



Goodhue-Bellechester Messenger

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APRIL 2, 2025

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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

Big Impact, Small Town Heart:

Goodhue Education Foundation's Spring Auction Returns

By Courtney Bonnin,
Instructional Coach,
Goodhue Public School

On April 6th, the Goodhue Education Foundation will host its annual Spring Auction from 11:30 AM to 2:30 PM, featuring a silent auction, live auction, kids' carnival, and great food. This highly anticipated event is more than just a fundraiser - it's a celebration of the unwavering support our community provides to Goodhue Public School and its students.

Each day, 57 teachers, 835 students, and numerous staff and volunteers step into our school, working together to overcome challenges, create innovative solutions, and provide

unique learning opportunities. Much of this work is supported by the Goodhue Education Foundation, whose generosity continues to enrich our students' education.

Goodhue is a special place. With Pre-K through 12th grade under one roof, we offer big-school opportunities in a small-school setting, where teachers can truly connect with and impact students every day. But what truly sets us apart is our incredibly supportive community, and the Goodhue Education Foundation is at the heart of this support.

(continued on page 3)

THE GOODHUE ED FOUNDATION'S
SPRING AUCTION!
WHEN: APRIL 6TH
FROM 11:30-2:30
COME ON DOWN FOR:
SILENT AUCTION
LIVE AUCTION
KIDS CARNIVAL
& FOOD

Art Exhibit at Riverview Apartments

Scott McCauley has been a resident at Riverview Apartments in Mazeppa for the last two years and has some of his own original art on exhibit there.

Scott grew up in Rochester and received a degree in Graphic Arts from RCTC and St. Cloud State. He moved to Colorado and lived in Aspen where he worked for the Aspen Daily News during the early 1990's. He returned to Rochester and after retiring from a career as a graphic artist in the printing industry.

Scott began working with ceramics during high school in the 1970's and advanced on to other forms of artistic expression.

(continued on page 4)



RIBBON CUTTING
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651-923-4048



Pastors Corner

By Pastor Robbin Robbert
St. John's Lutheran Church,
rural Goodhue

In the United States, churches and religious organizations enjoy tax-exempt status under Section 501(c)(3) of the Internal Revenue Code. This status is often framed as a constitutional protection of religious freedom, but in reality, it is a privilege granted by the government, not an inherent right. The idea behind this exemption is that churches provide significant social benefits—offering charitable services, moral guidance, and community support—that justify relieving them from the burden of taxation.

However, many Christians express concern that while their churches are exempt from taxes, their personal tax dollars are often used to fund programs and initiatives that directly contradict their biblical beliefs. This raises an important question: How can Christians ensure that their money is being used for essential public services, such as police, fire departments, EMTs, roads, and schools, rather than for causes that promote unbiblical values?

MAHS to Host Spring Supper April 24

Mazeppa Area Historical Society is hosting their Spring Supper. "Hot Turkey Sundae" - mashed potatoes with turkey gravy, corn, coleslaw, beverages.

FREE WILL DONATION - THURSDAY, APRIL 24TH, 5-7 at the Mazeppa Community Center.

COME HUNGRY - LEAVE HAPPY. THANKS FOR THE SUPPORT!



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ues?

The reality is that tax dollars are pooled into large government budgets, and individuals do not get to earmark their taxes for specific purposes. This means that Christian taxpayers inevitably contribute to government programs they may disagree with, alongside the essential services they support.

Potential Solutions for Christian Taxpayers Advocate for Religious Liberty in Tax Policy

Christians can engage with policymakers to advocate for greater conscience protections in taxation. Some proposals, such as allowing taxpayers to designate certain portions of their taxes for specific uses, could provide a way for believers to ensure their money supports services aligned with their values.

Support Faith-Based Organizations

While tax dollars may fund initiatives that contradict biblical values, Christians can redirect their charitable giving toward faith-based organizations that provide social services consistent with Christian teachings. Private Christian charities, crisis pregnancy centers, faith-based schools, and other ministries can fill many of the roles that government programs attempt to address.

Stay Involved in Elections and Policy Making

Christians should be informed voters, supporting candidates and policies that align with biblical values. This includes advocating for responsible government spending and

pushing for policies that respect religious convictions in taxation.

Encourage Alternative Funding for Churches

While churches currently enjoy tax-exempt status, some critics argue that tax exemption is a form of government subsidy. If this exemption were ever challenged or removed, churches would need to be financially independent in order to continue their ministries without government interference. Encouraging church members to tithe faithfully and support their local congregation can help ensure that the church remains strong regardless of government policy.

Engage in Legal Action When Necessary

When Christian taxpayers are forced to fund programs that violate their deeply held beliefs, legal action can sometimes be taken. Organizations such as Alliance Defending Freedom (ADF) and the American Center for Law and Justice (ACLJ) work to defend religious liberty and conscience rights in taxation.

While churches are currently exempt from taxes, individual Christians still contribute to a system that funds both essential services and morally objectionable initiatives. Although we may not be able to fully control where our tax dollars go, we can take steps to influence policy, support faith-based alternatives, and advocate for greater respect for Christian conscience in tax allocation. Ultimately, our role is to be faithful stewards of our financial resources, using every opportu-

nity to promote biblical values in both the church and society.

We would ask our Minnesota politicians to be better stewards of the money God blesses them with rather than to blow through a 17.5 billion surplus. Maybe God will use this time to encourage churches to regain relevance in helping the poor and needy by relying less on the government that tries to make the state the god that answers all problems.

More important than anything about taxes and churches is to get in a Christian church this Easter and start worshipping the risen Christ that has opened up eternal life in heaven forever.

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Father Thomas McCabe • www.holytrinitygoodhue.org
211 4th St. N., Goodhue • 923-4472

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

All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.

We practice because we are not yet perfect!

ST. MARY'S CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
221 Chester Avenue • 923-4472

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

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

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

Rosary said 25 minutes before Holy Mass

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ST. COLUMBKILL CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
County Road 47, Goodhue • 923-4472

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

Sun.: 10:30AM Holy Mass

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

Rosary said 25 minutes before Holy Mass

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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 • 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

Studying God's Word

Your word is a lamp for my feet, a light on my path.

— Psalm 119:105

Have you discovered the profound impact of studying God's Word? In my youth, I often underestimated its importance, seeing Bible study as merely a religious duty. But then came a time when I faced uncertainty and sought direction. And a wise mentor pointed me to Psalm 119:105, emphasizing that God's Word illuminates our path, guiding us through life's challenges and uncertainties.

Studying God's Word is not just about gaining knowledge; it's about encountering God himself. Through Scripture we discover God's character, his promises, and his will for our lives. God's Word provides wisdom for decision-making, comfort in times of distress, and hope for the future.

The Bible reveals God's redemptive plan and his unfailing love for humanity. It teaches us how to live according to his principles and align our lives with his purposes. As we explore Scripture with an open heart and mind, we invite the Holy Spirit to speak to us, transforming our thoughts and renewing our minds.

I am grateful for being able to study God's Word. It has deepened my faith, strengthened my relationship with Jesus, and equipped me to serve others with compassion and grace. Each passage has been a source of encouragement, correction, and inspiration in my walk with God.

May God's Word be a lamp to illuminate your path and a constant source of wisdom and strength.

Lord, may your Word guide and sustain us, leading us closer to you. In Jesus' name, Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

Pastor Randall Kuznicki

Minneola Twp. Co. Rd. 7, rural Zumbrota

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

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

ST. PETER'S LUTHERAN CHURCH, MISSOURI SYNOD

Pastor Steven Frentz

28961 365th St., Goodhue

651-923-4438

Email: stpeter@sleepyeyetel.net

9:30a.m. Sunday School

10:30a.m. Worship

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

MINNEOLA LUTHERAN CHURCH

Pastor Hannah Bergstrom de Leon

www.minneolalutheranchurch.com

13628 Cty. 50 Blvd., Goodhue

Office line: (507) 218-7177 • Pastoral Care: 507-218-9063

10:30a.m. Sunday Worship

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

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

Pastor Robbin Robbert

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

Sunday 9:00am Worship

Communion offered on the 2nd & 4th Sundays.

ST. LUKE'S LUTHERAN CHURCH (ELCA)

Pastor Eric Hanson

37750 County 6 Blvd., Goodhue, MN 55027

Email: office@stlukegoodhue.org • 651-998-7106

8:30a.m. Sunday School

9:30a.m. Sunday Worship

6:45p.m. Wednesday Worship

www.stlukegoodhue.org

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

Pastor Martin Weigand

702 West Third Ave., Goodhue, MN • 715-441-5086

Sunday Morning Worship 10:45a.m. with

communion on the second and fourth Sunday of each month.

Sunday School at 9:30a.m. at Grace.

Sunday Bible Study at 9:30a.m.,

Confirmation Class 5:45p.m. on Wednesday,

8:30a.m. Quilting and Bible Study on

Wednesday, and 10:30a.m. Midweek Bible Class

on Thursday.



Big Impact, Small Town Heart:

Goodhue Education Foundation's Spring Auction Returns

(continued from page 1)

How the Goodhue Education Foundation Makes a Difference

Over the years, the foundation has funded numerous projects that have directly benefited our students and staff, including:

Outdoor Classroom: This hands-on learning space allows students to analyze, experiment, and explore the natural world, bringing science and environmental education to life.

STEM Program Support: With traditional budgets providing less than 80 cents per student per year for STEM education, foundation contributions have been essential in expanding resources and opportunities in this critical area.

