Goodhue-Bellechester Messenger GOODHUE-BELLECHESTER

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JANUARY 8, 2025

SERVING OUR HOMETOWNS

We want to Thank You for your continued support of the SUDO Goodhue-Bellechester Messenger this past year! In an era of online everything,

your monthly local newspaper continues with an unwavering goal to bring

hometown news to you. *(continued on page 6)*

ouncements

• 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

Barrel Hut Open For Business

By Beth Brekke

Looking for a household item, a necessity, a novelty or a gift? You may not need to go farther than downtown Goodhue to find what's on your list. The Barrel Hut is a new business located in the former Larsen Industries building at 202 2nd Street North that promises "Big box store overstock items at great prices". The store will be open from 10

am to 5 pm the first and third Thursdays, Fridays and Saturdays of the month.

(continued on page 4)

Pictured to the right: Linda Eckhoff opened a new business in Goodhue in November. The Barrel Hut is wallet-friendly with merchandise up to 50% off suggested retail prices.



Local Peace Poster Contest Winners



William Ryan poses with his Lion's Peace Poster entry. His design was chosen as the local winner from St. John's school and placed third in the district.

By Julie Thermos and Beth Brekke

For the last 30 years Lions clubs around the world have proudly sponsored the Lions International Peace Poster Contest in local schools and youth groups.

(continued on page 6)

There was no shortage of Christmas festivities in the Goodhue-Bellechester area ahead of the holiday. Christmas lights and decorations were abundant and all local churches held special services and childrens' programs. Both towns hosted special events and visits with Santa. (continued on page 10)

Angels, shepherds and wisemen lined the drive-thru live Nativity set up around

Grace Lutheran Church in rural Goodhue November 30th.

MUTUAL.

Christmas Joy 2024

HAPPY NEW YEAR!

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

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



By Beth Brekke

" and "Grinnell Mutual" are registe

Religion

- GOODHUE-BELLECHESTER MESSENGER -



St. Luke Lutheran Church

*This past December we did something at my church I've never done before as a pastor. We hosted what's called a "Longest Night" worship service on December 21st. While Christmas is normally considered a season of joy, most of us know that not everybody runs toward the holidays screaming with glee. For many people, Christmas is a season where loss, grief, confusion, depression, loneliness, and more "dark feelings" take center stage. The holidays can exasperate such feelings because it when it seems like "everybody is happy" (which of course is never true), "dark feelings" are felt in starker relief. Longest Night worship services are held on December 21st because that's the winter solstice, the longest night of the year. It's a night where darkness takes center stage, and we have per-



mission to engage the dark.

In the Bible, at first glance, darkness can seem like an enemy to God or the antithesis of God's presence in creation. 1 John 1:5-6 says, "God is light; in him there is no darkness at all. If we claim to have fellowship with God and yet walk in the darkness, we lie and do not live out the truth." The Gospel of John says, "In the beginning was the Word (Jesus). In him was life, and that life was the light of all humankind. The light shines in the darkness, and the darkness has not overcome it." Jesus is called the "light" of the world. In our baptisms we are called to shine our "light" before others, not expose our darkness. All over the bible, darkness symbolizes confusion, sin, evil, hate, and even death. Not fun.

But if you dig deeper, you'll find God's relationship with darkness is not so simple. "In the beginning" as Genesis tells us, all of creation was birthed from darkness. Darkness is the womb from which everything is born, it is the primal spring of God's great creative nature. In darkness, Jacob wrestles an angel only to discover later he'd been wrestling with God himself. In that same darkness, God blesses Jacob and renames names Him Israel, meaning, "One who struggles with God and overcomes." The two great saving acts of God are engulfed in darkness. In the first, the Exodus, God calls His people out of slavery in Egypt under the cover of night. In the second, God remakes Jesus' body in the darkness of the tomb, giving the world Res-

(-3) (-3)

urrection. Darkness, far from being the enemy of God, is the liminal space from which God performs his greatest acts of grace.

We would therefore be silly to avoid encounters with our own darkness. Darkness must be peered into, it must be engaged, it must be walked in, it must be walked walked through, our hands must grope in the dark, feeling around because according to scripture God is THERE doing creative things and eventually we're going to grab hold of him, or better yet, he's going to grab hold of us. And so it's important we cultivate spiritual practices that help us grope in the dark and

become familiar with grief, loneliness, loss, confusion, and the sins that plague us. God is active in those dark places birthing something new, we'd best go see what he's up to.

So if you don't feel like walking in the light during the holidays, don't. Walk in darkness, for God is there too. If you don't have light to shine during the holidays, don't. Strive to become familiar with the dark, for God performs his greatest acts of grace in the dark.

*I leaned heavily on learning from a book entitled "Learning to Walk in the Dark" by Barbara Brown Taylor for this article. Copies can be found online.



E-mail your church announcements.

schedule to the Messenger at: hometownmessenger@gmail.com January 8, 2025

Obituaries

- GOODHUE-BELLECHESTER MESSENGER -

January 8, 2025

Roger Gird

Roger Gird, age 82, of Goodhue, died on

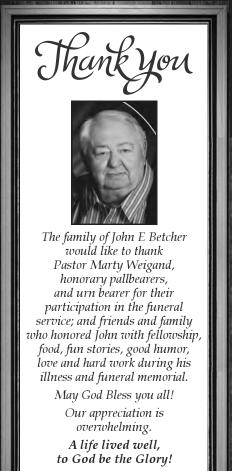


Thursday, November 28, 2024 at his farm, surrounded by his family.

Roger Allen Gird was born on June 19, 1942, in Tulsa, OK, the son of Robert and Loyce (Bode) Gird. He grew up and went all through school in Tulsa. Roger gradu-

ated from Oklahoma State University with an Electrical Engineering degree. In 1966 Roger accepted a position with Control Data, working in the Aerospace division, and moved to Chanhassen, MN. Roger was married to Karen Tutewohl Sommers in 1980 at the Methodist church in Red Wing. They made their home in rural Goodhue. He was a member of Spring Garden Lutheran Church and, then Wangen Prairie Lutheran. Roger was a member of The NRA and Pheasants Forever. He enjoyed hunting and fishing, camping, traveling, and spending time on his farm. Most of all, Roger enjoyed time spent with family, and attending his grandchildren's sports and activities.

Survivors include his wife Karen, children Troy (Tess) Sommers, Shane Sommers, Stacie (Dave) Maloney, Robyn Chapman, and Ryan (Jessica) Gird; grandchildren Josh, Nate, Mandi, Chad, Bryce, Lindsay, Kaylynn, Carter, Madeline, Carrie, Dylan, and Mason; and nine great-grandchildren. Roger was preceded in death by his parents Robert and



Adeline Betcher Jim Betcher & Family Josh & Sara Betcher & Family Lori Betcher-Holland Loyce, his grandson Taylor, great-grandson Dawson, and brother Robert. ber of the National North American Dealer Council, with which he won a trip to Wash-

Memorials are suggested to Wangen Prairie Lutheran Church.

Memorial services were held on Monday, December 9, 2024, at 2:00 pm, at Wangen Prairie Lutheran Church, 34289 Co. 24 Blvd, Cannon Falls, MN 55009. There was a visitation at the church, one hour prior to the service. Online condolences are welcome at www.LundbergFuneral.com. Lundberg Funeral Home of Cannon Falls is assisting Roger's family.

John E. Betcher

A memorial service for John E. Betcher was



John E. Betcher was held Thursday January 2, 2025 at 10:30 AM at Grace Evangelical Lutheran Church, rural Goodhue. The Rev. Marty Weigand officiated. Interment of the urn followed at the church cemetery. Visitation was one hour prior to the

service at the church. Mr. Betcher, 80, of Mazeppa, died Monday

December 23, 2024 at his home while under hospice care. John Edward Betcher was born April 6,

John Edward Betcher was born April 6, 1944 in Zumbrota, the son of Lauren Edwin Betcher and Evelyn Johanna (neé Raasch) Betcher. John was a graduate of Zumbrota High School with the Class of 1961. He married Adeline Sommerfield on June 15, 1963.

He began his off-farm working career as a pea viner stacker at the age of 15, worked for Olsen's unloading feed in Zumbrota, and later working at the foundry in Lake City. He was always farming. While working out, he worked for Ken Sommerfield Construction, and he sold seed corn.

On February 1, 1975 he purchased the Schmit's Garage and it became Betcher Implement. With the expansion of his business he moved to the Chestnut Avenue location, with a new building and on June 1st a new partner and name, B&B Implement. He was in business for 33 years.

He is a lifelong member of Grace Evangelical Lutheran Church, where he served as treasurer and trustee, and for many years he was on the cemetery board. Also, he is a past-president of the Mazeppa Lions, a member of the National North American Dealer Council, with which he won a trip to Washington, DC as recipient of the Dealers' President Award. He was Mayor of Mazeppa for six years, a member of the Mazeppa EDA, all while continuing his favorite pastime, farming.

John is survived by his wife of 61 years, Adeline Betcher; his son James Betcher; daughter Lori Betcher-Holland, son Josh (Sara) Betcher; 9 grandchildren, 1 greatgranddaughter; sisters Janette Ecklund, Shirley (Jack) Rosener, Sylvia Hoffman-Franke; brother-in-law Roderick (Gail) Sommerfield; as well as nieces and nephews. Also surviving is a dear friend and caretaker, Jakki Browneyes.

