision of God in a heavenly temple, "high and exalted, seated on a throne." Seraphim (fiery creatures with wings) were flying about, singing, "The whole earth is full of his glory." And the temple trembled and shook (Isaiah 6:1-4).

That's glory. Glory is big. Glory is high. Glory is powerful. No doubt that's what James and John have in mind when they ask to sit on either side of Jesus in his glory. They want the best seats in the house. They want to be where the action is. They want to be where power resides.

They have no idea what they're talking about. Because Jesus is on a long mission that will redefine glory. Glory will not describe an untouchable God so high up as to be invisible, except in a vision. No. Glory will now describe God in human flesh, lifted a few feet off the ground and nailed to a cross. Glory will now describe the God available to be touched, to be spat upon, to be mocked. This is what it means for God to be human. And this is how glory is redefined when God becomes a suffering servant.

"We have seen his glory," John says (John 1:14).
Jesus, we praise you for your glory. It's a glory that overturns our expectations. Thank you for setting them right-side up. 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@sleppyeyetel.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
Office line: (507) 218-7177 • Pastoral Care: 507-218-9063
10:30a.m. Sunday Worship
Sunday School the first 2 Sundays of the month at 9:30am.
Sunday School Christmas Program is during Worship on December 17th.
Christmas Eve: No Morning Services.
Family Friendly Candlelight Service at 3:30pm.
Traditional Candlelight Service at 5:30pm.
No Christmas morning service.

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.

Hilbert "Bert" Reese

Hilbert "Bert" Reese, age 91 of Northfield, passed away peacefully with his family by his side at the Ramblin R Ranch, on Tuesday evening, November 14, 2023.

Hilbert Norman Reese was born January 20, 1932, in Goodhue, Minnesota, to Arthur and Amanda (Lohmeyer) Reese, Sr. He was raised on the family farm, attended St. John's Lutheran Parochial School and graduated from Goodhue High School in 1949. He enrolled at Luther College in Decorah, Iowa, where he played football and baseball. In 1953, he received his bachelor's degree in Mathematics and Physical Education.

In September 1954, Bert was drafted into the US Army. Following basic training he was stationed in Frankfurt, Germany, where he played baseball and football for the Army team - playing on the team that won the European Football League Championship. Following his Honorable Discharge in August 1956, he returned to Goodhue.

On a blind date at St. Olaf Homecoming in October 1956, Norseman Bert met an Ole named Bernadine "Bernie" Temple. Not long after - in April of 1957 - Bert proposed to Bernie at Lyman Lakes on the Carleton College Campus. They married on June 22, 1957, at the Congregational Baptist Church in Northfield (now First Congregational - UCC).

After marriage, they made their home in Rosemount and Bert attended the University of Minnesota on the GI Bill where he majored in Accounting and soon passed the CPA Exam. The next year they moved to Cottage Grove where they lived near Bernie's brother Norman Temple and his wife Helen. In 1959, Bert began working for the CPA firm Dolen, Ritterford in downtown Minneapolis and then in Faribault. Soon thereafter they moved to a 40-acre hobby farm outside Castle Rock where they made their home for the next 16 years. The 5 B's - Bert, Bernie, Brett, Bob and Becky living on the Ramblin R Ranch.

Bernie's sisters, Pat and Sharon, spent some time living with them in the early years - and Bert had his hands full with the 3 Temple sisters. The neighboring Torbenson Family became life-long friends, with the Reese kids spending lots of time with them. Especially during tax season spending "many a night" with their adopted Family.

In 1963, Bert established his own accounting business and Bernie worked alongside him during the tax season. A tradition after each tax season was celebrating with their kids, by staying the weekend in the Cites at a hotel with a pool. The firm went through many iterations on its way to becoming Reese, Winter and Associates - recently celebrating their 50th Anniversary. Bert & Bernie retired in 2001. In 1975, Bernie, Bert and family moved to their country ranch just south of Northfield on Falk Trail, where they lived for 41 years until moving into Northfield in November 2016 ... living in Thye Court, a neighborhood community they enjoyed very much.

Bert was active in the Northfield community, serving many organizations. Some of these include as an active member and former president and treasurer of St. Peter's Lutheran Church, and a founding board member and treasurer of the Northfield Retirement Community - serving for over 30 years. He also, served on the Northfield School Board, volunteered his time at the Northfield Senior Center, and rode in the Jesse James Gang during the bank reenactments in the 1960's.

Bert was a Man of Faith, loved his family, and enjoyed his friends. Bert modeled great behavior of faith, values, and work ethics that he taught and instilled in his children. Every year he and wife Bernie took the family on an annual trip together. He participated in many sports - basketball, baseball, football, golf, handball and bowling - and also was an avid sport spectator. Bert had many hobbies and enjoyed working in his yard and garden, canning foods, caring for their horses, playing Bridge with Bernie, and serving the community. As a couple they were inseparable and best friends - married for 65 years - experiencing life together in faith, family, work, horse-life and travel.

Survivors include his children Brett (Janna) of Northfield, Bob (Charlotte) of Lakeville, Rebecca (Scott) Elleraas of Chaska; his daughter-in-law Michele Reese of Northfield;

6 grandchildren Meredith and Milly Reese, Austin and Allison Reese, Jamie and Leah Elleraas; his brothers Donald (Lila) of Goodhue, Harlan (Betty Lou) of Goodhue; his sisters-in-law Donna Reese of Hutchinson, Patricia (John) Day of Randolph, Sharon (Richard) Engdahl of Stillwater, Eleanor Temple of Tonka Bay; many nieces, nephews, other relatives and friends. He was preceded in death by his wife of 65 years, Bernie, on October 28, 2022, 3 brothers Arthur Jr. (Velva Mae), Luverne (Lenea), John, and his parents Art and Amanda.

Funeral services were held at 11:30AM, Tuesday, November 21, 2023, at St. Peter's Lutheran Church with lunch following. Visitation was from 4:00PM - 6:00PM, Monday, November 20, at Bierman, Benson & Langehough Funeral Home and Tuesday at St. Peter's Lutheran Church beginning at 10:30AM. Interment with Military Honors was in Oaklawn Cemetery, Northfield. Pallbearers are his grandchildren.

Memorials are preferred to St. Peter's Lutheran Church, Hosanna Church, the Northfield Retirement Community or the donor's choice.

Arrangements are with the Bierman, Benson & Langehough Funeral Home. www.northfieldfuneral.com

Mark Anthony Ryan

Mark Anthony Ryan, 67, of Zumbrota, passed away peacefully at his home on Friday, November 10, 2023. He was born in Zumbrota on October 2, 1956, to Donald and Mary-Lou (Majerus) Ryan. He grew up in Goodhue and graduated from Goodhue



High School. Mark was united in marriage to Leia Zimmermann on June 20, 1992 in Mazeppa. He went on to the Rochester Vo-Tech and studied auto mechanics. He worked as a foreman at Dairy Farmers of America for 36 years, until his early retirement due to health issues. He loved traveling, going deep sea fishing in Cabo San Lucas, MX, spending time in Arizona, and going on cruises. He had a passion for cars. His favorite days were family days at home, spending time with his children and grandchildren. He always put a smile on other peoples' faces regardless of his situation. He was a member of the Goodhue Lions Club for one year.

He is survived by his loving wife, Leia of Zumbrota; four children, Nichole (Tom) Rude of Zumbrota, Josh (Brittany) Ryan of Spring, TX, Jordan (Renae) Ryan of Plain-

view, and Courtney (Andrew) Sonquist of Clear Lake, IA; ten grandchildren, Kirt, Braelyn, Carlie, Brody, Parker, Logan, Charlotte, Jackson, Eli, and Ella; his parents, Donald and MaryLou Ryan of Goodhue; seven brothers; and four sisters.

He was preceded in death by his maternal grandparents, Bert "Chief" and Adeline Majerus; paternal grandparents, William and Cecelia Ryan; and his father and mother-in-law, Wayne and Lorraine Zimmermann.

