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The Formation of the Goodhue Community Health Awareness Coalition

By Pastor Eric Hanson, St. Luke Lutheran Church, Goodhue & Father Thomas McCabe, Holy Trinity Catholic Church, Goodhue. (both members of the Goodhue Community Health Awareness Coalition)

In the spring of 2021, members of churches in the city of Goodhue went to church leaders expressing concern that families in their city these days are needing to choose between how they spend their Wednesday evenings and Sunday mornings more often than usual.

(continued on page 4)

Antique Snowmobiles Hit the Trails



66 Vintage sleds were officially registered for the competition and on display in the Lion's parking lot.

By Beth Brekke

The Goodhue-Bellechester Railriders annual vintage snowmobile show and ride was

held February 4th with close to 70 sleds taking advantage of the near perfect weather and trail conditions. Registration began at 9 AM

with sleds on display in the Goodhue Lion's parking lot until 1 PM.

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Grace/St. Peter's Chili Cook-off



Schutz-Frome D. Hippe was one of the official chili cook-off judges. He said he came in from Germany just for the event but looked suspiciously like Pastor Martin Weigand of St. Peter's Church.

By Beth Brekke

The joint Wisconsin Synod Lutheran churches of Grace and St. Peter's hosted a chili cook-off on Sunday, February 19th in the basement of St. Peter's in Goodhue.

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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.

• **The Goodhue Area Historical Society Museum** is open June thru August Thursday and Sunday 1 to 4 p.m.. For after hours appointment call 651-923-4302 or 651-301-5731.

Do you have an announcement?

Email:

hometownmessenger@gmail.com



Millie Ryan finds an edible baby Jesus inside a cupcake.

New Mardi Gras Celebration A Success

By Beth Brekke

Fun was had by all who attended the Mardi Gras celebration hosted by the Holy Trinity Parish churches on Sunday, February 19th. This first of its kind event was held at the Lion's Community Center which had been decorated with table coverings and balloons in the usual Mardi Gras colors of purple, green and gold. Banners, signs and bowls of colored rice also made the building more festive.

Mardi Gras is a tradition observed with food and merriment ahead of the beginning of the more somber Lenten season.

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Love Your Enemies

By Pastor Colleen Hoeft

I don't know about you but that seems impossible. How in the world can you love someone who doesn't love you? How in the world can you love someone who wants to do you harm and tear you down? It's much easier for me to love people who already love me; like my husband, my children and my friends.

We have had times, and still do that we get on each other's nerves. There are times when we have disagreements and differing points of view. But at the end of the day we still love each other. But in today's passage, Jesus comes along and tosses in this monkey wrench of saying that not only are we to love those who love us but we're even to love those who don't love us! Many of us read that and think, "Are you kidding me?" Our more natural reaction is like a certain truck driver:

Late one summer evening in Broken Bow, Nebraska, a weary truck driver pulled his rig into an all-night truck stop. The waitress had just served him when three tough looking, leather jacketed motorcyclists - of the Hell's Angels type - decided to give him a hard time. Not only did they verbally abuse him, one grabbed the hamburger off his plate, another took a handful of his French fries, and the third picked up his coffee and began to drink it.

How would you respond? Well, this trucker did not respond as one might expect. Instead, he calmly rose, picked up his check, walked to the front of the room, put the check and his money on the cash register, and went out the door. The waitress followed him to put the money in the till and stood watching out the door as the big truck drove away into the night.

When she returned, one of the bikers said to her, "Well, he's not much of a man, is he?" She replied, "I don't know about that, but he sure ain't much of a truck driver. He just ran over three motorcycles on his way out of the parking lot."

That seems fair right? That would be justice. We totally get that. When someone wrongs us our first instinct is to get them back! Our first instinct is to make them hurt as much as they hurt us. That is the world's answer to being wronged. But Jesus gives His followers a different response they're to have. He tells us we're to love our enemies. Luke 6:27-31.

"27 'But to you who are listening I say: Love your enemies, do good to those who hate you, 28 bless those who curse you, pray for those who mistreat you. 29 If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. 30 Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. 31 Do to others as you would have them do to you.

First, He tells us that you're to do good to those who hate you. It isn't enough to just say it- we've got to live it out! That may mean shoveling the walk of a cantankerous neighbor. It may mean volunteering to help a co-worker that you don't get a long with or speaking graciously to an ex-spouse on the phone.

The 2nd response you're to have toward

your enemies is to bless those who curse you. It certainly goes against our initial response to someone that curses us. Words and actions bring us a lot of pain- so turning around and blessing them instead of cursing them back is very difficult.

When we have held onto the hurt and pain for a long time- it's difficult to let go. Jesus is our example- He didn't dish it out when he was cursed or ridiculed- he walked away. He will give us the strength to do the same. When we have Jesus' love and forgiveness in our life and the freedom, He has given us- even when those feelings of pain and bitterness rise up within us- we can claim Jesus and His power to break the power of sin and darkness in our lives. Over and over again He will remind you and me: "greater is He that is in me and he that is in this world!" Our example, and our strength come only from Jesus.

Third, we must pray for those that mistreat us. That doesn't mean a prayer to get even, or a prayer for vengeance- it's a sincere prayer for that person to find healing, to know Jesus, to experience God's healing for whatever may be going on in their life. Praying for our enemy is not easy. But when we pray for our enemies it can actually serve as a tool to keep us from being destroyed by bitterness and anger.

St. Patrick- the patron Saint of Ireland lived out this principle in his life. Patrick was kidnapped when he was 16 and taken prisoner by a group of Irish raiders who

were attacking his family's estate. They transported him to Ireland where he spent six years in captivity. During this time, he worked as a shepherd. Lonely and afraid, he turned to God for solace, becoming a devout Christian. He also had a vision of converting the Irish people to a faith in Jesus Christ.

After more than six years as a prisoner, Patrick escaped. Patrick walked nearly 200 miles from County Mayo to the Irish coast. After escaping to Britain, Patrick began religious training, a course of study that lasted more than 15 years. After his ordination as a priest, he returned to Ireland with a dual mission: to minister to Christians already living in Ireland and to begin to convert the Irish.

Patrick understood Jesus' message of loving his enemies. He was willing to return to those that had held him captive and share the message of the gospel with them. Patrick practiced his faith by not just putting up with his enemies- but by loving them enough to share the truth of Jesus and the hope of eternity with them.

If you have someone that you are struggling to love, struggling to forgive- I want to encourage you to bring that hurt, that pain to Jesus and begin today to love them as Jesus loves you. We are called to live above 'pay back and hatred' and take the higher road in loving our enemy. Let Jesus give you His strength to love your enemy. "When He tells us to love our enemies He gives, along with the command, the love itself." Corrie Ten Boom

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Father Thomas McCabe • www.holytrinitygoodhue.org
211 4th St. N., Goodhue • 923-4472
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(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
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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, and 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 Peace of God

"Blessed are the peacemakers, for they will be called children of God." — Matthew 5:9

In A.D. 989 the once powerful Carolingian Empire lay in ruins. The collapse of central authority had led to increased violence. Bloody feuds and local wars broke out in much of the area where France is today. That's when local church ministers proclaimed "Pax Dei" ("The Peace of God"), granting shelter from violence for people who could not defend themselves—peasants, clergy, and many women and children. Pax Dei prohibited nobles and their guards from invading churches, burning houses, beating people, and so on. If anyone broke those rules, they could be excommunicated from the church.

From a humble beginning, this church-led movement spread through Western Europe, surviving in some form for about 200 years. Today it is considered one of the first mass peace movements.

Nearly a thousand years before Pax Dei, Jesus preached "Blessed are the peacemakers" to the shock and disbelief of his listeners. In those days many of his fellow Jews dreamed of rebelling against the ruthless occupation of the Roman Empire.

The call to make peace was difficult in Jesus' day and in the Middle Ages, and it is still difficult today. Yet Jesus inspires his faithful followers to seek peace, for that is God's way of restoring us to himself and making us his children.

Heavenly Father, thank you for making us your sons and daughters. Inspire us to become your peacemakers. In Jesus' name we pray. 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

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Pastor Hannah Bergstrom de Leon
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Sunday 9:00am Worship
Communion offered on the 2nd & 4th Sundays.

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Pastor Eric Hanson
PO Box 276, 308 1st Ave., Goodhue
Email: office@stlukegoodhue.org • 651-923-4695
Sunday 9:30a.m.
Wednesday Worship at 6:45p.m.
*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.



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Minnesota FFA Foundation Partnership with Support Agriculture Family of Brands to Raise Funds

through a partnership with the Support Agriculture family of brands. In celebration of National Ag Day on March 21st, we released Support Minnesota Agriculture merchandise for you to show your love of Minnesota agriculture. The t-shirts are 100% grown, sewn, and printed in the USA. T-shirts and other Support Minnesota Agriculture items will be sold and 20% of the proceeds will go back to the Minnesota FFA Foundation.

The Support Agriculture family of brands is an initiative started by Zeke Chapman, owner of Chapman Trading Company and Magnolia Loom, based in Sandersville, Georgia. Chapman exudes a servant's heart and, with that spirit, spearheaded a project to raise money for the Georgia FFA Foundation. Now nearly three years later, he has been able to give back over \$150,000 to this and many other

The Minnesota FFA Foundation is excited to announce a new fundraising opportunity



agricultural organizations.

The website www.supportminnesotaagriculture.com was released on March 7, 2023,

for you to view the designs available for purchase beginning on March 21st.

