



# Goodhue-Bellechester Messenger

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## Announcements

### City of Bellechester Notice

Board of Equalization meeting for Goodhue County will be held April 17th @ 4:00 at the Bellechester Community Center. The regular City Council Meeting for April will move to that day, immediately following the Board of Equalization Meeting.

Board of Equalization meeting for Wabasha County will be an open book meeting, which means you contact the county directly.

• **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](mailto:hometownmessenger@gmail.com)

## Dare To Dream Program Highlights Robert Seeley and Earns Spot on KTTC News

By Beth Brekke

February 18th may have been bitter cold but it didn't freeze the spirit of 88-year-old Robert Seeley. A resident of Goodhue Living for the past two years, Robert was honored with a Dare to Dream event that included seeing his son, a meal at his favorite restaurant and a television interview. The

plan originally included barbershop quartet entertainment but the group cancelled due to the cold.

The weather may not have cooperated but it did not keep Robert's wife, Martha from her daily visit and it worked into their son, Doug's schedule.

(continued on page 5)



KTTC Rochester's news personality, Matt Rineer (R) chats with Goodhue Living staff, Susie Matthees (L) and Missy Shaleen while setting up video equipment to tape a segment on the Dare to Dream program.

## One More Whiz-N Day



7 of the 8 Poncelet siblings attended and helped at the Whiz-N Day event at the Bellechester Community Center. Their father once owned a Massey Ferguson dealership, manufacturer of the Ski Whiz snowmobile brand. (L-R) Eugene, Kevin, David, Leah, Joe, Dan and Gerard. Missing is Margie who lives out of state.

By Beth Brekke

When Joe and Jo Poncelet hosted the tenth annual Whiz-N Day in 2014, they called it "The Final Curtain". (continued on page 4)

## New Brokerage Brings Local Expertise to Goodhue, Zumbrota and Surrounding Communities



A new real estate brokerage offering local expertise and a homegrown approach to property buying and selling. (continued on page 5)

## Give us a call, we will stop out and visit with you about your 2025 Crop Insurance needs.

Deadline to make changes is March 15th.

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## Pastors Corner



By Pastor Eric Hanson,  
St. Luke Lutheran Church

I'm writing this article in late February after our community has experienced a fair amount of tragic death in this new year. I'm not sure where people will be in the grief process when this article is published, but I imagine the ripples of grief continue to strike at different intervals, some expected, some unexpected.

Grief is weird. Grief is sneaky. It is possible to go a day, a week, even months without thinking of those we have lost. And then a smell, a song, a location, something, will smack us with a wave of grief & put us on our knees. But grief is also part of the healing process. Those who grieve well, heal well. Those who allow themselves to experience the myriad of feelings grief pulls from our hearts and sends through our bodies are positioned to see new things God does after grief, after loss, and after death.

Jesus grieved. That's something all Christians should remember. Even the Lord of the Resurrection confronted death with a grief response. It happened in John, chapter 11. Jesus lost his dear friend Lazarus. In the story, we're told that Jesus knows he will resurrect Lazarus. But even in spite of knowing Lazarus will rise again, Jesus grieves. The depth of Jesus' feelings are captured in two small words (the shortest verse in the entire Bible), John 11:35, "Jesus wept." When Lazarus died, Jesus lost something. New life didn't cover up loss for Jesus. New life did-

n't erase the experience of death for Jesus. Lazarus' old story was over. Resurrection started a new story for Lazarus, and a new story for Jesus, who was his friend.

And maybe that helps us understand the holy transition grief moves us through. Grief tells us a new story is being written about our loved ones, even about us. Grief tells us it is ok to close the book on an old story. Grief helps us avoid the temptation to try to return to an old life that's impossible to return to. Grief helps us turn our eyes to the new thing God is doing with our loved ones and with us.

One of my favorite Bible verses is 2nd

Corinthians 5:17, "If anyone is in Christ, the new creation has come: The old is gone, the new is here." Is it ok to feel like different people after our loved ones die? Yes. Sometimes healing means old versions of our selves pass away so God can bring new versions to life. Is it ok for grief and loss to change us? Yes. Again, God's response to death and loss is never to reanimate what once was, it is to bring about something new in us. It can seem contradictory, but grief is an act of faith. Grief acknowledges death happened. And so grief is one of the first steps God uses to turn our eyes toward something new.

And finally, I hope the story of Jesus grieving his friend's death helps us locate our own grief in the life and experience of God Himself. May we see the dance of loss and grief and weeping and rejoicing and death and resurrection as full participants in the Body of Christ as he walked this earth. And in doing so, may we allow all these things to be part and parcel of our full life with Christ as we walk this earth with Him. In the end, remember, God makes all things new. May our grief give us permission to close the book on old stories, knowing full-well that God writes new stories, for ourselves & for our loved ones.

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Parish Office Hours, Mon.: 9:00AM - 2:00PM

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

Sat.: 4:45PM - 5:20PM Confession, 5:30PM Holy Mass (Sunday vigil)

Tues.: 8:00AM Holy Mass

Wed.: 8:00AM Holy Mass, 9:00AM - 2:00PM Eucharistic Adoration

Rosary said 25 minutes before Holy Mass

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Sun.: 8:15AM - 8:35AM Confession, 8:45AM, Holy Mass

Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration

Rosary said 25 minutes before Holy Mass

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Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass

Rosary said 25 minutes before Holy Mass

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We practice because we are not yet perfect!

## GRACE EV. LUTHERAN CHURCH (WELS)

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

[gracelutheranchurch@gmail.com](mailto:gracelutheranchurch@gmail.com) • [www.gracestpeters.org](http://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

So Much More to Come!

*"There will be no more death or mourning or crying or pain, for the old order of things has passed away." . . . "I am making everything new!" — Revelation 21:4-5*

Jesus has removed the barrier to reconciliation with God, so we can enjoy fellowship with God and abundant life in his kingdom even now. And yet there's much more to come! When a believer in Christ dies, we grieve their loss. But we know they are in the Lord's presence in a greater way than we experience now. So while death brings sadness, it has become, through Christ, a bridge into God's presence.

And there's still more! When Jesus comes again, all believers—those who have died and those who are still alive—will be transformed physically and spiritually, with glorious, imperishable bodies (1 Corinthians 15:50-55).

God will bring his "New Jerusalem" to a renewed earth, where he will live with his people forever. There will be no more death, mourning, crying, or pain, because the Lord will make everything new.

What about Judgment Day? Yes, it's coming (Revelation 20:11-15), but "there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). So it's crucially important that we surrender ourselves to Christ and accept his free gift of salvation.

Then we can serve him with our whole lives, urging everyone to turn to God in repentance and faith so that they too may have eternal life. In the Lord we can live in hope and anticipation and without fear.

*Lord Jesus, transform us so that we may live fully for you, sharing your love and good news everywhere. Amen.*

## ST. JOHN'S EV. LUTHERAN (WELS)

Pastor Randall Kurnicki

Minneola Twp. Co. Rd. 7, rural Zumbrota

Sunday Worship 10:00 a.m.; Communion 3rd Sunday

Sunday School and Bible Studies (Adult & Teen) 11:00a.m.

## ST. PETER'S LUTHERAN CHURCH, MISSOURI SYNOD

Pastor Steven Frentz

28961 365th St., Goodhue

651-923-4438

Email: [stpeter@sleepeyeytel.net](mailto:stpeter@sleepeyeytel.net)

9:30a.m. Sunday School

10:30a.m. Worship

Email your church announcements,

schedule to the Messenger at:

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## MINNEOLA LUTHERAN CHURCH

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Sunday School the first 2 Sundays of the month at 9:30am.

## ST. JOHN'S EV. LUTHERAN CHURCH (WELS)

Pastor Robbin Robbert

36620 Co. 4 Blvd., Goodhue • 651-923-4773

Sunday 9:00am Worship

Communion offered on the 2nd & 4th Sundays.

## ST. LUKE'S LUTHERAN CHURCH (ELCA)

Pastor Eric Hanson

37750 County 6 Blvd., Goodhue, MN 55027

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8:30a.m. Sunday School

9:30a.m. Sunday Worship

6:45p.m. Wednesday Worship

[www.stlukegoodhue.org](http://www.stlukegoodhue.org)

## ST. PETER'S EV. LUTHERAN CHURCH (WELS)

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## Lorraine Evelyn Hinsch

Lorraine Evelyn Hinsch, beloved mother and grandmother, died on February 7, 2025 at the age of 93.



Lorraine was born on December 13, 1931 to Maynard and Henrietta (Stehr) Meincke. She grew up on a farm in rural Lake City with her 5 siblings. Lorraine attended the country schoolhouse, and then stayed with her grandparents George and Emma in Lake City until she graduated high school in 1949. Lorraine met her husband Ray at a local dance. They were married on October 12, 1956 at St. John's Lutheran Church. Together they raised their 3 sons on a 2nd generation dairy farm in Goodhue. Lorraine was a passionate gardener and cook, and she worked alongside Ray milking cows, driving tractor, and feeding calves. After they "retired" from farming, Ray and Lorraine enjoyed many bus trips and vacations in the States and abroad. Lorraine was also an active member of St. Luke Lutheran Church and served on various committees. The great joy of Lorraine's life were her grandchildren and great grandchildren. Lorraine attended nearly every school function and proudly wore her Goodhue Wildcat-Zumbrota Mazepa sweatshirt. Lorraine was known to always have a home cooked meal and chocolate chip cookies on the table anytime family was in town. At age 92, Lorraine moved to the Care Center in Zumbrota. Every Sunday and Tuesday, she played bingo and collected prizes to share with her great grandchildren. Lorraine developed a new love for art and spent many afternoons coloring farm scenes and flowers. Lorraine lived a full life and was ready to meet her Lord and Savior.