He was preceded in death by his parents Lauren and Evelyn Betcher; his wife's parents Emil and Lorraine Sommerfield; a son John A. Betcher; as well as brothers-in-law and sisters-in-law.

Following the memorial service, friends were invited to join the family and relatives at the Mazeppa Community Center for food, fellowship, and further remembrance.

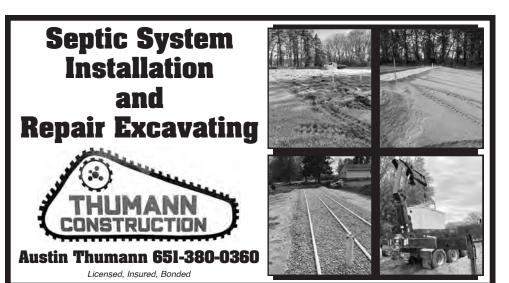
Michael Wayne Jones

Michael Wayne Jones, 73, of Goodhue, died peacefully on Sun-

day December 15, 2024, at his home, surrounded by his loving family. He was born on February 7, 1951, in Keosauqua, Iowa to Hubert and Hazel (Ewing) Jones. He graduated from Fairfield High School.

On February 26, 1972, he was united in marriage to Melinda Pomeroy. For several years he worked for Burlington Northern Railroad and then retired after 28 years at SB Foot Tannery in Red Wing. He and Melinda lived in Holmen, WI, before moving to Red Wing and for the past five years they have resided in Goodhue. Mike was a member of the Minnesota Street Rod Association and Bearing Burners Car Club in Red Wing. He enjoyed old cars, car racing, gardening and canning, but most of all, being outdoors and spending time with his family.

Mike is survived by his loving wife of 52 years, Melinda; three daughters, Michelle (Ken) Vanberg, Darby Horstmann and Kerri



(Kyle) Klinski; nine grandchildren, Cassandra, Gabrielle, Kelsey, Max, Noah, Nicholas, Austin, Aiden and Ava; seven great grandchildren; one brother, Robert (Pat) Jones; many nieces and nephews; one sister-in-law, Beckie Jones and one brother-in-law, Larry Miksch. He was preceded in death by his parents; two sisters, Carol Miksch and Sharon Ewing; one brother, Richard and one sisterin-law, Joyce Jones.

A celebration of life will be held from 1 p.m. to 4 p.m. on Saturday, January 18, 2025, at the Leo C. Peterson American Legion Post #54 in Red Wing.

Arrangements are by the Mahn Family Funeral Home, Bodelson-Mahn Chapel in Red Wing.

Lois Brinkman

Lois Brinkman, 88, passed away peacefully



on Sunday, December 15, 2024 at her home in Lake City. Lois was born on January 24, 1936 to John & Alma Hinck in Red Wing, MN. She was baptized in Christ on February 22, 1936 and confirmed in May of 1949. Lois was y on a farm with her

raised in rural Lake City on a farm with her sister Arlis. She graduated from Goodhue High School in 1953. She worked for the State of Minnesota for 7 years after high school. Lois married Rudolph Brinkman on May 5, 1962 in Belvidere Township. In June of 1969 they welcomed their son Lorne into their home and raised him on the farm until they retired in 1990. They then moved to Lake City and enjoyed their retirement traveling and attending social events. Rudy died in April of 2001.

Her faith was the most important thing to her. She spent hours each week with the Lord in prayer and meditation. She was a member of St. John's Lutheran Church. Lois was very dedicated to volunteering with St. John's, on the Altar Guild, Choir and also for the school helping them with many projects. She volunteered at the Care Center and Wise Penny. She loved her grandchildren, Mariah and Ellianna, and would often babysit and attend their school events. Lately, she loved seeing her great-grandchildren and cherished her visits with her family. She was in numerous clubs around town including the Lois Club and the Neighborhood Card Club, and the VFW Auxiliary. She was an active gardener through her whole life including this last year. She loved flowers, playing cards, dancing, and going on trips with Rudy. She loved going on small adventures with her son and daughter-in-law, and spending time with numerous friends and relatives. Lois was a wonderful and irreplaceable Mother and friend. She will be dearly missed by many.

Lois is survived by her son, Lorne (Alyshia); her grandchildren, Mariah (Tim) Eisen and Ellianna Denzer; her great-grand-children, Luka and Isla Eisen; sister, Arlis Brinkman, friends and family.

She is preceded in death by her husband, her parents, a baby, a brother, and numerous brothers-in-laws and sisters-in-laws.

Community

- GOODHUE-BELLECHESTER MESSENGER -

Barrel Hut Open For Business

(continued from page 1)

Signage will direct you to the East entrance in the alley behind the building.

Linda Eckhoff originally started marketing overstock merchandise from her garage in Hammond, WI. She opened the Goodhue location in mid-November after moving back to her hometown to help care for her father, Donald Hadler. She currently has a Facebook page named What-T-Do where you can find updated information and special offers. Online sales may be added in the future but right now you can explore the renovated shop space where you will find everything from batteries to boots to blankets.

Linda says blankets, other bedding and towels have been good sellers. You might find cleaning supplies, office supplies, tools or even the kitchen sink but quantities are limited. All items are overstocked inventory from "big box stores" (such as Target) that she purchases by the pallet or semi load from online auctions. The lots are labeled as "household", "holiday", "health and beauty", or other general categories but the exact contents are a mystery until they arrive and are unpacked.

The merchandise is new and unused but may not be in original packaging or perfect condition. When her purchases arrive, Eckhoff



The Barrel Hut offers big-box overstock retail shopping in the former Larsen Industries building shop area.

sorts and inspects everything to ensure that it is in working condition. She notes any flaws and prices items accordingly. The Barrel Hut advertises as "wallet-friendly buys for smart, economical shoppers" with most items up to 50% off the suggested retail price. Drones will fly off the shelf while other hidden treas-

ures may go through a series of discounts, or

sales during the Christkindlmarkt. Continuing to Shop local is a great way to support the community.

United Way of Goodhue, Wabasha & Pierce Counties Launches Community Investment Education Grant

plan.

The United Way of Goodhue, Wabasha & Pierce Counties is pleased to announce the opening of its Community Investment Education Grant. This grant is designed to further the United Way's education goal of promoting and supporting a whole-learner approach in education and youth development by addressing gaps of opportunity in our communities.

We aim to equip youth with the skills, knowledge, and support they need to succeed in school, work, and life.

Eligible organizations are encouraged to submit proposals that address one or more of the following areas:

• Early Childhood Education: Programs that promote early literacy, math skills, and socialemotional development.

• K-12 Education: Initiatives that support academic achievement, character development, and college and career readiness.

• Youth Development: Programs that provide out-of-school time activities, mentoring, and leadership opportunities.

To be considered for the grant, applicants must:

• Be a 501(c)(3) nonprofit organization, a public agency, or have a fiscal sponsor.

• Serve one or more of the communities within the United Way of Goodhue, Wabasha & Pierce Counties service area.

• Demonstrate a strong commitment to the

• Submit a proposal outlining the project's

goals, objectives, budget, and evaluation

Applications are due on January 16, 2025.

For more information and to access the

grant application, please visit www.unitedwaygwp.org/apply or contact Nicolle

Mechelke at nmechelke@unitedwaygwp.org

About United Way of Goodhue,

Wabasha & Pierce Counties

Our mission at United Way of Goodhue,

Wabasha & Pierce Counties is to improve

people's lives by mobilizing the caring power

of our communities. Our volunteer-driven,

nonprofit organization is dedicated to ad-

vancing the common good. It's less about

helping one person at a time and more about

changing systems to help all of us. We are all

connected and interdependent. Ultimately,

when a child succeeds in school, when fami-

lies are financially stable, and when people

are healthy, we all win. We believe the build-

ing blocks to a good life are education, basic

needs and health-our three large goals. United

Way recruits people and organizations who

bring the passion, expertise, and resources

needed to get things done.

whole-learner approach.

or 651-388-6309.

even eventually be free. A retail store is a welcome addition to

Goodhue. The Barrel Hut reported strong

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> www.goodhueliving.com 108 Cty. 9 Blvd., Goodhue, MN 55027

Community

- GOODHUE-BELLECHESTER MESSENGER -

The Importance of Time Spent Outdoors for Children



By Brian Kettering, Director of Day Camps at Camp Victory Zumbro Falls, MN

The concept of designated "outdoor time" is a mostly recent phenomenon. Some folks born in a year that starts with the number 19 can remember a time where your mother gave you a designated inside time, one that was typically tracked by sunsets or streetlights. With the rapid rise of technology, specifically the advancements of the smart phone, social media, and video games, the tides have turned drastically. Gone are the days where the afterschool activity was to ride your bike to the park, throw a baseball in the yard with dad, or skip stones at your favorite creek or pond. Now have come the days of digital homework assignments, unlimited movies and television streamed to your home, and online video game stores with flowing discounts that seem to keep the wallet of a gamer ever so light. With all the great reasons to stay inside, why would anyone bother going outside? Perhaps an even more specific question is necessary: as a parent living in the middle of the digital revolution, why should I send my kids outside more often?

