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Memories of Christmas Past

Each year we visit with some of our senior citizens and relate their tales of Christmases long ago. Here are four stories from years in the past. *(continued on page 6)*

Announcements

• **There will be a live Nativity at Grace Lutheran Church, 39774 County 4 Blvd on Saturday, November 30th from 4:30-6:30 PM.** Food and cash donations will be accepted for the local food shelf.

• **Belvidere Happy-Go-Luckies 4-H Club** (usually) meets the first Monday of each month at 7p.m. at St. Peter's Church, rural Goodhue. New members are always welcome! Contact club leader Michelle Benrud at 651-923-5247 for more information.

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@threeriverscap.org

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

Corner Bar Celebrates 20 Years; Hosts Hat Bar, S'mores Bar and More

By Beth Brekke



Erected in 1901, the familiar brick building with the turret at the corner of Second Street and Second Avenue has always been home to a liquor establishment, except when it housed the Garrick Theater and the United Food Store during prohibition. The business has changed hands many times with the cur-

rent owners the longest-term proprietors.

Tracy Reese purchased the bar when she was just 21 years old. The business evolved into a family endeavor with sister, Miranda; mom, Brenda and partner, Bill Ringeisen. The family celebrated 20 years of ownership on September 28th with all-day drink specials and evening entertainment by Hayden Ashworth and Generation. The bar business has its ups and downs and varies with the seasons. Good snowmobile weather will bring customers in during the winter but one of the most memorable days was one summer when 300 motorcycles rolled in from the Metro area.

There is always something interesting on

the schedule like the recent chili cook-off or trucker hat pop-up event. Melissa Ledford started her hat making business this summer. She offers a wide variety of hat colors and patches to mix and match to create your own style. Once you decide on a design, the patches are taped in place and heated with a hat press until they are adhered to the cap.

(continued on page 5)

Grand Re-Opening at J-Hill Promotions

By Beth Brekke

Months of preparation led up to the former Lodermeier Implement parts and service counter area transformation that was unveiled at J Hill's grand re-opening celebration Wednesday, November 20th. *(continued on page 10)*

Pictured to the right: The former Lodermeier's parts and service area has been transformed into expanded shopping space for the adjacent J Hill showroom. The Hilleshiems refurbished damaged flooring from the school gymnasium for part of the store.



Farmers' Share Supper Feeds More Than Expected



The Goodhue FFA chapter hosted its first "Farmers' Share Supper", charging \$1.50 per meal, the estimated income a farmer would receive for the commodities. The line was long and the meals sold out quickly with nearly 300 served.

By Beth Brekke

The Goodhue FFA chapter wasn't sure what to expect as they prepared for their first Farmers' Share Supper held Thursday November 21st. *(continued on page 4)*

MERRY CHRISTMAS and HAPPY NEW YEAR

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Keep Christ in Every Day!

By Pastor Marty Weigand,
Grace and St. Peter's
Lutheran Churches (WELS)
of Goodhue, MN

Around this time of year you may see signs reminding you to "Keep Christ in Christmas!"

That's a good reminder, because we're tempted to get so busy with celebrating the earthly traditions of the holiday- shopping for presents; putting the lights and the tree up; baking cookies and planning family gatherings- that we lose sight of the real thing Christmas is supposed to be about.

What is Christmas about? The angel said it to the shepherds on the first Christmas night: "Today in the town of David a Savior has been born to you; he is Christ the Lord." (Lk 2:11 NIV) I hope this Christmas the biggest part of your celebration will be remembering that Jesus the Savior was born for you, to pay for your sins and win you a place with him in heaven forever as a gift of God's grace.

There will be some great opportunities to do that in some of the special Christmas services that area Christian congregations, including the ones I serve, will be holding this season. If you don't know much about the one whose birth we celebrate at Christmas, or what it means, come and find out!

But I think there's another, even greater danger Christians are tempted to fall prey to than leaving Christ out of Christmas: That's leaving Christ out of our everyday lives.

The devil would love it if Christians would all confine Christ mainly to an hour per week or so of their lives, at most, when they go to church- and live the rest of their lives without thinking much about Christ or letting him make much of a difference in their lives. The world around us will tempt Christians to do just that. And the sinful flesh that still lives

inside of Christians will tempt them to feel it's easier to live their daily lives in this way, because then they fit in better with the world around them and many of the people around them.

But Christ isn't just for Christmas; and he's not just for Sunday mornings and Wednesday evenings. If you belong to Christ, then he is THE most important part of your life- He is your life! - 24 hours a day, seven days a week.

Sadly, we Christians, myself included, don't always treat him that way. But when we remember the One we belong to- the same One whose birth we celebrate at Christmas- that makes a wonderful difference in

our lives, whatever day of the week or year it is.

When we remember him, we remember that we have forgiveness of all our sins in him, and the privilege of being God's children as a gift, through faith in him, who paid for our sins on his cross.

When we remember him, we remember the guidance he has given us for our daily lives, that blesses us and others when we follow it- whether it's "Love your enemies and pray for those who persecute you," or "You cannot serve both God and money," or "Seek first his (God's) kingdom and his righteousness, and all these things (food, clothes, etc.) will be given to you as well." (Mt 5:44, 6:24 & 6:33

NIV)

When we remember him, we have the security of knowing death won't be the end for us, but he will raise us to eternal life with him; and the security of knowing he who so loves us and has such power is with us and watching over us in love right now.

When we remember him, we know our life on earth is not meaningless, but we get to do all things to his glory and give him praise, and to be his tools to pour out his gracious love on others, and it brings joy to him, to whom we belong, and joy to our hearts, too!

Dear fellow Christians, keep Christ in Christmas; but even more, keep him in every day of your life! Amen.

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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.
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Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration
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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.
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GRACE EV. LUTHERAN CHURCH (WELS)

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

AREA CHURCH DIRECTORY God, the Provider (II)

"Do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you at that time what you should say." — Luke 12:11-12

There is a common misunderstanding in many churches. Many Christians think there is a big difference between proclaiming God's Word from a pulpit and sharing his truth in a conversation. Similarly, lots of Christians think the apex of evangelism happens on a Sunday morning in a sanctuary and not in a coffee shop or in a car ride to work.

As Christians, we often think that to share the gift of salvation with someone, we first have to be qualified academically or be trained in a special way. As a result, we can get tangled up in our inabilities, bogged down by our insecurities, and overwhelmed with fears of failing ourselves, others, or—even worse—God.

But you aren't called because you're qualified; you're qualified because you've been called. Your life, regardless of religious education or ability to speak in public, is a testimony in itself. It's the story of God's redemption and restoration plan in you.

God knew you even before he established the foundations of the earth. He created you, wired you, and called you by name. God has adopted you as his child into his eternal family, and he has entrusted you with his kingdom work, which simply means sharing with someone the good news of forgiveness from sin and of new life in Christ forever. So share the good news today!

God, thank you for qualifying all of us whom you have called. Strengthen us by your Spirit to share the good news of your kingdom. Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

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

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Pastor Steven Frentz
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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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Obituaries

Cynthia "Cindy" Lynn Tonsager

Cynthia "Cindy" Lynn Tonsager, 72, of Goodhue, died Monday, November 11, 2024 at St. Crispin. She was born July 7, 1952 in Sioux Falls, South Dakota to Raymon and Marian (Schafer) Jones. She was raised in Chamberlin, South Dakota and graduated from high school there in 1970. On December 10, 1980, she married Tom Tonsager and they lived in Goodhue. For many years, Cindy delivered the Hiawatha Valley Shopper. She was a member of St. John's Lutheran Church, Minneola as well as a past member of the Goodhue Lion's Club, where she had been the first female member. Cindy enjoyed counted-cross stitching, jigsaw puzzles, going for walks, NASCAR and traveling.

She is survived by her husband, Tom; 2 children from her previous marriage, Michael

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Altman and Karla Altman Cummings; 2 grandchildren and a brother, Douglas Jones. She was preceded death by her parents and a brother, David Jones.

