



Goodhue-Bellechester Messenger

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Goodhue Area History Museum 29th Annual Meeting

March 18, 2024

7pm at Goodhue Lion's Community
Building, Goodhue, MN.

Topic: The Goodhue Depot-presentation
by Jeff and Carolyn Ryan, Norris Voth.

All are invited to attend, no need to be a
member. Coffee and bars to follow.

Announcements

• Goodhue County Board of Equal-
ization 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 infor-
mation.

• Three Rivers Community Action is
currently accepting new Meals On
Wheels clients in the communities of
Zumbrota, Mazeppa, Goodhue, Pine
Island, Kenyon and Wanamingo. Re-
ceive 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 nu-
tritious meals. The suggested donation is
\$5-\$10 per meal. For more information on
how to sign up for meals or to be a volun-
teer driver, please contact Dana Bergner
at 507-421-6067 or dbergner@threeriver-
scap.org

Do you have an announcement?
Email: hometownmessenger@gmail.com

Lodermeier Implement Earns Global Award

By Beth Brekke

Lodermeier's Inc. was honored with the
Mathews Company's coveted North Ameri-
can Dealer of the Year award for 2023. The
award recognizes their top-selling dealership
and a large traveling trophy was presented to
Lodermeier's reps during a dealer sales meet-
ing and incentive reward trip at Hotel Xcaret
Mexico in January.

The Mathews Company (M-C) began oper-
ations in 1954 and started manufacturing con-

tinuous flow grain dryers in 1957. Their
motto is "Make it easy to operate, make it safe
and make it last" which was coined by
founder, B.C. "Matt" Mathews. M-C is cur-
rently owned by his son, daughter, grandson
and granddaughter.

(continued on page 5)



Pictured to the left: (L-R) Nick Kloos, rep-
resenting the Mathews Company attended the
annual customer appreciation day at
Lodermeier's, Inc. Lodermeier's was
awarded their 2023 Dealer of the Year
traveling trophy in January. The sales
team consists of Tim Watson, Troy Voth,
and Dustin Luhman.

Goodhue Lions Donate \$20,000.00 to Fire Department

By Beth Brekke

The annual meeting of the Goodhue
Community Fire Truck Association and the
Goodhue Fire Department was held at the
fire hall on Monday evening, February 19,
2024.

(continued on page 4)

Pictured to the right: Lions, Kerry Bien,
Sarah Bien, and John Jaeger present an
oversized check representing the
\$20,000.00 charitable gambling fund dona-
tion the Goodhue Firemen's Relief As-
sociation will use for needed equipment
upgrades.



Fat Tuesday Celebration A Success



Father McCabe presents the first prize
corn hole competition winnings to Jake
Harmon. Also pictured are Matt Lexvold
and Maggie Bigalk who placed second and
third. Photos by Ann Buck

By Beth Brekke and Ann Buck

While often referred to as "Fat Tuesday",
the second annual Mardi Gras celebration and
fundraiser at the Goodhue Lions building was
held on Sunday, February 11th.

(continued on page 6)

Give us a call, we will stop out and visit with you about your 2024 Crop Insurance needs.

Deadline to make changes is March 15th.

Jerry Tipcke
Brandon Haidar
Chuck Sturm
www.Vothinsurance.com
agent@vothinsurance.com



109 N Broadway
Goodhue, MN 55027
Phone:
651-923-4048



Pastors Corner



By Pastor Eric Hanson,
St. Luke Lutheran Church

We're heading towards the end of winter and the beginning of Spring when Christians around the world will celebrate the season of Easter. That means we are currently in the less famous and less known season of Lent in the Christian calendar. What is Lent? Glad you asked! For centuries, Christians have used Lent as a season of "spiritual preparation." Because we know we are going to celebrate resurrection and new life on Easter, Christians need to remember why we need resurrection and new life in the first place. Lent begins with Ash Wednesday when someone marks our foreheads with a cross of ashes and reminds us, "We are dust and to dust we shall return." In Lent we're supposed to reflect internally on our own mortality and on the changes we need in our lives. In Lent we're supposed to ask pointed questions like, "Into what darkness do I need Christ's light to

shine?" Or, "What is something old in me that needs to die so something new can live?" In Lent we're supposed to reflect on our communities too. We are to ask similar questions about our neighborhoods and communities, "In our neighborhoods and communities, into what darkness are we called to shine Christ's light?" And/or, "In our neighborhoods and communities, what is something old that needs to die so something new can live?" When we pursue concrete questions like this, we become much more aware of how Christ is bringing new life in concrete ways.

Lent isn't fun though, and so not a lot of people do this heavy "spiritual weightlifting." It's not fun to peer into your heart, mind, or body and ask what sins need forgiveness and change. It's not fun to peer into our communities and ask, "What people or groups of people don't have enough and what can I do about it?" It's not fun to recognize fading bodies that will one day culminate in death of the entire organism. Lent isn't fun. But fun isn't the point of Lent.

For that reason, a lot of people like to skip Lent and go right to Easter. In fact, in the previous place I lived, you could see churches advertising Easter services four weeks in advance, right in the middle of Lent. "Come celebrate resurrection!" they would say, without ever acknowledging the horrid reality of death. "Come receive forgiveness of sins!" they would say, without ever inviting people into the hard practices of confession and self-examination. "Come re-

ceive new life!" they would say, without ever acknowledging that for something new to live, something old must die.

Easter without Lent is the Empty Tomb without the Cross. It's forgiveness without confession. It's glory without sacrifice. It's power without vulnerability. It's new life without anything dying away. It's all the shine and glitz of the spiritual life, but none of the deep dive into sin and pain (ours or the world's around us). It's all conquest and no surrender. It's a bandaid without attending to the wound. It's showing up at our neighbor's birthday parties, but skipping their funerals. It's Pollyanna saying, "Everything's fine"

when she and we know everything is NOT fine.

Lent won't let us get away with such shallow spirituality. This Lenten season, may we have the courage to take a deep dive into dark places that need Christ's light (in ourselves and in the world around us). May we acknowledge something old in us that needs to die so something new can live. May we put specific names to our dark places and "old things" so that we know exactly where Christ will bring new life and resurrection. Lent gets us ready for Easter. If we want to see new life, we can't be afraid to peer into death first.

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Parish Office Hours, Mon.: 9:00AM - 2:00PM
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).
Sat.: 4:45PM - 5:20PM Confession, 5:30PM Holy Mass (Sunday vigil)
Tues.: 8:00AM Holy Mass
Wed.: 8:00AM Holy Mass, 9:00AM - 2:00PM Eucharistic Adoration
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

ST. MARY'S CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
221 Chester Avenue • 923-4472
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).
Sun.: 8:15AM - 8:35AM Confession, 8:45AM, Holy Mass
Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

ST. COLUMBKILL CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
County Road 47, Goodhue • 923-4472
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).
Sun.: 10:30AM Holy Mass
Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass
Rosary said 25 minutes before Holy Mass
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

GRACE EV. LUTHERAN CHURCH (WELS)

Pastor Martin Weigand
39774 Co. 4 Blvd., Goodhue • 651-923-4624
gracelutheranchurch@gmail.com • www.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 Jesus Recreates Us

If anyone is in Christ, the new creation has come: The old has gone, the new is here! — 2 Corinthians 5:17

God loves, reasons, and creates. So do his children, made in his image and likeness. But instead of honoring the good, doing the right, and creating the lovely, we fell into sin (Genesis 3). As a result, we despise, pervert, and destroy our world and our relationships. Though we are still able to do some good (by the grace of God), it is painfully obvious that we do not live up to our created potential. We willfully do wrong, hurt others, and destroy.

It is hard to imagine the disappointment and heartbreak God must have felt when we first turned against him. God might well have destroyed humanity and started over. And in a way he did make a new start. God sent his Son, Jesus, to bear his image without falling into sin; Jesus was fully human, like us in every way (see John 1:14; 3:16-18; Hebrews 2:17; 4:15). He loves and thinks and creates as a human made in God's image should. He hit the restart button on human nature.

The miracle of salvation through Jesus is that we can become part of the new creation and the new world he creates. We can become part of God's family again. With the new life he makes possible for us, Jesus saves!

Dear Jesus, thank you for being the first responder for all of creation. You have given us a new start. Help us to live faithfully in your name. Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

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

ST. PETER'S LUTHERAN CHURCH, MISSOURI SYNOD

Pastor Steven Frentz
28961 365th St., Goodhue
651-923-4438
Email: stpeter@sleppyeyetel.net
9:30a.m. Sunday School
10:30a.m. Worship

Email your church announcements, schedule to the Messenger at: hometownmessenger@gmail.com

MINNEOLA LUTHERAN CHURCH

Pastor Hannah Bergstrom de Leon
www.minneolalutheranchurch.com
13628 Cty. 50 Blvd., Goodhue
Office line: (507) 218-7177 • Pastoral Care: 507-218-9063
10:30a.m. Sunday Worship
Sunday School the first 2 Sundays of the month at 9:30am.

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
37750 County 6 Blvd., Goodhue, MN 55027
Email: office@stlukegoodhue.org • 651-998-7106
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.



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Pastors Corner

“A CHRISTIAN POSITION ON ABORTION?”

Submitted by Pastor Marty Weigand, Grace and St. Peter’s Lutheran (WELS) of Goodhue

Is there a “Christian” position on abortion? Some churches think it’s their job to advocate for a woman’s “right” to abort her child. Others equivocate or avoid the issue. And many churches, including the church body I serve, clearly condemn abortion as the wrongful tak-

ing of a human life- i.e. murder. (The exception to that is cases like when a baby starts growing in the fallopian tubes rather than the uterus. In this case the baby can’t survive, and is taken out in order to avoid a hemorrhage which would kill the mother and the baby when the growing baby bursts the fallopian tube. In this case, unlike most abortions, the purpose of the operation is not to end the life of the baby that is growing inside its mother.)

What does the Bible say? Just like most people do today when they aren’t planning on killing the child that is growing inside its mother, the Bible calls that child a “baby”. The same word “baby” is used for John the Baptist when he was still growing inside his mother (Luke 1:44), Jesus right after he had been born (Luke 2:12), and the little ones that

people were bringing to Jesus to have him touch them and bless them (Luke 18:15). A baby, whether born or unborn, is a human being. The wrongful taking of a human life is murder. There are cases of taking a human life that the Bible does not call murder: for example, when an agent of government executes someone for a serious crime; or soldiers or officers use deadly force to protect citizens from those who would wrongfully harm them or take their lives. But an abortion is not a case like that. So in short- abortion is the wrongful taking of a human life, which is murder- and murder is a sin.

But there’s more that needs to be said. God calls Christians to act in Christian love towards all people, including both unborn babies, and those who are tempted to kill them, and those who sadly have had their babies killed, or killed the babies of other people for payment as part of their job, or in the misguided belief they were helping the mothers of those babies.

What is Christian love toward these various people? For unborn babies in danger of being aborted it is to “speak up for those who cannot speak for themselves” (Proverbs 31:8 NIV) in the hopes of preventing their murder.