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Gregory Allen Poncelet

Gregory Allen Poncelet, 63, of Bay City, Wisconsin, died Friday, February 3, 2023, at his home, surrounded by his family. He was born February 24, 1959, in Zumbrota, MN, to Raymond and Gloria (Berg) Poncelet. He grew up in the Bellechester area and was a 1977 graduate of Goodhue High School. He worked at Gould Mfg., Mactech, Poncelet Metals, D.L. Ricci, Encompass Machining and Lake City Recycling. He also owned his own stump grinding and tree transporting business. On January 21, 2000, he was united in marriage to Janiel (Kirtz) Tomfohrde. Greg enjoyed truck pulling, garden tractor pulling with his daughter, Tasha; vintage snowmobiles, machining from his own shop, Jeeps, motorcycles, ATV's and side-by-sides and going to the cabin and fishing.



He is survived by his wife, Janiel; children, Tiffany (Gale) McFarland, Greg (Stacy) Poncelet, Jr. and their daughter, Cove; Natasha (Reggie) Miller and their children, Easton & Mia Miller; his parents, Ray and Gloria Poncelet; siblings, Jean Poncelet, Sheila (Danny) Tiedeman, Lorraine (Dale) Reese, Pete (Tammy) Poncelet, Tim (Lisa) Poncelet and Ben (Heather) Poncelet and many nieces and nephews. He was preceded in death by his grandparents, Gladys and Joseph Berg and Mary and Theodore Poncelet.

A celebration of life for Greg will be held at a later date. Arrangements handled by Mahn Family Funeral Home, Bodelson-Mahn Chapel.

GOODHUE EDUCATION FOUNDATION'S ANNUAL

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The Formation of the Goodhue Community Health Awareness Coalition

(continued from page 1)

Traditionally in Goodhue, Wednesday evenings & Sunday mornings have been set aside for families and faith communities to gather and practice their faith together. It's been the tradition in Goodhue to not schedule too many events during these days in order to protect that space.

However, overtime, church members and clergy in Goodhue have noticed a change. Increasing opportunities for extracurricular activities, the demands of jobs, and just the general busyness of life has ramped up in such a way that it is becoming harder for families to engage in what local clergy calls "sacred space." According to Pastor Eric Hanson (St. Luke Lutheran Church, Goodhue) and Father Thomas McCabe (Holy Trinity Catholic Church, Goodhue), "Families need sacred space in their lives to play together, to have down-time together, to practice their faith together, and to simply be together without agenda or scheduled activity." Such sacred space, according to Pastor Hanson and Father McCabe "Gives youth and families time to experience themselves in non-merit-based settings such as school, sports, or jobs. People need time to be bored, to ask deep questions about who they are, and to not be jumping from one activity to another on a calendar. People need time to simply be together, whether it be in a faith structured environment, or simply at home enjoying each other's company."

Pastor Hanson moved to Goodhue from Sammamish, WA (a suburb of Seattle) two and a half years ago and noticed while living in the suburbs of Seattle that losing such sacred space can have detrimental mental health effects on a city. According to Pastor Hanson, "The youth and families in Sammamish had been losing their sacred space for decades. I regularly witnessed families moving from one event to the next event to the next activity to the next job responsibility with no time to breathe in between. The City of Sammamish discovered through a public health assessment that this pace of life was likely contributing to rising mental health problems across the city."

After hearing similar concerns from Father McCabe and members of Goodhue's churches, Pastor Hanson, Father McCabe, and a number of community members decided to form the Goodhue Community Health Awareness Coalition. The Coalition's mission is, "To discover and preserve the balance of family time within the changing seasons of life in order to promote healthy spiritual and mental wellbeing." The Coalition's objectives are; 1) to provide opportunities for conversations about the importance of keeping Sunday mornings and Wednesday afternoons/nights free for family, faith, and



Members of the Community Health Awareness Coalition

Front row, left to right: Father Thomas McCabe (Priest, Holy Trinity, Goodhue), Howard Stenerson (Goodhue County Sheriff's Office Chaplain), Dr. Evan Gough (Goodhue Public School Superintendent), Pastor Eric Hanson (Pastor, St. Luke Lutheran Church, Goodhue). Back row, left to right: Regina Poncelet, Pastor Robbin Robbert (Pastor, St. John's Lutheran Church and Preschool, Goodhue), Anna Buck, Maggie Voth, Kristin Diercks.

free time, 2) to affirm the importance of structured time with regard to extracurricular activities, 3) to provide opportunities for the community to support the spiritual and mental health and wellbeing of its youth and families, and 4) to search for and connect youth and families with community mentors and resources to increase their spiritual and mental wellbeing. A past and present school board member, and several parents from the community concurred that we should bring this topic into the public light. The community members worked together to form the above mission statement and thought the objectives would help guide public discussion and concrete actions. Everyone was glad that this

topic was being addressed and felt the support of others who could not attend the meetings.

One of the initial projects the Coalition tackled was putting on a Community Mental Health Awareness and Education Forum at Goodhue Public School this past fall. The Coalition partnered with the Goodhue County Mental Health Coalition and NAMI (National Alliance on Mental Illness) to bring awareness to rising mental health challenges in Goodhue County, inform on spiritual practices that foster positive mental health, and inform on where Goodhue County residents can go for mental health assistance. In the future, the Coalition hopes to increase public

awareness on how communities can improve mental well-being among residents by writing monthly articles on the subject in local newspapers. For anyone interested in the Coalition's work, you may reach out to Pastor Eric Hanson at anspachh2002@gmail.com or Father Thomas McCabe at frmccabe@bevcomm.net.

Looking for mental health resources?

National Resources

Call or text 988 & you'll be connect with mental health professionals through the Suicide and Crisis Lifeline

Suicide Prevention Hotline (English) 1-800-273-8255
Suicide Prevention Hotline (En Espanol) 1-888-628-9454

Regional Resources

Crisis Response of Southeast Minnesota
Phone: 1-844-274-7472
Text: "MN" to 741741
Minnesota Farm & Rural Helpline 1-800-600-2670
Southeast Regional Crisis Center 507-322-3019

Goodhue County Resources

Your local school Counselor or School Psychologist
The Mental Health Coalition of Goodhue County resource website: www.gccfc.org

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Grace/St. Peter's Chili Cook-off

(continued from page 1)

Grace members Darwyn and Mary Tri coordinated the event as a fellowship opportunity between the two sister congregations.

The eight competitors for top honors were Larry Holst, Mark Thomforde, Dean Tiedemann, Jed Post, Ben Raasch, Ty Schulz, Sheila Albers, and Curt Callstrom. Scoring the highest with the judges was Mark Thomforde and winning the people's choice award was Jed Post. Interestingly, there was no crossover between the official's top 3 placings and the people's choice top 3 placings. Chefs were awarded prizes that included aprons and chili making ingredients.

The free-will offering is being used to support the Lutheran Institutional Ministry Association (LIMA) whose mission is to spread the Gospel where it is needed, particularly to those in colleges, hospitals and prisons.



The eight chili chefs were not allowed to serve their own chili but offered samples for the people's choice voting and bowls once a favorite was picked. Macaroni and cheese was also offered along with the usual chili toppings.

Share Your Good News with the Community!

Submit your engagement, wedding or birth announcement

Email:

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19th Annual Goodhue Lions SHOP TOUR



April 1, 2023
9 AM start at
Lions Building

Tickets & directions available on April 1 at the Lions Building and at each shop

Cost: \$30.00 15 & Up
7-14 \$10 age 6 & under Free
Includes:
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(not enough time here in 2022)
Trevor Dicke
Too Tall Fix All
(Alex Klindworth)
LandProz
(Zumbrota office)

Food donated by Lodermeier's Inc

Businesses Held Appreciation Day



Travis and Lana Heumann opened the doors to the Workout 24/7 facility for refreshments, door prizes and an opportunity to tour the gym and learn about the equipment during Goodhue's appreciation day. The facility now offers shorter duration memberships for 3, 6 or 12 month periods.

By Beth Brekke

Several Goodhue businesses showed appreciation to their customers on Friday, February 17th by offering free food, information and prize drawings. The event ran from 10 AM to 2 PM and was well attended.

Lodermeier's served pork sandwiches until they ran out but were quickly replaced with deli meat and cheese accompanied by chips and cookies. They also offered prize drawings and parts discounts. The Bake Shoppe gave out potato salad and muffins and several other businesses offered sweet treats. J-Hill Promotions sponsored over \$200 in door prizes and Peter's Insurance drew for \$100 in gift cards to Goodhue businesses.

Travis and Lana Heumann opened the doors to the Workout 24/7 facility for refreshments, door prizes and an opportunity to tour the gym and learn about the equipment. They have updated the membership rates and now offer individual, couples and family memberships for periods of 3, 6 or 12 month periods. This was also an opportunity to discuss any real estate needs with Lana who works with Ben Olsen Realty. For more information on either business, call Lana at 651-380-5177 or email her at aathomewithlana@gmail.com.

New Mardi Gras Celebration A Success

(continued from page 1)

Often associated with New Orleans and other Southern areas, the cuisine includes jambalaya, beans and rice, and grits. Those items were all offered in Goodhue along with local favorites including BBQ's. Following the King's Cake tradition, those lucky enough to find an edible baby Jesus inside a cupcake could pick a prize.