Memorial service was at 1 p.m. Saturday, Nov. 16, 2024 at St. John's Lutheran Minneola. Reverend Randall Kuznicki officiated. Visitation was one hour prior to the service and burial was at the church cemetery.

Memorials are preferred to the church. Arrangements handled by Mahn Family Funeral Home, Bodelson-Mahn Chapel. Online condolences may be sent to the family at www.mahnfamilyfuneralhome.com

Mary Stechmann

Mary Lou Stechmann, age 74, passed peacefully on November 10, 2024 at Rochester East Health Services. She was born April 20, 1950, the oldest of Philip and Rose Brekke's six children. She lived on the family homestead in the Burnside area of Red Wing until she was 15. She then stayed in foster homes and graduated

from Zumbrota High School in 1969. She married Norman Hansen and they had two daughters. She was later married to Darold Stechmann until his death in 1980.

Mary worked at the Red Wing Health Center and loved her job at Treasure Island Casino. She enjoyed crafts and coloring, BINGO and bowling. She was a member of the Bill W. Program (AA) having more than 35 years of continuous sobriety.

Mary had a caring heart and enjoyed spending time with her friends and pets. Although often separated, she had a deep love for her family. She recently reunited with all five of her siblings together in one place for the first time in their lives. She had a great sense of

humor and laughed easily, even when she didn't want to.

Through her faith in Jesus, Mary is now reunited with her parents; former husband, Darold; beloved aunts, uncles, cousins and friends. She is survived by her daughters, Angela (Jason) Stillwell and their children and Carol (Nathan) Webster; her siblings, Joyce Christensen, Larry (Beth) Brekke, Dorothy (Gordy) Hinderscheit, Susanna Cantos, and Andrew Brekke; many nieces, nephews and friends including her bestie and caregiver, Lynn Larson.

A small, family gathering in Mary's honor will fulfill her wishes.



Please join us in a Benefit for
Baby James Haugen "JJ"

December 7th, 2024

Live Auction!!!

Silent Auction!!!

Monetary donations can be made at Heritage bank Northfield or Dennison branches OR The State Bank of Faribault at both Faribault or Prior Lake branches to the **James Jacob Haugen benefit fund**

Nick and Danielle (Kawell) recently found out that their unborn baby boy, James Jacob, who will join us via c-section at the end of December has a rare genetic condition called XSCIDs (X Linked Severe Combined Immunodeficiency) and will be born without an immune system. Baby James will under go a bone marrow transplant to give him a new immune system. JJ will have a long road ahead of him, spending the first half of his life in a hospital setting and in and out of appointments. During this time both Nick and Dani will be out of work to avoid the possibility of bringing any sickness into their home to keep baby James as safe as possible.

Saturday December 7, 2024 from 1 - 5pm at
The Northfield Ballroom - 1055 MN -3, Northfield, MN 55057
Sandwiches and dessert provided - Cash bar available

Please contact Camille for donations, silent auction or live auction items at 507-210-5056

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Farmers' Share Supper Feeds More Than Expected

(continued from page 1)

The event was held at the Lion's Community Center beginning at 6 PM and it was soon clear that they would serve a larger crowd than expected. The serving line stretched from the kitchen counter through the large room, the entry, out the door and down the sidewalk.

The purpose of the event was to raise awareness of the persistent issue of low commodity prices and profit margins by charging only what farmers receive for their products. For the low price of \$1.50, each diner received a hamburger on a bun that could be topped with lettuce, tomato, catsup and mustard; potato salad, pasta salad, a bar, milk and water. The first 240 burgers sold out so more were purchased and quickly picked up from the Country Station.

Organized and hosted by the FFA chapter, members collected money and served the



Goodhue FFA members serving diners at the "Farmers' Share Supper" were (l-r): Jaysa O'Connor, EmaRae Holst, Clara Mandelkow, Liesl Veiseth, Luccy Wachholz, Laura Ludwig, Harper Kells, Brynn Frederick and Beatrix Miller.

food with help from a few adult volunteers. The officer team researched commodity prices, figuring things like how much wheat it takes to make a single bun or serving of pasta, adding the growers' income for a potato, tomato and milk. Beef is by far the most expensive component in today's market, but still the estimated cost of the meal remained very low. The difference between the farmers' share and the retail cost includes things like transportation, packaging, labor and store profits.

Posted cost comparisons showed the retail price of \$6.89 for five pounds of flour compared to the farmers' income of \$0.49 and \$2.99 per pound of tomatoes yielding the farmer just \$0.52. The event showcased this disparity and was made possible through generous donations of local sponsors. The beef was provided by Cannon Valley Ranch, Goodhue Market donated the buns, Red Wing Grain the condiments, and Blondie's Butcher Shop the pasta and potato salads. Any profit the chapter makes after paying non-sponsored expenses will be donated to support rural mental health.

With the Farmers' Share supper behind them, the Goodhue FFA chapter remains active as the annual fruit sale items are arriving and being delivered. Partnering with the Cannon Falls chapter, the two groups adopt a family from the others' town and provide wished for items during the holidays. The new year starts with promoting exercise by again hosting a line-dancing event and they look forward to adding a trip to St. Paul for FFA Day at the Capitol in February.

For more information or to support the Goodhue FFA Chapter, contact Advisor, Angela Nassif at anassif@goodhue.k12.mn.us.

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Corner Bar Celebrates 20 Years; Hosts Hat Bar, S'mores Bar and More

(continued from page 1)

You can often find great local musical entertainment in the bar and also on the outdoor patio in the summer. Try your luck at the Friday night meat raffles or watch the game on

Sundays. Sign up for a fun creative class such as the upcoming Rustic Sparkle jewelry making event on November 30th, or the wood mosaic class on December 20th.

Stop in the bar during the Kristkindle Market December 7th to warm up with soup, hot chocolate and a build-your-own S'mores bar. You can also enjoy other special things they have planned including cookie decorating, a holiday door hanger workshop, local crafters' wares, and music from 4-7 PM. Share more holiday spirit December 21st with an ugly sweater contest that begins at 5 PM.

The Reese family invites you to step into the historical building that offers so many opportunities for contests and events. Don't forget it's a full-service bar and grill with daily lunch specials from 11AM-1PM. Popular specials include Taco Tuesday 11AM-7PM and Friday night fish basket 4-7PM.

Steeplechase Opens this weekend

Snow tubing opens this weekend at Steeplechase outside of Mazeppa. Friday and Saturday, November 29 & 30 the hill is open from 10am to 9pm. Sunday December 1st the hill is open from 10am to 7pm. Skiing and snowboarding will open at 10am on Saturday December 7th. Steeplechase is located at 59468 423rd Ave Mazeppa and the phone number is 507-261-8033.



Melissa Ledford works on a hat designed by a customer on November 2nd. Ledford started her hat making business this summer and offered her service at the Goodhue Corner Bar. The bar will have a number of special events happening during Christmas in Goodhue on December 7th.

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Happy Holidays from the Corner Bar!

December 6 • All-You-Can-Eat Friday Fish Fry Buffet \$20⁰⁰ 4PM UNTIL GONE

Goodhue Christmas Saturday, December 7th

Saturday, December 21 UGLY SWEATER PARTY DJ at 7:00PM

MEAT RAFFLES Fridays at 6:00PM

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Memories of Christmas Past

(continued from page 1)

Judy remembers celebrating the same Christmas traditions each year with her family. There was a bustle of cooking going on in the kitchen and her mother would suggest the kids go decorate the tree as a way to keep them distracted and out of the kitchen. They always had a short needle evergreen tree and all the kids would help to put the decorations, old fashioned light bulbs and icicles on the tree.