As an avid outdoorsman, I can think of about 20 good reasons to go outside, but I'll keep it simple and offer three reasons every child should spend some time outside nearly every day.

• A study in Denmark showed that significant time spent in "green spaces" (ones with natural plant life) had been shown to decrease mental health diagnoses in adolescents. We live in an unprecedented age when it comes to our awareness of mental health, especially for our younger generations. Every little piece of our lifestyle influences our mental health, and most studies agree that time spent in nature can have a very positive influence on it.

• Time spent outdoors can work wonders for you and your child's physical health just as well. Regular time spent in nature can improve your cardiovascular, respiratory, and muscular health, as well as strengthen your senses by working out your eyes, ears, and nose! • Time spent outdoors allows your mind a place to imagine. Imagination deprivation is deteriorating the joyful, youthful spirit of our adolescents today. In the book The Coddling of the American Mind by Greg Lukianoff and Jonathan Haidt, the duo explores the psychological and sociological damage that can (and does) exist when children are deprived of unsupervised, unstructured play time. There is absolutely no better space for the cultural remedy of imagination deprivation than in the great outdoors.

Perhaps you know all of this, but you're wondering, "where do I start?" It can certainly be difficult to cultivate a lifestyle that creates space for outdoor time from scratch, especially in urban environments. Here are some tips for easing into it:

• Start small. Consider taking a short walk every other day as a family during pleasant seasons and playing in the snow for thirty minutes during colder ones. Nothing is too small to try!

• Find community-oriented, family-friendly sports options. I once played with a regular ultimate frisbee group against children as young as 10 years old and adults as old as 70, all on the same field. It was casual enough to be safe but competitive enough to be fun. It was also a great opportunity for multi-generational engagement.

• Consider adding an outdoor hobby to your family that provides natural rewards, like gardening, foraging, or fishing. There are numerous books, YouTube channels, and podcasts about all three things, and Amazon has



all the tools you need to get started affordably. • Consider attending a family retreat or family camp at your local summer camp! Perhaps I'm biased towards camping as a camp professional, but I have seen, heard, and experienced wonderful family development and outdoor engagement happen at camps all over the country.

I hope you feel encouraged to start including regular outdoor time into your family rhythm. Get out, get moving, and watch your child's mental, physical, and imaginative health improve!

Denmark study source: https://pmc.ncbi.nlm.nih.gov/articles/PMC64 21415/



January 8, 2025

Community

- GOODHUE-BELLECHESTER MESSENGER



This worldwide art contest encourages young people ages 11-13 to express their visions of peace.

The Goodhue Lions' Club sponsors the contest locally and picks a winner from both the Goodhue Public School and St. John's Lutheran School. This year's winners were: public school - Brooke Betcher, 13-year-old daughter of Josh and Sarah Betcher, and from St. John's - William Ryan, 13-year-old son of Trevor and Karla Ryan.

Brooke, William and Goodhue Lion's representatives attended the District 5M1 contest on Sunday, December 8, 2024 in Stewartville, MN. The district consists of more than 1700 members of 52 clubs in eight counties in the Southeastern corner of Minnesota. Brooke and William each had their picture taken with District Governor, Lion Bill Kase.

Judges were asked to evaluate posters on three criteria: originality, artistic merit and expression of the theme, "Peace Without Limits." William placed third in the district competition but only the first place winner will advance to the next level. Worldwide about 350,000 students submit entries. One grand prize winner receives \$5,000.00 and \$500.00 is given to each of 23 merit award winners.

SERVING OUR HOMETOWNS

(continued from page 1)

Thanks to local advertisers and your voluntary subscriptions, we are in your mail box each month.

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

Every year, many local newspapers are forced out of business. We have watched this happen many times in recent years in small rural communities.

With our small staff of 2.5, we understand this challenge first hand here at the Messenger, which is why we publish the Messenger in its monthly format.



Brooke Betcher was the Goodhue Public School winner of the Lion's local Peace Poster contest. She is pictured here with District 5M1 Governor, Lion Bill Kase at the district competition in Stewartville on December 8th.



January 8, 2025

Community

- GOODHUE-BELLECHESTER MESSENGER

Changes in Latitudes, Changes in Attitudes I Can Fix Most Most Anything

S By Terry Campbell

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

Spending my life as a farmer I have learned to repair most types of equipment. To begin with it was a necessity. Farming in the mid 1980's was a survival mode existence. I took it for granted, if it broke you ran it into the shop and made it unbroke. Most farmers shops are a testament to that. There are parts saved and stored from the past fifty years, because one day you are certain you will need it to fix something. Or just create something new to fit an application the market hadn't come up with yet. There is a magazine called Farm Show, which is full of inventions from farm shops made by creative farmers across the country.

Often times I would think on it over night to come up with a solution. I find that the longer one mulls a project over in their mind, the more likely it is to work. And more than not there are multiple designs to get it to work right. But I often surprised myself with creative ways to rebuild something.

Someone who didn't grow up with a father who farmed may not have any idea that probably nothing is unfixable. We come from a society which throws things away rather than repair them. But I am glad I have enough influence from previous generation to do otherwise.

My step-daughter brought something home from the big city this summer. It was a collapsable grocery cart. Living in the city, it is simpler to walk to the market and back, than to drive and look for a parking spot on the busy streets. Wheeling bags is much easier than carrying them. It had collapsed, but not in the way the makers intended for it to. She assumed it was not fixable but brought it home to me because it had four perfectly good wheels on it. I was told I could have it for the parts. She had seen the covered parts graveyard I called the shop. She knew it would have plenty of company here. It was a tangle of metal tubes, chrome plated steel basket material, rods and wheels.

I looked at it and visualized how it was constructed to neatly fold up and stow away and yet instantly deploy into a usable cart again. I guess kind of like a transformer to the younger reader. Imagining the way it was intended to function, I realized the pivoting rivets had simply given up holding it together. Eyeballing the size of the hole that was left, after I extracted the cheap Chinese connectors, I went to the bolt drawer and brought back some #12 x 2" stove bolts and locking nuts. A couple minutes later it was as good as new.

She was quite surprised to find that the little cart was ready for a new life. It went back to the big city to help with domestic chores when she returned. For me it was just another day of fixing things.

This fall she sent back something she found in her apartment. She saved it for me and thought it would have some value. It was a 5/16" flange nut and a 3/8" fender washer on a 3" carriage bolt. She probably doesn't know that I use flange nuts and fender washers all the time. Flange nuts have a wide washer at-



tached to the base of the nut and fender washers are super wide washers, atleast four times the width of standard washers. When working with wood or metal with oversized holes one needs the extra washer width. But she knows I can fix things. And I have the affirmation that someone from a younger generation acknowledges that. And that is quite satisfying for an old guy to see.

what we were doing when it came to playing in the snow. So after our mom bundled us up in our new snow gear, told us not to breathe through our mouths so our lungs wouldn't freeze, and sent us out the door. We decided to try our hand at sledding.

There were two problems with this idea. The first was we had not idea how to sled. The same TV specials that hadn't prepared us for snow also hadn't given clear instructions on how to sled. The second problem was that we did not own sleds.

Not having sleds didn't really stop us from going sledding though. Instead we tried a couple of things. First we tried using cardboard boxes, which as you might imagine did not work at all. To this day we agree it was our worst attempt in this endeavor. After that we tried using our plastic alligator teeter totter and toddler rocky horse. Both of which worked better than the boxes.

Neither of which worked out well for my three-year old self. Or at least not as well as they did for my older sister. When she tried it she went down the hill, However, when I tried it I just fell over into the snow. So I ended up deciding that the best option would be to simply roll down the hill. Which really wasn't so much of sledding as it was just rolling down a hill.

I think soon after that first attempt our parents did get us saucer sleds and those worked way better then anything that we had tried to use as sleds. Once we had sleds and got the hang of sledding it did become a favorite winter activity for the Alcoser sisters.





2025. How can it already be 2025? It feels like not too long ago we were ringing in the new decade. I could take the time to talk about the first five years of the 2020s, but instead I'm going to talk about sledding. More specifically the first time that I went sledding.

Recently my mom was telling me about how her neighbors were taking their oneyear old grandchild out for their first time sledding. Which got me thinking about the first time my sister and I went sledding.

We moved to Minnesota from Arkansas the fall of 1999; meaning that I was old enough to remember the first time that I ever saw snow. Which frankly TV Christmas specials did not prepare me for. It turned out to be cold, wet and we learned the hard way that there's a difference between powdery snow and wet snow.

That first snow in 1999 we had no idea

Community & Sports

- GOODHUE-BELLECHESTER MESSENGER -

Troop 76 Meets a Legend

Page 8

By Cheri Roshon

How many people do you know who have actually met a former President of the United States? Well, since former President Jimmy Carter recently passed away at age 100, I was asked to share a story about our Wanamingo Scout troop 76, and how in 1997, the boys and their leaders had an opportunity to meet him, and get a picture with him, too!

It started with a trip to the Florida Keys, while attending the Florida National High Adventure Sea Base program on New Year's Day in 1997. This program teaches kids how to snorkel, scuba dive, and kayak, as well as being able to see creatures from the sea that you'd never find in Minnesota!