Private services for burial and celebration of life have been made.

Elnor Ruth Bollum

Elnor Ruth Bollum, 88, of Goodhue, went home to Jesus on Thursday, November 16, 2023, at Saint Mary's Hospital in Rochester, Minnesota. Elnor was born on January 9, 1935, to Herbert and Alma (Hulke) Bode in Courtland, Minnesota. She was baptized, confirmed, and married at Immanuel Lutheran Church in rural Courtland. She attended Immanuel Lutheran Grade School and graduated from Nicollet High School in 1952.

Elnor was united in marriage to Calvin Bollum on October 2, 1955. The couple lived and farmed in rural Belvidere Township and raised their family.

She was a member of St. Peter's Lutheran Church in Belvidere, where she taught Sunday School, belonged to the Altar Guild, and was active in Ladies Aid and LWML. She belonged to the Belvidere Home Extension Group and enjoyed coffee and conversations with many area ladies.

Elnor taught parochial school for a few years and later was employed at Josten's in Red Wing. She enjoyed gardening, baking Norwegian Christmas goodies at the holidays, going to auctions, playing cards, and spending time with her family and grandchildren.

She is survived by her sons, Mark, Martin and Grant Bollum all of Goodhue; her daughter, Mary (Bob) Augustin of Red Wing; her grandchildren, Alyssa (Jeff) Filkins, Carrie Bollum, Cody Miller, Riley Bollum, Kacey Bollum, Katie Augustin, and Luke (Stephanie) Augustin; her four great-grandchildren, Kayden Bollum, and Alana, Amelia, and Felix Augustin; her sister-in-law, Bev Bode of Mankato; her brother-in-law, Karl Lieske of Henderson; and several nieces and nephews. She is joining in Heaven, her parents; her husband, Calvin; and her siblings, Elvira (Vince) Muesing, Evelyn Lieske, and Bert Bode.

Funeral services were at 11 a.m. Monday, November 20, 2023, at St. Peter's Lutheran Church, Belvidere. Burial was at the church cemetery. Visitation was from 2 p.m. to 4 p.m. on Sunday, November 19, 2023 at the Mahn Family Funeral Home, Bodelson-Mahn Chapel in Red Wing and for one hour prior to the service at the church.

Memorials are preferred to St. Peter's Lutheran Church or donor's choice.



Goodhue County Republicans Toys for Tots

The Goodhue County Republicans will be collecting Toys for Tots at their monthly Meetings till the end of the year.

We meet the third Thursday of every month at 1549 E. Ave. Zumbrota MN.

Every year the Marine Toys for Tots collects new and unwrapped books, toys, games, and stocking stuffers for disadvantaged children. Volunteers from Goodhue pack up and distribute the gifts to families all over Goodhue County. There are drop off centers in Red Wing, Zumbrota, Goodhue, and Cannon Falls. Please consider donating a new unwrapped item to the toy drive, signing up to be a collection center, or volunteering your time to this worthy cause. Discover ways to help at red-wing-mn.toysfortots.org or find them on Facebook at Toys for Tots Goodhue County."

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Goodhue-Bellechester
Messenger

Snow Falls on Third Annual Live Nativity

(continued from page 1)

Like the wise men of the Bible, visitors brought gifts—gifts that totaled 253 pounds of food and \$880.00 in cash that will be donated to the Zumbrota area food shelf.

Once past the check-in point, visitors slowly drove past multiple large signs printed with the Christmas story. Children and adults in costumes depicting angels, wise men, shepherds, gate-keepers, and Mary and Joseph

were stationed along the route. Each group sang Christmas carols as passengers and drivers rolled past. In addition to the costumed members, the scenes featured live animals including goats, horses, a pony, a donkey and a calf.

The light snow came with a chill wind but hosts were able to take turns at their stations and warm themselves by a fire during the 2-hour experience. Darwyn and Mary Tri coordinated the event that required a lot of planning and a lot of volunteers. The live Nativity was a joint project of the three WELS churches served by Pastors Robbin Robbert and Martin Weigand. For more information, contact Pastor Weigand at 715-441-5086 or stop by their booth at the upcoming German Christmas Market in Goodhue on December 2nd.



Church volunteers at each station sang Christmas carols as visitors' vehicles slowly drove past. This group of wise men are (l-r): Pastor Robbin Robbert, Jed Post, Joel Pankow and Dean Tiedemann.



Children and adults dressed in costumes depicting scenes of the Nativity of Christ. This group of shepherds tend to a pair of goats as snow began to fall on November 25th.



Lighted signs like this one told the Christmas story during the drive-thru live Nativity at Grace Lutheran Church, Co. 4 Blvd, rural Goodhue.



GOODHUE

Christkindlmarkt

GERMAN CHRISTMAS MARKET

Stroll through outdoor stalls in beautifully decorated downtown Goodhue

Saturday, December 2, 2023
11:00 AM - 3:00 PM
2nd St, Downtown Goodhue

featuring

GERMAN FOOD & BEVERAGES
ARTISANS CRAFTERS VENDORS
CHILDREN'S ACTIVITIES
HORSE-DRAWN WAGON RIDES
AND MEET SANTA
at The Third Place

This is an outdoor event, so dress appropriately!
Participating downtown merchants welcome your visit during the event.

SPONSORED BY



Goodhue Lions Club

Goodhue County 4-H Dairy Judging Team places 1st in Nation

(continued from page 1)

They also took first place honors at World Dairy Expo on October 1st, 2023 - edging out Missouri 4-H by nine points. Goodhue County 4-H member Natalie Clemenson tallied three top-five breed finishes en route to winning the placings portion of the contest. Clemenson also became the high individual of the contest with an average of 47.7 on the day's 10 classes and five sets of reasons. Minnesota was the high team in placings as well. In addition to Clemenson, Evelyn Scheffler won Jerseys and finishing fourth in Holsteins to be the third individual in placings. She finished in third overall. The team was completed by Calvin Benrud and Caryn Miklas and coached by Tony Scheffler, Maizie Scheffler, and Emily Mollenhauer.

As a result of winning the National 4-H Dairy Judging Contest, the team has been invited to participate in two international judging competitions during the summer of 2024: the Royal Highland Show in Scotland and the Clonmel Agricultural Show in Ireland.

The Goodhue County 4-H Dairy Judging Team is part of the county dairy project,



L-R: Coach Maizie Scheffler, Coach Tony Scheffler, Evelyn Scheffler, Calvin Benrud, Natalie Clemenson, Caryn Miklas, Coach Emily Mollenhauer

Merry Christmas!

From All of Us at the Corner Bar

Saturday, December 2nd
CHRISTMAS IN GOODHUE

HOT CHOCOLATE
at the Bar

SOUP SPECIALS
at the Bar

BIRTHDAY PARTY
FOR MIRANDA
& JENNA

TOYS FOR TOTS

TOYS FOR TOTS DRIVE
through December 11th

Bring in a new unwrapped toy
and receive a \$5.00 gift card!

FRIDAY FISH PLATTER
Every Friday starting at 4pm
\$13.00

**CORNER BAR
& GRILL**

201 2nd St., Goodhue • 651-923-4662

which consists of about 40 members. Goodhue County has one of the largest and most successful 4-H dairy judging programs in the state. Our teams are coached by volunteer dairy project leaders from Goodhue County. Older team members also serve as mentors to younger youth.

Dairy judging involves evaluating and ranking classes of dairy animals on trait characteristics. Each class consists of four animals of the same age and breed. Youth are given 15 minutes to judge each class and to take notes to give an impromptu speech, or reasons, to defend their placing. They are

given 20 minutes to prepare their reasons which must be memorized.

4-H youth practice dairy judging 1-2 times per week in the summer months. Contests are held at county fairs and the state fair which enable youth to further develop their judging skills. Youth are ranked on individual score and their scores are also combined with those of their teammates (4 on a team).