They celebrated with their extended family of thirty plus people. They would eat supper consisting of turkey with all the fixin's including rice pudding for dessert, starting at 6pm and afterward do the dishes before singing carols and opening gifts. The fun lasted until bedtime around ten pm. Judy would play the piano while the family sang Christmas carols. Her cousin even wrote a poem about the family event. She usually received clothes but one year she recalls that she and her sister both got the same kind of doll. The kids would play games like canasta, cards, puzzles and board games.

Elaine was the oldest of three and they were the only grandchildren of her mother's parents so they were doted on by the grandparents. Her parents were very Lutheran so she remembers being very involved in the Christ-

mas program and church service. One Christmas eve she played piano and organ for the church program.

Her dad worked for a butcher and also had his own smokehouse where he made sausage and smoked hams for the holiday meals. There was always a big delicious ham for Christmas dinner. In their house they had lots of cookies and her siblings helped make the cookies, decorate the cookies and best of all help eat the cookies.

One year her mother was able to get them a piano for a Christmas gift and their pastors wife gave them all music lessons. The other memorable gift she recalls was when her grandmother gave her a new watch.

Rosie was one of six children in her family. They lived on a farm in Iowa but her dad was a preacher. Her grandma and grandpa always spent Christmas with their family. They would decorate the tree three days before Christmas. When her mother wanted to get the kids out from under her feet, she would tell them to go in and decorate the tree.

She still has memories of the wonderful smells of holiday cooking coming from the kitchen. The menu was the same each year. It included turkey, a roast, rolls and pudding.

She can remember Christmas programs at school and church full of music and Christmas plays with kids acting out Mary, Joseph and baby Jesus. Her parents didn't have lots of money but they each received a gift. A couple years it was a puppy, and she has done the same for her own children. Some years they all received a new outfit of clothes to wear for the Christmas program. Her siblings and cousins would play outside whenever

possible and enjoyed board games like Monopoly when they couldn't go out.

Don grew up on a farm with his sister. He recalls when he was a young boy and they would be bad, that someone would dress up in a Santa mask and pound on the side of the house to get the kids attention. Then they would shake their finger at them as if warning them to behave. It always worked and they would be good until after the New Year. One Christmas when he was about six years old the kids were outside making snow angels when a Santa came around the house yelling Ho Ho Ho. He was so scared he ran for the basement.

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Memories of Christmas Past

(continued from page 6)

During the winter of 1968-69 there was so much snow drifted around the house that he helped put up the Christmas lights without using a ladder. One winter when he was about ten years old, he heard sleigh bells and Santa showed up by his house and asked if he had been good.

His father said, "yes he had". That year he received a bicycle.

The family always put up a Christmas Tree around the first of December where it remained until after New Years Day. His mother would tell them where to put the decorations, tinsel and the bulbs. They would just throw the tinsel on, but his mother was very orderly and would make sure it was perfect. They didn't have a fireplace so the hung their stockings on the window on either side of the tree. He would hang a large wool work sock while his sister hung a small dress sock. Don figures she must have been a better child because her sock was always overflowing with stuff, while his had only a few things.

His dad managed the coop and his mom worked nights at the hospital. A high school girl would come and baby sit for him and his younger sister. On Christmas Eve the baby



sitter and her boyfriend would join them and his parents to celebrate the holiday with a meal of chicken. The boyfriend also drove bulk truck for his dad.

On Christmas Day all the extended family would gather for a meal of turkey and home cured ham with mashed potatoes. His sister played the organ and the accordion while

they sang Christmas carols.

Beside Christmas memories, Don recalls farming with a tractor and a team of Clydesdales. His dad would plow with the tractor and a two bottom 14" plow. Don drove the work horses and a one bottom sulky plow. It was so much quieter behind the team than the tractor.

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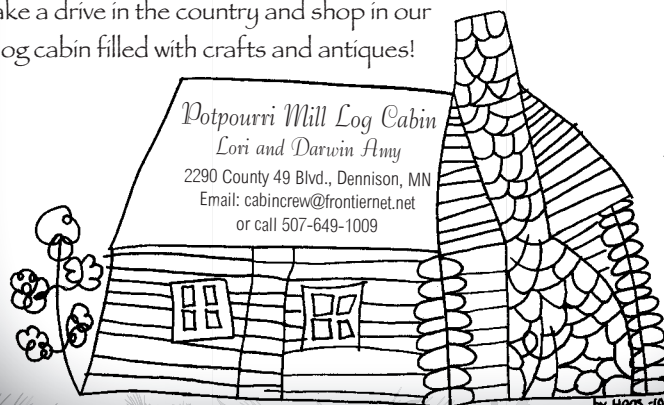
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Special Olympics in Minnesota

By Tyler Weeks

Few things are as freeing as sports. They're a time when someone can let go of their everyday anxieties to focus only on what's right in front of them- a ball, bow, racket, or even hand.

While many view them as nothing more than entertainment, participating in sports can significantly improve an athlete's internal and external qualities, allowing them to build confidence and become strong leaders. Unfortunately, it is a constant struggle for those with intellectual disabilities to experience the same opportunities as other athletes. Only because of the efforts of organizations like the Special Olympics can these people build a more confident version of themselves by learning what it means to be an Olympian. Through providing access to dozens of sports, they have significantly improved the lives of five million athletes with intellectual disabilities worldwide.

With each step the organization takes to end discrimination, dozens more exist in local areas throughout Minnesota. Shrunk to an even smaller scale, the hundreds of volunteers pushing to fund these events become visible, whose goal is to build a more inclusive community through sports. Dave Stevenson is among these changemakers, helping to bring his love of bobsledding to the Rochester Flyers Special Olympics Team. His rides hosted in February of each year help fundraise money for the athletes while providing them with the experience of being on a horse-drawn bobsled. While this overview offers a glimpse into the impacts people like him make, Dave's two-decade commitment to the Rochester Special Olympics is illustrated best in the revised interview below. In response to a question to share about himself and his backstory, he provided the following statement.

Dave Stevenson: Before ever moving to the Zumbro Falls community, my family and I always had this idea of settling in the country

with a couple of horses. But with our decision to go to southern Minnesota marking our eighth move in just 20 years, we weren't sure if this dream would ever become a reality. During this sporadic period, my commitment to Del Monte Foods caused us to dart around the Midwest several times to improve the company's plants. When a job for Seneca Foods didn't work out, the cycle would have likely continued had it not been for our decision to stay in Zumbro Falls and end the constant cycle of change. Finally, with the encouragement of my middle daughter, we could fulfill our dream of purchasing our first saddle horse.

After this initial buy, I purchased two more mounts from Joyce Atkinson and Gene Krismer, the latter of who mentored me in driving horses alongside Lamar Johnson. One purchase soon led to another, and I eventually owned enough horses to have two teams and begin learning how to drive professionally. While it took a few accidents to catch on, I was soon operating a team of Belgians for annual festivals and building up my expertise as a driver.

Having mastered the ability to operate horses, Dave now helps host bobsled rides for the Rochester Flyers team every winter. With the help of John Davis and his wife Monica to organize the event, they provide Special Olympic athletes as far away as Wells, Minnesota, bobsled rides to help raise money for the organization. Due to the importance of the event, the three always ensure a date with nice weather and plenty of snow for the best bobsledding experience. Free coffee, hot chocolate, and cookies are available to whoever shows up, a service made possible by the free-will donations of community members. Since Dave's primary goal is to support the many athletes of Rochester's Special Olympics team, individual rides are provided rather than a competition between different teams.

"Oftentimes, the athletes prefer to run in the snow when the bobsled is hard to pull. It's very beautiful when the horses make the snow fly, because if there is a lot, a track is made for them and the bobsleds to ride through."