The first days they stayed at the Florida Sea Base, a national scout camp at Islamorada, Florida, where they stayed in the dorms. The first day there, they went to Pigeon Island and learned about the historic 7 mile Bridge, and had a history tour. It was there that they learned about and experienced snorkelling and sailing.

The fourth day, they took a boat to Big Munson Island, a small deserted island, 6 miles from the base. More snorkelling and kayaking, as well as viewing and petting the native key deer that reside there. They saw sting rays, sea turtles and a variety of salt

water fish, sponges and coral. They also fished and caught 3 to 5 foot barracudas!

While fishing on New Year's Day, some of the boys got seasick, so they decided to rest at a small island called Pine Key, where by coincidence, they saw former President Jimmy Carter and his family. They were on vacation there, and the boys asked permission to talk to him, and get a few pictures! What an experience to have! He was the 39th President of our country, serving from 1976 to 1981. He ran for a second term, but was defeated by Ronald Reagan. He was a Navy officer, a governor, an author of 32 books, and started The Carter Foundation with his wife Rosalyn. He taught Sunday School, and was an advocate for social justice.

If I ever got to meet a former President, Jimmy Carter would have been the one I would have wanted to meet. While he held a controversial position while in office, due to his very liberal views, he accomplished so many things in his lifetime after his term, that he is one of America's heroes. Always a human rights advocate and a humanitarian, he served Habitat for Humanity for a week out of every year until he was unable to participate. He was instrumental as a diplomat in the Panama Canal construction, and in the FFA program. He even received a Nobel Peace Prize in 2002. He holds the title of the oldest living president, the longest married president (75 years) and has too many accolades to list. I would encourage you to look into his life for a very interesting biography of a man who wasn't afraid to stand up for what he believed in, and always took action for the betterment of our citizens. RIP, Jimmy!



Scouts and leaders of Troop 76 who went to Pine Key. Front, kneeling, from left to right Cory Berg, Ben McBroom, Eric Kittleson, Jesse Anderson, Kyle Nerison. Back Island Mate Dave, Peggy Prigge, Larry Van De Walker, Peter Greseth, Aaron Haugen, Trevor Prigge, Robbie Wilkenson, Michael Raths, Don Raths, Nathan Trost, Stu Ohr and Island Mate Joe

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Goodhue Wrestling Results

By Chad Otterness Goodhue 54 Byron 16

December 5, 2024

- 107 Gadient, Benjamin (Goodhue) over Forfeit, (Byron/Roch. Lourdes) FORFEIT 6
- 114 Ryan, Jay (Goodhue) over Forfeit, (Byron/Roch. Lourdes) FORFEIT 12
- 121 Erickson, Lucas (Goodhue) over Forfeit, (Byron/Roch. Lourdes) FORFEIT 18
- 127 Strauss, Tim (Goodhue) over Connelly, Gavin (Byron) Decision 10-9 21 133 Xiong, Paxton (Byron) over Lexvold, Max (Goodhue) Tech Fall 17-2 21-5
- 139 Grant, Adam (Goodhue) over Olson, Tate (Byron) Tech Fall 17-2 26-5
- 145 O'Reilly, Jack (Goodhue) over Zabel, Gavin (Byron) Tech Fall 20-2 31-5
- 152 Holm, Hayden (Goodhue) over Vicker, Landen (Byron) Fall 02:53 37-5
- 1 Beck, Nathan (Goodhue) over Hall, Avery (Byron) Fall 05:54 43-5
- 172 Lorentzen, Brayden (Byron) over Kurtti, Craig (Goodhue) Tech Fall 18-3 43-
- 189 Bartel, Gavin (Byron) over Forfeit, (Goodhue) FORFEIT 43-16
- 215 Kurtti, Caleb (Goodhue) over Lorentz, John Paul (Byron) Fall 01:14 49-16 285 Carlson, Jack (Goodhue) over Edwards, Mason (Byron) Tech Fall 19-4

Lakeville South Triangular December 13, 2024

Goodhue 42 Lakeville South 22

107 Knobelsdorff, Arlyn (Goodhue) over Benson, Korbin (Lakeville South) Fall 1:32 6-0

- 114 Ryan, Jay (Goodhue) over Pearson, Ezekiel (Lakeville South) Fall 0:51 12-0
- 121 Erickson, Lucas (Goodhue) over Dukes, Justin (Lakeville South) Fall 1:47 18-0
- 127 Strauss, Tim (Goodhue) over Enger, Knox (Lakeville South) Tech Fall 21-2 23-0 133 Caldes, Turner (Lakeville South) over Lexvold, Max (Goodhue) Decision 5-0 23-3 139 Grant, Adam (Goodhue) over Scherrer, Klaasen (Lakeville South) Tech Fall 20-5 28-3

145 O'Reilly, Jack (Goodhue) over Guennigsman, Everret (Lakeville South) Fall 1:59 34-3

152 Remiger, Ryan (Lakeville South) over Holm, Hayden (Goodhue) Maj Dec 15-5 34-

160 Beck, Nathan (Goodhue) over Elmhorst, Logan (Lakeville South) Tech Fall 16-1 39-7

- 172 Clark, Riley (Lakeville South) over Forfeit, (Goodhue) FORFEIT 39-13
- 189 Bokman, Bo (Lakeville South) over Forfeit, (Goodhue) FORFEIT 39-19
- 215 Lebaron, Trevor (Lakeville South) over O'Reilly, Cayden (Goodhue) Decision 7-6 39-22

285 Carlson, Jack (Goodhue) over Bergan, Josh (Lakeville South) Decision 4-1 42-22 Goodhue 64 NRHEG 6

107 Knobelsdorff, Arlyn (Goodhue) over Schlaak, Owen (New Richland-H-E-G) Maj Dec 15-2 4-0

- 114 Ryan, Jay (Goodhue) over Jacobson, Grahm (New Richland-H-E-G) Fall 1:24 10-0 121 Erickson, Lucas (Goodhue) over Tufte, Charles (New Richland-H-E-G) Fall 1:26 16-0
- 127 Strauss, Tim (Goodhue) over Forfeit, (NRHEG) FORFEIT 22-0
- 133 Lexvold, Max (Goodhue) over Forfeit, (NRHEG) FORFEIT 28-0
- 139 Grant, Adam (Goodhue) over Johannsen, Chase (New Richland-H-E-G) Fall 1:45 34-0

145 O'Reilly, Jack (Goodhue) over Madson, Khaiden (New Richland-H-E-G) Fall 1:33 40-0

152 Holm, Hayden (Goodhue) over Schiell, Logan (New Richland-H-E-G) Fall 1:23 46-0

160 Beck, Nathan (Goodhue) over Weller, Noah (New Richland-H-E-G) Fall 0:44 52-0 172 Forfeit, (New Richland-H-E-G) over Forfeit, (Goodhue) Double Forfeit 52-0

189 Schlaak, Ryan (New Richland-H-E-G) over Forfeit, (Goodhue) FORFEIT 52-6

215 O'Reilly, Ethan (Goodhue) over Hutchens, Cole (New Richland-H-E-G) Fall 0:33 58-6

285 Carlson, Jack (Goodhue) over Hudson, Devlin (New Richland-H-E-G) Fall 1:38 64-6

Goodhue 65 Faribault 12 December 20, 2024

- 107 Ortega, Zander (Goodhue) over Forfeit, (Fairbault) FORFEIT 6-0
- 114 Ryan, Jay (Goodhue) over Elwood, Dominic (Faribault) Fall 1:24 12-0
- 121 Erickson, Lucas (Goodhue) over Nelson, Logan (Faribault) Fall 0:57 18-0
- 127 Lexvold, Max (Goodhue) over Wendel, Ty (Faribault) Fall 3:33 24-0
- 133 Flicek, Chase (Faribault) over Lodermeier, Finn (Goodhue) Fall 5:46 24-6
- 139 Grant, Adam (Goodhue) over Conrad, Aiden (Faribault) Fall 5:13 30-6
- 145 O'Reilly, Jack (Goodhue) over Ford, Cameron (Faribault) Tech Fall 16-1 35-6
- 152 Holm, Hayden (Goodhue) over Adamek, Wyatt (Faribault) Fall 0:50 41-6
- 160 Beck, Nathan (Goodhue) over Forfeit, (Faribault) FORFEIT 47-6
- 172 Sanoja, Justin (Faribault) over Kurtti, Craig (Goodhue) Fall 4:48 47-12
- 189 O'Reilly, Ethan (Goodhue) over Forfeit, (Fairbault) FORFEIT 53-12
- 215 Kurtti, Caleb (Goodhue) over Dell, Xander (Faribault) Fall 1:08 59-12
- 285 Carlson, Jack (Goodhue) over Padilla, Xavier (Faribault) Fall 1:10 65-12

Januar

Sports

- GOODHUE-BELLECHESTER MESSENGER -

Bi-State Classic - Boys Results for Goodhue

By Chad Otterness

106 Arlyn Knobelsdorff (9-5) place is unknown and scored 5.0 team points.

Champ. Round 1 - Arlyn Knobelsdorff (Goodhue) 9-5 received a bye () (Bye)

