



Goodhue-Bellechester Messenger

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St. Luke's Church Continues Their Mission in New Location

By Beth Brekke

St. Luke's Lutheran Church was incorporated on February 19, 1897, with the first church structure erected at 308 1st Avenue in Goodhue the following year. The congregation will hold their last service in that building on February 25, 2024. The service begins at 9:30 AM and will include a decommissioning of the building. There will be a dedication ceremony during the first service in their newly constructed building located near the intersection of Highway 9 and County Road 6 on March 3rd. That service will also begin at 9:30 AM with the expectation of some former pastors attending. Everyone is welcome.

The original church building, built at a cost of \$1,320.00, went through many additions and updates in the past 126 years. Early im-

provements included extending the steeple and adding a bell in 1908 and creating sufficient basement space for youth classrooms in 1914. The first extensive remodeling of the building happened between 1949 and 1954 when the alter was extended and the basement enlarged again to create a kitchen and meeting rooms. This construction also created a choir loft and rest rooms. A chancel and educational unit was added to the church in 1969.

(continued on page 6)



Pictured to the right: St. Luke church was built in 1898 and has had multiple additions and updates over the years. The congregation will hold its last service and a decommissioning on Sunday, February 25th at 9:30 AM.

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*

Puzzle Contest Rolls Into The Depot



Jessica Hoehne, William McCurdy, Laura McCurdy and Katherine Stock pose with their completed puzzle after winning the speed competition.

By Beth Brekke

It's Winter in Minnesota, what is there to do? This season's lack of cold and snow might allow some to enjoy trail walking or biking. Others might be completely bored not being able to ski, snowmobile or go ice fishing. Love it or hate it, short daylight hours and fewer social events drive people indoors looking for something fun to do. It may come as no surprise that Minnesota is a leader in one activity that is gaining in popularity — speed puzzling.

(continued on page 8)

Goodhue Market Has A New Owner

By Beth Brekke

If you shop at the Goodhue Market grocery store regularly, you'll recognize Jate Meyer. Jate has worked at the store on and off for about eight years, ever since he was a Goodhue High School Sophomore.

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Mardi Gras Celebration Sunday, February 11, from Noon to 3:00 p.m.

Holy Trinity Parish Churches of St. Columbkil, Holy Trinity and St. Mary, of Goodhue are celebrating Mardi Gras with a fundraiser for Youth and Family Ministry. 10% of proceeds will go to First Choice Clinic in Red Wing for Mom's and families. This Mardi Gras celebration is Sunday, February 11th from 12-3 p.m. at the Goodhue Lions Building in Goodhue.

(continued on page 5)



Jerry Tipcke
Owner



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Pastors Corner

By Robbin Robert

Ash Wednesday and Valentine's Day have been on the same date in 1923, 1934, 1945, 2024(this year), 2029 and no more in the 21st century. Today, let's see how God's LOVE is a part of both the ashes and the heart.

God's LOVE that cares enough about you though you "are but dust and to dust you shall return"(Genesis 3:19). God LOVES you so much that even though you are a dusty sinner Jesus, the Messiah, took your place and laid down His life to defeat satan on your behalf (Genesis 3:15).

I. Law/Sin (ASHES) Romans 5:8 "God demonstrated His LOVE for us in this, while we were still sinners Christ died for us." This passage is actually the Gospel but it fits here because sinners are mentioned. What would motivate anyone to show concern for those who don't deserve it? Only unconditional LOVE.

The Bible has four ways in the New Testament that in English are translated as LOVE. However, there is only one of those LOVE that motivated God to LOVE us. That word

for God's unconditional LOVE is "AGAPE".

When Adam and Eve fell into sin and God had every right as a just God to destroy these failing, fallen creatures. Since their fall into sin no human being has truly had free-will to choose not to sin. By nature we are all born dead in our trespasses and sins(Ephesians 2:1) and unable to save ourselves from dying in sin and merely being dust in the wind. The Law of God that terrifies comfortable sinners is sent from a LOVING God. Unless we know what we are by nature and deserve because of that nature we will have no appreciation concerning our complete spiritual helplessness and not be looking for our only

hope(spoiler alert, not President Trump), Jesus Christ our Lord and Savior.

II. Gospel/Grace (LOVE) Though the Law terrifies comfortable sinners, the Gospel comforts terrified sinners.

Valentine's Day in America celebrates two other of the Greek "LOVES". Phileo "friendship" LOVE. You make me feel happy and I hope I make you feel happy. I am glad we are friends. Eros "sexual" LOVE. No need for me to explain this kind of LOVE. These kinds of LOVE have little to do with motivating God to not only have mercy on His enemies but to give them the exact opposite of what they deserve, grace. God's Riches At Christ's Expense.

As Christians let us be ambassadors of this AGAPE, unconditional LOVE, that God had for the world: "God so LOVED the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life" (John 3:16)

Let's tell our fellow ashy/dirty sinners in our lives about God's great Valentine's not Day but Everyday gift: Amazing Grace!!!

"God LOVES me dearly, grants me salvation, God loves me dearly, loves even me. Therefore I'll say again, "God loves me dearly, God loves me dearly, loves even me!!"



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Sat.: 4:45PM - 5:20PM Confession, 5:30PM Holy Mass (Sunday vigil)
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Wed.: 8:00AM Holy Mass, 9:00AM - 2:00PM Eucharistic Adoration
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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
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County Road 47, Goodhue • 923-4472
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Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).
Sun.: 10:30AM Holy Mass
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Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for
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GRACE EV. LUTHERAN CHURCH (WELS)

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

AREA CHURCH DIRECTORY Greeting

John, to the seven churches in the province of Asia: Grace and peace to you from him who is, and who was, and who is to come, and from the seven spirits before his throne, and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth.
— Revelation 1:4-5

John is writing a letter, so he begins here with a greeting. Though he is writing to seven churches in the Roman province of Asia (present-day Turkey), this letter is not limited to those seven churches. Written under the guidance of the Holy Spirit of God, this letter is meant for the entire church of Jesus Christ. The church is made aware of God's grace in Christ to strengthen its faith in times of challenge and hardship, including physical persecution that will come its way. God has provided Jesus as the Savior, "the ruler of the kings of the earth." Knowing this helps us to put all things into perspective as history unfolds. John greets his readers with grace and peace from the God who is, was, and always will be—in the name of Jesus, the Christ (Messiah). Jesus is the faithful witness to all that God provides for the church. Jesus alone is the "firstborn from the dead," and he is the exalted King over all kings (see also Colossians 1:15-20; Psalm 89:27), whether they be emperors, monarchs, presidents, prime ministers, CEOs, or chairs of the board. To Jesus, "who loves us and has freed us from our sins by his blood," belong all glory, power, and praise forever!

Lord and God, thank you for helping us know you as our Savior and King. May we rest in you alone and honor you each day. 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.

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10:30a.m. Worship

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Pastor Robbin Robbert
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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.



Obituaries

Margaret Schmitz

Margaret Schmitz, 81, of Goodhue, died Wednesday, January 10, 2024 at her home on her farm, surrounded by her family.

She was born July 13, 1942 in Plum City to Leonard and Elvira (Johnson) Gilles. She attended St. Francis in

Ellsworth before moving to Red Wing where she attended St. Joseph parochial school and Red Wing Central High School. (Years later, after most of her children were grown, she attended night classes and obtained her GED.) On July 18, 1959 she was united in marriage to Jerome Schmitz at the Church of St. Joseph. Together they raised 6 children. For many years they made their home in Vasa where Margaret was a state certified child care provider. She knew all the children in Vasa and Margaret's home was second home to many who grew up there. She never met a child she didn't like and each Halloween she made special bags of candy for each child. She loved working with children for more than 30 years before she retired and then went on to work for DBI in Red Wing for another 13 years. In 1996, she and Jerome moved to a farm in Goodhue.

Margaret was a devoted mother and grandmother. She loved raising her children and was very proud of her family. She would do anything for her children. She would call

every single one of her children, many grandchildren and great-grandchildren on their birthday so she could be sure to sing happy birthday to them.

Margaret was always one to stay busy. She had many hobbies and talents, including bird watching, crocheting and other arts and crafts, tending her flower beds, playing the piano and the accordion, drawing, baking, and even yodeling. She was dependable and had strong morals but also had a good sense of humor. She held a quiet but strong faith in the Lord and her faith held an important place in her life.

She is survived by her husband of nearly 65 years, Jerome; children, Tim (Amanda) Schmitz, Teresa (Robert) Huneke, Daniel (Kay) Schmitz, Dale (Heidi) Schmitz, Dean (Carrie) Schmitz and Darwin Schmitz; 16 grandchildren, Elizabeth, Steven, Jonathan, Brandon, Nathan, Heather, Erica, Chad, Cory, Micheal, Bradley Brittany, Courtney, Tony, Miranda, and Connor; 26 great-grandchildren, Breanna, Narianna, Serenity, William, Charolette, Adeline, Sloane, Quinton, Oliver, Harrison, Hailee, Jackson, Kooper, Kolten, Chase, Bradley Jr., Elliot, Briar, Lilly, Allie, Caleb, Olivia, Corabell, Avan, Majestic, and Saylor; one brother, Kenny Gilles; as well as many other family and friends.

She is preceded in death by stillborn child, Baby Angel; 4 siblings, Richard, Cal, Barb, and Ed; and her parents.

Memorial service was at 2 p.m., Tuesday, January 16, 2024 at the Mahn Family Funeral Home Bodelson-Mahn Chapel.

Father Thomas McCabe officiated. Visitation

was one hour prior to the service at the funeral home. A celebration of life immediately followed the service at the farm. All were welcome. Online condolences may be left for the family at www.mahnfamilyfuneralhome.com

John R. Diercks

John R. Diercks, 76, of Goodhue, passed away Monday, January 22, 2024. He was born February 19th, 1947, in Red Wing, to Albert and Esther (Vieths) Diercks, the fifth of six children. He was baptized and confirmed at rural Goodhue's St. John's Lutheran Church.



There, he served as church treasurer and secretary as a faithful, lifelong member.

John graduated from Goodhue High School in 1965. He went on to further his education in Winona, becoming a machinist upon the completion of his certification. He began working at Mayo Clinic, Rochester, where he helped design and engineer the first prosthetic knee - something he was proud of. After nine years with Mayo, John left to farm full time. He also sold seed corn and was involved with the Goodhue Community in various organizations and committees, such as the Goodhue Lion's, Goodhue Jaycee's, and the Goodhue Township Board.

In his free time, John enjoyed fishing, boating, playing cards, tractor pulls, and going to

the races at Deer Creek Speedway. As he got older you would oftentimes find him riding around on his side-by-side checking up on the animals and crops. He knew his way around the kitchen, and liked cooking or grilling for family and friends. Most of all, he loved having everyone over to visit. He was happiest at home when he had all the little great-nieces and great-nephews running about, creating chaos and fun.