It is also to help take care of them and provide loving homes for them once they, God-willing, have been born. Christian love for mothers who may be tempted to get an abortion because of difficult life circumstances, or the father of that child pressuring them, is both to inform them what they are really being pressured or tempted to do, in the hopes they won’t go through with it. It is also to give them and their babies help in the difficult circumstances they are in. Christian love toward those who have had an abortion, or advised or performed an abortion, is not only to confront them with the fact that what they did is sin; it is also- if and when they realize it is sin- to point them to “the Lamb of God, who takes away the sin of the world (John 1:29 NIV),”- Jesus, who paid for all their sins by his innocent sufferings and death on the cross, that they may trust in him, and know and have his forgiveness and love and healing, and in the end, eternal life. And it is not to be boastful that “at least we haven’t done that sin”, but humbly join them in praising God that he gave us a Savior that we, too, desperately needed, to have him pay for all our sins.



DO YOU HAVE AN ANNOUNCEMENT?

Email: hometownmessenger@gmail.com



Powerful Tools for Caregivers

Powerful Tools for Caregivers is a group workshop designed to help caregivers develop self-care tools and strategies to better manage the unique challenges facing them.

Who Should Attend

- Anyone acting in a caregiving role whether or not care receiver lives with you

What You’ll Learn

- Managing stress, isolation, fatigue and difficult emotions
- Challenges of caregiving
- Building confidence
- Setting goals
- Problem solving
- Improving communication with family and health care team



Goodhue Class Information

Location: Goodhue Living
108 Cty 9 Blvd
Goodhue, MN 55027

Dates: Wednesdays, April 3, 10, 17, 24, May 1, 8

Time: 9:30-11 AM

Register by: March 27, 2024

Classes are FREE of charge
Seating is limited
Registration Required

To learn more or to register contact:

Jessica Mollison Active Aging Programs 507-287-2047 ext.133 jmollison@ccsommn.org

Visit our website for more information: www.ccsommn.org

Free Caregivers Workshop

Are you acting as a caregiver for a loved one? Do you wish you knew how to take better care of yourself? Considering attending a Powerful Tools for Caregiver workshop coming soon to Goodhue.

Powerful Tools for Caregivers is an educational program designed to help caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

During the 6 week program you will learn

- Managing stress, isolation, fatigue and difficult emotions
- Handling challenges of caregiving
- Building Confidence
- Setting goals
- Problem solving
- Improving communication with family and care team

During the six-week sessions, participants receive support from trained leaders and other workshop participants. Participants also benefit from meeting other people with similar challenges and learning how they cope.

This FREE workshop is sponsored by Active Aging Programs, Catholic Charities of Southern MN and Goodhue Living. It will be held at Goodhue Living, 108 Cty 9 Blvd, Goodhue, MN 55027 meeting for six Wednesdays from 9:30-11AM beginning April 3, 2024. Class size is limited and registration is required by March 27. For more information or to register, contact Jessica Mollison: 507-287-2047 ext. 133 or jmollison@ccsommn.org.



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Goodhue Lions Donate \$20,000.00 to Fire Department

(continued from page 1)

A moment of silence was observed for the three emergency professionals killed on duty the previous day.

Members of the Goodhue Lion's Club presented a donation of \$20,000.00 to the Goodhue Firemen's Relief Association. The funds were part of the club's charitable gambling proceeds and will be used by the fire truck association for upgrading and maintaining the department's equipment. The Lion's Club raises funds through pull-tab sales at Goodhue's Corner Bar, Dar's, and the Hay Creek Saloon.

Charitable gaming is overseen by the Minnesota Gambling Control Board and all profit plus \$1000.00 must be given away. Some other recent local beneficiaries include the all-night graduation party, high school scholarships and the band's trip to Florida.

In 2022, the fire truck association accepted \$25,000.00 from the fund to purchase a fire blanket that can be used to put out electric car fires. In 2023, another \$25,000.00 donation was used to purchase tank units for both a

truck and UTV to assist in fighting brush fires and also a basket for remote rescue situations. Donations from other organizations have helped to purchase grain bin rescue equipment and new pagers. A new pumper truck was purchased in 2023 at a cost of nearly \$600,000.00 with the old truck being sold for \$8605.00 on an online auction. The high bidder was from Cleveland, OH and the truck will be dismantled for parts.

Upcoming expected expenses include a new roof for the firehall, updated radio communication systems and more upgrades to the fire truck inventory. It was also noted that basic maintenance costs have essentially doubled in recent years. After much discussion and input from township representatives in attendance, the Community Fire Truck Association voted to raise the tax levy to build funds for these necessities. A unanimous ballot was cast to re-elect the current officer team of Henry Thomforde, Chairman; Roger Ballstadt, Vice President; and Brad Kolberg, Secretary/Treasurer.

Goodhue Fire Chief, Derek Weckerling reported on the year's activities including visiting the schools to teach children about fire prevention. Other community outreach included National Night Out, local parades, and the annual open house and fundraiser. They hosted Volksfest events and tended to the burning barrels at the German Christmas market, provided fire protection during the auto cross event at the county fair and participated in a presentation about the fire de-



Goodhue Fire Chief, Derek Weckerling, Goodhue Community Fire Truck Association board members, Henry Thomforde and Brad Kolberg accept a \$20,000.00 donation from the Goodhue Lion's Club. Presenting the check are Kerry Bien, Sarah Bien, and John Jaeger. Seated is Joe Zignego who oversees the Lion's charitable gambling fund.

partment for the Goodhue Area Historical Society.

Members of the department train for two hours each month and did an old house joint practice burn with several other departments.

They must stay well-equipped and trained

for all of the medical and fire calls they receive. Recent new additions to the Goodhue Fire Department are Trevor Huneke, Dalton Scurr, Brandon Haidar and Carlee Kurtti, who is currently the only female on the team.

OBITUARY

Louis William "Skeeter" Berg



Louis William "Skeeter" Berg, 87, of Mazeppa, passed away peacefully on Tuesday, February 20, 2024, at the Zumbrota Care Center surrounded by his family. He was born in Mankato on August 12, 1936, to Lyall and Marie (Marzinske) Berg. He graduated from High School in New Richland, MN in 1954. He served in the United States Army Reserve from 1954 until his honorable discharge in 1962. On June 9, 1955, he married the love of his life, Elaine Sable in New Richland. They lived in New Richland until moving to Mazeppa in 1960. They shared 59 years of marriage before Elaine's passing on February 22, 2015. Skeeter worked for S&S Step Company while also driving school bus, retiring in 1986. He

and Elaine were also part owners of the Coffee Cup Café in Mazeppa for 13 years. In the late 60's, Skeeter started the Skeeter & the Sundowners Band playing at numerous weddings and social events over the years. His favorite past times included music, dancing, bowling, attending his grandchildren's sporting events, and tinkering with broken things. He was a fan of the Minnesota Vikings and Twins. He enjoyed huggy-buggies with his grandchildren and going for rides to get the newspaper, which soon turned into family events. Skeeter was a member of St. John's Lutheran Church in Mazeppa and the Mazeppa American Legion Post 588.

He is survived by his six children, Denise (Bob) Poncellet of Mazeppa, Dennis (Colleen) Berg of Mazeppa, DeAnn (Mike) Horsman of Mazeppa, Debbie (Dan) Dettmer of Zumbro Falls, Delane (Jon) Liffrog of Mazeppa, and Daryl Berg of Rochester; 24 grandchildren; 26 great-grandchildren; sisters-in-law, Kathy Berg of New Richland, Sylvia Berg of New Richland, Evelyn Berg of New Ulm, and Doris Klein of Mazeppa; brothers-in-law, Dennis Grunwald of Ellendale and Harold (Linda) Sable of Red Wing; and many nieces and nephews.

He was preceded in death by his wife, Elaine; son, Dean; grandson, Trevor Dettmer; parents, Lyall and Marie; sister, Barb Grunwald; brothers, Stan, Robert, and Bill Berg; in-laws, Fred and Irene Sable; and brother-in-law, Duane Klein.

Funeral Service were at 11 a.m. on Monday, February 26, 2024, at St. John's Lutheran Church in Mazeppa. Reverend Alan Horn officiated. Visitation was from 2 until 5 p.m. on Sunday, February 25, 2024, at the Mahn Family Funeral Home in Zumbrota and for one hour prior at the church on Monday. Burial was at the Mazeppa Cemetery with military honors provided by the Mazeppa Honor Guard. A celebration of Skeeter's life followed the funeral service on Monday, at the Mazeppa Community Center from 12 until 4 p.m.

20th Annual Goodhue Lions SHOP TOUR



April 6, 2024
9 AM start at
Lions Building

Tickets & directions available on April 6 at the Lions Building and at each shop

Cost: \$30.00 15 & Up
7-14 \$10 age 6 & under Free

Includes: Door Prizes & Meal

Shops on Tour

Billy Gadiant
Jerry Stehr
Dan Lubahn
Travis Goodman
Dennis Buck

Food donated by Lodermeier's Inc

Goodhue Day Was A Success



Favorable weather on February 16th helped draw a steady crowd of customers to Goodhue businesses for the annual appreciation day. Prize drawings and snacks could be found most places with meat, cheese and cracker trays and cookies being plentiful. This crowd enjoyed chili and sweet rolls at Lodermeier's.

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The Goodhue Carwash joined forces with the 24-Hour Workout Center to offer soup, fruit and other treats inside the gym where guests were thanked with this note made of carwash tokens.

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KAWASAKI CARES: Read Owner's Manual and all on-product warnings. Always wear protective gear appropriate for the use of this vehicle. Never operate under the influence of drugs or alcohol. Protect the environment. The Kawasaki MULE™ side x side is an off-highway vehicle only, and is not designed, equipped or manufactured for use on public streets, roads or highways. Obey the laws and regulations that control the use of your vehicle. ©2021 Kawasaki Motors Corp., U.S.A.

Lodermeier Implement Earns Global Award

(continued from page 1)

Nick Kloos represented the company and was able to answer questions and visit with guests during Lodermeier's customer appreciation event on February 16th.

Based in Crystal Lake, Illinois, M-C has dealers across the United States and in Canada. Lodermeier's is one of about 30 dealers across Minnesota, Iowa and Wisconsin. While some dealers have been going out of business, Lodermeier's continues to grow. They are not the largest dealer but earned the recognition based on total sales, all made within a 125 mile radius of Goodhue. Troy Voth, Dustin Luhman and Tim Watson travel up to two-and-a-half hours within that radius to find potential customers. Voth says they are on track to earn the award again in 2024 but can only sell as many dryers as they will be able to install. Sales are done in the off-season with the team acting as project managers when the units are set up on farms in the Summer and maintained before and into the harvest.

Lodermeier's grain business began with a Butler Manufacturing equipment contract in 1963. They offer some of the best and most innovative grain equipment in the industry to dry and protect your harvested grains. This includes the M-C line of equipment known for building durable, high quality equipment designed to give years of trouble-free service to the customer. Lodermeier's experienced grain equipment team members will help you find and design a system that fits your needs. For all your ag equipment needs, stop in the shop at 38241 County 6 Blvd, Goodhue or call 651-923-4441. Find more information on the web at www.lodermeiers.net and www.mathewscopany.com.

Fat Tuesday Celebration A Success

(continued from page 1)

The event was hosted by the local Holy Trinity Parish Churches of St. Columbkille, Holy Trinity and St. Mary. In many cultures, the time between the Christmas season and Lent is known as “carnival”, a season extending over several weeks, beginning at Epiphany and ending at midnight before Ash Wednesday.