First Grade Science Curriculum: Donations enabled the purchase of butterfly habitats and a classroom set of Balance Birds, helping young learners grasp scientific concepts like balance, counterweights, gravity, and stability.



Family and Consumer Science Enhancements: New technology and equipment were funded to keep culinary and early childhood education programs relevant and engaging for students.

Goodhue School Forest: This incredible outdoor space is now thriving thanks to the foundation's support, providing an immersive, hands-on experience in environmental education.

One of the most appreciated aspects of the Goodhue Education Foundation is its simple and accessible grant application process, which encourages teachers to pursue innovative ideas that enrich students' learning experiences.

A Heartfelt Thank You

The investments made by the Goodhue Education Foundation brighten our students' futures and strengthen our entire community.

By supporting this event, you are supporting future business owners, educators, and leaders right here in Goodhue.

We invite you to join us at the Spring Auction on April 6th to celebrate, bid on exciting items, and invest in the success of our students. Thank you for being a part of this incredible community and for continuing to support our school.

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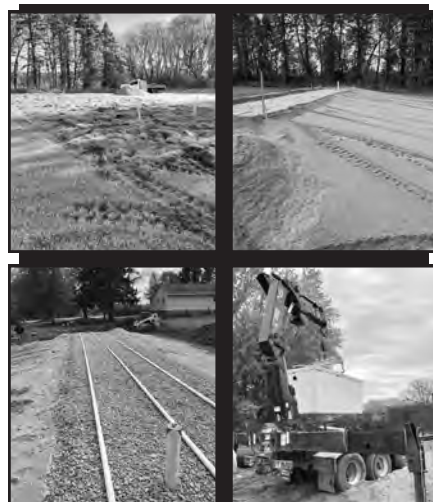
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Goodhue Education Foundation

We are a 501c (3) Charity with a purpose to provide resources to create educational experiences and to promote excellence for all students at Goodhue Public School.

We have Donated OVER \$100,000 back to the staff and students!
Every year we award \$15,000 towards grant requests:

- Greenhouse
- Musical Instruments
- Outdoor classroom
- New Microscopes for the science room
- School Forest
- STEM Supplies for many classrooms
- Animal Suture Kit for the Ag Classroom
- 3D Printer

The Spring Auction is April 6th at the Goodhue School. If you would like to donate items ahead of time, please email gefboard1@gmail.com

Future goals of the GEF are to be funded by our Endowment fund (Southern MN Investment Fund)

Any \$\$ contributed will stay in the fund and continue to grow!

Help "Support the Roar" by contributing to our GEF to continue to GIVE BACK to our school now, and years to come!

Mail checks to:
PO Box 96
Goodhue, MN 55027



Thank you for your donation!

Art Exhibit at Riverview Apartments

(continued from page 1)

He coined his work “tubism” since he created works with mostly tubular items. He also works with mostly reclaimed and recycled material. Only the glue and paint in purchased. He scours places for any objects that he can incorporate into his three-dimensional artwork. Most of his artwork is on large canvases from two and a half feet square to as large as five feet x 3 feet in size. He feels the large and bold size of his masterpieces manifests the confidence he has in what his artistry portrays.

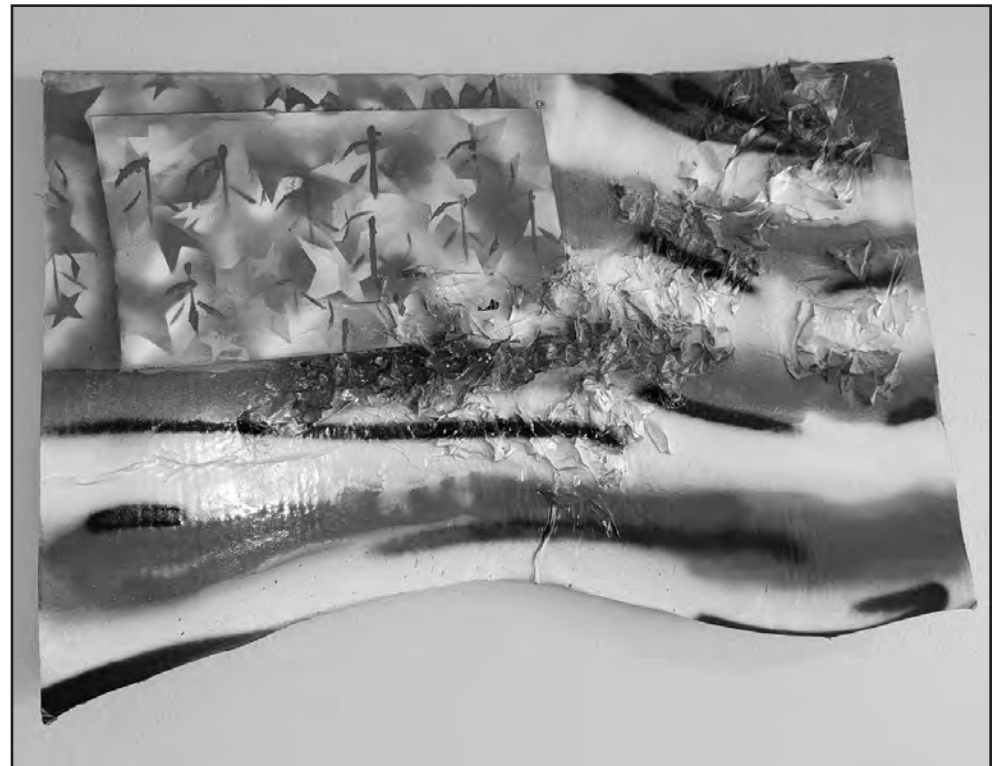
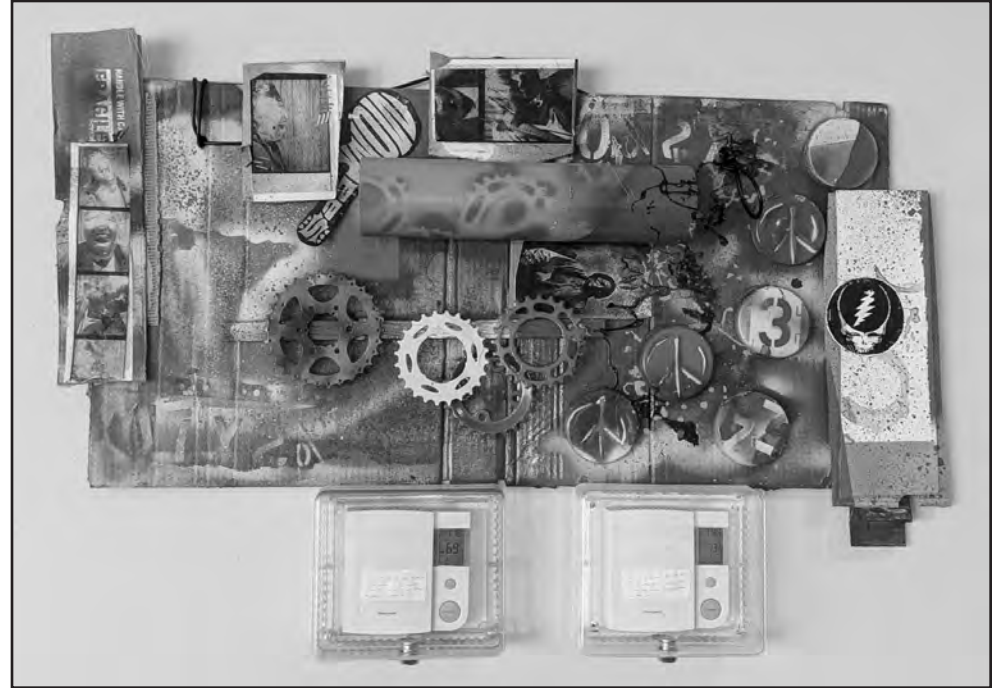
Scott likes to use the American flag in his creations in honor of his uncle Carl Bussler, who was a Viet Nam veteran and has since passed away. Carl was Scott’s godfather and he thanks him for his service in defending this country and giving Scott the privilege to freely pursue what he wishes to do.

Much of his work is done during the late-night quiet hours when he is inspired by the solitude and beauty of the country side around



him. He finds Mazeppa to be a peaceful place to live and be creative in his ventures. He draws ideas from his childhood and past life in the good and bad things he has endured. Each piece is unique, earthy and raw and tells a story, which he brings out on the canvas.

He has displayed his artwork at the Rochester Art Center and the Kinney Creek Brewery in Rochester. If you are interested in viewing his display you may contact him at 507-319-0784 for a showing.



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Anhydrous Safety Should be Top Concern This Spring

The MDA offers safety tips for those maintaining equipment and applying and transporting NH3

Many farmers and applicators will soon apply anhydrous ammonia (NH3) prior to planting or sidedress after planting. Even with a rush against time and the weather, safety should never be compromised. Accidents in-

volving anhydrous ammonia have proven how dangerous and deadly the chemical can be when not handled properly.

The Minnesota Department of Agriculture (MDA) is providing the following tips to farmers and applicators so they can safely apply anhydrous ammonia.

Always wear appropriate goggles and gloves. Never wear contact lenses.

Be sure to have a clean, adequate emergency water supply of at least 5 gallons.

Exercise caution when making connections and disconnections as if lines contain anhydrous ammonia.

Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3.

Close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose

end valve by the valve body.

Position equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining anhydrous ammonia equipment. Never assume NH3 lines are empty, always wear proper protective equipment, and have access to safety water.

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehi-

cle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, immediately call 911 and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website at www.mda.state.mn.us/nh3.

