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Happy New Year!

We want to Thank You for your continued support of the Goodhue-Bellechester Messenger again this past year!

Your hometown newspaper continues with an unwavering goal to bring the local and area news to you. *(continued on page 7)*

Zumbro Valley Life Events Organization Helps People in Need

By Beth Brekke

Zumbro Valley Life Events is a non-profit organization dedicated to helping people in need due to life-changing events. The group organized in May of 2020 to provide help with expenses that most insurance does not cover.

At some point in life, most people will experience a hardship. Zumbro Valley Life Events (ZVLE) was created to raise money for people going through cancer, home/farm

accidents, house fires, floods, or any other life-changing event. Originating during COVID, the group first took private donations and started helping a small number of people. The non-profit now hosts two yearly fundraisers, one in the Spring and one in the Fall. In their short existence, the group has raised tens of thousands of dollars with all proceeds benefitting people in need.

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Zumbro Valley Life Events organization committee members are (L-R), Tammy Aarsvold, Emily Aarsvold, Kim Gilsdorf, Kristine Mischke, Roger Whipple, Mona Whipple and Kyle Blattner

Announcements

• **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**

• **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



Chris and Micki Lingbeck of Bellechester smile for a photo with Santa.

Holiday Memories

By Beth Brekke

Twinkling lights and Christmas tunes. Sweet treats, ornaments, and Santa Claus. Traditional holiday family fun was easy to find in Goodhue and Bellechester during December. In addition to special services and programs at all area churches, both towns hosted festivities to build holiday spirit and business and social connections.

The third annual German Christmas Market was held December 2 in downtown Goodhue. Last year's cold weather may have kept a few vendors from returning, but this year's warm day brought a large crowd and good sales. Horse drawn wagon rides looped around town while Santa listened to children's requests inside The Third Place. Under the big tent, The Depot served German-inspired favorites including bratwurst and Sauerkraut which ran out due to the larger than expected crowd.

(continued on page 4)

Bellechester American Legion and Sons of the American Legion Provide End of Year Giving in the Community

Submitted by Joan Welscher,
Adjutant Post 598
Bellechester American Legion

On December 7, 2023, the Bellechester American Legion and the Sons of the American Legion provided some end of year giving in the local community.

(continued on page 6)

HAPPY NEW YEAR!

When making your resolutions, why not schedule an appointment to review your insurance coverages? It's easy, and could save you money. Call us today for an appointment.

Jerry Tipcke
Brandon Haidar
www.Vothinsurance.com
109 N Broadway
Goodhue, MN 55027
Phone: 651-923-4048
agent@vothinsurance.com



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Pastors Corner



By Pastor Eric Hanson,
St. Luke Lutheran Church

Another page has turned on another year. Welcome to 2024. As the page turns perhaps you, like me, are tempted toward a couple of different postures. First, we may be tempted to look back. The “should have’s,” “would have’s,” and “wanted to’s” of last year loom large & we pledge to accomplish more “should have’s” “would have’s” and “wanted to’s” in the new year. Or, we’re tempted to look forward. The “I will’s,” “I promise to’s” and “I want to’s” loom large and new year’s resolutions or fantasies of who we’ll be in 2024 end up taking over the real estate in our brains. This is a dance that really never ends.

We look back and wonder how things could be different. We look forward and promise things will be different.

I’m reminded, however, of the Christmas story we celebrated at the end of 2023. There is very little past or future gazing in that story. In fact, there is a now-ness to Christ’s birth that is inescapable. Luke, the Gospel writer who tells the most popular version of the Christmas story, makes sure we know Jesus was born at a specific time: during the reign of the Roman Emperor Caesar Augustus, while Quirinius was governor of Syria, and Herod was the puppet-king of Israel. He makes sure we know Jesus was born in a specific place: Bethlehem, the city of David, in a manger, at night. Non-Christians often-times wonder how Christians date the birth, life, and resurrection of Jesus. This is how. Biblical authors regularly reference extra-biblical leaders, historical circumstances, and goings-on of the first century that can be corroborated by non-biblical sources, thereby allowing us to accurately date the time and place of many moments in Jesus’ life.

But with Jesus, we’re talking about Incarnation. And with Incarnation, this should be expected.

God incarnate means God came at one real moment, at one real time in history, to a world teeming with real struggles. A world run by dictators and puppet-kings. A world where homeless refugees wander in search of rest. A world that doesn’t know what it should be or what it could be or even what it

could have been. A world that only exists in what is. Incarnation shows up in what IS, never in what should be, could be, or could have been.

It’s amazing, then, how often we try to dislocate the incarnate presence of Jesus...how often we try to un-incarnate Jesus. We hope Jesus will show up in the future when we’ve got all our “stuff” in order. We think Jesus showed up in the past, during that one week when everything fell into place. That’s not incarnation though, is it? That’s either nostalgia or fantasy, and incarnation doesn’t show up in nostalgia or fantasy. Remember what Luke said, “In the days of Caesar Augustus, while Quirinius was governor of Syria, in Bethlehem, the town of David... a Savior was born.” Incarnation shows up NOW. How could it be any other way? The world of future fantasy doesn’t exist. The world of past regret or nostalgia either never existed like we thought it did or has passed away. Incarnation can’t and won’t occupy illusion. Jesus takes up space here and now.

As we enter the new year, are you tempted to look for Christ in what could be, should be, or could have been? If so, I’m afraid you

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won’t find Him there. He has no interest in meeting your “could be’s,” “should be’s” or “could have been’s.” But He’s very interested in meeting you NOW. Jesus doesn’t love illusion, He loves you. That’s the gift of Incarnation. God has come to YOU. NOW.

We’ll all do a little past and future gazing as the new year blossoms into being. That’s normal & expected, but let’s take a moment to acknowledge that we won’t find God by looking backward or forward. He’s already here, right now, fleshing Himself out in this moment, next to you holding a newspaper. That’s Incarnation. God is with you NOW.

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

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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

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County Road 47, Goodhue • 923-4472

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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!

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

gracelutheranchurch@gmail.com • www.gracestpeters.org

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

on the second and fourth Sunday of each month.

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

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

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

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

AREA CHURCH DIRECTORY The Return of the King

“Suddenly the Lord you are seeking will come to his temple.” — Malachi 3:1

When Jesus is 40 days old, his parents bring him to the temple to present the required offering after a son is born. It's a big day. Here's why.

When the Israelites, under Moses, set up a tabernacle (a portable temple) in the wilderness, a cloud of glory signaled the presence of God. God was there in the midst of his people. Later, when they built a temple, under Solomon, the cloud of glory filled it to overflowing. God was enthroned in the temple as Israel's true King.

Many years later, the prophet Ezekiel saw God's throne leave the temple—and the cloud of glory with it (Ezekiel 10). Soon the temple itself lay in ruins, destroyed by Babylon. Later the people of Israel returned from exile and built another temple. But this time there was no cloud of glory, no sign that God had come to live in the new temple.

Many more years later, Mary and Joseph came to the temple carrying Jesus. And the Lord, Israel's true King, was in the midst of his people once again. What kind of king will he be? And what kind of kingdom will he bring?

We are faced with those questions to this day. How will we welcome King Jesus and his kingdom? With humility? With joy? With thanksgiving? With hope? With holy obedience? The answer is in our lives and in the life of the church.

Jesus, you came to live among us for a while. And you will come again. We want to welcome you wherever you appear. And wherever you are, your kingdom is. 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

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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.

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.



LaVonne Mae Schafer

LaVonne Mae Schafer, 92, died Wednesday, December 6, 2023 at Mayo Clinic Health Systems, Red Wing. She was born April 16, 1931 to Oscar and Myrtle (Nord) Flom of Wanamingo. She was baptized and confirmed at Trinity Lutheran Church in Wanamingo and in 1949, she graduated from Wanamingo High School. After high school she attended Gustavus Adolphus College in St. Peter, MN, graduating in 1953 with a Bachelor of Science Degree. She was a Registered Medical Technologist working at Gunderson Lutheran Hospital in La Crosse, WI. She also worked for Dr. Davis, Hanson and Weber in Minneapolis. On September 29, 1956, she married John Schafer at Trinity Lutheran Church in Wanamingo. They lived on a dairy farm in rural Lake City. In 1990 their son took over the dairy farm and they moved to rural Goodhue. John died on Feb-



ruary 12, 2015 and for the past five years LaVonne has resided at the Downtown Plaza.

LaVonne was a member of Immanuel Lutheran Church in Hay Creek. She was involved in Ladies Aid, Fellowship Club and choir. She was a member of the Belva-Dears Extension Home Study Group and a past 4-H leader. She enjoyed cooking, knitting and crafts—particularly making jewelry. She always enjoyed spending time with her family, especially her grandchildren.

She is survived by two daughters, Peri Anne (Ray) Williams of Goodhue and Kimberly (Kyle) Gibbens of Tomah, WI; two sons, Todd (Tammy) Schafer of Berlin, WI and Kevin (Carol) Schafer of Lake City; eight grandchildren; four great-grandchildren and baby Schafer on the way and two sisters-in-law, Margaret and Ruth Schafer of Rochester. She was preceded in death by her parents, husband, and an infant son.

Funeral service was at 11 a.m. Monday, December 11, 2023 at Immanuel Lutheran Church, Hay Creek. Reverend Lowell Sorenson officiated. Visitation was from 3 p.m. to 5 p.m. Sunday, December 10, 2023, and one hour prior to the service, all at the church.