When asked what led him to start hosting this event, Dave responded that it provided him a window to talk about horses while offering his services to family and friends. In honor of close buddies, he has also done funerals to give them their "last ride" or offered



Dave Stevenson gives people a ride at the History Center of Olmsted County years ago.

trips to senior living homes. Red Wing and Hastings are where he next plans to offer rides on the Friday and Saturday after Thanksgiving, followed by bobsledding this coming February. Apart from simply showcasing the beautiful nature of Minnesotan communities, Dave's contributions to the Special Olympics highlight one crucial thing. Everyone deserves a chance to do what uplifts, builds, and inspires them, no matter a person's so-called limitations. A stern determination and resilience against the societal norm is all it takes to reach what seems impossible. Athletes of the Special Olympics have done this very thing, reshaping their definition and showcasing the persistent spirit inside of them. As the Rochester Flyers has with sports and Dave Stevenson continues with his bobsled rides, these people have discovered what pushes them to be better people. Finding your calling is never easy, but everyone deserves a chance to pick up the phone and make a change.

As we look forward to hosting the Special Olympics USA Games in 2026, an event that will bring 100,000 people to Minnesota, our primary goal is to continue growing our mission and impact. To do this, we must expand our coaching network.

More coaches mean more opportunities for athletes to develop their skills, build meaningful relationships and experience the joy of sports. We invite you to consider becoming a

coach or encouraging others to join our coaching community. Our volunteer coaches are essential to the success of our athletes.

Special Olympics is a movement happening 365 days a year. We host nearly 100 events every year that range from sports competitions to inclusive health fairs to the Polar Plunge and more!

Special Olympics is for everyone. Our programs are available for all ages and all abilities. This inclusive movement is made up of many roles: volunteers, coaches, team assistants, athletes, Unified partners and more! While sports are at the core of Special Olympics Minnesota's mission, we also provide health & wellness, leadership, and school programs that focus on community inclusion.

Special Olympics events are competitive and athletes train and compete in sports to showcase their skills, abilities, and determination. We foster an environment of fair competition, allowing athletes to challenge themselves and strive for personal bests. Athletes earn awards for placing in 1st-8th place.

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Season's Greetings

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Goodhue runs past Fillmore Central 52-7! Section 1 A Champs!

By Chad Otterness

The Wildcat Football Team advances to the Minnesota State High School Football tournament with a decisive win over Fillmore Central!!

Goodhue scored 7 touchdowns, 3 by Jack Carlson, 2 by Nate Beck, Henry Caswell had a touchdown run and Peyton Holst scored a return for 42 yards. Kicker Cristian Manjarez added a 26 yard field goal. Overall, the Wildcats ran for 310 yards and passed for 78. Goodhue's defense gave up 180 yards and one touchdown when Fillmore Central's Josh Haugerud caught a 60 yard touchdown from quarterback Brido Bahl.

Passing: Luke Roschen, 7/8, 78 yards, TD.

Rushing: Nate Beck, 17/164 yards, 2TD; Jack Carlson, 16/92 yards, 3TD; Roschen, 7/42 yards; Hayden Holm, 5/14 yards;

Receiving: Henry Caswell, 4 receptions, TD; Matthees, 2 receptions, 19 yards; Marcus Young, 1 reception, 23 yards.

Kicking: Christian Manjarez, 26 yard Field Goal

Scoring	Scoring Play	Score
1 5:42	Jack Carlson 3 YD TD Run (Cristian Manjarez Kick)	7 0
1 2:54	Henry Caswell 4 YD TD Run From Luke Roschen (Cristian Manjarez Kick)	14 0
2 7:51	Jack Carlson 2 YD TD Run (Cristian Manjarez Kick)	21 0
2 6:05	Payton Holst 42 YD Return TD (Cristian Manjarez Kick)	28 0
2 1:04	Nathan Beck 58 Yd TD Run (Cristian Manjarez Kick)	35 0
3 8:28	Cristian Manjarez 26 YD FG	38 0
3 7:26	Josh Haugerud 60 YD TD Pass from Brido Bahl (Atlee Hirschberger Kick)	38 7
3 4:53	Nathan Beck 44 Yd TD Run (Cristian Manjarez Kick)	45 7
4 9:17	Jack Carlson 4 YD TD Run (Cristian Manjarez Kick)	52 7



Luke Roschen pitches the ball to Peyton Holst #34 who scored a TD for the Wildcats!



Goodhue drops quarterfinal game to Springfield in the state football playoff!

By Chad Otterness

The Wildcats lost 20-14 to Springfield in the quarter-final round of the class A state football playoffs. Goodhue started the game with a 21 yard touchdown pass from Luke Roschen to Sean Matthees. Springfield came back to score on a 31 yard touchdown pass. Goodhue scored again with a 21 yard touchdown run by Luke Roschen. Springfield scored twice more to take the lead and closed out the game with the win and advanced to the semi-final round. Nate Beck led the Wildcats in rushing with 89 yards. Luke Roschen had 108 yards passing with 1 touchdown pass.

Minnesota Farm Bureau Annual Meeting Recap

By Minnesota Farm Bureau

The MFBF Annual Meeting represents the culmination of the grassroots policy development process for the organization, with issues surfaced by counties at the local level presented to the state delegates for adaptation into the MFBF policy book. Based on the surfaced issues, the Board of Directors then set priority issues for the upcoming year, focusing on the top issues from throughout the process.

Vice President Carolyn Olson of Lyon County was re-elected to a two-year term. Also re-elected to the board for three-year terms were Jeff Pagel of Olmsted County (District 1), and Miles Kuschel of Cass County (District 6). Also elected to complete two years of a three-year term vacated by former District 7 Director Shayne Isane was Bruce Brenden of West Otter Tail County. Newly elected members to the board serving one-year terms were Tiffany Kobbermann of Pope County as the Promotion & Education Chair and Katie Drewitz of Fillmore County as the Young Farmers & Ranchers Chair.

Several Young Farmers & Ranchers competitions were held, including the Excellence in Agriculture contest, Achievement Award, and Discussion Meet. The winners of each competition will represent Minnesota at the American Farm Bureau Annual Meeting in San Antonio, Texas in January.

Winning the Excellence in Agriculture competition was Luke Daninger of Forest Lake (Washington County). The award recognizes individuals on their involvement in agriculture, leadership ability, and involvement and participation in Farm Bureau and other organizations.

Winning the Achievement Award were Dustin and Katie Wiese of Pequot Lakes

(Cass County). The award recognizes individuals on a combination of their farming operation growth and financial progress of operation, Farm Bureau leadership, as well as leadership outside of Farm Bureau.

Winning the Discussion Meet was Megan Horsager of Clara City (Chippewa County). The contest is designed to simulate a committee meeting where discussion and active participation are expected from each participant. Individuals are evaluated on an exchange of ideas and information on a pre-determined topic, with the top contestant offering cooperation and communication while analyzing agricultural problems and developing solutions.

Six students were the recipients of scholarships through the Minnesota Farm Bureau Foundation. View recipients.

Recipients of the Al Christopherson Scholarship include Kendra Blaschko (Le Sueur County), Emma Kuball (Rice County), Owen Rozeboom (Dakota County) and Ella Thome (Mower County).

Recipients of the Paul Stark Memorial Scholarship include Alexis Hoefs (Le Sueur County) and Mary Lanoue (Lyon County).

Former Minnesota State Fair Director Jerry Hammer, John Hart with the USDA Wildlife Services program, and Tom Rothman who recently retired with the University of Minnesota - Extension received the Distinguished Service to Agriculture award, and three couples were recognized as Honorary Life Members:

Bernie Aronson of Lincoln County
Jerry and Lori Beckel of Le Sueur County
Al and Diane Christopherson of Kandiyohi County

Katie Emmett with Sleepy Eye FFA was named the FFA Advisor of the Year.

Nick Schiltz, instructor at Riverland Community College, was recognized as the Post-Secondary Agriculture Educator of the Year.

Nicole Kudrle, University of Minnesota Extension educator in North St. Louis County, was named the Extension Educator of the Year.

Mark Dorenkamp with Brownfield Ag News was named the Ag Communicator of the Year.



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Grand Re-Opening at J-Hill Promotions

(continued from page 1)

The wall between the original showroom and a new store addition was removed just one week prior to the event. Owner, JoAnn Hilleshiem commented, "You can't expand if you're not doing well. "We are very, very blessed with great helpers and great customers."