Minnesota Farm Bureau President Dan Glessing Testifies on Capitol Hill

WASHINGTON – Minnesota Farm Bureau (MBFB) President Dan Glessing testified on March 26 before the U.S. House Committee on Transportation & Infrastructure Subcommittee on Highways and Transit, as part of its hearing - America Builds: How Trucking Supports American Communities.

"The success of American agriculture relies upon a robust, safe, and dependable transportation system," Glessing stated. "The products we grow and raise must travel far beyond our farm gates to reach markets, processors, and consumers. That is why Congress needs to consider common sense solutions that address our supply chain shortfalls."

During his testimony, President Glessing also addressed Farm Bureau's continued support for the Infrastructure Investment and Jobs Act, National Highway Trust Fund fees, and continued exemptions for agriculture haulers. Video of the subcommittee hearing,



starting with President Glessing's testimony, is available here.

President Glessing testified alongside John Elliott, Executive Chairman of Load One; Lewie Pugh, Executive Vice President of Owner-Operator Independent Drivers Association; Ryan Lindsey, Executive Vice President of Government Relations for CRH; and Cole Scandaglia, Senior Legislative Representative and Policy Advisor for the International Brotherhood of Teamsters.

Minnesota Farm Bureau Recognizes Sesquicentennial Farm Honorees

EAGAN, Minn. – The Minnesota Farm Bureau Federation (MFBF) is pleased to recognize 46 recipients of the Sesquicentennial Farm award for 2025.

Since the program began in 2008, 623 families have received the honor.

To qualify, a family farm must be in continuous family ownership for at least 150 years, be 50 acres or larger, and currently be involved in agricultural production.

Honorees will receive a commemorative certificate signed by Governor Tim Walz, Minnesota Department of Agriculture Commissioner Thom Petersen and MFBF President Dan Glessing, along with an outdoor sign signifying Sesquicentennial Farm recognition.

A display featuring all Sesquicentennial and Century farms will be available inside the Minnesota Farm Bureau building during the 2025 Minnesota State Fair.

Goodhue County

Nerstrand – Kispert Farm, 1865

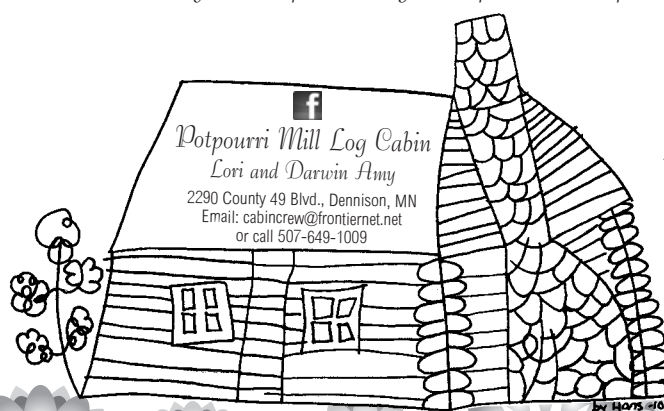
Zumbrota – Rostad Farms, 1873

Garden Thyme Craft Show

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UW-Stout Blue Devil Women's Basketball Makes History in Cinderella Run to the Final Four

Records set in tenacious battle against undefeated, defending champions NYU



Elissa Lodermeier

Menomonie, Wis. — The University of Wisconsin-Stout Blue Devil women's basketball team's Cinderella run to the Final Four on March 20, marked the team's best result in the NCAA Division III National Tournament.

No. 22 UW-Stout faced No. 1-ranked, undefeated defending national champions New York University in their first-ever matchup against the Violets, at the Cregger Center, Roanoke College, in Salem, Virginia.

The Blue Devils started strong, trading baskets early with the Violets, but NYU's relentless full-court pressure propelled them into a 41-20-point lead at halftime. And although the Blue Devils outscored NYU 16-14 in the third quarter and matched them point for point in the fourth, they couldn't make up the gap. The final score of 55-74 — one of the smallest winning margins for the Violets this season — proved the Blue Devils' drive as they put up a tenacious battle for each basket.

The Blue Devils completed their historic season 23-8, 10-4 in the Wisconsin Intercollegiate Athletics Conference. The Violets extended their winning streak to an astounding 61 games — the longest in NCAA basketball.

Despite the loss, senior Raegen Sorensen delivered a stellar farewell performance, scoring 29 points, while grabbing eight rebounds. With her 14th point of the game in the third quarter, Sorensen surpassed Julia Hirssig's all-time UW-Stout scoring record of 1,738 points, set in 2010. She finishes her career as the Blue Devils' all-time leading scorer with 1,754 career points.

"These guys just leave it all on the floor. I think it just makes people see their heart, their intensity and want to be a fan. It's a special thing that's not everywhere. And it's something we're going to hold onto as long as we can," Head Coach Hannah Iverson said in an interview with D3hoops.com.

A team that inspires emotion with a team-first emphasis

The Blue Devils historic run was led by a veteran group of five starting seniors — five



UW-Stout Blue Devil women's basketball celebrates their win in the NCAA Elite Eight as they advance to the Final Four for the first time in program history. Photo by Jeremy Cwan

offensive and defensive threats running the boards. The team has eight graduating seniors:

Allison Letcher: guard; psychology; Win-dom, Minnesota

Sam Schaeffer: guard; health, wellness and fitness; DeForest

Amanda Giesen: forward; business administration; New Prague, Minnesota

Elissa Lodermeier: guard; psychology; Goodhue, Minnesota

Raegan Sorensen: guard; environmental science; Centuria

Anna Mutch: guard; psychology; Apple Valley, Minnesota

Lexi Wagner: guard; master's in education; Galesville

Sophie Moran: student manager; health, wellness and fitness; Shakopee, Minnesota

Their trademark grit and toughness brought on an extremely physical brand of basketball, and with a team culture built on confidence and competitiveness, they were willing to do whatever it took to win.

Balance is what wins UW-Stout games, Iverson said, adding that their team-first emphasis ensures that every night brings about the possibility of someone different stepping into the spotlight.

"Playing really hard for someone more than yourself — that's what this group does. All these kids, they don't care who does it; it just matters that it gets done. It's not just one kid going and putting on a show. It's a collective effort of 16 individuals, surrounded by a big outer circle who are supporting us and yelling for us," she said.

The decorated starters were led by Sorensen. A dominant force, she thrived on her athleticism, using her quick first step to slash to the basket and knock down mid-range jumpers. Alongside Sorensen was Mutch, the emotional leader of the team and a clutch performer who embraced physical

play and sought contact on the offensive end. Giesen was the team's strong primary post presence, while Schaeffer orchestrated the offense and led the team in assists. She was often tasked with shutting down the opponent's top scorer. Wagner was the premier three-point shooter, with one of the top percentages in the country.

To play again at 'Johnny'

The Blue Devils' dance began with a home-court advantage at UW-Stout's Johnson Fieldhouse — Johnny — in rounds one and two of the national tournament.

They defeated Ripon College in the opener, with a commanding victory of 87-57, led by Sorensen's 32 points, her third 30-point game over the last four contests. The Blue Devils shot an efficient 55%, with 18 forced turnovers and 18 assists.

The following night, the Blue Devils rallied after an early deficit against No. 6 Whitman College, of Walla Walla, Washington. They took control in the second half. Then, with 1:23 left in the fourth quarter and the score knotted at a nail-biting 67 apiece, the Blue

Devils' composure under pressure ended Whitman's 19-game winning streak. They claimed a 75-69 victory and a return to the Sweet 16 for the second consecutive season — and the second time in team history.

Mutch delivered a career-high 31-point, 12-rebound double-double. The team hit 23-of-24 free-throws, for a shooting percentage of 95.8, including clutch makes in the final minutes.

More than 3,000 fans rocked The Johnny during the two matchups, with cheers led by an enthusiastic student section, including five in the front row wearing "STOUT" painted in bold blue letters across their chests, and roaring support from the bench.

"It was a privilege to host an event like the NCAAs, and due to all the support and help from our campus community, it was an awesome event. The hard work of everyone involved and all the fans who attended showed people outside of our organization a true Stout Proud experience," said Athletics Director Duey Naatz.

(continued on page 7)



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UW-Stout Blue Devil Women's Basketball Makes History in Cinderella Run to the Final Four

(continued from page 6)

Dancing in the Sweet 16 to earn a hard-fought spot in the Elite Eight

The Blue Devils' trip to the Elite Eight started off with a matchup against WIAC conference rival No. 5 UW-Whitewater at John Long Center, in Scranton, Pennsylvania. This was the teams' fourth matchup of the season – UW-Whitewater had bested UW-Stout 69-63 in the WIAC semifinals just two weeks prior.

In a game driven by defense, the WIAC rivals held each other to a shooting average of just 33.3%. But with a 19-point final period and with 15 forced turnovers, UW-Stout sealed the win, 62-56. The crowd roared in the final minutes, "Let's Go Blue! Let's Go Blue!"

Sorensen hit a double-double, scoring 25 points, adding 13 rebounds and four steals. Mutch tallied 19 points, with a perfect 6-for-6 from the free-throw line.

For the first time in team history, the Blue Devils earned a place in the Elite Eight, where

they faced No. 5 University of Scranton on the Royals' homecourt.

After seven lead changes, the game was tied at 77-77 in the final minute. Giesen scored the go-ahead basket with 32 seconds remaining, knocking down a contested jumper as the shot clock expired. Then, following key defensive stops, Sorensen secured the game with a pair of free throws in the closing seconds, capping off a thrilling 81-77 victory.