Burial took place at St. Peter's Lutheran Cemetery, Belvidere. Arrangements handled by Mahn Family Funeral Home, Bodelson-Mahn Chapel. Online condolences may be sent to the family at www.mahnfamilyfuneralhome.com

Wayne Wilson

The funeral service for Wayne Wilson was held Saturday January 6th at 2:00 PM at Trinity Lutheran Church in Wanamingo. The Reverend David Sorenson officiated. Visitation was from 12:00 – 2:00 PM at the church. Burial followed at the Trinity Lutheran Church Cemetery. Mr. Wilson, 73, of Wanamingo, died Saturday December 23, 2023 at Goodhue Living in Goodhue.

A life defined by music, Wayne Everett Wilson was born November 18, 1950 in Bentonville, Arkansas to Everett and Wanda (Rider) Wilson. At an early age the family moved to Plains, Montana and Wayne was raised there. He received a bachelor's degree in music education from Concordia College in Moorhead, and it was there that he met Diane Finley while on a Christian outreach team. The couple married in 1972. In 1978, the couple moved to Caledonia, Minnesota where Wayne worked as an insurance salesman. He would eventually complete radiology training from Western Wisconsin Technical College, and in 1990 he began a ca-



reer in radiology at Gunderson Lutheran Hospital in La Crosse. He continued at Fairview Hospital in Red Wing until his retirement in 2017.

Wayne and Diane loved singing together, and they often sang at weddings, funerals, church, and community events. He joined the community band in Caledonia, and later in Zumbrota. As a member of Immanuel Lutheran Church in Caledonia, he was involved in adult bible study, worked with the youth group, taught Sunday school, and chaperoned youth trips. At Trinity Lutheran Church in Wanamingo, he ushered and served on the church council.

Throughout his lifetime, he was an avid reader, enjoyed working on cars, woodworking, bicycle riding, hiking, and camping. He loved traveling, and particularly enjoyed visiting wineries.

He is survived by his wife Diane of Wanamingo; sons, Matthew of Fremont, Nebraska, Marc of Maple Grove, and Luke (Khari) of Chatfield; a daughter Bethany (Josh) Feine of Cazenovia, Wisconsin; 7 grandchildren, Aidan Wilson, Maya Stadler, Claire Stadler, Clara Wilson, Ryan Stadler, Ella Stadler, and Elizabeth Wilson; 2 step-grandchildren, Isabel and Isaiah Feine. Also surviving are his sister Kathleen (Donald) Simmons of Cheney, Washington; as well as nieces, nephews, and other extended family members.

He was preceded in death by his parents. If so desired, memorials may be directed to The Alzheimer's Association at 3261 19th St NW, Suite 201, Rochester Minnesota 55901.

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Holiday Memories

(continued from page 1)

The weather was not as favorable the following weekend when Bellechester hosted their lighted parade the evening of December 9. While Christmas 2023 will not be remembered as white, but warm and brown, a cold wind drove wet snowflakes across the route this night. Parade participation was down a bit in quantity but not quality. A few braved the cold and walked the route in costume. Other entries ranged from side-by-sides, to pickup trucks, to large farm equipment adorned with Christmas lights and decorations. Placing first in the competition was Brett Dankers with his custom manure pumping equipment strewn with lights and topped with holiday inflatables.

Following the parade, spectators moved inside the Fabtech building where the Bellechester Area Lion's Club collected cash, toys, and food donations for local families. They also provided free hotdogs, snacks and hot chocolate. Kids in attendance earned extra treats for participating in games, cookie decorating, and visiting with Santa.

Santa made another stop, this time at Lodermeier's on December 11th. He listened patiently to children's wish lists and smiled for



Hope Enevold of rural Goodhue displays items she and her husband, Brian Switzer made for the market. The couple enjoys creating signs and other things from reclaimed lumber.

the photos, but he may have been a secondary attraction to the tractor rides outside the shop and to the big red tractor behind him in the showroom. Kids could sign up for prize drawings and enter a coloring contest. Everyone enjoyed cookies and socializing while Steve Bonde, a Lodermeier employee and master of the trumpet, provided holiday tunes from the second level.

(additional pictures on page 5)



Mild weather encouraged attendance at the third annual Christkindlemarkt, Goodhue's version of an outdoor German Christmas Market. St. Luke's Church was one vendor selling food inside the center tent.



All area churches celebrated the Christmas season with special services, caroling, and children's programs. This manger scene was part of the Advent By Candlelight program presented by the Ladies of St. Peter's congregation in Goodhue.



Santa hitches a ride on the back of a lighted bale wagon at the third annual Bellechester lighted Christmas parade on December 9th.



Santa and the reindeer were sure to arrive regardless of bad weather by hitching a ride on top of Brett Dankers' manure pumping rig. Dankers won the lighted parade competition.

Holiday Memories



Families gathered inside the Fabtech building, warming up with free hotdogs and treats provided by the Bellechester Area Lion's Club. The cookie decorating station was popular with the kids.



Corbin and Lottie Herzig of Zumbro Falls were happy to see Santa at Lodermeier Implement on December 11th.



Tractor rides, door prizes, treats and visits with Santa were some of the kids' activities at Lodermeier's on December 11th. This group was working on entries for the coloring contest.



Steve Bonde, a Lodermeier employee who has been known to pull out his trumpet and play a tune even while on a service call, entertained those who came into the decorated showroom during a special family pre-holiday event.

Bellechester American Legion and Sons of the American Legion Provide End of Year Giving in the Community

(continued from page 1)

The Legion annually supports our youth sports teams giving a donation of \$750 to each of the following organizations: Goodhue County 4H, Goodhue Fishing Club, Goodhue High School trap team, Lake City trap team, and the Zumbrota Mazeppa trap team.



Pictured are Jim Perrotti with Goodhue County 4H, Curtis Klindworth - Goodhue Fishing Club, John Huneke - Post 598 Legion Commander, Ross Freiheit - Lake City Trap Team, Eugene Betcher - Goodhue Trap Team, and Matt Johnson - Squadron 598 Sons of the American Legion commander.

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The Legion and SAL also provided a \$400 donation to the Goodhue senior living center for a Christmas ham and holiday celebration. Pictured is SAL member, Marcus Bartsch, presenting the check to Missy Shaleen.

Healthy Sugar?



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In this past season you probably noticed that “sweet tooth” become extra active. The holiday season is filled with opportunity for

sweets of all different kinds. For many the holiday would not be complete without a particular candy or cookie or dessert being present. Now as the new year takes hold many resolve to do a better job of self-discipline in choosing what to eat. Let me suggest you direct your effort to improve the quality and decrease the quantity of sugar you consume this year.

There is no question that sugar has a strong hold on our community. From government data we can find that the average American consumed less than 10 pounds of sugar a year back in 1880. More than 100 years later, the average American consumes about 2 pounds of sugar each week. Not only has the quantity increased more than 10-fold, but this sugar is processed to the point of pure energy with no additional mineral or vitamin

content attached to it.

Go back to 1959 and less than one percent of the American population was diabetic. Today more than 30 percent of the American population is identified as pre-diabetic or diabetic. The greatest increase in diabetes is occurring among the young Americans. Those managing diabetes will have more significant medication costs, more doctor visits, and twice as long hospital stays. New medications are coming out promising to control the downward spiral of disease, but the cost of these medicines continues to increase.

There is a better solution. You can choose healthy sugars to replace the pure energy of the white sugar and corn syrup you currently have in the cupboard. As you start this new direction, I encourage you to throw out the white sugar and corn syrup and select healthy sugars that contain minerals and enzymes that will aid digestion and help to keep your health.

These healthy sugars have a variety of flavors. You are familiar with them, but probably have not used them as well as they can be used. So let’s review some of these options:

Whole Fruit – a piece of whole fruit at the end of a meal, or as part of a meal is an excellent way to satisfy the sweet tooth and get vitamins and minerals as well. In a previous article, I spoke on the benefit of an apple each day. Make whole fruit a priority in your meal planning and you will be healthier for it.

Raw Honey – organic raw honey contains enzymes that will help aid digestion and additional nutrients that benefit health. Raw honey will contain active enzymes and unfiltered honey will contain additional bee propolis and pollen that can help reduce some allergies and improve digestion. Less honey will be required in recipes because it tastes

sweeter than sugar.

Black Strap molasses – molasses is a by-product of the sugar refining process. Molasses contains all minerals that are removed from refined sugar. Rich in iron, calcium, potassium, and copper, this addition to recipes is always noticed. Often associated with gingerbread flavors, but molasses can also be used in many other recipes.

Maple Syrup – the sap of the maple tree collected in early spring contains minerals and nutrients essential for the new life of the spring leaves. Grade C maple syrup contains the most vitamins and minerals and is the strongest flavor. Grade A maple syrup also contains minerals and is a good substitute for white sugar in any recipe.

Rapadura or Sucanat – these two products are made from sugar cane juice. The juice does not go through the extensive processing required for white sugar. Therefore, there is still some mineral content remaining with these sweet products. There is a slight molasses or caramel flavor that is pleasant to taste.

Make your health a priority in 2024. There will be change that is required. Little changes can make a big difference over time. Changing your sugar choices can be one of those little changes. If you would like to reverse diabetes or prevent diabetes, I can help you start a plan.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net Start this year with a new plan. Foundation to Thrive is a 16 week lifestyle transformation to help you reach your health goals in 2024.

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Happy New Year!

SUNDAY SUPPER IS BACK!