Lorraine is survived by her children Gary (Donna), Dennis (Sarah), and Robert (Melanie); grandchildren Joshua(Rachel) Hinsch, Daniel (Natalie) Hinsch, Holly (Anton) Snyder, Ashley (Nick) Nilssen, Cassy (Luke)O'Reilly, Courtney (Cody) Lodermeier, Zachary (Kara) Hinsch, Shelby (Tyler) Quam, Nicole (Joe) Wananda, Isaiah Hinsch, Noah Hinsch, and Samuel Hinsch; great-grandchildren Finnegan, Henry, and

Odin Hinsch; Dorothy and Lorraine Hinsch; Cohen, Scarlett, and Clare Snyder; Ernest and Louis Nilssen; Clara, Henry, Duke, Maren, Isaac, and Natalie O'Reilly; Braxton, Briggs, and Molly Lodermeier; Sophia and Jordy Hinsch; Micah Quam; Jubilee Wananda; sisters Marlene (Fritz) Nibbe and Shirley Chenard; brother Alvin (Linda) Meincke, and sisters-in-law Shirley Hinsch. Lorraine was preceded in death by her parents, Maynard and Henrietta Meincke, her husband Raymond Hinsch, parents-in-law Walter and Olga Hinsch, brother Bernard Meincke, sister Eunice, sisters-in-law Melba Meincke and Yvonne Hinsch, and brothers-in-law Walter Hinsch and James Hinsch.

A funeral service took place at St. Luke Church in Goodhue on Sat Feb 15, 1 pm. There was a fellowship gathering for family and friends from 3-5pm. Memorial contributions can be given to the St. Luke building fund.

## Austin "Randy" Jeffery Holst

Austin "Randy" Jeffery Holst, 17, of Goodhue, died unexpectedly Tuesday, February 25th, 2025. He was born on February 11, 2008, in Rochester to Jason Holst (Judith Holst) and Amanda Holst (Jeffery Buck).



A Junior in high school, Austin was engaged in a wide range of activities, all with the common factors of having fun, spreading joy and creating memories. His presence never went unnoticed and he was loved by all who met him. Effortlessly and enthusiastically, Austin would brighten spirits, break tension, and make everyone feel welcome and comfortable. Through school, Austin maintained involvement in a number of school activities, such as: Football, where he lettered and was a Section Champ; Wrestling, where he was recognized as the most improved wrestler; Trap, where he shot rounds with perfect 25s at state; and involvement through Student council and FFA. In all things Austin would reach out to others building them up by simple acts of involvement and kindness. While not at school Austin kept

connected with friends by playing video games, hunting, fishing, spending time at the county fair, and attending SWAG (Saved With Amazing Grace) through St. Luke's church. He also never missed a St. John's youth group breakfast. He had a remarkable ability to inspire the involvement of others. He shared a deep and cherished bond with his family which brought joy and support to their lives. Family gatherings were never dull with him around. His strong connection with his siblings was a source of love and strength that will always be remembered. They share some of the best memories during car rides, on family trips and at the family cabin. He also spent a lot of time with his girlfriend, Lillian. They enjoyed visiting each other's family's cabins, going on horseback rides, attending the Wild's hockey games, and countless more laughing-filled activities. Austin was a friendly presence to all. Embracing his unique character, Austin's presence to a room would bring joy to everyone, whether from a clever comment, a comical "bit", or simply from his laugh. Wielding his bold & shameless personality, his quick and clever wit, and a loud voice, Austin would embrace the spotlight to bring laughter and joy to those around him. He had a unique gift of fulfilling the thing that he was best at: being a good friend and bringing joy to everyone around him. Austin will be missed deeply by his family, friends and the entire Goodhue community.

He is survived by his loving parents, Jason and Judith Holst (step-mom), and Amanda (Ofstie) Holst and Jeffery Buck; his siblings, Paige Hinsch (Holst), Alivia Holst and Payton Holst; Step Siblings, Callie, Erin, Joe, Alex and Cody; his brother-in-law, Seth Hinsch; maternal grandparents, Jeanie and Rolie; paternal grandparents, Anthony and Arleen Holst; and his aunts and uncles, Jessie Holst, Missy (Darren) Miester, Jessica (Bruce) Bakken and Troy Ofstie. He also had many cousins who loved him including, EmaRae, Maggie (Ben), Max (Alyssa), Sam (Jessica), Allie (Marshal), Veda (Nick), Jesse, Carrie, Dani and many more loving family members. He was in a loving and deep relationship with Lillian Von Knobelsdorff. He will also be missed and loved by his many friends that all carry unforgettable memories. He was preceded in death by his

cousin Nick and other loving family members.

Visitation was from 5-8 p.m., Tuesday, March 4, 2025 at the Goodhue Public High School Gymnasium 1. Funeral Service was at 3:30 p.m., Wednesday, March 5, 2025 at the Goodhue Public High School Gymnasium 1. Pastor Robbin Robbert and Pastor Eric Hanson both officiated the funeral service. Burial followed the service at St. John's Lutheran Church Cemetery in rural Goodhue, Minnesota.

Arrangements have been entrusted to Mahn Family Funeral Home, Larson Chapel in Zumbrota, Minnesota.

In lieu of flowers, a memorial fund has been established in memory of Austin, The Austin Holst Memorial Fund; First Farmers & Merchants Bank of Goodhue, 202 3rd Avenue PO Box 158 Goodhue, Minnesota 55027.

## Landon Raynold Voth

Landon Raynold Voth, age 47, of Pine Island, died Tuesday, February 25, 2025 of natural causes, at his apartment in Pine Island. Landon was born October 19, 1977, to Roger and Beverly (Scheffler) Voth at Rochester Methodist Hospital in Rochester, MN.



He was baptized on October 30, 1977 at St. John's Lutheran Church, rural Goodhue and grew up in Goodhue attending St. John's Lutheran School through 8th grade. He was confirmed at St. John's on April 26, 1992 and graduated June 2, 1996 from Goodhue High School where he participated in football, basketball and baseball. Landon attended Stout University in Menomonie, Wisconsin, graduating with a Construction Technology Degree on December 16, 2000.

He continued to work in construction and in retail marketing after graduation. Hunting and fishing were family times he enjoyed the most, along with watching sports and actively participating in fantasy football leagues.

Landon was best known by family and friends as "Duner". He had a dry sense of humor and quick quips making him the beloved uncle to his nephew and nieces. He will be missed by family and friends with his move to his heavenly home.

Survivors include his parents, Roger and Beverly Voth of Zumbrota; 2 brothers and their families, Jonathan and Tiffany Voth of Goodhue and Derek and Joelle Voth of Austin, MN. He was a loving uncle to Brooklyn, Jocelyn, Elliott and Charlotte Voth.

Memorial service was at 2 p.m. Monday, March 3, 2025 at St. John's Lutheran Church, rural Goodhue. Visitation was from 3-6 p.m. Sunday, March 2, 2025 at Mahn Family Funeral Home, Larson Chapel, Zumbrota and for one hour prior to the service at the church on Monday. Memorials are preferred to the church or giver's choice. Spring inurnment will be in the Mazeppa Cemetery. Online condolences may be sent to the family at [www.mahnfamilyfuneralhome.com](http://www.mahnfamilyfuneralhome.com)

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## One More Whiz-N Day

(continued from page 1)

They also added a small notation on the bottom of the promotional material saying, "We'll be back". Eleven years later they made good on that promise, reviving the all-Massey Ski Whiz snowmobile show in Bellechester on February 15th.

The Bellechester couple and their friends, Steve and Sandy Miller of Atwood, MN hatched the idea and hosted the first Whiz-N Day in 2005. The show grew, each year featuring collectible items related to the Ski Whiz brand and Massey Ferguson, the company that produced them. There wasn't always snow or favorable weather but there was always a good turnout of people and sleds. When the Poncelets bowed out of hosting, the show moved to Wisconsin but ended a couple years later.

Joe, whose father owned a dealership, is a life-long collector of all things Massey. He spent weeks bringing his sleds to town, washing and shining them up. On show day he exhibited more than 30 Ski Whiz machines, about half of his collection. In addition to the actual snowmobiles, he collects advertising, apparel, posters and unique hand-made items. Joe's items were on display in the community center along with those of other collectors. One area featured photos and items specific to each of the past Whiz-N Day events.

The event took place right after one of the few snowfalls of the season with sunshine keeping the temperature moderate. This allowed riders to run their machines for short trips through the ditch out of Bellechester. Ski Whiz enthusiasts came from near and far including Minnesota, Wisconsin, South Dakota and even Maryland. Six of Joe's seven siblings also attended.

Family and friends kept busy serving chili, sweet rolls, bars and other treats. A raffle was held at the end of the day for prizes including yellow snowmen hand-crafted from cheese graters and other special Whz-N Day items. Shirts were available for purchase with this year's theme, "We're Back" printed on them. Although the Poncelets say this was a one-time revival, time will tell.



Joe and Jo Poncelet and Sandy and Steve Miller model the 2025 Whiz-N Day shirts printed with the "We're Back" logo. The 2 couples started the event in 2005 and hosted it in Bellechester through 2014 before taking a break and bringing it back this year.



Lucas, Terrance and Peighton McGovern enjoyed taking Grandpa Norm Blattner's Ski Whiz snowmobiles for a ride through the ditch in their hometown of Bellechester.



A mannequin in a Ski Whiz snowmobile suit and all makes and models of the sled welcome visitors to Bellechester for the revival of Whiz-N Day. Sled viewing and riding, collectible displays, food and fellowship were all part of the event held on February 15th.

### ATTN: Goodhue & Dennison Homeowners!

The Cities of Goodhue, Dennison and SEMMCHRA have partnered to provide income qualified homeowners within the city limits of Goodhue or Dennison up to \$25,000 as a forgivable loan for eligible repairs through the Small Cities Development Program.

**The deadline for applications is March 31, 2025!**

*For more information or to apply please contact:*

*Sara at 651-565-2638 ext. 221*

*or email [sara.fuher@semmchra.org](mailto:sara.fuher@semmchra.org)*

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## Dare To Dream Program Highlights Robert Seeley and Earns Spot on KTTC News

(continued from page 1)

Doug, a pilot who lives in Tampa Bay, Florida had a layover in Minneapolis that allowed time for the visit. Goodhue Living's Life Enrichment Director, Susie Matthees set up the event and accompanied the family to the Olive Garden restaurant in Rochester.