He is survived by his siblings, Rita Jurgens of Chanhassen, Marcia Matthees of Cannon Falls and Gary (Phyllis) Diercks of Goodhue, as well as many nephews and nieces and great-nephews and nieces. He is preceded in death by his paternal grandparents, John and Katherine Diercks; maternal grandparents, William and Mary Vieths; his parents, Albert and Esther Diercks; sister, Rebecca Diercks; brother, Gail Diercks; nephews, Brent Diercks and Jonathan Matthees; sister-in-law, Janelle Diercks and brothers-in-law Ray Matthees and Marvin Jurgens.

Memorial service was at 11:00a.m. on Friday, January 26th, 2024 at St. John's Lutheran Church, rural Goodhue. Rev. Robb Robbert officiated. Burial was at the church cemetery. Visitation was two hours prior to the service at the church. In lieu of flowers, memorials are preferred to donor's choice.

At John's request, a celebration of his life will be held at the Red Wing Elks Lodge on Monday, February 19th, 2024, from 3-6 p.m.

Arrangements handled by Mahn Family Funeral Home, Bodelson-Mahn Chapel.

(obituaries continued on page 4)

Here's Where To Buy Your Minnesota Country Salute CD Buy the FINAL Minnesota Country Salute CD

Once again the net proceeds from this years Minnesota Country Salute CD will go to the Minnesota Military Family Foundation and Minnesota Wheels of Honor. Starting Veteran's Day you'll be able buy your copy at any one of these locations and make sure the service men and women and first responders of Minnesota have the support they need.

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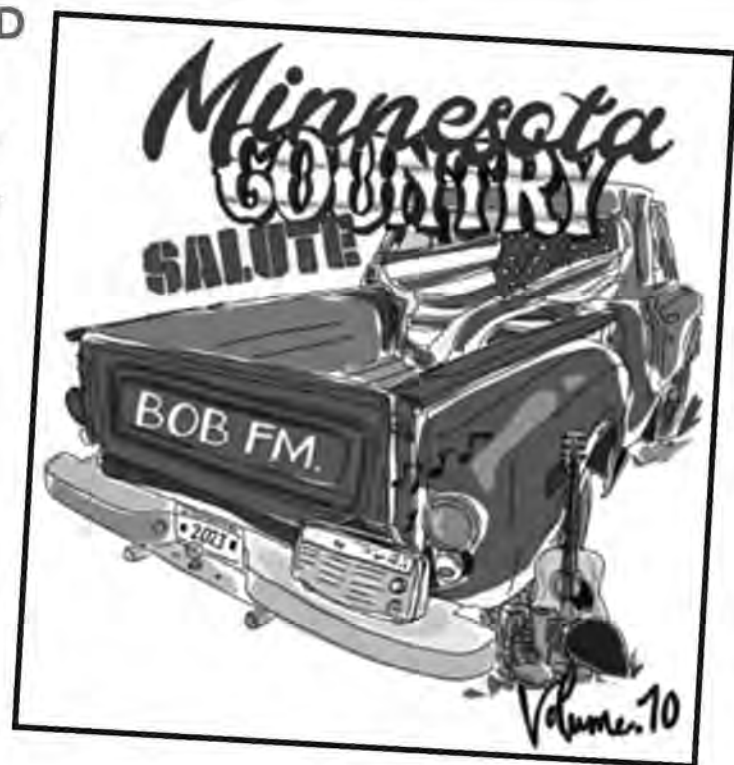
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About the Minnesota Country Salute CD Project:

A decade ago while sitting on his porch, Neil Freeman came up with the idea of tying together two groups that BOB FM supports. The Homegrown artists of Minnesota and the military member support organizations.

By creating a compilation CD to sell across Minnesota, he nailed it. With the help of many sponsors and listeners who went out and purchased these CDs over the years, BOB FM has donated over \$235,000 to the Minnesota Military Family Foundation, Minnesota Wheels of Honor, and Tribute to the Troops.

If you or your business would like to help further this mission, or help distribute the CD, please contact Neil Freeman, neil@mybobcountry.com.



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Leo Sabastian Ryan

Leo Sabastian Ryan, 88, of Goodhue, died Thursday, January 25, 2024 at his home in Loving Residence in Red Wing. He was born May 11, 1935 in Red Wing to Francis and Mary (Cronin) Ryan.

He grew up in Goodhue and attended Goodhue High School where he played football, fostering a life-long love of the game. He graduated class of 1953.

Following graduation, he started working on the family dairy farm. He married Maxine Elaine Larson on November 26, 1955 at St. Columbkil Catholic Church where they became life-long members. They lived and raised 7 children in rural Goodhue. He continued to farm for 48 years until 2001.

He then went on to work for the Minnesota DNR doing park maintenance in Goodhue County. Later, he worked at Treasure Island as a maintenance technician until he retired in 2011.

Leo was in a bowling league for many years and loved bowling. He also enjoyed fishing in his spare time. He loved going to his grandchildren's sporting events. After years of farming, Leo took up gardening, growing lots of squash, tomatoes and raspberries.

He will be missed by many, including his wife, Maxine; 6 children, Victoria (Paul) Ryan, Patricia (Jon) Roschen, Karolyn (Steven) Peterson, Barbara (Richard) Evans,

all of Goodhue, and Roger Ryan of Red Wing, Kathleen Ryan (Gerard Poncelet) of Kenyon; daughter-in-law, Debra Ryan of Hudson, Wisc.; grandchildren, Carissa (Colin) Brown, Garrett Ryan, Andrew, Keith (Crystal), Nathan (Haley), Corey (Heather) and Craig Ryan, Derek (Callie), Kyle (Megan), Kaylee and Emilee Roschen, Christopher (May) and Mitchell Ryan, Rachel (Jeremy) Koenig, Joshua (Laura) Peterson, Malory (Bryant) Grover, Angela (Evan) Ramseth, William Peterson, Ryan, Haley, Kathryn, and Julia Evans, Noah, Katarina, and Markus Rechtzigel; 35 great-grandchildren; brother and sisters-in-law, Roger and Lori Larson, and Algene Larson; as well as many nieces and nephews.

He is preceded in death by his son, Bradley Ryan; brothers, Gerald "Shug" Ryan, James "Red" Ryan; sister, Rita Allhiser; and his parents.

Mass of Resurrection was at 11 a.m., Wednesday, January 31, 2024 at St. Columbkil Catholic Church. Father Thomas McCabe presided. Visitation was from 9-11 a.m. prior to the service at church. Burial was at the church cemetery. Memorials are preferred to the church or the Goodhue High School football program. Online condolences may be left for the family at www.mahnfamilyfuneralhome.com

[alhome.com](http://www.mahnfamilyfuneralhome.com)

Lyle Henry Zemke

Lyle Henry Zemke, 67, of Red Wing, died Sunday, January 28, 2024 at the Mayo Clinic Health Systems - Methodist Hospital. He was born October 9, 1956 in Zumbrota to Burton and Marjorie (Kahl) Zemke. He was baptized on November 4, 1956 and confirmed in his faith on May 16, 1971 at St. Peter's Lutheran church in Goodhue. He grew up in Goodhue and graduated from Goodhue High School, class of 1975. He went onto work for the Soo Line Railroad before moving on to Treasure Island where he worked in catering for many years, retiring in 2021. On June 19, 1992 he married Shirley Hayes in Red Wing where they made their home.

Lyle enjoyed playing cards, especially with his group of friends in Goodhue. He also loved spending time with his wife and family.

He is survived by his wife, Shirley of Red Wing; step-children, Kathy Jacobson, Rod-

ney Hayes, Mark Hayes, all of Red Wing and Scott Hayes of Spooner, Wisc.; sister, Carol Voth of Goodhue; brother, Duane (Lynne) Zemke of Bellingham, Wash.; brother-in-law, Paul Pechacek of Ceder Falls, Iowa; 4 nieces and 1 nephew.

He is preceded in death by his step-daughter, Laurie Hayes; sister, Barbara Pechacek, brother-in-law, Charles Voth; and his parents.

Funeral service was held at 11 a.m., Monday, February 5, 2024 at St. John's Lutheran Church in Red Wing. Pastor Peter Sternberg officiated. Visitation was from 9:30 until the time of the service at church. Burial was at Oakwood. Online condolences may be left for the family at www.mahnfamilyfuneralhome.com



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Mardi Gras Celebration Sunday, February 11, from Noon to 3:00 p.m.

(continued from page 1)

Mardi Gras comes from the French word, Mardi for “Tuesday” and Gras meaning “fat”. In France, the day before Ash Wednesday came to be known as Mardi Gras or “Fat Tuesday”. In many cultures, the time between the Christmas season and Lent is known as “carnival”. In the U.S., “carnival” is used almost exclusively in connection with the Mardi Gras celebration in New Orleans. Carnival is a season extending over several weeks, beginning at Epiphany and ends at midnight before Ash Wednesday.

Traditionally, since some Christians fast during Lent, Mardi Gras was a day to have a party and use up all the ingredients and food that would not be eaten during Lent. Since controlled refrigeration was uncommon until the 1800’s, the foods forbidden by the church at that time would spoil. Back in the day those things included all fats, dairy, and sugar. Rather than wasting them, families consumed what they had and helped others do the same

in a festive atmosphere. In some areas of Germany, the Lenten discipline applied to strong drink as well.

Like many Catholic celebrations, Mardi Gras likely has its roots in pre-Christian tradition based on the liturgical seasons. What is less known about Mardi Gras is its relationship to the Christmas season, specifically the feast of Epiphany. The colors of Mardi Gras are purple, green, and gold. Purple stands for myrrh and justice, green for frankincense and faith, gold is for gold and power. When the “Magi from the East” paid homage to the newborn Jesus, they presented him with gifts of Gold, frankincense, and myrrh-gifts for a king. By presenting these gifts, the Magi acknowledged the baby was a king.

Therefore, one of the most prominent customs in the celebration of Mardi Gras is the King Cake. They are decorated in traditional Mardi Gras colors. Oftentimes tucked away inside the cake is a figurine representing the Baby Jesus. Originally, King Cake was made and eaten by Catholic families for the Epiphany to celebrate the coming of the three Kings to see baby Jesus in Bethlehem. Given that the “carnival season” runs from Epiphany until Ash Wednesday, with the day before Lent being your “last chance” to eat sweets, the cake has in more recent years been associated with Mardi Gras.

Mardi Gras masks are very popular in Venice, Italy, and date all the way back to the

13th century. Because they are worn to masked balls, they are most known for covering the top half of the face only. This way the guests can still eat, drink, and talk freely. These are also very popular in New Orleans, Louisiana where Mardi Gras is extremely popular.

All are welcome to join in the Mardi Gras celebration in Goodhue and enjoy Mardi Gras-themed food with American cuisine op-

tions for a free will offering. There will be free children’s games and activities for the family including a cookie walk, mask decorating, hand/face painting and a Mardi Gras spin the wheel activity. Also, there is an accelerated corn hole competition for \$10 for 10 underhand throws in 30 seconds! 1st Place: \$300, 2nd Place: \$200, 3rd Place: \$100.

Come join us for “Fat Sunday”!

Merry & Bright Light Contest Traveling Trophy



Kathy Jo Rodester from Great River Mutual presents the Goodhue Chamber of Commerce Merry & Bright Light Contest Businesses Traveling Trophy. Meagan At Shear Enhancement and Beth Matthees from Blooms on Broadway were the winners for 2023.