Traditionally, Mardi Gras ushers in the Lenten season as a day to have a party and use up the ingredients and food that would not be eaten while fasting during Lent. Goodhue’s celebration included many food options in-

cluding Southern-style grits with shrimp and bacon, Jambalaya, beans and rice. Fulton’s catering did a great job preparing the specialties, adding a family favorite, Grandma Audrey’s Grits. For the less adventurous, the parish kitchen crew provided Midwest favorites. The King Cupcakes with the baby Jesus hidden inside symbolizing the relationship to the Christmas season and Epiphany, were one of the children’s favorites. Eva Diercks created a wonderful display on the King Cake table with the cupcakes she made.

Families again enjoyed hand and face painting, mask decorating and other activities. New this year was a spin the wheel activity with Mardi Gras questions asked to win a prize, a cookie walk and children’s corn hole. The accelerated corn hole competition was won by Jake Harmon who received \$300.00, Matt Lexvold won \$200.00 for second and Maggie Bigalk took home \$100.00 for her third place finish. Funds raised support Holy Trinity Youth and Family Ministry and First Choice Clinic.



Father McCabe greets guests at the second annual Mardi Gras festival at the Lion's Club.



Ellen Huneke and Joan Walcher collect the free-will offerings for the Mardi Gras meal.



Isaac, Mabel and Millie Ryan enjoy the kids' activities at Mardi Gras



Marlys McNamara takes on her grandson, Micheal Poncelet, while her other grandson, Chris Poncelet times them. Joel Gadi-ent also assisted in the accelerated corn hole competition.



Todd Ryan helps serve some of the plentiful food offered for Fat Tuesday on Sunday, February 11th.



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35,000 Die from Antibiotic Overuse, Helium Shortage



By Shauna Burslem, D.C.

An estimated 35,000 Americans die each year from antibiotic resistant infections. Worldwide, the number rises to 4.95 million. Antibiotics are extremely overused in medical practice. Antibiotics are only useful for bacterial infections, they are useless for viral infections such as colds and flu. As far as childhood ear infections goes, 70% of ear infections clear up in 3 days without treatment and 80% clear up in 10 days without treatment. In addition to risks of developing antibiotic resistant germs in your body, the floxacillin variety of antibiotics (the drug names that end in with the word floxacillin), can increase your risk of aortic rupture and have

been linked to kidney stones, colorectal cancer and inflammatory bowel disease. Most antibiotics end up in our bodies not from medical prescription but from animal meat consumption. Animal meat that is not antibiotic free becomes contaminated and a source of antibiotic resistant infections. This is just one of many reasons to only eat organic chicken, beef, pork and fresh fish that is not farm raised. If you have minor bacterial infections, there are natural antimicrobials that do not cause drug resistance. Garlic, ginger, echinacea, goldenseal, oregano oil, olive leaf extract and liposomal vitamin C to name a few. Antibiotic medical prescriptions are needed to save lives in an extreme bacterial situation and are one of the most important drugs ever discovered. Taking these drugs unnecessarily and frequently will lead to a situation that when you actually need an antibiotic for a bacterial germ, the antibiotic will not work for you.

Sauna use four to seven times per week decreased the risk of dementia by 66% and 65% for Alzheimer's disease. Sauna use appears to boost brain health by lowering inflammation and blood pressure and improving vascular function.

Did you know that the gas helium used to fill up our balloons is mined from 3000 feet underground in a natural geologic formation called the helium reservoir? The Cliffside Gas Plant in Amarillo, Texas produces up to 30% of the nation's helium supply and 9% of the global supply. Helium is now in short supply which has the healthcare industry worried. Helium is the coldest element on Earth and is used to keep MRI machines

cool. Without helium, MRI machines will not work. Three out of the five U.S. helium suppliers are now rationing helium so that MRI machines take priority over parade and party balloons. It sounds like this is the time to start blowing up balloons the old fashioned way, with our breath.

It appears that the "conspiracy theory" that Covid-19 coronavirus was developed in a lab in China is not a theory any longer. Evidence gathered through the Right to Know Act shows that the ECOHealth Alliance in 2018 proposed gain of function research (this is the type of research used to develop vaccines) on bat coronaviruses. Documents show that American scientists planned to work with China's Wuhan Institute of Virology to engineer coronaviruses with SARS-CoV-2 features the year before the virus emerged from the city. In his new book, Senator Rand Paul states that the COVID-19 pandemic was the result of Anthony Fauci's decision to fund the bat coronavirus gain of function research in China. This research was banned in the U.S. at the time. Paul goes on to say that Fauci

profited from the Covid-19 pandemic disaster in the amount of 5 million dollars. In an interview on the Tucker Carlson show, Paul states that the pandemic killed millions of people and Fauci should serve prison time.

Vitamin D3, sometimes known as the "sunshine vitamin", is more than just one of the many supplements on the shelf—it's a powerful player in our overall health. Vitamin D is essential for the health of our bones, but did you know that Vitamin D3 also plays a crucial role in strengthening our immune system? This is why there are less cases of colds and flu in the summertime when more people are exposed to sunshine. Then there's the topic of cancer prevention. While we don't have all the answers, research suggests that Vitamin D3 might help out again by putting up a fight against certain types of cancer cells including colorectal cancer. So, please consider how Vitamin D3 supplementation could be a simple, yet effective addition to your daily routine. It's all about giving your body a bit of extra support so that it can take care of you better.

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MISSY'S MESSAGE

MAKING A PLAN

January 1, I committed myself to make a plan each day. I start my day by drinking 1 or 2 glasses of water. If I can't exercise right away in the morning, I figure out when I can do it later, and after breakfast I fill in my food plan for the day and try to stick to it. That is when I fill in my steps from my Fit Bit for the previous day. I have a spot to keep track of water, shooting for 8 glasses a day, but I pretty much never end up filling that part in. I don't know what it is, but filling out this sheet, helps me stick to my plan and not just grab something because it is there.

Water Tracking	Breakfast	Lunch	Supper	Snack	Drinks	Steps	Daily Exercise
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Missy and her husband Mike own MotoProz in Mazeppa.

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Fasting



By Noel Aldrich, PhD, CNS
Licensed Nutritionist



SCAN ME

March is a month of new beginnings and this year the beginnings seem to be coming earlier than previous years. The official start of the spring season will come this month and the month will conclude with the

celebration of Easter. During this month, some will choose to abstain from a select food or activity in observance of Lent. Choosing to abstain from something can be a good exercise in self-control. This type of practice helps an individual to understand how much something truly influences their life. Perhaps during this season, you may consider the activity of fasting.

Fasting can take many forms from abstaining from one meal to not eating any food for a few days or up to 40 days. Various reli-

gious practices around the world have incorporated fasting as a way to focus more attention on spiritual activities and less time on physical activities. However, there are some significant benefits to the physical body when a healthy fast is practiced.

A simple, healthy fast would begin in the evening after your final meal of the day. Once dinner time is complete, the fasting clock begins. No midnight snacks, only water as needed and go to bed. The majority of the first 12 hours of fasting will be spent sleeping through the night. The next day only drink water, a small amount of herbal tea, or possibly some vegetable broth, if needed. By the time you reach the next dinner hour you have stayed away from food for 24 hours. Continue drinking water only and go to bed. By the next morning, you will have completed almost 36 hours of fasting and now is a good point to break your fast with a healthy breakfast. This 36 hour fast is a good first step to practicing what fasting on a regular schedule may look like.

Benefits of fasting include:

- Reduces high blood sugar levels
- Decreases high insulin levels and reduces insulin insensitivity
- Increases immune cell activity
- Improves clarity of thinking
- Can reduce inflammation
- Stimulates detoxification systems in the liver and kidneys

When you go into a fasting season, you force the cells of your body to do some clean up work. Activity inside the cells will remove anything that has become non-functional or is unhelpful. With this activity, cleaning helps the cell to prioritize healthy

activity. This can be a helpful activity when your body is recovering from an illness. Improving healthy activity at the cellular level is what fasting stimulates.

A variation of fasting is becoming popular with many individuals called Intermittent Fasting. The general concept is reducing the window of time each day when food is consumed. Instead of eating food within a 12 hour window of the day, the time frame may be reduced to only 6 hours in the day. The remaining 18 hours of the day would only drink water or sleep. Some individuals reduce the eating more strictly to only 4 hours per day for eating, or only eating every other day. Intermittent fasting has gained popularity since 2010 when research studies on animals observed the animals living longer when their food intake was restricted.

While fasting may seem the exact opposite of living a full life, consider how the alternative has affected our society. We live in a culture where no restriction is given. You are encouraged to eat at all times of the day and to eat whatever you want. Grocery stores are filled with more choices than you know what to choose. The result has been increased obesity, increased diabetes, chronic inflammation, and a generation that does not know how to prepare healthy food. An occasional season of fasting can help bring clarity and focus to food preparation and a healthy lifestyle.

I invite you to join me this spring at the Northfield Holistic Health Summit "New Beginnings" Saturday, May 4, 2024, to learn more about healthy lifestyle choices and the resources available to you. Ten local health practitioners will be presenting information

on – herbs, homeopathy, acupuncture, toxins, neurology, allergy therapy, and more. Come join us for the day and enjoy a healthy catered meal by Café Shawn. More information at <https://www.nutritionproportion.net/health-summit2024> or scan the QR code.

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. 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

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2024 HVL JV Conference Tournament Results for Goodhue

JV 85

Zander Ortega's place is 1st and has scored 18.0 team points.

Round 1 - Zander Ortega (Goodhue) won by fall over Keagan Lodermeier (Zumbrota-Mazeppa) (Fall 5:29)

Round 2 - Zander Ortega (Goodhue) won by fall over Noah Melson (Goodhue) (Fall 4:44)

Round 3 - Zander Ortega (Goodhue) won by decision over Benson Wiste (Stewartville) (Dec 15-14)

JV 85

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

Round 1 - Benson Wiste (Stewartville) won by fall over Noah Melson (Goodhue) (Fall 1:00)

Round 2 - Zander Ortega (Goodhue) won by fall over Noah Melson (Goodhue) (Fall 4:44)

Round 3 - Keagan Lodermeier (Zumbrota-Mazeppa) won by fall over Noah Melson (Goodhue) (Fall 5:38)

JV 90

Arlyn Knobelsdorff's place is 5th and has scored 8.0 team points.

Champ. Round 1 - Arlyn Knobelsdorff (Goodhue) received a bye () (Bye)

Quarterfinal - Levi Mathees (Zumbrota-Mazeppa) won by decision over Arlyn Knobelsdorff (Goodhue) (Dec 3-1)

Cons. Round 2 - Arlyn Knobelsdorff (Goodhue) received a bye () (Bye)

Cons. Round 3 - Arlyn Knobelsdorff (Goodhue) won by decision over Jacoby Brown (Zumbrota-Mazeppa) (Dec 7-3)

Cons. Semi - Daniel Okorie (Kasson-Mantorville) won by decision over Arlyn Knobelsdorff (Goodhue) (Dec 10-6)

5th Place Match - Arlyn Knobelsdorff (Goodhue) won by major decision over Brycen Kothenbeutel (Pine Island) (Maj 13-2)

JV 90

Benjamin Gadiant's place is 4th and has scored 14.0 team points.