McDonald's Shamrock shake is a favorite of Robert's but he declined one after enjoying the lasagna dinner. Martha promised to treat him to that on another day saying, "He likes to get out".

For about 55 years, Robert's regular outings revolved around singing, rarely missing a Monday night practice with the Rochester Music Men male chorus. Robert sang bass in the 4-part harmony group that put on concerts and performed on the KTTC Eagles Cancer Telethon. Robert's favorite event was their annual show at the Mayo Civic Center. He was once honored to host the show; acting as the MC he enjoyed wearing a suede tuxedo

jacket and telling jokes.

Seeley's sense of humor still shines through. He showed a bit of a smirk and twinkle in his eye when teased about Martha being 10 years younger than himself. The couple married in 1967 following Robert's graduation from the University of Georgia where he earned a Master's degree in food technology. Originally from New York, a job at Maple Island in Wanamingo prompted the move to Minnesota. Robert was the director of quality control at the plant for 30 years. Martha worked at St. Mary's Hospital and Mayo Clinic in Rochester and continues to live in their home in Zumbrota.

The Seeley's raised four children, tragically losing a daughter 20 years ago. The couple has four grandchildren and four great-grandchildren. With Doug and his siblings all living out of state, they appreciate the staff at Goodhue Living. He said it is great that they "highlight residents and do something special for them". Martha agreed saying, "It's wonderful for them to appreciate him. Susie's fantastic".

"The Dare to Dream program is a really big deal here. We're really glad to provide something that brings our residents joy." Matthees shared this sentiment during an interview with KTTC television personality, Matt Rineer. Rineer first met with Matthees and the Seeley family while they were at the Olive Garden and later set up his recording equipment in the public gathering area of Goodhue Living.

Rineer questioned the Seeleys, Matthees, and Executive Director, Missy Shaleen about the Dare to Dream program and how Robert's special day came about. Dare to Dream events are held at Goodhue Living



Robert Seeley (R) was honored with a Dare to Dream event on February 18th. Goodhue Living staff arranged to have his wife, Martha (L) and son, Doug (C) join him for a day of special activities.



Martha and Robert Seeley enjoyed a meal at Rochester's Olive Garden restaurant as part of a Dare to Dream event arranged by the staff of Goodhue Living.

Picture courtesy of Susie Matthees

## New Brokerage Brings Local Expertise to Goodhue, Zumbrota and Surrounding Communities

(continued from page 1)

Trust Realty, founded by Travis Goodman-Broker/Agent, is the latest addition to the area's real estate scene, bringing with it a wealth of experience and a deep connection to the community.

Travis Goodman, a longtime real estate professional, had previously started Ben Olsen Realty and was part owner for 9 years. At the end of 2024 Ben Olsen Realty closed its doors. Determined to continue serving the community with a locally owned and operated business Goodman opened Trust Realty.

Joining Goodman at Trust Realty is Lana Huemann, a highly experienced agent with 11 years in the business. Her extensive knowledge of the local market and commitment to clients makes her an invaluable asset to the new brokerage.

One of the driving forces behind the creation of Trust Realty was the desire to establish a truly local real estate company—one that understands the unique needs of buyers and sellers in the Goodhue, Red Wing, Zumbrota and surrounding areas. Both Goodman and Huemann have deep roots in the community. Goodman, a graduate of Zumbrota-Mazeppa High School, and Huemann, a Goodhue High School alum, are both passionate about helping families find homes in the area where they themselves grew up as well as helping people sell their homes for top dollar and the shortest amount of time. Additional agents on the Trust Realty Team-Jenna Johnson brings a wealth of knowledge of the Red Wing area, Jim Althoff an expert on the Cannon Falls area and Brandon Boyd based out of Rochester.

"We wanted to build a company that reflects the values of our community—one that is run by people who truly understand the area and the needs of those who live here," said Goodman. "Trust Realty is not just about buying and selling homes; it's about helping families find the right place to put down roots."

With a commitment to personalized service, deep local knowledge, and a passion for the communities they serve, Trust Realty is set to become a go-to resource for home buyers and sellers alike. Whether clients are looking to buy their first home, sell a property, or invest in real estate, The agents at Trust Realty are ready to guide them every step of the way.

For those looking to navigate the local real estate market with trusted professionals, Trust Realty is open and ready to serve the Goodhue, Zumbrota, Red Wing and surrounding areas with dedication and experience. Look for our website coming soon- trustrealty-semn.com. Office main phone line 651-380-3835.

and other Jaybird owned properties. Shaleen explained how the events are created "specifically for their interests, for their memories—to create a special moment and adventure for them".

The staff takes the time to learn about the lives of the residents in their community. Some of the things that stand out for Robert are memories of playing baseball with Doug and continuing to be a fan of the Minnesota Twins, Milwaukee Brewers and the Georgia Bulldogs. He played the piano and participated in his church choir in addition to the Rochester male chorus.

Matthees considers this history and works with family to design a memorable day,

which for Robert was to include a barbershop quartet. Although they canceled, he still enjoyed the rest of his adventure. Rescheduling the entertainment will give him something else to enjoy in the future. He may not have gotten his full 15 minutes of fame with the edited television segment airing for just under 2 minutes, but spending the day doing things he enjoyed with part of his family will leave a lasting memory.

To view the telecast, follow this link <https://www.kttc.com/.../dare-dream-program-makes.../>

or go to [www.kttc.com](http://www.kttc.com) and search "Dare to Dream".



# Soil Health Incentives Strengthen Goodhue Nitrate Reducation Effort

By Ann Wessel, BWSR  
conservation marketing  
coordinator

GOODHUE — By adopting soil health practices, landowners within Goodhue's 2,000-acre Drinking Water Supply Management Area (DWSMA) are helping to protect the city's drinking water, which has seen nitrate levels trending upward since the mid-1990s.

The Minnesota Department of Health links nitrates to blue baby syndrome.

Goodhue draws its drinking water from a 430-foot-deep municipal well, which is tested quarterly. Nitrate levels are averaging about 7 parts per million (ppm), well within the U.S. Environmental Protection Agency's 10 ppm standard. But prevention is far less costly than treatment, which can run into the millions. So city officials asked Goodhue Soil & Water Conservation District (SWCD) staff to pursue state funds to address the source of the issue.

The Minnesota Board of Water and Soil Resources (BWSR) awarded the SWCD a \$389,500 Clean Water Fund competitive soil health grant in 2023 to promote and implement practices on agricultural lands that help to reduce nitrogen leaching. The SWCD has achieved 97% of its goal to implement soil health practices on 1,600 acres of the DWSMA.

"It's a close, tight-knit community. (Most of) the farmers are in it for the greater good of the community and making sure that it thrives into the future, and we have a lot of support here in town on making sure the people of Goodhue do have clean water," said Goodhue Public Works Director Jason Mandelkow.

Sixteen landowners had enrolled 1,557 acres by January 2025.

Through the Clean Water Fund grant, the SWCD offered incentive payments to landowners who signed up for three years. Per-acre payments are based on the practice — \$50 for planting cover crops or perennial crops, \$20 for no-till or strip-tilling. The grant also supported secondary per-acre incentives available to those who enrolled — \$20 for low-disturbance manure application, \$10 for planting green (planting into a living cover crop), \$6 for split-rate nitrogen application, and \$4 for nitrogen inhibitors.

"Goodhue is in the karst area, so we have a leaky groundwater system," said Goodhue SWCD Manager Beau Kennedy. "Anything we can do on the surface to slow that nitrate



Soil health incentives made available to landowners through a Clean Water Fund grant the Minnesota Board of Water and Soil Resources awarded to the Goodhue SWCD aim to reduce nitrate levels in the city's drinking water supply. At 7 parts per million, the nitrate levels meet the safe drinking water standard. But they're trending upward. Photo Credit: Ann Wessel, BWSR

leaching down is what our target is."

Cover crops were the most popular incentive, partly because landowners could try the practice without buying or renting a lot of extra equipment. Fourteen landowners signed up 1,390 acres of cover crops. The DWSMA encompasses livestock operations, which made low-disturbance manure application the most popular secondary incentive, with nine landowners enrolling 733 acres.

Bruce Albers runs the farrow-to-finish hog operation Town's Edge Pork with his wife and son. They raise corn and soybeans on 380 acres — including the 135-acre home farm, which lies within the Goodhue DWSMA. Albers enrolled all 135 acres in cover crops — something he said he would continue after the 3-year contract expired if it was working well.

He planted both oats and rye cover crops at first, and then switched to a 100% rye cover crop last fall — something he said he planned to do again this year.

"Rye can take a hard frost, and it'll come back in the spring. We've got green on the ground until we plant in the spring," Albers said.

He had planted rye cover crops a few years earlier on hillier fields, and liked the way it controlled erosion.

"The root mass on the rye is just incredible. That's the thing we were really intrigued with. Even when you kill that rye, that root mass just really held that soil in place," Albers said. Terminating the crop before it takes over in the spring is important, he added, "So you do have to be on top of it, but so far we're very, very happy with it."

Albers already was implementing soil health practices elsewhere on his farm. He'd been no-tilling soybeans into corn stubble for about 15 years. He minimally tilled corn fields. And he applied manure by injecting it into the soil, which kept erosion to a minimum.

"As a farmer with a son coming into it, you like to keep that soil in good shape for the next generation and the next generation on," Albers said.

Minnesota Department of Health data show that it takes 10 years for surface water to

reach Goodhue's municipal well. But Kennedy said he was optimistic that the best management practices landowners are using for nutrient management in the DWSMA could produce nitrate reductions sooner than 10 years.