Daily Features

WEDNESDAY Enjoy Our Jumbo” Wings Specials!
BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)

THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks!
Taco Specials! Fajita Specials! 16oz. Margarita Special

FINALLY FRIDAY All You Can Eat Fish Dinner

SATURDAY Hand Battered Jumbo Shrimp or Slow
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Sunday 9:00am-8:00pm (Bar Open Later)

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Happy New Year!

(continued from page 1)

In addition, in an effort to deliver the news and information more timely between print issues, last year we launched our on-line edition of the Messenger. Check it out if you haven't already, There is additional bonus content on the site as well that is not in the print edition.

Thanks to local advertisers and your voluntary subscriptions, we are in your mailbox each month. Enclosed in this month's issue is a subscription envelope. We hope you will consider renewing your voluntary subscription. It insures the paper will continue here in your hometown.

Without this support, we would not be here. We hope you continue to see value in the Messenger. While there are plenty of social media sources and on line sites out there, most don't deliver the hometown news and message like we do here.

Every year, many newspapers have consolidated or gone out of business.

We have watched this happen many times in recent years in small rural communities, and especially the past several years.

With our small staff of 2.5, we understand this challenge first hand here at the Messenger, which is why we publish the Messenger in its monthly format and update you as needed throughout the month on our web site.

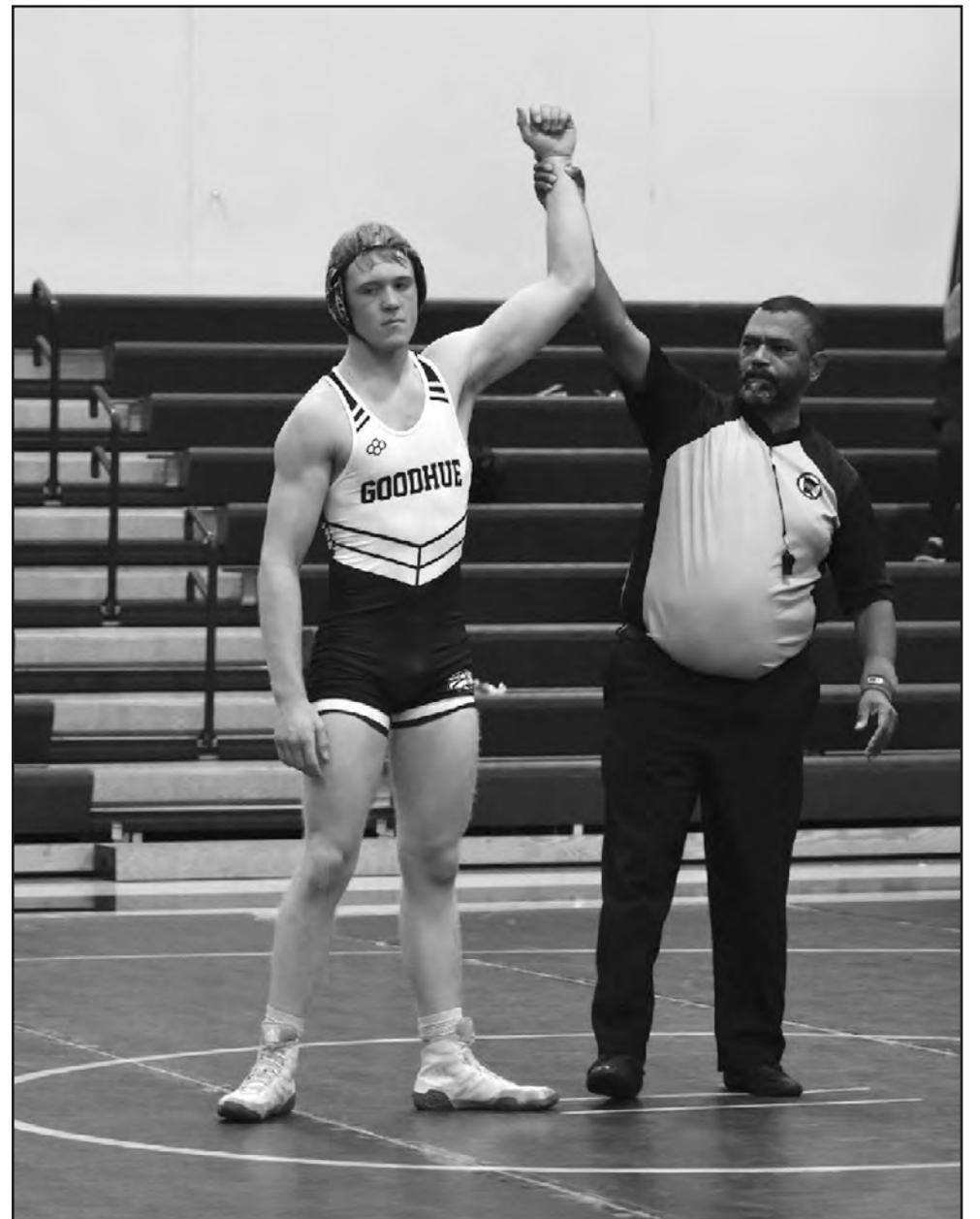
Our goal with the Messenger is to help insure our home towns still have a community voice of its own, direct mailing to all residents in the zip code as well as many out of town subscribers. This format allows your hometown to maintain a local monthly paper, and better connect local residents, businesses and the community. We also understand the need for more timely information within the month, so check out the web site for important news that happens between print issues. We continue to expand our digital and online offerings while still maintaining our dedication to our hometowns!

We remain a small family owned business with a goal of supporting our rural communities and businesses. As always, if you have news, information or story ideas, please reach out to us. Again, Thank you for your readership and support.

Goodhue Wrestling Team 2023-24



Jack O'Reilly



Carsyn O'Reilly

Sports



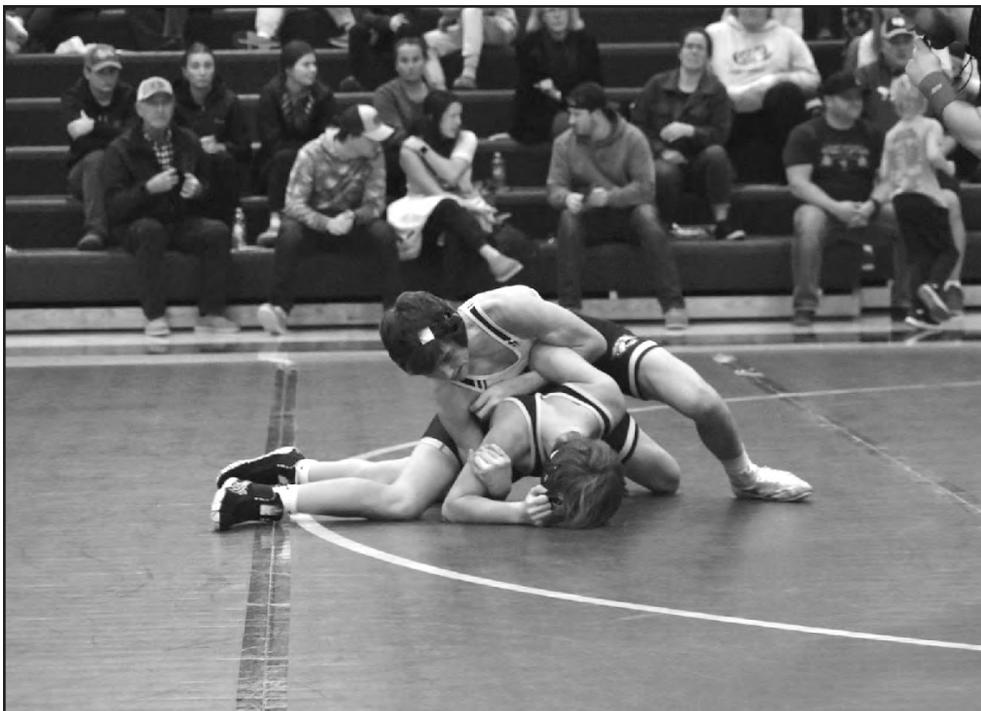
Lucas Erickson



Tim Strauss



JJ Bien



Jay Ryan

**Grant Reed,
Goodhue
Football
Offensive
Player of
the Year**

A black and white photograph of a young man, Grant Reed, wearing a dark hoodie with a tiger head logo and the text "WILDCATS FOOTBALL". He is holding a trophy that says "2023 OFFENSIVE PLAYER OF THE YEAR". The background features a large tiger head logo.

Growth Continues for Minnesota FFA

By Minnesota FFA



The Minnesota FFA Foundation continues the important work supporting the development of young people through Agriculture, Food, and Natural Resources (AFNR) programs and the

FFA.

Minnesota FFA continues to grow both in the number of schools offering AFNR/FFA programs and the number of students enrolled. Thirty new programs have been added in the past four years, bringing the number of Minnesota schools that offer AFNR/FFA programs to more than 220. The growth doesn't stop there, as numerous schools are actively

engaged in the chartering process to add an AFNR/FFA program for the upcoming school year.

"We invite individuals and businesses to make a start-of-the-year donation for 2024, supporting the development of students through the Minnesota FFA Foundation. Donors play an important role, in removing barriers so that the more than 40,000 Minnesota students enrolled in AFNR classes have the opportunity to prepare for careers in agriculture and develop the skills to be leaders for their local community," shares Val Aarsvold, executive director, the Minnesota FFA Foundation.

Support provided to the Minnesota FFA Foundation is directed toward four main areas, including Youth Leadership, Teacher Preparation, Scholarships, and the Minnesota FFA State Convention.