Champ. Round 1 - Benjamin Gadiant (Goodhue) received a bye () (Bye)

Quarterfinal - Daniel Okorie (Kasson-Mantorville) won by fall over Benjamin Gadiant (Goodhue) (Fall 2:49)

Cons. Round 2 - Benjamin Gadiant (Goodhue) won by fall over Levi Harvey (Lake City) (Fall 1:43)

Cons. Round 3 - Benjamin Gadiant (Goodhue) won by fall over Wiley Ebling (Byron) (Fall 4:07)

Cons. Semi - Benjamin Gadiant (Goodhue) won by decision over Brycen Kothenbeutel (Pine Island) (Dec 6-4)

3rd Place Match - Daniel Okorie (Kasson-Mantorville) won by fall over Benjamin Gadiant (Goodhue) (Fall 0:59)

JV 100

Carter Boldt's place is 6th and has scored 7.0 team points.

Champ. Round 1 - Carter Boldt (Goodhue) received a bye () (Bye)

Quarterfinal - Carter Boldt (Goodhue) won by decision over Mark Bissonette (Stewartville) (Dec 4-2)

Semifinal - Braylen DeFrang (Zumbrota-Mazeppa) won by fall over Carter Boldt (Goodhue) (Fall 4:51)

Cons. Semi - Gideon Muller (Pine Island) won by fall over Carter Boldt (Goodhue) (Fall 1:46)

5th Place Match - Mark Bissonette (Stewartville) won by decision over Carter Boldt (Goodhue) (Dec 10-7)

JV 107

Patrick O'Reilly's place is unknown and has scored 2.0 team points.

Champ. Round 1 - Parker Atkinson (Lake City) won by fall over Patrick O'Reilly (Goodhue) (Fall 1:10)

Cons. Round 1 - Patrick O'Reilly (Goodhue) received a bye () (Bye)

Cons. Round 2 - Patrick O'Reilly (Goodhue) won by decision over Will Derby (Pine Island) (Dec 6-0)

Cons. Round 3 - Talon Schutz (Pine Island) won by decision over Patrick O'Reilly (Goodhue) (Dec 4-3)

JV 107

Tucker Thomforde's place is 6th and has scored 9.0 team points.

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

Quarterfinal - Tucker Thomforde (Goodhue) won by fall over Will Derby (Pine Island) (Fall 2:31)

Semifinal - Zeke Ranvek (Kasson-Mantorville) won by fall over Tucker Thomforde (Goodhue) (Fall 1:58)

Cons. Semi - Parker Atkinson (Lake City) won by fall over Tucker Thomforde (Goodhue) (Fall 3:15)

5th Place Match - Talon Schutz (Pine Island) won by decision over Tucker Thomforde (Goodhue) (Dec 11-7)

JV 107

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

Champ. Round 1 - Ben Thomforde (Goodhue) won by fall over Milo Jones (Pine Island) (Fall 1:19)

Quarterfinal - Carl Murray (Zumbrota-Mazeppa) won by fall over Ben Thomforde (Goodhue) (Fall 0:21)

Cons. Round 2 - Mason Eggenburger (Lake City) won by fall over Ben Thomforde (Goodhue) (Fall 2:22)

JV 114

Dylan Klindworth's place is unknown and has scored 2.0 team points.

Champ. Round 1 - Dylan Klindworth (Goodhue) won by decision over Aidan Rolland (Zumbrota-Mazeppa) (Dec 10-7)

Quarterfinal - Karsen Lafferty (Lake City) won by fall over Dylan Klindworth (Goodhue) (Fall 2:00)

Cons. Round 2 - Desmon Okorie (Kasson-Mantorville) won by fall over Dylan Klindworth (Goodhue) (Fall 0:49)

JV 114

Finn Lodermeier's place is unknown and has scored 3.0 team points.

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

Quarterfinal - Zach Moyer (Stewartville) won by fall over Finn Lodermeier (Goodhue) (Fall 3:01)

Cons. Round 2 - Finn Lodermeier (Goodhue) won by fall over Edmond Otterness (Canon Falls) (Fall 4:12)

Cons. Round 3 - Desmon Okorie (Kasson-Mantorville) won by decision over Finn Lodermeier (Goodhue) (Dec 11-5)

JV 114

Tim Strauss's place is 1st and has scored 26.0 team points.

Champ. Round 1 - Tim Strauss (Goodhue) won by decision over Desmon Okorie (Kasson-Mantorville) (Dec 8-4)

Quarterfinal - Tim Strauss (Goodhue) won by fall over Adam Peterson (Lake City) (Fall 1:09)

Semifinal - Tim Strauss (Goodhue) won by fall over Tate Olson (Byron) (Fall 3:03)

1st Place Match - Tim Strauss (Goodhue) won by decision over Zach Moyer (Stewartville) (Dec 4-1)

JV 121

Max Lexvold's place is 2nd and has scored 20.0 team points.

Champ. Round 1 - Max Lexvold (Goodhue) received a bye () (Bye)

Quarterfinal - Max Lexvold (Goodhue) won by fall over Jaedon Quam (Byron) (Fall 3:24)

Semifinal - Max Lexvold (Goodhue) won in sudden victory - 1 over Ivan Bold (Stewartville) (SV-1 6-4)

1st Place Match - Jacob Moran (Zumbrota-Mazeppa) won by fall over Max Lexvold (Goodhue) (Fall 3:20)

JV 127

Kevin Carlson's place is 1st and has scored 28.0 team points.

Champ. Round 1 - Kevin Carlson (Goodhue) received a bye () (Bye)

Quarterfinal - Kevin Carlson (Goodhue) won by fall over Vincent Astorino (Pine Island) (Fall 0:26)

Semifinal - Kevin Carlson (Goodhue) won by fall over Dane Cole (Stewartville) (Fall 0:50)

1st Place Match - Kevin Carlson (Goodhue) won by disqualification over Keagen Haugen (Zumbrota-Mazeppa) (DQ)

JV 133

Landen Barsky's place is 6th and has scored 7.0 team points.

Champ. Round 1 - Landen Barsky (Goodhue) received a bye () (Bye)

Quarterfinal - Tate Ness (Zumbrota-Mazeppa) won by fall over Landen Barsky (Goodhue) (Fall 1:28)

Cons. Round 2 - Landen Barsky (Goodhue) received a bye () (Bye)

Cons. Round 3 - Landen Barsky (Goodhue) won by fall over Kade Walters (Stewartville) (Fall 2:40)

Cons. Semi - Jackson Fravel (Stewartville) won by fall over Landen Barsky (Goodhue) (Fall 3:43)

5th Place Match - Tate Ness (Zumbrota-Mazeppa) won by fall over Landen Barsky (Goodhue) (Fall 0:34)

JV 133

Adam Grant's place is 1st and has scored 28.0 team points.

Champ. Round 1 - Adam Grant (Goodhue) won by fall over Cooper Fay (Stewartville) (Fall 1:10)

Quarterfinal - Adam Grant (Goodhue) won by fall over James Diddierich (Pine Island) (Fall 0:27)

Semifinal - Adam Grant (Goodhue) won by fall over Jackson Fravel (Stewartville) (Fall 2:38)

1st Place Match - Adam Grant (Goodhue) won by decision over Leo Beyer (Zumbrota-Mazeppa) (Dec 9-8)

JV 139

Jack O'Reilly's place is 1st and has scored 28.0 team points.

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

Quarterfinal - Jack O'Reilly (Goodhue) won by fall over Gavin Edwards (Byron) (Fall 1:48)

Semifinal - Jack O'Reilly (Goodhue) won by fall over Melvin Jones (Pine Island) (Fall 0:49)

1st Place Match - Jack O'Reilly (Goodhue) won by fall over Rhys Rowley (Stewartville) (Fall 0:52)

(continued on page 10)

2024 HVL JV Conference Tournament Results for Goodhue

(continued from page 9)

JV 139

Giovanni Sanchez's place is 5th and has scored 8.0 team points.

Champ. Round 1 - Giovanni Sanchez (Goodhue) received a bye () (Bye)

Quarterfinal - Bo Holst (Zumbrota-Mazeppa) won by major decision over Giovanni Sanchez (Goodhue) (Maj 15-5)

Cons. Round 2 - Giovanni Sanchez (Goodhue) received a bye () (Bye)

Cons. Round 3 - Giovanni Sanchez (Goodhue) won by major decision over Kevin Mota (Lake City) (Maj 14-3)

Cons. Semi - Melvin Jones (Pine Island) won by decision over Giovanni Sanchez (Goodhue) (Dec 6-0)

5th Place Match - Giovanni Sanchez (Goodhue) won in sudden victory - 1 over Gavin Edwards (Byron) (SV-1 7-5)

JV 152

Elliott Voth's place is 5th and has scored 7.0 team points.

Champ. Round 1 - Elliott Voth (Goodhue) received a bye () (Bye)

Quarterfinal - Merrick Radke (Byron) won by fall over Elliott Voth (Goodhue) (Fall 1:27)

Cons. Round 2 - Elliott Voth (Goodhue) received a bye () (Bye)

Cons. Round 3 - Elliott Voth (Goodhue) received a bye () (Bye)

Cons. Semi - Colton Thomas (Byron) won by major decision over Elliott Voth (Goodhue) (Maj 10-0)

5th Place Match - Elliott Voth (Goodhue) won by fall over Dexter Roach (Lake City) (Fall 3:57)

JV 172

Jose Murillo's place is 2nd and has scored 20.0 team points.

Champ. Round 1 - Jose Murillo (Goodhue) received a bye () (Bye)

Quarterfinal - Jose Murillo (Goodhue) won by fall over Carlos Ruiz (Lake City) (Fall 0:39)

Semifinal - Jose Murillo (Goodhue) won by decision over Carter Annen (Zumbrota-Mazeppa) (Dec 8-2)

1st Place Match - Parker Richards (Kasson-Mantorville) won by fall over Jose Murillo (Goodhue) (Fall 3:34)

JV 189

Brayden Schmit's place is 4th and has scored 12.0 team points.

Champ. Round 1 - Brayden Schmit (Goodhue) received a bye () (Bye)

Quarterfinal - Rocco Casalenda (Cannon Falls) won by fall over Brayden Schmit (Goodhue) (Fall 2:16)

Cons. Round 2 - Brayden Schmit (Goodhue) received a bye () (Bye)

Cons. Round 3 - Brayden Schmit (Goodhue) received a bye () (Bye)

Cons. Semi - Brayden Schmit (Goodhue) won by fall over Isaiah Schei (Stewartville) (Fall 0:29)

3rd Place Match - Christopher Flores Miranda (Cannon Falls) won by fall over Brayden Schmit (Goodhue) (Fall 1:53)

JV 189

Ethan O'Reilly's place is 1st and has scored 28.0 team points.

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

Quarterfinal - Ethan O'Reilly (Goodhue) won by fall over Christopher Flores Miranda (Cannon Falls) (Fall 2:34)

Semifinal - Ethan O'Reilly (Goodhue) won by fall over Isaiah Schei (Stewartville) (Fall 0:29)

1st Place Match - Ethan O'Reilly (Goodhue) won by fall over Wyatt King (Stewartville) (Fall 3:25)

JV 215

Riley Mirsberger's place is 3rd and has scored 7.0 team points.

Round 1 - Hudson Buchan (Kasson-Mantorville) won by fall over Riley Mirsberger (Goodhue) (Fall 0:32)

Round 3 - Riley Mirsberger (Goodhue) won by fall over Connor Ball (Lake City) (Fall 0:51)

Round 4 - Craig Kurtti (Goodhue) won by fall over Riley Mirsberger (Goodhue) (Fall 0:22)

Round 5 - Riley Mirsberger (Goodhue) won by fall over Parker Tesch (Stewartville) (Fall 1:26)

JV 215

Craig Kurtti's place is 1st and has scored 16.0 team points.