Champ. Round 2 - Carl Murray (Zumbrota-Mazeppa) 17-5 won by decision over Arlyn Knobelsdorff (Goodhue) 9-5 (Dec 11-5)

Cons. Round 2 - Arlyn Knobelsdorff (Goodhue) 9-5 won by fall over John Yang (Wausau West) 5-8 (Fall 3:54)

Cons. Round 3 - Arlyn Knobelsdorff (Goodhue) 9-5 won by major decision over William Fugleberg (Bloomington Kennedy) 2-2 (MD 14-0)

Cons. Round 4 - Blake Champlin (Tomah) 17-3 won in sudden victory - 1 over Arlyn Knobelsdorff (Goodhue) 9-5 (SV-1 13-6)

113 Lucas Erickson (17-3) placed 7th and scored 27.0 team points.

Champ. Round 1 - Lucas Erickson (Goodhue) 17-3 received a bye () (Bye)

Champ. Round 2 - Lucas Erickson (Goodhue) 17-3 received a bye () (Bye)

- Champ. Round 3 Lucas Erickson (Goodhue) 17-3 won by fall over Blake Mell (Wausau West) 14-6 (Fall 3:06)
- Quarterfinal Kolten Bollig (Evansville) 21-1 won by tech fall over Lucas Erickson (Goodhue) 17-3 (TF-1.5 2:43 (17-2))
- Cons. Round 6 Lucas Erickson (Goodhue) 17-3 won by fall over Shane Kramer (Hutchinson/BLHS) 13-8 (Fall 1:49)
- Cons. Round 7 Jaren Grimsled (North Crawford/Seneca) 24-6 won by decision over Lucas Erickson (Goodhue) 17-3 (Dec 13-9)

7th Place Match - Lucas Erickson (Goodhue) 17-3 won by decision over Aiden Burns (Caledonia/Houston) 6-3 (Dec 6-0)

120 Jay Ryan (9-8) place is unknown and scored 4.0 team points.

Champ. Round 1 - Jay Ryan (Goodhue) 9-8 won by fall over Nolan Van Schyndle (Cuba City/Benton/Southwestern) 8-8 (Fall 1:26)

Champ. Round 2 - Javier Berg (Chatfield) 15-1 won by fall over Jay Ryan (Goodhue) 9-8 (Fall 0:56)

Cons. Round 2 - Brendan Rick (Royall/Wonewoc-Center) 11-7 won by decision over Jay Ryan (Goodhue) 9-8 (Dec 7-3)

126 Tim Strauss (5-7) place is unknown and scored 0.0 team points. Champ. Round 1 - Gibson Guralski (Waunakee) 12-9 won by tech fall over Tim Strauss (Goodhue) 5-7 (TF-1.5 3:00 (17-2))

Cons. Round 1 - Brayden Troester (Cuba City/Benton/Southwestern) 7-10 won by fall over Tim Strauss (Goodhue) 5-7 (Fall 4:16)

132 Max Lexvold (4-10) place is unknown and scored 0.0 team points.

Champ. Round 1 - Westin Ingham (Amery) 17-4 won by fall over Max Lexvold (Goodhue) 4-10 (Fall 1:25)

Cons. Round 1 - Brekk Peterson (Mauston/Necedah) 10-8 won by fall over Max Lexvold (Goodhue) 4-10 (Fall 2:00)

138 Adam Grant (9-7) place is unknown and scored 4.5 team points.

Champ. Round 1 - Adam Grant (Goodhue) 9-7 won by tech fall over Kyle Wassinger (Richland Center) 7-7 (TF-1.5 5:41 (17-0))

Champ. Round 2 - Noah Radtke (River Valley) 15-5 won by tech fall over Adam Grant (Goodhue) 9-7 (TF-1.5 4:00 (17-2))

Cons. Round 2 - Adam Grant (Goodhue) 9-7 won in sudden victory - 1 over Jarett Plomedahl (West Salem/Bangor) 10-9 (SV-1 11-9)

Cons. Round 3 - Boede Wallner (Adams-Friendship) 15-4 won by decision over Adam Grant (Goodhue) 9-7 (Dec 8-1)

144 Hayden Holm (12-7) place is unknown and scored 11.0 team points.

Champ. Round 1 - Hayden Holm (Goodhue) 12-7 received a bye () (Bye)

Champ. Round 2 - Hayden Holm (Goodhue) 12-7 won by fall over Tom Sprosty (North Crawford/Seneca) 12-6 (Fall 1:12)

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Champ. Round 3 - Mason Hird (Prairie du Chien) 20-5 won by major decision over Hayden Holm (Goodhue) 12-7 (MD 19-7)

Cons. Round 4 - Hayden Holm (Goodhue) 12-7 won by fall over Keeton Nowak (Baraboo) 9-4 (Fall 2:05)

Cons. Round 5 - Gavin Tritz (Nekoosa/Assumption/Port Edwards) 12-4 won by major decision over Hayden Holm (Goodhue) 12-7 (MD 16-6)

150 Jack O'Reilly (11-7) place is unknown and scored 11.0 team points.

Champ. Round 1 - Jack O'Reilly (Goodhue) 11-7 won by fall over Grant Leach (Hudson)

7-8 (Fall 1:47) Champ. Round 2 - Braedon Dorshorst (Lodi) 14-3 won by fall over Jack O'Reilly (Goodhue) 11-7 (Fall 0:48)

Cons. Round 2 - Jack O'Reilly (Goodhue) 11-7 won by fall over Austin Jacobi (Adams-Friendship) 1-12 (Fall 0:39)

Cons. Round 3 - Jack O'Reilly (Goodhue) 11-7 won by fall over Bryce Van Lannen (Pulaski) 9-5 (Fall 2:23)

Cons. Round 4 - Jack O'Reilly (Goodhue) 11-7 won by decision over Rhadei Kuck (Homestead) 10-8 (Dec 3-2)

Cons. Round 5 - Jackson Perkins (Prairie du Chien) 17-8 won by decision over Jack O'Reilly (Goodhue) 11-7 (Dec 6-4)

157 Nathan Beck (12-5) place is unknown and scored 4.0 team points.

Champ. Round 1 - Nathan Beck (Goodhue) 12-5 won by fall over Logan Ostler (Eastview) 2-9 (Fall 1:13)

Champ. Round 2 - Carter Cady (Lewiston-Altura/Rushford-Peterson) 14-4 won by decision over Nathan Beck (Goodhue) 12-5 (Dec 7-4)

Cons. Round 2 - Nathan Beck (Goodhue) 12-5 received a bye () (Bye)

Cons. Round 3 - Cain Lexvold (Zumbrota-Mazeppa) 9-7 won by decision over Nathan Beck (Goodhue) 12-5 (Dec 4-0)

175 Craig Kurtti (5-7) place is unknown and scored 5.0 team points.

Champ. Round 1 - Craig Kurtti (Goodhue) 5-7 won by decision over Aiden Duran (Dodgeville) 5-4 (Dec 10-6)

Champ. Round 2 - Kade Rule (Mineral Point) 20-1 won by fall over Craig Kurtti (Goodhue) 5-7 (Fall 0:56)

Cons. Round 2 - Craig Kurtti (Goodhue) 5-7 won by fall over Jacob Rodgers (Orono) 0-5 (Fall 1:40)

Cons. Round 3 - Jack Tubbs (Stratford) 16-6 won by fall over Craig Kurtti (Goodhue) 5-7 (Fall 1:00)

190 Ethan O'Reilly (5-5) place is unknown and scored 1.0 team points.

Champ. Round 1 - Blaine Waltemath (Tomah) 8-7 won by decision over Ethan O'Reilly (Goodhue) 5-5 (Dec 10-7)

Cons. Round 1 - Ethan O'Reilly (Goodhue) 5-5 won by decision over Robert Thorson (Marshfield) 2-4 (Dec 5-2)

Cons. Round 2 - William Ford (Wausau West) 9-7 won by decision over Ethan O'Reilly (Goodhue) 5-5 (Dec 9-4)

215 Caleb Kurtti (16-2) placed 7th and scored 27.0 team points.

Champ. Round 1 - Caleb Kurtti (Goodhue) 16-2 won by fall over Levi Maier (Mount Horeb/Barneveld) 6-9 (Fall 1:30)

Champ. Round 2 - Caleb Kurtti (Goodhue) 16-2 won by fall over Miles Olson (West Salem/Bangor) 16-9 (Fall 0:50)

Champ. Round 3 - Caleb Kurtti (Goodhue) 16-2 won by fall over Justin Obert (De Soto) 15-5 (Fall 0:46)

Quarterfinal - Dawson Clymer (Hudson) 22-2 won by major decision over Caleb Kurtti (Goodhue) 16-2 (MD 14-5)

Cons. Round 6 - Caleb Kurtti (Goodhue) 16-2 won by fall over Will Boelter (Chatfield) 13-5 (Fall 2:29)

Cons. Round 7 - Gatlin Empey (Stoughton) 20-5 won by decision over Caleb Kurtti (Goodhue) 16-2 (Dec 10-3)