JoAnn and her husband, Pat opened up the space, painted the walls and ceiling, and upgraded the flooring. Part of the room is laid with wood that they refurbished after water damaged the school gymnasium. Creating and decorating the space comes naturally to Hilleshiem who says she has always been a creative person. She has also been a long-time entrepreneur, starting her first business selling Lollipops at the age of 11.

The couple started J Hill in their home about 5 years ago before renting the showroom in town. They offer laser engraving, embroidery, and printing with the motto, "From business to personal, we have you covered". Their product line is vast but includes signage and promotional items for businesses and everything for weddings from save the date to thank you cards.

The new space offers an expanded selection of gift items and clothing. Visitors to the grand re-opening event shopped the wide variety of items with some proceeds from apparel sales benefitting the Wildcat dance team. Coach Megan Carlson and some of the dance team members, along with JoAnn, were among those interviewed during the QMedia live broadcast.

The local radio station used the event as one of the limited opportunities to register for the 3-carot, lab-grown diamond they are giving away in honor of their 75th anniversary. The drawing for the diamond and other prizes will



In addition to printing and engraving items for business and personal use, J Hill promotions offers a large variety of gift items.

be held at Wanshura Jewelers in Red Wing on December 20th. Tune in to any of the Q-Media stations or visit www.q-media-group.com for more details.

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Election Day Tradition



As has been the Kelly and Kris Norman tradition each Presidential Election, Kelly, on Seve, and Kris, on Raya, arrive on horseback to cast their vote at the Belle Creek Township Hall on November 5. This year they braved the wet and cold to make their voice heard and to carry on a beautiful 'country tradition'. - submitted



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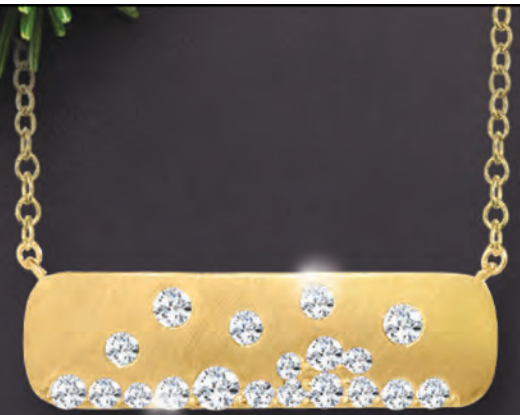
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Minnesota Farm Bureau Sets 2025 Legislative Session Priority Issues

By Minnesota Farm Bureau

EAGAN, Minn. - The Minnesota Farm Bureau Federation (MFBF) Board of Directors recently identified its top legislative priorities for the 2025 session following the organization's annual meeting, held Nov. 21-23.

These priorities reflect grassroots policies established by Farm Bureau members, focusing on key issues impacting agriculture and rural communities in Minnesota.

"The Minnesota Farm Bureau is committed to advancing a set of priority issues that reflect our members, agriculture and the issues they face on their farms and ranches across the state," said MFBF President Dan Glessing.

As the state's largest organized agriculture group, Minnesota Farm Bureau advocates on behalf of its members across a wide range of issues. The following five priority areas have been identified for the upcoming state legislative session to support the vitality of farmers, ranchers and rural communities:

Generational Farming - Support and cham-

panion those interested in entering and transitioning farms generationally.

Environmental Stewardship - Implement practical and scientific conservation policies using resource management, funding and voluntary practices.

Research & Innovation - Shape tomorrow's agriculture with smart ideas, education, and forward-looking solutions.

Economic & Rural Prosperity - Create a successful environment that expands opportunities and resources to strengthen rural communities and the agriculture industry.

Animal Emergency Preparedness - Ensure that Minnesota is well-positioned to respond to and prevent crises affecting farmers and their livestock.

"No matter what happens during the next legislative session, our members know the importance of engagement with elected officials to shape policy that will positively impact their livelihoods," said Glessing. "We look forward to working with both sides of the aisle and agency leaders to share our stories."



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SEMAC Announces Recent Organizational Grant Awards

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



On November 19, 2024, the SEMAC Board of Directors awarded \$378,430 in arts programming grants to nonprofit organizations and schools throughout Southeastern Minnesota. This includes one School Residency grant, 34 Legacy grants, eleven Programming Grants for Arts Organizations, and nine Small Towns/Rural Areas grants.



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

Grants for were awarded to the following organizations:

Goodhue County

Big Turn received a \$10,000 Legacy grant for Big Turn Music Fest 2025.

Red Wing Arts received a \$10,000 Legacy grant for 2025 Poet Artist Collaboration.

Sheldon Theatre Brass Band received an \$8,740 Legacy grant for 2024-2025 Concert Season.

Sheldon Theatre of Performing Arts received a \$10,000 Legacy grant for Community Performance Residencies 2025.

Zumbrota Area Arts Council received a \$5,000 Programming grant for Programming Zumbrota State Theatre.

HOPE Coalition receives grant from Open Your Heart to the Hungry and Homeless

Red Wing, Minnesota – At a time when individuals and households throughout Minnesota are experiencing hardships in numbers never seen before, the Open Your Heart to the Hungry and Homeless Foundation is working hard to ensure its funding reaches those in need in every corner of the state.

In its most recent Fall funding cycle, Open Your Heart to the Hungry and Homeless has granted HOPE Coalition with \$7000 funding toward motel vouchers for unhoused families and individuals in Goodhue and Wabasha Counties. Through this funding HOPE Coalition can provide around 105 nights in a safe shelter while assisting people work toward their housing goals.

HOPE Coalition opened in 1990 as the Red Wing Area Coalition for Transitional Housing. In 1995 it opened its domestic violence shelter, Haven of Hope, (originally called The Women's Center), which helps individuals and families experiencing domestic violence find safety and rebuild their lives. The following year it launched Kids Count, its program focused solely on children experiencing or witnessing violence and abuse. In 2006, it took over management of the Community Care Fund (CCF) which provides a general fund for people seeking help with basic needs. In 2023, it expanded its CCF program to include a mobile outreach unit (in which it partners with six food shelves throughout Wabasha County) that helps residents in its communities reduce transportation barriers. In addition to the above services it also provide advocacy to survivors of sexual assault in both Wabasha and Goodhue Counties.

Since 1986, the Open Your Heart Foundation has ensured that emergency shelters, food shelves and domestic violence shelters throughout Minnesota have the tools, equipment, and infrastructure necessary to best serve those in need.

Open Your Heart awards funds every three months and provides emergency support within days during a crisis. It supports programs in communities where many traditional funders do not reach – food shelves, domestic violence shelters, and homeless programs in small communities and sparsely served remote corners of the state. Through this direct support, Open Your Heart helps these organizations provide safe and dignified environments for people experiencing food and housing insecurity across Minnesota.

For more information about Open Your Heart, grantees or the grant application process visit www.oyh.org. To learn more about HOPE Coalition, visit www.hope-coalition.org.



MISSY'S MESSAGE



MISSY PAPERFUS

December sure snuck up fast. I was trying to recall exactly when I started writing these articles, so I looked back at my computer files. March of 2012 was my first Missy's Message article in the Mazeppa Messenger. Wow, almost 13 years writing have flew by, along with a lot of life changes. Back in 2012, I was working at Mayo Clinic and was a Wellness Champion for my work area. I wrote articles for work, so would tweak them a little to turn them into an article for the Messenger. Each month, trying to come up with a fresh and new topics. My plan for writing was to practice what I preach to living a healthier lifestyle. Looking back, I don't know how I juggled being a mom, working at Mayo Clinic, working at MotoProz, and writing articles all these years. Now my boy is all grown up and moved out, I no longer work at Mayo Clinic, and I feel I have even less spare time. We are always on the go, busy working.