Dairy judging programs are an excellent way for youth involved in 4-H to develop valuable life skills such as critical thinking, organization, decision making, time management, and public speaking. Participating in dairy judging helps youth to build self-confidence, work as a team, and learn from as well as teach others.

WE'RE ONLINE!
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MERRY Christmas
& HAPPY NEW YEAR

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Come enjoy Christmas Music at Goodhue Living

(continued from page 1)

The community is welcome to come and enjoy some of the many performances scheduled this holiday season.

Event dates using piano:

St. Luke Youth SWAG Caroling 12/6 at 6pm

w/ Debbi St. John playing piano
 Belle Creek Belles Caroling 12/7 at 10:30am
 St. Luke Youth Christmas Program 12/10 at 8:30am
 Goodhue School 6th Grade Choir 12/14 at 10:10am
 Goodhue High School Choir 12/15 at 11:45am
 Goodhue School 5th Grade Choir 12/15 at 2:30pm
 St. John's School Christmas Program 12/18 at 1pm
 Winter Merriment Gathering 12/21 4-7pm—Anna (10 yr old from Ukraine) 5:15-6:15pm



Piano players are here monthly. We're always looking for Piano volunteers to come in and play when the piano is not in use. Please

call Susie at 651-923-0015 to set up a time that you can play for our senior living community!

Merry Christmas
 to All Our Friends and Customers



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Local Churches Share Thanksgiving Blessings

By Beth Brekke

Members of St. John's, Grace and St. Peter's Wisconsin Synod Lutheran churches raised \$4618.00 to purchase food items for families in need this Thanksgiving. Having prepared 35 gift boxes last year, the congregations hoped to donate 50 this year. The funds raised allowed them to far exceed their goal and deliver 120 meal kits.

The project was spearheaded by Grace member, Nancy Dahling and her mother, Edith Buck of St. John's. Many local businesses and individuals donated money or products including Lodermeier Implement, 1st Farmers and Merchants Bank, Voth Insurance, Carrie's Day Care, Shirley and Tim Voth, Knoblesdorff Electric, C&G Hardware, Rich's Auto Body, Goodhue Market, The Bake Shoppe, and the Country Station. Other area donations came from Nilssen's foods, Family Fare, Aldi and Target. Major sponsorship came from the Goodhue Lion's Club,



(L-R) Kevin Meyer, Alex Loos, Rhett Miller and Beatrix Miller, members of St. Peter's Sunday School, delivered a Thanksgiving blessings box on November 19th.

a Wal-Mart grant and Thrivent Choice Dol-

lars.

Boxes were set out across St. Peter's church basement where approximately 25 volunteers from the three congregations gathered on November 18th to assemble and deliver the provisions. The boxes were packed with everything needed for a traditional Thanksgiving dinner including either a turkey or a ham, canned vegetables, stuffing mix, instant or whole potatoes, a jar of gravy, cranberry sauce, fresh buns and a pie. Each box was filled according to a hand-written list Buck attached to best serve each recipient based on family size and perceived cooking skills.

Names of possible recipients were submitted by church members and solicited from local outreach organizations. The gifts were delivered to folks in the Goodhue, Red Wing

and Zumbrota areas and the Mazeppa area food shelf. Boxes were presented not only to those in need of food but people that have been dealing with illness or injury. Those involved in the preparation are already thinking of ways to improve the process and reach more people in need next year.

Dahling thanked her mother and other volunteers through a social media post stating, "The Lord truly blessed us this year. Again, without the donations and volunteers this wouldn't have been possible."

For more information on the area WELS churches, contact Pastor Martin Weigand at 715-441-5086 or stop by their booth at the upcoming German Christmas Market in Goodhue on December 2nd.



Shirley Voth and other volunteers from three area WELS churches filled 120 boxes with all the staples of a Thanksgiving meal. The meal kits were then delivered to selected recipients in the Goodhue, Red Wing, Zumbrota and Mazeppa areas.



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A Strong Immune System



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

As we move into the winter months, there is a steady increase in colds and flu reported throughout the country. This yearly cycle of illness has become almost routine to the point that many expect to get sick and just believe it is an unavoidable fact of human existence. However, another amazing fact about human existence is the complex immune system existing in each one of us. Your immune system is the built-in defense process that works to keep you alive. Without this immune system, you would not be alive today. This system is constantly guarding against germs and invaders that want to take advantage of you. We need to become more aware of how this immune system works and how to support the important work it does.

White blood cells are the “troops” on the front line of your immune system. There are many types of white blood cells, just like there are different branches of the military. Each type of white blood cell does a specific job to protect your body. Just like our military men and women, these white blood cells need food to be able to keep doing their job well. When specific nutrients get limited, then the white blood cells will not be able to complete the job well. To keep your front line “troops” in top condition for the winter season, you need to make sure these cells are getting the nutrients they need.

Some of the key nutrients include:
VITAMIN C – one of the least expensive vitamins on the market and an essential nutrient to help the white blood cells eliminate bacteria and germs. Early in the COVID pandemic Vitamin C in high doses was identified as a helpful nutrient to reduce symptoms. Intravenous Vitamin C was used in

hospitals to help reverse the downward health spiral of many patients. Best food sources of Vitamin C include: Bell peppers, broccoli, kiwi, whole oranges, and strawberries. Vitamin C chewable tablets with bioflavonoids will be a higher quality choice for supplement. I do not recommend orange juice because the high sugar content of the juice will make the white blood cells sluggish.

VITAMIN D – is a fat-soluble vitamin essential for balanced cell activity. This vitamin is able to enter the nucleus of the cell to turn on and off important processes. We learned from the pandemic that those individuals who had 30 ng/ml or higher of Vitamin D in their blood did not need to go into the Intensive Care of the hospital for COVID treatment. Sources of Vitamin D include: Cod Liver Oil, Goose liver, salmon, sardines, and whole eggs. The whole food choices listed are preferred to any fortified food source. More resources on Vitamin D are available at www.grassrootshealth.net.

ZINC – is an essential mineral for a strong immune system. Current descriptions of virus infections suggest that a virus takes over a cell and forces it to replicate more virus particles. The COVID virus is described to produce excess spike proteins which begin to cause damage in the body. Zinc helps to stop this replication process before it gets out of control. Zinc is also essential for constructing the proteins that will fight against bacteria. Best food sources for zinc include: Beef, lamb, lentils, pepitas, and cashews. A zinc tablet of 15 mg / day is another way to supplement if you do not eat these food sources regularly.

While sugar is known as an energy source, it does not help the immune cells to get more work done. A 1973 study observed that when white blood cells were exposed to glucose sugar they slowed down and remained sluggish for up to 5 hours. The same study observed the cells were most actively attacking bacteria when there had been no sugar around for 24-36 hours. As you move into the holiday season, be attentive to how frequently treats are consumed and pay attention to your body signals. A glass of water will help your immune system more than another candy.

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.

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Driving Hope and Change

The Jewel Golf Club Doubles the Support for HOPE Coalition



Red Wing, MN – November 14, 2023 – The Jewel Golf Club in Lake City offered a huge commitment to community spirit and engagement. The October fundraiser for HOPE Coalition raised \$5,200.00 for HOPE’s Wabasha office. The Jewel Golf Club generously matched this amount for an impressive \$10,400.

The golf tournament is specifically in October, Domestic Violence Awareness Month. The event aimed to shed light on the traumatic effects of domestic violence, which has generational repercussions. The golf event also expressed gratitude to first responders for their unwavering dedication to the public.

HOPE Coalition is an advocacy organiza-

tion helping people in crisis rebuild their lives from domestic violence, sexual assault, child abuse, or lack of basic needs. HOPE serves people in Goodhue and Wabasha Counties, plus western Pierce County, WI. The Wabasha outreach office is at 251 W. Main St., and is available at 651-565-4112. HOPE has a 24-hour crisis line for those experiencing domestic violence or sexual assault at 800-369-5214.

The Jewel Golf Club in Lake City offers a unique golf experience. The course winds throughout 800 acres of the picturesque Mississippi River Valley and features a three-stage practice facility, golf shop and full service restaurant and bar.