Kids enjoyed free games and face painting and anyone could create their own Mardi Gras mask. Another very popular attraction was the cornhole competition. For \$10 you could throw 10 beanbags in 30 seconds. Brady Bigalk won this competition and received \$300.00 for his efforts. The event was a fundraiser for Youth and Family Ministry with 10% going to First Choice Clinic in Red Wing.



Ray McNamara and his daughter, Regina Poncelet try their luck in the cornhole competition.



Avery, Harper and Shannon Stewart show off the masks they created during the Mardi Gras festival.



The first of its kind Mardi Gras event held in the Lion's Community Center on February 19th drew a large crowd to the festively decorated facility.

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Antique Snowmobiles Hit the Trails

(continued from page 1)

arious awards and numerous door prizes were handed out and then most of the participants made an approximately 15 mile scenic loop to Bellechester via the trail to Hogsback and returned to Goodhue.

There were 66 snowmobiles officially registered although there were a few late-comers and others riding along just for fun. Among those attending the show and ride were Dan and Denise Reardon who came from Delano, MN. The couple knew where Goodhue was but had never been to the town and said they had never even heard of Bellechester. They participated on a 1978 Yamaha Exciter and a 1996 Yamaha V-Max.

There were sleds of all ages, sizes and varieties. Some that easily caught the eye were a 1964 Arctic Cat 101 with a 6 horse-power en-

gine owned by Mark Breckenridge, a child-sized Little Indy also made by Arctic Cat and displayed by Leo Wingert, and a machine dubbed "Snow Ranger" homemade by Jesse Frandrup in 1995. The Snow Ranger received the "Most Off The Wall" award.

Nearly 40 sponsors from around the area contributed financially or by providing great door prizes. Trophies and other prizes were given out in 11 different categories as follows:

69 & Older class: Rick Stockey, 1962 Polaris L-55 (4 in the class)

70-71: Greg Gernentz, 1971 440 Rupp with Cutter (7 in class)

72-73: Jeff Ryan, 1973 340 Skidoo TNT (16 in class)

74-76: John Little, 1976 440 Rupp Magnum (13 in class)

77-80: Renee Hadler, 1977 John Deere Liquifier (4 in class)

81-89: Alexis Van Eps, 1986 Arctic Cat Cougar (6 in class)

90-95: Nathan Skog, 1993 580 Arctic Cat (9 in class)

Best Matching suit and sled: Greg Gernentz, 1971 440 Rupp with Cutter (Trophy and \$50)

Best of Show: John Little, 76 440 Rupp



The annual vintage snowmobile show and ride drew a big crowd. Those attending gathered inside the Lion's building for lunch, door prizes and awards.



Winner of the "Off The Wall" award went to this Snow Ranger, homemade by Jesse Frandrup.



Among the oldest of the sleds on display was this 1964 Arctic Cat 101 with a 6 hp engine owned by Mark Breckenridge.

(Trophy, \$50 from GBRR, \$50 from Smokin' Oak of Red Wing)

Best Unrestored: Tim Bergeson, 1985 Ski Doo (\$50 from Smokin' Oak of Red Wing)

Most off the Wall: Jesse Frandrup, 1995 Homemade 2300cc, (\$10)

Members of the Railriders club followed the vintage group on newer sleds to insure that

everyone made the trip safely. The club also hosted a sledding party on the hill by Ag-Partners the following day. For more information on the Railriders and more photos and videos, visit the Goodhue-Bellechester Railriders facebook page. You may also view additional photos along with this article on the Messenger's website, www.goodhuemn.com.



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JJ Bien placed 2nd at 126 LBS at the Section 1 A wrestling Tournament and qualified for the Minnesota State Wrestling Tournament!

Goodhue placed several other wrestlers in the tournament

Submitted by Chad Otterness

MSHSL Section 1A Results for Goodhue

113

Lucas Erickson (23-21) placed 4th and scored 0.0 team points.

Champ. Round 1 - Lucas Erickson (Goodhue) 23-21 received a bye () (Bye)

Quarterfinal - Hunter Frank (Caledonia-Houston) 27-20 won by decision over Lucas Erickson (Goodhue) 23-21 (Dec 7-5)

Cons. Round 2 - Lucas Erickson (Goodhue) 23-21 received a bye () (Bye)

Cons. Round 3 - Lucas Erickson (Goodhue) 23-21 won by fall over Devon Bye (Dover-Eyota) 10-31 (Fall 3:53)

Cons. Semi - Lucas Erickson (Goodhue) 23-21 won by decision over Cael Smith (GMLOS) 31-17 (Dec 8-6)

3rd Place Match - Hunter Frank (Caledonia-Houston) 27-20 won by decision over Lucas Erickson (Goodhue) 23-21 (Dec 12-10)

126

Jeremiah Bien (32-18) placed 2nd and scored 0.0 team points.

Champ. Round 1 - Jeremiah Bien (Goodhue) 32-18 received a bye () (Bye)

Quarterfinal - Jeremiah Bien (Goodhue) 32-18 won by decision over Caden Haag (Dover-Eyota) 23-23 (Dec 12-11)

Semifinal - Gage Bartels (Chatfield) 32-7 won by major decision over Jeremiah Bien (Goodhue) 32-18 (MD 13-3)

Cons. Semi - Jeremiah Bien (Goodhue) 32-18 won by fall over Henry Cushman (Wabasha-Kellogg) 25-24 (Fall 3:11)

3rd Place Match - Jeremiah Bien (Goodhue) 32-18 won by fall over Caden Haag (Dover-Eyota) 23-23 (Fall 1:04)

2nd Place Match - Jeremiah Bien (Goodhue) 32-18 won in sudden victory - 1 over Tate Miller (Kenyon-Wanamingo) 31-12 (SV-1 11-9)

132

Hayden Holm (27-17) placed 5th and scored 0.0 team points.

Champ. Round 1 - Hayden Holm (Goodhue) 27-17 received a bye () (Bye)

Quarterfinal - Alden Pearson (Chatfield) 18-18 won by decision over Hayden Holm (Goodhue) 27-17 (Dec 1-0)

Cons. Round 2 - Hayden Holm (Goodhue) 27-17 received a bye () (Bye)

Cons. Round 3 - Hayden Holm (Goodhue) 27-17 won by fall over Timmy Hogfeldt (GMLOS) 15-18 (Fall 1:10)

Cons. Semi - Kane Larson (Fillmore C-Lanesboro-M-C Wolves) 31-11 won by decision over Hayden Holm (Goodhue) 27-17 (Dec 2-0)

5th Place Match - Hayden Holm (Goodhue) 27-17 won by major decision over Hunter Garness (Triton) 19-21 (MD 17-6)

138

Payton Holst (15-22) placed 8th and scored 0.0 team points.

Champ. Round 1 - Payton Holst (Goodhue) 15-22 won by decision over Jonas Barclay (St. Charles) 21-25 (Dec 8-6)

Quarterfinal - Cohen Wiste (GMLOS) 44-1 won by fall over Payton Holst (Goodhue) 15-22 (Fall 2:53)

Cons. Round 2 - Payton Holst (Goodhue) 15-22 won by fall over Guadalupe Martinez (Triton) 3-25 (Fall 1:34)

Cons. Round 3 - Damon Bye (Dover-Eyota) 26-22 won by major decision over Payton Holst (Goodhue) 15-22 (MD 10-1)

145

Beau Jaeger (27-13) placed 3rd and scored 0.0 team points.

Champ. Round 1 - Beau Jaeger (Goodhue) 27-13 received a bye () (Bye)

Quarterfinal - Beau Jaeger (Goodhue) 27-13 won by decision over Trent Foss (Kenyon-Wanamingo) 27-14 (Dec 9-4)

Semifinal - Tucker Ginther (Caledonia-Houston) 33-2 won by decision over Beau Jaeger (Goodhue) 27-13 (Dec 3-1)

Cons. Semi - Beau Jaeger (Goodhue) 27-13 won by major decision over Aidan Olson (St. Charles) 33-15 (MD 14-4)

3rd Place Match - Beau Jaeger (Goodhue) 27-13 won by fall over Braxten Wiste (GMLOS) 33-16 (Fall 3:58)

2nd Place Match - Carson Rowland (Chatfield) 37-6 won by decision over Beau Jaeger (Goodhue) 27-13 (Dec 10-4)

152

Nathan Beck (22-21) placed 6th and scored 0.0 team points.

Champ. Round 1 - Nathan Beck (Goodhue) 22-21 received a bye () (Bye)

Quarterfinal - Dillon Bartel (Kenyon-Wanamingo) 34-7 won by major decision over Nathan Beck (Goodhue) 22-21 (MD 16-3)

Cons. Round 2 - Nathan Beck (Goodhue) 22-21 received a bye () (Bye)

Cons. Round 3 - Nathan Beck (Goodhue) 22-21 won by fall over Dalton Pischke (GMLOS) 15-27 (Fall 4:14)

Cons. Semi - Jack Dornack (Chatfield) 28-13 won by major decision over Nathan Beck (Goodhue) 22-21 (MD 9-1)

5th Place Match - Carter Hovland (Fillmore C-Lanesboro-M-C Wolves) 28-13 won by fall over Nathan Beck (Goodhue) 22-21 (Fall 4:36)

160

Jeremiah O'Reilly (30-18) placed 6th and scored 0.0 team points.