Sorensen led with a dominant performance, matching a career-high 33-point total. Giesen finished with 22 points, five rebounds and three steals. The Blue Devils made 18 points off turnovers and shot 50% from the field, including 7-of-15 from beyond the arc.

Hitting another historic first, the Blue Devils punched their ticket to the Final Four.

Blue Devils named to All-WIAC, D3hoops.com teams

The Blue Devils were the only WIAC team this season averaging above 70 points per game at 72.3, they shot the league-best 46.8% from the field and averaged 14.5 assists per game. They rank fourth in DIII women's basketball in attendance.

All five starting seniors were named to the WIAC postseason awards, for their outstanding performances.

Sorensen, Mutch and Giesen were named to the All-WIAC Team:

Sorensen capped off a historic career by becoming UW-Stout's all-time leading scorer with 1,754 points, topping the previous record by 16 points. She holds the program record for highest career points per game, averaging 18.3 points this season, and led the WIAC in field goal percentage. Sorensen ranks fifth all-time in program history with



The team celebrates with fans after their victory over University of Scranton.

Photo by Jeremy Cwan

737 career rebounds, pulling down an average of 6.4 rebounds per contest this season. She averaged 25.4 points per game in the NCAA Tournament. She was a D3hoops.com Preseason All-American, earned a spot on the D3hoops.com All-Region 9 First Team, was honored as a D3hoops.com Second-Team All-American and was named a Women's Basketball Coaches Association NCAA Division III Honorable Mention All-American.

Mutch made her mark in the record books, finishing fourth all-time with 1,449 career points. She averaged 13.4 points per game this season and climbed to eighth in career rebounds with 660. She was named to the D3hoops.com All-Region 9 Third Team.

Giesen completed her strong career, ranking sixth in career scoring with 1,330 points. She averaged 12.1 points per game this season and tallied 543 career rebounds, placing her 13th in program history.

Wagner earned a WIAC Honorable Mention as one of the premier three-point shooters in the nation with a 45.7% shooting mark from beyond the arc, leading the WIAC in the regular season. She averaged 12.2 points per game. Wagner topped a 25-year-old school record by knocking down nine three-pointers in a single game and was named WIAC Kwik Trip Women's Basketball Player of the Week twice this season.

Schaeffer's defensive prowess earned her a place on the WIAC All-Defensive Team, as well as the All-Sportsmanship Team for her leadership and character. She recorded 37 steals and boasted an impressive 3.4 assist-to-turnover ratio, one of the highest in the nation. She leads the program record with 121

games played, followed by Mutch with 120.

Schaeffer has been selected as one of 80 student athletes nationwide to participate in the "So You Want To Be a Coach" program, hosted by the Women's Basketball Coaches Association, and will participate in a two-day workshop in April during the WBCA Convention in Tampa, Florida.

From Johnson Fieldhouse to Williams Stadium

Letcher, Mutch and Schaeffer will trade in their sneakers for cleats this spring, stepping off the boards at Johnson Fieldhouse and onto the turf at Williams Stadium.

They've joined the newly formed Blue Devils women's flag football team – along with 15 other student athletes – and will be led by Naatz as head coach. Naatz is in his 35th year with the Blue Devils and 15th as director of athletics.

UW-Stout is partnering with the Minnesota Vikings and five NCAA institutions to launch the collegiate league. Teams will compete in two jamborees and a championship tournament this April:

Saturday, April 5: Jamboree at University of Northwestern, St. Paul

Saturday, April 12: Jamboree at UW-Stout

Saturday, April 26: Championship tournament at TCO Stadium, in Minneapolis

UW-Stout, a member of the Universities of Wisconsin, is Wisconsin's Polytechnic University, with a focus on applied learning, collaboration with business and industry, and career outcomes. Learn more via the FOCUS2030 strategic plan.

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The Power of Camp: Transforming a Child's Life



By Samuel Smith
Overnight and Marketing Director
at Camp Victory

Each summer, thousands of children embark on an adventure that changes their lives forever—camp. Away from screens, school pressures, and the daily routines of home, camp provides an environment where kids can grow, explore, and thrive in ways that are simply not possible anywhere else. Whether it's a weeklong overnight experience or a summer of day camp, the impact of camp on a child's development is profound and lasting.

Building Confidence and Independence

One of the most significant benefits of camping is the confidence it instills in children. At camp, kids are encouraged to try new things, from learning how to swim, tackling a ropes course or performing in front of their peers. These challenges push them outside of their comfort zones in a safe and supportive environment, leading to newfound self-assurance.

Independence is another invaluable skill developed at camp. Being away from home, even for a short period, teaches children how to manage responsibilities, make decisions, and take care of themselves. From organizing their belongings to navigating friendships and daily schedules, campers gain a sense of autonomy that fosters personal growth.

Developing Social Skills and Friendships

In an age where children's interactions occur online, camp offers a rare opportunity for face-to-face socialization. Without the distraction of digital devices, campers engage in genuine conversations, learn conflict resolution, and develop deep, meaningful friendships. The bonds formed at camp often last a lifetime, as children share experiences and overcome challenges together, creating a sense of community and belonging.

Camp also encourages teamwork and collaboration. Whether it's working together to build a shelter, paddle a canoe, or perform a skit, campers learn the importance of cooperation, communication, and empathy. These skills are invaluable, not only during childhood but throughout life.

Encouraging a Love for Nature and Adventure

Many children today have fewer opportunities to engage with nature. Camp reintroduces kids to the great outdoors, fostering an appreciation for the environment and a sense of adventure. From hiking and canoeing to stargazing and campfire storytelling, campers develop a connection to nature that is both refreshing and educational.

Outdoor play and adventure also contribute to physical well-being. Instead of being sedentary in front of screens, campers spend their days running, swimming, climbing, and exploring, promoting a healthy, active lifestyle. These experiences not only improve physical health but also enhance mental well-being by reducing stress and increasing happiness.

Cultivating Resilience and Critical Thinking Skills

At camp, children inevitably face challenges—whether it's homesickness, learning a new skill, or navigating social dynamics. These obstacles teach resilience, as campers learn how to cope with setbacks and push through difficulties. Instead of relying on parents or teachers to solve problems for them, campers develop critical thinking skills and a growth mindset, understanding that failure is a steppingstone to success.

By overcoming small struggles at camp, children build the confidence to tackle bigger challenges in life. This resilience serves them well in school, friendships, and future careers, helping them adapt to new situations

and persevere through hardships.

A Lasting Impact

The magic of camp extends far beyond the summer. The skills, friendships, and memories gained shape a child's future, instilling values of responsibility, perseverance, and kindness. Many former campers look back on their camp experiences as some of the best times of their lives that built character, inspired passion, and created a lifelong love for learning and adventure.

For parents wondering if camp is the right choice for their child, the answer is a resounding yes. Camp is more than just fun and games; it is a powerful, transformative experience that equips children with the tools they need to succeed in life. Whether they return year after year or only experience it once, the impact of camp is undeniable and everlasting.

So, as summer approaches, consider giving your child the gift of camp. It's an investment in their happiness, growth, and future gift that truly lasts a lifetime.

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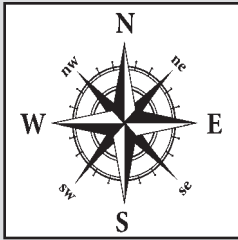
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Changes in Latitudes, Changes in Attitudes

Hillbilly Dinner Show



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 has all the social events of any big city, even in the backwoods. They may be a little crude but they still exist. Big Sandy is one of those places on the banks of the Kentucky Lake. It is a little rough around the edges but they do have a Barbeque place we

like to visit. Kid Rock and Hank Williams Jr. like to eat there as well when they are in the area, so I guess that could tell you something. This Barbeque Shack is just that. A small cook shack with a large carport attached to keep off the rain or sun, and depending on the day it might be both. The smoker is right beside the carport so the aroma of brisket and barbeque is quite delicious.

One of their specialties is a huge baked potato smothered in cheese and barbequed pork. It is a favorite of ours and quite a meal all by itself. We decided late one afternoon to make a run down there and enjoy the meal. We didn't know we would be treated to an impromptu side show with our meal.

When we pulled up, we were the only ones there, but seconds after we arrived a woman walked around the side of the cook shack. The Barbeque stand is right beside the local VFW and the owner frequents the bar there so if you show up and no one is cooking, they will soon appear.

It turned out that they were not open, but the woman worked there and had just stopped by to get something for herself. She offered to open up and serve us. She knew we were friends with the owner, but I think she would have done the same for anyone. She said it would just take 15 minutes to heat up the food and we would get our meal. That was where the evening took quite a turn.

She kept saying how this had been just a terrible day, the worst ever, and she was also exhibiting signs of some level of intoxication. As she was cooking, a guy who was her boyfriend, showed up and she asked him if she could make him a burger. He stormed off. We soon learned his role in the story. After she served our food, she sat down and regaled us with the day's events.

It seems she had driven her boyfriend up to the casino in Kentucky, early that morning. She dropped him off at the door and went to park. She drove into the employee parking lot and promptly ran out of gas. She went looking for gas, while the casino security went looking for the person who parked in the restricted area. Her boyfriend came looking for her when he had burned through his gambling funds. She tried begging fuel off everyone she met, to no avail. With security threatening them for parking in an off-limits zone, they finally got some gas from a guy mowing the grounds.

Off they went for home with him mad and her in tears. Along the way she turned into a Tennessee Watershed restricted area, by her account to show the boyfriend some construction site along the river. She didn't see the NO TRESPASSING signs. Along comes the TWA officer and threatens to arrest them for entering a restricted area. Sure enough,



when she tries to start the car, it was out of gas again. Lesson Two is don't gamble away your gas money.