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November 30 & December 1 • 8:00 a.m. to 4:30 p.m.
Thursday & Friday December 7 & 8 • 8:00 a.m. to 4:30 p.m.
Thursday December 14, • 8:00 a.m. to 4:30 p.m.

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2017 Grain Handler Dryer, Grain Legs, Conveyors, Distribution Head & Tubes

2017 Grain Handler 2414 Grain Dryer, DM 510 Dryer Control, Temp Monitoring System, LP Gas, 6 Fans with 20HP 3 Phase Motor, 460 Volt, 200AMP, 60Hz, Good Condition; 2017 Grain Handler 55' Grain Leg, 5500 Bushel Per Hour, 15HP 3 Phase Drive Motor, 24" Head Pulley, Watch Dog Controller, 17"x13" Trunk; 2017 Grain Handler 135' Grain Leg, Wet Corn Leg, 10,000 Bushel Per Hour, 36" Head Pulley, 60HP 3 Phase Drive Motor With Soft Start, 18"x14" Trunk; 2017 Grain Handler 120' Dry Corn Grain Leg, 5500 Bushel Per Hour, 25HP 3 Phase Drive Motor, 24" Head Pulley, 17"x13" Trunk; 10'X10'X120' Support Leg Tower, Installed 2017, Leg Head Platform, Distribution Platform, Switch Back Stairs; 2018 Grain Handler Model 145 100' Operational Length Drag Line Overhead Conveyor With Catwalk And Support Towers, 114' Overall Conveyor Length, 5000 Bushel Per Hour, 15HP 3 Phase Motor, 150' Of Catwalk, Including 3 Support Towers; 2017 Grain Handler Model 145 Drag Line Conveyor, 55' Long, 5000 Bushel Per Hour, 7.5HP 3 Phase Drive; 2017 Grain Handler 10' Drag Line Conveyor, 5000 Bushel Per Hour, 3 Phase Motor; 2017 Grain Handler 15' Drag Line Conveyor In Pit, 15HP 3 Phase Motor, 10,000 Bushel Per Hour; 2017 Rapat Distributor 10 Duct Double 16" With Electric Swing-Flo, All Electric Controls; (9) Distribution Tubes, 14" & 12" Diameter, From 95' to 47'

(7) Grain Bins, Overhead Fill Station, Wet Holding Bin, Grain Pit, Aeration Fans

Chicago Grain Bin, 48' Diameter, 22 Rings, 32" Rings, 89,724 Bushel Capacity, (2) Cadwell Centrifugal Aeration Fans, Side Draw With Stair and Platform, 10" Vertical Unload Auger; Chicago Grain Bin, 48' Diameter, 18 Rings, 32" Rings, 73,856 Bushel Capacity, 2 Roof Vents, (2) Aeration Fans, 10" U-Trough Unload With 7.5HP 3 Phase Motor, Side Draw With Platform & Stairs; (3) Chicago Grain Bins, 48' Diameter, 10 Rings, 32" Rings, 43,275 Bushel Capacity, Roof Vents, (2) Aeration Fans, 10" Unload; Herd King Grain Bin, 32' Diameter, 16 Rings, 30" Tall Rings, 25,126 Bushel Capacity; 34,715 Capacity Grain Bin, 32' Diameter, (5) 8' Rings; Cone Bottom Wet Holding Bin, 24' Diameter, 18 Ring, 20,200 Bushel Capacity, Stiffened, Ladder With 2 Access Doors; Overhead Fill Station With (2) 14' 7 Ring Hopper Bins With 16' wide by 30' long by 18' tall Metal Structure With Platforms and Ladder, Hopper Bins Are 2,984 Bushel Capacity; (2) 2016 Sukup Centrifugal Aeration Fans, 460Volt 10HP 3 Phase Motor, 1750 W/C, Good Condition

2002 Bulk Feed Trailer, 2002 Hopper Trailer, Swing Hopper Auger, Fertilizer Tender, Chassis Trailer

2002 Sudenga Bulk Feed Trailer, 40', Aluminum Body, 8 Compartment, Front Unload With 28' Discharge Auger, Hyd. Controls; 2002 Wilson Commander DWH-5010 Hopper Bottom Grain Trailer, 42'x66"x96", Roll Tarp, Ag Hoppers, Belt Openers, 11R24.5 Tires, Steel Rims, Spring Ride; Westfield MK130-71 Swing Hopper Grain Auger, Hydraulic Lift, 540PTO; B&B Tri-Axle Chassis Semi Trailer, Tandem Axle With Air Pusher Axle, Spring Ride, Air Brakes; Wilmar 16 Ton Double Compartment Fertilizer Tender, Side Shooter, Hydraulic Controls, Roll Tarp; Stainless Steel 30' Double Belt Conveyor, Electric Motor, On Transport; Stainless Steel 10' Jump Belt Conveyor, Electric Motor

REMOVAL DATES & REQUIREMENTS:
Buyer will have until August 1, 2024, to remove items. The cost of getting item(s) loaded, removed or down from current location is solely the buyer's responsibility. All items must be removed by a licensed and insured crane operator or rigging company. Please have the paperwork sent to River Country CO-OP or the Auction Company. River Country CO-OP will need to approve all companies or individuals who will be removing overhead or grain bins. Buyers will be given contact information to River Country CO-OP following the end of the auction for this. We suggest you use Brad Smith of Marquette Grain Systems for removal and loading. He is the one who installed all grain equipment and is willing to coordinate crane service to lower items and loading for all buyers.

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December 15, 2023 Hastings, MN
Grain Handler CH2414 LP Grain Dryer, (3) Grain Legs, (7) Grain Bins With Full Floors, Wet Holding Bin, Overhead Lead Bins, Distribution Heads, Distributions Tubes, Conveyors, Augers, All Items To Be Removed By August 1, 2024, 2002 Cornhusker Grain Trailer, Westfield MK130-71 Auger, Wilmar Fertilizer Tender, B&B Semi Trailer Chassis
Bidding Begins: .. Nov. 27, 2023 Starts Closing.....Dec. 15 2023

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December 11, 2023 Owatonna, MN

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CASE IH 420, (2) CASE IH 380 ROWTRAC, CASE IH PUMA & 120C

'18 CIH Steiger 420 4WD, 605 Hrs, R46, Deluxe Cab, PS, Pro 700, PTO, 6 Hyd., High-Cap Hyd. Pump; '19 CIH Magnum 380 MFWD Rowtrac, CVT, 486 Hrs, CVT, Nav, R38 Front Duals, 25" Tracks, 3pt., PTO, 6 Hyd., Hi Flow, Pro 700, Deluxe Cab; '18 CIH Magnum 380 CVT Rowtrac, 1406 Hrs, R38 Front Duals, 25" Tracks, 6 Hyd., Hi Flow, PTO, Nav, 700 Display; '20 CIH Puma 165 MFWD, 490 Hrs, Deluxe Cab, ECO CVT, 3 Hyd., PTO, 3pt., Weights, 480/80R42; '18 CIH 120C Farmall MFWD, 353 Hrs, Deluxe Cab, 2 Door, 12/12 Trans, 3pt., 2 Hyd., PTO, L630 Hyd. Loader, Joystick, Weights

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'18 CIH 2150, 24R30", Center Fill, Liquid Fert., Down Force, Markers, One Owner; '19 CIH Precision Disk 500T Air Seeder, 40", 10" Spacings, Center Fill, One Owner; JD 1560, 15" x 7.5", Grass Seeder, Low Acres; Kinze 2600, 12R30", Liquid, Corn & Bean; WilRich 12R30" Row Crop Cult., Like New; Hitch Doc SC 2200 Seed Tender, 2 Box