One-time gifts, as well as ongoing and planned gifts, are welcome. If you would like to discuss giving options, contact Val Aarsvold at 507-259-3586 or visit www.mnf-foundation.org.



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Stewartville Junior High Invitational Results for Goodhue

Junior High 67-86

Zander Ortega's place is 3rd and has scored 7.0 team points.

Round 1 - Benson Wiste (Stewartville) won by decision over Zander Ortega (Goodhue) (Dec 9-4)

Round 2 - Wiley Ebling (Byron) won by fall over Zander Ortega (Goodhue) (Fall 1:17)

Round 3 - Zander Ortega (Goodhue) and Noah Melson (Goodhue) (DFF)

Junior High 67-86

Noah Melson's place is 4th and has scored 4.0 team points.

Round 1 - Wiley Ebling (Byron) won by tech fall over Noah Melson (Goodhue) (TF 17-0)

Round 2 - Benson Wiste (Stewartville) won by fall over Noah Melson (Goodhue) (Fall 0:53)

Round 3 - Zander Ortega (Goodhue) and Noah Melson (Goodhue) (DFF)

Junior High 79-86

Benjamin Gadiant's place is 1st and has scored 6.5 team points.

Round 1 - Benjamin Gadiant (Goodhue) won by decision over Brycen Kothenbeutel (Pine Island) (Dec 3-1)

Round 2 - Benjamin Gadiant (Goodhue) won by tech fall over Austin Anderson (Albert Lea) (TF 16-0)

Junior High 101-108

Patrick O'Reilly's place is 2nd and has scored 12.0 team points.

Round 1 - Patrick O'Reilly (Goodhue) won by decision over Mikey Bedtke (Dover Eyota) (Dec 6-5)

Round 2 - Patrick O'Reilly (Goodhue) won by fall over Nate Becklund (Lake City) (Fall 3:24)

Round 3 - Devyn Larson (Kasson/Mantorville) won by major decision over Patrick O'Reilly (Goodhue) (Maj 12-1)

Junior High 102-109

Carter Boldt's place is 4th and has scored 4.0 team points.

Round 1 - Gideon Muller (Pine Island) won by fall over Carter Boldt (Goodhue) (Fall 2:20)

Round 2 - Julian Gonzales (Albert Lea) won by major decision over Carter Boldt (Goodhue) (Maj 12-2)

Round 3 - Oliver Powell (Kasson/Mantorville) won by major decision over Carter Boldt (Goodhue) (Maj 16-4)

Junior High 105-109

Ben Thomforde's place is 2nd and has scored 11.0 team points.

Round 1 - Ben Thomforde (Goodhue) won by major decision over Mark Bissonette (Stewartville) (Maj 10-2)

Round 2 - Ben Thomforde (Goodhue) won by decision over Will Derby (Pine Island) (Dec 11-5)

Round 3 - Drake Andrist (Kasson/Mantorville) won by fall over Ben Thomforde (Goodhue) (Fall 0:30)

Junior High 107-114

Finn Lodermeier's place is 3rd and has scored 7.0 team points.

Round 1 - Finn Lodermeier (Goodhue) won by decision over Mason Eggenberger (Lake City) (Dec 7-1)

Round 2 - Evan Christianson-Kunz (Pine Island) won by fall over Finn Lodermeier (Goodhue) (Fall 1:27)

Round 3 - Tate Olson (Byron) won by decision over Finn Lodermeier (Goodhue) (Dec 12-5)

Junior High 114-119

Dylan Klindworth's place is 1st and has scored 20.0 team points.

Round 1 - Dylan Klindworth (Goodhue) won by fall over Jackson Oney (Byron) (Fall 2:30)

Round 2 - Dylan Klindworth (Goodhue) won by fall over Karsen Lafferty (Lake City) (Fall 1:20)

Round 3 - Dylan Klindworth (Goodhue) won by fall over Nathan Miller (Albert Lea) (Fall 1:21)

Junior High 115-120

Tucker Thomforde's place is 4th and has scored 4.0 team points.

Round 1 - Desmon Okorie (Kasson/Mantorville) won by fall over Tucker Thomforde (Goodhue) (Fall 2:02)

Round 2 - Jaedon Quam (Byron) won by fall over Tucker Thomforde (Goodhue) (Fall 1:00)

Round 3 - Gavin Deutmeyer (Dover Eyota) won by fall over Tucker Thomforde (Goodhue) (Fall 0:23)

Junior High 131-141

Kevin Carlson's place is 4th and has scored 4.0 team points.

Round 1 - Moyz Nelson (Kasson/Mantorville) won by fall over Kevin Carlson (Goodhue) (Fall 2:26)

Round 2 - Ryhs Rowley (Stewartville) won in overtime over Kevin Carlson (Goodhue) (OT 10-8)

Round 3 - Gavin Edwards (Byron) won by decision over Kevin Carlson (Goodhue) (Dec 6-4)

Junior High 132-140

Landen Barsky's place is 2nd and has scored 14.0 team points.

Round 1 - Dashiell Hanson (Dover Eyota) won by fall over Landen Barsky (Goodhue) (Fall 4:55)

Round 2 - Landen Barsky (Goodhue) won by fall over Morgan Solberg (Byron) (Fall 0:54)

Round 3 - Landen Barsky (Goodhue) won by fall over Kevin Mota (Lake City) (Fall 3:30)

Junior High 141-153

Giovanni Sanchez's place is 3rd and has scored 9.0 team points.

Round 1 - Owen Ihrke (Dover Eyota) won by fall over Giovanni Sanchez (Goodhue) (Fall 1:15)

Round 2 - Giovanni Sanchez (Goodhue) won by fall over Dominic Hovden (Dover Eyota) (Fall 4:00)

Round 3 - Merrick Radke (Byron) won by decision over Giovanni Sanchez (Goodhue) (Dec 8-5)

Junior High 157-162

Elliot Voth's place is 4th and has scored 4.0 team points.

Round 1 - Cole Wingert (Dover Eyota) won by major decision over Elliot Voth (Goodhue) (Maj 8-0)

Round 2 - Jesse Ingals (Stewartville) won by fall over Elliot Voth (Goodhue) (Fall 2:57)

Round 3 - Cade Sempler (Albert Lea) won by fall over Elliot Voth (Goodhue) (Fall 1:54)

Junior High 197-211

Riley Mirsberger's place is 2nd and has scored 12.0 team points.

Round 1 - Garrett Myers (Dover Eyota) won by fall over Riley Mirsberger (Goodhue) (Fall 0:44)

Round 2 - Brayden Schmit (Goodhue) and Riley Mirsberger (Goodhue) (DFF)

Round 3 - Riley Mirsberger (Goodhue) won by fall over Charlie Streiff (Pine Island) (Fall 0:48)

Junior High 197-211

Brayden Schmit's place is 3rd and has scored 9.0 team points.

Round 1 - Brayden Schmit (Goodhue) won by fall over Charlie Streiff (Pine Island) (Fall 1:19)

Round 2 - Brayden Schmit (Goodhue) and Riley Mirsberger (Goodhue) (DFF)

Round 3 - Garrett Myers (Dover Eyota) won by fall over Brayden Schmit (Goodhue) (Fall 4:22)

Junior High 210-244

Giovanni Tinajero's place is 3rd and has scored 9.0 team points.

Round 1 - Giovanni Tinajero (Goodhue) won by fall over Parker Tesch (Stewartville) (Fall 0:39)

Round 2 - Elijah Sievers (Goodhue) and Giovanni Tinajero (Goodhue) (DFF)

Round 3 - Mason Edwards (Byron) won by fall over Giovanni Tinajero (Goodhue) (Fall 1:17)

Junior High 210-244

Elijah Sievers's place is 1st and has scored 18.0 team points.

Round 1 - Elijah Sievers (Goodhue) won by fall over Mason Edwards (Byron) (Fall 0:58)

Round 2 - Elijah Sievers (Goodhue) and Giovanni Tinajero (Goodhue) (DFF)

Round 3 - Elijah Sievers (Goodhue) won by fall over Parker Tesch (Stewartville) (Fall 1:01)