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--	--	---

Please support the Holy Trinity Parish Churches of St. Columbkil, Holy Trinity and St. Mary. 90% of proceeds to Holy Trinity Youth and Family Ministry and 10% to First Choice Clinic in Red Wing. Please contact Ann Buck at 651-764-3087 with any questions.

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St. Luke's Church Continues Their Mission in New Location

(continued from page 1)

The building remained much the same until another addition was added in 1990, creating a new entryway.

The expansions and updates made the church handicap accessible and helped facilitate a growing congregation. Members feel blessed that they have burgeoning Sunday School and youth programs. An active group of 9th-12th grade students they call SWAG (Saved With Amazing Grace), gather weekly in the church basement where they prepare a meal or just make pizza and enjoy Christian

fellowship.

Looking to the future, leaders realized that the current facility would not contain the membership or allow for its continued growth. The aging structure, its land-locked location in the residential neighborhood and lack of parking spurred the decision to seek a new location to build a larger church. The St. Luke community spent over 10 years planning, praying, hoping, and waiting to move into their new church building.

The first dirt moved on the 5.6 acre lot West

of town along County Road 6 in August of 2022. The official groundbreaking ceremony was held on April 23, 2023. The building is still a work in progress but the congregation is on the threshold of moving into the new facility. The building and planning crews have worked hard to stay on schedule and on budget. The capital campaign has way exceeded the expectations of the first 3-year plan. When this phase of the project is completed, a new 3-year plan will be put in place.

(continued on page 7)



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St. Luke's Church Continues Their Mission in New Location

(continued from page 6)

Future goals include building a bridge connecting the church property to the walking trail and residential area of the new housing developments and erecting another, separate multi-purpose recreation hall.

Features of the newly constructed church include a gathering area inside the main entrance, a family room, a pastor's office and conference room, youth activity room, classrooms and a maintenance and storage area. The East side of the new building has an expanded kitchen and social hall. The parking area is designed for 132 vehicles.

The main church occupancy will expand from 150 people in the old building to comfortably seating 280 in the new one. The alter and chancel area will be on a raised platform in front of the stained glass rendering of Jesus in the Garden of Gethsemane that will be relocated from the current site. All of the stained glass windows in the original church will be moved and installed in the new one. The church has put out a call for trucks, trailers, SUV's, and as many hands as possible to help move all paraphernalia inside St. Luke to the new building after worship on February 25th. The congregation closes on the sale of the old property, which has been purchased by Marc and Brittany Huneke of Bellechester, on March 1st.

As expected, there are mixed emotions about the move. Many lifelong members



The backlit stained glass rendering of Jesus in Gethsemane will be removed from the current church building and placed behind the alter on this raised platform in the main body of the church's new building. All of the stained glass windows will also be relocated to the new church.

have been baptized, confirmed, married, and said good-bye to loved ones in the old building. But God is always doing something new, and St. Luke is excited to grow in faith, hope, love, and Christian service in its new home. The congregation would like to extend its many thanks to Goodhue and surrounding communities for the tremendous support, help, and donations. Their motto is, "Our hope is in the good news of the gospel of Jesus Christ. We help by serving the God we cannot see through serving the neighbor we can."

St. Luke Lutheran Church is a member of the Southeastern Minnesota Synod of the Evangelical Lutheran Church in America (ELCA). For more information, contact the church office at 651-923-4695 or by e-mail: office@stlukegoodhue.org or Pastor Eric Hanson at 612-834-2149 or by e-mail: anspachh2002@gmail.com.



In addition to the stained glass, many other things will be relocated to the new St. Luke's church building. Volunteers are asked to help transport items after the decommissioning service on February 25th.



The Landlocked, limited parking location on 1st Avenue in Goodhue spurred St. Luke's congregation to buy land and build a new structure near the intersection of Highway 9 and County Road 6. The building is a work in progress but will be dedicated at its first service on March 3, 2024 at 9:30 AM.

Puzzle Contest Rolls Into The Depot

(continued from page 1)

The first known Speed puzzling contests began in the early 1980's. There are speed puzzling Facebook groups and online contests. Avid participants can even earn a Black Belt in puzzling, no athletic skill required. Recently, contests have been popping up at local restaurants and are a great way to improve mood and mental health, connect with others in the community, maybe win prizes and mainly have fun. Players compete solo or on teams to complete identical puzzles in the least amount of time. Contest information and dozens of tips can be found on www.speedpuzzling.com but the best way to prepare for a contest is to practice.

Dissectologist is a term used to describe a person who has a passion for jigsaw puzzles and the process of completing one. Some jigsaw puzzle solvers consider themselves hobbyists or enthusiasts, but some are actual professional puzzlers. Sarah Schuler of St. Paul left her IT position in 2021 for a full-time job revolving around puzzles. She consults with different companies, helps connect them with influencers and creates content for their social media accounts. She has competed in speed puzzling contests for over a decade including at the Minnesota Winter Carnival and the World Jigsaw Championship in Valladolid, Spain where her team placed second in 2023.

310 Teams, totaling more than 1,200 participants, competed in the St. Paul Winter Carnival's annual puzzle contest at Landmark

Center. The winning team was from Minnesota but others came from as far away as California. All the puzzles used in the Winter Carnival competition were donated by PuzzleTwist, a company that works predominantly with local artists to design puzzles. The "twist" is that each puzzle is slightly different than the picture on the box, which adds another layer of challenge.

Laura McCurdy and her nine-year-old son, William of the Red Wing/Goodhue area competed in the family category at the Winter Carnival. Laura, William and relatives Jessica Hoehne and her daughter Katherine Stock (age 10) of Pine Island have been practicing and recently won the contests at Bridget's Café in Zumbrota and The Depot in Goodhue. They say they go in with a strategy and a plan and completed the 300 piece puzzle at The Depot in about 40 minutes.

Looking for places to practice, Hoehne and McCurdy approached The Depot owners, Jeff and Carolyn Ryan about hosting a puzzle contest. The Ryan's followed through by ordering five different puzzle designs from Portrait Puzzles (www.portraitpuzzles.com), a company in LaCrosse, WI owned by Goodhue native, Jay McNamara. The first design shows The Depot and a train, a gravel foreground and white sky with "The Goodhue Depot" written across the top. The puzzle is now available to purchase in the gift shop with the other designs reserved for future contests.

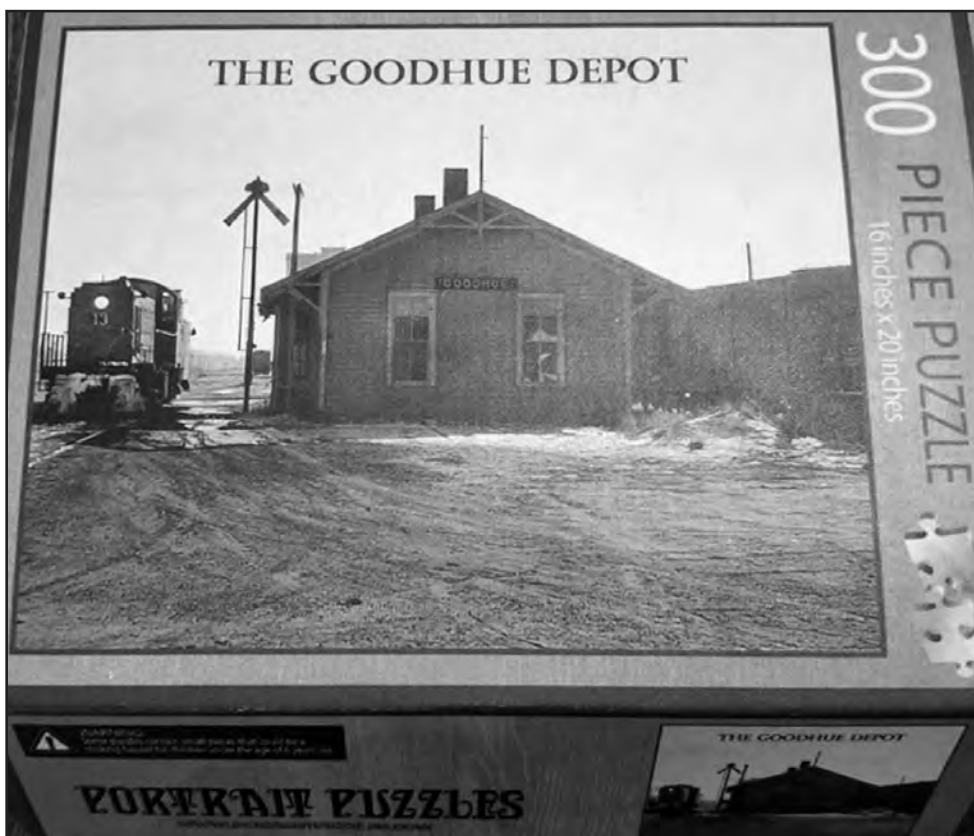
Goodhue's first jigsaw competition came to The Depot on National Puzzle Day, Monday, January 29th. Ten teams consisting of four players each, filled tables across the venue. The \$25.00 entry fee entitled each person to Italian appetizers, beverages and a chance for the 1st, 2nd and 3rd place teams to win a prize. The next competition is scheduled for February 26th. Watch their Facebook page for updates and come in the shop to register.



The Depot reached a maximum capacity of 10 teams for their first speed puzzling competition held on National puzzle day, January 29th.



Julie Thermos, Carol Voth, Norrie Voth, and Sally Hadler work as a team to complete their puzzle during competition at The Depot.



Speed puzzle teams each received an identical puzzle showing The Depot and completed it as quickly as possible. The puzzles were created by Portrait Puzzles, a company owned by Goodhue native, Jay McNamara.

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Goodhue Market Has A New Owner

(continued from page 1)

You may not know that Jate is no longer an employee but the owner.

"It helps that I grew up here," Meyer says of the transition to ownership. In addition to his long-time employment at the store, Jate has worked a few factory jobs and currently lives in River Falls, WI. With the store transfer official as of January 8th, he is hoping to move back into the local area soon. He is engaged to Alyssa Altman who works as a caregiver and is also involved with Goodhue Market's operation.

The community's long-standing grocery store underwent major renovations when it was purchased by Pete and Regina Poncelet in 2022. Jate already aspired to own the store at that time and was working on a five-year transition plan with the Poncelets. The timeline was pushed up after Pete suffered a heart attack in April 2023 and the Poncelets decided to step back from the business in order to pursue other interests.

With his intent to own the store already

known, Jate was able to offer some input during the renovation process. He is happy with the outcome but may change a few things in the future. He says that it will be "Business as usual," but plans to bring back the outdoor pop machine and donuts baked fresh in the morning. Jate says the store has been busy for January and he has received a lot of support from customers thanking him for keeping the vital community business open. He is grateful for his predecessors, the Poncelets and Don Schulte, for their mentorship and commitment to the store.

Meyer retained the store's employees, noting that he is related to four of the five workers. His grandmother, Nancy Jennings, has worked at the store for about 40 years, first when it was Heaney and Gorman's, then Don's and now Goodhue Market. He says she thinks about retiring but knows she will stay on for a while now that he is the owner.