CASE IH 335 VT & 255 TIGER MATE, JOHN DEERE 2730, SCHABEN SIDE DRESSER

'20 CIH 335 VT Disc, 31", 7.5" Spacings, Basket, Command Leveling; '19 CIH 255 Tiger Mate FC, 40", Harrow, Basket; '18 JD 2730, 9 Shank, Disc Levelers, Harrow; '21 Schaben Side Dresser, 1000 Gal., 16R30"; (2) DMI 2500 5 Shank Rippers, Levelers; Wilrich 2800 FC, 18.5"; '15 RiteWay FPS 42.5" Roller; L&D 1000 Gal. Water Wagon; 900 Gal Water Wagon, Tandem Axle

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'21 Unverferth Extreme 1319 Track Grain Cart, Scale; Brent 782 Grain Cart, Tarp; (2) EZ Trail Wagons, Model 3400; Harvest 550 Bu. Wagon, Tarp; J&M 350-20 Wagon, Poly Auger; Nu-Bilt 200 Gravity Box; REM VRX Grain Vac, Flex & Rigid Pipe; Farm King 10" Jump Auger; Westfield MK130-111 & MK100-91 Swing Hopper Augers; Buhler Farm King 10"x70" Swing Hopper; Westfield 8"x51" Swing Hopper; Harvest International A10"x32" Swing Hopper; Harvest International T10"x32" Auger; Westfield WR80-41 Auger; Convey-All T-C28 Belt Conveyor

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Tea bags: No Good. Pork Bad. Strawberries Excellent (right kind)



By Shauna Burshem, D.C.

Purchasing organic pork is the best bet for your health. The antibiotic carbadox is added to pig feed to prevent infections and fatten up the animals. Due to cancer concerns the drug has been banned in the European Union since 1999 and in Canada since 2006. China, Brazil, Australia and the United Kingdom have also banned the drug due to concerns over its cancer risks. A 2017 study found that carbadox consumption increased antibiotic resistance not only to carbadox, but also many other commonly used antibiotics. Organically raised pork is free of antibiotics as well as growth hormones. On November 7th,

2023 the U.S. Food and Drug administration announced they are considering withdrawing their approval of the drug in the animal feed. But based on past government announcements there is no telling how long or if their consideration will actually take place.

A research paper presented at the American Society of Nutrition proved that strawberries have health benefits for the heart, metabolic function and brain / cognitive health. Research from previous studies found that eating strawberries improved colon health and could reduce the symptoms of inflammatory bowel disease which includes afflictions of Crohn's disease and ulcerative colitis. Strawberries contain very important nutrients like vitamin C, potassium, magnesium and quercetin (which is an immune system booster). Sadly, strawberries are heavily contaminated with pesticides and have been ranked #1 on the list of the Dirty Dozen's most adulterated fruits and vegetables with pesticides. So, once again it is extremely important to only eat organic strawberries.

In the more bad news department, an analysis of tea bags found that those sealed in plastic release billions of particles of plastic with every cup that is brewed. Tea is a very important beverage that plays an important role in health. Tea contains antioxidants for health as well as tea can boost brain function and cardiovascular health. The news gets worse though as tea contained in paper teabags are not any safer as the paper tea bag is infused with a known cancer causing agent. Don't despair there is an age old solution. Loose leaf tea brewed in a stainless steel tea ball or tea basket prevents this problem.

Flight attendants have a higher rate of cancer than people in other professions. Flight attendants have a 1.5 times increased rate of breast cancer, 2 times the amount of melanoma and 4 times the amount of non-melanoma skin cancer. Possible reasons for the higher risk is the disruption in circadian rhythm from irregular work schedules, exposure to carcinogens on the plane, fire retardant chemicals, jet fuel, high levels of cosmic ionizing radiation and electromagnetic radiation exposure.

In the "I get paid a lot of money to promote drug department," Kansas City Chief's star Travis Kelce was reportedly paid 20 million dollars from Pfizer drug company to promote the "Two Shots In One Go" campaign for

getting the covid-19 shot and flu shot at the same time.

Speaking of the Covid-19 vaccine, the U.S. Army has reversed its policy on kicking out soldiers for refusing to get the Covid-19 vaccine. The icing on the cake is that the army is asking the soldiers who were kicked out to come back and rejoin the service as well as have a correction to their military record. The army dismissed about 15,000 soldiers during the Covid-19 vaccine campaign and has been sending out recruiting letters to the dismissed troops.

Chiropractic and TRAP shoulder pain: Do you ever get a balled up knot in your upper back or shoulder area? Does it really bother you when you sit at the computer or on your phone for long periods of time? That balled up muscle knot is in your trapezius muscle. The traps are the muscles between your shoulder (deltoids) and your neck. It is a very big muscle and extends from the base of the skull, down the spine to the level of the shoul-

der blades then up to the AC joint of the shoulder and continues to travel through the side of the neck to the base of the skull. The muscle knots up frequently with over use such as bending your head forward, overuse of the arms above your head and high levels of stress. The traps are the most contracted muscle during times of stress. Trapezius muscle pain is one of the more common complaints in the chiropractor's office. Once the muscle tightens up, it pulls on the moveable bones of the spine creating a misalignment which causes instability in the area. This leads to muscle imbalance and nerve irritation causing pain and discomfort which can be a dull ache or a burning pain and sometimes much more. Chiropractic adjustments to the spine restores stability to the area, relaxing the muscle and relieving the pain. In addition, soft tissue work on the trap muscles such as as massage will relax the muscle to help the chiropractic adjustment hold the spinal bones in their proper position for your body.

MISSY'S MESSAGE



MISSY PAPERFUS

CHECKING IN - AGAIN

Reporting back on my strength training from last month, I've managed to be consistent completing more workouts each week using the fiton app and participating in some live exercise classes online at home, since last month in addition to daily walking, and sneaking in the shorter walks throughout the day when I can.

The time change has definitely helped me get up earlier without a problem. I even completed a couple 5AM workouts and I wasn't ready to fall asleep at the end of the day! The past couple months, I have been trying to drink two glasses of water right away in the morning. The days I do that, I seem to not have any trouble getting in my personal goal of 8 glasses of water total for the day.

Missy and her husband Mike own MotoProz in Mazeppa.



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Giving a Voice to Rural Entrepreneurs



Tim Penny
So. MN Initiative Foundation

As a fifth generation southern Minnesotan, I like to say that I “bleed rural.” Not only have I lived here my entire life, but I have had the great fortune of serving rural Minnesota throughout my career – first during my time in the U.S. Congress, and now as president and CEO of Southern Minnesota Initiative Foundation (SMIF).

Living in rural Minnesota comes with many benefits that have tied me to this place for so long. Even in the relatively larger cities of our region, like Owatonna where I live, there is a neighborly feel – I like that I can stop by the

grocery store or the local brewery and run into people I know. We’re surrounded by natural beauty – from bluffs to lakes – and the cost of living is much lower than in larger cities.

In fact, a 2020 report from the Center for Rural Policy and Development found that wages in rural Minnesota can go further in meeting the cost of living compared to the seven-county metro area.

Despite the many benefits of living here, there are challenges, too, and it can feel like the “rural voice” is diminished or misunderstood. The Rural Voice, a statewide series supported by SMIF, three other Minnesota Initiative Foundations, Compeer Financial and Otto Bremer Trust, was created to act as a town hall style forum for community members to discuss and be heard about topics that are top of mind to those living in Greater Minnesota: workforce, health care, mental health, social isolation and business development. Hosted by Kari Miller from Minnesota Public Radio, the most recent Rural Voice event was held at Schell’s Brewery in New Ulm about what it takes to build a business in rural Minnesota.

One of the things that we heard in this meeting is that rural entrepreneurs need mentors, financial resources, education and networks to support growth. Fortunately, SMIF, in addition to our partners at the Small Business Administration, SCORE and the Small Business Development Centers, Region Nine

Development Commission and local chambers of commerce (to name a few) are well-positioned to help entrepreneurs in all of those areas, either through our own programming or as a connector to our partners. At SMIF, we offer lending and equity opportunities, technical assistance and peer networks, supporting nearly 1,000 entrepreneurs annually.