The Minnesota Board of Water and Soil Resources' mission is to work with partners to improve and protect Minnesota's land and water resources. [www.bwsr.state.mn.us](http://www.bwsr.state.mn.us)

Thirty-three percent of sales tax revenue from the Legacy Amendment, which Minnesota voters passed in 2008, is allocated to



the Clean Water Fund. Clean Water Funds may only be spent to protect, enhance or restore water quality in lakes, rivers and streams, and to protect groundwater.



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## Feedlot Upgrade Contributes to Groundwater Protection Effort

By Ann Wessel, BWSR conservation marketing coordinator

GOODHUE COUNTY — When Minneola Township dairy farmer Tony Scheffler installed a manure pit with 14 months' capacity, he gained 15 to 20 hours a week and the ability to apply fertilizer when crops need it most.

By curbing feedlot runoff in the farmyard and the potential for nitrate leaching in the fields, he is helping to protect both surface water and groundwater. That's why the \$450,000 project completed in 2023 was a priority for the Greater Zumbro River watershed partnership, which offset about 75% of the cost with Watershed-Based Implementation Funding (WBIF) from the Minnesota Board of Water and Soil Resources (BWSR).

"I spent two to three hours a day hauling manure. That's a lot of time when you add it up over a year," Scheffler said. "I've got four kids that are coming up, and they all enjoy farming. I believe they will be milking cows for a long time. They won't get burnt out hauling manure every day."

Along with wife, Maizie, and their children,



**Watershed-Based Implementation Funding supported the feedlot upgrade on Tony Scheffler's Minneola Township dairy farm. The new manure pit has the capacity to hold 14 months of manure, which means Scheffler can apply that nutrient when conditions are right and the plants need it most. Photo Credit: Goodhue SWCD**

Scheffler milks 150 cows and raises about 130 acres of alfalfa and corn.

The feedlot upgrade made it possible to avoid applying manure when it's most easily carried off by snowmelt or runoff, and when it's most susceptible to leaching into the groundwater. Now, Scheffler hires someone to empty the pit once a year. Manure is knifed into the fields, which also makes the soil less susceptible to erosion.

"Another big advantage is the fertilizer value. Fertilizer is expensive, and we're able to better utilize the nitrogen we put on our fields for our crops to use," Scheffler said.

Manure contains nitrogen, a nutrient that helps crops grow. Producers who apply nitrogen other than manure buy the fertilizer.

Well-timed, precise application is important because leaching can drive up nitrate levels in drinking water.

Scheffler's feedlot project contains the runoff, preventing it from entering a creek that flows to the North Fork Zumbro River and, eventually, the Mississippi River. The pit was designed to hold 2.7 million gallons.

The project also tapped a \$520,000-per-biennium general fund appropriation that BWSR received from the Legislature for feedlot-related projects. The Fiscal Year 2022-23 appropriation was made available to the Southeast SWCD Technical Service Area (TSA 7) to handle a backlog of unfunded projects. The TSA made funds available to the 11 SWCDs within its area.

"Manure storage in general in southeast Minnesota is a priority," said Goodhue Soil & Water Conservation District (SWCD) Manager Beau Kennedy. This one would rank pretty high — (and) a lot of our other manure storage projects rank really high — because they have a tendency to impact a lot more acres than just a little farmyard. It could (positively) impact hundreds of acres where the nutrients are being applied."

Scheffler worked with TSA 7 engineer Kate Bruss, who designed the project, and with Goodhue SWCD Feedlot Compliance Coordinator Kelsey Petit, who helped them with their manure management plan and issued permits for the project.

Scheffler had contacted SWCD staff several years earlier, seeking assistance with manure storage.

"The funding really helped a lot," he said. "Our margins are really small. If you spend a lot of money, it's got to be justifiable."

WBIF, non-competitive grants awarded to partnerships with comprehensive watershed management plans developed under the One Watershed, One Plan program (or the Metropolitan Surface or Ground Water Management framework), is funded by the Clean Water Fund.

The Minnesota Board of Water and Soil Resources' mission is to work with partners to improve and protect Minnesota's land and water resources. [www.bwsr.state.mn.us](http://www.bwsr.state.mn.us)

Thirty-three percent of sales tax revenue from the Legacy Amendment, which Minnesota voters passed in 2008, is allocated to the Clean Water Fund. Clean Water Funds may only be spent to protect, enhance or restore water quality in lakes, rivers and streams, and to protect groundwater.

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# Community

## The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child



By Samuel Smith  
Overnight and Marketing Director  
at Camp Victory

Signing up for summer camp for the first time is an exciting opportunity for children to develop new skills, make friends, and enjoy outdoor adventures. However, parents often face the difficult decision between sending their child to a day camp or an overnight camp. Each option offers unique benefits and caters to different needs, preferences, and comfort levels. Understanding the differences

between these two types of camps can help parents make an informed decision that best suits their child.

### Day Camp: A Fun and Flexible Option

Day camps are structured programs that run during the daytime and allow children to return home in the evening. These camps are typically designed for younger children, first-time campers, or those who prefer staying close to home. Day camps can last anywhere from a few days to a full week. They usually offer a variety of activities, such as arts and crafts, sports, nature exploration, and educational programs.

#### Benefits of Day Camp:

- **Easier Transition for First-Time Campers:** Day camp provides an excellent introduction to the camp experience without the commitment of staying overnight. Children can enjoy structured activities while maintaining the comfort of returning home at the end of the day.
- **Lower Cost:** Compared to overnight camps, day camps are generally more affordable since they do not include lodging and meal expenses. This makes them a budget-friendly option for families.
- **Family Routine and Stability:** Since children return home each evening, they can continue with family routines and responsibilities while still enjoying the excitement of camp activities.
- **Opportunities for Socialization and Skill Development:** Day camps offer children the chance to interact with peers, learn teamwork, and develop new skills without

the challenge of adjusting to an extended stay away from home.

• **Local Convenience:** Many day camps are located within or near communities, making transportation easier for parents and reducing the need for extensive travel planning.

### Overnight Camp:

#### A Deeper Immersive Experience

Overnight camps, also known as sleepaway camps, involve children staying at the camp facility for a set period, typically ranging from a few days to several weeks. These camps provide a more immersive experience, fostering independence and personal growth. They typically offer similar activities to Day camp programs, but will have special evening programs like night games, campfires, talent contests, or lip-sync battles. The longer periods of time at camp also allow for skills campers choose to be explored to more depth.

#### Benefits of Overnight Camp:

- **Fosters Independence and Responsibility:** Being away from home encourages children to develop self-reliance, manage their daily routines, and take responsibility for their belongings and decisions.
- **Strong Sense of Community and Friendship:** Living together for an extended period allows campers to form deep friendships and build strong bonds with their peers and counselors, often leading to lifelong connections.
- **Broader Activity Options:** Since overnight camps operate around the clock, they offer a wider range of activities, includ-

ing nighttime programs, extended outdoor adventures, and team-building exercises that wouldn't be possible in a day camp setting.

• **Encourages Personal Growth and Confidence:** Stepping out of their comfort zone helps children gain confidence, resilience, and problem-solving skills that will benefit them in school and future endeavors.

• **A Break from Technology:** Many overnight camps have limited or no access to electronic devices, allowing children to disconnect from screens and immerse themselves in outdoor play, creativity, and social interaction.

### Choosing the Right Camp for Your Child

When deciding between day camp and overnight camp, consider your camper's personality, age, and comfort level while being away from home. Younger campers or those who have never attended camp before may find day camp a great introduction, while older or more independent campers might thrive in an overnight setting. Your camper may feel ready for an overnight experience after gaining some confidence after experiencing a week of Day camp.

Additionally, consider the goals you have for your child's camp experience. If you seek an enriching program that allows for flexibility and continued family time, day camp may be the best fit. However, if you want your camper to develop independence, confidence, and long-lasting friendships, overnight camp may provide the ideal experience.

(continued on page 9)

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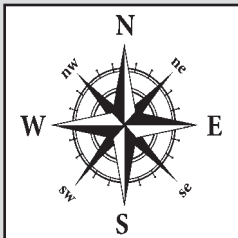
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SUMMER CAMP 2025



## Changes in Latitudes, Changes in Attitudes

# When the Levee Breaks



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.*

Tennessee is a state with lots of lakes and rivers. It also gets lots of rain at times. Six inches of rain overnight is not an unusual occurrence. And it has to go somewhere, and there is always downstream. Because much of the state is quite hilly to kind of mountainous, the rain can runoff very rapidly.

Brings to mind the old song written about the 1927 flood of the Mississippi River. That year the water was fifty-six feet about flood level on the Cumberland River at Nashville. One hundred and forty-five levees were

washed out by the flood waters and the resulting damage flooded 27,000 square miles and displaced 700,000 people from their homes. 14% of Arkansas was under water and the Mississippi was 80 miles wide at Memphis. On Good Friday, 1927 New Orleans received 15 inches of rain. The Mighty Mississippi can be an uncontrollable monster at times.

Herbert Hoover was the Secretary of Commerce under Calvin Coolidge, and his leadership in resolving the issues from this devastating flood was instrumental in him being elected President of the United States in 1928.

Memphis Minnie and Kansas Joe McCoy penned the blues song about the experience in 1929 and named it "When the Levee Breaks." It was about a man who lost his home and family when the levee broke. You may not remember that version, but Led Zeppelin recorded the song in 1971 on their fourth album.

Since I have been living in Tennessee I have witnessed a number of flood events. The first was the flood in Waverly, Tennessee. Waverly was about twenty-five miles east of us. We had a friend who lived there so we were a little familiar with the area. They received 17 inches of rain after midnight and by 10am the levee washed out and sent a tsunami like wave into town flooding it out within five minutes. Nineteen people lost their lives in the disaster.

Clarkesville, just twenty-five miles north-east of us has had two floods in the last six months when the Cumberland River over flowed its banks from seven inches of rain overnight. I watched news reports as the Buffalo Trace Distillery office in Kentucky slid into the river as the bank washed away in the flood.

This last month the city of Rives, a town of 300 just seventy miles west of us on the Obion River, was obliterated when the levee broke after seven inches of rain over night. All 105 homes were flooded and everyone was evacuated just before the levee was breached for fear that they would be washed away.