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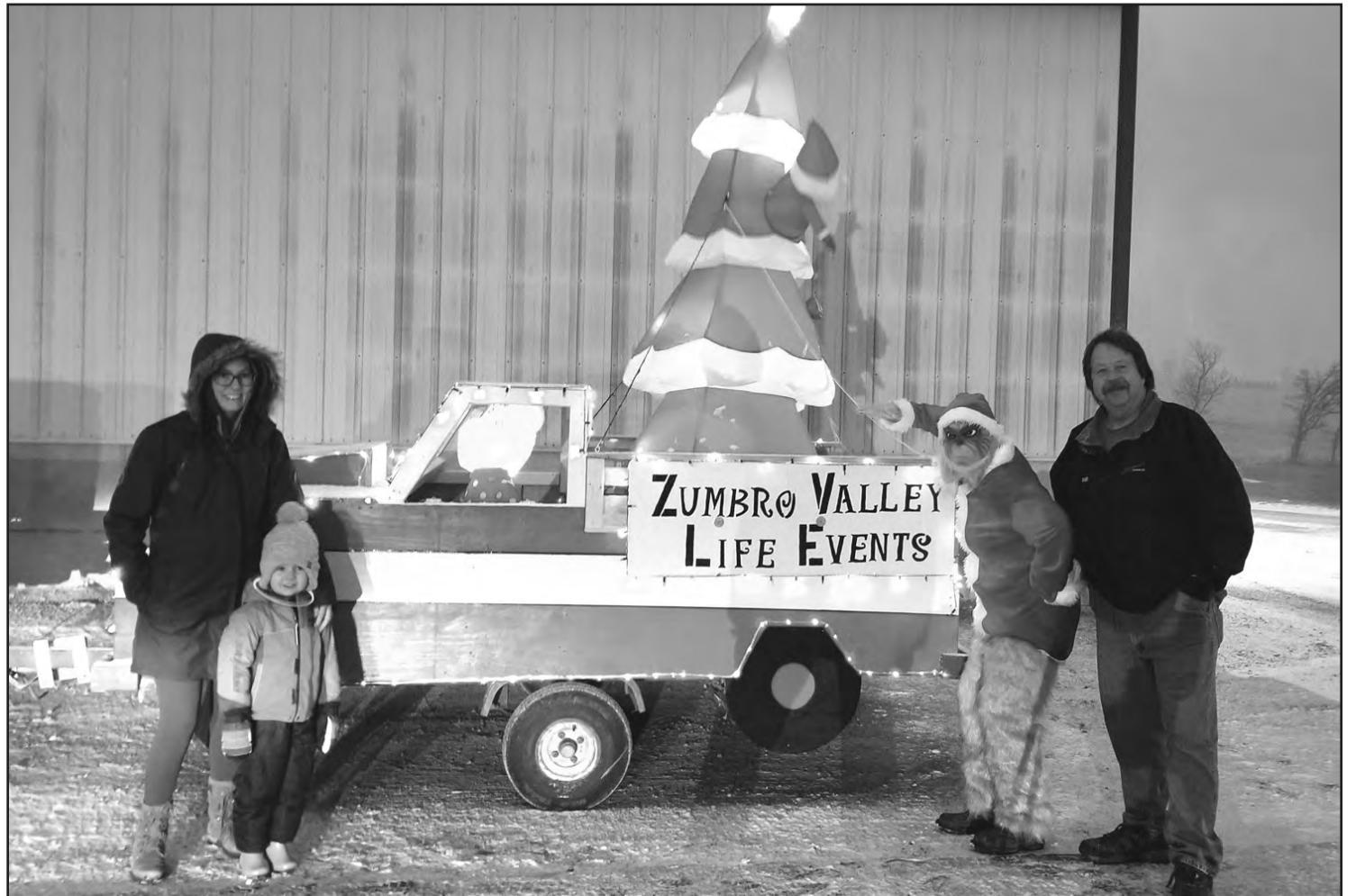


Zumbro Valley Life Events Organization Helps People in Need

(continued from page 1)

Beneficiaries are local folks living in areas between Rochester and Bellechester including Plainview, Oronoco, Hammond, Milville, Elgin, Zumbro Falls, Mazeppa and Bellechester. With a passion for helping those who are struggling, ZVLE has also started to donate to Toys for Tots, food shelves, and disadvantaged families at Christmas.

Those involved with organizing and operating ZVLE are Roger and Mona Whipple, Kristine Mischke, Kim Gilsdorf, Kyle Blatner, Emily Aarsvold, and Tammy Aarsvold. You can connect with them and see upcoming events on the Zumbro Valley Life Events Facebook page. Tax deductible donations can be sent to Roger Whipple, 7301 North Broadway Avenue, Rochester, MN. For more information, contact Roger at 507-312-4664 or Mona Whipple at 507-312-4663.



A Grinch in costume but not in spirit, Kristine Mischke is supported by friends and fellow non-profit representative, Roger Whipple (far right) during the Bellechester lighted Christmas parade. Mischke is the secretary for the Zumbro Valley Life Events organization which offers monetary support for people going through life-changing events. This is the first year the non-profit has had an entry in both the Bellechester and Zumbro Falls parades.

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Growing Your Business with a Mentor

By SCORE



January is National Mentoring Month, so it is the perfect time to find a mentor for your business. See why other business owners choose to work with SCORE mentors and why you should start working with one today. You can search #MentoringMonth on social media to see more.

If you already work with a mentor, please take a moment to thank them for the time and effort they give to support you in your business journey.

The Benefits of Virtual Mentoring for Small Businesses

Find out how working with a mentor virtually might be the best choice for you and for your business.

Through virtual mentoring, entrepreneurs can connect online with someone who can help guide them in their business journey. Let's explore the big benefits for entrepreneurs.

What is Virtual Mentoring?

Mentoring is a program that brings people with a common background together in a formal or informal partnership where one receives guidance and coaching from experienced professionals to help pursue their goals. Virtual mentoring is typically done via phone, video conferencing or email.

With many professionals working remotely, virtual mentoring creates an accessible space where entrepreneurs can receive strategic support and valuable guidance from business mentors regardless of location.

Knowledge transfer is a great way to pass on valuable strategies, skills and ideas to the next generation of entrepreneurs.

A well-organized virtual program serves to

benefit both mentees and mentors by empowering them with resources such as forums, mind-mapping techniques, plan templates, online courses and an accessible platform to reach out to mentors situated anywhere in the country.

For instance, you might have heard inspiring success stories of other small business owners and want to follow in their footsteps. Take Damian Sanchez, for example, who started up the D.C. Mosquito Squad as a part-time venture. He then grew the business exponentially and now has over 40 employees, serving 3,500 customers across the city. This doesn't mean you must drop everything, move to D.C., and start your mosquito-treatment home service agency. You can learn from the experiences of small business owners and entrepreneurs like Damian by signing up for a mentoring program.

Benefits of Virtual Mentoring

Setting up a business can be an isolating experience where you might feel like a lone sailor on a treacherous expedition. A business mentor can help empower you in your entrepreneurial journey. And the mentor doesn't even need to meet you in person. There are many benefits to getting guidance virtually.

Flexibility and Convenience

Thanks to video conferencing technology, you can meet business mentors at a time convenient to everyone involved. This is an excellent benefit for startup business owners who may also be juggling another job or family caretaking responsibilities.

A tremendous upside of virtual mentoring is that it is not restricted to a specific location. Many people have relocated from urban cities to the suburbs or rural communities in the past few years. If you are one of them, virtual mentoring can provide greater flexibility in accessing leadership and business-building advice, making location no longer a factor.

Accessibility to More Mentors

Virtual mentoring also encourages more mentors to sign up for business mentoring programs. That's because while mentoring requires a commitment of time and energy, business experts who are still working professionals or busy in retirement can better manage their time with a flexible virtual program. More mentors mean more experts for

you to work with.

You may have several mentors. Perhaps you work with one mentor on starting your business and general business questions. You may also want to work with an expert in your particular industry, one who knows the licenses you need or effective marketing campaigns for your type of business.

Builds Relationships and Networks

A remote setting provides a sanctuary to participants that helps foster quality relationships, underscoring honesty and trust. This inspires authentic relationships between mentors and mentees, creating an environment conducive to open communication and building mutual trust.

Mentors have often amassed a network of essential business connections--investors, suppliers, industry experts--who can help open doors for you. Build a relationship with your mentor, and you could be introduced to their network of movers and shakers in the business world.

Solves Traditional Challenges

The nature of products or services might have changed, but the path to business own-

ership has some of the same challenges from decades ago:

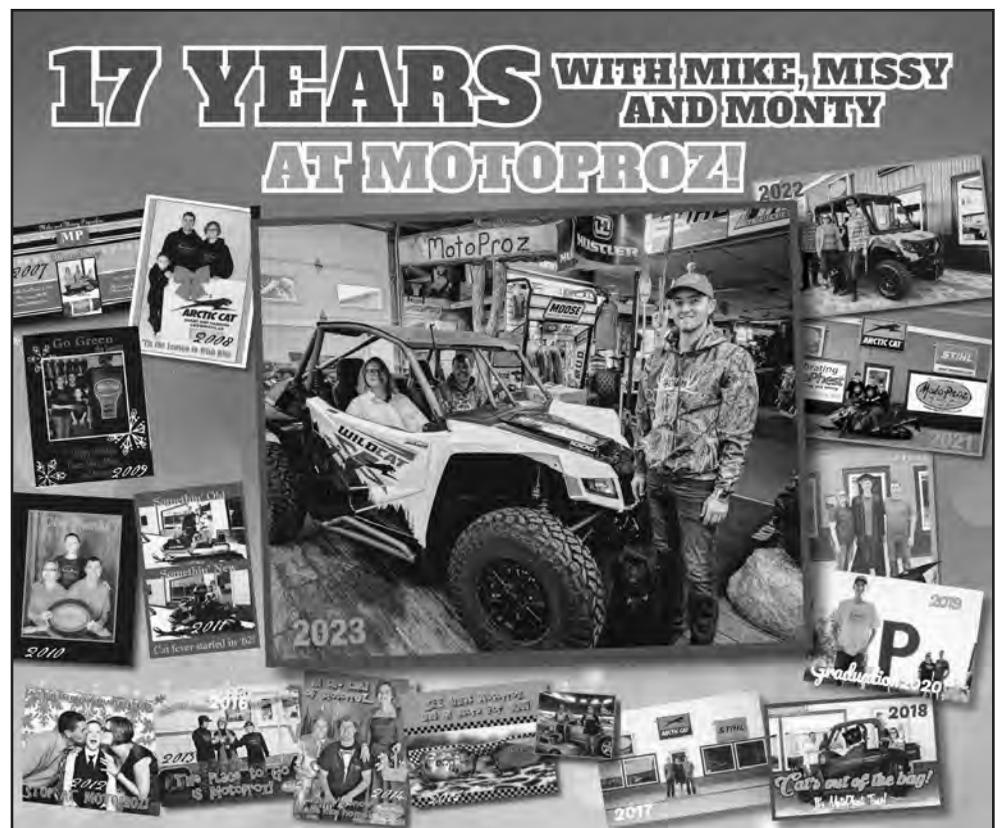
- What goes into a business plan?
- How should I attract investors?
- How do I set up a sales pipeline?
- How do I perform a vendor review?
- What are effective PR tactics for a startup?