Another thing that stood out to me during this session was the number of young people who either decided to stay in rural Minnesota or moved here. For some, work from home opportunities have allowed them to live where they want to live instead of where their work is located. For others, like Tristan Blue, owner of Big Hitter Games in Lafayette, rural living has drawn them to the region to start businesses. Tristan shared that his desire to be closer to his family brought him from Minneapolis and Milwaukee to the Mankato area in 2014.

When the pandemic began, he began reevaluating his career (he had been working in the service and construction industries while also performing as a musician). Tristan used the time as an opportunity to explore his childhood dream of creating video games which eventually turned into a business. Due to the online accessibility of partnerships for indie game developers, Tristan found rural Minnesota an easy place to locate his business. When he and his wife had their first child in 2021, they were ready to buy a home and were motivated to move to Lafayette due to the affordability, proximity to his wife’s job

in St. Peter, the geography and history of the area, and the small town experience for raising a family. This is one example of many entrepreneurs moving to the region that I have heard in recent years.

I was also struck by the number of newer businesses that draw tourists to rural Minnesota – breweries, distilleries, wineries. Those types of businesses, combined with the natural beauty of our region, and our charming downtowns, can culminate in an economic boost for small towns. According to Explore Minnesota Tourism’s Leisure and Hospitality Industry report, our 20-county southern Minnesota region generated \$2.7 billion in gross sales and \$93 million in state sales tax in 2021, supporting 28,000 private sector jobs. At SMIF, we have seen the success of tourism businesses through many of our loan clients – from Pleasant Grove Pizza Farm in Waseca to Black Frost Distilling in New Ulm. I’m convinced that the more people who visit here, the more people who will want to move here.

Whether you move here to start a business, or are an entrepreneur already living in southern Minnesota, SMIF is here to play a supporting role. Entrepreneurs are going to keep our corner of the state vibrant – they will create the jobs of the future. Personally, there is no place I would rather be than in rural Minnesota.

You can listen to a recording of the Rural Voice event at mprnews.org.

Deer Hunters' Suppers Run Successfully



Supporters enjoy socializing during and after the annual Bellechester Community Center Deer Hunters’ supper.

(continued from page 1)

The meals are open to everyone and support the center’s continuing needs of building maintenance.

The fundraiser, which originally served egg-muffin sandwiches to 35 people, has grown to a Thanksgiving-style feast that served 500 guests at its first bi-weekly meal in 2022. Support for the event remains strong with another large turnout in 2023 and many take-out

meals sold. Organizers said they also had a lot of help preparing the food and everything ran like clockwork. Any food leftover is donated to a charity through the efforts of one of their members.

Thanks to the suppers and other fundraising efforts, the property has had many recent upgrades including new furnaces, air conditioning and basement windows. The outdoor sign will also be replaced soon.

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Unlocking Harmony: Embracing the 3rd Universal Law in Everyday Living



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

In a world filled with chaos and constant motion, the search for balance and harmony becomes a universal pursuit. Many turn to ancient wisdom and spiritual principles for guidance, and one such guiding light is the 3rd Universal Law. Rooted in the belief that energy flows where attention goes, this law offers a profound path to finding equilibrium in

our lives. Understanding the 3rd Universal Law

The 3rd Universal Law, often expressed as "Energy Flows Where Attention Goes," is a fundamental principle that underscores the interconnectedness of our thoughts and experiences. It suggests that the focus of our attention shapes the energy around us and, in turn, influences the outcomes we manifest in our lives.

Implementing the Practice

1. Mindful Awareness:

Start by becoming aware of your thoughts and emotions. The practice of mindfulness allows you to observe your mental landscape without judgment. Take note of where your attention naturally gravitates.

2. Positive Affirmations:

Consciously direct your attention toward positive affirmations. By repeating uplifting statements, you channel your energy into constructive pathways, fostering a more positive and harmonious environment.

3. Visualization Techniques:

Visualization is a powerful tool in implementing the 3rd Universal Law. Envision your goals and desires with clarity. Picture the life you wish to lead, and as you do, you're actively directing energy toward the realization of those dreams.

4. Gratitude Practice:

Shift your focus towards gratitude. Acknowledge and appreciate the positive aspects of your life. Gratitude not only redirects your attention but also attracts more of what you're thankful for.

The Role of Life Coaching

While implementing the 3rd Universal Law into your life may seem straightforward, many individuals find value in the guidance of a life coach. These professionals specialize in helping individuals navigate the journey of self-discovery and personal transformation. A life coach can provide personalized strategies, accountability, and support as you work to redirect your energy and cultivate a more harmonious existence.

Life coaching sessions often involve discussions about your goals, challenges, and the specific areas of your life where you want to apply the principles of the 3rd Universal Law. Through this collaborative process, you gain insights, develop actionable plans, and

receive encouragement to stay on course.

In essence, a life coach serves as a trusted ally on your path to unlocking the full potential of the 3rd Universal Law, guiding you toward a life that reflects your deepest desires and aspirations. Whether you're seeking clarity in your career, improvements in relationships, or enhanced overall well-being, a life coach can provide valuable support on your journey to intentional living.

The Call to Action

As we navigate the complexities of modern existence, the 3rd Universal Law stands as a beacon of hope—a reminder that we possess the power to shape our reality through the focus of our attention. By integrating this law into our daily lives, with the additional support of a life coach, we embark on a journey of self-discovery and transformation, unlocking the doors to a more harmonious and fulfilling existence.

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Why Are Democrats Wasting \$730 Million on Office Space?



Rep. Pam Altendorf (R) District: 20A

It was bad enough that Democrats wasted a \$20 billion budget surplus this year, and then raised taxes on Minnesotans by an additional \$10 billion.

Now we are learning that they are also spending \$730 million on themselves.

State officials recently indicated plans to renovate the State Office Building (SOB), which is the home where state representatives and their staff have their office space, will cost state taxpayers the astronomical \$730 million, with interest alone calculated at \$275 million.

This is an egregious insult to taxpayers, many of whom are just now learning about this glaring abuse of their dollars after Democrats put the project's wheels in motion on a party-line vote late last year. Democrats formally introduced and approved the project in just one day, without the public debate, scrutiny or transparency a proposal of this magnitude warrants.

Such shameless Democrats actions come at a time Minnesotans continue to struggle with higher prices for everyday essentials in this Biden-Walz economy. Maybe some of the price-point taxpayer pain could have been offset by providing meaningful tax relief for all Minnesotans with the state's \$17.5 billion surplus, but Democrats failed to do so.

When you think about the \$730 million being spent on the State Office Building, consider this:

The massive State Capitol renovation completed in 2017 was about \$310 million, less than half of the SOB project's cost.

Construction of an entirely new Minnesota Senate Building within the last decade was \$90 million, one-eighth of the SOB price tag.

The cost for the SOB project equals \$5.4 million PER House member.

This fiscal mismanagement would be bad enough if it were isolated, but it's not. Look at the light-rail project south of the Twin Cities that is years behind schedule and a billion dollars over budget. It was scheduled to be completed by 2018 for \$1.25 billion. Now, it sits at \$2.75 billion and is scheduled to be finished in 2027. There's also the renovation of the governor's mansion, which has grown from a \$7 million proposal to a \$12 million

taxpayer bill.

This is just a sliver of the spending abuse; we haven't even gotten to actual fraud under lax Democrat watch. It begs the question: When will Minnesotans hold Democrats responsible for promising popular things like tax relief and support for law enforcement, only to break those promises – including failing to fully eliminate the tax on Social Security – despite public support?

Gov. Tim Walz promised to provide Minnesotans huge \$2,000 rebate checks from the state's historic surplus. Then, he and fellow Democrats spent the money themselves instead of returning it to overcharged taxpayers.

The small rebate some Minnesotans did receive was temporary, but Democrat tax hikes are permanent. Minnesotans are paying even more to get their car tabs renewed, register their boats, buy gas, order online, buy a car

and more. And workers face added taxes for an untested paid-leave system that eliminates private paid-leave benefits many workers already had and liked.