Of course, everyone in the country watched as Johnson City, Tennessee was washed away from the once in a thousand-year flood from Hurricane Helene last fall.

I drove across the Cumberland River last month during the weekend of the heavy rains and saw that the boat launch was completely under water. The dock was forty feet from the bank, with the approach completely sub-



merged. People couldn't get to the marina where their boats were berthed because of the high water. Our neighbors who live on the Tennessee River watched as their dock floated up so high it came off the bolsters and floated out into the bay. We live on Kentucky Lake and are upstream from the Kentucky Dam, which was completed in 1944 and is the largest east of the Mississippi. It is 8,422 feet wide and creates Kentucky Lake which is one of the largest artificial lakes in the United

States, encompassing 160,000 acres and stretching for 184 miles. It is a hydroelectric plant which uses 1 million gallons per second and increased the discharge to over 2 million gallons per second during the February floods.

All this makes the Led Zeppelin song seem more sinister than it did when I listened to it as a kid. But the natives simply take it in stride and deal with it. I am just glad we live on high ground.

## The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child

(continued from page 8)

Ultimately, both day camps and overnight camps offer valuable opportunities for campers to grow, learn, and create lasting memories. By carefully evaluating the benefits of each type, parents can select the camp experience that will best support their child's needs and interests, ensuring a fun and fulfilling summer adventure.

## A Minnesotan: False Spring



By RosaLin Alcoser

False spring happens nearly every year. Whether it be in February or mid March we always have one week out of the winter here in Minnesota that warms up and lets you think that Spring just might be here. Before BAM! It snows again.

While this did not happen last year as the entirety of last winter was False Spring. If you can even call how warm it was last winter in Minnesota. It left more like the winters I experienced while I was living in the heart of the Ozarks.

When the coldest it gets it is in the mid to upper 30s and it rarely ever snows. I can recall winter days in the upper 40s. The

kind of weather where Minnesotans would be walking around in a T shirt and I would watch everyone else still huddling in their coats saying it was cold. I would not be in a T shirt, but I would be in a jacket instead of a coat.

Yes, sometimes it would snow or worse it would ice. Trust me when I say ice is the worst. Take it from someone who's lived through many proper Minnesota winters and southern ice storms. I will take Minnesota winter over an ice storm every single time.

This year has been more like winter than last year. Even though we have still lacked snow from winter's past. However, it has been cold this year. Very, brutally cold. I think that I have spent most of this winter huddled in my parka just trying to stay warm. So for now at least I will welcome this false spring while it lasts and hope that we're at else done with the sub zero weather.

My guess, as I write on an unseasonably warm February day in the low 50s, is that it will be followed by snow. Or at least the part of me that cares about the water levels and the grouse wants to think that it'll snow more after this false spring. Either that or I'm completely wrong and this isn't a False Spring. It's simply the start of Spring.



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## Substitutes



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Substitute – we frequently use the term to describe an individual who is taking the place of the original starter or the full-time employee typically assigned to the role. A substitute is essential to help keep the process going until the original plan can be restored. There are times when a substitute may prove to be helpful enough to become part of the permanent plan, but in the case of employment, the substitute will need to update credentials or sign a new contract to become part of the new plan.

In terms of how your body works, what is part of the “original plan” and what is a substitute? The original plan is the body chemistry that works day in and day out to keep everything in balance and functioning well. Your body requires protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water in specific quantities each day to function well. These are the team members of the “original plan.” Anything else should be recognized as a substitute.

In our modern food culture, there are many items found in the grocery store that are presented as food but are really “substitutes” that seem to fill a space on our dietary plan but do not keep up well with your body requirements. You can read the ingredient labels on many of these items and recognize quickly that this item is not a member of the “original plan.” You might even try to read the ingredient label and not be able to pronounce half of the words on the list, which is a good test to evaluate whether it a true food or not. What items would you identify as substitutes in the American food culture?

Soda pop contains no fat, vitamins, or minerals. Typically this “food” is described as empty calories because there is no nutrient value provided at all. This is a substitute for drinking water. Drinking soda pop excites our tongue and may help some indigestion but also corrodes the teeth and weakens the bones. The ingredient list may include high fructose corn syrup, caramel coloring, and phosphoric acid. Diet pop may include aspartame, which has been identified as a possible cancer-causing chemical by the International Agency for Research on Cancer.

Artificial Sweeteners have been promoted as a substitute for sugar but your body will process these chemicals differently and the result can be harmful. NutraSweet and Equal are well known substitutes with the primary ingredient being aspartame. Aspartame is 200 times sweeter than regular sugar and provides none of the important support that sugar can provide. In addition to the cancer risk, evidence has been presented that aspartame and sucralose increase heart disease. Sugar alcohols like erythritol and sorbitol have been popular substitutes for sugar, but

these also have been connected to increased heart disease and cancer risk. The World Health Organization has recommended removing artificial sweeteners from regular food intake.

Low-fat foods have been promoted as a healthy substitute for regular whole fat foods but after 50 years of low-fat options on the grocery shelves America has greater health issues than ever before. In order for a low-fat food to taste good and to sell well more sugar needs to be added to the product. When you remove the fat that naturally exists, you also remove vitamins such as Vitamin D and Vitamin A. Whole fat foods deliver greater vitamin content and aid the body in slowing the absorption of sugar to reduce sugar spikes. Research from the 1930s identified whole fat food sources as the key food items that helped cultures around the world to thrive. Dr. Weston Price provided published records in “Nutrition and Physical Degeneration” noting how a culture that moved away from whole fat foods declined in health.

Plant based meats have been promoted as a climate-friendly and healthy substitute for your daily protein needs. While plants can provide some protein and are useful in our daily consumption, the products presented as meat substitutes do not qualify as a healthy alternative. These products do not contain the full protein spectrum found in real meat and often are missing some of the vitamins as well. Some meat substitutes will use plant oils that are high in Omega-6 fatty acids, an ingredient that Americans already consume

too much of. If you want to enjoy a plant-based meal containing protein then beans or portabella mushrooms are a good direction to go.

The original plan for your healthy body includes protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water. When your health is declining you should check to see which of these “players” in the original plan may need reinforcement. 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 can be successfully addressed with a quality nutrition plan.

Join me on Saturday, May 10, 2025 for the Northfield Holistic Health Summit. The theme this year is “Healthy Nerves, Healthy Brain.” Our keynote speaker will be Dr. Jeff Kotulski presenting “Mind Games” – addressing cognitive health as we age. Nine additional speakers and multiple vendors will be part of the day. Tickets are \$45, which includes a healthy lunch catered by Café Shawn. More information is available at <https://www.nutritionproportion.net/health-summit2025>

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](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net)

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



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## Are Germs the Absolute Cause of Illness?



By Shauna Burshem, D.C.

Have you ever wondered why some family members fall ill while others remain perfectly healthy? If “germs” truly controlled our health outcomes, shouldn’t we all get sick when exposed to the same pathogen? That’s the crux of the debate around **Germ Theory Limitations**—and it’s a conversation worth having, particularly when considering the powerful role of the **immune system** and approaches like chiropractic care.

Now, don’t misunderstand—the germ theory forms a significant part of our understanding of health and disease. But claiming it

paints the complete picture is akin to calling a single page the entire book. Let’s unravel why, with a focus on the immune system’s role in health, the limitations of germ theory, and the impact chiropractic care has on enhancing your body’s natural defenses.

### The Limitations of Germ Theory

The germ theory suggests that microorganisms like bacteria and viruses cause disease. Louis Pasteur, its pioneer, fundamentally shifted the way humanity perceived illness. However, understanding the presence of germs is only half the story—it doesn’t account for **why we don’t all get sick despite being surrounded by billions of germs daily**.

Take, for example, that common scenario when someone in your household catches a cold. Sometimes, the sniffles seem to spread to everyone. Other times, one or two family members remain untouched. This variation raises a critical point germ theory ignores: the state of the **host’s immune system** plays a massive role in deciding whether someone will fall ill—or stay well.

It’s not the presence of germs alone but rather the terrain of the body—your immune health, stress levels, and nutritional habits—that determines whether you’ll get sick. We live in a germ-filled world, yet not every germ we encounter wreaks havoc. Health is complex, and it goes beyond the simple idea of bad bugs “invading” our systems.

The Immune System’s Crucial Role in Health

The immune system is your body’s ultimate gatekeeper. Think of it as a diligent security team that monitors threats, evaluates risks, and takes action to keep your body in balance. While germs may spark a reaction, it’s your immune system’s strength and response that truly determine the outcome.

Strengthening the immune system to combat potential illness is far more empowering than living in fear of germs. This is where chiropractic care comes into play as it works with your body, not just against pathogens.

Chiropractic adjustments, particularly in the **thoracic spine and upper cervical areas**, have shown incredible benefits in supporting the immune system:

- **Thoracic Spine Adjustments:** Did you know adjustments in the thoracic spine can lead to an **immediate increase in white blood cell production**? These cells are key players in fighting off infections, making this adjustment a powerful boost to your immune defenses. More white blood cells mean your body is better equipped to respond to harmful microbes.

- **Upper Cervical Adjustments and T Cells:** Research shows that upper cervical spinal adjustments positively **influence T cell production**. T cells are like the generals of your body’s immune army—leading the charge, coordinating attacks, and adapting to new threats. Increased T cell production means bolstered immunity and faster recovery when an illness strikes.

It’s fascinating to think that your spine—your body’s central communication hub—can have such a profound influence on your immune health. By addressing misalignments in the spine caused by everyday stresses, chiropractors help your nervous system function better, ultimately strengthening the immune system.

### Can Chiropractic Care Improve DNA Repair Rates?

Here’s another fascinating aspect of how chiropractic care supports your body from the inside out. Studies suggest that chiropractic treatments can influence the **rate at which your DNA repairs itself**. DNA repair is a critical immune system marker that speaks to how efficiently your body can heal and recover. Regular chiropractic adjustments promote an environment in which your body can naturally thrive and repair itself faster.