The store carries all the daily staples including frozen and canned goods, beverages, meat and bread. It's been said they have "The best buns in the county" which are often ordered in bulk for local events. Meyer can also special order items like cakes, cookies and larger quantities of deli items and meat including pork sausage and hamburger.

Meyer says there's a delicate balance to having the right amount of fresh produce and deli items available but tries to minimize waste. He says the pre-made Sub sandwiches are popular with local workers who come in to grab a sandwich, chips and a drink for a quick lunch on the go. "We see some people four times a day."

Whether you want to meal prep for a week or just need to grab a greeting card or aspirin without going out of town, Goodhue Market has it all. Regular store hours are 8AM-6PM Monday-Saturday and 9 AM-1PM Sundays.



Jate Meyer serves his first customer, Jen Loos. Meyer officially took ownership of the Goodhue Market grocery store on January 8, 2024.



Alyssa Altman helps her fiance' and new owner of Goodhue Market, Jate Meyer at the store's cash registers.

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Goodhue Tri

Submitted by Chad Otterness

January 11, 2024

Dover Eyota 44 Goodhue 27

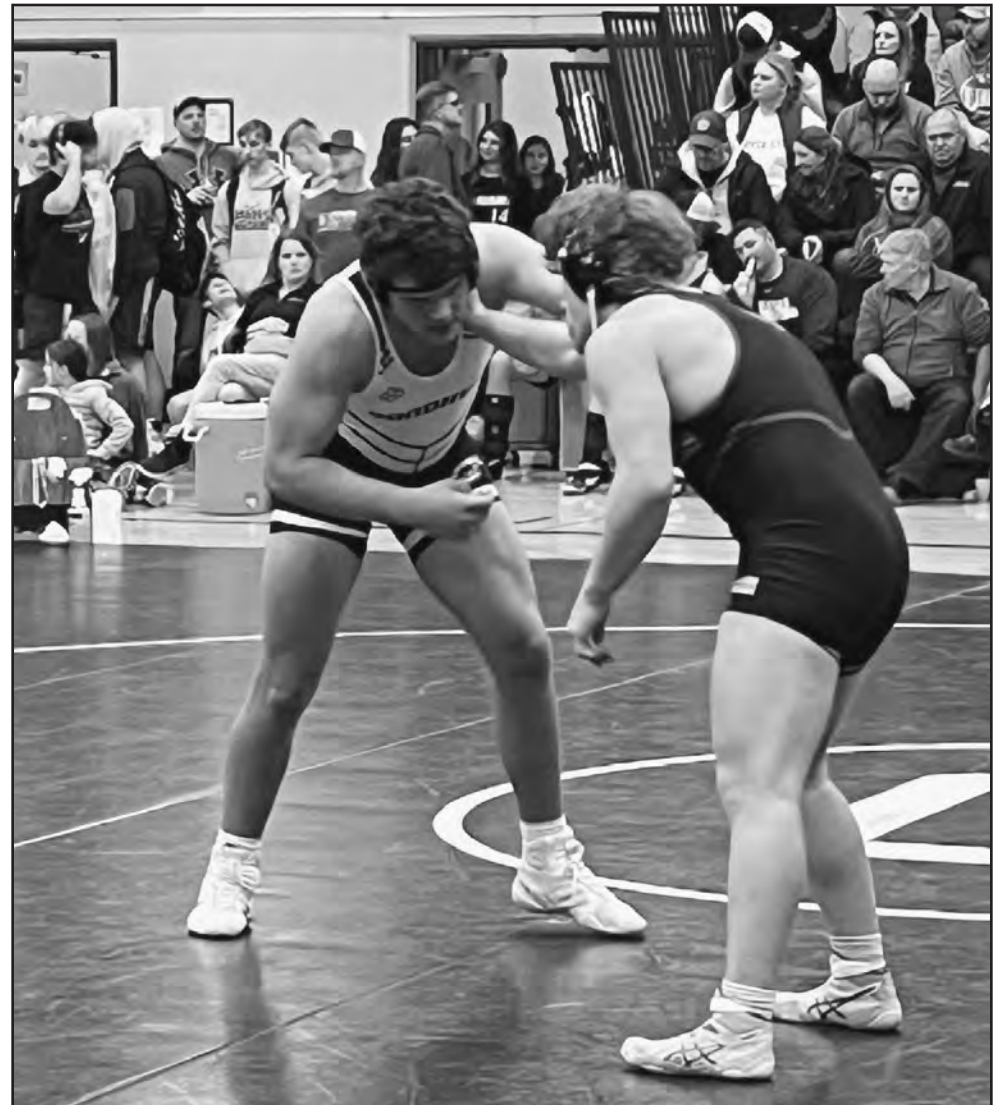
- 107 Loftus, Max (Dover-Eyota) over Ryan, Jay (Goodhue) Fall 03:46 0-6
- 114 Shea, Bronson (Dover-Eyota) over Erickson, Lucas (Goodhue) Fall 1:39 0-12
- 121 Pierce, Carson (Dover-Eyota) over Strauss, Tim (Goodhue) Fall 01:54 0-18
- 127 Bien, Jeremiah (Goodhue) over Haag, Caden (Dover-Eyota) Fall 03:00 6-18
- 133 Holm, Hayden (Goodhue) over Bye, Devon (Dover-Eyota) Fall 01:12 12-18
- 139 Thesing, Bolton (Dover-Eyota) over Forfeit, (Goodhue) FORFEIT 12-24
- 145 Bye, Damon (Dover-Eyota) over O'Reilly, Jack (Goodhue) Fall 00:38 12-30
- 152 Rabe, Talen (Dover-Eyota) over Holst, Payton (Goodhue) Fall 04:33 12-36
- 160 Welsh, Jackson (Dover-Eyota) over Beck, Nathan (Goodhue) Decision 5-2 12-39
- 172 Lehnertz, Landon (Dover-Eyota) over O'Reilly, Carsyn (Goodhue) Tech Fall 18-1 12-44
- 189 Reed, Grant (Goodhue) over Ludescher, Tayden (Dover-Eyota) Decision 3-0 15-44
- 215 Kurtti, Caleb (Goodhue) over Wendt, Andrew (Dover-Eyota) Fall 03:29 21-44
- 285 Carlson, Jack (Goodhue) over Gasper, Aidan (Dover-Eyota) Fall 01:30 27-44

Kasson-Mantorville 48 Dover-Eyota 12

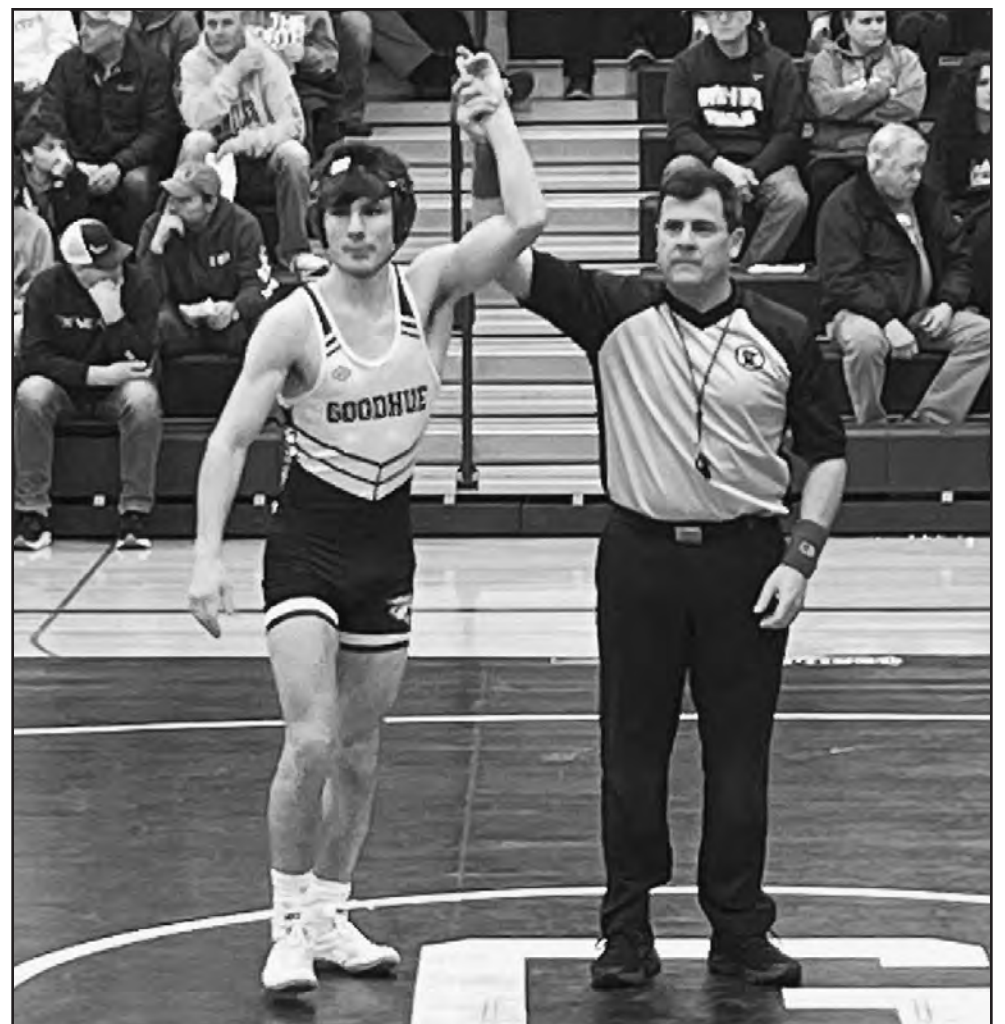
- 107: Rex Ayshford (KAMA) over Max Loftus (DE) (Fall 3:39)
- 114: Zeke Ranvek (KAMA) over Bronson Shea (DE) (Dec 11-8)
- 121: Kalin Anderson (KAMA) over Carson Pierce (DE) (Dec 4-3)
- 127: Caden Haag (DE) over Spencer Myers (KAMA) (Fall 2:00)
- 133: Keymoni Bent (KAMA) over Devon Bye (DE) (Fall 3:38)
- 139: Bolton Thesing (DE) over Aiden Friedrich (KAMA) (Fall 1:27)
- 145: Owen Friedrich (KAMA) over Damon Bye (DE) (MD 9-1)
- 152: Jonah Coleman (KAMA) over Talen Rabe (DE) (MD 16-6)
- 160: Joseph Kennedy (KAMA) over Jackson Welsh (DE) (TF 16-1 0:00)
- 172: Luke Swanson (KAMA) over Landon Lehnertz (DE) (Dec 7-3)
- 189: Dominic Mann (KAMA) over Andrew Wendt (DE) (MD 16-4)
- 215: Owen Nelson (KAMA) over Aidan Gasper (DE) (MD 11-3)
- 285: Kasson Wynia (KAMA) over Zach Damico (DE) (Fall 0:33)

Kasson-Mantorville 49 Goodhue 12

- 107: Rex Ayshford (KAMA) over Lucas Erickson (GOOD) (Dec 6-5)
- 114: Zeke Ranvek (KAMA) over Jay Ryan (GOOD) (Fall 4:04)
- 121: Kalin Anderson (KAMA) over Tim Strauss (GOOD) (Fall 3:41)
- 127: Jeremiah Bien (GOOD) over Spencer Myers (KAMA) (Dec 9-4)
- 133: Hayden Holm (GOOD) over Keymoni Bent (KAMA) (Fall 4:20)
- 139: Aiden Friedrich (KAMA) over Jack O'Reilly (GOOD) (Fall 3:08)
- 145: Owen Friedrich (KAMA) over Payton Holst (GOOD) (Fall 1:25)
- 152: Jonah Coleman (KAMA) over Nathan Beck (GOOD) (MD 11-2)
- 160: Joseph Kennedy (KAMA) over (GOOD) (For.)
- 172: Luke Swanson (KAMA) over Carsyn O'Reilly (GOOD) (TF 20-4 0:00)
- 189: Dominic Mann (KAMA) over Grant Reed (GOOD) (Dec 4-3)
- 215: Caleb Kurtti (GOOD) over Owen Nelson (KAMA) (Dec 5-3)
- 285: Kasson Wynia (KAMA) over Jack Carlson (GOOD) (MD 10-0)



Kaleb Kurtti wrestling a Kasson opponent. Kurtti had 2 wins on the night! Over Kasson-Mantorville and Dover Eyota.