So, the guy heads out hiking looking for gas again while she takes her dog down under the bridge. At that point she learned that her next mistake was going into a restricted area after just being warned prior to not trespass again. The boyfriend finally procured another can of fuel and they arrived back at Big Sandy. This one-person play ended with another day shot and one player mad and the other in tears. As we sat for half an hour listening to the sad tale, I couldn't help thinking that less alcohol and more common sense would have been very beneficial to these two actors. But the burgers and the hot potato salad were pretty good.

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APRIL 20TH- HAPPY EASTER

APRIL 25TH: LINE DANCING WITH KICKIN STOMP 7PM

APRIL 27TH-GOODHUE LIONS GUN BINGO 1PM

MAY EVENTS

MAY DRINK OF THE MONTH:
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MAY 3RD- CINCO DE DERBY PARTY- GREG GALL MUSIC 7PM

MAY 11TH- HAPPY MOTHERS DAY

MAY 19TH- CRAFT BEER WEEK- TRY A NEW BEER EACH DAY!!!

MAY 16TH- LINE DANCING KICKIN STOMP 7PM

MAY 27TH- DART TOURNAMENT 1PM

MAY 26TH-MEMORIAL DAY



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To the Goodhue Community,

During our families time of grieving for Austin (Randy), we are grateful for the love and support shown by our community, and we want to thank each and every one of you for helping us heal together.

Your kindness, through heartfelt messages, prayers, meals provided, exchanging memories and simply being there to listen, has made a significant difference to our family during this time.

We are so grateful for the extraordinary ways our community has come together to honor Austin's memory.

The gatherings you organized have brought us comfort in sharing stories, laughter, and tears. Each tribute, from the school sporting events and church gatherings, has shown us the profound impact he had on so many lives. It has been a powerful reminder of the love that surrounded him. Seeing so many people come together to celebrate his life has filled our hearts with both sorrow and joy, knowing that he touched so many. Please know that your support has been a source of comfort and healing.

We are forever appreciative of each of you who stood by us during this time. Austin's memory will live on in our hearts, and we are grateful to share it with such an incredible community.

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Osteoporosis



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

You and I are very dependent on our bones to hold us up and to keep us going. Your muscles are important too, but those muscles are only helpful if they have a bone that they can move. We can take our bones for granted. The bones have held you up for decades, so why should you be concerned? Osteoporosis is a weakening of the bones from the inside out. In the same way that you might think about termites in the framework of the house, your bone framework could be slowly “eaten” way and you don’t even know it.

Bone is made of protein fibers called collagen which are coated with mineral deposits of calcium, magnesium, boron, strontium, and other trace minerals. These protein fibers and mineral deposits will change and adapt to the stress and work that you go through each working day. The more stress and work that you put on the bones, the more the bones will reshape and strengthen to be able to han-

dle the stress being applied. Your bones are constantly being remodeled. Just as a building contractor can go through a house and remodel the structure by taking down some walls and building up other walls, your bones are constantly being remodeled to adapt to your living conditions. This constant remodeling of bone means that you have an entirely different bone about every seven years.

This remodeling is not easy work. There are specific cells (osteoclasts) that break down old bone material and other cells (osteoblasts) that put on the new bone material. So if the bones are constantly being remodeled then why does Osteoporosis happen? Great question.

Osteoporosis happens when the cells that break down bone material are doing more work than the bones that build up bone material. When everything is working in balance, the old bone material is being recycled as fast as the new bone material is being built in. But there are conditions that can increase break down of bone and slow down the build up of new bone material. Here are some lifestyle practices that contribute to a decrease in new bone material:

Acidosis – a condition of eating foods that promote an acid reaction in the body without eating foods that cancel the acid reaction. If you have ever taken TUMS or Roloids for heartburn you are familiar with using this calcium tablet to reduce the acid in the stomach. Some of the foods we eat produce an acid reaction and your body will call on the calcium reserves in the bone to help neutralize the acid reaction. Soda pop, white sugar, bread, beef, chicken, and hard cheeses are

examples of foods that create an acid reaction. Some of these are healthy sources of nutrients, but we need to balance these foods with other foods that will neutralize the acid. Spinach, cucumbers, green beans, carrots, lettuce, green tea, and avocados are examples of foods that will neutralize the acid reaction. In other words, every plate at mealtime should have some vegetables to help balance the digestion so your body does not need to take more calcium from the bones.

Vegetable Oils – Corn oil and soybean oil are very high in omega 6 fatty acids. While your body does need some Omega 6, Americans tend to get five times as much as they need. Most of this excess comes from deep fried foods, chips, and commercial salad dressings. Make an intentional shift to extra virgin olive oil, flaxseed oil, butter, and coconut oil to reduce your intake of Omega 6 fatty acids.

Vitamin D deficiency – Vitamin D is an essential nutrient that stimulates the body to absorb more calcium. Living in the northern states, obtaining Vitamin D through sun tanning is not an option. To check for a deficiency, you can ask for a simple blood test to evaluate how much Vitamin D your body has. For building bone tissue, the recommendation is a measure of 60 – 80 ng / ml of Vitamin D. This level of Vitamin D will help to ensure your body is absorbing the calcium you are getting in your food.

Vitamin K2 deficiency – Vitamin K2 is an important nutrient that activates the transport of calcium to the bone tissue. Frequently, someone may start taking a calcium supple-

ment for their bones but the calcium will not get to their bones if Vitamin K2 is not present. Calcification of arteries and muscle tissue can happen when calcium is not delivered to the bone. You can find Vitamin D and K2 together in some supplements.

For more information on preventing or reversing Osteoporosis, you can check out the book, “Healthy Bones, Healthy You” by Lara Pizzorno. This book is a great resource to address the causes and remedies for osteopenia and osteoporosis.

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 establish a food plan that will strengthen your bones and increase your energy allowing you to realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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



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Dangers of Popular Weight Loss Medications



By Shauna Burshem, D.C.

The recent popularity of weight loss medications like Ozempic and Wegovy, originally developed as treatments for diabetes, has sparked both intrigue and concern. These drugs, which belong to a group of medications called GLP-1 receptor agonists, have been hailed by some as quick fixes for weight loss, despite providing modest results. Their rise to global fame has even led to shortages, leaving diabetics without access to essential medications. But beyond their limited weight-loss benefits lies a troubling narrative of side effects, risks, and misplaced dependency.

Using these drugs comes with a range of unpleasant and serious health risks. While research has shown that GLP-1 receptor agonists can reduce conditions such as seizures and substance addiction, they simultaneously increase the risk for 19 other health issues. These include gastrointestinal disorders, fainting, kidney problems, thyroid cancer, and acute pancreatitis. Common and immediate side effects like nausea, diarrhea, vomiting, and abdominal pain further make their use a challenging trade-off for users. The question arises—are the risks truly worth the rewards?

Many are quick to buy into the “magic pill” mentality, which promises effortless weight loss, but what we’re seeing is a cycle fed by two powerful industries. Pharmaceutical giants such as Novo Nordisk, Ozempic’s manufacturer, raked in \$40.6 billion in revenue, capitalizing on a society heavily reliant on ultra-processed food and quick-fix solutions. This cycle perpetuates unhealthy habits, rather than encouraging individuals to address the root causes of their weight issues. A truly sustainable and health-focused solution lies not in bypassing the hard work but in shifting focus to the basics—improving diet, avoiding harmful oils, and nurturing gut and mitochondrial health.

Weight loss is a complicated, personal, and emotional challenge for many people. It’s tempting to take the easier route when promised shortcuts like these, but the risks associated with weight loss drugs raise an important question about priorities. Supporting overall health through conscious, informed choices might take more time and patience, but the rewards extend far beyond the number on a scale—they’re a commitment to your long-term well-being. If you’re struggling, remember that real, lasting health comes from focusing on the bigger picture, not quick fixes.

The Anti-Aging Vitamin You Most Likely Do Not Know About: If you’ve never given Vitamin K2 much thought, don’t worry—you’re in good company. To be honest, I overlooked it myself for years. But once I discovered its amazing health benefits, especially for the heart and bones, I knew I had to share it with others. This unsung nutritional hero plays a critical role in keeping your body running smoothly, working behind the scenes in ways we often take for granted.

One of the most impressive things about Vitamin K2 is how it protects your heart. It acts

as a kind of traffic controller for calcium, guiding it into your bones where it belongs, instead of letting it build up in your arteries. Left unchecked, this calcium build-up, known as vascular calcification, can lead to stiff arteries and even an increased risk of heart disease. But Vitamin K2 steps in to keep things in balance. And the science backs this up—studies show that higher levels of Vitamin K2 are linked to significantly lower risks of peripheral artery disease, Type 2 diabetes, and high blood pressure. Those numbers don’t lie, and honestly, it makes you stop and think about just how powerful this little nutrient is.

Beyond the heart, Vitamin K2 is a champion for your bones. It activates proteins that bind calcium to your bones, helping keep them strong and resilient. If you’re like me and occasionally wince when someone takes a spill, thinking about how fragile bones can be, you’ll appreciate how Vitamin K2 works to stave off fractures and conditions like osteoporosis. It’s like giving your bones a protective layer of strength to better handle whatever life throws at them.