Essentially, chiropractic care isn’t about “fixing” you or fighting germs—it’s about freeing your body of interference so it can repair and defend itself as it was designed to do. These holistic benefits redefine health and sickness, showing us that a proactive approach trumps waiting to “respond” to germs after the fact.

### Chiropractic and the Broader Health Picture

Chiropractic care is often associated with alleviating back pain, but its potential impact stretches far beyond that. It supports a proactive lifestyle by optimizing nervous system function, boosting immune resilience, and even improving overall well-being.

Instead of focusing on external threats (the germs), chiropractic care takes an **inside-out approach to health**, empowering the host—the individual—and the immune system to maintain balance amidst a world filled with microbial challenges. Everyone encounters germs. The question is whether those germs can thrive in your body, and chiropractic care helps ensure they don’t.

### The Body’s Innate Ability to Heal

Chiropractic care acknowledges that the body has an innate ability to heal itself. All the tools for optimal health are already within us; we just need to keep them functioning at their best. Proper nutrition, getting enough rest, stress reduction and regular exercise along with chiropractic care and other natural modalities such as acupuncture and massage allow the body’s natural healing abilities to take over and repair any damage or imbalances.

As a society, we’ve become too reliant on external fixes for our health issues. Natural health care offers a refreshing perspective by focusing on supporting internal processes rather than relying on outside interventions. This approach aligns with our bodies’ inherent wisdom and natural healing capabilities.

### Conclusion

By focusing on the spine’s alignment, chiropractors target critical points in the spine that affect neural impulses that regulate immune responses. Enhanced white blood cell and T cell production, coupled with improved DNA repair, are powerful testaments to the body’s innate healing potential. With a little help, your immune system can handle much more than you might think.

### Take Charge of Your Health

The **limitations of germ theory** remind us that health is about more than just managing exposure to bacteria and viruses. It’s really about building a strong foundation—through lifestyle choices, nutrition, stress management, and, yes, chiropractic care.

If you’re someone who’s trying to level up your health and wellness—or if chiropractic care is already an integral part of your health routine—know that there are tools and paths available that don’t simply treat illness but enhance your body’s natural potential.

Want to learn more about how chiropractic care can strengthen your immune system and help you thrive? Schedule a consultation with a trusted **chiropractor** today and take a proactive step toward your health. Because at the end of the day, it’s about empowering your body to work at its best, not just reacting to what life throws your way.

### Key Takeaways:

- Germ theory explains only part of the picture—your immune system largely determines whether you stay healthy.
- Chiropractic adjustments improve nervous system function, boost white blood cells and T cells, and even promote faster DNA repair.
- A holistic approach to health—like chiropractic care—helps build resilience, making it easier for your body to adapt and thrive.

When it comes to **health and germs**, think beyond avoidance. Think strength. Think chiropractic care.

## U of M Expert Alert: Navigating the transition of daylight saving time

The clocks will officially “spring forward” one hour on Sunday, March 9. Wajahat Khalil, MD FCCP with the University of Minnesota Medical School and M Health Fairview, speaks about how to approach and manage daylight saving time.

Circadian rhythm influences our alertness, physical performance, endurance and ability to rest, sleep and digest. Our internal clocks are approximately 24 hours long, usually ticking at 24.2 to 24.4 hours. It also means we must interact with our environment daily to synchronize our internal clocks, with sunlight being the most potent synchronizer of our internal timekeeping.

On Sunday, March 9, daylight saving time will spring our clocks forward an hour, depriving us of sleep and taking away the opportunity to be exposed to sunlight during the earlier part of our day, which is essential for synchronizing our internal clocks. Research links seasonal time changes with increased frequency of motor vehicle accidents and hospital admissions. Irregularity in sleep can also cause long-term consequences to our health and well-being, leading to accelerated cardiovascular and metabolic disorders.

**When it comes to managing the spring time change, I encourage people to: Maintain a consistent sleep and wake schedule with at least 7 hours of sleep per night.**

**Sleep 15 to 20 minutes earlier for two to three nights before the time change starts. Spend at least 10 minutes outdoors in the morning to get sunlight exposure.**

Adjust your eating, exercise and social activities accordingly. They serve as “time cues.”  
Dr. Wajahat Kahlil is an associate professor at the U of M Medical School and a Sleep Medicine Program Director with M Health Fairview who specializes in managing sleep disorders, particularly in patients with advanced lung and heart diseases, and use of Non-Invasive Ventilation. His research interests and recent work involved exploring and advancing telemedicine tools for timely diagnosis and provision of comprehensive sleep medicine clinical care.



Wajahat Khalil, MD FCCP, University of Minnesota Medical School and M Health Fairview

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# Goodhue Day Event



Lodermeier's Inc. was a popular spot during the annual Goodhue Day event on February 21st. The business offered a parts discount, prize drawing, chili and sweet rolls and good conversation. Equipment was on display along with salesmen and company representatives to answer any questions. Most downtown businesses offered similar warm hospitality on the chilly day.



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## Goodhue County Dairy Princess Candidates Sought

The Goodhue County Dairy Association is seeking candidates to participate in this year's dairy princess program. Dairy princesses serve as goodwill ambassadors for the dairy industry through appearances that help explain dairy farmers' passion for taking care of their animals and land while providing nutritious food for people locally and throughout the world. The princess banquet is scheduled for April 5th, 2025.

A candidate must be a high school graduate by July 1, 2025 and not yet 24 years old by July 1, 2025. A candidate must be a U.S. Citizen or Permanent Resident. She or her parents must be actively engaged in the production of milk for sale to a licensed plant during the current year. A candidate also qualifies if she or her parents are employed on a dairy farm in a dairy-related capacity, or if a sibling has taken over the home farm. Additionally, she would qualify if her or her family custom raise animals that will produce milk or lease animals in exchange for work on that farm.

The dairy princess program is sponsored by the county's dairy farmers in conjunction with Midwest Dairy's Minnesota Division and the dairy checkoff. Serving as a county dairy princess is also the first step toward po-



tentially becoming Princess Kay of the Milky Way. Ten finalists will be selected at the May Leadership Event to compete for the Princess Kay title in August. At all levels of competition, contestants are judged on their communication skills, personality, enthusiasm for dairy promotion and general knowledge of the dairy industry.

For a complete rules and application form, contact Tiffany Betcher at goodhueada@gmail.com or 651-380-8874. Applications are due March 8th, 2025.

## 21th Annual Goodhue Lions SHOP TOUR



**March 29, 2025**  
**9 AM start at**  
**Lions Building**

Tickets & directions available on March 29th at the Lions Building and at each shop

### Shops on Tour

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**Shannon Haugen,  
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**Nick Nardinger**

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**Kelly Bolin**

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1st Place Match - Jack Carlson (Goodhue) 43-4 won by fall over Chace Drazkowski (Lewis-Altura-Rushford-Peterson) 26-13 (Fall 1:54)



MSHSL Section 1A



Arlyn Von Knobelsdorf 3rd a 107 LBS Section 1 A



Adam Grant 3rd Place Section 1 A



Nate Beck 6th at Section 1 A



Craig Kurti 6th Place at Section 1 A



Caleb Kurti 215 LBS Section 1A Champion



Jack Carlson HWT Section 1A Champion



Hayden Holm Section 1A Champion 139 LBS



# Sports

## Jack Carlson places 2nd & Caleb Kurti places 3rd at 215 LBS at the MSHSL State Wrestling Championships

By Chad Otterness



Jack Carlson State HWT 2nd Place

Jack Carlson made it to the championship match at HWT, but lost 11-6 to Keegan Kuball of Waterville-Elysian-Morristown. Kuball was a 2 time returning state champion! Jack won 3 matches to reach the championship match. Caleb Kurti took 3rd place with five wins. He lost his 2nd round match to Jacob Williams (Aitkin) 4-3, but came back to defeat Williams to win in the 3rd place match with a 2-1 score. Lucas Erickson won one match in the wrestle backs,

but did not place. Hayden Holm won by a 4-1 decision over Gunner Hennessy of Borderwest in the 1st round, but dropped two matches and did not place..

**114A**  
Lucas Erickson (33-8) place is unknown and scored 0.0 team points.

Champ. Round 1 - Lucas Erickson (Goodhue) 33-8 won in sudden victory - 1 over Blake Fischer (Osakis) 36-5 (SV-1 7-4)

Quarterfinal - Caden Kramer (Staples Motley) 48-1 won by fall over Lucas Erickson (Goodhue) 33-8 (Fall 0:38)

Cons. Round 1 - Lucas Erickson (Goodhue) 33-8 won by major decision over Chase Hauck (Barnesville) 23-10 (MD 18-10)

Cons. Round 2 - Mason Fruechte (Pipestone Area) 34-13 won by decision over Lucas Erickson (Goodhue) 33-8 (Dec 7-5)

**139A**  
Hayden Holm (32-16) place is unknown and scored 0.0 team points.

Champ. Round 1 - Hayden Holm (Goodhue) 32-16 won by decision over Gunner Hennessy (Border West Buccaneers) 26-8 (Dec 4-1)

Quarterfinal - Bo Zwiener (Westfield Razorbacks) 34-3 won by decision over Hayden Holm (Goodhue) 32-16 (Dec 4-0)

Cons. Round 1 - Collin Degn (Central Public Schools) 32-10 won by decision over Hayden Holm (Goodhue) 32-16 (Dec 10-5)

**215A**  
Caleb Kurtti (45-3) placed 3rd and scored 0.0 team points.

Champ. Round 1 - Caleb Kurtti (Goodhue) 45-3 won by fall over Cade Nagel (Frazee) 33-13 (Fall 0:25)

Quarterfinal - Jacob Williams (Aitkin) 41-



2 won by decision over Caleb Kurtti (Goodhue) 45-3 (Dec 4-3)

Cons. Round 1 - Caleb Kurtti (Goodhue) 45-3 won by major decision over Charlie Witzel (St. Agnes) 24-6 (MD 11-2)

Cons. Round 2 - Caleb Kurtti (Goodhue) 45-3 won by tech fall over Adrian Gomez (Staples Motley) 35-14 (TF-1.5 1:41 (16-0))

Cons. Semi - Caleb Kurtti (Goodhue) 45-3 won by major decision over George Doherty (LeSueur-Henderson) 33-4 (MD 19-7)

3rd Place Match - Caleb Kurtti (Goodhue) 45-3 won by decision over Jacob Williams (Aitkin) 41-2 (Dec 2-1)

**285A**  
Jack Carlson (46-5) placed 2nd and

scored 0.0 team points.