Round 2 - Craig Kurtti (Goodhue) won by fall over Connor Ball (Lake City) (Fall 0:31)

Round 3 - Craig Kurtti (Goodhue) won by fall over Parker Tesch (Stewartville) (Fall 0:55)

Round 4 - Craig Kurtti (Goodhue) won by fall over Riley Mirsberger (Goodhue) (Fall 0:22)

Round 5 - Craig Kurtti (Goodhue) won by decision over Hudson Buchan (Kasson-Mantorville) (Dec 17-16)

JV 285

Giovanni Tinajero's place is 5th and has scored 11.0 team points.

Champ. Round 1 - Giovanni Tinajero (Goodhue) received a bye () (Bye)

Quarterfinal - Cayden O'Reilly (Goodhue) won by fall over Giovanni Tinajero (Goodhue) (Fall 3:29)

Cons. Round 2 - Giovanni Tinajero (Goodhue) received a bye () (Bye)

Cons. Round 3 - Giovanni Tinajero (Goodhue) won by medical forfeit over Austin Holst (Goodhue) (MFF)

Cons. Semi - Mason Edwards (Byron) won by fall over Giovanni Tinajero (Goodhue) (Fall 2:13)

5th Place Match - Giovanni Tinajero (Goodhue) won by fall over Greg Banaszynski (Lake City) (Fall 1:41)

JV 285

Elijah Sievers's place is 4th and has scored 12.0 team points.

Champ. Round 1 - Elijah Sievers (Goodhue) received a bye () (Bye)

Quarterfinal - Mason Edwards (Byron) won by fall over Elijah Sievers (Goodhue) (Fall 3:38)

Cons. Round 2 - Elijah Sievers (Goodhue) received a bye () (Bye)

Cons. Round 3 - Elijah Sievers (Goodhue) received a bye () (Bye)

Cons. Semi - Elijah Sievers (Goodhue) won by fall over Greg Banaszynski (Lake City) (Fall 1:23)

3rd Place Match - Mason Edwards (Byron) won by fall over Elijah Sievers (Goodhue) (Fall 1:57)

JV 285

Cayden O'Reilly's place is 1st and has scored 26.0 team points.

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

Quarterfinal - Cayden O'Reilly (Goodhue) won by fall over Giovanni Tinajero (Goodhue) (Fall 3:29)

Semifinal - Cayden O'Reilly (Goodhue) won by fall over Greg Banaszynski (Lake City) (Fall 1:25)

1st Place Match - Cayden O'Reilly (Goodhue) won by decision over Griffin Grover (Kasson-Mantorville) (Dec 2-0)

JV 285

Austin Holst's place is unknown and has scored 0.0 team points.

Champ. Round 1 - Austin Holst (Goodhue) received a bye () (Bye)

Quarterfinal - Greg Banaszynski (Lake City) won by medical forfeit over Austin Holst (Goodhue) (MFF)

Cons. Round 2 - Austin Holst (Goodhue) received a bye () (Bye)

Cons. Round 3 - Giovanni Tinajero (Goodhue) won by medical forfeit over Austin Holst (Goodhue) (MFF)

Section 1 A Team Wrestling

Quarterfinals

Goodhue defeated Lewiston-Altura/Rushford-Peterson 36-31

107 – Christian Zibrowski (LARP) over Jay Ryan (Goodhue) Fall 2:00

114 – Lucas Erickson (Goodhue) over Jaxson Johnson (LARP) Dec 6-0

121 – Owen Lange (LARP) over Tim Strauss (Goodhue) TF 15-0

127 – Jeremiah Bien (Goodhue) over Nolan Happel (LARP) Fall 5:19

133 – Adam Grant (Goodhue) over Carter Bronk (LARP) Fall 1:47

139 – Jordan Zibrowski (LARP) over Hayden Holm (Goodhue) Fall 2:39

145 – Titan Tekautz (LARP) over Jack O'Reilly (Goodhue) Fall 5:40

152 – Carter Cady (LARP) over Payton Holst (Goodhue) Maj 8-0

160 – Camdyn Anderson (LARP) over Nathan Beck (Goodhue) Maj 11-1

172 – Carsyn O'Reilly (Goodhue) over Jonah Bunke (LARP) Dec 5-0

189 – Grant Reed (Goodhue) over Zach Plank (LARP) Fall 3:38

215 – Jack Carlson (Goodhue) over Avery Kammerer (LARP) Fall 0:46

285 – Caleb Kurtti (Goodhue) over Jaden Perez (LARP) Fall 0:53

Semifinals

Chatfield defeated Goodhue 47-18

107 – Jameson Priebe (Chatfield) over Lucas Erickson (Goodhue) Fall 5:05

114 – Javier Berg (Chatfield) over Jay Ryan (Goodhue) Fall 1:22

121 – Kaisen Johnson (Chatfield) over Tim Strauss (Goodhue) Fall 1:12

127 – Jeremiah Bien (Goodhue) over Hunter Polikowsky (Chatfield) SV-1 7-5

133 – Gage Bartels (Chatfield) over Hayden Holm (Goodhue) Maj 10-0

139 – Alden Pearson (Chatfield) over Jack O'Reilly (Goodhue) Fall 1:09

145 – Jack Dornack (Chatfield) over Payton Holst (Goodhue) TF 16-1

152 – Carson Rowland (Chatfield) over Nathan Beck (Goodhue) TF 16-1

160 – Ayden Miner (Chatfield) over Alexis Escalona (Goodhue) Fall 1:23

172 – Ben Carrier (Chatfield) over Carsyn O'Reilly (Goodhue) Dec 7-0

189 – Grant Reed (Goodhue) over Nathan Allen (Chatfield) Maj 11-3

215 – Jack Carlson (Goodhue) over Bralyn Burnett (Chatfield) TF 23-8

285 – Caleb Kurtti (Goodhue) over Miles Mulhern (Chatfield) Fall 4:19

Goodhue qualifies 5 for the Minnesota State Wrestling Championships!

JJ Bien 127 LBS and Jack Carlson HWT won their weight classes, while Hayden Holm 133 LBS, Grant Reed 189 LBS, and Caleb Kurti 215 LBS earned 2nd place in the Section 1 A Wrestling Tournament!

MSHSL Section 1A Results for Goodhue

107

Lucas Erickson (27-12) placed 4th and scored 0.0 team points.

Champ. Round 1 - Lucas Erickson (Goodhue) 27-12 received a bye () (Bye)

Quarterfinal - Lucas Erickson (Goodhue) 27-12 won by fall over Miles Barclay (St. Charles) 18-14 (Fall 2:58)

Semifinal - Jameson Priebe (Chatfield) 33-15 won by decision over Lucas Erickson (Goodhue) 27-12 (Dec 8-2)

Cons. Semi - Lucas Erickson (Goodhue) 27-12 won by decision over Max Loftus (Dover-Eyota) 29-20 (Dec 5-0)

3rd Place Match - Christian Zibrowski (Lewiston-Altura-Rushford-Peterson) 36-7 won by tech fall over Lucas Erickson (Goodhue) 27-12 (TF-1.5 3:59 (15-0))

114

Jay Ryan (16-19) placed 7th and scored 0.0 team points.

Champ. Round 1 - Jay Ryan (Goodhue) 16-19 received a bye () (Bye)

Quarterfinal - Parker Armagost (GMLoS) 33-15 won by fall over Jay Ryan (Goodhue) 16-19 (Fall 0:49)

Cons. Round 2 - Jay Ryan (Goodhue) 16-19 received a bye () (Bye)

Cons. Round 3 - Theo Kispert (Triton) 29-17 won by decision over Jay Ryan (Goodhue) 16-19 (Dec 6-2)

7th Place Match - Jay Ryan (Goodhue) 16-19 received a bye () (Bye)

121

Tim Strauss (7-17) placed 5th and scored 0.0 team points.

Champ. Round 1 - Tim Strauss (Goodhue) 7-17 received a bye () (Bye)

Quarterfinal - Kaisen Johnson (Chatfield) 29-10 won by fall over Tim Strauss (Goodhue) 7-17 (Fall 1:48)

Cons. Round 2 - Tim Strauss (Goodhue) 7-17 received a bye () (Bye)

Cons. Round 3 - Tim Strauss (Goodhue) 7-17 won by decision over Jaylen Renfro (GMLoS) 7-19 (Dec 6-4)

Cons. Semi - Carter Shea (Dover-Eyota) 17-19 won by major decision over Tim Strauss (Goodhue) 7-17 (MD 11-3)

5th Place Match - Tim Strauss (Goodhue) 7-17 won by decision over Benson Brunkow (Wabasha-Kellogg) 6-11 (Dec 10-3)

127

Jeremiah Bien (29-10) placed 1st and scored 0.0 team points.

Champ. Round 1 - Jeremiah Bien (Goodhue) 29-10 received a bye () (Bye)

Quarterfinal - Jeremiah Bien (Goodhue) 29-10 won by fall over Alex Ortiz (Triton) 19-19 (Fall 3:44)

Semifinal - Jeremiah Bien (Goodhue) 29-10 won by fall over Cael Smith (GMLoS) 38-11 (Fall 2:31)

1st Place Match - Jeremiah Bien (Goodhue) 29-10 won by decision over Masyn Hanson (Kenyon-Wanamingo) 30-13 (Dec 8-4)



JJ Bien taking down his KW opponent in the Section 1AA finals.

133

Hayden Holm (27-10) placed 2nd and scored 0.0 team points.

Champ. Round 1 - Hayden Holm (Goodhue) 27-10 received a bye () (Bye)

Quarterfinal - Hayden Holm (Goodhue) 27-10 won by fall over Camrion Haley (St. Charles) 11-20 (Fall 1:50)

Semifinal - Hayden Holm (Goodhue) 27-10 won by decision over Caden Haag (Dover-Eyota) 35-16 (Dec 6-4)

1st Place Match - Gage Bartels (Chatfield) 32-7 won by major decision over Hayden Holm (Goodhue) 27-10 (MD 8-0)

2nd Place Match - Hayden Holm (Goodhue) 27-10 won by no contest over Caden Haag (Dover-Eyota) 35-16 (NC)

139

Payton Holst (9-21) placed 7th and scored 0.0 team points.