Hayden Holm had 2 wins over Dover Eyota and Kasson - Mantorville



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Hastings Livingston Invitational Results for Goodhue

Goodhue Individual Results:

Middle School 80

Stuart O`Reilly's place is 3rd and has scored 22.0 team points.

Champ. Round 1 - Stuart O`Reilly (Goodhue) won by fall over Kaylen Dukes (Hastings) (Fall 0:47)

Quarterfinal - Kade Engberg (Cottage Grove) won by major decision over Stuart O`Reilly (Goodhue) (Maj 10-0)

Cons. Round 2 - Stuart O`Reilly (Goodhue) won by fall over Jack Carlson (Hastings) (Fall 2:40)

Cons. Round 3 - Stuart O`Reilly (Goodhue) won by fall over Hunter Burton (Baldwin-Woodville) (Fall 0:22)

Cons. Semi - Stuart O`Reilly (Goodhue) won in sudden victory - 1 over Isaac Gedatus (Baldwin-Woodville) (SV-1 10-8)

3rd Place Match - Stuart O`Reilly (Goodhue) won by fall over Owen Sieben (Hastings) (Fall 2:24)

Middle School 85

Zander Ortega's place is unknown and has scored 0.0 team points.

Prelim - Jaymes Schwartz (Cottage Grove) won by fall over Zander Ortega (Goodhue) (Fall 0:35)

Prelim - Will Ferguson (Rosemount) won by fall over Zander Ortega (Goodhue) (Fall 0:19)

Middle School 85

Trevin Dicke's place is unknown and has scored 4.0 team points.

Champ. Round 1 - Eli Brandenburg (Hastings) won by major decision over Trevin Dicke (Goodhue) (Maj 11-0)

Cons. Round 1 - Trevin Dicke (Goodhue) won by fall over Bennett Lund (Hastings) (Fall 0:56)

Cons. Round 2 - Trevin Dicke (Goodhue) won by decision over Randi Mcgee (Baldwin-Woodville) (Dec 7-0)

Cons. Round 3 - Will Condon (Stillwater) won by major decision over Trevin Dicke (Goodhue) (Maj 10-1)

Middle School 90

Benjamin Gadiant's place is 3rd and has scored 20.0 team points.

Champ. Round 1 - Benjamin Gadiant (Goodhue) won by fall over James Schmitzer (Cottage Grove) (Fall 1:16)

Quarterfinal - Cap Jurkovich (Forest Lake) won by decision over Benjamin Gadiant (Goodhue) (Dec 9-2)

Cons. Round 2 - Benjamin Gadiant (Goodhue) won by fall over Brandon Stein (Stillwater) (Fall 2:00)

Cons. Round 3 - Benjamin Gadiant (Goodhue) won in sudden victory - 1 over Peyton Yang (Cottage Grove) (SV-1 3-1)

Cons. Semi - Benjamin Gadiant (Goodhue) won by fall over Eli Hartwig (Rosemount) (Fall 0:57)

3rd Place Match - Benjamin Gadiant (Goodhue) won by decision over Eamon Neitzel (Hudson) (Dec 5-2)

Middle School 95

Arlyn Knobelsdorff's place is 2nd and has scored 22.0 team points.

Champ. Round 1 - Arlyn Knobelsdorff (Goodhue) won by fall over Isaac Morgan (Baldwin-Woodville) (Fall 0:25)

Quarterfinal - Arlyn Knobelsdorff (Goodhue) won by fall over Colton Rall (Two Rivers) (Fall 0:49)

Semifinal - Arlyn Knobelsdorff (Goodhue) won by decision over Sullivan McNamara (Hastings) (Dec 6-1)

1st Place Match - Indiana Kane (White Bear Lake) won by decision over Arlyn Knobelsdorff (Goodhue) (Dec 7-5)

Middle School 110

Ben Thomforde's place is unknown and has scored 4.0 team points.

Champ. Round 1 - Reid Macal (Rosemount) won by fall over Ben Thomforde (Goodhue) (Fall 2:29)

Cons. Round 1 - Ben Thomforde (Goodhue) won by fall over Isaiah Adams (Hastings) (Fall 1:18)

Cons. Round 2 - Ben Thomforde (Goodhue) won by decision over Owen Arrigoni (White Bear Lake) (Dec 4-0)

Cons. Round 3 - Parker Atkinson (Lake City) won by fall over Ben Thomforde (Goodhue) (Fall 2:43)

Middle School 110

Carter Boldt's place is unknown and has scored 5.0 team points.

Champ. Round 1 - Carter Boldt (Goodhue) won by fall over Ben Zajac (Hastings) (Fall 0:28)

Quarterfinal - Brock Lundstrom (Hastings) won by major decision over Carter Boldt (Goodhue) (Maj 10-0)

Cons. Round 2 - Carter Boldt (Goodhue) won by decision over Patrick O`Reilly (Goodhue) (Dec 4-0)

Cons. Round 3 - Lucas Staiert (Cottage Grove) won by decision over Carter Boldt (Goodhue) (Dec 5-0)

Middle School 110

Patrick O`Reilly's place is unknown and has scored 3.0 team points.

Champ. Round 1 - Riley Klebe (Hastings) won by decision over Patrick O`Reilly (Goodhue) (Dec 6-0)

Cons. Round 1 - Patrick O`Reilly (Goodhue) won by fall over Ben Wiener (Woodbury) (Fall 0:49)

Cons. Round 2 - Carter Boldt (Goodhue) won by decision over Patrick O`Reilly (Goodhue) (Dec 4-0)

Middle School 115

Tucker Thomforde's place is 3rd and has scored 22.0 team points.

Champ. Round 1 - Tucker Thomforde (Goodhue) received a bye () (Bye)

Champ. Round 2 - Tucker Thomforde (Goodhue) won by fall over Brayden Larterell (Rosemount) (Fall 0:49)

Quarterfinal - Tucker Thomforde (Goodhue) won by decision over Finn Lodermeier (Goodhue) (Dec 8-1)

Semifinal - Ray Redlinger (White Bear Lake) won by fall over Tucker Thomforde (Goodhue) (Fall 1:27)

Cons. Semi - Tucker Thomforde (Goodhue) won by fall over Dylan Klindworth (Goodhue) (Fall 0:22)

3rd Place Match - Tucker Thomforde (Goodhue) won by fall over Shyanne Brooks (Cottage Grove) (Fall 0:47)

Middle School 115

Dylan Klindworth's place is 5th and has scored 23.0 team points.

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

Champ. Round 2 - Landon Zajac (Hastings) won by major decision over Dylan Klindworth (Goodhue) (Maj 15-5)

Cons. Round 2 - Dylan Klindworth (Goodhue) won by fall over Hunter Owen (Hudson) (Fall 0:14)

Cons. Round 3 - Dylan Klindworth (Goodhue) won by fall over Aiden Duraiappa (Woodbury) (Fall 0:19)

Cons. Round 4 - Dylan Klindworth (Goodhue) won by fall over Liam Tolibas (Cottage Grove) (Fall 2:00)

Cons. Round 5 - Dylan Klindworth (Goodhue) won by fall over Uriel Feliciano Rodriguez (Stillwater) (Fall 2:00)

Cons. Semi - Tucker Thomforde (Goodhue) won by fall over Dylan Klindworth (Goodhue) (Fall 0:22)

5th Place Match - Dylan Klindworth (Goodhue) won by fall over Finn Lodermeier (Goodhue) (Fall 0:26)

Middle School 115

Finn Lodermeier's place is 6th and has scored 9.0 team points.

Champ. Round 1 - Finn Lodermeier (Goodhue) received a bye () (Bye)

Champ. Round 2 - Finn Lodermeier (Goodhue) won by decision over Stephen Funni (Forest Lake) (Dec 7-2)

Quarterfinal - Tucker Thomforde (Goodhue) won by decision over Finn Lodermeier (Goodhue) (Dec 8-1)

Cons. Round 4 - Finn Lodermeier (Goodhue) won by decision over Pierce Peterson (Baldwin-Woodville) (Dec 4-0)

Cons. Round 5 - Finn Lodermeier (Goodhue) won by decision over Stephen Funni (Forest Lake) (Dec 5-4)

Cons. Semi - Shyanne Brooks (Cottage Grove) won by decision over Finn Lodermeier (Goodhue) (Dec 5-2)

TEAM RESULTS

	Team	Score
1	Hastings	324.0
2	Forest Lake	218.0
3	Cottage Grove	211.5
4	Hudson	205.5
5	White Bear Lake	178.0
6	Stillwater	160.0
7	Goodhue	155.0
8	Baldwin-Woodville	133.5
9	Rosemount	86.0
10	Woodbury	85.5
11	Lake City	81.0
12	Kenyon-Wanamingo	53.0
13	Cannon Falls	44.0
14	Two Rivers	12.0

Hastings Livingston Invitational Results for Goodhue

(continued from page 11)

5th Place Match - Dylan Klindworth (Goodhue) won by fall over Finn Lodermeier (Goodhue) (Fall 0:26)
Middle School 130
Kevin Carlson's place is 4th and has scored 18.0 team points.

Champ. Round 1 - Kevin Carlson (Goodhue) won by fall over Owen Malm (Hastings) (Fall 0:25)
Quarterfinal - Kevin Carlson (Goodhue) won by fall over Owen Baker (Forest Lake) (Fall 0:45)
Semifinal - George Galles (Stillwater) won by fall over Kevin Carlson (Goodhue) (Fall 0:59)
Cons. Semi - Kevin Carlson (Goodhue) won by fall over Tydus Turner (Forest Lake) (Fall 2:33)
3rd Place Match - Gideon Johnson (Kenyon-Wanamingo) won by fall over Kevin Carlson (Goodhue) (Fall 1:37)
Middle School 135
Adam Grant's place is 2nd and has scored 20.0 team points.