7th Place Match - Caleb Kurtti (Goodhue) 16-2 won by decision over Mason Grow (Beaver Dam) 21-5 (Dec 11-4)

285 Jack Carlson (18-3) placed 4th and scored 34.0 team points.

Champ. Round 1 - Jack Carlson (Goodhue) 18-3 received a bye () (Bye)

Champ. Round 2 - Jack Carlson (Goodhue) 18-3 won by major decision over William Storm (Bloomington Kennedy) 6-5 (MD 16-4)

Champ. Round 3 - Jack Carlson (Goodhue) 18-3 won by fall over Drew Gage (Stratford) 20-5 (Fall 0:43)

Quarterfinal - Grant Mathews (Riverdale) 18-2 won by major decision over Jack Carlson (Goodhue) 18-3 (MD 12-3)

Cons. Round 6 - Jack Carlson (Goodhue) 18-3 won by fall over Chase Schams (Aquinas) 13-5 (Fall 2:44)

Cons. Round 7 - Jack Carlson (Goodhue) 18-3 won by decision over Jackson Lenzendorf (Waunakee) 22-2 (Dec 4-2)

Cons. Semi - Jack Carlson (Goodhue) 18-3 won by decision over Willy Graham (Stanley-Boyd) 12-4 (Dec 10-3)

3rd Place Match - William McCorison (Wausau West) 19-1 won by fall over Jack Carlson (Goodhue) 18-3 (Fall 2:42)

Christmas Joy 2024

- GOODHUE-BELLECHESTER MESSENGER -

January 8, 2025



Page 10

Grace Lutheran Church again set up a drivethru live Nativity. Angels, shepherds, wise men, the holy family and a few animals helped tell the story of Jesus' birth. Special thanks to Darwyn and Mary Tri for coordinating the event that brought in 292 pounds of food and raised \$437.00 for the food shelf.

After the live Nativity, you could stop in Bellechester to view the lighted parade. Both events were held the evening of November 30th. The Bellechester Lion's Club moved their annual event up one week hoping for better weather than the previous years but drew the short straw again.

(continued on page 12)



Caden Gilbertson and Kylie Mann walked behind their Belvidere Happy-Go-Luckies parade float. The bale wagon was decorated as part of the club's monthly meeting activities that afternoon.



A miniature horse and a donkey helped these Grace Lutheran youth tell the Christmas story during the live Nativity event.



Jesse Fox won first place in the Bellechester lighted parade with his outlined chopper that carried Santa on the front.



This wagon with several lighted inflatable decorations was entered in the Bellechester parade as a promotion for the Zumbro Falls Community Christmas.



30 Children celebrated the theme "Christmas is for Jesus" with crafts, cookie decorating and music at St. Peter's Church in Goodhue on December 14th.

photo by Allie Bartlette



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Christmas Joy 2024

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- GOODHUE-BELLECHESTER MESSENGER -



30 Children celebrated the theme "Christmas is for Jesus" with crafts, cookie decorating and music at St. Peter's Church in Goodhue on December 14th. *photo by Allie Bartlette*



Debbie Mills, Lake City, selling freeze dried candy and herbs at the outdoor Christkindlmarkt.



Santa takes requests from the Voth kids inside The Third Place during Christkindlmarkt. From left, Elaine (9) wishes for brain teaser games and her cousins, Niles (8) a stuffed Husky dog, Ryann (3) asked for a reborn baby, and Nora (6) a science kit.

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Christmas Joy 2024

- GOODHUE-BELLECHESTER MESSENGER -

Christmas Joy 2024 (continued from page 10)

The chill in the air didn't keep area folks from attending or participating in the event.

Thirteen floats entered the lighted parade contest. The first place winner was Jesse Fox whose John Deere chopper was outlined in lights and carried Santa on the front. He declined the Timberwolves tickets prize and redonated them to the Goodhue royalty. The second place prize was \$60.00 cash that went to the Belvidere Happy-Go-Luckies 4-H Club and \$30.00 went to the third place entry of K&K Concessions Darn Good Vittles.

The crowd moved into the warmth of the FabTech building where the children met with Santa, played games and decorated cookies.

Toys were collected for a local charity and greetings were drawn on posters to be hung in local care facilities. Nilssen's Foods in Zumbrota donated hot dogs and Kwik Trip gave \$75.00 to help purchase buns and other items for the free lunch. The Lion's raise funds through a raffle and their Sunday Funday event in July and meat raffles at the Tavern. They help support local organizations such as the Goodhue Trap Team and Mazeppa Historical Society.

The annual Christkindlmarkt was held in Goodhue the following Saturday, December 7th. A holiday home tour ran from 10 AM to noon featuring the Andy and Jolene Mann and Ryan and Bri Schimek homes in Goodhue and the Jerry and Sheila Stehr home in the country. The Stehrs live in the Doc Sawyer house that was moved from Goodhue to the country in 2015 and features the original woodwork. The Goodhue Chamber also sponsored an outdoor decorating contest that ran through December 15th and was judged by a committee unfamiliar with the town's residents. Great Rivers Mutual Insurance Company won the business division and the residents of 1009 3rd Ave won \$100 in Chamber Bucks.

The chamber organizes the outdoor market and added the tree lighting ceremony in The Depot lot this year. Street music and sunshine made for a pleasant day visiting vendor tents and enjoying German food and horse-drawn wagon rides around town. The Third Place offered a comfortable place where kids could write letters to Santa or sit with him and personally request items like a football jersey or a Barbie house.

Kids could enjoy watching The Grinch movie on the side of The Depot and even meet with the Grinch himself as he roamed the lot and tried to steal the decorations around the tree. Luckily, Cindy Lou Who; Goodhue Mayor, Ernie Valenzuela; and some traveling carolers convinced him to embrace Christmas.



The porch of the former Doc Sawyer's house welcomes visitors to the Jerry and Sheila Stehr home during the holiday home tour December 7th.



The Lady Slippers Quartet (April Horne, Deb Stern, Carolyn Plumb and Nancy Hayden) with the Grinch and Cindy Lou Who. The carolers and characters entertained visitors to The Depot while waiting for the tree lighting ceremony, a new feature of Christmas in Goodhue.



Holiday decorations enticed visitors to come in to The Third Place to see Santa or enjoy a moment of peace.



Both bars and some businesses offered extra events and specials throughout the day and evening.



Special thanks to the list of sponsors and everyone who made the annual Christkindlemarkt bigger and better than ever.

January 8, 2025

Health & Wellness

GOODHUE-BELLECHESTER MESSENGER



By Shauna Burshem, D.C.

When it comes to spine health, planks are one of the best exercises you can integrate into your routine. I've worked with countless individuals who struggle with posture issues and lower back pain, and often, the root cause lies in weak core muscles. Planks are brilliant because they engage your entire core, including the deep abdominals that support and stabilize your spine. Unlike crunches or sit-ups, planks put minimal strain on your spine while effectively building strength in the muscles that keep your back aligned. What I love most about planks is their versatility-they're accessible whether you're a seasoned athlete or just starting your fitness journey. Holding a proper plank position trains your body to maintain a neutral spine, which is crucial for standing, walking, and even sitting. I can't stress enough how this translates into everyday life. Think about it-every step you take, every chair you sit in, benefits from a steady foundation. Over time, strengthening these core muscles through planks can reduce back pain and improve your posture dramatically. Beyond just physical benefits, planking is a mental game too. It's about holding still, focusing your breath, and staying present. For many of us, experiencing back pain can feel physically and emotionally draining. Planks are a way to fight back—both strengthening the areas involved and empowering you to take charge of your spine health. Remember, consistency is key. Start small, even if it's just 20 seconds a day, and watch your spine and entire core grow stronger over time.

New RSV vaccine update: Moderna halted

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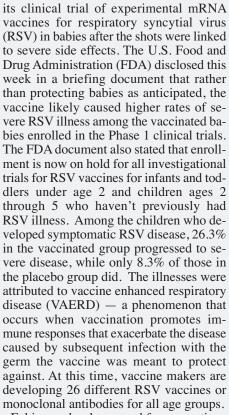
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Echinacea has been used for generations as a natural remedy to support the immune system, especially during cold and flu season. Modern studies now back up what others instinctively knew for so long echinacea is packed with compounds that help bolster the immune response, making it easier to fend off common illnesses. What makes echinacea so special is its ability to increase the activity of white blood cells, our body's natural defense army. Think of it as a booster for your immune system, encouraging it to work harder when you're feeling run down. Whether taken as a tea, capsule, or tincture, echinacea has shown promise in reducing the severity and duration of colds when used at the first sign of symptoms.

It is important to care for our bodies naturally, especially during the colder months when colds and fatigue seem to be lurking around every corner. If you're not already reaching for echinacea when you're feeling under the weather, I'd say it's worth giving it a try as it is a big help boosting immune system function.

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

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PER ITEM



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What are the results of the choices you and I make? In this season of reflection and resetting, we can see how a choice made last year or a few years ago resulted in a specific outcome. Some outcomes lead to regret. other outcomes lead to surprises. It is a unique quality of human life to be able to reflect on the past and to make choices for the future. As you look toward the new year before you, I want to provide some thoughts to help you make wise choices for your health goals.