Champ. Round 1 - Jeremiah O'Reilly (Goodhue) 30-18 received a bye () (Bye)

Quarterfinal - Simon Seymour (Caledonia-Houston) 34-12 won by decision over Jeremiah O'Reilly (Goodhue) 30-18 (Dec 5-3)

Cons. Round 2 - Jeremiah O'Reilly (Goodhue) 30-18 received a bye () (Bye)

Cons. Round 3 - Jeremiah O'Reilly (Goodhue) 30-18 won by decision over Kiefer Olson (Kenyon-Wanamingo) 25-13 (Dec 7-4)

Cons. Semi - Owen Garness (Triton) 18-4 won by decision over Jeremiah O'Reilly (Goodhue) 30-18 (Dec 7-1)

5th Place Match - Chace Kobs (St. Charles) 33-10 won by decision over Jeremiah O'Reilly (Goodhue) 30-18 (Dec 8-7)

170

Grant Reed (31-14) placed 3rd and scored 0.0 team points.

Champ. Round 1 - Grant Reed (Goodhue) 31-14 received a bye () (Bye)

Quarterfinal - Grant Reed (Goodhue) 31-14 won by major decision over Liam Schlichting (Triton) 20-14 (MD 14-3)

Semifinal - Jaedin Johnson (Kenyon-Wanamingo) 37-4 won by decision over Grant Reed (Goodhue) 31-14 (Dec 7-1)

Cons. Semi - Grant Reed (Goodhue) 31-14 won by major decision over Aden Kulas (Caledonia-Houston) 11-15 (MD 15-4)

3rd Place Match - Grant Reed (Goodhue) 31-14 won by decision over Oliver Hoeltzle (Fillmore C-Lanesboro-M-C Wolves) 28-12 (Dec 11-6)

2nd Place Match - Landon Lehnertz (Dover-Eyota) 33-5 won by major decision over Grant Reed (Goodhue) 31-14 (MD 12-3)

182

Jack Carlson (38-10) placed 3rd and scored 0.0 team points.

Champ. Round 1 - Jack Carlson (Goodhue) 38-10 received a bye () (Bye)

Quarterfinal - Jack Carlson (Goodhue) 38-10 won in sudden victory - 1 over Andrew Wendt (Dover-Eyota) 12-15 (SV-1 9-7)

Semifinal - Eric Mauss (Caledonia-Houston) 32-6 won by decision over Jack Carlson (Goodhue) 38-10 (Dec 5-2)

Cons. Semi - Jack Carlson (Goodhue) 38-10 won by decision over Owen Craig (Kenyon-Wanamingo) 16-21 (Dec 7-0)

3rd Place Match - Jack Carlson (Goodhue) 38-10 won by decision over Andrew Wendt (Dover-Eyota) 12-15 (Dec 9-5)

2nd Place Match - Eric Mauss (Caledonia-Houston) 32-6 won by no contest over Jack Carlson (Goodhue) 38-10 (NC)

195

Carsyn O'Reilly (37-14) placed 3rd and scored 0.0 team points.

Champ. Round 1 - Carsyn O'Reilly (Goodhue) 37-14 received a bye () (Bye)

Quarterfinal - Carsyn O'Reilly (Goodhue) 37-14 won by tech fall over Christian Schrom (Triton) 6-10 (TF-1.5 3:37 (18-2))

Semifinal - Tytan Small (St. Charles) 37-6 won by decision over Carsyn O'Reilly (Goodhue) 37-14 (Dec 5-1)

Cons. Semi - Carsyn O'Reilly (Goodhue) 37-14 won by fall over Aidan Lindell (Kenyon-Wanamingo) 10-19 (Fall 2:27)

3rd Place Match - Carsyn O'Reilly (Goodhue) 37-14 won by fall over Jackson Welsh (Dover-Eyota) 17-12 (Fall 3:44)

2nd Place Match - Ayden Goetzinger (Caledonia-Houston) 40-6 won by decision over Carsyn O'Reilly (Goodhue) 37-14 (Dec 3-2)

220

Caleb Kurtti (41-7) placed 3rd and scored 0.0 team points.

Champ. Round 1 - Caleb Kurtti (Goodhue) 41-7 received a bye () (Bye)

Quarterfinal - Caleb Kurtti (Goodhue) 41-7 received a bye () (Bye)

Semifinal - Caleb Kurtti (Goodhue) 41-7 won by tech fall over John Swanek (GMLOS) 25-12 (TF-1.5 3:48 (15-0))

1st Place Match - Will Van Epps (Kenyon-Wanamingo) 34-4 won by decision over Caleb Kurtti (Goodhue) 41-7 (Dec 8-2)

2nd Place Match - Tyler Mix (Dover-Eyota) 35-8 won by major decision over Caleb Kurtti (Goodhue) 41-7 (MD 13-5)

285

Cayden O'Reilly (16-16) placed 6th and scored 0.0 team points.

Champ. Round 1 - Cayden O'Reilly (Goodhue) 16-16 received a bye () (Bye)

Quarterfinal - Cayden O'Reilly (Goodhue) 16-16 won by fall over Bralyn Burnett (Chatfield) 16-17 (Fall 0:47)

Semifinal - Jackson Duellman (Dover-Eyota) 40-4 won by fall over Cayden O'Reilly (Goodhue) 16-16 (Fall 0:35)

Cons. Semi - Charles Koncur (Kenyon-Wanamingo) 21-17 won by decision over Cayden O'Reilly (Goodhue) 16-16 (Dec 3-1)

5th Place Match - Bralyn Burnett (Chatfield) 16-17 won by decision over Cayden O'Reilly (Goodhue) 16-16 (Dec 4-3)

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To Apply: submit requested information by **5PM on Friday, March 17, 2023** to plrac@hickorytech.net be considered in the first screening. Details and further information can be found at www.plrac.org/hiring.

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Live and Online Area Farmers Consignment Auction, Tractors, Combines, Semi's, Trailers, Construction Equipment, Planters & Tillage Equipment, Livestock Equipment, Pickups, Cars, ATVs and Farm Support Items

March 30, 2023
Bidding Begins: ..Mar. 20, 2023
Starts Closing: ..Mar. 30, 2023
Lonsdale, MN
ONLINE ONLY SHOP TOOLS AUCTION FOR THE OTTO HOMBURG ESTATE
Power & Hand Tools, Welders, Air Compressor, Shop Cabinets, Tool Boxes, Battery Chargers, Pullers, Pipe Wrenches, Sockets, New Filters & Oil, New Hardware, All Like New Items

April 1, 2023 10:00 AM
Lonsdale, MN
LARGE FARM ESTATE AUCTION FOR THE OTTO HOMBURG ESTATE
John Deere 7520, 4320, 4020, 4000, 3020, 630, 530, A & B Tractors, MC Crawler, (2) Case Skidloaders, 2004 GMC 2500 - 12K Miles, JD 6620 Combine W/Heads, JD 936 Moco, NH R8740A Baler, JD 8300 Drill, Tillage & Livestock Equip., Motor Home, Cadillac Car

April 8, 2023
Bidding Begins: ..Mar. 30, 2023
Starts Closing: ..April 8, 2023
Montgomery, MN
ONLINE ONLY 78.20 ACRES IN RICE CO. MN FOR MARVIN DAVID ESTATE
78.20 Acres in Section 32 Erin Township, Rice Co., Rural Montgomery, MN, 8 Acre Building Site 3 Bedroom Home, Sheds, Barn, 70 Acres of Prime Farm Land, 80 CPI, Drian Tile in Place, Online Only Bidding, Montgomery, MN

April 8, 2023
Bidding Begins: ..Mar. 30, 2023
Starts Closing: ..April 8, 2023
Montgomery, MN
ONLINE ONLY FARM EQUIPMENT & AUTOS AUCTION FOR MARVIN DAVID ESTATE
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UPCOMING 2023 AUCTIONS

Saturday April 22, 2023
• 9:30 A.M.

If you have one item or a full line, give us a call early to take full advantage of advertising. Tractors, combines, haying & tillage equipment, planters, wagons, farm pickups and grain trucks, recreational items, construction equipment, all types of farm machinery. To consign, call Holland Auction at 507-684-2955 or Tracy Holland at 507-456-5128.

Live and Online Bidding LARGE MACHINERY AUCTION
Ellendale, MN

Sunday June 4, 2023 • 9:00 A.M.
Polaris Sportsman 550 ATV, 4x4 Guns - Case 1816 skidloader - 32" Anvil - Old gas pump - anvil collection - old machinery - antiques & collectibles

Joel & Kelly Langlie OWNERS
Ellendale, MN

Tuesday June 27, 2023 • 9:30 A.M.
LARGE RETIREMENT AUCTION
John Deere S670 Combine PRWD - Grain Heads
2-Cat Challenger Tractors - White Planter - Tillage Equipment - Peterbuilt Grain Truck - Brent 678 Grain Cart - Seed Tender - Full line of Farm Equipment