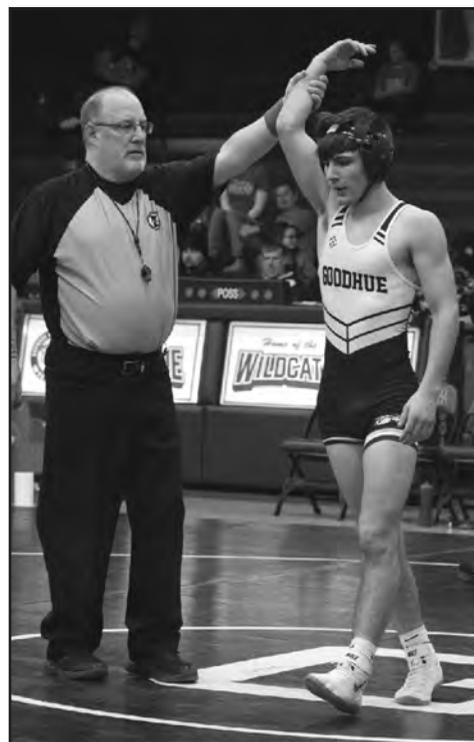
Champ. Round 1 - Payton Holst (Goodhue) 9-21 received a bye () (Bye)

Quarterfinal - Jordan Zibrowski (Lewiston-Altura-Rushford-Peterson) 28-13 won by decision over Payton Holst (Goodhue) 9-21 (Dec 9-2)

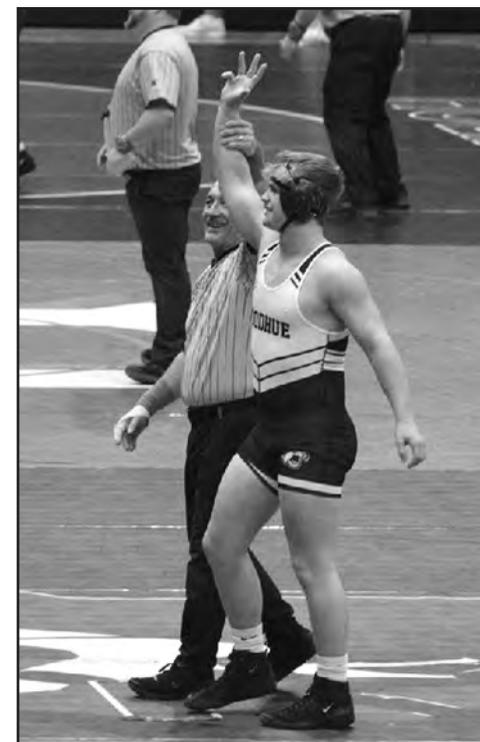
Cons. Round 2 - Payton Holst (Goodhue) 9-21 received a bye () (Bye)

Cons. Round 3 - Timmy Hogfeldt (GMLoS) 18-29 won by fall over Payton Holst (Goodhue) 9-21 (Fall 1:13)

7th Place Match - Payton Holst (Goodhue) 9-21 received a bye () (Bye)



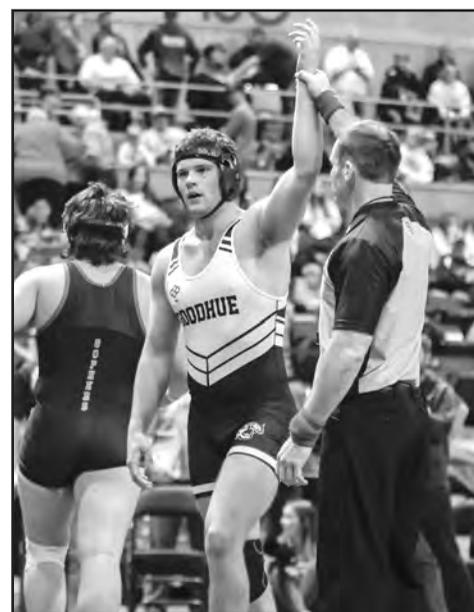
Hayden Holm of Goodhue wins his semifinal match at 133 lbs! Hayden placed second and advances to the MN state wrestling tournament in St. Paul!



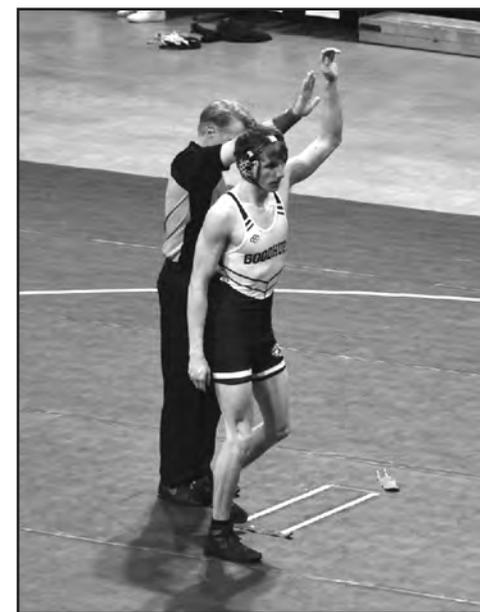
Jack Carlson of Goodhue winning the championship match in Section 1A!



Jack Carlson of Goodhue, Section A Champion at HWT!



Caleb Kurti of Goodhue with a win at Section 1A. Kurti placed 2nd at 215lbs.



Section Champ. JJ Bien

(continued on page 12)

Goodhue qualifies 5 for the Minnesota State Wrestling Championships!

(continued from page 11)

145

Jack O'Reilly (5-22) placed 7th and scored 0.0 team points.

Champ. Round 1 - Jack O'Reilly (Goodhue) 5-22 received a bye () (Bye)
 Quarterfinal - Jack Dornack (Chatfield) 34-12 won by tech fall over Jack O'Reilly (Goodhue) 5-22 (TF-1.5 3:04 (17-2))
 Cons. Round 2 - Jack O'Reilly (Goodhue) 5-22 received a bye () (Bye)
 Cons. Round 3 - Dalton Pischke (GMLOS) 22-21 won by fall over Jack O'Reilly (Goodhue) 5-22 (Fall 0:52)
 7th Place Match - Jack O'Reilly (Goodhue) 5-22 received a bye () (Bye)

152

Nathan Beck (15-22) placed 8th and scored 0.0 team points.

Champ. Round 1 - Jonas Barclay (St. Charles) 20-20 won by decision over Nathan Beck (Goodhue) 15-22 (Dec 15-8)
 Cons. Round 1 - Nathan Beck (Goodhue) 15-22 received a bye () (Bye)
 Cons. Round 2 - Nathan Beck (Goodhue) 15-22 won by major decision over Zac Gehling (GMLOS) 13-28 (MD 14-0)
 Cons. Round 3 - Damon Bye (Dover-Eyota) 34-18 won by fall over Nathan Beck (Goodhue) 15-22 (Fall 5:02)

160

Alexis Escalona (1-9) place is unknown and scored 0.0 team points.

Champ. Round 1 - Alexis Escalona (Goodhue) 1-9 received a bye () (Bye)
 Quarterfinal - Kane Larson (Fillmore C-Lanesboro-M-C Wolves) 41-4 won by fall over Alexis Escalona (Goodhue) 1-9 (Fall 1:32)
 Cons. Round 2 - Myles Thompson (Kenyon-Wanamingo) 3-15 won by fall over Alexis Escalona (Goodhue) 1-9 (Fall 3:57)

172

Carsyn O'Reilly (21-19) placed 4th and scored 0.0 team points.

Champ. Round 1 - Carsyn O'Reilly (Goodhue) 21-19 received a bye () (Bye)
 Quarterfinal - Carsyn O'Reilly (Goodhue) 21-19 won by fall over Ayden Stier (GMLOS) 13-27 (Fall 4:36)
 Semifinal - Landon Lehnertz (Dover-Eyota) 31-3 won by tech fall over Carsyn O'Reilly (Goodhue) 21-19 (TF-1.5 4:35 (15-0))

Cons. Semi - Carsyn O'Reilly (Goodhue) 21-19 won by decision over Justin Bergmann (Wabasha-Kellogg) 20-21 (Dec 6-2)
 3rd Place Match - Kiefer Olson (Kenyon-Wanamingo) 32-11 won in sudden victory - 1 over Carsyn O'Reilly (Goodhue) 21-19 (SV-1 3-1)

189

Grant Reed (33-7) placed 2nd and scored 0.0 team points.

Champ. Round 1 - Grant Reed (Goodhue) 33-7 received a bye () (Bye)
 Quarterfinal - Grant Reed (Goodhue) 33-7 won by fall over Aidan Lindell (Kenyon-Wanamingo) 7-25 (Fall 3:37)
 Semifinal - Grant Reed (Goodhue) 33-7 won by major decision over Drake Payne (GMLOS) 31-19 (MD 11-3)
 1st Place Match - Kail Schott (Chatfield) 27-2 won by decision over Grant Reed (Goodhue) 33-7 (Dec 9-2)
 2nd Place Match - Grant Reed (Goodhue) 33-7 won by decision over Andrew Wendt (Dover-Eyota) 32-15 (Dec 7-6)

215

Caleb Kurti (36-5) placed 2nd and scored 0.0 team points.

Champ. Round 1 - Caleb Kurti (Goodhue) 36-5 received a bye () (Bye)
 Quarterfinal - Caleb Kurti (Goodhue) 36-5 won by fall over Avery Kammerer (Lewiston-Altura-Rushford-Peterson) 0-14 (Fall 1:00)
 Semifinal - Caleb Kurti (Goodhue) 36-5 won by fall over Will Boelter (Chatfield) 25-16 (Fall 1:12)
 1st Place Match - Will Van Epps (Kenyon-Wanamingo) 40-2 won by decision over Caleb Kurti (Goodhue) 36-5 (Dec 3-1)
 2nd Place Match - Caleb Kurti (Goodhue) 36-5 won by no contest over Will Boelter (Chatfield) 25-16 (NC)

285

Jack Carlson (33-3) placed 1st and scored 0.0 team points.

Champ. Round 1 - Jack Carlson (Goodhue) 33-3 received a bye () (Bye)
 Quarterfinal - Jack Carlson (Goodhue) 33-3 won by fall over Jaden Perez (Lewiston-Altura-Rushford-Peterson) 9-23 (Fall 2:40)
 Semifinal - Jack Carlson (Goodhue) 33-3 won by decision over Aidan Gasper (Dover-Eyota) 32-13 (Dec 8-2)
 1st Place Match - Jack Carlson (Goodhue) 33-3 won by decision over Miles Mulhern (Chatfield) 36-9 (Dec 7-1)

Goodhue Wrestling Managers at the State Wrestling Tournament



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Caleb Kurti places 4th at the Minnesota High School Wrestling Tournament!

Submitted by Chad Otterness

Caleb won 3 matches and lost 2 to take 4th place at the state tournament in St Paul, Minnesota. JJ Bien went 2-2, but did not place. Other Goodhue wrestlers competing were Hayden Holm 133 LBS, Grant Reed 189 LBS, and Jack Carlson HwT.

MSHSL State Championships Results for Goodhue

127A

Jeremiah Bien (31-12) place is unknown and scored 0.0 team points.

Champ. Round 1 - Jeremiah Bien (Goodhue) 31-12 won by fall over Drew Rasch (Fertile-Beltrami) 35-10 (Fall 3:40)

Quarterfinal - Devin Carter (Tracy-Milroy-Balaton-Westbrook-Walnut-Grove) 39-5 won by decision over Jeremiah Bien (Goodhue) 31-12 (Dec 10-6)

Cons. Round 1 - Jeremiah Bien (Goodhue) 31-12 won by decision over Orran Hart (Bertha-Hewitt-Verndale-Parkers Prairie) 32-12 (Dec 8-4)

Cons. Round 2 - Wyatt Novitzki (Holdingford) 46-7 won by decision over Jeremiah Bien (Goodhue) 31-12 (Dec 7-1)

133A

Hayden Holm (27-12) place is unknown and scored 0.0 team points.

Champ. Round 1 - Parker Kamm (Lake Crystal Wellcome Memorial Area) 31-9 won by decision over Hayden Holm (Goodhue) 27-12 (Dec 7-0)

Cons. Round 1 - Benito Diaz (Sibley East) 42-3 won by decision over Hayden Holm (Goodhue) 27-12 (Dec 7-2)

189A

Grant Reed (33-8) place is unknown and scored 0.0 team points.