Which brings us back to the \$730 million worth of fiscal insanity Democrats exhibited with the House's office renovation. Alternatives were available to adequately renovate the SOB at a lower cost to respect Minnesota taxpayers. Instead, Democrats refused to consider reasonable options to contain costs and plowed ahead with extravagant blueprints reportedly prepared by Manhattan architects with a main office on Park Avenue.

This is just one stark example of how Democrats are siphoning dollars from hard-working Minnesotans to fuel their own gluttony. It's time to stop feeding the ever-growing beast of big government. We must draw a hard line and let the Democrats know enough is enough.



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Bellechester City Council Meeting Minutes

October 18, 2023 @ 6:00PM

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

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

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

Bills were reviewed and a motion by Rich Majerus with a second by Jered Buxengard to approve and pay the bills as presented re-

moving Bolten and Menk bill due to questions on charge. Motion carried.

Old Business:

- Sewer Project Update

The city attorney completed his paperwork for this stage of the project and is mailing it to me. Matt will submit his paperwork and the map the city approved a few months ago to RD for processing. This can take 45 – 60 days. Now that the city attorney completed his part, Matt will resubmit our sewer lining plans to RD for final approval.

- Water Meter Project:

Matt has received the final documents from Rochester Plumbing and Heating. We should be able to finalize our planning for this project shortly.

New business:

- Xcel Energy Franchise Agreement – discuss and approve – Tabled. Request a meeting with representative to address replace

poles in town.

- 2024 Polling Place Resolution – approve – Tabled. Council discussed mail in balloting and wants to discuss with the county to possibly move back to in person voting. Could we combine with a township.

- Dust Control at Ag Partners – Dust control has been applied in the past week. We need to contact them to have them do this on a regular basis.

Edith Buck – wants to put up a replacement shed and discussed what she needs to do. She will present a sketch of placement and size for next meeting to get approved. She also questioned another property and cement needing to come out and being replaced.

Engineer Report – None

Clerk Report - Quarterly Billing – was completed. Special Assessment warning letters were sent - They have until November 15th to pay before it gets assessed.

Rural Water Extension Certificate – I received from Rural Water a form to sign to extend the funds and it indicated that since rates have gone up, they were able to get 5.95% financing locked in for us. The form needed to be signed and returned by October 20, so I did so. Goodhue County Board of Equalization notice – we are set for Thursday, April 18, 2024 at 4:30 pm. Letter from Senator Draskowski about mail in voting – FYI - I do not think he realizes that we have

been mail in voting since 2017 and it was not a change only due to COVID. Quarterly Reports – have been filed.

Ordinance #30 – Xcel Energy Franchise 20 year agreement renewal. This is the same document approved in 2004. The only change I made was to replace the company name from Northern States Power to Xcel Energy.

Treasurer Report – Past due report was distributed.

Water/Wastewater/Facility Report – Wastewater inspection on November 1st. Lead/copper water samples there sent in were received and we are well below the acceptable levels.

Mayor Concerns: Fence installations

Council Concerns: Zemke will be plowing this season at the same rates as last year. We will need to find new mowing for next season.

Adjourn

Motion was made by Rich Majerus with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 6:45. Motion carried.

Submitted by Lisa Redepenning – City Clerk **Goodhue County Board of Equalization meeting for 2024 will be held on Thursday, April 18, 2024 at 4:30 pm at the Bellechester Community Center**

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Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I just saw something about a Minnesota traffic safety program that's been around for 20 years. Can you talk more about that?

Answer: Yes, here is some information we shared on our DPS blog: "Minnesota has seen a 32 percent reduction in traffic fatalities between 2003 and 2022, in part due to the Toward Zero Deaths (TZD) traffic safety program.



The Department of Public Safety joined traffic safety partners across Minnesota to mark 20 years of saving lives through the TZD program last week with a conference in Rochester aimed at keeping us all safe, whether you're a driver, passenger or pedestrian. In the two decades the program has existed in Minnesota, our model has gained national recognition and our roads have been considered some of the safest in the nation.

"Traffic statistics aren't just numbers. Each one represents a lost life that devastates the world of that person's family and friends," Office of Traffic Safety (OTS) Director Mike Hanson said. "The Toward Zero Deaths program has saved — and will continue to save — lives."

Minnesotans made significant progress over the years to reduce traffic fatalities, but the challenge now is to regain momentum in saving lives. Over the last 10 years, we haven't seen the consistent, significant reduction in traffic deaths compared to the first decade of the TZD program. The past three years have seen new challenges, such as the COVID-19 pandemic that led to less traffic and more speeding.

"These challenges are re-energizing us to find new ways to continue the progress of the past two decades," Hanson said. "Minnesotans expect and deserve safety on our roads."

The Minnesota legislature approved state funding this year to create the Advisory Council on Traffic Safety. The council is bringing together additional stakeholders and communities, and it's opening up state funding opportunities that didn't exist before. It'll give us more flexibility in local education and outreach and a formal way to tell lawmakers what needs to change to improve traffic safety.

We have stepped up traffic safety enforcement with projects such as Project 20(23) and Highway Enforcement for Aggressive Traffic (HEAT) patrols with the Minnesota State Patrol and other law enforcement agencies in the Twin Cities area and statewide.

The Minnesota departments of health, public safety and transportation, along with traffic safety partners statewide, are working to create a culture of traffic safety in our communities. But we can't do it without your help. Staying safe on our roads is as simple as driving the speed limit, never driving impaired and always paying attention."

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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Changes in Latitudes, Changes in Attitudes My Childhood Christmas



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.

The first Christmas I can remember as a child was 1964. I was seven years old. I had the same interests as any second-grade boy. The toy machinery was the best. When my dad went to the implement dealer for parts I would stand at the toy display and wish. As a typical farm boy I was mesmerized by tractors. We had toy trucks, tractors and all sorts of farm implements and attachments to play with. Couldn't wait to grow up and actually drive them for real.

There is one reason that 1964 stands out in my memory though. Lots of fun things happened before that, but November 3rd, 1964 changed me forever. I always thought my dad was invincible. I remember him carrying huge bags of feed on his shoulder around the farm. He was strong and a farmer. Sort of Superman. It was election day 1964. My dad farmed and worked construction. Not just any construction, but with bulldozers. Caterpillar tractor D-8 dozers. They moved dirt, buried boulder, made roads and dams, pushed over trees and anything else that they wanted. Not only that but my dad flew a helicopter as well. From West Concord to the western part of Minnesota and from job site to job site every day.

But November 3rd was election day and my dad was going to fly back home and take my mom to the Milton Town Hall where they would vote that evening. It was foggy that evening and my dad decided to land at the

Owatonna Airport and get a ride home instead. The altimeter on a helicopter tells you the altitude above sea level. It doesn't tell you about tall trees though. And there was a very tall tree between him and the Owatonna Airport.

I remember my mom sitting us four kids down on the sofa and telling us that our dad had been in a bad accident. She was driving to the Owatonna hospital. My grandma was there to watch us. KDHL radio reported on the accident. They got my dad's name right, but all the neighbors heard that he had been killed in the crash. He survived but was in a body cast for over a month and got out of the hospital in December. My mom had to drive him and he got around on crutches.

Before Christmas my parents decided the family was going to spend the holidays down south. We opened our Christmas presents a week early and headed south. This was before Disney World. There was just sandy beaches and alligators in Florida. But away we went. It was the first time I had been out of Minnesota. We learned how to ride for 1,500 miles with four kids in the back seat of a Chevrolet Impala. My mom would make sandwiches and we ate elbow to elbow with our brothers and sisters. No McDonalds back in those days for us.

I had never seen a Christmas without snow. I didn't think they would decorate for Christmas in Florida. I just figured it was alligators and flamingos and sunny beaches. But there was Santa Claus, reindeer and fake snow. We made fun of them, we knew what snow was and were glad to be away from it.