Consulting with a business mentor can be an effective way to learn tried and tested strategies to resolve these traditional challenges of becoming an entrepreneur. It's easy to get caught up in your head. A business mentor helps you get out of the rut and gain a fresh perspective by being a sounding board for ideas, questions, doubts and concerns.

Free or Low Cost

Through many local communities and leadership organizations, like SCORE, business mentorship services are usually free, so cost is not usually a barrier.

Virtual mentors can be a valuable part of your support system--whenever and wherever you need them. Whether you're just starting, growing or ready to exit a small business, explore SCORE's mentor program today.

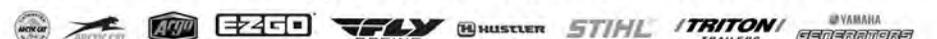


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MISSY PAPERFUS

NEW YEAR'S RESOLUTIONS

I've been waking up at 5AM one day a week to participate in a zoom exercise class I enjoy online. 5AM is early, but I truly enjoy the class. I feel great when I'm done, and I definitely sleep extra good that night. I decided to give a new sport a try. I have been hearing a lot about pickleball lately, so I asked for a pickleball set for Christmas, and my son Monty delivered. I haven't had a chance to use it yet but can't wait to test it out! I told Monty he needs to make me a pickle ball court at his house.

I'll report back how that goes!

I'm sick of making new year's resolutions. Life is all about making a plan, sticking to it, and looking ahead to lifestyle changes and getting in steps when you can. Walking with Maisy, Monty's dog to get a cup of Jo down the street in Mazeppa is my favorite way to get in more steps!

Missy and her husband Mike own MotoProz in Mazeppa.

Vitamin D more effective than flu shot!



By Shauna Burshem, D.C.

11% of U.S. Children are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). ADHD is characterized by patterns of inattention, hyperactivity and impulsivity that interferes with daily living and learning. Recent research has shown that aromatherapy may be a potential helpful tool for children with ADHD. The essential oil vetiver shows the most promise as it showed changes in brain activity when inhaled. Children who inhaled vetiver three times day for 30 days showed improved brain wave patterns and behavior and did better in school. When the oil is inhaled, microdroplets are carried to an area of the brain that is the center for reason, emotion and smell. The droplets also make their way to the lungs where they enter the circulatory system. Brain activity improvements were measured via EEG (electro-encephalograph) scans.

Studies are showing the link between refined sugar intake and cancer risk. All dietary carbohydrates are digested into sugars called glucose. Compared to natural sugars, the fructose found in fruits and honey, refined sugars and many carbohydrate starches cause an issue in the gut where an endotoxin is produced. The endotoxin destroys mitochondrial cell function which then results in cancer metabolism. This backs up the claim that cancer cells feed on sugar. But, now we know not all sugars, just the refined ones. These are the sugars that are added to foods. For example, candy, chocolate, ice cream,

soft drinks, etc. A study published in 2014 showed that cancer patients that drank two or more servings of sugar-sweetened soft drinks had a 67% chance of cancer recurrence and death compared to those who drank less than two servings per month. All cancer patients should avoid all refined sugars and only satisfy their sweet tooth with fruits and honey.

A consistent review of past and current research is providing evidence that vitamin D deficiency may actually be a cause of colds and flu. Science is now confirming that vitamin D optimization boosts immunity and cuts the rate of colds and flu. Vitamin D supplementation is actually more effective than the flu shot. Studies show that if a person is severely vitamin D deficient (if you are never exposed to sunshine and you do not take a vitamin D supplement, you more than likely are), vitamin D supplementation is 10 times more effective than a flu vaccine. A recent scientific review of randomized clinical controlled studies confirmed that vitamin D supplementation boosts immune system function and cuts rates of cold and flu. People who took vitamin D daily were less likely to report acute respiratory infections like influenza or the common cold.

Chiropractic for kids! Chiropractic care is a 100% all natural approach to building and maintaining your child's health from birth to adulthood. Here are just a few reasons why chiropractic care makes perfect sense for kids. The number one reason is immune system health. Periodic spinal check-ups remove neural impulse blockages that come from fixated or stuck spinal bones. This decrease in nerve impulses inhibits function and performance of the immune system. Many studies show that spinal alignment issues contribute neural factors that influence immune system function. The number two reason is spinal curvature problems. As a small toddler learning to walk, many bumps and falls are taken. These bumps and falls can cause spinal bones to become fixated in the wrong position. Once the spinal bones are not aligned properly and the child continues to grow or has growth spurts, the spine can grow crooked which causes a curvature issue like scoliosis. Once children become older and even more active (think sports, bike riding, skateboarding etc.), alignment issues from these activities are even more common. In today's society, what child does

not spend a lot of time on their phone, tablet or video games? This forward slumped posture not only causes postural issues, but tension on the spinal muscles which then causes

misalignment leading to further curvature problems, not to mention neck and back discomfort or headaches.

Minnesota's New Flag

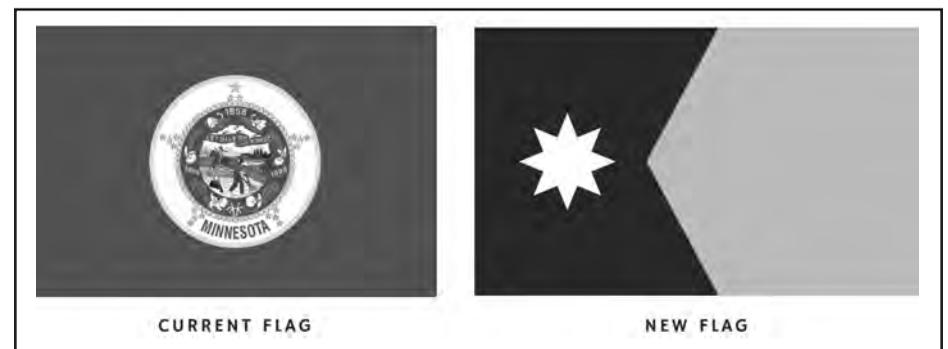


The Minnesota state legislature has plans to approve the new design for the state flag and seal of Minnesota on May 11, 2024. It is a radical departure from the existing flag which was adopted in 1893. There were a few small changes over the years. In 1957 the design was tweaked in anticipation of the statehood centennial the next year. The nineteen stars, signifying the 19th state of the Union, were moved inside the emblem and the red sash removed from the bottom of the design. Again in 1983 the color of the flag was changed from royal blue to medium blue. In 1989, Lee Herold, of Rochester designed and proposed a new design he called the North Star flag, but the legislators declined to act on it.

In the current design of the Minnesota state seal and flag a Native American rides on horseback in the background, symbolizing Minnesota's Native American heritage, while a pioneer uses a plow in the foreground. There is a sunset on the western horizon. The straight horizon line reflects the plains covering much of Minnesota. The Native American is riding southward. The native's horse and spear and the pioneer's ax, rifle, and plow represent tools of daily life. The only interaction between the figures is one observing the other. The tools used by the Native Amer-

ican and the farmer represent the tools used for labor and hunting, while the stump symbolizes the taming of the land and the importance of the lumber industry to Minnesota in 1858. The Mississippi River and St. Anthony Falls are depicted in the revised seal to note the importance of these resources in transportation, industry, and the settling of the state. The furrowing of the ground by the plow represents the submission of the land to the pioneer. The plow also symbolizes agriculture's importance to Minnesota and its future. The waterfalls are not on the original state seal. Beyond the falls on the seal are three pine trees representing the state tree (the Norway pine) and the three pine regions of the state: the St. Croix, Mississippi, and Lake Superior.

Certain individuals take issue with the current flag over social complaints. Some believe a flag should be very basic and easy to read design. Others feel that the existing design is fine and not to be messed with. Feel free to contact us and express your opinions on the subject.



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Christmas Memories and a New Year's Wish



Rep. Pam Altendorf (R) District: 20A

Recently while I was attending church, a memory came back to me that I had not thought about for many years: a Christmas blizzard.

My parents operated a poultry farm approximately 4 miles outside of LeSueur. On that Christmas Eve, we were doing our usual family traditions: opening presents, eating cut-out iced Christmas cookies that my 5 siblings and I spent hours frosting and decorating. But this year was different. There was a large snowstorm beginning and it was expected to snow throughout the night. There was a sense of worry amongst us as our mother and father put us to bed. After saying our nightly prayers,

questions arose how Santa would be able to fly to our house in the snowstorm and if we would be able to make it to church in the morning.

Christmas Day was always an exciting day to go to church and one I really looked forward to attending. We wore our best clothes and the children's choir would sing, and this year we were in the choir. My sister Shannon also had been asked to bake a birthday cake for "baby Jesus." The cake was baked and frosted. Mom and dad put us to bed and reassured us that everything would be alright.

We awoke to many inches of snow, more than what a vehicle could drive through on our long ¼ mile driveway, and more than what my father could plow us out in enough time. We opened our presents with excitement that Santa magically did still make it to our house, but the glee turned into concern as we didn't know how we would make it to church to sing and deliver baby Jesus's birthday cake.