January is the start of the new year and new year's resolutions. Don't put off until tomorrow what you can do today. Enough of the resolutions. Make a plan and tackle it. Anyone out there have an interest in writing? The Messenger is looking for more writers to take on stories. Email your news, ideas, or photos to hometownmessenger@gmail.com.

Memo from MotoProz...

MotoPhest #18 at MotoProz! Established in 2007; this will be our 18th annual open house. Starts the Friday after Thanksgiving. Friday, November 29 through Saturday, December 7! 7 days of sales, 6 bucks off oil, \$5 MotoProz T's, for Christmas gifts, three free pens, to get some MotoMunchies, and a discount on all in store clothing!

Missy and her husband Mike own MotoProz in Mazeppa.

Alcohol Truths



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

What do you know about alcohol? Is a little alcohol once in while okay? During a physical exam a frequent question asked is how much alcohol you consume, so what is the big deal? Let's identify some truths about alcohol.

Alcohol has been a beverage produced by humans for centuries. When grains or fruits are processed with specific yeast or bacteria the result is the production of alcohol as a byproduct of the fermentation process. A standard US drink contains fourteen grams of alcohol. Fourteen grams of alcohol are in a typical twelve-ounce beer, a five-ounce glass of wine, or a 1.5 ounce shot. The longer the distillation process, the greater the concentration of alcohol in the drink.

The type of alcohol produced from this fermentation is ethanol. Ethanol is the only alcohol considered safe to consume. Other forms of alcohol are fatal if consumed. While ethanol does not immediately cause death, there are some health concerns to consider.

In science laboratories, ethanol is used as a sanitizing agent. To clean lab tools and counter surfaces, ethanol is used to kill anything on the surface. To guarantee a surface is clean and ready for the next science experiment, everything is cleaned with ethanol. Ethanol kills any bacteria cells that may be on equipment or a countertop. If ethanol is trusted as a chemical to kill bacteria, what do you think it does to cells in your body?

To a single cell, ethanol would mean death, but your body does have a way to detoxify from alcohol, but at a cost. The first step changes ethanol to acetaldehyde, which is a known mutagenic agent, which means acetaldehyde can promote cancer. The American Association for Cancer Research published the 2024 Cancer Progress Report and noted an increased risk of six types of cancer associated with consuming

alcohol. Those types of cancer include liver, breast, colon, esophagus, stomach, and head and neck cancer. The increased risk is the result of the increased acetaldehyde effecting the cells of the body to promote the development of cancer cells.

In a 2024 study from the UK Biobank, there were 135,103 older adults ranked according to the amount of alcohol consumed and the report of cancer diagnosis. A low-risk drinker was described as an individual who consumed between 1 and 10 drinks per week. Even at this low consumption level, a low-risk drinker had higher cancer mortality compared to an occasional drinker. With increased alcohol consumption, the cancer risk increased.

In addition to the cancer concerns, alcohol effects the size of your brain. A 2022 study published in Nature Communications reviewed the MRI brain scans of 36,678 middle-aged adults. Even low levels of alcohol consumption resulted in a decrease in gray matter and white matter of the brain. The evidence showed decreased brain volume got worse with increased consumption of alcohol.

Alcohol consumption has negative effects on other areas of the body as well. As noted, alcohol kills bacteria, so the good bacteria in your intestines will be killed also. The result is an imbalance of the bacteria community inside your gut that results in inflammation, decreased immune strength, and increased digestive problems. The balance between testosterone and estrogen is affected by alcohol consumption.

Alcohol promotes the conversion of testosterone into estrogen. Extra high levels of estrogen are associated with increased cancer risk and decreased levels of testosterone effect a decline in muscle mass and fertility. Alcohol also increases the production of cortisol, a hormone related to stress. High cortisol levels are related to sleep disorders, inability to relax, and increased anxiety. None of these goals are on my Christmas list this year.

As you move through the holiday season, consider how you are celebrating. There are many ways to enjoy the celebration and the relationships of the season without using alcohol. Make healthy choices that will benefit you and the ones you love.

Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

Weigh Training for Health



By Shauna Burslem, D.C.

Resistance weight training is a highly effective exercise method that offers numerous health benefits, particularly for those conscious of maintaining their vitality and youthfulness. One of the most impressive advantages is its anti-aging effects. Engaging in regular weight training helps maintain muscle mass and strength as we age, combating the natural decline that occurs over time. This preservation of muscle is crucial not only for physical appearance but also for maintaining functional independence as we grow older. By incorporating resistance training into your fitness regime, you can slow down the aging process and promote a healthier, more youthful body.

In addition to its anti-aging benefits, resistance weight training plays a vital role in promoting bone health. It stimulates bone growth and increases bone density, reducing the risk of osteoporosis and fractures, which are common concerns for aging populations. The stress that weight training exerts on bones encourages them to adapt and strengthen, making it an essential exercise for maintaining a robust skeletal framework. This benefit is particularly important for women, who are at a higher risk of developing osteoporosis as they age. By prioritizing weight training, individuals can ensure that their bones remain strong and resilient throughout their lives.

Beyond its impact on aging and bone health, resistance weight training signifi-

cantly enhances muscle tone and metabolism. Regular lifting results in more defined muscles, contributing to an improved physique and increased self-confidence. Furthermore, the increase in lean muscle mass from resistance training elevates your resting metabolic rate, allowing your body to burn more calories even when at rest. This effect can aid in weight management and fat loss, making it an invaluable tool for those looking to improve their overall body composition. By integrating resistance weight training into your routine, you can enjoy these metabolic benefits while achieving a toned and healthy body.

Scientific evidence shows autism isn't just a neurological condition, according to the authors of a scientific review published on Preprints.org. Science researchers Brian Hooker, Ph.D, Jeet Varia PhD., and Martha Herbert, M.D, Ph.D, a pediatric neurologist and neuroscientist, co-authored the report, which is undergoing peer review with Development and Psychopathology, a Cambridge University Press journal.

The authors examined the findings of 519 studies to illustrate how autism spectrum disorder (ASD) affects multiple body systems, including the immune, digestive and central nervous systems.

Herbert, an autism researcher since 1995, told reporters the science of autism has become "enormously richer" and ASD "can no longer be considered just a 'psychological' problem — it's a whole-system problem ... involving many systems that influence each other." She and her co-authors also contend that the latest scientific evidence suggests ASD is largely driven by environmental factors. These include exposure to toxins in food, the environment, medicine or personal care products.

COVID-19 vaccines pose a 112,000% greater risk of brain clots and strokes than flu vaccines and a 20,700% greater risk of those symptoms than all other vaccines combined, according to a peer-reviewed study that calls for a global moratorium on the vaccines. The study, published last week in the International Journal of Innovative Research in Medical Science, found reports of 5,137 cases of cerebral thromboembolism after COVID-19 shots over 36 months. This compares to 52 reported cases following flu vaccination and 282 cases for all vaccines over the past 34 years. According to the study, this represents an "alarming breach in the safety signal threshold concerning cerebral thrombosis adverse events" following COVID-19 vaccination. The research data was collected from the U.S. government's Vaccine Adverse Event Reporting System (VAERS), for their analysis. This data is published on the CDC website and is collected from doctors and hospitals filing reports on adverse events from the COVID-19 vaccine as well as other vaccinations such as the flu shot. The data also indicated 9,821 reports of atrial fibrillation — an irregular heart rhythm that is "the most common identifiable cause of cerebral arterial thromboembolism"

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

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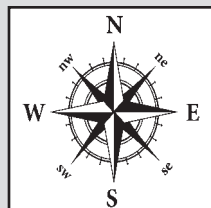
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Changes in Latitudes, Changes in Attitudes

My Best Christmas Ever



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 always liked Christmas, it was a fun season. I remember going to town and walking the snowy cold streets from store to store and listening to Christmas music playing on the outside speakers. I remember high school girls signing Christmas carols on the bus during the ride home. It seemed like such a happy time. And then there was the anticipation of gifts. I would page through the Montgomery Wards, Sears & Roebuck and J C Penney catalogues and make lists in hope my parents would buy me that special thing I wanted.