It was worth it. I was with my family and we were on an adventure together, and I was glad we were all there. I didn't think too deeply about the turn of events until much later. My dad nearly lost everything he had in life and decided to take the next chance to do things together. He had a wife and four kids and he wanted to enjoy doing things together. It became an annual event. We bugged out of Minnesota and headed to Florida every Christmas after that one. And we gladly traded our snow and cold Christmases for a couple weeks in Florida. My dad made it another twenty Christmases to enjoy with the family. And for me, memories with your family are much better than gifts. Have a Merry Christmas.

A Minnesotan: Christmas Games



By RosaLin Alcoser

Christmas is a magical time of the year and in Minnesota one of the few times that no one is really upset by the snow. Including my transplanted hispanic family from the south.

We absolutely love Christmas and for our traditions Christmas starts on December 24 with Christmas Eve and goes until January 6th on Three Kings Day. For us this whole time frame is Christmas.

My family will often play games at Christmas ranging from board games to more intricate puzzles. For most families a puzzle would have a beautiful Christmas scenery or a fun character on it. However, for my family it's a list of clues and riddles that someone has to figure out in order to find their present.

In full disclosure I am usually one of the

family members given the puzzle and to this day have yet to solve one. The game normally ends when they give up on me solving the puzzle or I find the item by searching for it alone.

When I make a game for one of them though it goes a little bit differently and is usually just a game for myself. Christmas 2019 was one of the years that I did this. At the time my father had decided that he could only hang his coats on a brown hanger and everyone had to use a white or blue hanger. Only he could use the brown ones.

So being the good daughter that I am, I systemically took all of the brown hangers out of the coat closet. Every time he left the house, if I was home I would grab the hanger, replace it with a new one, and hide the brown one under his bed.

He knew that it was me and could not find where I had been hiding the hangers. It drove him absolutely nuts for the about week and a half that I did this.

Until one evening right in the middle of Christmas I moved the hangers. The next morning he comes to breakfast to find all of his brown hangers dangling above the table from the chandelier.

This was probably one of the best games I've ever played during Christmas and was also the reason my mother started having me go into work earlier.



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Christmas Memories from the Past

Larry is 87 years old and grew up in a family of six kids, four boys and two girls. They lived in Rochester and his dad worked at the Mayo Clinic. He recalls how his dad rode his bike to work at the clinic every day and they didn't own a car until the family purchased a new 1955 Plymouth.

When Larry was young the family would celebrate Christmas by opening gifts on Christmas eve. One of the gifts he received as a young man was a wrist watch, which he considered about the greatest thing on earth. Another gift he recalls from his youth was a pair of cowboy boots.

His birthday also fell in December, an event that kind of got lost in the excitement of the holiday.

On Christmas day there was always dinner with the family consisting of turkey and dressing. His grandparents were from Ireland. After Larry got older, he played the dollar drop game with the kids, where they tried to catch a crisp new dollar bill before it hit the floor. A few years ago he asked if they were too old to play the game, but they wanted to keep up the tradition so he procures some new money from the bank for the occasion.

Larry lived at Ryan's Bay in Lake Zumbro for over fifty years and used to drive the ski boat and pickup boat as well as serve as the announcer for the water ski performances on the lake.

Mary is 95 years old and grew up on a farm in western Minnesota. She remembers the Christmas programs at the country school and churches when she was young were more about Jesus' birthday than Santa Claus. They consisted of Christmas songs and recitations the kids memorized. She can recall playing an angel in one of the pageants. There was a man dressed as Santa who gave each kid a bag of candy at the school program.

As the oldest of seven kids, Mary helped a lot with the cooking at Christmas time. Family would come over for the Christmas meal of turkey, mashed potatoes, gravy, sweet potatoes and cranberry salad. One specialty was

her dad's favorite treat from old England. He would steam plum pudding with raisins and currants for four hours and then make a sweet sauce that was poured hot over the pudding. The memories of the meals with the family was more important than the gifts.

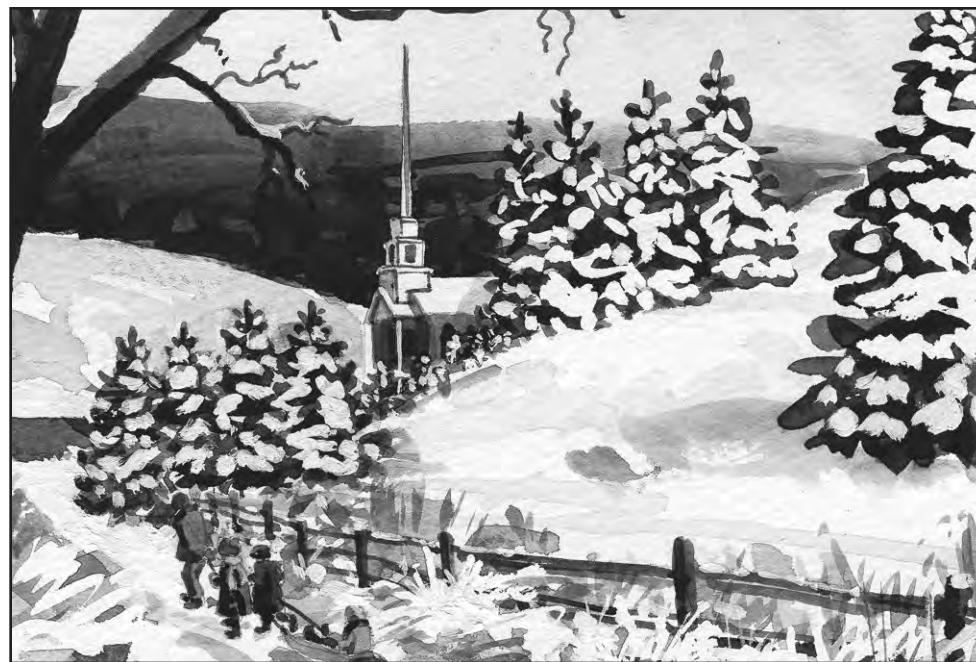
For fun they would ski behind the pickup on country roads. The kids took turns with the one pair of skis and had to remember to throw the rope over the mailboxes as they passed by. After the lakes froze they would ski behind the pickup on the flat surface as there were no hills to be found where they grew up.

When Mary went to nursing college in Chicago her parents mailed her a Christmas dinner in dry ice one year. She cooked it and shared it with her nurse friends who were all far away from their homes over the holidays.

Jean is 94 years old and grew up on a farm with her twin sister and one brother. The family endured lean years but her parents always made it a special day for the kids and managed to have some toys for gifts along with clothes and games. She recalls a baby doll for a gift one year.

The family would go to church on Christmas eve and then on Christmas morning would wake to open gifts. The Christmas meal included ham, pork roast, potatoes, chocolate milk and pies. Activities were always playing games as a family. They included Yahtzee and card games like Old Maid. One of her favorite treats was the chocolate cake her mom would bake.

Arletta is 89 years old and grew up living in town with her five brothers and sisters. She remembers going to church on Christmas eve and the next day all her uncles, aunts and cousins went to grandmother's house for



a big meal. There would be 30 to 40 all packed in the house together. Her grandmother cooked on a wood stove and served turkey, dressing, cranberry bread and apple pie. There would also be homemade ice cream in the afternoon.

Presents were pajamas and books for the girls and toy car, trucks and farm machinery for the boys. Her favorite was a handmade doll with a china face.

After the noon meal the adults would sit around the table and play 500 while the kids headed outside to slide down the nearest hill on sleds and toboggans.

Bev is 94 years old and was an only child

growing up in town during the Great Depression era. Christmas was a big event at her parent's house and her mother baked all sorts of wonderful holiday foods. She got to open her gifts Christmas eve and her favorite gifts as a child were dolls and a doll buggy.

She especially remembers school and church Christmas programs where each child would memorize a piece to be recited in front of the parents.

Christmas day they would get in the car and drive to a relative's farm for a big meal and afterwards she played outside with her cousins.

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