We have grown up in a society that provides a variety of quick "solutions" to our problems. All the best results are presented, but the side effects are not discussed or rapidly by-passed. Warning labels may be added, but few people have taken the time to read the labels. Remember, the primary objective of marketing is to sell, and not to provide full disclosure. Consider the side effects of these popular options being presented in the current market:

Ozempic: A recent injectable drug designed to help those managing diabetes to maintain healthy blood sugar levels, this medication has become popular for "offlabel" use as a medication to promote weight loss. Possible side effects stated on the official website for Ozempic includes - nausea, constipation, stomach pain, and vomiting. More serious side effects can include - inflammation of the pancreas, kidney problems, gallbladder problems, and an increased risk of thyroid cancer. Without insurance this medication may cost as much as \$1000 per month. The medication does not instruct you on how to eat and how to build a healthy lifestyle for a long healthy life. Do you want to be dependent on this medication?

Omeprazole/Prilosec: A popular medication for providing relief from acid reflux. Common side effects include - body aches, loose stools, dizziness, muscle pain, sneezing, or unusual drowsiness. The medication is meant to decrease the amount of acid pro-

duced in the stomach; however, the medication moves through the entire body and will decrease the amount of energy that cells produce for daily activity, which can result in muscle spasms and tiredness. Additionally, the decreased acid in the stomach allows for increased bacteria and viruses to pass through the stomach into the intestines where imbalances will result in more severe health issues. The short-term relief provided by this medication has negative long-term results.

Statin medication: One of the most popularly promoted medications in the past 20 years for the purpose of lowering total cholesterol. The side effects listed by Mayo Clinic and known to be associated with statin medications include - muscle pain, liver damage, and increased risk of diabetes. Females are at greater risk of side effects, and individuals over eighty years old, as well as those who drink alcohol. Statin medications not only reduce the production of cholesterol, but also reduce the production of CoQ10, an important energy molecule essential for healthy cell activity. When you take a statin medication, you are slowing down the production of cholesterol, and many other activities in your body. As noted in a previous article on "Cholesterol Truths" the benefits of taking statin medication are about 1% improvement compared to not taking statin medication. Changes to what you eat and when you eat make a greater difference to your cholesterol measures.

To be fair, there are side effects associated with certain foods as well. However, these side effects are easily managed and often related to over consumption.

Dairy - overconsumption can lead to constipation

Red Beets - overconsumption can result in red colored stool

Tomatoes - may increase acid reflux. Balance with consuming celery stalks or celery juice.

Vitamin C - overconsumption can result in loose stools

Magnesium - overconsumption can have a laxative effect

Knowing the side effects places you in a better position to manage your life and your health goals. Your body genetics successfully operate on the nutrients provided on a daily basis. Your body is asking for more nutrients. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge is not a result of a medication deficiency.

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



Email: hometownmessenger@gmail.com



- GOODHUE-BELLECHESTER MESSENGER -

MDA Now Accepting Applications for 2025 Beginning Farmer Tax Credit

Eligible parties are encouraged to apply early for funding

The Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA) is now accepting applications for the 2025 Beginning Farmer Tax Credit, an annual program available to landlords and sellers (asset owners) who rent or sell farmland, equipment, livestock, and other agricultural assets to beginning farmers.

Total funding available for the 2025 Beginning Farmer Tax Credit program is \$4 million. The credits are funded in a first-come, first-served manner, so applicants are highly encouraged to apply early in the year before the stated deadlines. Both the asset owners and beginning farmers must submit applications with lease and/or sale documents to be eligible for funding and to hold their place in line. They may apply before sales close, if needed. Asset owners can claim credits in one of the following categories in a given tax year for each beginning farmer they lease/sell to:

Qualifying asset owners can include individuals, trusts, or qualified pass-through entities renting or selling land, livestock, facilities, buildings, or machinery used for farming in Minnesota to a beginning farmer. Through changes made to the program during the 2023 legislative session, parents, grandparents, and siblings are now eligible for the tax credit if they sell farmland to a direct family member. However, this does not apply to leases or non-land sales (e.g., livestock, equipment).

A beginning farmer is defined as a Minnesota resident with the desire to start farming or who began farming within the past 10 years. They must provide positive projected earnings statements, have a net worth less than \$1,013,000, and enroll in or have completed an approved Farm Business Management (FBM) program.

Beginning farmers are also eligible for a nonrefundable Minnesota tax credit equal to the amount paid for FBM tuition, up to a maximum of \$1,500. This tax credit is available for up to three years.

Full eligibility requirements and application materials can be found on the Beginning Farmer Tax Credit webpage. Questions may be directed to Jenny Heck at Jenny.Heck@state.mn.us or 651-201-6316.



	Tax Credit Amount	Maximum Tax Credit	Application Due Date
Cash Rentals	10% of annual rental income	\$7,000	July 17, 2025
Share Crop Rentals	15% of annual rental income	\$10,000	July 17, 2025
Sales	8% of sale price (12% if the buyer is an emerging farmer)	\$50,000	Nov. 1, 2025
Beginning Farmer Farm Business Management Tuitic Reimbursement	Equal to tuition paid out of pocket	\$1,500 for 3 years	Nov. 1, 2025

Klobuchar named ranking member of Senate Ag Committee

ST. PAUL – Sen. Amy Klobuchar, D-Minn., has been named the ranking member of the Senate Agriculture Committee.

The announcement came the day after Rep. Angie Craig, D-2nd District, was elected as the ranking member of the House Agriculture Committee.

Klobuchar has served on the Senate Committee on Agriculture, Nutrition, and Forestry since her first term in Congress and she's worked to pass three Farm Bills.

"From her tour of all 87 counties each year to her work on the last three Farm Bills, Sen. Klobuchar is known for showing up, listening and delivering results," said Minnesota Farmers Union (MFU) President Gary Wertish. "Our members know her and her office well and are grateful for her service.

"Minnesota's history of strong, bipartisan leadership is well served by Sen. Klobuchar and Rep. Craig," he added. "We're grateful for their leadership."

About Minnesota Farmers Union

Minnesota Farmers Union works to protect and enhance the economic interests and quality of life of family farmers and ranchers and rural communities. MFU is a nonprofit membership-based organization. Membership is open to everyone. Learn more and join at www.mfu.org and follow MFU on Facebook, X, Bluesky and Instagram.



January 8, 2025

Public Safety

- GOODHUE-BELLECHESTER MESSENGER -

January 8, 2025

Ask **A Trooper**

By Sgt. Troy Christianson, **Minnesota State Patrol**





I wanted to share a message about distracted driving. Here is some information we recently shared on our Department of Public

Safety blog.

"It was supposed to be a routine trip for 20year-old Megan Severson. On Oct. 17, 2019, Severson was driving from Preston in southeastern Minnesota to visit her boyfriend in North Dakota. But when she reached Highway 52 in St. Paul, everything changed in an instant.

The crash - Severson glanced over at her GPS to see which exit she needed to take. "I looked down and I was speeding, so it felt a lot shorter than it actually was," said Severson. "When I came to realize that the cars in front of me were stopped, I hit my brakes as fast as I thought I could.'

She couldn't stop in time. Severson Walked away from the crash with her life. An innocent passenger did not. Severson rear-ended the stopped car in front of her, causing a chain-reaction crash involving multiple vehicles. A passenger in the car she hit, Anthony Kawino, 33, of Burnsville was killed. "I just looked around at the scene that was in front of me," Severson recalled. "It was horrific. I saw them pulling the blanket over the deceased, and at that point it clicked into my brain that this is bad. Very, very bad.'

Minnesota State Patrol Sgt. Daniel Dixon was the reconstructionist who documented how and why this crash happened. The answers were obvious, he said. Severson was speeding at 70 mph in a 55 mph zone just before she hit the car Kawino was in. "At that speed, if you're looking at your GPS for five seconds to try to figure out where you would need to go next, you just traveled almost two football fields of distance," Dixon said.

Somber anniversary - Severson was charged with criminal vehicular homicide because she was speeding and distracted at the time of the crash. She still remembers her lawyer explaining what this felony charge could mean for her future. "When he first said people normally get prison time, I went off the rails in my mind," Severson added. "I didn't know what to think. I was in a big state of panic. I mean, nobody wants to go to prison.'

Severson pleaded guilty to the charge. She was sentenced to around three months in jail and five years of probation. The judge also granted a request from Kawino's family; having Severson report to jail on Oct. 17 each year - the anniversary of the deadly crash.

"It's probably the worst day of the year for me," Severson said. "Everything just cycles back as if it happened yesterday. All of it. The crash, Anthony, his family. What would he be doing? Would he have a family of his own? Married? Kids?"

Lessons learned - Severson hopes sharing her story will encourage other drivers to put distractions away when they are behind the wheel. "Don't do it, because there are heavy consequences and it's more than prison, jail or probation. It's your whole life. It's the

Avoid Distractions

Avoiding distractions behind the wheel is always crucial, and the winter months can present additional challenges with unpredictable, dangerous road conditions. Snow and ice on the road mean vehicles take longer to stop, so quick reaction times are even more important. By staying focused and avoiding distractions, drivers can better adapt to sudden changes, like an icy patch or a car skidding ahead. A momentary distraction, such as glancing at a phone or adjusting the radio, can lead to losing control



on icy roads or not seeing hazards like black ice, slower vehicles, or pedestrians.