Denny & Maxine Hoehn - OWNERS
New Richland, MN

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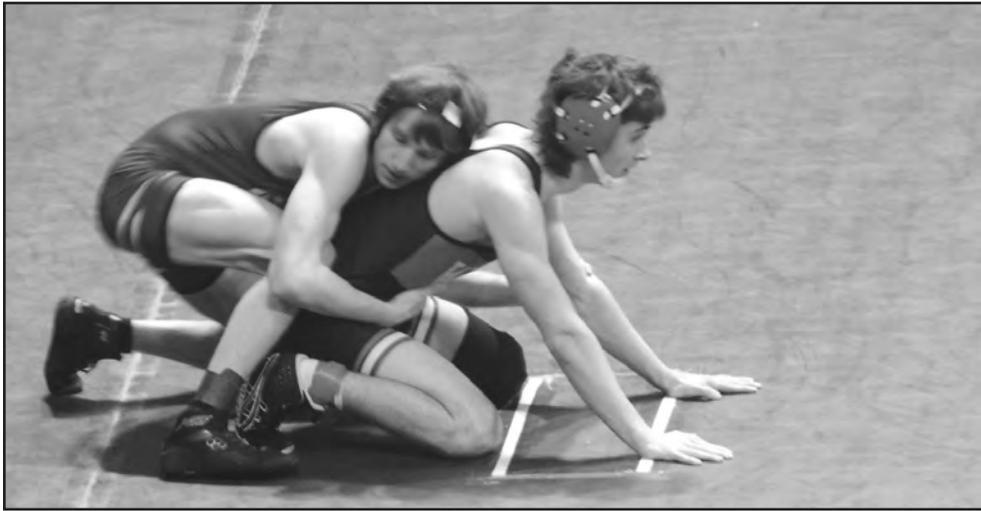
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March, 2023

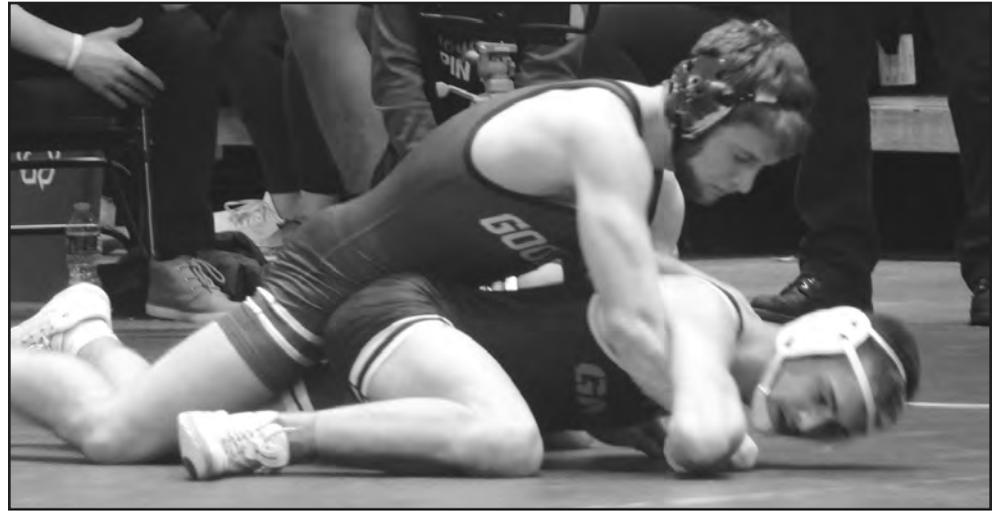
- GOODHUE-BELLECHESTER MESSENGER -

Page 13



photos by Chad Otterness

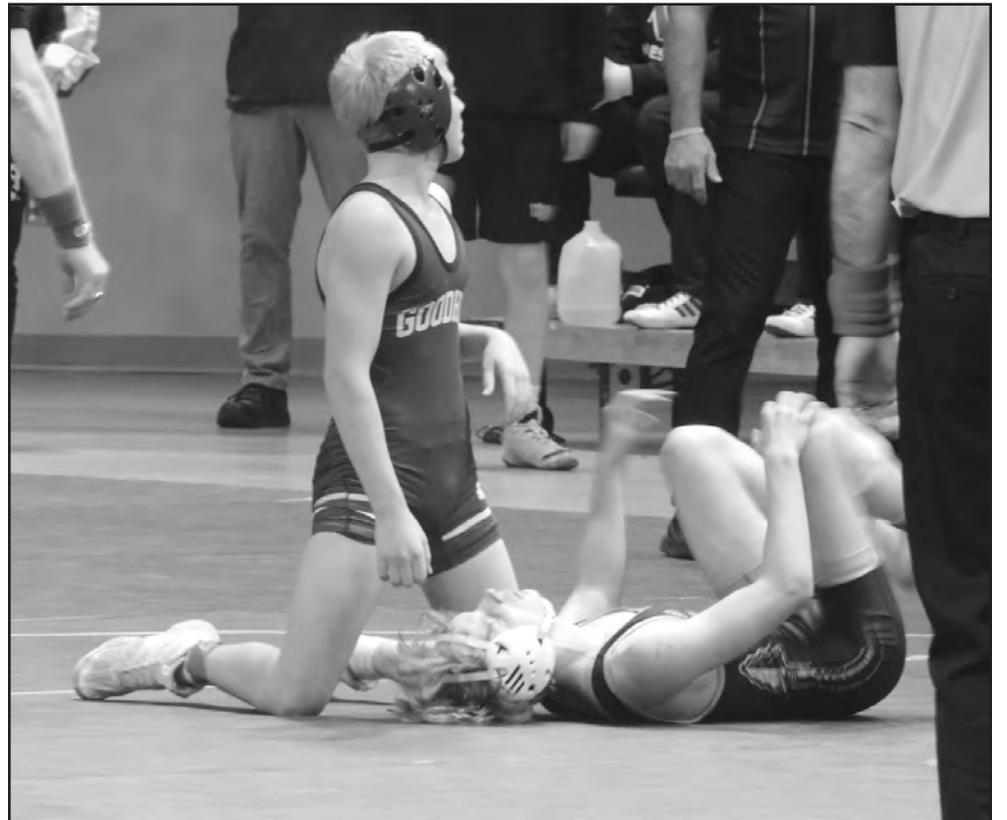
JJ Bein of Goodhue getting set to wrestle vs a Wabasha opponent! JJ qualified for state at 126 LBS!



Beau Jaeger 3rd Place at 152 Goodhue Wrestler



Grant Reed with the pin in Section 1 A 170 LBS



Lucas Erickson of Goodhue gets a pin! 4th place at Sections 1 A



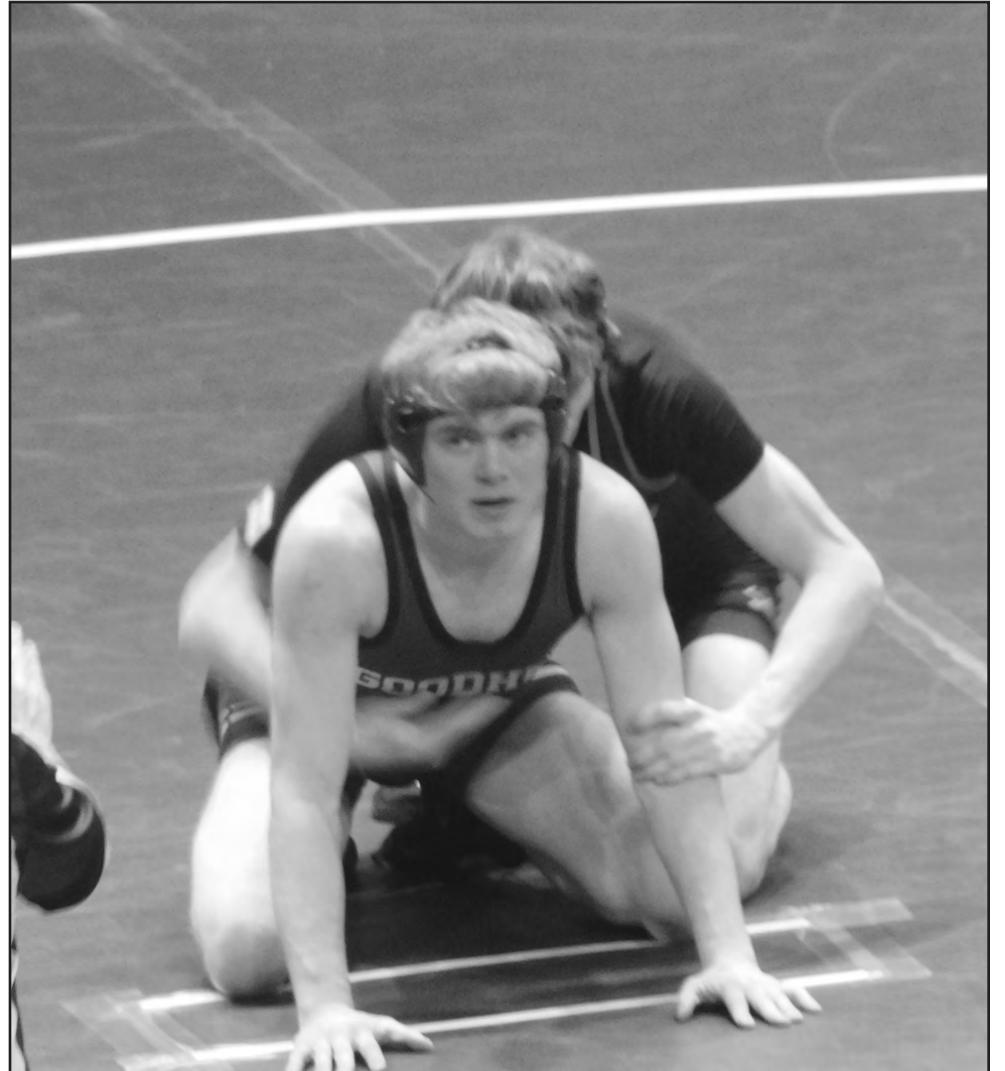
Carsyn O'Reilly with the pin for Goodhue! 3rd Place



Hayden Holm is upside down while wrestling his Fillmore Central Opponent in the Section Tournament! 132 LBs for Goodhue



Kaleb Kurti with the pin! Goodhue 220 LBS 4th Place at Sections1 A



JJ O'Reilly 6th Place 160 LBS Goodhue Section 1 A



Coach Josh Grant is providing some assistance to Jack Carlson of Goodhue. Jack Placed 3rd at 182 LBS.