Champ. Round 1 - Eli Roiko (United North Central Warriors) 30-8 won by decision over Grant Reed (Goodhue) 33-8 (Dec 6-0)

215A

Caleb Kurti (39-7) placed 4th and scored 0.0 team points.

Champ. Round 1 - Caleb Kurti (Goodhue) 39-7 won by fall over George Doherty (LeSueur-Henderson) 38-9 (Fall 5:03)

Quarterfinal - Caleb Kurti (Goodhue) 39-7 won by decision over Jaxon Bartkowicz (Holdingford) 44-5 (Dec 3-1)

Semifinal - Jacob Schimek (Saint Clair-Mankato Loyola) 49-2 won by decision over Caleb Kurti (Goodhue) 39-7 (Dec 5-3)

Cons. Semi - Caleb Kurti (Goodhue) 39-7 won by decision over Isaiah Renne (Atwater-Cosmos-Grove City) 46-9 (Dec 6-5)

3rd Place Match - Carson Gilbert (Belgrade-Brooten-Elrosa) 43-4 won by fall over Caleb Kurti (Goodhue) 39-7 (Fall 0:45)

285A

Jack Carlson (33-4) place is unknown and scored 0.0 team points.

Champ. Round 1 - Jaren Winselman (Adrian Area) 42-4 won by decision over Jack Carlson (Goodhue) 33-4 (Dec 12-6)



Caleb Kurti, 4th place at the MN State High School Wrestling Tournament! 215 lbs



Hayden Holm, Jack Carlson, Caleb Kurti, JJ Bien, Grant Reed state qualifiers.



Caleb Kurti pinning his opponent at the state tournament!



Goodhue wrestler Grant Reed 189 lbs

Down on the Farm/ Up at the Cabin How to Make Friends in a New Community: Being Helpful

By Monica & Claudia Vanderborght

When all is said and done, it still takes time for a home purchase to close. Monica finally had a purchase agreement on a small farm: 20 acres with rolling topography and some fenced pasture, a barely nice four-bedroom home with attached garage, and a huge 40' x 90' pole barn. And still some summer remained to make local friends before her teaching job began in September.

Monica's daughter was grown with a family of her own – it's difficult to make friends when your kids are adults. But church would be a key to meeting some local folks and maybe some farmer friends. (Farming sounded like fun, but Monica realized that she knew nothing and would have a lot to learn.)

Monica settled into a local community church. Although the congregation was small, it was welcoming. With instant friends: there were two female veterans, a single middle-aged teacher, and a few families who farmed. Having time on her hands before house closing and school starting, Monica offered to help her new friends with whatever was needed. One family invited her to help trim grape vines in their vineyard; it was hot,

sweaty work, standing on a steep hillside -- but Monica liked being outdoors and loved learning new skills.

One Sunday, Monica listened to the teacher exclaiming frustration about her basement renter: the gal was behind on rent, causing problems, and refusing to leave. Monica had heard many stories from her dad about how difficult it was to evict tenants, usually costing thousands of dollars and causing months of frustration. Monica is a problem solver, had experience with renters, and loves to help others; she offered her new friend help in evicting the tenant.

"Let's make this official," Monica suggested. "Write up a lease and I will pay you \$1 in rent to make the contract legally binding."

Contract in hand, Monica packed a few clothes, her cooler and grill, the air mattress, a few miscellaneous essentials, and moved into the other basement bedroom. The difficult tenant had gone away for the weekend, so while she was gone Monica helped pack her belongings.

Anything that might be used as a weapon (knives, tools) were stored at the bottom of the box, clothes and dishes on top. Two days later, the delinquent renter returned and discovered Monica -- her new, helpful roommate.

The shouting and cursing began, including pleas like, "Where I am supposed to go? I have nowhere to live! How am I supposed to move? I have nowhere to go..."

After pointing out that this was not the homeowner's or Monica's problem, Monica

ignored her. The homeowner simply repeated her requests for rent owed.

Knowing that possession is nine-tenths of the law, Monica was careful not to leave the apartment. When dinner time came and she wanted to use the grill, Monica simply locked the bedroom door and climbed in and out of the window!

The tenant was -- of course -- furious and threatened to call the police. Both the homeowner and Monica agreed that was a wonderful idea (much to the chagrin of the apartment squatter). A very nice officer came to the home, understood the dilemma, and asked to speak with each person individually.

When it was her turn, Monica presented her driver's license and military identification (knowing that many officers had served in the military).

"I have my own home," Monica explained, "but I am just trying to help my friend, the homeowner."

"You know this isn't the normal way of doing things," the officer said.

To which Monica completely agreed. So the officer phoned the chief for advice on the legalities of the situation.

"Good news and bad news," the officer told the young lady. "No, the homeowner cannot force you to move out. You have a legal right to stay and make the homeowner go through the normal eviction process. The bad news is that Monica, having a legitimate lease, also has a legal right to stay."

Within 24 hours, still shouting and cursing, the delinquent renter packed up the rest of her belongings and moved out. Monica left a day or so later.

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Prepare to Pay the Price for More "Clean" Energy



Rep. Pam Altendorf (R) District: 20A

Perhaps you've heard an old tale that goes something like this: one day the sun and wind challenged each other to see which could force a man to remove his coat. The wind went first, trying to blow the jacket off the man's body with overwhelming gusts. It didn't work. The sun then gently shined light down on that man, who went from clutching his coat to taking it off as the warmth of the sun persisted.

Moral of the story: you can often accomplish more with a delicate, not overpowering approach.

In Minnesota, many are concerned about unreliable and costly energy choices being

forcibly inflicted upon them. Last session, Governor Walz signed a bill into law that mandates carbon-free energy (in other words, eliminating coal and natural gas) in Minnesota by the year 2040. The cost: \$313 billion.

Because the energy infrastructure does not currently exist in Minnesota to meet this mandate, energy producers will be forced to update and replace what is currently in place. Anyone who knows anything about business understands that this increased cost will ultimately be passed back to the paying consumer through higher energy bills. In this scenario, the \$313 billion amount translates to nearly \$3,900 per family, per year.

Starting this month a new Democrat-approved law will give you a \$2,500 rebate if you purchase an electric vehicle (EV). With the average price of a new EV ranging from \$50,000 to \$70,000, who among us will take advantage of this rebate? Clearly, it's not low-to-middle class income drivers, which means the government is now using your tax dollars to entice rich drivers to buy expensive EV's.

In addition to our state government picking winners and losers in the new car sales game, there is the major problem that the State of Minnesota simply does not have the infrastructure to charge a large amount of EV's. Over a recent cold snap in Chicago, we all watched as travelers were stranded next to their vehicles because the weather conditions didn't allow EV stations to work. The same will eventually happen here, just more often, as our cold snaps last significantly longer than they do in Chicago during normal winters.

This session, it's expected that the Walz ad-

ministration will adopt California's "Clean Transportation Standard." Doing so will raise fuel prices by at least 50-cents per-gallon and will cost southeastern Minnesota's families between \$400 to \$600 more each year. Not only will these tax increases disproportionately hurt the working poor but will also hurt our economy and hammer border businesses. There's no doubt in my mind that people in Red Wing will drive over to Hager City, Wisconsin to fill up if that means saving \$10 each time they refuel.

We all should have the same goals: clean, reliable, affordable, and smart energy. So how do we get there? Nuclear. More specifically, other proactive countries and states are choosing new small modular nuclear technologies. Remarkably, nuclear is about as clean and reliable of an energy source that is available. New technology nuclear is forward thinking versus embracing wind and solar which is costly, inefficient - especially in Minnesota's long, dark winters - and replacement is needed every 10-20 years. Did you know solar panels and wind turbines are not recyclable? Does that sound very "green" to you? Yet, elected Democrats last session voted against an amendment that would finally remove the moratorium on nuclear energy. By doing so they're not allowing Minnesotans to explore best energy options.

Our state is making reckless energy decisions that put us at risk of upsetting our energy grid and causing rolling blackouts. Many Minnesotans are financially hurting and didn't ask for and do not want increases in additional gas taxes at the pump and excessive energy costs on our monthly state-

ments.

While clean and efficient energy policies should be a priority, Governor Walz could learn a thing or two from the tale of the sun and wind. Forcing unprecedented, unreliable, dangerous and expensive energy legislation onto the people of Minnesota is only making many residents clutch their jackets tighter. Your voice matters. Contact the Walz administration and demand accountability and balance in these crucial legislative decisions.

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Bellechester City Council Meeting Minutes

January 17, 2024 @ 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 Redepening, Treasurer Kyle McKeown and Engineer Matt Mohs.

Minutes of December 20, 2023 regular meeting minutes were reviewed and motion was made by Jered Buxengard with a second by Rich Majerus to approve the minutes. Motion carried.

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

Old Business:

• Sewer project – update progress- we have the approval to move forward to go out to bid. Wabasha county will be paving this

summer. Matt checked with them so we can coordinate with them on our sewer lining project. Sewer laterals and televising will be done. Bids will go out for 3 weeks with selection and approval at February meeting. March hopefully contracts will be in place and if all good, we can start the project. Substantial completion date of mid-December. We have 1 area that needs to wait until fall harvest. Final completion date to be end of February, 2025. The contractor will be asked to have pre-televising work done by 5/10, if problems arise, 5/24.

• Water meter project – draft bid package is done. All reports from Rochester Plumbing were also included in the package. We hope to have to Rural Development next week for review. Extra meters will be included so we have spares. Any places we could not get into, we will ask they can try. The billing software, computer, printer and 1 year subscription will be included in the project that will go out to bid.

New business:

• Lining Project - Review and approve the

plans and specifications and set the bid date. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the plans and specifications and authorizing the project be advertised 2/14 @ 10 and bid date as presented. Motion carried.

• Lining Project - Review and sign the Rural Development Guide 5. Motion was made by Jered Buxengard with a 2nd by Mark Gerken to approve and sign the Rural Development Guide. Motion carried.

• Committee Appointments for 2023 – set and approve. Motion was made by Rich Majerus with a 2nd by Mark Gerken to set the committee appointment as 2023 with attorney separation. Motion carried.

• Set Board of Equalization Date and Change April Meeting – approve. Motion was made by Mark Gerken with a 2nd by Jered Buxengard to set the Goodhue County Board of Equalization meeting and move the April council meeting to April 18th. Motion carried.

• 2023 Cash Reporting Final Report – approve. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the 2023 Cash Reporting Final as presented. Motion carried.

Engineer Report – Monthly progress meetings required and will be held during our Sewer Project Lining. Matt sent in a budget to the state on our lead service lines and water services as work orders will start to be sent by State of MN.

Clerk Report – LGA Received - \$12478.50, as well as an additional \$7702.00 that recipients must use the funds to provide public safety. Savings Account – FYI - 2023 Ending Balance is \$42,400.62. We earned \$212.78 in interest this year. Street Construction Loan Payment – Final payment this month! Lining Project – FYI - the bid date will be set for Wednesday, February 14, 2024. The bid opening will be at 10 AM at

the Bolton & Menk office in Rochester. 2023 Committee Appointments – FYI ~ Acting Mayor: Mark Gerken; Ambulance: Rich Majerus; Bank: First Farmers & Merchants; Attorney: Gorman; Fire Association: Kyle Blattner/Jered Buxengard; Paper: News Record; City Engineer: Matt Mohs ~ Bolton & Menk, Inc. The only addition/change is to designate Goodhue County Attorney's Office as our prosecuting attorney and Gorman our civil attorney. Goodhue County Board of Equalization Meeting date/April Council Meeting – The county has set our meeting for Thursday, April 18, 2024 at 4:30 pm at the Bellechester Community Center. The council meeting will start at 5:00. Wabasha county meeting with be held open book format, which means they contact the county directly. Quarterly/End of Year Filings – are completed. After approval of the year end report, I will submit items to state auditor.