Following these tips can help drivers avoid becoming distracted behind the wheel: Put the phone away: Silence your phone and store it out of reach before driving. Use "Do Not Disturb" mode to block notifications.

Plan ahead: Set your GPS, queue up your playlist, or take care of texts and calls before you start driving.

Pull over safely: If something urgent comes up, find a safe spot to pull over before handling it.

Create a driving routine: Make driving a focused activity by committing to zero distractions during your trip.

Enlist passengers: Let passengers handle navigation, music or calls, so you can keep your attention on the road.

Secure loose items: Store items securely to avoid the need to reach for anything while driving.

Lead by example: Show others - especially young drivers - how to drive without distractions. Be the role model for safe driving.

Snow, ice and reduced visibility require a driver's full attention to navigate safely. Staying focused behind the wheel is one of the simplest yet most effective ways to prevent crashes and save lives. Together, we can drive Minnesota toward zero deaths.



guilt, the pain," Severson said. "We have to realize it's not just us on the road. It takes just one wrong, slight move to end your life or another person's life - and it happens fast."

Across Minnesota, distracted driving was a factor in one in 11 crashes from 2019 to 2023. Distracted driving contributed to an average of 29 deaths and 146 life-changing injuries a year over that same time period. So far in 2024, distractions have been a factor in 27 (comes on Tuesday current as of 12/17) traffic deaths.

It's frustrating for Dixon knowing something preventable is causing deaths on Minnesota roads. "It seems like as the cars get better, safer and smarter that drivers get more relaxed and less attentive to what's going on out there," he said. "It's evident that the message is not getting across because people are still playing on their phones while driving all the time, as much as you try to explain that this is dangerous."

As Severson works to move on from that tragic crash five years ago, she says she is taking this second chance at life seriously knowing Kawino wasn't as fortunate. "I'm not living for just myself. I'm living for two. The life that I took. It makes me want to push to be the best I can be."

For more information and blogs please visit: https://dps.mn.gov/news/blog

Question: I see the sign boards along the highway with different messages posted. Do they use these for Amber Alerts? I know I get the alert on my phone and was just curious.

Answer: Message and lane-use signs on some freeways warn drivers of traffic crashes, stalled vehicles, or other traffic conditions ahead.

Message signs may also be activated when the state issues an AMBER Alert in response to a child abduction. The signs will provide information such as a vehicle description. Drivers who see a vehicle fitting the description, or who have other information about the missing child, will be asked to notify law enforcement. The best number to call is "911."

Question: Do you have any advice on what a person should do if they are driving along in the dark and their headlights go out?

Answer: If your headlights suddenly go out, try using your parking lights, hazard warning lights or turn signals—one of them may work and give you enough light to guide you off the road. If your headlights fail on a busy or lighted road, you will probably have enough light to guide you onto the shoulder. If all your lights fail on a dark, deserted road, slow down and keep your vehicle on the pavement until you can move safely onto the shoulder.

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)

Headlights on When Snowing

Winter weather often means reduced visibility, especially during snowstorms. Your headlights play a critical role in keeping you safe and visible to other drivers. Blowing snow can quickly create dangerous whiteout conditions, so it's important to remember a simple rule: if there's any kind of precipitation, whether it's snow, rain or even a light drizzle, turn on your lights. It is the law.

While many vehicles have sensors that activate lights automatically when it's getting dark, they don't always turn on your lights during precipitation, especially in daylight. Check your owner's manual to learn how to manually activate your lights if needed.



Seeing and being seen can help reduce your chances of getting in a crash. Before hitting the road, take a moment to ensure all your lights are on and working properly. It's a simple step that helps everyone stay safe this winter.



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January 8, 2025

Bellechester City Council Meeting Minutes November 20, 2024 @ 6:00 PM

Call the meeting to order. Meeting is recorded, and the recordings belong to the City of Bellechester.

Open Public Hearing – 6:02.

Public Hearing – Small Cities Development Grant Program Update. City Engineer Matt Mohs provided a brief update on the project. Project is going quite smooth so far. Safety cone issue on a manhole was discussed.

With no public input, public hearing was closed. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to close public hearing. Motion carried.

Close Public Hearing – Public Hearing was closed at 6:06 pm.

Pledge to the flag

Open Regular Council Meeting by Mayor Jody Gordon at 6:06 p.m

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Mark Gerken, Kyle Blattner, and Rich Majerus as well as City Clerk Lisa Redepenning, Treasurer Kyle McKeown, City Engineer Matt Mohs. Nick Keller and Jason Ferguson were also present.

Minutes of the November 11, 2024 Special Council Minutes and October 16, 2024 Regular Minutes were reviewed and motion was made by Rich Majerus with a second by Mark Gerken to approve the minutes. Motion carried.

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

Old Business:

Local Government

- GOODHUE-BELLECHESTER MESSENGER -

• Update – Sewer Lining Project

• Pay Application No. 3 – Matt discussed the charges that are included on this. Change order costs and extra cleaning and televising charges. Substantial contract completion date is mid-December. We are on track to meet this. Some minor items will be addressed. Motion was made by Rich Majerus to approve Pay Application #3 with a 2nd by Jered Buxengard. Motion carried.

• ADA Self Evaluation proposal from CRW Architects – City needs to hire an ADA specialist to do this evaluation. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the proposal for work on to be done by CRW Architect to do this evaluation. Motion carried.

• Update – Water Meter Project – all meters are installed and we have the extras available as spare. Rochester Plumbing will provide and update. Permitting was done by the County. Finalizing the meter software program is next. Building inspection will be done this week. Anticipated date of completion is mid-Dec.

• **Pay Application No. 1** – Motion was made by Kyle Blattner with a 2nd by Rich Majerus to approve the Pay Application #1 for the meter project. Motion carried.

• Update – Lead Service Line Project – completed and submitted to the state. More grant dollars will become available in the spring for the unknown lines that were identified in town. There were a total of 10. 8 Galvanized lines were identified. Grants will also be available for this. No lead lines were found.

New business:

• Building Permit – Jason Ferguson – Jason submitted plans for the building permit

he was requesting. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to approve the building permit as presented and meeting all the regulations. Motion carried.

• 2024 Special Assessment Resolution 2404.5 – Approve for County Certification. Motion was made by Mark Gerken with a 2nd by Rich Majerus to approve the 2024 Special Assessment Resolution 2404.5. Motion carried.

• **Resolution 2024.4 - Approve 2025 Final Levy & 2025 Budget.** Motion was made by Rich Majerus with a 2nd by Kyle Blattner to approve the 2025 Final Levy & 2025 Budget Resolution 2404.4. Motion carried.

• Water Rates –adopt water and sewer rates. We will set the rates after we get the water meters functional and compare to the current pricing at that time.

• Set Public Hearing for Pool and Spa Ordinance #36. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to set a public hearing for the December 18, 2024 meeting. Motion carried.

• Building Code Agreement with Goodhue County. Motion was made by Mark Gerken with a 2nd by Jered Buxengard to approve the 2025 Building Code Agreement with Goodhue County as presented. Motion carried.

• **Prosecution Services Agreement with Goodhue County.** Motion was made by Jered Buxengard with a 2nd Rich Majerus by to approve the prosecution services agreement with Goodhue County as presented. Motion carried.

Engineer Report – See above. A manhole issue was identified and discussed on 2nd Street. 1 segment of main line is left to do

on this project.

Clerk Report – Water Rates - The council will have to adopt water and sewer rates based on water usage (\$ per 1000 gallons). Election Results & information –

Registered voters at 7 am -100

New voter registrations on election day -1# of accepted regular, military and overseas absent and mail in ballots = 79

Total # of people voting = 79

Voting Percentage = 79%

Mayor – Jody Gordon = 65 votes, 6 Write In, Lucas McGovern = 3, Erica Huneke = 2, Jeremy Mancilman = 1

Council – 100 write in Votes, Jake Gilsdorf = 39, Nick Keller = 28, Karyn Edelbach = 10

Jeremy Mancilman, Taylor Dowden, John Crosby, Edith Buck, Erica Huneke, Kim Gilsdorf, Kyle Blattner, Lucias McGovern = 2 each, Rick Buck, Rich Arendt, Jeff Buck, Paul Reding, Tim Huneke, Nick Huneke, Deidre Gilsdorf = 1 each. Municipal Impact (website) Price Increase for 2025 – FYI – from \$665 to \$737

Treasurer Report – Shut off letters will be sent

Water/Wastewater/Facility Report – discharging is done. Quarterly samples will be done in the next few weeks.

Mayor Concerns:. AG Partners dust control was discussed as a follow up.

Council Concerns: Junk ordinance will be visited at next meeting.

Adjourn

Motion was made by Kyle Blattner with a second by Jered Buxengard to adjourn the meeting. Motion carried. Meeting was adjourned at 7:07. Motion carried. Submitted by Lisa Redepenning – City Clerk







Happy New Year, Everyone!

There's no time like the present to express our appreciation for all the folks who have made 2024 such a spectacular year. We're honored to have earned the

trust and support of this community.

Hope your new year is blessed with success!



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