And here’s where the dynamic duo of Vitamin D3 and Vitamin K2 truly shines. While Vitamin D3 makes sure your body absorbs all that calcium goodness, Vitamin K2 steps in to play traffic controller, directing the calcium to where it really belongs—your bones and teeth. Without Vitamin K2, that calcium could end up lingering in places it shouldn’t, like your arteries or other soft tissues, which can lead to some pretty serious issues down the line. This perfect partnership not only strengthens your bones but also lends a helping hand to keeping your heart in tip-top shape. It’s amazing how much a little coordination can do for our overall health.

Adding Vitamin K2 to your life doesn’t have to be complicated. You can find it in foods like aged cheeses, fermented dishes like natto, egg yolks, and grass-fed dairy or beef. These are such simple, delicious ways to fuel your body with something it really needs. Ever since I started paying closer attention to Vitamin K2, I’ve felt a sense of assurance knowing I’m doing something proactive for my heart and bones. It doesn’t have to be a grand overhaul—just small, mindful choices can add up to a big difference over time. Your body will absolutely thank you.

Chiropractic Care and Exercise / Workout Performance: If you’re an athlete or fit-

ness enthusiast engaged in activities like bodybuilding, CrossFit, or powerlifting, you already understand how demanding these exercises are on your body. The strain from intense workouts, heavy lifts, and perfecting your technique places significant pressure on your muscles and joints. Chiropractic care could be the game-changer you didn’t know you needed, optimizing your performance and aiding your recovery in ways you never imagined.

Chiropractic care focuses on spinal health and its impact on your overall performance and well-being. Your spine serves as the foundation for all physical activities, and proper alignment ensures you can handle the demands of heavy lifting and high-intensity workouts. Chiropractors address specific biomechanical issues, helping you move better, recover faster, and avoid injuries. By improving your posture, alignment, and mobility, chiropractic care sets you up for success in achieving your fitness goals.

The benefits of regular chiropractic care for active individuals are vast. It can enhance performance by correcting imbalances, improving mobility, and engaging muscles properly for more powerful lifts. Additionally, chiropractic adjustments play a crucial role in preventing injuries by ensuring that your joints, muscles, and ligaments work together effectively. Athletes often find their recovery time is reduced as adjustments stimulate blood flow and decrease inflammation, helping you bounce back quickly from challenging gym sessions. On top of that, it provides a non-invasive solution for managing pain, addressing its root causes rather than masking it with medication.

If you’re passionate about your workouts and want to optimize every aspect of your training, chiropractic care could be an essential addition to your fitness routine. From improving posture and unlocking the potential for gains to enabling pain-free movement and faster recovery, the advantages are substantial. Whether you’re crushing personal records in powerlifting, perfecting poses in bodybuilding, or pushing yourself to the limit in CrossFit, chiropractic care can help you stay on top of your game and continue reaching new levels of performance. Don’t wait for an injury—take proactive steps to support your body and elevate your training.

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



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2025 MAZEPPA MEMORIAL DAY PROGRAM


The Memorial Day Program for Mazeppa American Legion Post 588 will be as follows:

**Poplar Grove Cemetery will be 9:00am,
Bear Vally Cemetery 9:30am
and Mazeppa Cemetery at 10:00am.**

New this Year will be the Memorial Day Parade which will start at 11am instead of 10:30 and will start at Cherry Street and 1st Ave (Main Street), we will march to the Veterans Memorial where the Program will be held.

This change is being made to allow plenty of time for the Zumbrota Mazeppa Marching Band to make our Parade.

Following the Memorial Day program there will be a Potluck meal at the American Legion.



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Minnesota DNR FalconCam Pair Preparing for Eggs

By Minnesota DNR

A pair of peregrine falcons have returned to the nest box featured on the popular Minnesota Department of Natural Resources FalconCam. The webcam has captured this pair of falcons demonstrating courtship displays and preparing for eggs by creating a nest in the gravel, called a scrape.

The two adult falcons using this nest box have been identified by the Midwest Peregrine Society as the same pair who used it last year, a 12-year-old female and a 16-year-old male. This female falcon fledged from St. Cloud, Minnesota and has nested in this box since 2016. The male fledged from Gary, Indiana and this represents his second year paired with this female.

The FalconCam, located inside a nest box in downtown St. Paul, became the DNR's first live webcam 14 years ago. Building tenants at Sentinel Properties provide funding for the live camera stream and the building managers oversee the nest box and camera. The webcam provides an intimate view into the lives of nesting peregrine falcons each year.

"We hope the FalconCam generates appreciation of this fascinating species of special concern and helps connect Minnesotans to the incredible wildlife around them," DNR Wildlife Engagement Supervisor Jessica Ruthenberg said. "Last year, this pair successfully fledged two chicks from their nest. We hope for a chance to see them rear a family again this year."

Peregrine falcons are a Minnesota success story. In the 1970s, they were on the brink of extinction in North America. Populations were restored with the help of Minnesota falconers, the Midwest Peregrine Society and the DNR Nongame Wildlife Program. Donations from generous Minnesotans on income tax forms helped to fund the peregrine falcon restoration project and the DNR FalconCam.

Since 1987, Minnesotans have been able to

donate to the Nongame Wildlife Fund on state tax forms to fund projects that support the future of our state's rare and vulnerable wildlife.

Watch the DNR FalconCam to see the falcons engaged in courtship and maintaining their scrape, as they prepare for their nesting season. Last year, this pair laid their first egg

on April 11, so an egg could potentially appear around that same time this year.

Stay informed on FalconCam happenings by signing up for updates on the FalconCam webpage. Learn more about peregrine falcons and the Minnesota restoration project on the DNR website.

Private Woodland Owners Help Grow Minnesota's Forest Inventory



The Minnesota DNR has reached nearly 1,000 participants but there is still room for more.

Last January, the Minnesota Department of Natural Resources launched a new enrollment program for private woodland owners to participate in the forest inventory program, aimed at developing a broader understanding of Minnesota's forests across all landscapes. Minnesotans responded enthusiastically, with more than 800 private landowners signing up within six months, but more are needed to help complete the work. **Areas of greatest need include Otter Tail, Todd, Clearwater, Kittson, Winona, Houston, Fillmore, and Goodhue counties.**

"We want to thank all the woodland owners who have participated in our forest inventory program so far," said Keb Gursalski, DNR forestry inventory scientist. "This data helps us understand the structure and composition of our forests and how they are changing and provides clues about their overall health."

The information can be used to reduce wildfire risk, improve forest management, and plan for the long-term health and resilience of woodlands across the landscape.

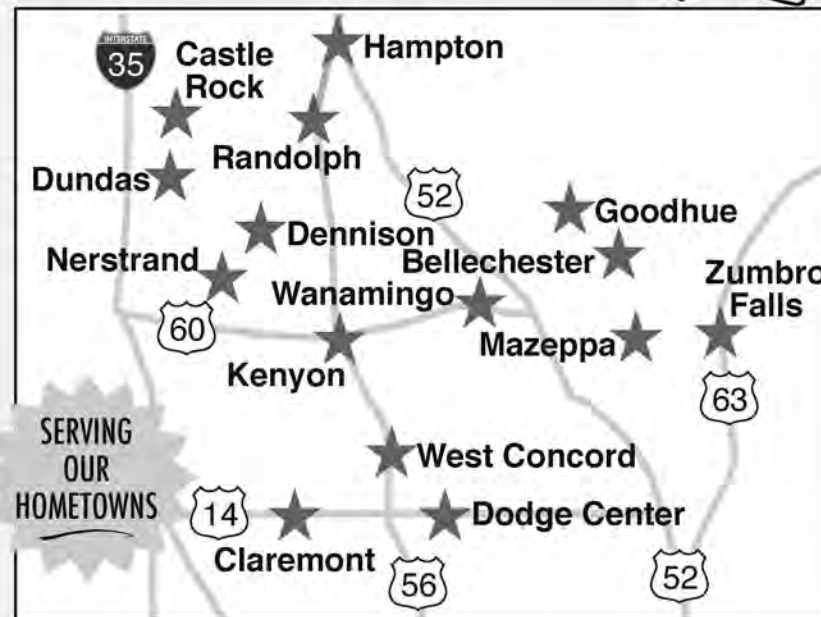
This data has already been collected on all of Minnesota's public lands. With nearly half of the state's woodlands privately owned, private woodland owners are a vital part of creating an accurate picture of Minnesota's forests. Hundreds more plots are needed to create a robust inventory representing all of Minnesota.

Participants will work with professional foresters and receive high-resolution maps and a report detailing the information collected on their woods, all at no cost. This information can help participants better understand their woodlands and guide forest management decisions to improve wildlife habitat, trails, or timber on their property.

Landowners with at least two acres of forested property can visit the DNR website to learn more and enroll. Priority will be given to areas that currently have fewer landowner enrollments. Signing up does not guarantee the land will be selected for data collection.

Funding for the program includes dollars from the Environment and Natural Resources Trust Fund.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



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.

Question: I am in the process of restoring a classic car. I have a question regarding windshield wipers. Do I have to install them on my ride? I am concerned they will take away from the aesthetics. Everything from how they look on the windshield to the motor under the hood that operates them. I thought

I would check with you.

Answer: Yes, you must have working windshield wipers on your vehicle. Minnesota law says the windshield on every motor vehicle shall be equipped with a device for cleaning rain, snow or other moisture from the windshield. The device shall be so constructed as to be controlled or operated by the driver of the vehicle.

Speaking of windshield wipers, a reminder that anytime your visibility is reduced due to rain, snow, sleet, hail, smoke, fog or other conditions that your headlights and taillights must be on.

Question: The other day I was going down the freeway and I saw a vehicle that must've missed their exit as they were backing up near an exit ramp. This didn't appear safe and I'm going to guess illegal. What do you say sir?