Champ. Round 1 - Adam Grant (Goodhue) received a bye () (Bye)
Quarterfinal - Adam Grant (Goodhue) won by fall over Colby Kusilek (Baldwin-Woodville) (Fall 0:42)
Semifinal - Adam Grant (Goodhue) won by decision over Tucker Houle (Forest Lake) (Dec 1-0)
1st Place Match - Travis Seidl (Cottage Grove) won by decision over Adam Grant (Goodhue) (Dec 1-0)
Middle School 185
Jose Murillo's place is 1st and has scored 28.0 team points.

Champ. Round 1 - Jose Murillo (Goodhue) received a bye () (Bye)
Quarterfinal - Jose Murillo (Goodhue) won by fall over Jackson Clark (Hastings) (Fall 0:47)
Semifinal - Jose Murillo (Goodhue) won by fall over Rocco Casalenda (Cannon Falls) (Fall 2:00)
1st Place Match - Jose Murillo (Goodhue) won by fall over Allan Anleu (Hudson) (Fall 1:22)

Zumbrota-Mazeppa 39 Goodhue 22

January 18, 2024

Zumbrota-Mazeppa 39 Goodhue 22

- 107 Beyer, Jent (ZM) over Erickson, Lucas (Goodhue) Decision 8-4 0-3
- 114 Moore, Samuel (ZM) over Ryan, Jay (Goodhue) Tech Fall 16-1 0-8
- 121 Schaefer, Noah (ZM) over Forfeit, (Goodhue) FORFEIT 0-14
- 127 Bien, Jeremiah (Goodhue) over Stimets, Ryan (ZM) Decision 10-3 3-14
- 133 Krier, Jack (ZM) over Forfeit, (Goodhue) FORFEIT 3-20
- 139 Holm, Hayden (Goodhue) over Ramer, Myles (ZM) Decision 8-6 6-20
- 145 Murray, Ben (ZM) over Forfeit, (Goodhue) FORFEIT 6-26
- 152 Copeman, Laiken (ZM) over Beck, Nathan (Goodhue) Maj Dec 16-5 6-30
- 160 Lochner, Kaleb (ZM) over Forfeit, (Goodhue) FORFEIT 6-36
- 172 Nordquist, Wilson (ZM) over O'Reilly, Carsyn (Goodhue) Decision 7-2 6-39
- 189 Reed, Grant (Goodhue) over Mulder, Wyatt (ZM) Maj Dec 14-1 10-39
- 215 Carlson, Jack (Goodhue) over Ramer, Max (ZM) Fall 05:09 16-39
- 285 Kurtti, Caleb (Goodhue) over Buck, Tucker (ZM) Fall 02:44 22-39

Goodhue 62 Lake City 4

February 1, 2024

Goodhue 62 Lake City 4

- 107 — Jay Ryan (G) pinned Lyncoln Watters 1:30
- 114 — Lucas Erickson (G) won via pin 3:00
- 121 — Adrian Lopez-Ramirez (LC) maj. dec. Tim Strauss 11-3
- 127 — Adam Grant (G) won by forfeit
- 133 — Jeremiah Bien (G) dec. Adrian Lopez-Ramirez 7-4
- 139 — Hayden Holm (G) maj. dec. Danny Keller 13-3
- 145 — Jack O'Reilly (G) pinned Austin Roberson 1:51
- 152 — Payton Holst (G) won by forfeit
- 160 — Nathan Beck (G) SV Jayro Rojas 13-11
- 172 — Carsyn O'Reilly (G) pinned Carter West 3:08
- 189 — Grant Reed (G) maj. dec. Weston Roberson 15-6
- 215 — Jack Carlson (G) pinned Brayden Burgeson 3:27
- 285 — Caelb Kurtti (G) pinned Karl Meyer 1:56

Goodhue FFA Highlights



The Goodhue FFA Officers pictured left to right is Caden Lodermeier, Nolan Mandelkow, Jenna O'Reilly, Ciara Callstrom, Jaclyn Jenson, Alyssa Luhman, and Sophie Huneke.

By Goodhue FFA

Currently, Goodhue FFA has 99 members with many active in our chapter and competitions. We have 3 teams qualified to go to the state competition and 2 individuals have qualified. We are working on planning our 3rd annual Ag Day for April, our trip to State Convention, and the plant sale in May. This past year we have had 5 students get their State Degree and plan to have 8 get their degrees this year. One of our main goals this year was to start an Alumni Chapter with the help of our community we were able to make that happen! If you are interested in joining feel free to email Josie Jenson at josephine.jenson02@gmail.com



At the National Convention when our chapter got recognized as a two-star chapter



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Avoid baby carrots. Ice baths, cold showers for health!



By Shauna Burshem, D.C.

One of the most popular events surrounding the annual New Year's celebration is the Polar Bear Plunge. Thousands of people brave the icy cold water for the thrill and celebration of the new year. As crazy as this seems to people observing on television from the warmth of their living room, science confirms there are many benefits to a daily ice bath or taking a cold shower. Athletes around the world use ice baths for muscle recovery and professional sports leagues all utilize the ice bath (NFL, NBA, NHL, MLB). One of the major non-sports related benefits has to do with mental and emotional health. Ice baths release neurotransmitters (hormones such as serotonin, cortisol, dopamine, norepinephrine and B-endorphin). These chemicals play a crucial role in emotion regulation, stress regulation and reward processing (which helps in the engagement of goal directed behavior). Ice baths will increase the dopamine concentration levels in the body. Dopamine is the happiness hormone. Studies show that 30 days of cold showers will equip your body to better handle stress, leading to an increase in resilience. Ice baths and cold showers may help reduce anxiety symptoms over time.

Raw carrots are a popular, sweet and healthy snack that is easy to prepare. They not only go great with dips and sauces, but

are enjoyable as is. Carrots are low in calories, nutrient dense and have a significant amount of fiber. Most people choose a bag of baby carrots for their convenience, unfortunately baby carrots are bathed in chlorine before sale which increases your risk of chemical byproduct exposure. The best carrots to enjoy are organic whole carrots. Science shows that the act of actually cutting the carrots with your kitchen knife increases the release of healthy antioxidants in the vegetable.

On the topic of healthy snacks, sweet cherries are high in potassium which is important in maintaining healthy blood pressure levels. Cherries also contain a number of strong anticancer nutrients. Tart cherries help with inflammation and can help prevent arthritis and relieve symptoms of gout. To avoid harmful pesticides, purchase organic cherries. Or better yet, plant your own cherry tree.

One of the more common conditions that presents in our chiropractic office, is plantar fasciitis. Plantar fasciitis is foot pain that occurs on the bottom of the foot. This condition develops in runners and people who walk a lot or stand on their feet all day. The fascia is a soft tissue covering of the bottom of the foot. Plantar fasciitis is inflammation or microtears in the fascia. Fasciitis can also be caused by stress fractures in the foot, a tight Achilles tendon and a decrease in the arch support of your feet. Typically, the onset of symptoms is gradual and noticeable on your first few steps getting out of bed in the morning. The condition can worsen to the point that every step is a sharp, constant pain. Treatment for plantar fasciitis is based around stretches, ice massage or wearing a splint that prevents foot flexion. In our chiropractic office we treat fasciitis with adjustments of the bones in the foot that make up the arch (metatarsals). Ice massage performed at home involves freezing a plastic water bottle or a golf ball and rolling your foot over top.

Pregnancy Prenatal Chiropractic Care Info: People may use the terms "unmedicated" or "natural" birth to refer to a vaginal birth without an epidural or other pain medication. An epidural involves a healthcare professional placing a catheter in between the vertebra in the space below the spinal cord to administer doses of anesthetic. The anesthetic blocks pain signals from the spine to the brain, preventing the person from feeling pain in the lower body during labor and delivery. The pros of epidural injection include: Fast, effective pain relief. Pain relief is adjustable. An epidural with a preplanned cesarean delivery may be less stressful than a vaginal birth or emergency cesarean delivery. An epidural may help a person have a

less stressful, traumatic, and exhausting birth experience. The cons of a pregnancy epidural injection include: Inability to walk around, risk of low blood pressure (which may affect the baby's heartbeat), headaches, backaches, nausea, risk of higher risk of medical intervention and assisted birth, difficult to push during the final stages of a vaginal birth, risk of nerve damage, puncture of the spinal cord

dura mater, temporary loss of bladder control, difficulty urinating, fever, itchy skin, very low risk of convulsions, difficulty breathing, and death. Published research papers show that regular prenatal chiropractic pregnancy care can shorten labor and lessen the need for medication, including the risk of side effects mentioned above from epidural injections.

SEMCA Announces October 1 Grant Application Deadline

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative appropriation from the arts & cultural heritage fund.

The Southeastern Minnesota Arts Council announces a call for arts programming proposals by nonprofit organizations. Proposed grant activities must begin no earlier than December 1, 2023 and be completed within twelve months, culminating with a capstone event that is accessible and open to the public. Online applications will be available throughout September for the October 1 grant deadline.

SEMCA, a non-profit arts agency, is designated by the State of Minnesota Arts Board as the regional arts council for eleven southeastern Minnesota counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona.

For information about the grant application process, eligibility, or assistance, contact the SEMCA office at 2778 D Commerce Dr NW, Rochester, MN 55901 or call 507-281-4848. Information may also be found on our website at semca.org. With limited funding available each fiscal year, every SEMCA grant category is competitive and includes an LOI stage used as an initial screening for eligibility.

ORGANIZATIONAL GRANTS

Online grant applications are in two parts. The LOI stage (part 1) for all organizational grants is due no later than October 1, 2023. This stage will require applicants to provide programming data and declare their intent to apply for one of the following grants. Upon approval of the LOI, part 2 of the application will be released, with an October 11, 2023 final submission deadline.

1. Legacy Grants

Proposals for Legacy Grants are accepted from qualified nonprofit organizations located in the SEMCA Region. Matching funds are not currently required.

The Arts and Cultural Heritage Fund will support arts focused activities in three key areas: 1) Arts and Arts Access, 2) Arts Edu-

cation, and 3) Arts and Cultural Heritage. SEMCA encourages applicants to research and develop proposals that incorporate two or more of the key areas with an emphasis on creating lasting partnerships among regional nonprofit arts organizations and other nonprofit groups. In addition to eligible arts organizations, nonprofits that do not have arts as a primary focus, such as schools, senior centers, community education, cultural groups and colleges are invited to apply for \$5,000.

Future funding of Legacy Grants depends on appropriate use of current funding. SEMCA urges arts organizations, non-arts organizations with an arts component, and government entities to apply. This is a highly competitive category.

2. Programming Grants for Arts Organizations

Proposals for Programming Grants offer funding of \$5,000 to qualified applicants located in the SEMCA Region. Matching funds are not required at this time.

Programming may be in one of two forms: Production Assistance is designed to support activities by arts organizations directly involved in the creation, performance, publication, and exhibition of art. Presenter Assistance helps regional arts organizations and public or non-religious private K-12 schools sponsor appearances by touring artists or companies who have demonstrated high levels of artistic quality. These grants cannot be used for artist residencies in schools.