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Why you MUST take Vitamin D plus Hepatitis B vaccine issues and more!



By Shauna Burschem, D.C.

Vitamin D supplements, as reported on in the National Library of Medicine and the Reviews of Endocrine Metabolic Disorders journal, can cut the risk of death from covid-19

by 51% and reduce risk of admission to intensive care hospitalization by 72%. One of the reasons for vitamin D's success is that D helps to maintain the pulmonary (lung) barrier function, boosting innate immune response and reducing proinflammatory cytokines (proteins that are secreted by immune cells). Another study showed that none of the patients with severe covid-19 who were given high dose vitamin D died. 100% of the group improved. Sadly, the news media which either likes to sensationalize stories for viewership or is trying to please a major sponsor, reported that too much vitamin D can have "deadly consequences." Too much vitamin D can lead to toxic build-up of calcium in your blood which can affect heart rhythm, cause bone pain, kidney damage and kidney stones. All true. But the news outlets never mentioned what is too much vitamin D and what could be done to prevent toxic D build-up in the body. For instance, the toxic build-up of calcium in the blood is related to insufficient intake of vitamin K2 when taking vitamin D. The news did not report that what causes vitamin D toxicity is vitamin K2 deficiency.

As far as what dosage of vitamin D is too high, case histories of patients who developed hypercalcemia vitamin D toxicity were taking 30,000 units of vitamin day for 120 straight days on the low end and 7 million units of D for 30 days on the upper end. Reviews of medically published research trials found that there were no issues of toxicity at dosages up to 10,000 units a day even when used long term. For optimal health and immune system support that helps to prevent the flu, common cold and covid-19, it is suggested that people take 35 units of D (when not exposed to regular sunshine) per pound of bodyweight. From what I see in my practice the average person takes around 5000 units per day. Vitamin D3 and K2 are game changers for your health. That is why I stock them in my office. In addition to the very strong immune response from vitamin D, this important vitamin has been shown to help with depression, protect against certain

cancers, decrease chance of heart disease, reduce the risk of MS and support weight loss. Foods that contain vitamin naturally, not fortified include salmon, herring, cod liver, organic beef liver, egg yolks and mushrooms.

Hepatitis B Vaccine issues: This vaccine is required for all newborns (unless you have a birth plan that strongly objects) but safety data for the Hep B vaccine is lacking. Clinical trials were only performed on 147 infants and children. Post vaccination, the participants were only followed for 5 days. Any reactions to the injection after 5 days were not included. A separate trial, followed children for 4 days. This is an unnecessary vaccine for most infants and children. Hep B is only a acquired through high risk sex and IV drug use. Both of which newborn babies do not participate in. The only other way a newborn could acquire Hep B is if the pregnant mother has the disease. Rather than have a blanket policy that all newborns are vaccinated for Hep B, why not during pregnancy, test pregnant mothers for Hep B and only vaccinate the children born to mothers with active or chronic Hep B. This simple act would dramatically cut down the risk of adverse vaccine reactions, especially at a time when the life of the baby is most fragile with an undeveloped immune response.

A very frequent cause of back pain is injury to a muscle or ligament. These strains and sprains (strains occur to muscles, sprains occur to ligaments) can occur for many reasons, including improper lifting, poor posture and poor core musculature (abs, pelvis and lower back) due to lack of regular exercise. Being overweight may increase the risk of back strains and sprains as the weight of the belly pulls on the lumbar spine. From a chi-

ropractic perspective, the muscles and ligaments are attached to the moveable bones in the spine. When a strain or sprain happens the soft tissue contracts and tugs and pulls on the spinal bones. This pulling force causes the spinal joints to fixate, becoming stuck with less motion. In addition, the alignment is altered which is called a subluxation. Once this occurs, 3 things happen. 1. Instability and weakness to that area of the spine (anywhere from the neck to the bottom of the spine) which then causes ache, pain, inflammation and restriction of motion. 2. The spinal nerves become irritated which disrupts neural impulse flow and then effects everything in the body that the particular nerve controls (this has to do with your body's health). Lastly, when the spinal bone joints are fixated, there is friction on the bones joint surfaces, this causes wear and tear which is known as arthritis. Chiropractic analysis detects the fixated, subluxated spinal bones. The chiropractic adjustment whether by hand, low force instrument or drop pieces of a chiropractic table puts motion in the spine, freeing up the vertebral joints, allowing the body to correct the alignment, decreasing pressure on the spinal nerves, improving nerve flow to the vital systems in the body and reducing the boney friction which can lead to arthritis. Chiropractic is one of the most conservative treatments for back pain, as no medication is given to the patient. The chiropractor's spinal adjustments help the body to heal naturally. Lastly, chiropractors are experts in the diagnosis and treatment of this condition and with that expertise comes the knowledge of knowing when a particular patient may need care or treatments from other health care practitioners or further diagnostic testing.



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MISSY'S MESSAGE



MISSY PAPERFUS

I could compare our driveway and gravel road to an ice-skating rink, and therefore, had to find alternatives to walking outside. About 10 years ago, I slipped and fell, hit my head on the ice at home (after a sleet storm), and sorry not sorry, I am not walking outside any more than I have to in icy weather. That is not an open invitation to skip exercise altogether, but time to find some exercise alternatives.

I count snowmobiling as a form of exercise. We have been snowmobiling a lot this winter. The steps really click up on my fitbit riding snowmobile! One of the bonuses of having a newer snowmobile, my body doesn't feel any different after a day of riding.

I try to register for Zoom online exercise classes, so I can exercise in the comfort of my own home. Sometimes I have to modify exercises if I don't have a specific piece of equipment, but I keep moving. Zumba is a great way to get in more steps. Soon the snow will melt, and I'll be able to get walking outside again.

Memo from MotoProz...

As you read this, we expect to soon be taking Arctic Cat snowmobile spring pre-orders for the 2024 All-New Arctic Cat Catalyst 600 along with other models. We're told ordering again will be limited, so you'll want to order before it's too late! Checkout all the details online at MotoProz.com or stop in today! Starts March 7, so you'll want to be sure to mark your calendar prior to that!

Missy and her husband Mike own MotoProz in Mazeppa.

Benefit for Earl Eisenor Family Sunday, March 26th 11:00 am-2:00 pm at Trinity Lutheran Church, Wanamingo

Earl Eisenor was born into this world at 22 weeks, 14 weeks earlier than planned. He spent the first 16 months of his life in the NICU at Mayo Clinic in Rochester, and came home the day before Christmas this year. His family fondly refers to him as Fritz, which means Little Soldier.

Trinity Lutheran Church in Wanamingo is holding a benefit for little Fritz on March 26th.

There will be a BBQ luncheon and silent auction from 11 am to 2 pm.

Donations for the auction and volunteers for the event are needed. Please call Liz Burt at 507-319-6348 if you want to donate an item for the auction, or volunteer to help out at the benefit.



Kids Teach Us Great Lessons



By Harvey Mackay

A little girl visited a farm one day and wanted to buy a large watermelon.

The farmer said, "That will be \$3."

"But I've only got 30 cents," said the young girl.

The farmer pointed to a very small watermelon in the field and said, "How about that one?"

"Okay, I'll take it," said the little girl. "But leave it on the vine. I'll be back for it in a month."

Now there's a young girl who is destined to succeed.

Children teach us many lessons. For example, kids are more creative and are more imaginative. Children don't know what is and isn't possible. To them everything is doable. They don't have the mental blocks



that many adults have and haven't been curtailed by rules and regulations.

Similarly, kids also dream more and dream bigger. If they can dream it, children believe they can do it. They are more ambitious and enthusiastic.

When I speak to business audiences, one of my messages is to believe in yourself, even when no one else does. No one does this better than children. They believe they can do anything and everything.

Children are fearless. They don't fear rejection or what people think of them. They don't think about the future. They are carefree. Tomorrow is simply another day.

Children start every day anew. They are not afraid to try new things. They don't worry and, possibly most importantly, are happy. And they strive to do what makes them happy. Shouldn't we do the same as adults? You can be as happy as you decide to be. It also helps that kids laugh a lot.

Children forgive and forget. If they get upset they are typically on to something else soon and they forget what was troubling them. They don't hold grudges. It is far better to forgive and forget than to resent and remember.

Children make friends easily. They understand that the best vitamin for developing friends is B1.

Long gone are the days of "children should be seen and not heard." Children of today are not just tech savvy; they are creating apps that will pay their college tuition.

That's pretty amazing for a whole sector of society with no control over most areas of their lives. Someone else is telling them when to eat, sleep and go to school. They can't choose their living arrangements, make their own vacation plans, or set their own rules. They are essentially powerless. And yet, they manage to survive and thrive. What are we adults doing wrong?

Perhaps we have set aside the childlike qualities that keep us excited about getting

up every morning. Remedy that problem pronto. If enthusiasm and creativity are lacking, it might be time to reread some Dr. Seuss.

Children are incredibly perceptive. They can spot a phony with dizzying speed, and while tact isn't always among their strongest attributes, their blunt honesty is hard to argue with.

Let me tell you the story about the father of a very wealthy family who took his son on a trip to the country with the purpose of showing his son how poor people live. They stayed with a very poor family. When they returned, the father asked the son what he thought of their trip.