Champ. Round 1 - Jack Carlson (Goodhue) 46-5 won by tech fall over Colby Kesteloot (Fulda-Murray Cty Central) 32-14 (TF-1.5 5:26 (22-6))

Quarterfinal - Jack Carlson (Goodhue) 46-5 won by fall over Jack Leiser (Fertile-Beltrami) 22-12 (Fall 1:11)

Semifinal - Jack Carlson (Goodhue) 46-5 won by decision over Braden Shamp (Bertha-Hewitt- Verndale -Parkers Prairie) 39-13 (Dec 2-1)

1st Place Match - Keegan Kuball (WEM-JWP) 43-1 won by decision over Jack Carlson (Goodhue) 46-5 (Dec 11-6)

## Goodhue State Qualifiers



Goodhue sent 4 wrestlers to the Minnesota State High School League Wrestling Championships! Jack Carlson, Lucas Erickson, Caleb Kurti, and Hayden Holm Places: Carlson 1st; Erickson 2nd; Kurti 1st; Holm 1st submitted by Chad Otterness



Taking a break at the Minnesota State Wrestling Tournament at the Excell Center in St. Paul, MN. Pictured: Coach Sam Gadiant, Coach Ross Matthees, Caleb Kurti, Jack Carlson, Coach Makae O'Reilly, Coach Kaleb O'Reilly, and Coach Drew Lexvold



# Sports

## Jack Carlson places 2nd & Caleb Kurti places 3rd at 215 LBS at the MSHSL State Wrestling Championships



Caleb Kurti 3rd Place 215 LBS



Two Wildcats bring home medals at the Minnesota State Wrestling Tournament. Congratulations to Jack Carlson with a 2nd place medal & Caleb Kurti with a 3rd Place medal!



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### Thank You

We would like to thank all those that have reached out to us after the passing of Andrew Jay Johnson. The prayers, donations, food, gifts, and time have really helped sustain us through the first few weeks.

We also want to especially thank Paster David Badgely for speaking for us at the Celebration of Life as well Chelsea Kroening, Jack Moyer and Todd Markham for their eloquent memories of Drew. Also thank you to the class of 2012 for your recognition of Drew.

We are so thankful for good friends and family that have pulled together for us.

Drew leaves behind such a hole in our lives, but we hope to remember him well and keep making memories in his honor.

Jay and Tammi Johnson, McKenzie and Tyler Harrison,  
Jo Ann and Roger Hinrichs, Larry Johnson





**Rural Finance Authority Further Expands Loan Eligibility for Animal Disease Outbreaks**  
*Zero-interest loans will be available for losses going back to April 2024*

The Minnesota Department of Agriculture’s Rural Finance Authority (RFA) Board has further expanded eligibility for zero-interest Disaster Recovery Loans available to Minnesota farmers whose operations have sustained livestock losses due to three animal diseases: avian Metapneumovirus (aMPV), highly pathogenic avian influenza (HPAI), and the H5N1 flu virus. The RFA Board is now allowing losses from April 1, 2024, to February 24, 2026, to be eligible for the loan program.

This is an expansion of the RFA Board action taken earlier this month which stated an

emergency existed with aMPV, HPAI, and H5N1, opening the Disaster Recovery Loans to producers sustaining losses from February 2025 to February 2026.

aMPV is a highly infectious respiratory disease affecting poultry. HPAI is a contagious viral disease of domestic and wild birds and is fatal. H5N1, the same virus that causes HPAI in poultry, can also affect dairy cows and other animals; however, it rarely kills cows.

The Disaster Recovery Loan Program offers affordable financing to support Minnesota farmers after declared disasters or hardship events, such as animal disease outbreaks. These funds are available to farmers for expenses not covered by insurance, including replacement of flocks or livestock, building improvements, or to cover the loss of revenue when the replacement, improvements, or revenue loss is due to the confirmed presence of one of the three animal diseases. Eligible farmers will work with their local lender to secure the loans from the RFA.

The Minnesota Department of Agriculture’s Rural Finance Authority is the state’s agricultural lender with a mission to develop farm resources. RFA offers low-interest loan programs for a variety of farm activities.

More information, including full eligibility requirements, can be found on the Disaster Recovery Loan Program webpage.



Hello from the State Capitol,

Remember during the pandemic when the legislature gave Governor Walz emergency powers and then he refused to give them up? He basically ran the state as he saw fit for 475 days.

A bill considered on the House floor this week would address this problem, by preventing a governor from declaring an indefinite peacetime emergency and shutting out the voices of millions of Minnesotans through their elected representatives. Specifically, this bill makes sure that any peacetime emergency declaration that lasts beyond 14 days must have broad bipartisan support from the legislature.

**NURSING HOME SUPPORT ADVANCES**

In our human services committee this week, we approved legislation that will help ease the mandates placed on nursing homes last session. It was a straight party line vote, with all Republicans voting in favor, and all Democrats voting against.

**AG WATER QUALITY BILL**

This session’s first hearing on my ag water quality bill will be in the House ag committee, though only on an informational basis. As there is a financial aspect to it, the taxes committee will give it a more thorough vetting. The legislation is of significant importance to many local farmers.

**MANDATES ON THE MINDS OF COUNTY COMMISSIONERS**

As a former county commissioner, I always enjoy meeting with local county boards. Many of them were in St. Paul this week as part of the Association of Minnesota Counties Day at the Capitol.



Commissioners are concerned about the mandates and the continued loop of state forcing counties to provide more services, yet not providing them with adequate funding, which ultimately leads to higher property taxes. The governor’s most recent budget ideas only multiplies their burden.

**THE SEA OF BLUE**



It is truly a joy to meet with local students. FFA Day on the Hill took place in St. Paul this week, and I met with numerous local chapters, including this group from Chatfield.

As farmer and with my ag background, I really enjoy hearing stories from our rural students about what a difference FFA is making for them.

**KEEP IN TOUCH**

As always, if you ever have any legislative questions, please contact me. I can be reached at rep.steven.jacob@house.mn.gov or by phone at 651.296.2273.

Have a good weekend,  
Steve

**Seeking to Help Our Schools and Our Students**



**Rep. Pam Altendorf (R) District: 20A**

Recently I joined other lawmakers at a meeting of southeastern Minnesota school superintendents. The overall message we heard from them is that they are struggling, and they need help.

Schools are feeling the pinch of more than 65 new mandates that were approved by Governor Walz and an all Democrat-led legislature last session. They’re also seeing far too many students falling through the cracks.

The statewide numbers are dismal. Less than half of Minnesota’s students can read at grade level. Statewide proficiency in science and math is even worse.

It’s clear that changes are needed, which is why I’m supporting an education reform proposal that ensures schools have the tools they need to succeed, and the time needed to focus on core academic subjects.

First, the plan addresses literacy by improving the recently enacted READ Act which is over regulated and underfunded. It would repeal some of the new requirements that were included in the 2024 session that have political or ideological purposes that distract from the core mission of education. The proposal also restores the expectation that our teachers are not only properly prepared to provide reading instruction grounded in the science of reading, but that ability is verified by teacher assessment.

Second, the bill focuses on empowering schools to be innovative. The revisions we propose will shift the mindset from one of schools always forced to seek permission from the state to a mindset of trusting our locally elected school boards, educators, and parents.

Finally, the legislation would provide flexibility for school boards in both funding and relief from the more than 65 new mandates imposed on our schools in the previous biennium. Under this section, school boards would be allowed to transfer any funds that are not otherwise encumbered or limited by federal law, so long as the transfer does not inadvertently trigger additional state aid or increase a local levy. It also would allow school boards to delay implementation of many of the new mandates imposed during the 2023-24 legislative biennium.

In contrast, Governor Walz’s education plans include cuts to teacher pay, professional development and services to children with special needs. It would also deny certain textbooks to school-age children, yet it would give more money to state bureaucrats to micromanage our schools.

In my opinion, real solutions are needed for our kids. Statewide education needs to allow flexibility and innovation. It needs to empower local schools and local control. But most of all, it needs to focus on the core priorities of learning – reading, math and science, and helping every student become proficient in these subject areas.

Moving forward, expect House Republicans to continue focusing on solutions that will prioritize the needs of students and local schools – not an already bloated state government.



## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question:** *I was just talking with someone the other day and they were telling me they had their driver's license suspended for too many speeding tickets. They also mentioned other ways a person can have their license suspended that I was not aware about. Can you write about that?*

**Answer:** Your driver's license may be suspended if you:

- Repeatedly violate traffic laws.
- Are convicted in court for a violation that contributed to a traffic crash resulting in death, personal injury, or serious property damage.
- Use or allow someone else to use your license for an illegal action. It is illegal to let anyone use your license or permit.
- Commit a traffic offense in another state that would be grounds for suspension in Minnesota.
- Are judged in court to be legally unfit to drive a motor vehicle.
- Fail to report a medical condition that would result in cancellation of driving privileges.
- Fail to stop for a school bus with its stop arm extended and its red lights flashing, within five years of a conviction for the same offense.
- Are found to possess a fake or altered license.
- Make a fraudulent application for a license or identification card.
- Take any part of the driver's license examination for someone else or allow someone else to take the examination for you.
- Falsely identify yourself to a police officer.
- Fail to appear in court or pay a fine on a motor vehicle-related violation when required to do so.
- Are convicted of a misdemeanor for a vi-

olation of Minnesota traffic law. • Fail to pay court-ordered child support.