3. Small Towns/Rural Areas Grants

The Small Towns/Rural Areas grants offer funding of \$5,000 to qualified applicants located in areas of the SEMCA Region with populations under 7,500. No matching funds are currently required.

SEMCA wishes to support and encourage the creation and development of art and arts organizations in communities with populations under 7,500. This support may be used for assistance in activities which directly involve the creation, performance, publication, or exhibition of art. Applicants may include arts organizations, local government entities and public or non-religious private K-12 schools, either individually or in cooperation.

These grants cannot be used to cover the costs of school residencies.

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New Year, New Goals in the Minnesota House



Rep. Pam Altendorf (R) District: 20A

Happy 2024 everyone! As someone who works outside of the Capitol in sales, it's commonplace this time of year to reflect on what happened during the previous year. We celebrate wins, learn from mistakes, and create a strategic plan for our future.

Having completed my first year as your state representative, I am also reflecting on the year that was. 2023 was, according to many Capitol experts, a year unlike any other in the Minnesota legislature.

Reflecting on 2023, it began as a year with a historic \$19 billion surplus, which many hoped would lead to historic, permanent tax relief for Minnesota residents. Instead, Democrats spent all of that and then some, rais-

ing taxes by another \$10 billion and creating a new budget that increases state government spending by 40%.

As a Republican in a state that has the infamous Democrat trifecta, I knew at the end of the day the Democrats would win each vote. But I still showed up day after day, working for this district to try to bring amendments and bring these future Democrat laws back to the middle ground. Most Minnesotans want and expect our legislature to make laws that are not extremely left or extremely right.

That's why my biggest disappointment in the 2023 legislative session was watching Democrats go behind closed doors and strip out amendments they voted for in committee to make their bills more extreme. We worked from January through April in committees crafting legislation. Was all that work just for show? From my perspective it was, because at the end of the day all that mattered was who was sitting on the conference committees behind those closed doors.

The public was at times shut out on major laws that were passed this year. Their voice was not heard on new gun legislation laws that were snuck in May into a large omnibus bill and never went through the public process. Their voice was not heard on altering electronic pulltabs, a move that has a direct impact on local charities. That provision that was added to a bill without going through any committee meetings or public hearings.

By nature, I am a problem solver. I am used to brainstorming and collaborating and working together to find the solutions that will help the largest amount of people. That's why I pray 2024 is the year that Minnesotans re-

alize their own power. That people get involved, seek the truth and work towards resolution. That people value common sense and realize that government is not always the answer.

As an example, look at our schools. It is very conflicting for people to hear in the news that our schools received a \$2.2 billion "historic" increase in funds yet see teachers upset because their school boards tell them there's little money available for pay raises. While it was a year of historic funds, it also was a year of historic spending and forced mandates on school districts. Our state is in trouble - as seen by the latest 2-year forecasts - as this excessive spending is putting our schools and our state at great financial risk with projected deficits on the horizon.

What can we do? In 2024, it's going to take

pressure from local governments, school districts, and the people of this great state in order to stop the radical left-wing agenda from continuing to move forward.

I look forward with great hope for our future. Why? Because I believe in people, and I trust that good people from across this district and this state will demand accountability and balance to return! As individuals, we must realize that we all have a burden and responsibility to step up and help be a part of the solutions, seek truth, and work with others - even when it might be a little uncomfortable. Our freedoms, and our children's future, are worth it!

As always, please reach out by email at rep.pam.altendorf@house.mn.gov or call me at 651-296-8635 if there's anything I can do for you.

MDA Announces Additional Farmland Succession Support

A new position will assist farmers and landowners with transfer planning

Farmers and agricultural landowners looking for assistance in creating succession plans for their properties have a new support available through the Minnesota Department of Agriculture (MDA).

The MDA has hired Jim Molenaar as its farmland access and succession teams coordinator. In this newly created role, Molenaar will advocate for and guide farmers and ag landowners through the succession process, bringing in additional outside team members that are necessary for success. These team members could include, but are not limited to, legal experts, accountants, and farm business management (FBM) instructors. There is no cost for this service for those who participate.

"I'm thrilled to partner with the MDA to provide this support to Minnesota's farmers and producers," said Molenaar. "The transfer of farmland to the next generation is integral to the future of agriculture in Minnesota, and I look forward to leveraging my experiences to help farmers and their families successfully transition their legacies."

Molenaar is an experienced and trusted advisor on the topic of succession and farm ownership. In addition to his new role, he works as a Farm Advocate for the MDA, where he offers one-on-one assistance for Minnesota farmers who face crisis caused by either a natural disaster or financial problems. He is also a retired instructor for the FBM program.

According to USDA, the average age of Minnesota farmers has reached an all-time high of 57.4 years. This new position is just one tool the MDA provides to help transfer ag land and operations to beginning and emerging farmers, ensuring the continued strength and resilience of the state's agricultural economy. Its FarmLink program brings together those who are looking for ag land, farming operations, or mentors with retiring farmers and landowners who want to see their farms or farming operations continue. The agency also offers the Beginning Farmer Tax Credit and the Down Payment Assistant Grant programs.

Molenaar's contact information, as well as further details about the MDA's other land access and succession tools, can be found on the agency's website.

The farmland access and succession teams coordinator position is made possible with support from the Southern Agricultural Center of Excellence.



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Bellechester City Council Meeting Minutes

December 20, 2023 @ 6:00PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:03 p.m. Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Rich Majerus, Kyle Blattner, Mark Gerken, Jered Buxengard as well as City Clerk Lisa Redepenning and Engineer Matt Mohs. Ross Lexvold from Xcel Energy as well as Jesse Fox were also present. Treasurer Kyle McKown was absent.

Minutes of November 15, 2023 regular meeting minutes were reviewed and motion was made by Rich Majerus with a second by Kyle Blattner to approve the minutes. Motion

carried.

Minutes of November 21, 2023 special meeting minutes were reviewed and motion was made by Rich Majerus with a second by Kyle Blattner to approve the minutes. Motion carried.

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

Motion was made by Rich Majerus with a 2nd by Kyle Blattner to close the regular council meeting. Motion carried.

Mayor Gordon closed the regular council meeting at 6:05.

Motion was made by Rich Majerus with a 2nd by Mark Gerken to open the public hearing on sanitary sewer project. Motion car-

ried.

Mayor Gordon opened the public hearing at 6:05.

Open Public Hearing – Duplicate of June, 2021 Hearing about Sanitary Sewer Project - Matt explained the project and public hearing objective. Sewer goal is to line all the clay pipe mains and services to the right of ways as well as adjust some manholes to reduce infiltration and inflow. Water meters are also a part of this project. The sewer project plans are approved. The city is waiting on clearance to proceed with bidding the sewer lining project. With no residents in attendance, public hearing is completed.

Motion was made by Mark Gerken with a 2nd by Jered Buxengard to close public hearing. Motion carried.

Mayor Gordon closed the public hearing at 6:15.

Motion was made by Rich Majerus with a 2nd by Kyle Blattner to open regular council meeting Motion carried.

Mayor Gordon opened the regular city council meeting at 6:15.

Old Business:

- Sewer Project Update – plans and specs hope to be presented next month along with putting out a quote to start this project. Water meters finalization will be addressed too so we can move forward on this.

New business:

- Xcel Energy Franchise Agreement – discuss and approve. Maintenance of poles was brought up. An assessment of the utility poles is asked. 2020 a test was done on each pole by Xcel. 8 poles were replaced in 2021 due to this. We will get Ross an inventory of poles that should be addressed. Motion was made by Kyle Blattner and a 2nd by Rich Majerus to approve the 20 year agreement renewal that was presented by Xcel. Motion carried.

- Building Permit – Storage Unit – Jesse Fox. Building permit was presented to council for a placement of a temporary storage unit on a property. Per our city ordinance, it needs to have siding on it. Motion was made by Kyle Blattner with a 2nd by Rich Majerus to approve the storage unit on a temporary basis and owner has until 6/1/2024 to side or move it. Motion carried.

- 2024 Sewer Rate Increase – discuss. Other city rates were looked at and with our sewer project Council discussed a \$2.00 rate

per household increase for both water and sewer. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to increase both water and sewer base rates by \$2.00 each. Motion carried.

Engineer Report – See above

Clerk Report – Land Purchase from Wabasha County – I checked on Wabasha County Property site and we are listed as owner of the property, although I have not gotten confirmation from them yet that the transfer is complete. 2nd Half Property Taxes – both counties payments were received, Goodhue of \$24,984.18 and Wabasha County \$6424.28. 2022 Special Assessments have been also paid.

Nuvera – is charging us \$6.95/month to have our email remain with them. I am checking with our website provider to see if we can get one that has the same ending as our website (@bellechestermn.com). 1st Quarter 2024 Utility Bills – will be sent last week of December.

Municipal Impact – (Our website provider) indicated that 2024 prices will increase from \$605 to \$665 per year – FYI. Election Training – FYI – I will be starting my training for the 2 counties in the 1st quarter of 2024. Galvanized Line Inventory – Matt indicated the following properties that have galvanized water service piping coming from floor/wall into the house: 508 1st Street, 108 Chester Avenue, 201 Chester Avenue, 207 Chester Avenue, 306 Chester Avenue, 307 1st Street, 308 Great Western Avenue, 505 2nd Street, 610 2nd Street & 215 Adam Avenue

Treasurer Report – None

Water/Wastewater/Facility Report – None

Mayor Concerns: None

Council Concerns: An offer was made to have our water results looked at to see if any adjustments can be made.

Adjourn

Motion was made by Rich Majerus with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 6:55. 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 have noticed cars that can't be seen in the day when they fail to turn on their lights on during the recent fog. Can you please explain how dangerous it can be and what the law is that covers this?

Answer: Minnesota law states that every vehicle on a roadway shall display lighted headlamps, lighted tail lamps, and illuminating devices from sunset to sunrise. The law also applies when it's raining, snowing, sleeting, or hailing and at any time when visibility is impaired by weather or insufficient light, at a distance of 500 feet ahead.

During the recent snow event, I noticed many vehicles without their lights on during the heavy snowfall. This can create a very dangerous situation, especially when visibility is reduced. Being seen can help reduce your chances of being involved in a crash.

Basic automatic headlights work through sensors which detect the amount of light outside. These sensors are located on the dash of the vehicle. The headlights turn on when the sensors detect a certain level of darkness or the level of ambient light.

The problem can be the limitations to automatic headlights. Sometimes they do not turn on during heavy rain, snow or fog, as the light sensor still detects light.

Most vehicles retained the conventional headlight switches, which allow drivers to turn lights on or off to bypass the sensors. Many drivers fail to physically turn on their headlights, which will also activate the rear taillights and marker lights. Drivers might assume the sensors will activate all of the vehicle's lights in reduced visibilities, but that is not always the case.

If your wipers need to be on, you should also turn on your headlights, taillights and marker lights. When lights are required, manually turn on your headlights to know that all your lights will be on. Also, make it a habit to check your lights often to ensure they are properly working.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, 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 Trp. 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 Power Outages and Why



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.