My parents on the other hand were frugal. We were a farm family in the 1960's. There was not a lot of extra money floating around and they didn't feel like gifts were as necessary as a young kid did. So, I learned that many of those dreams were only going to come true if I took care of them myself.

What I really wanted was a snowmobile. So, I read snowmobile magazines and collected snowmobile literature from every dealer we visited. I tried to convince my dad that a snowmobile was a necessity out here on the farm. I couldn't ride my horse in the winter, so there was only one way left to get around in the snow. But I might as well have wanted a space craft, because it just seemed that far out of reach.

My dad was very logical. I couldn't argue with him and win. He said I would need to be big enough to start a snowmobile myself. He proved it by taking me to the dealership and letting me pull on the recoil cord. An eleven year old boy was just not strong enough. He intended to make me self reliant. A good lesson for a kid, but wait until you are older was a hard pill to swallow. So, I hoped and dreamed as I watched snowmobiles ride by the farm in the ditch and just did my chores every night after school.

One cold snowy December evening I was in the farrowing barn cleaning, bedding and feeding the hogs. I made my spending money caring for the hogs. Kind of a little prodigal son analogy there that might have been the reason my dad assigned me those chores. I heard a strange sound outside and went out to investigate. Some times a neighbor would swing by on a snowmobile and I was always ready to run out and see it. But this time it wasn't a neighbor, it was my dad. And he was driving a snowmobile.

It was a brand new Ski Doo Olympic 12/3. It was beautiful. I wasn't sure of the circumstances but it was looking good, very good. My dad explained to me that the 12 stood for the horsepower and the 3 indicated that it was a third lighter than the other models. That way I could wrestle it out of a snowbank when it got stuck. And it had a decompressor button, so a young kid like me could start it. Suddenly, I was the king of the world. He explained that I would have to pay for it if I wanted it and we went to the First National Bank in West Concord the following evening and I signed a loan for \$600.



When you are a kid with a tough, rugged old farmer for a dad, you don't really expect much for a show of affection from him. But he found the snowmobile that would work for me and made it possible for me to have it.

When I didn't imagine it would ever happen. He had been looking out for me the whole time. What a parent does for their child means more than words. It was the best Christmas ever.

A Minnesotan: Oh Christmas Tree



By RosaLin Alcoser

Once again Christmas is rolling around for the year. Christmas is my father's favorite holiday. He loves the presents and the food, but the thing he gets most into with it is the Christmas tree. He's not into decorating it though, he's into going to pick out the Christmas tree.

Some families pick out a tree from a tree farm or lot all together. In my family my father goes to pick out the tree by himself. There was a brief period in time when the local Boy Scout troop would just set aside a tree for us, but for the most part my father has always been the one to pick the tree.

Every year the tree would either go one of three ways. It would fit perfectly, which was normal in the years the Boy Scouts set aside the tree. It would be way too big, taking up most of the room and occasionally having to be cropped to fit. Or it would be what my mother calls a Charlie Brown Tree.

A Charlie Brown Tree is when you bring home the smallest and most scraggly tree

that you can find. The one that most people would never bring home, but you decided to bring home and try to decorate anyway. Because once you do it will look so much better. In reality it won't but that's what you tell yourself while buying it.

The house I grew up had a big living room with tall 9 foot ceiling. Which was perfect for my father's overly zealous Christmas tree selection. The last Christmas we spent in that house was the year he went the most over the top with the tree. It was bigger than any tree he had brought home before. It was also way too big to fit in my parent's tree stand.

Being too big for the tree, the tree, which at this point only had lights and some glass balls on it, of course fell over in the middle of the night. Glass and sap covered everything in the room and my mom spent the days leading up to Christmas trying to get it off of the floor. After that the tree stand was replaced with a bigger one to accommodate the overly zealous trees.

Which worked most years, except the first Christmas that my older sister came home with her husband. That year my dad brought home a Charlie Brown Tree. That he cut down himself. This tree not only had holes in it, but also was way too small for the tree stand. Causing it to fall down, thankfully undecorated, for the opposite reason of the overly zealous tree for a few years before.

That year the tree ended up being tied to the bannister in multiple places at its base and lashed into the stand. Then to keep the tree from leaning it had to be tied again higher up on its trunk, also to the bannister, with a piece of ribbon.

Since then the tree's he's come home with have been nice and reasonable. However, I'm sure there's another overly zealous and Charlie Brown trees to come down the road.

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Ask A Trooper

By Sgt. Troy Christianson, Minnesota State Patrol



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- stop or decrease speed: hand and arm extended downward.
- You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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

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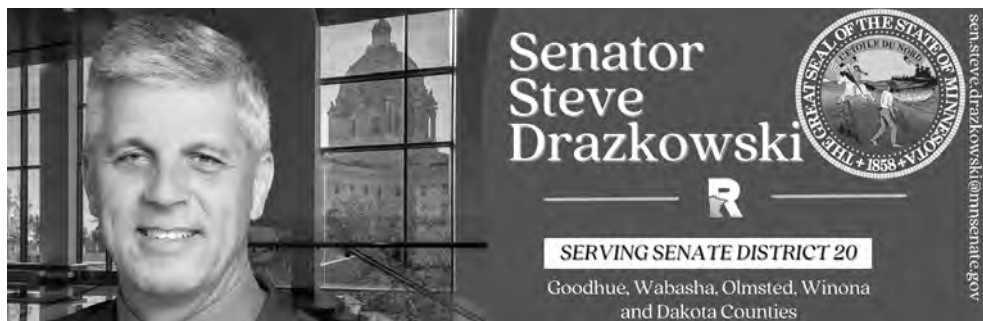
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Election 2024: Legislative Impact

You have no duty to retreat inside your home but what about in defense of another?

The people have spoken. Southern Minnesota got a little redder as 3 of the four counties that flipped to President Trump were Nicollet, Blue Earth, and Winona. Vice President Kamala Harris won the state election but with fewer votes than President Joe Biden did in 2020.

Minnesota Senate

Only one senate seat was up due to a special election. Senator Kelly Morrison (D-Deephaven) ran to fill the US Congressional seat vacated by Rep. Dean Phillips when he retired and ran for President. Morrison resigned with enough time to have her name on the ballot for this election. A Democrat former Senator won Morrison's seat, so the Minnesota Senate remains a one-vote majority for the DFL. The entire Senate is up for reelection in 2026.

Minnesota House

The Minnesota House was up for election, with many open seats. Twenty-one members were retiring or leaving the house for other offices. The result was a 67-67 tie between Republicans and Democrats, which happened only once before in Minnesota History in 1979.

Two races are being recounted, one which fell within the statutorily required margin for a recount and the other which did on election night, but subsequently, more votes were "found" which indicated a clear winner. Due to how that result came about, the county in question, Sherburne, is paying for a recount to reassure voters. The original result for both recounts was a DFL victory. If a recount overturns the result, the House will flip to Republican control. Recounts seldom produce a new outcome, but you never know!

What does a tied house mean? It means that both the Republican and Democrat Cau-

Annual Medicare Enrollment period ends December 7

The Minnesota Hospital Association has reached out to ask us to remind you that the open enrollment period for seniors' Medicare plans started on October 15 and the ends on December 7.

Seniors need to look at what they are selecting and, in particular, which providers, hospitals, and physicians may or may not be in network with each insurance plan. The Star Tribune highlighted the scope of this year's changes in this recent article.

A number of hospitals and health systems have announced plans to leave the networks of major national for-profit Medicare Advantage plans. Media reports indicate this could impact nearly 60,000 Minnesotans, who may find their providers are no longer in network and may need to change plans or providers. Some insurers have reduced the amount they will pay for health care, either requiring lengthy pre-approvals or denying coverage altogether.