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks, Dad, for showing me how poor we are."

Isn't perspective a wonderful thing? Through the eyes of a child, the father learned wisdom beyond the ages.

Mackay's Moral: Kids will be kids, but they can be terrific teachers too.

Reprinted with permission from nationally syndicated columnist Harvey Mackay, author of the New York Times #1 bestseller "Swim With The Sharks Without Being Eaten Alive."

Grants support early literacy and community beautification



Tim Penny
So. MN Initiative Foundation

see firsthand the impact that this grant has had on our communities. Last summer I was fortunate to attend the unveiling of a new mural in Spring Valley that depicts the trail system and trout fishing – both of which bring tourism to the area. Giants of the Earth Heritage Center in Spring Grove was able to use the grant to update the interior of their building, making it fresh and more welcoming for visitors. By making this grant specific to towns under 10,000, SMIF can help small communities access resources that are sometimes limited. This program, which partners with Ace Hardware stores and Arrow Hardware & Paint stores, will open in early March with an application deadline of April 17, 2023. Contact Jennifer Heien jenniferh@smifoundation.org with questions.

SMIF recently concluded its Inclusive and Equitable Communities Grant cycle which is focused on creating more welcoming communities. I look forward to seeing how these projects unfold – from an initiative to encourage more Somali youth in Faribault to experience the outdoors, to a project in Blue Earth that will foster a sense of belonging in the schools. These grants are an exciting way to support organizations as they work toward more equitable communities.

Finally, we also recently awarded the Early Care and Education Grant recipients which supports services for children birth to age five. The Chatfield Public Schools will use the funding to strengthen and support social emotional learning in early childhood classrooms, child care settings and homes in the area. In the New Ulm Schools they will use their award to focus on kindergarten readiness for children and their families. We have heard from many Early Childhood professionals that these grants make a huge difference in the services they are able to provide to children and families in the region.

Over the past 37 years, SMIF's grants have been able to move the needle on school readiness, economic development and community vitality. To see the full range of grants that SMIF offers throughout the year, visit smifoundation.org/grants.

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

This year at Southern Minnesota Initiative Foundation (SMIF), we will reach a milestone of investing more than \$50 million in our communities through grantmaking since our start in 1986. While these grants support a wide range of projects – from providing books to young children to supporting small town growth – they each have had transformative and long-term impact on the future of southern Minnesota. I'm excited to share about two opportunities that are open this Spring, as well as highlight some impacts of recent projects that SMIF has funded.

We are currently accepting applications for our Early Literacy Grant program. Nearly 100,000 children have been impacted by this grant which aims to enhance school readiness for children from birth to age eight by providing books to families. Schools, libraries and other early childhood-focused organizations have received this grant in the past which has been essential for building children's confidence as readers throughout the region. The program receives books through partnerships with publishing companies, Capstone and ABDO, which helps ensure a diverse selection of books are available for families to read to their children. Applications are due March 15, 2023. Contact Heidi Coulter at heidic@smifoundation.org with questions.

I always look forward to the Paint the Town Grant cycle which will open in early March. As I drive around the region I can

DNR Reminds Landowners to Plan Ahead for Spring Burning Restrictions

The Minnesota Department of Natural Resources encourages Minnesotans who intend to burn vegetative debris – such as brush, grass, leaves, and untreated lumber – during spring clean-up to start planning now. The best time to burn vegetative debris is when there is ample snow on the ground, rather than later in the spring when wildfire risk is

high due to brown grass and low humidity. Every spring, burning permit restrictions are put in place after the snow melts. Restrictions remain in place until vegetation begins to “green up” and fire risk declines. “Vegetative debris burn piles are the number one cause of wildfires in Minnesota,” said Karen Harrison, DNR statewide wildfire prevention specialist. “Chipping and composting are the best options and are encouraged as an alternative to burning whenever possible.” If vegetative debris is burned, all fires must be supervised and put out by drowning with plenty of water or snow, stirring and repeating until out cold. If a fire does rekindle or escape, the person who set it is liable for any damages and wildfire suppression costs. It is illegal to burn garbage, including chemically treated or



information and daily updates on current fire risk and open burning restrictions, visit the statewide fire danger and burning restrictions page of the DNR website.

Bellechester City Council Meeting Minutes January 18, 2023 at 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 via phone as well as City Clerk Lisa Redepening. Treasurer Kyle McKeown and City Engineer Matt Mohs were absent.

Minutes of December, 2022 meeting 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 Rich Majerus to approve and pay the bills as presented. Motion carried.

Old Business:

- Sewer Grant – update progress – Still have a few pre-meter inspections to do yet. Discussion on passing a resolution to indicate if home owners that pass on the water meters, that they will be held responsible for future expense of installation. Trailer house connection still needs to be discussed. A few easements are left also.

New business:

- Committee Appointments for 2023 ~ Acting Mayor: Mark Gerken; Ambulance: Rich Majerus; Bank: First Farmers & Merchants; Attorney: Gorman; Fire Association: Kyle Blattner/Jered Buxengard; Paper: News Record; City Engineer: Matt Mohs ~ Bolton & Menk, Inc. Motion was made by Jered Buxengard with a 2nd by Rich Majerus to make above assignments for 2023 as the same as 2022. Motion carried.

- Approve Resolution 2023.02 - Prohibition of Excessive Force Policy – Motion was Rich Majerus with a 2nd by Kyle Blattner to approve resolution 2023.02 – Prohibition of Excessive Force Policy. Motion carried.

- Approve Resolution 2023.01 - Adopting A Fair Housing Plan of Action – Motion was made by Mark Gerken with a 2nd by Rich Majerus to Approve Resolution 2023.01 - Adopting A Fair Housing Plan of Action. Motion carried.

- Set Board of Equalization Date and Change April Meeting – approve – Motion was made by Rich Majerus with a 2nd by Mark Gerken to move the April meeting and set the BOE meeting Thursday, April 27, 2023 at 5:00 and meeting to 5:30.

- 2022 Cash Reporting Final Report – approve – Motion by Rich Majerus with a 2nd by Kyle Blattner to approve the final report and submit to state. Motion carried.

Engineer Report – GPS needs to be done of water lines. We need to look at a way to do this more cost effective than programs that we have looked at.

Clerk Report - Property Taxes – Wabasha County –\$ 5433.73 was received – FYI. LGA – 2nd half of \$12,171.50 was received. Yearly/Quarterly Reports – are all done.

Zumbrota Ambulance Full Board Meeting – Wednesday, February 22, 7:00. Board of Equalization Meeting – Goodhue County has set the meeting for Thursday, April 27, 2023 at 5:00. April meeting can be moved to that date to combine. Engine braking sign was approved.

Treasurer Report – None

Water/Wastewater/Facility Report – None

Mayor Concerns: Inquired about snow plowing thus far.

Council Concerns: GB Feed utility bill needs to be discussed. Snow build up on 2nd street needs to be addressed.

Adjourn

Motion was made by Rich Majerus with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 6:51 pm. Next meeting is February 16th @ 6:00 p.m. at the Bellechester Community Center.

Submitted by Lisa Redepening – City Clerk

- April Council meeting will be changed to Tuesday, April 27th @ 5:30

- Board of Equalization meeting for Goodhue County will be held Thursday, April 27th @ 5:00

City of Goodhue EDA Meeting Feb. 8, 2023

Motion by Benda and seconded by O’Reilly to move the EDA meeting to a closed meeting to discuss two lot sales. Motion carried.

Motion by Schmit and seconded by O’Reilly to close the closed EDA meeting. Motion carried.

Motion by O’Reilly and seconded by Benda to reopen the EDA meeting. Motion carried.

Motion by Benda and seconded by Schmit to approve the sale of the two lots. Motion carried.

Motion by Thuman and seconded by O’Reilly to adjourn the EDA meeting. Motion carried.

Respectfully submitted.

Jill Buxengard, City Clerk

City of Goodhue City Council Meeting Minutes Feb. 8, 2023

Present Mayor Buck, Council Persons Thuman, Benda, O’Reilly and Schmit. Also Present was Wayne Gadiant, Saah Grand, Dan Tipcke and Jim Mollenhauer.

Motion by Schmit and seconded by O’Reilly to amend the agenda, striking 6f and moving 6g up on line. Motion carried.

Motion by O’Reilly and seconded by Benda to approve the Minutes from Jan. 25, 2023, meeting. Motion carried.

Motion by Schmit and seconded by Benda to approve the Minutes from the Special meeting on Jan. 23, 2023, meeting. Motion carried.

Motion by Thuman and seconded by O’Reilly to approve a survey for the Billboard land. Motion carried.

St. Luke’s Church presented a request to consider a bridge over the dry run and a gravel path on the possible future walking trail path and stating cost would be handled with St. Luke’s church. Council will discuss this at a future meeting.

Motion by O’Reilly and seconded by Schmit to approve funds for the new City of Goodhue signs and thank Goodhue Lions Club for their contribution to these signs. Motion carried.

Motion by Benda and seconded by Thuman to cancel the Goodhue Farmers Market. Motion carried.

Motion by Schmit and seconded by O’Reilly to move the EDA and City Council start time to 5:00pm from Feb. 22, 2023-April 5, 2023. Motion carried.

Motion by O’Reilly and seconded by Schmit to approve the bills. Motion carried.

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

Respectfully Submitted,

Jill Buxengard~City Clerk

Changes in Latitudes, Changes in Attitudes Dyers Creek



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.