- Use or allow someone else to use your license, permit, or ID card to buy tobacco products or alcohol for someone under 21 years of age.
- Are under 21 years of age, and the court determines that you drove a motor vehicle while consuming or after consuming alcohol.
- Pay a fee to the state or driver's license agent with a bad check. (The suspension will be removed when the bad check and any related fees have been paid in full.)
- Are convicted for theft of gasoline.

After the period of suspension has ended, your driving privilege may be reinstated if all requirements are met. One requirement is payment of the reinstatement fee. If your license expired during the suspension period or if your name or address changed, you must apply for a new license and pay the appropriate fee.

**Question:** *In your last article you wrote about suspended drivers licenses. I know a person who had theirs revoked. Can you explain how this happens?*

**Answer:** Your driver's license may be revoked if you:

- Refuse to take a test to determine whether you are under the influence of alcohol or a controlled substance, or if you fail the test.
- Are convicted of manslaughter or any other criminal action while driving a motor vehicle.
- Are convicted of driving a motor vehicle while under the influence of drugs or alcohol.
- Are convicted of a felony in which you used a motor vehicle.
- Are convicted of driving in excess of 100 mph.
- Are convicted of fleeing a police officer.
- Are convicted of failing to stop, identify yourself and render aid when involved in a motor vehicle crash, especially one that involves death or personal injury to others.
- Are convicted of lying under oath, signing any legal document that contains false information about legal ownership or operation of a motor vehicle, or making a false statement to DPS about that information.
- Plead guilty or forfeit bail for three violations in a single year of any Minnesota traffic law or ordinance that requires a jail sentence upon conviction.
- Are convicted of an offense in another state that would be grounds for revoking your license if you were convicted in Minnesota.

• Are convicted of a misdemeanor for driving a motor vehicle with prior knowledge that the owner of the vehicle did not have no-fault vehicle insurance.

• Own a vehicle without no-fault insurance and are found to have driven it or allowed others to drive it, with full knowledge that the vehicle was not insured.

• Are convicted of a gross misdemeanor for failing to stop for a school bus with its stop arm extended and its red lights flashing.

• Are convicted of selling or possessing a controlled substance while operating a motor vehicle.

After the period of revocation has ended, your driving privileges may be reinstated if all the reinstatement requirements on your withdrawal notice are met. You must show proper identification when you take the written test or road test. You must apply for a new license after all your testing requirements are met.

**Question:** *I've read your last couple of "Ask A Trooper" articles and with all this talk about driver's license suspensions and revocation, can you talk about people needing or getting a work permit for driving?*

**Answer:** Minnesota does have what is called a "limited license." Under some circumstances, a limited license may be issued to a person whose driving privileges are revoked or suspended. Before a limited license is issued, you must meet certain requirements, including completing any mandatory waiting periods. If you are issued a limited license, you are restricted to:

- Travel to and from your place of employment.
- Travel to and from chemical dependency treatment or counseling.
- Providing transportation for dependent children and other dependents living in your household for medical, educational, or nutritional needs.
- Travel to and from a post-secondary institution where you are enrolled.

**Question:** *My vehicle was recently involved with a crash with another vehicle. I had car seat inside but no child was present at the time of the crash. I am wondering if the car seat would still need to be replaced. My auto insurance company didn't want to replace it. Is there some state statute on this?*

**Answer:** I did some checking with a Child Passenger Safety Technician and was advised there is no specific statute regarding car seat

replacement after a crash from a state perspective. However, if the car seat manufacturer recommends replacement after a crash, that guidance should be followed. The insurance company may request documentation from the car seat manufacturer to support the claim. The replacement recommendation is not contingent on whether the child was in the seat at the time of the crash.

Child passenger safety technicians are trained to tell parents that if a car seat or booster seat has been in a crash, replacement is dependent on the severity of the crash, as well as the car seat or booster seat manufacturer's guidelines for the seats.

Some manufacturers require replacement after a crash of any severity. After a minor crash, replacement recommendations vary by car seat manufacturer. Car seats and booster seats always need to be replaced after a moderate or severe crash. Caregivers should contact the car seat or booster seat manufacturer with any questions about if the seat should be replaced after a crash.

The National Highway Traffic Safety Administration (NHTSA) has established the following criteria for assessing minor crash severity:

<https://www.nhtsa.gov/car-seats-and-booster-seats/car-seat-use-after-crash>

What defines a minor crash?

A minor crash is one in which ALL of the following apply:

- The vehicle was able to be driven away from the crash site.
  - The vehicle door nearest the car seat was not damaged.
  - None of the passengers in the vehicle sustained any injuries in the crash.
  - If the vehicle has air bags, the air bags did not deploy during the crash; and
  - There is no visible damage to the car seat.
- NEVER use a car seat that has been involved in a moderate to severe crash. Always follow manufacturer's instructions.

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](mailto:Troy.Christianson@state.mn.us)) Twitter: MSPPIO\_SOUTH

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With the warmer-than-usual weather, melting snow during the day can quickly refreeze as temperatures drop at night, creating icy and dangerous conditions on roads and sidewalks.

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Keep a safe following distance.

Avoid sudden stops or sharp turns.

### Pedestrians:

Watch your step, as sidewalks and parking lots can become slippery overnight.

Wear proper footwear.

Stay alert for hidden ice patches.

Stay safe and take it slow. Whether you are driving or walking — let's prevent slips, falls and crashes!





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## Bellechester City Council Meeting Minutes January 15, 2025 @ 6:00 PM

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

Oath of Office

Pledge to the flag

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Mark Gerken, Kyle Blattner, Jacob Gilsdorf, Nick Keller and Rich Majerus as well as City Clerk Lisa Redepinning, Treasurer Kyle McKeown, and City Engineer Matt Mohs as well as were also present as well as representatives from AG Partners - Dale Johnson and Chris Buck.

Minutes of the December 18, 2024 meeting were reviewed and motion was made by Mark Gerken with a second by Rich Majerus to approve the minutes. Motion carried.

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

### Old Business:

• Update – Sewer Lining Project – Main line work is done. A few service linings remain.

Temperature has stopped project.

• Pay Application No. 5 - \$49,747.70. Motion was made by Rich Majerus with a 2nd by Nick Keller to approve pay application #5. Motion carried.

• Update on ADA Walkthrough – RD required this review and it was conducted. A few items were identified and will be addressed. A report will be forthcoming.

• Update – Water Meter Project – training was done on the new system. Pay application will be coming on this payment and we will close out the project. Radios are reading and working with the software. A few places in town will not be able to have a meter installed due to needing temperature-controlled area.

• Update – Water meter billing set-up – all accounts are setup and previous balances were entered. Payments will be entered more when we become live. Agreement includes 16 hours of training and assistance in working with new software.

• Dust Control Issue – Dust control is starting to get more into downtown. Ag Partners was asked about how to control this. There is more traffic coming thru town. Ag Partners indicated they have put down chloride down in the spring and fall. Discussion on applying this coverage more often was done. May – June applications will occur more to test out issue. AG Partners will discuss this plan and get back to us.

• Junk Ordinance – We will get a copy of the ordinance to new council members to get them up to speed on this issue and we will discuss at next meeting.

### New business:

• Approve Ordinance #36 - Pool Spa – Motion was made by Rich Majerus with a 2nd by Mark Gerken to approve Ordinance #36 as stated. Motion carried.

• Committee Appointments for 2025 – set and approve

Acting Mayor: Mark Gerken, Ambulance: Rich Majerus, Fire Association: Rich Majerus/Nick Keller, Bank: First Farmers & Merchants, Attorney: Gorman

Prosecution Attorney – Goodhue County, Paper: News Record, City Engineer: Matt Mohs ~ Bolton & Menk, Inc.

Motion was made by Mark Gerken with a 2nd by Jake Gilsdorf to approve the 2025 appointments as stated. Motion carried.

• Set Board of Equalization Date and Change April Meeting – approve Motion was made by Mark Gerken with a 2nd by Jake Gilsdorf to approve the moving of the April meeting to Thursday, April 17 to coincide with the Board of Equalization meeting with the County. Motion carried.

• 2024 Cash Reporting Final Report – Motion was made by Rich Majerus with a 2nd by Jake Gilsdorf to approve the 2024 Cash Reporting final report as presented with noted change. Motion carried.

**Engineer Report** – see above.

**Clerk Report** – 2nd Half LGA Received – \$15,265.00 and \$825.50 in Small Cities Assist. 2nd Half of Property Tax Received – Wabasha County \$7,874, Goodhue County \$24,264. Edward Jones Investment Funds – we currently have \$114,693 in this account. They will be coming due for renewal. Board of Equalization Meeting – we need to change the April date to coincide with this. The date

we have been given is: Thursday, April 17, 2025 at 4:00 pm at the Bellechester Community Center. Messenger – would you like to make a donation to them for letting us put minutes in their paper at no cost? Year End Reporting – all reports are done except for the 2024 Final Cash report to the state, which will be done after it is approved at meeting.

**Treasurer Report** – letters were sent and a few payments were made. Certified letters will be sent.

**Water/Wastewater/Facility Report** – pump work at both well houses will be done. Water piping at south pump house will also be done.

**Mayor Concerns:** Donation to Messenger – Motion was made by Mark Gerken with a 2nd by Rich Majerus to donate \$275 to the Messenger. Motion carried.

Council Concerns: County was called about them taking down signs. Trailer parking issue was addressed. Trailer parking/equipment needs to be moved immediately. Come to meeting

### Adjourn

Motion was made by Rich Majerus with a second by Nick Keller to adjourn the meeting. Motion carried. Meeting was adjourned at 7:44. Motion carried.

Submitted by Lisa Redepinning – City Clerk

*Board of Equalization meeting for Goodhue County will be held April 17th @ 4:00 at the Bellechester Community Center. The regular City Council Meeting for April will move to that day, immediately following the Board of Equalization Meeting.*

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