My mother was able to connect with a neighbor confirming our county road was plowed, now if we could only make it the mile from our house to that road, then our friends would pick us up and bring us to church.

My dad had just a small tractor that was meant for snow plowing and scraping manure. It was open - no cab - but he did have snow chains. Somehow the decision was made that Shannon and I would dress as warmly as possible in all of our snow gear. Picture a small, one seat tractor, one deter-

mined father, two dressed up daughters, and one sister holding tight to her baby Jesus cake. Off we went.

The wind was biting cold, and the snow was very deep, but my dad drove us down the road through the drifts. At times, I remember thinking how bad it was and wondered if we were going to get stuck. But as a child you don't have as much fear and so you just keep on going, holding on tight, looking at your destination and with great faith believing that you will reach your goal.

I don't remember how long it took us to reach them, but we made it! Our friends picked us up in their 4 wheel-drive truck. I remember climbing in and being so thankful for the warmth as my body thawed. We arrived on time, Shannon's birthday cake to baby Jesus was on full display at church that day, and we were able to sing in the choir. It

all felt much more rewarding and meaningful due to the effort put forth to get us there.

I hope all of you had a very Merry Christmas and Happy Holidays. As I reflect on 2023 and look to 2024, I count my many blessings: family, friends, and the honor to support and serve the wonderful people of this House District.

As you look to 2024, my wish for you is to be as determined as my dad was on that Christmas that doesn't seem that long ago. Set a goal, visualize it, and work towards it. No matter how hard it is, keep going, plow through, don't stop and deliver the cake!

My favorite part of being your state representative is meeting with district residents. Let's connect in 2024. You can always reach me at rep.pam.altendorf@house.mn.gov, or by calling 651.296.8635.



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Bellechester City Council Meeting Minutes

November 15, 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 City Clerk Lisa Redepenning, treasurer Kyle McKeown and Engineer Matt Mohs. Goodhue County Deputy John Huenke was also present.

Minutes of October 18, 2023 regular meeting minutes were reviewed and motion was made by Kyle Blattner with a second by Rich Majerus to approve the minutes. Motion carried.

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

Old Business:

- Sewer Project Update – We were contacted by Rural Development that we were 3 days short of the public hearing in 2021. We are waiting for word from the attorney if we need to redo this. Based on what we hear, a special meeting for Tuesday at 2:00 for the possible public hearing if we do not meeting the qualification of the notice for public hearing. Motion made by Jered Buxengard with a 2nd by Rich Majerus to tentatively set up this special meeting to address the public hearing. Motion carried.

- Lead Service Line Inventory Grant Update – Work on inventory lines is half completed. The state will fund via a grant for all communities to pay for the rest of the inventory of curb stops and mapping. Hopefully early December, we will know if we qualify. We need a list of current homes that have galvanized lines in the city. There may be about 7 or 8 residences. Bolten and Menk will receive the bills for this.

New business:

- 2024 Polling Place Resolution – approve. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the polling place resolution as presented. Motion carried.

- 2024 Policing – Goodhue County Deputy John Huneke spoke about policing. We will probably have an increase when our contract

ends in 2024. We will be looking making adjustment this summer for our next contract agreements. Discussion was occur in the spring.

- 2024 Final Levy - discuss/change/approve. Motion was made by Rich Majerus with a 2nd by Mark Gerken to keep the levy the same as was approved in September. Motion carried.

- 2023 Special Assessments – approve list for submittal to County. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the list to the county for special assessments for 2024. Motion carried.

- Agreement for State Building Code Administration with Goodhue County – discuss and approve. Motion was made by Jered Buxengard with a 2nd by Kyle Blattner to approve the agreement with Goodhue County to administer our building permits for 2024. Motion carried.

- Fence/Shed Ordinance – discussion. We contacted the county about having them come to city

- Wabasha County State Aid Paving project in city limits – approve. Motion was made by Rich Majerus with a 2nd Jered Buxengard by to approve the paving project agreement with Wabasha County. Motion carried.

- Prosecuting attorney – Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the prosecuting agreement with . Engineer Report – See above

Clerk Report - Fence Ordinance – I do not see that you did a formal ordinance. I only could find in past minutes that you had guidelines that were established and sent with quarterly billing. Here is that text:

Storage Shed & Fence Requirements – if you are planning to put a storage shed on your property, you need to submit to council before it is placed, no matter what the size is. In addition, if it is over 200 square feet, a permit will also need to be submitted. If you are planning on putting in a fence, you will also need to submit the details to council prior to installing and depending on the height, location, etc, it may require a building permit. Please include all details for both projects when submitting requests to council. I have contacted Goodhue County building with this, so they know it needs to come to us in the future. Goodhue County Prose-

cuting Services – As of Friday, I have not received information on the agreement and pricing with them. I followed up on Wednesday and he hoped to get something to me by the meeting for us. Xcel Representative – Could not make it to this month's meeting. Will be coming in December – FYI. Land Purchase from Wabasha County – Checked with Wabasha County Administrator and it is still being completed. He will have an update for me before the meeting.

Treasurer Report – Special assessments list was addressed.

Water/Wastewater/Facility Report – Do we want to look at water and sewer rates before 2024. Will discuss.

Mayor Concerns: None

Council Concerns: None

Adjourn

Motion was made by Rich Majerus with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 7:20. 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

Bellechester City Council Special Meeting Minutes

November 21, 2023 @ 6:00PM

Special City Council Meeting was called to order by Mayor Jody Gordon at 10:01

a.m.

Pledge to the flag.

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

New Business:

- Set Public Hearing Notice from June, 2021 – Motion was made by Rich Majerus with a 2nd by Mark Gerken to set the repeat Public Hearing originally done in June, 2021 per Rural Development requirements. Motion carried.

Engineer Report – None

Clerk Report - None

Treasurer Report – None

Water/Wastewater/Facility Report – None

Mayor Concerns: None

Council Concerns: None

Adjourn

Motion was made by Rich Majerus with a second by Mark Gerken to adjourn the meeting. Motion carried. Meeting was adjourned at 10:11. 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

Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I am applying for a new job that will have questions about my driving record. Can I visit with someone from Law Enforcement to get a copy of that?

Answer: No, this is not something that Law Enforcement agencies can provide.

If you want to know what employers and insurers see, the Driver and Vehicle Services (DVS) division has made it easier than ever to get a copy of either your certified or noncertified record. A certified driving record includes your entire driving history in Minnesota. A noncertified record shows a five-year history of driver convictions. You can now use the online record request to get your records.

Here's how it works:

- Visit drive.mn.gov and select Sign Up in the login panel to create a MyDVS account.
- You'll need to request a MyDVS Registration Letter to create your account. This letter is mailed to the address on file with DVS and contains the unique Letter ID you'll need to create your account.
- Once you receive the Registration Letter, complete the sign up to create your MyDVS login.
- After you login, you can purchase your Driving History Record through the MyDVS portal.

What you need:

- Your Minnesota driver's license number.
- Your Social Security Number.
- Checking or savings bank account to submit payment.
- A printer if you'd like a paper copy of the record.
- If your driving privileges are not valid, you will need to use the Driver's License Status Lookup at drive.mn.gov to view reinstatement requirements.

You cannot get a copy of someone else's driving record online, only your own. Customers who want a copy of someone else's record and are legally entitled to the information, need to complete a DVS Records Request form, available at DVS Documents, Manuals and Forms and either mail it to DVS or visit the DVS office in downtown St. Paul.

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

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



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Changes in Latitudes, Changes in Attitudes Back Home on the River



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.

This is a picture of the Paris Landing bridge. It connects the Land between the Lakes area with the western part of the state of Tennessee. The bridge spans a mile over the Tennessee River and the widest point of Kentucky Lake. It is beautiful on a sunny day and so impressive to see all that water in both directions. This is where we live in Tennessee. Every time I come home down here, I love to look out over the bridge and take in the sight.

One afternoon as we were driving home over the bridge we saw something startling appear beside our car. A Blackhawk helicopter began rising above the bridge to our left. There were two military UH-60's flying at water level beside the bridge. We watched as they landed in an open field in Paris Landing state park. Being curious we turned in and parked in the lot. It was some kind of family of servicemen gathering and lots of kids were waiting to see their dads get out. Fort Campbell, home of the 101st Airborne is only thirty-miles away.

The bridge has quite a rise to accommodate the daily barge traffic and the kid in me couldn't resist the urge to accelerate the Corvette every time we approached the bridge. If you exceed 100 mph it feels like you are in a plane taking off when you reach the top of the bridge. I must not have been the only one doing that because one day I saw a Tennessee Highway Patrol parked by the marina side of the bridge. Nothing like the sight of a squad car to slow you down.

About ten miles upstream is the Danville transfer elevator. We enjoy boating to the site

and the bridge can still be seen in the distance for almost the entire trip. The Danville elevator was a five-story concrete structure that transferred cargo from rail car to paddle wheelers over a century ago. When the lake was formed by the construction of the dam in 1941, the elevator was abandoned and left to stand in the middle of the lake. The arial lift bridge was also removed at that time and a ferry provides passage for automobile traffic across the river there for one dollar per trip.