Dyers Creek. I drive past it quite often near our place in Tennessee. We have went kayaking up and down it numerous times. It is very quiet in the evenings and we enjoy the cranes that hunt for fish at the water's edge and the deer that come to the bank to get a drink as we slip silently by. Fish break the surface of the water around the kayak. I always thought it would be interesting to have one hop in the kayak. Much more manageable than a water snake.

We use the boat launch there to put the boat into the Cumberland River. The river is shallow and narrow and one must be careful not to run the prop into the mud right where it meets the mighty Cumberland. Like every place in Tennessee it has over two centuries of history to tell if you look and listen.

Stewart County was first settled by pioneers from North Carolina, who arrived around 1795. The military granted up to 1,500 acres to survivors if the Continental War from 1795 to 1805 and many took advantage of the offer. A party of surveyors arrived first to run the lines of land tracts. One night while the eight men were camped along what is now Dyers Creek, they were attacked by Indians and four of the group were killed. One of the surveyors, Thomas French, escaped the ambush but did return later to claim property. The settlers built two story log house-forts to help protect from the Indian attacks since most of the indigenous people there were very hostile. Up until 1812 the militia made patrols up and down the Tennessee River to protect the settlers from Indian raids.

Some of the locals relate that the name was

a result of the surveyors being left to die after the Indian attack. I soon learned that spelling and pronunciation is not a strong point with long-time Tennessee residents. Dyers Creek was named after Robert Henry Dyer who was a cavalry colonel in the War of 1812 and the 1818 Seminole War. He settled in the area and later became a Tennessee state senator.

Wildlife was available to feed the early settlers in the Tennessee woodlands and game of every description could be found in abundance. Judge James Scarborough lived along Dyers Creek and related a story that happened about 1807. The Judge and his sons left the farm to attend court while his wife, Mary remained at home to tend the livestock. The county seat was some distance and it was necessary to remain overnight. During the evening a large black bear was detected prowling around the place and got in amongst the pigs. The dogs were set on it and the bear climbed a tree by the house. By this time it was dark and Mrs. Scarborough could not distinguish the form of the bruin in the tree so she built a large fire under the tree and waited through the night in vigil. When the morning came, she took her husband's rifle and killed the bear and proceeded to skin it.

In the early days of the settlements there were very few stores in the area. Many supplies came from New Orleans and were brought up the river in Keel Boats powered by hand. They would bring dry goods up the rivers and exchange for furs, skins and other produce. It took a full six months to make a round trip.

In 1804 Mason Bennett opened a general merchandise store at his house and also sold whisky. Most of the early 1800 accounts of merchants were of men who opened a tavern at their house. Due to the extremely hilly terrain and plentiful rivers in Tennessee, most travel was by water and most settlements were along the river. As more settlers arrived and started businesses, many small towns sprang up throughout the state. The Dover Hotel was built on the banks of the Cumberland River in the mid 1850's and is still standing, thanks mostly because it was the location of the signing of the surrender between the Union General Grant and Confederate General Buckner after the Battle of Fort Donelson. It served as the General's headquarters and a hospital during the battle. After the war it continued as a hotel until the 1930's.



A Minnesotan: Second Winter



By RosaLin Alcoser

Seasons in Minnesota, and the rest of the Midwest, and wild. You've got Per-Witner, Winter, False Spring, Second Winter, maybe Spring, construction season- also known as Summer, and Fall.

False Spring came early to Minnesota this year, I think. If memory serves me correctly it normally does not get into the mid

40s during February. I feel like that is an early March thing most years.

Honestly having that nice of weather in February was excellent. We did not need our coats and could go outside and enjoy being there without freezing.

I fully realize that there are plenty of Minnesotans that enjoy going outside in the winter when it's cold to do things like ski, snow shoe, and snowmobile. I however am not one of those people. Between late November and early April I take to being an indoor person.

With the exception of false Spring. Then I am outside along with all of the rest of the Minnesotans to enjoy the short window of nice weather while we have it.

But alas like all false Springs it came and went in a matter of a week or two. Now we embark into the second Winter.

After all, we already had our first Winter. It's high time that we had a second Winter before we either get adult Spring or skip over the season completely and go straight to Summer.

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National Ag Day is Celebrated During National Ag Week March 21-27

Agriculture Council of America Announces 2023 National Ag Day Date & Theme

The Agriculture Council of America (ACA) will host National Agriculture Day on March 21, 2023. This will mark the 50th anniversary of National Ag Day which is celebrated in classrooms and communities across the country. The theme for National Ag Day 2023 is "Growing a Climate for Tomorrow."

On March 21, 2023, the ACA will host a virtual Ag Day event and events in Washington,

DC. Additionally, the ACA will bring college students to Washington "virtually" to deliver the message of Ag Day to the Hill. A core leadership team of college students will attend events in DC. Other Ag Day events in DC will be announced soon.

These events honor National Agriculture Day and mark a nationwide effort to tell the true story of American agriculture and remind citizens that agriculture is a part of all of us. Many agricultural associations, corporations, students and government organizations involved in agriculture are expected to participate.

National Ag Day is organized by the Agriculture Council of America. The ACA is a nonprofit organization composed of leaders in the agricultural, food and fiber community, dedicating its efforts to increasing the public's awareness of agriculture's role in modern society.

The National Ag Day program encourages every American to:

- Understand how food and fiber products

are produced

Appreciate the role agriculture plays in providing safe, abundant and affordable products

- Value the essential role of agriculture in maintaining a strong economy

Acknowledge and consider career opportunities in the agriculture, food and fiber industry

In addition to the events on March 21, the ACA will once again feature the Ag Day Essay Contest. The winning essay will be presented on National Ag Day.

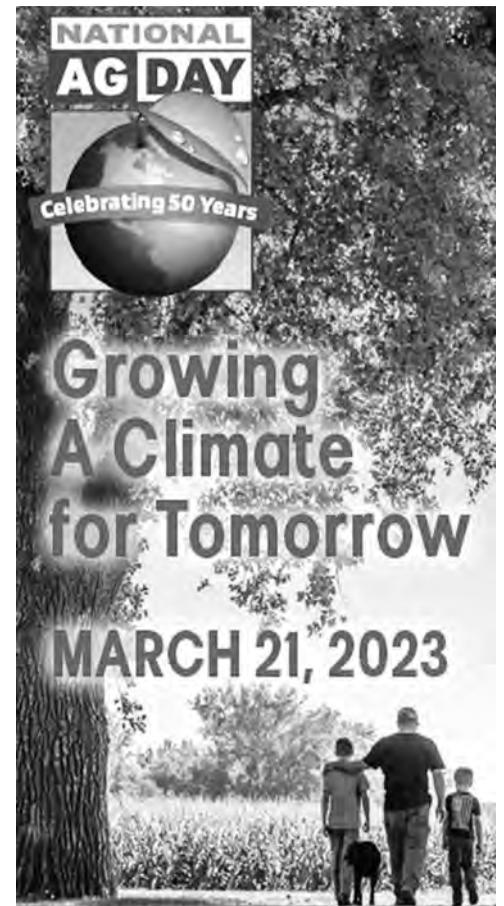
Visit www.agday.org for more information on National Ag Day.

HISTORY OF NATIONAL AG DAY

Almost all of us take agriculture for granted. National Ag Day is arranged by the Agriculture Council of America. This is a non-profit organization that comprises all the leaders in the agriculture and food community. This day is observed to honor the efforts of people related to agriculture and promote awareness about these efforts amongst people.

It is that day of the year when all the producers, agriculture organizations, universities, corporations, and government departments take out some time to recognize the greatness of agriculture.

National Ag Day was founded by the Agriculture Council of America in 1973. The first National Ag Day was celebrated by the ACA in 1979. Since then the ACA has put efforts into creating awareness about the role of agriculture in modern society. So even if we are not involved in agriculture, we should learn about how our food and fiber are pro-



duced, as well as how agriculture provides us with safe, abundant, and useful products. Another important thing that agriculture provides us with is employment opportunities. Therefore, we should also acknowledge the career opportunities in the field of agriculture.

MDA Offers Mini-Grant for Produce Growers

Reimbursement possible for water testing, harvest supplies, and other expenses

Minnesota produce farmers who improve on-farm food safety systems may be eligible to reimburse their expenses through the Minnesota Department of Agriculture's (MDA) 2023 Produce Safety Mini-Grant, which is now accepting applications.

The Produce Safety Mini-Grant will distribute a total of approximately \$26,400. Awardees will receive up to \$800 per farm. No matching funds are required.

Applicants must be a Minnesota produce farmer that sells one or more of the following crops to be eligible: leafy greens, apples, berries, carrots, cucumbers, garlic, green beans, herbs, melons, microgreens, mushrooms, onions, peppers, sprouts, summer squash/zucchini, or tomatoes.

Growers may be reimbursed for past ex-

penses occurring January 1, 2022 – March 25, 2023, and future expenses taking place March 26, 2023 – July 14, 2023.

Examples of eligible expenses include:

Supplies to build or purchase a portable handwashing station

Harvest totes or collection tools

Water testing for generic coli

Consultation fees for developing an on-farm food safety plan

Waxed boxes and market containers

Additional information and the online application are available on the MDA website at www.mda.state.mn.us/minigrant.

Farmers can contact the MDA Produce Safety Program at 651-539-3648 to request a paper copy. Applications will be accepted through 11:59 p.m. on March 25, 2023.

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