Power outages can be frequent in Western Tennessee. Virtually everyone has a generator. I had a generator at the construction site because I built for the first year without service to the address. I just always keep it fueled up and plenty of gas in reserve. Windstorms or tornadoes seem to happen about 12 months out of the year down here.

We have had a number of close calls with windstorms but they always just missed us. One night about five years ago, we had just arrived at our cabin in Big Sandy to do some maintenance. I hadn't even got the tools out of the truck when the rain struck. It usually rains with a vengeance, and wind. We retreated to the house and shortly after the power went out. When the storm passed, we

headed back home, only to find a big tree over the road, blocking our path.

In 2020 we went to Nashville on March 2nd to see Collective Soul at the Ryman. After the concert we discussed stopping at one of the restaurants on Broadway for dessert but decided to head home. On the drive home I could see an angry lightning storm behind us. When we turned on the news at home, we saw that a tornado had struck about two blocks from the concert venue we attended.

Three years ago, while we still lived on the Cumberland River and had just started building our new house on the Tennessee River, a big storm came through. The tornado passed within a mile of our home under construction, jumped the river and tore up a path heading east, destroying homes within in a couple miles of where we lived twenty miles away. We were in Minnesota at the time and were quite surprised at the devastation when we returned. I recall driving down Cypress Road and observing the trees flattened out across the landscape, thinking I was going to be cleaning up debris instead of building a house.

Last winter we were in the yard putting chairs away because wind gusts were forecast within the hour. We stood and watched as one tree toppled over in the woods across the road. Then we heard a crash about a quarter mile down the road. We could see the power line on the ground and knew what the outcome would be. I pulled the generator up from the garage and plugged it in and fired it up.

So, this December when I arrived, I had to reset all the digital clocks in the house. It is just a fact of life. I had only been home one

day, when the following evening the lights flickered and went off. After lighting a couple candles, I decided to go to bed rather than start the generator. I woke up a couple hours later and the power was back on. The next day I was talking to my neighbor Harry, who lives about a mile down the road. Since there was no wind that night, we supposed it was one of the local boys with too much beer and too little common sense behind the wheel of his pickup who had run into a power pole somewhere.

A couple days later I was walking my dog and I stopped to visit with my neighbor, the mayor. Before he retired, he was the mayor

in Pulaski, Tennessee, so everyone calls him the mayor. He asked me if I saw what caused the electrical outage. He had the pictures on his phone. He was coming home that Friday evening and a guy had just hit a power pole in the ditch. It sheared off the pole and he continued down the ditch a hundred yards before crashing into a house and the vehicle was lodged in the living room. All that was visible was the rear end of the car framed by the red bricks of the house. Was a Friday night so I guess one could expect it. The funny part of all these intoxicated mishaps is that after living in Stewart County for five years I learned it was a dry county.

A Minnesotan: -10 Degrees or Colder



By RosaLin Alcoser

As Minnesotans we are prepared for the cold and those harsh bitter sub zero days. To the point where for some seeing who can go the longest without switching to jeans and a coat is a thing of pride. We all know at least one of those people who is fine in shorts and a sweatshirt until it is nearly -10 degrees F outside and wonder how in the world they do that while the rest of us are pulling out our heaviest winter parkas.

Whether you are taking pride in not wearing a parka or are safely bundled up in one we are all prepared to face those sub

zero days. Or at least we are when we go outdoors.

The first of the super cold days we had this January were the wind chill and the temperature dropped well below zero. I like many donned my parka and made my way into what should have been the warmth of the office.

My desk is currently right next to the window which is less than ideal in the winter. However, it is also right under a heating vent. So naturally I was expecting to spend the bitterly cold day nice and warm under that vent.

Instead it was spent freezing as the heat in my section of the building was not operating at full capacity. Which made our little corner of the office really, really cold.

I spent half the morning half nestled in my parka to keep from shivering while I worked until I finally couldn't take it anymore and temporarily took over a coworker's desk, who was away for the rest of the day.

The next day Mathanice informed us that not only was our heating vent out but there is also a leak in the window letting in a daft. So those of us who are right next to the window had been sitting in 9 degrees F while inside of the building.

Thankfully now the window has been patched and the vent has been fixed. All in time for things to be a little bit warmer for at least a couple of days.

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MISSY'S MESSAGE



MISSY PAPENFUS

COLD!

What to do for exercise when it's so cold out?!? My walking partner Jenny and I knew it was going to be too cold to walk outside the week of January 14th, so we decided to take the week off and not walk outside. My favorite coffee trailer down the street was also closed because of the cold. I still walked our son Monty's dog Maisy, but went for much shorter walks, and I wore my long underwear. Tuesday evening, I participated in an online Zumba class via Zoom which you can get in lots of steps with Zumba. I signed up for a couple yoga classes this cold week also. I walked a lot around MotoProz and chased the dog inside (no one saw me that I know of except the MotoProz family who are used to it). When Maisy gets bored and I'm working on my computer, she comes over and bumps me. That means it's time to chase her around the store! I get a lot of extra steps chasing her around the store. It was so cold, I did not want to get up and exercise in the morning and opted to sleep in, which meant I had to commit to exercising at night to make up for it. Nothing wrong with exercising at night, as long as you do it!

Memo from MotoProz...

It's time to order the 2025 Arctic Cat snowmobiles; the all-new 858 motor in the Arctic Cat Catalyst that everyone has been waiting for!

Missy and her husband Mike own MotoProz in Mazeppa.

CROSSWORD

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- ACROSS**
1. Zagreb native
 6. Not St. or Blvd.
 9. Tucked in
 13. Whatchamacallit
 14. Robert Redford's Sundance _____
 15. In a cold manner
 16. Tiny island
 17. Mad King George's number
 18. Hearing, e.g.
 19. *Love's late Nirvana husband
 21. *Star-_____
 23. *Air Supply's "Making Love Out of Nothing at _____"
 24. Elementary particle
 25. Tire meas.
 28. Land of Israel
 30. *Joe Cocker and Jennifer Warnes: "Love lifts us up where we _____"
 35. Ladder crosspiece
 37. Frenzied
 39. London's Thames, e.g.
 40. _____-European language
 41. Call it quits
 43. Very bright star
 44. What procedural and epidural have in common
 46. Crosby's and Still's partner
 47. Mountain valley
 48. Final words
 50. Future J.D.'s hurdle
 52. Food scrap
 53. Tax
 55. Pen point
 57. *"All You Need Is Love" band, with The
 61. *Letters to Juliet destination
 64. Habituate
 65. NHL surface
 67. Ancient marketplace
 69. Like many bathroom floors?
 70. Blunderbuss, e.g.
 71. Entrenched (2 words)
 72. Whirlpool
 73. Volleyball court center
 74. English homework assignment
- DOWN**
1. Computer-related imaging acronym
 2. CISC alternative
 3. Capital of Norway
 4. Single-cell protozoan
 5. Bottom lines
 6. Similar
 7. One of the Tudors
 8. Authoritative proclamation
 9. Single pip cards
 10. The Container Store purchase, pl.
 11. "What _____ can I say?"
 12. T-shirt, after tied
 15. Chemical cousin
 20. Homer's epic
 22. Actor Lowe
 24. Deviation from the norm
 25. *U2's "In the Name of Love" song
 26. First light of day
 27. Lemur from Madagascar
 29. Damien's prediction
 31. Ding-a-_____
 32. Convex molding
 33. *"Love means _____ having to say you're sorry"
 34. *"Love Actually" star
 36. Hockey score
 38. *True Love's _____
 42. Feudal lord
 45. Loafed
 49. "Holy moly!"
 51. Rant
 54. "Peace" with fingers (2 words)
 56. Phony
 57. Teeth mark
 58. Children's writer Blyton
 59. Old, in Scottish
 60. Three pointer
 61. Heater outlet
 62. Wooden pegs
 63. Rigoletto's "La donna mobile," e.g.
 66. Pool tool
 68. One or some

Healthy Oils



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Last month, I presented the idea of some healthy sugar sources to replace the nutrient deficient white sugar. The next category to review is healthy oils. Oils and fats are an important nutrient for our bodies. The nerve tissue conducting information throughout our body is made up mostly of fats. Your heart prefers fatty acids as a fuel supply and a proper balance of fat reserves is necessary for the ability to produce healthy children. So quality oils and fats are needed for healthy nerve communication, a healthy heart, and healthy children.

The early 1900s saw a significant increase in the understanding of chemistry and how different chemicals interact. During this time, most of the vitamins were discovered and the structure and importance of each vitamin was learned. Fats and oils were also carefully analyzed, and we learned how these important molecules are used in the body.

Some of this chemistry worked on how to

extract oils from seeds. All seeds have some oil in them because oil is important for starting new plant growth. Some of the primary types of oil in seeds are called Omega-3 and Omega-6 fatty acids. Our body uses both of these types of fatty acids to manage important functions in the body.

Over the years, this extraction process has been perfected to maximize oil production and provide a product to the consumer. Businesses and health services have marketed these oils as healthy, plant based, unsaturated fats. The marketing has worked very well, but the health results have not been positive.

The current Omega 6 to Omega 3 intake ratio among average Americans is at least 12 to 1 with some sources stating the ratio is more like 20 to 1. A healthy balance should be about 2 to 1 of Omega 6 to Omega 3. This imbalance is due to the high consumption of corn oil, soybean oil, and vegetable oil, which are high Omega 6 sources. These oils are the primary oils used in fried foods at restaurants and homes because they are the least expensive oils on the market. When consumption of Omega 6 is high and the consumption of sugar is high, the end result is inflammation, excess weight, and diabetes.

The current intake needs a significant shift to more Omega 3 for improved health and well-being.

So, what are the healthy oil options? What changes can be made in the home to improve health? The first step is to remove corn oil, soybean oil, and vegetable oil from the cupboard and commit to using healthy fats for any heating on the stove or oven. These healthy fats include coconut oil, ghee, butter, lard, and tallow. These were common fats

used in the early 1900s before chemistry made the other oils available. These healthy fats do not change their chemistry when heated and do not produce chemicals that can promote inflammation. These saturated fats have been used for centuries to support generations of healthy populations.

Second, add healthy oils at the table for increased intake of healthy Omega-3. These oils include Extra Virgin Olive Oil, Flaxseed oil, Hemp seed oil, and Walnut oil. These oils should not be heated, but generously used at the table on your food. An increased intake of Omega-3 oils over your vegetables, salads and bread will help to decrease inflammation and improve the balance between Omega-6 and Omega-3. A favorite way to use these oils is to make your own vinaigrette dressing, mixing olive oil and vinegar together with some additional spices. Homemade vinaigrette has excellent flavor, and you can create a variety of dressings

using apple cider vinegar, various balsamic vinegars, red wine vinegar, or lemon juice. A recommendation of at least 3 tablespoons each day of these healthy Omega 3 oils will help to reduce inflammation and improve health.

Make your health a priority in 2024. Change is required, but the outcome is worth the effort. Little changes can make a big difference over time. Changing your oil sources can be one of those little changes. If you would like to pursue a healthy lifestyle and increase longevity, 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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