Answer: Backing up is not allowed on freeways or expressways, except for emergency vehicles. If someone missed their exit they would need to continue along and use the next exit. I have come across a number of motorists that use the median crossover when they've missed their exit and attempt a "U" turn, this is illegal and unsafe. Some of which have resulted in serious crashes due to this type of negligence.

Stopping on the freeway is prohibited unless it is for an emergency. Pedestrians, bicycles, motorized bicycles and nonmotorized traffic are also prohibited on the freeway.

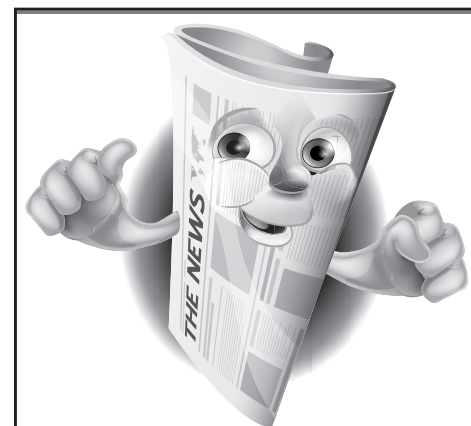
Question: I have a new driver in the house. We were having some discussion on where a person needs to stop when coming to a stop sign and other situations. Can you please write about that? Thanks!

Answer: Congratulation on the new driver. Here is what a person needs to know when it comes to stopping your vehicle.

Stop Signs:

- Come to a complete stop at stop signs.
- If there is a marked stop line, stop before the line.
- If there is a pedestrian crosswalk, stop before entering the crosswalk.
- Yield the right-of-way to pedestrians, bicyclists, and traffic before proceeding.

Obstructed View:



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Email:

hometownmessenger@gmail.com



- If your view of the intersection is obstructed, be prepared to stop again for traffic or pedestrians in your path.

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)



TOO MANY DRIVERS DISTRACTED BY OLD HABITS, SEND A DANGEROUS MESSAGE

Drive Smart: Extra Distracted Driving Enforcement on Minnesota Roads April 1-30

Distracted driving takes away hopes, dreams and lives across Minnesota and can leave people with serious injuries that tragically affect their day-to-day living.

With distracted driving still claiming lives and causing life-changing injuries in our state, we all need a reminder about the dangers of not paying attention behind the wheel. That's why Minnesota law enforcement agencies and traffic safety partners across the state will be participating in a month-long distracted driving extra enforcement and awareness campaign starting April 1.

Law Enforcement will take part in extra enforcement that runs through April 30 and is coordinated by the Minnesota Department of Public Safety Office of Traffic Safety (OTS). No one intends to seriously injure or kill someone by driving distracted. But good intentions don't prevent crashes — smart choices do!

One of the most persistent driving myths is thinking we can multitask behind the wheel. Distractions of any kind are potentially deadly. There's visual distraction like looking away from the road. There's physical distraction like taking your hands off the wheel to do something else. There's cognitive distraction like being lost in thought. And there's the combination of all of these like texting while driving.

Distracted driving contributes to an average of 29 deaths and 146 serious, life-changing injuries a year on the road (2019-2023).

Distracted Driving	2019	2020	2021	2022	2023	Total
Fatalities	34	32	27	22	33	148
Serious Injuries	153	161	154	126	136	730

Distracted Driving is Dangerous Driving

- Almost 30,000 crashes were distracted driving-related from 2019-2023 (preliminary), contributing to one in 11 crashes in Minnesota.
- In 2023, distracted driving contributed to 136 serious injuries and 33 deaths (preliminary).
- Distracted driving contributes to 9 percent of crashes in Minnesota.

Hands-Free is the Law

The hands-free cell phone use law means drivers can't hold their phone in their hand. Accessing or posting on social media, streaming videos, checking that box score or Googling information on a device while driving are against the law in Minnesota, even in hands-free mode.

Distracted Driving Consequences

- Hands-free cell phone law: The law allows a driver to use their cell phone to make calls, text, listen to music or podcasts and get directions, but only by voice commands or single-touch activation without holding the phone. Remember, hands-free is not necessarily distraction-free.
 - \$100 or more including court fees for a first offense.
 - \$300 or more including court fees for a second and/or subsequent offense.
 - If you injure or kill someone while violating the hands-free law, you can face a felony charge of criminal vehicular operation or homicide.
- Drive Smart and Join Minnesotans Driving Distracted-Free**
- Cell phones — Park the phone by putting it down, activating the "Do Not Disturb" feature, silencing notifications, turning it off, placing it out of reach or going hands-free.
 - Music and other controls — Pre-program radio stations and arrange music in an easy-to-access spot. Adjust mirrors and ventilation before traveling.
 - Navigation — Map out the destination and enter the GPS route in advance.
 - Eating and drinking — Avoid messy foods and secure drinks.
 - Children — Teach children the importance of good behavior in a vehicle and model proper driving behavior.
 - Passengers — Speak up to stop drivers from distracted driving behavior and offer to help with anything that takes the driver's attention off the road.
- Visit HandsFreeMN.org and DriveSmartMN.org for more information.



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Empowering Entrepreneurs



Tim Penny
So. MN Initiative Foundation

One of the things I have enjoyed most about my 18-year tenure as president and CEO of Southern Minnesota Initiative Foundation (SMIF) is visiting with entrepreneurs when I travel across our region. At SMIF we support talented entrepreneurs with early-stage investments, loans, technical assistance, men-

toring, networks, events and more. From starting a business to finding support through a peer network, SMIF offers step-by-step support for the innovators that drive economic development in their communities.

Each business is unique and requires specific support. SMIF offers a range of services and financial options to empower new and growing businesses: Business Loans target key industries, including manufacturing, technology, local foods, agriculture and health care; Building Block Loans support family child care businesses; the Emerging Entrepreneur Loan Program supports the growth of businesses owned and operated by minorities, low-income persons, women, veterans and/or persons with disabilities; the Grow a Farmer Fund provides small-scale sustainable farmers lower-interest loans; and Small Enterprise Loans support small business owners or start-up entrepreneurs with service, retail, local foods, and manufacturing businesses. SMIF also offers the Southern Minnesota Equity Fund which provides financial capital and expertise to early stage and start-up companies. For more information, visit our website or contact Marcia Haley, SMIF's lending director, at mar-

ciah@smifoundation.org or 507-214-7021.

With the support of networks and trainings, SMIF fosters innovation and encouragement for entrepreneurs. One of SMIF's programs is Rural Entrepreneurial Venture (REV), a proven entrepreneurial development program designed to advance small town economies through a targeted business approach. REV provides coaching, resources and connections throughout the visioning and implementation process as each community explores what economic development means for their town. Another coaching opportunity through SMIF is the Prosperity Initiative (PI). PI promotes inclusive entrepreneurship and business growth in a 20-county region of southern Minnesota, supporting entrepreneurs from racial or ethnic minority groups and/or who identify as women, veterans, persons with a disability, people with income below the federal poverty threshold and/or LGBTQIA+ persons. For more information, contact Peggy

Paul, SMIF's entrepreneurship director, at peggyp@smifoundation.org or 507-214-7010.

SMIF also aims to support entrepreneurs across a variety of industries. Entrepreneurs bring new ideas and advancements to our region. For years, SMIF has sought to springboard the visions of entrepreneurs through pitch events. SMIF is now proud to partner with IgniteMN to host the Ignite Cup Pitch Event, where entrepreneurs showcase their innovative ideas to a panel of experts. Winners are awarded a semi-finalist seat at the MN Cup, cash prizes and resources to take their business to new heights. The Ignite Cup will take place on March 27. Registration to attend the pitch event closes on March 21. Join us to witness the innovations of this year's finalists!

An idea backed by skill and innovation can become the next shop popping up in your downtown. I encourage you to reach out. It is our mission and honor to empower the entrepreneurs in our region.

Growing Minnesota Bureacracy



Rep. Pam Altendorf (R)
District: 20A

Many people don't care about politics very much and I certainly understand why. You have two sides saying two completely different things. Leaving people who seek truth, to wonder who actually to believe?

For this week's column, I want to discuss the Paid Family Leave Program (PFLP), which I easily receive the most correspondence and concerns about from my local constituents.

This new tax program was passed by the democrat trifecta last session and is currently scheduled to begin January 2026. It guarantees Minnesota workers can take 12 weeks of paid family leave as well as 12 weeks of paid medical leave per year. It is paid for through a nearly 1% payroll tax, which is split between workers and employers. (To be noted – this cost has already increased by 25% from what was first predicted.)

No one is exempt. School districts, farmers, small business owners, local city and county governments will all pay. Every employer who has even one paid employee or more will be mandated to participate with no exceptions.

I certainly agree with the concept of offering time off and allowing families to care for their loved ones, but I also believe that it is our duty to legislate good governance in rolling this out in a responsible way in which we are not increasing financial stress and burdens on our employers.

Nearly every day I receive an email or phone call of deep concern of this looming program. In recent years, many employers have been struggling with workforce shortages, significant inflation, property taxes, energy and insurance increases. These factors

weigh heavily into why I believe the program must be delayed until we can ensure that it is fully prepared for success and not cripple our workforce.

Let's look a little closer at how the State of Minnesota has performed recently on another new agency. Keep in mind, we recently funded the brand new Office of Cannabis Management (OCM) with its 150 new employees, and it has been a disaster. Since its inception in 2023, OCM is now on its third director. Many cities are struggling with little to no direction and have no idea how to deal with it.