Treasurer Report – Past due list was distributed.

Water/Wastewater/Facility Report – Weekly checks and quarterly samples are ongoing.

Mayor Concerns: Grants are opening up for Park projects. Lions are working on this.

Council Concerns: None

Adjourn

Motion was made by Kyle Blattner with a second by Jered Buxengard to adjourn the meeting. Motion carried. Meeting was adjourned at 6:51. Motion carried.

Submitted by Lisa Redepening

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. The regular monthly city council meeting will be moved to this day also, immediately following.



Hello from the State Capitol,

There was a minor positive and a major negative unveiled in Minnesota's most updated state budget forecast.

Minnesota's economic experts found that our state projects a positive balance of \$3.7 billion for the remainder of the current fiscal year but also finds a \$1.5 billion deficit for the upcoming budget cycle.

If you're a fan of instant gratification, you'll take positives from the surplus projection for the remainder of this fiscal year. But if you care at all about our state's long term fiscal health, you'll see we've got a big problem staring us in the face. If the Democrats wastefully spend the surplus that exists in this current budget cycle, that problem is going to worsen substantially.

The Democrats' deficit could have been avoided by using common sense while enacting their budget last session. At that time, Minnesota had a nearly \$20 billion budget surplus. By the time session ended in May, the Democrat majority spent every bit of that amount, raised taxes by an additional \$10 billion so they could continue their spending spree, and ultimately crafted a budget that increased state spending by 40%.

As part of the forecast presentation, Minnesota's budget experts found that spending will significantly outpace income revenues during Fiscal Year 26-27.

This means any new and permanent spending the Democrats approve this year will only increase the deficit projection their decisions have created. It's my hope they will recognize that we are nearing the edge of a fiscal cliff and will finally stop their reckless spending.

Lefse

Recipe by Mrs. H.V. Anderson

Ever long to make fresh lefse yourself? Here is a recipe that is time proven.

- 5 cups mashed or riced potatoes
- 1 tsp salt
- 2 tbsp butter or cream added while potatoes are hot
- Let stand while covered until real cold
- Add 2 cups flour, work in real well
- Take a small piece and roll real thin, using as little flour as possible
- Bake on top of stove, turn real often until slightly browned all over



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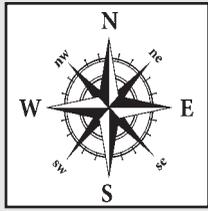
About the Minnesota Country Salute CD Project:
A decade ago while sitting on his porch, Neil Freeman came up with the idea of tying together two groups that BOB FM supports. The Homegrown artists of Minnesota and the military member support organizations. By creating a compilation CD to sell across Minnesota, 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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Goodhue-Bellechester Messenger

Changes in Latitudes, Changes in Attitudes Self-Checkouts and the "Pig"



By Terry Campbell

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



I do not care for self-checkouts. I never wanted to be a cashier at Dollar General. When I go to a store I expect to be waited on. I stop at the Piggly Wiggly in town. The "Pig" was the first self-service grocery store in the country. It started in 1916 in Tennessee, and no one knows why the name. But down here everyone loves them and refers to them as the "Pig". Originally no one shopped for groceries. You gave your list to the clerk, who filled your order. The Piggly Wiggly changed all that.

There are always a couple smiling faces from the clerks standing at the checkout lines. They are genuinely friendly and talkative. Southern kids seem more respectful and courteous. They check the egg carton for cracked eggs. The other night the young girl went to ring up my groceries and she noticed a rip in the brown sugar bag. I never saw it, but she ran off to get another one off the shelf before finishing up my purchase. They have carry-out kids as well. They put the bags in the cart and start for the door. You just walk behind them and point them to your vehicle. They ask about your day, talk about the weather, inquire about your plans for the weekend. It is refreshing to have a pleasant visit. I usually have my old black lab in the back seat of my pickup and they say hello to my dog and tell me about their pet, while stacking the bags in the front seat. I don't ever expect Piggly Wiggly will have self-checkouts.

One evening I had to drive to Clarkesville to get dog food. I feed NutriSource dog food. It is a high-quality food and that was the clos-

est store that sells it. It's a forty-five minute drive to J-M Petland. I take State Hwy 79 into Clarkesville and turn on Charlemagne which intersects Fort Campbell Boulevard. Charlemagne Blvd is where the tornado hit Clarkesville in December of 2023. Over ninety homes were destroyed along that road.

I don't go up Fort Campbell Blvd very far. It will take you right into the Army base. I tried going to Fort Campbell one time to get an item my wife bought off marketplace. I had to stop at the guard shack to get permission to enter the base. They asked for driver's license, proof of insurance and vehicle registration. There was a very grumpy guard on duty. My insurance card had my name, address, vehicle information and VIN. He asked where my vehicle registration was and I said the info was on my insurance card. He wouldn't even look at it. He just looked at me and barked back that shouldn't even show up without the proper documentation, I was told to leave immediately and "Next". I left feeling fortunate I wasn't shot over this infraction.

On my way back from the pet store I stopped at the Dollar General outside of Woodlawn. I recall a red Mustang convertible leaving as I pulled in. I went in to get some plastic flowers for a window box on our house. We don't plant real flowers so we don't have to water them. I selected my red, blue and yellow flowers and looked for a clerk. No one was to be found. I went to the self-check out and rang up my order, paid with my card and looked around before leaving. It was after 9pm and no one in the store. I walked out to my pick-up and then noticed there wasn't another vehicle in the parking lot. I had just shopped at a non-staffed store. Maybe the girl in the red Mustang was the employee and just decided to go home early for the night.

As I drove home, I pondered this experience. There are big cities where people loot stores and shoplift merchandise at will. Some stores have to lock up items to keep them from walking out with light fingered shoppers. I am so happy to live in a place in Tennessee where people have integrity and be part of a community where the honor system works because the people there can be trusted. Nationwide the trend for self-checkout seems to be reversing. Todd Vasos, Dollar General CEO just announced that a number of stores opened in the last year with self-checkout only, will be converted back to conventional clerk checkout shortly. It seems that shrinkage at these un-manned stores is more than double the national average. I stopped by at the local DG the other day to buy an electric shaver. After I completed my task as a checkout clerk, I headed out. I hadn't been trained on how to deactivate the magnetic tab on the box. That is where the alarm went off. I had tripped the theft alarm

at the front door with my shaver purchase. I wasn't paid to be part of the loss prevention

team so I just walked to my car with the alarm bell ringing in my ear.

A Minnesotan: Easter Bunnies



By RosaLin Alcoser

There are many things to be said about Easter Sunday. From egg hunts to new Easter hats to funny Easter morning sermons that we've all heard at church. All of which I could go on and on about.

One of the things that has always been my favorite since I learned about chocolate has been Chocolate Easter Bunnies. But my love for them is nothing compared to the love my father has for chocolate bunnies. He loves them so much that I have seen him sing about them as he does a little dance. What he especially loves to do is to bite their ears off.

About two Easters ago my father, the

pastor, was given multiple chocolate Easter bunnies by members of his churches. He was probably given about four or five bunnies that year from church members plus the one that we had already gotten for him.



The fact that he had multiple bunnies excited him to no end and that afternoon he felt he needed to bite the ears off of each chocolate bunny in succession. So we stood with the camera ready to watch him do just that, because one of those church members who had given him a bunny asked to get a photo when he went to bite the one she gave him.

So, he went down the line biting into the ear of each chocolate bunny and then he got to that last one that we had been asked to take the photo of. And when he bit into it, it wasn't chocolate, but instead was hollow plastic. It looked so much like it was real chocolate he didn't even suspect that it wasn't real. After that he started to shake it and take it apart in hopes that there would be candy inside of the plastic bunny.

However, it was much like the tomb when he opened it up there was nothing there. The disappointment painted across his face when it dawned on him that he had been tricked was like no other. It was also the exact reason we were asked to photograph the moment.

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From All of Us at the Goodhue-Bellechester Messenger



MDA Offers Mini-Grant for Produce Growers

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

Minnesota produce farmers who improve their on-farm food safety systems may be eligible to reimburse those expenses through the Minnesota Department of Agriculture's (MDA) 2024 Produce Safety Mini-Grant, which is now accepting applications.

The Produce Safety Mini-Grant will distribute a total of approximately \$33,600. Awardees will receive up to \$800 per farm. No matching funds are required.

To be eligible, applicants must be produce growers farming in Minnesota, who grow and sell one or more of the following crops: leafy greens, apples, berries, carrots, cucumbers, garlic, green beans, herbs, melons, microgreens, mushrooms, onions, peppers, sprouts, summer squash/zucchini, or tomatoes.

Applicants must also have completed the Minnesota Department of Agriculture Produce Safety Program Grower Questionnaire at least once between 2021-2024.

Expenses must occur on or after October 1, 2023 or be planned to take place before August 2, 2024. Examples of eligible expenses include:

- Supplies to build or purchase a portable handwashing station
- Harvest totes or collection tools
- Water testing for generic coli
- Consultation fees for developing an on-farm food safety plan
- Waxed boxes and market containers

Additional information and the online application are available on the MDA website.

Farmers can contact the MDA Produce Safety Program at 651-539-3648 to request a paper copy. Applications will be accepted through 11:59 p.m. on March 30, 2024.



Funds Available to Boost Minnesota Livestock Product Sales

Meat, poultry, egg, and milk processors focus of MDA grant program

Minnesota livestock product processors seeking to start-up, modernize, or expand their businesses are encouraged to apply for the Agricultural Growth, Research, and Innovation (AGRI) Meat, Poultry, Egg, and Milk Processing (MPEM) Grant.

Funded through the Minnesota Department of Agriculture (MDA), the intent of the MPEM Grant is to increase sales of Minnesota-raised livestock products by investing in equipment and physical improvements that support processing, capacity, market diversification, and market access.

The MDA anticipates awarding up to \$750,000 in 2024 MPEM Grants using a competitive review process. The maximum award amount is \$150,000, and the minimum

award amount is \$1,000. Grantees are responsible for 50% of the first \$50,000 of project expenses, and 75% of the total remaining costs above \$50,000.

Individuals (including farmers), businesses, agricultural cooperatives, nonprofits, educational institutions, local unit of governments, or tribal governments that intend to be or are engaged with livestock slaughter or processing are eligible for the MPEM Grant. Projects focused on meat and poultry processing, especially slaughtering, will be prioritized in this round of funding.

Grant applications will be accepted until 4 p.m. on Tuesday, April 9, 2024. For further information and to submit your online application, visit the AGRI Meat, Poultry, Egg, and Milk Processing Grant web page.

This call for MPEM Grant applications follows a previous round of applications announced in fall 2023. Recipients of the 2023 MPEM Grants will be announced at a forthcoming date.

Funding for the MPEM Grant is made available through the MDA's AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.



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