Twenty-four hours each day barges travel under the bridge as they haul grain, coal and gravel up and down the river. One learns to stay between the green and red buoys on the river, just like the barges do. The dam controls the water level and at winter pool it is six feet lower than summer pool. Unsuspecting boaters during the cold months can suddenly find the bottom of the river in the middle of the lake, and run aground if not careful. We had that happen one fine afternoon last winter as we were exploring the cove near Cypress Bay Marina. We were at least 200 feet from shore as we came around the bend and suddenly we were looking at the rocky floor of Kentucky Lake. I hit the trim and raised the prop out of the water and after further investigation reversed the boat and backed out to deeper water.

The wind coming off the nearly two-mile wide lake can create some substantial waves crashing into the bridge pilings and there is a breakwater at the entrance of the Paris Landing marina to calm the waters. On a windy day there will be over two-foot swells to contend with heading into the marina. The first day we used the boat launch there we encountered quite rough water returning to dock. I rode a wave in looking at the trough and thinking it could easily swamp us. While I tried to keep the bow straight, I could hear my wife yelling "Woo Hoo". She was enjoying the adventure much more than I was. After that we started using Gray's Landing on the other side of the Lake where the water was much calmer.

When we first moved here the Paris Landing Lodge was being demolished to make way for a new facility. The locals were up in arms because the 70 year-old lodge and restaurant was a sentimental place in their hearts. It took about five years to complete the new one but it is a beautiful resort on the lake with a restaurant which is our favorite place to eat and just down the road from our home.

A Minnesotan: Epiphany



By RosaLin Alcoser

And once again it's a new year. I could talk about something along the lines of it being New Year's, however, I did that last year. Instead let me tell you all about the much more existing holiday that comes right after the New Year which would be Epiphany otherwise known as Kings Day or the 12th day of Christmas.

As I've mentioned before my transplanted hispanic family from the south celebrates Christmas from start to finish. Meaning that starting on Christmas day we celebrate the 12 days of Christmas until January 6th when we celebrate the Epiphany.

Epiphany is when the three kings, or three wisemen, arrive to see baby Jesus and present him with the gifts.

Growing up this meant that my family spent those 12 days playing games and enjoying a much needed break after the rush of getting everything ready for Christmas Eve services, and some years Christmas Day services, in addition to all of the extra things at the church leading up to Christmas.

In my Belizean father's traditions Christmas is when the big Christmas dinner is had and stockings appear, however, presents don't appear until Epiphany when the three kings bring them.

When my older sister and I were children we would often get some presents on Christmas Day and the rest on Epiphany. Or in years where our parents worked a lot on Christmas Eve and Christmas Day nearly everything would be saved for Epiphany.

For us this was also a day for spiced cookies in the shape of a star, to represent the star that guided the Three Kings to Bethlehem. We didn't make them every year and often we would make a pan of ginger bread instead. However, I remember these cookies being a type of crisp ginger cookie.

Now that we're adults and our family is spread out we don't celebrate in the same way as when we were children. However, we do still celebrate the 12 days of Christmas and always make sure to do something individually while wishing one another a Happy Epiphany.



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ACROSS

1. Mulligatawny and gazpacho, e.g.
6. Half of NFL
9. "Oscar" of sports
13. Relating to sight
14. Sargasso ____
15. Dugout glider
16. Not fresh
17. First H in HRH
18. Face-to-face exams
19. *Ice fishing shelter
21. *"Polar" activity
23. *Type of Christmas tree
24. Diagonal
25. Tax return professional, acr.
28. Kind of cola
30. Diaphragm spasm
35. Scepters' partners
37. Of two minds
39. ____ Jean Baker
40. *Rabbit's winter one is white
41. Sheik's bevy?
43. Type of dam
44. Butcher's refuse
46. Etna's emission
47. Secret disclosure
48. Stellar
50. Chap or fella
52. Diabetic ketoacidosis, acr.
53. A or O, to blood
55. Unit of electrical resistance
57. *Finger warmers
60. *Certain sleigh ride
63. Courtroom excuse
64. Gobbled up
66. Train runners
68. Land of taekwondo
69. "Caroline in the City" Thompson
70. Relating to Scandinavia
71. Not home
72. *Last winter mo.
73. Klondike river

DOWN

1. Acronym in a bottle
2. Chooses
3. Colorado's neighbor
4. a.k.a. pilau
5. Like a longer route?
6. Grayish
7. ATM extra
8. Carpus, pl.
9. Bring home the bacon
10. Unforeseen obstacle
11. *Skier's aid
12. Da or oui
15. Jenny McCarthy to Melissa McCarthy
20. Engagement, archaic
22. ____-di-dah
24. Onslaught
25. *Warming drink
26. Faculty members, for short
27. Behind a stern
29. *Frosty's eyes
31. Type of hood
32. Apollo of "Rocky"
33. Inuit skin boat
34. *a.k.a. anorak
36. *Betelgeuse, e.g.
38. *Snow, in Italy
42. Lord's estate
45. Lithuania's neighbor
49. NaOH
51. Like a rosebush
54. Church song
56. Meow, alt. sp.
57. ____-in-the-dark
58. Milano moolah
59. Toe the line
60. Product of laceration
61. Michael Douglas' dad
62. "The Sun ____ Rises"
63. *What clues #4 and #34 Down have in common
65. High affair
67. Barack Obama, pre-pres.

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

A Few of My Favorite Things from 2023



Tim Penny
So. MN Initiative Foundation



As the holiday season winds down and we start to look ahead to the new year, I always like to take this time to reflect on, and celebrate, the accomplishments from this past year. At Southern Minnesota Initiative Foundation (SMIF), this means thinking back on the ways that our partners helped to build a stronger southern Minnesota. In no particular order, here are my top ten favorite things that happened in 2023:

1. Small towns were inventive: SMIF's Small Town Grant program surpassed a milestone this year by awarding our 113th project since the program began six years ago. From a National Ruby-Throated Hummingbird Center in Henderson, to an Oktoberfest event in Dundas, the small towns in our region are always coming up with innovative ways to enhance community vitality.

2. Solutions to the child care challenge moved the needle: Through SMIF's technical assistance, we have been able to grow and retain child care options in the region. In St. Peter, a new nonprofit community coalition that includes a child care program is opening. In Northfield, a new business model allowed two new family child care providers to open their businesses in a city-owned building. Additionally, SMIF launched a new "whole community" approach to child care which will provide a network of support for up to four communities as they develop solutions to child care challenges this next year.

3. The regional foods system was strengthened: This year we celebrated the 10th anniversary of the FEAST! Local Foods Marketplace, an event held in Rochester for the public to shop from vendors based in Min-

nesota, Wisconsin and Iowa. More than 1,400 people attended this year's event – the largest on record. The marketplace has had such an impact on the region that Kim Norton, mayor of Rochester, declared the first Saturday in November as Local Foods Day in Rochester.

4. Local wealth was retained: We were delighted to welcome our 32nd Community Foundation under SMIF's umbrella. Southland Community Foundation supports several small towns in Mower County – Adams, Rose Creek, Elkton, Dexter, Taopi and Johnsburg. They have joined a strong cohort of Community Foundations run by volunteer boards that have granted out more than \$7 million to benefit the future of their communities.

5. Early childhood professionals received continuing education: More than 1,100 early childhood professionals attended the trainings that SMIF offered this year. Topics that are geared toward educators and child care providers focused on the social emotional development of young children and tips on how to grow a child care business. The support we can provide to early childhood professionals creates a better future for southern Minnesota's children and families.

6. Rural communities committed to economic growth: Six communities were recently selected for the 2024 -2026 Rural Entrepreneurial Ventures (REV) cohort: Caledonia, Kasson, Plainview and collectively the communities of Gibbon, Fairfax and Winthrop. REV is a long-term program that focuses on economic growth in small

towns by providing planning, coaching, resources and connections.

7. Paint contributed to community vitality: More than 260 gallons of paint were awarded to communities across the region through SMIF's Paint the Town Grant. Since the grant was awarded in May, it has been exciting to see these projects come to life across the region – from a Main Street mural in Elgin, to a paint refresh on historic buildings in Mantorville.

8. Books supported literacy in young children: This year marked 230,000 books that have been distributed across the region through grants and programming over the past 15 years. We were honored to support 53 organizations through SMIF's Early Literacy Grant, which provides children birth to age eight with books.

9. Entrepreneurs flourished: Between providing loans to businesses and working with entrepreneurs directly on growing their businesses, we were excited about the economic activity that we saw this past year. Additionally we were excited to see some of our partners receive awards including West Oakland Auto, a loan client, who was named SBA's Minnesota Minority-Owned Small Business of the Year. The owners of Angie's BOOMCHICKAPOP, another loan client, who were honored by the SBA as a legacy business. They were not the only loan clients with good news. Beth Fynbo, owner of Busy

Baby, was written about in a book about successful women inventors, and one of her products was named a Good Housekeeping 2023 Best Parent Award Winner. The Greensted became GAP Certified so that they can distribute their microgreens and salad greens wholesale.

10. Partnerships grew: None of the above accomplishments would have happened without our partners. Some of these collaborations have been around for many years, such as the books that local publishers Capstone and ABDO provide for the Early Literacy Grant program. Other partnerships stem from a history of collaboration that are growing in new, exciting directions, such as Compeer Financial's commitment to supporting and expanding SMIF's REV program. And we are grateful for the new partnerships that will strengthen our programming, such as Glen Taylor's recent announcement about leaving a legacy for southern Minnesota.

I can't talk about my favorite things from the year without mentioning how grateful I am to our donors and staff. Without their support, we would not be able to make an impact on southern Minnesota's future. We look forward to working with our regional partners again in 2024 to continue investing in the vitality of our region.

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

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