You won't hear about these issues from celebrities or actors pitching Medicare Advantage plans on TV.

More than ever, Minnesota seniors need to treat Medicare plan decisions as they would any other major life investment. A recent survey found that about 70 percent of seniors don't compare when shopping for Medicare plans, and nearly half don't check annually for coverage changes.

The state has a resource to help consumers navigate these decisions: visit the Senior Linkage website or call 800-333-2433. The Federal site also has tools to help you compare plans.

uses have equal claims to leadership and that in order to do anything, they will need to broker a power-sharing agreement. In 1979, the two caucuses held hearings and made their agreement in public. DFL Caucus leader Melissa Hortman has already indicated she doesn't want to do that, but they expect to negotiate how to run the House of Representatives through written offers. If 1979 is any indication, it would mean equal numbers on committees and splitting chairmanships between Democrats and Republicans. Rotating speakers and/or floor leaders is another possibility.

Aside from these mechanics, the legislature's most important task in 2025 is to pass a budget. It will be difficult for Governor Walz to get any controversial items passed with a one-vote majority in the Senate and a split house. The "trifecta" is over. He has already said he wants to "protect" what was passed in 2023-24 during the "trifecta." His challenge is that many of those items were passed, knowing they would soon require higher funding levels to maintain (not just inflationary increases).

It will be essential to watch the February economic forecast to see how much of the budget surplus is even left to do that. The next session will be an opportunity for Republicans to hold the line and force the State Government to re-prioritize spending the people's money.

For more information

Secretary of State's 2024 General election results page

Selected precincts results in Senate District 20

House District 20A

House District 20B

Office of Cannabis management still finding its way, offers a webinar on grants

Marijuana was legalized for recreational use in Minnesota in 2023, but we are now dealing with the fallout of a poorly constructed cannabis law and a trainwreck of a new agency that is supposed to be overseeing the new legal economic activity in this area. As a result, farmers and others may have all the resources they need to start a business but still have state regulations standing in their way. In contrast, tribal governments are already poised to take advantage of the legalization of marijuana sales and use because they don't face the same regulatory

burden.

CanRenew will award grants to organizations for social equity purposes.

CanGrow will award grants to organizations to help farmers navigate the regulatory structure of the legal cannabis industry and to non-profit corporations to fund loans to farmers for entry and expansion into the industry.

Registration is required and limited to 1,000 participants.

If you have a question about either of the grants that you would like to be considered during the webinar, please use the form at the website to submit your questions. You may also submit questions when you register for the webinar. Questions will help inform OCM's future resources, presentations, and FAQs on the webpage. OCM will post a recording of the webinar on its website at a later date.

Historical Society awards grants for Red Wing and Winona County history projects

The Minnesota Historical Society has announced two history grants in the senate district, with funding from the Legacy Amendment's Arts and Cultural Heritage Fund.


\$125,000 will go to the Anderson Center for Interdisciplinary Studies in Red Wing for Masonry restoration of the historic residence at Tower View.

\$6,274 will go to the Winona County Historical Society for research about the life and influence of Matilda Desnoyer Bunnell. The grant will be used to hire a qualified historian to conduct primary research. Matilda Bunnell was the daughter of a fur trader who married Willard Bunnell. The pioneer couple made their home near what today is the city of Winona, and the house still stands as a historical site.

I only send these out about once a month when the legislature is not in sessions (yes, we still have a part time legislature in Minnesota!) but please do contact me at any time to share any issues, concerns, or feedback you have to assist me in best representing you. The best way to reach me is by email at sen.steve.drazkowski@senate.mn or by phone at 651-296-5612. My legislative assistant is Margaret Martin, and her number is 651-296-4264. She will be happy to assist you, in or out of session.

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CROSSWORD

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SUDOKU ANSWERS

Y	E	R	E	D	L	E	D	A	P	E				
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T	Q	U	I	T	O	R	Z	O	N	I	N	I	T	B
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A	V	A	N	A	V	A	N	A	V	A	N	A	V	A
D	E	A	R	O	G	L	E	A	R	O	G	L	E	A
R	O	G	L	E	A	R	O	G	L	E	A	R	O	G
S	T	I	P	S	T	I	P	S	T	I	P	S	T	I
S	A	R	A	V	A	N	A	V	A	N	A	V	A	N
T	L	A	T	E	C	L	A	T	E	C	L	A	T	E
I	S	K	I	R	I	G	R	I	G	R	I	G	R	I

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THEME: SPORTS

ACROSS

1. Combat vehicle
5. Semi
8. *Biathlon gear, sing.
11. Keiko of "Free Willy"
12. *Ashi Waza and jugodi sport
13. Audiencéís approval
15. Tandoori bread
16. Ned Stark's daughter, "Game of Thrones"
17. R'ntgen beams
18. *Warning track sport
20. Monetary "thank you," pl.
21. Indigo dye shrubs
22. "Arabian Nights" bird
23. Destroyer
26. Danced to certain Polish music
30. Crematorium container
31. One without magic powers in Harry Potter stories
34. Largest volcano in Europe
35. Do nothing (2 words)
37. Singer Yoko
38. Be at the helm
39. Tropical tuber
40. *Player who delivers in a crucial sports moment
42. Recipe qty.
43. Display proudly (2 words)
45. Smells
47. Lake, in France
48. Clean a spill (2 words)
50. #8 Across, pl.
52. *Cornerback and direct snap sport
55. Russian pancake
56. Pasta option
57. Go cold turkey
59. *Reward for multiple sports championships, pl.
60. "Breaking Bad" victim
61. The Beehive State
62. King Kong, e.g.
63. Type of lightbulb, acr.
64. Spooky

DOWN

1. Boatload
2. Riyadh native
3. *Collegiate sports grp.
4. Topeka native
5. Not urban
6. Short poems of pastoral life
7. *Hockey score
8. *Powerful shot in hockey
9. 11th letter of Roman alphabet, pl.
10. Elvis' " ____ Now or Never"
12. White and black stork
13. Glorify
14. *Gully and deep mid wicket sport
19. Foe
22. Fish eggs
23. Corrodes
24. Heep of "David Copperfield"
25. Preface
26. Scheme
27. Mr. T's TV show "The ____"
28. Olden days constipation treatment
29. *Bag of nails and baby ton sport
32. *Eagle and mulligan sport
33. African migrator
36. *Turkey and split sport
38. Woody perennial
40. Chlorofluorocarbon, abbr.
41. He gets a flag?
44. Reprieve in a desert
46. Not light-transmitting
48. Dots and dashes code
49. Did like goo
50. Women's underskirt
51. Plural of cow, arch.
52. *Sports transgression
53. Plucked string instrument
54. Pinocchio, e.g.
55. Type of undergarment
58. Olden day "your"

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4					9	5		2
						4	5	6

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



GOODHUE

Christkindlmarkt

GERMAN CHRISTMAS MARKET

Saturday, December 7, 11 am- 3 pm
2nd Street, Downtown Goodhue

Stroll through outdoor stalls in beautifully decorated downtown Goodhue

featuring

GERMAN FOOD & BEVERAGES

CHILDREN'S ACTIVITIES

ARTISANS

CRAFTERS

VENDORS

HORSE-DRAWN WAGON RIDES

MEET SANTA AT THE THIRD PLACE

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

Plus, enjoy these other events happening on Saturday:

10 AM - NOON
HOLIDAY HOME TOURS

Tour 3 Goodhue homes
beautifully decorated
for the holidays!

Pre-purchase tickets at JHill
Promotions, The Goodhue Depot
& Great Rivers Mutual

Tickets \$10 each



11 AM - 3 PM
GOODHUE
HISTORICAL
MUSEUM
OPEN

5-6 PM FESTIVITIES AT
THE GOODHUE DEPOT

Tree lighting @ 5:30

Cocoa,
coffee &
cookies

Christmas
tree sales

Christmas
carols

Meet the
GRINCH
and watch
the movie
(weather permitting)

Bonfire