In comparison, would it be shocking for you to learn that this new PFLP is slated to hire over 400 new full-time employees? Here in southern Minnesota, we have small towns with a lower population than what PFLP is looking to expand within the Minnesota state bureaucracy.

Call me conservative, but I don't believe that growing government and creating more bureaucratic jobs is a productive strategy to a strong, long-term economy.

I am talking to the local school districts who are already struggling financially from all of the unfunded school mandates which were passed in the last two years. They tell me that not only are they looking at cutting teachers if PFLP is implemented in 2026, but as an added insult, many school districts will be forced to hire more "office help" just to implement this program.

So citizens of my district, I ask you, do you want to grow bureaucracy or keep teachers? Do you want to create another new tax, and a new agency, or allow employers the opportunity to grow and thrive in Minnesota?

Republicans in the Minnesota House are trying to delay implementation of the Minnesota Paid Leave Law by one year, moving it from January 1, 2026, to January 1, 2027. The track record of the Walz administration clearly shows we are not ready for more expansion of our already inflated and flailing state government.

Bellechester City Council Meeting Minutes February 19, 2025 @ 6:00 PM

Call the meeting to order at 6:01. 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. Goodhue County Sheriff's Deputy Sullivan was also present.

Minutes of the January 15, 2025 meeting were reviewed and motion was made by Rich Majerus with a second by Jake Gilsdorf to approve the minutes. Motion carried.

Bills were reviewed with a motion by Nick Keller with a second by Rich Majerus to approve and pay the bills as presented except for the esri GIS renewal. Motion carried.

Old Business:

- Update – Sewer Lining Project – no update. Progress meeting will be in March. Next steps will be discussed at this meeting. Sewer later lines will be discussed for spring work.

- PA #3 (retainage reduction). Motion was made by Rich Majerus with a 2nd by Jake Gilsdorf to approve the payment of \$17,731.58 for pay application #3. Motion carried.

- Update – Water Meter Project – there is a leak in a home. Contact is being made to the home owner. Installs are all done. Transfer of date has been completed and steps are complete.

- Update – Water meter billing set-up – additional training is available.

- Junk Ordinance – we will discuss further in March on how to move forward. Letters will be sent.

New business:

- New Dumpster at old Feed Store – we will monitor if there are any issues with this during the summer.

- Determine Water and sewer rates based on water usage (\$ per 1000 gallons) – we will look at rates from other cities to compare and what type of billing we will use.

- GIS for Lead Service Lines – Renewals - Matt recommended not to renew the esri GIS mapping software. We are small, so management will not be difficult.

Engineer Report – Lead Service Line project – Matt discussed the guidance received from State on next round of funding for this and how to proceed. The next step for funding would be for 9 unknown lines on the residential side and 1 on the city owned side. 8 Galvanized lines were determined. ADA walkthroughs report has not yet been received. Recommended upgrades and changes will be on this report.

Clerk Report

Treasurer Report – past due list was distributed under the new software. The format is different than the old system. Council discussed what they wanted to see on the report under the new software. Past due letters were sent and a few payments were made. Certified letters will be sent.

Water/Wastewater/Facility Report – quarterly samples will be done next week. Pumps that were replaced are not functioning properly.

Mayor Concerns: There was an issue at the Tavern with a water backup. Has not since occurred. AG Partners will be putting in blacktopping and green space and will start this spring to address dust concerns. Established a 1-3 year black top schedule/plan.

Council Concerns: Raises for city employees was discussed. Motion was made by Rich Majerus with a 2nd by Jake Gilsdorf to increase the pay for city employees. Motion carried.

Adjourn

Motion was made by Rich Majerus with a second by Jake Gilsdorf to adjourn the meeting. Motion carried. Meeting was adjourned at 7:37. Motion carried.

Submitted by Lisa Redepinning – City Clerk

News from the City of Goodhue: What is Behind the Increase in Sewer Rates

By City of Goodhue

Why are Sewer Rates increasing?

A regional approach to collecting and treating wastewater began with staff members from the cities of Goodhue and Zumbrota discussing their wastewater treatment needs. From these initial discussions, it was discovered that each of the communities were facing similar issues with their current wastewater facilities. In a collaborative effort, the communities of Goodhue, Pine Island, Wanamingo and Zumbrota explored the costs and feasibility of a regional sanitary sewer district that has come to be known as North Zumbro Sanitary Sewer District (NZSSD). In 2023, the State of Minnesota included \$10 Million in their Bonding Bill for NZSSD to purchase the land, which is centrally located near Zumbrota, as well as for engineering services for design. Preliminary costs for the new centralized Wastewater Treatment Plant is \$83.3 Million Dollars. We have been speaking to legislators to be included in their bonding bill to cover half of this project. We have requested federal fund-

ing also.

Large capital costs for improvements to the facilities and the possibility of facing tighter permit limits led to discussions about alternatives to conventional methods of providing wastewater treatment for their individual communities. There were several alternatives considered:

Upgrade Current Facility – The current Goodhue City Water Treatment Plant is in such poor condition; it is not feasible to upgrade.

Build a new facility – The current Goodhue City Water Treatment Plant site does not have enough land available to construct a new facility. Acquiring land and building a new facility would cost \$10.2 Million with annual operating expenses of \$250,000/year.

As a member of the NZSSD – Goodhue portion would be \$4.248 Million with



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\$87,000/year annual operating expenses.

Why is this needed?

The City of Goodhue's current Water Treatment Plant is at capacity. As a result, the City CANNOT add more housing developments, nor commercial or industrial connections.

The Minnesota Pollution Control Agency will NOT renew the current permit after 2028 at the current state.

To be prepared for this project, the City of Goodhue is required to show that we are sav-

ing for our portion of costs. As such it is necessary for the City of Goodhue to raise base sewer rates to start building revenue for this project. To help with effective planning, rates for the next 3 years have been established, to get to the rate the City will be required when the NZSSD is completed. The rates have been set to 2025 = \$49/month, 2026 = \$59/month, 2027 = \$74/month.

For details, visit the City of Goodhue's website.

City of Goodhue State of Minnesota NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING TO CONSIDER A CONDITIONAL USE PERMIT FOR PROPERTY LOCATED AT 308 1st Avenue, Goodhue MN 55027

NOTICE IS HEREBY GIVEN, that the City Council of the City of Goodhue, acting as the planning commission, will meet on Wednesday, April 23, 2025 at 6:00 p.m. (or as soon as possible thereafter) in the City Hall Council Chambers, 405 Broadway N, Goodhue, Minnesota, to consider a Conditional Use application from Marc and Brittany Huneke, to allow a community space for small gatherings on the ground floor of the former church. Persons using the space would be asked to make a "donation" for the use. Under Zoning Ordinance No. 200 Section 4.4 Subd. 3, uses allowed in R1 districts may also be permitted in R2 districts after issuance of a conditional use permit.

Such persons desired to be heard with reference to this request will be allowed such an opportunity at this meeting. Individuals may also elect to submit written comments directly to City of Goodhue, Attn: City Clerk, 405 Broadway N, Goodhue; or mail to P.O. Box 126, Goodhue. All comments will be included as part of the public record.

Upon completion of the public hearing, this matter may be acted upon by the Goodhue City Council at the April 23rd meeting. Questions or comments related to this request may be directed to City Clerk at (651) 923-4310 or email city-clerk@ci.goodhue.mn.us.

Respectfully, Lori Luhman, City Clerk

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THEME: DESSERTS

ACROSS

1. Like some champagnes

5. Undergarment

8. Dashboard acronym

11. Poison ivy woe

12. Took to court

13. Milan's La ____

15. Afresh

16. Globes and such

17. SNL's fortÉ

18. *Ladyfingers+coffee liqueur

20. Grammy of sports

21. Jeweler's unit

22. *Like walnuts on ice cream

23. *Thin Mint or Carmel deLite

26. *Apple dip

30. Nelson Mandela's org.

31. Profoundness, pl.

34. Frost-covered

35. Ticket leftovers

37. Pathet ____

38. Lazybones

39. Samoan money

40. A in AU, Alabama

42. Heidi Samuel ____ Klum

43. Contaminating punch

45. Flammable anesthetics

47. a.k.a. acid

48. Military group

50. Jezebel's deity

52. *Espresso+gelato

56. Forgo

57. Palo ____, CA

58. Sacred image

59. Southern cuisine pods

60. Show the guns

61. Small stream

62. "The Star-Spangled Banner" author

63. Toni Morrison's "____ Baby"

64. Adeline or Addison, for short

DOWN

1. Troublesome child

2. Jasmine of "Aladdin," e.g.

3. Olympic cast-out

4. Smack

5. Anatomical sac

6. Overthrow by argument

7. Marketing creations

8. Wild onion

9. Clever tactic

10. Spanish sea

12. Evening party

13. See-through

14. *Eggs+milk+sugar

19. Old ____, or unpopped popcorn kernels

22. Be, singular past tense

23. Uses a fishing reel

24. Like beer at a kegger (2 words)

25. Round openings

26. Cabbage, in France

27. "The House at Pooh Corner" author

28. African chieftain

29. Ancient Greeks' harps

32. Socket counterpart

33. Bar bill

36. *Filo dough+nuts+honey

38. Book opener

40. Uniting conjunction

41. Robin Hood in Disney's "Robin Hood" (2 words)

44. Keys

46. Mecca to Medina exodus

48. Type of lily

49. Happily ever when?

50. *Make Alaska

51. Gossamer

53. Vinegar or lemon juice, to a chef

54. Communicated

55. James Bond's "For Your Eyes ____"

56. Asian cuisine pan

57. Astern

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