



Goodhue-Bellechester Messenger

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OCTOBER 1, 2025

Volume 21 • Issue 10 • \$1.00

Cat Country Tire



By Kat MacPherson

A new locally owned tire shop has officially opened its doors in Goodhue. Cat Country Tire, located at 102 3rd Avenue, began operations on September 8th and is now serving the community with a full range of tire services. *(continued on page 3)*

Homecoming Happenings 2025

By Beth Brekke

Goodhue's homecoming week ignited the spirit of students, teachers and community. Activities revolved around superheroes, the chosen theme for the week. Each class was assigned a superhero and tasked with incorporating them into the contests including hallway and window decorating, skits and parade floats.

The September 15-19th school week included designated days to wear favorite jerseys, beach attire and show Wildcat spirit with anything purple. Monday was a full day of fun beginning with a juniors vs seniors boys volleyball game where seniors prevailed. The junior girls won the afternoon powder puff football game against the seniors. *(continued on page 10)*



Homecoming royalty (L-R): Ava Wallaker, Libby Thomforde, Shelby Vogel, Macy Voth, Queen Sophia Lodermeier, King Alexis Lopez Escalona, Michael Roschen, Luke Roschen, Hayden Holm, and Jack Carlson

Announcements

• **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

Pumpkins with Spice— Albers Acres Open for Business



Pie pumpkins and decorative pumpkins are plentiful at Albers Acres.

By Beth Brekke

Looking to add a little spice to your pumpkin display? Try one in white, pink or turquoise—or maybe one with lumps, bumps, or stripes. You can find them all and more at Albers Acres pumpkin farm located at 60647 413th Ave, Zumbro Falls.

Gavin Albers says he is growing the business based on family tradition. His grandparents have grown pumpkins on the property for about 20 years. *(continued on page 4)*

Goodhue Living Crowns Homecoming Royalty



2025 Homecoming king and queen of Goodhue Living, Duane and Marilyn Jonas and high school queen and king, Sophia Lodermeier and Alexis Lopez Escalona *(continued on page 11)*

OCTOBER 5-11, 2025 FIRE SAFETY WEEK

Smoke Alarms: Make them work for you.

Teach your family about fire safety during Fire Safety Week. Take a moment to practice a home fire drill and test your smoke detectors. Voth Insurance and Grinnell Mutual urge you to change your smoke alarms every 10 years.

Jerry Tipcke and Brandon Haidar
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Goodhue, MN 55027
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Pastors Corner

Rejoice in the Harvest!

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

As I write these words, it's getting into harvest season. Farmers who chop their corn have already harvested numerous large fields. Soon the soybeans will be ready for harvest. Then will come combining of corn that planned for that kind of harvest. It looks like God will be blessing the farmers of our area with a bountiful harvest. (God has already been blessing me with a bountiful harvest of tomatoes, green beans, peppers and berries from my garden patches.) For this we ought to thank God! As the Bible says about him in Psalm 104:14 (This and other Scripture quotes from NIV). "He makes grass grow for cattle and plants for man to cultivate, bringing forth food from the earth."

But there's another harvest going on, for which we ought to thank God, and gladly join in the work of reaping this harvest. This har-

Mazeppa Area Historical Society to Host Fall Supper Oct. 16

The Mazeppa Area Historical Society will be hosting a "Fall Supper"-Thursday, Oct. 16-at the Mazeppa Community Center - 5-7 p.m. Menu: Scalloped Potatoes and Ham, Coleslaw, Corn, dessert & beverages. FREE WILL DONATION. COME HUNGRY - LEAVE HAPPY! TAKE OUTS - HELEN @ 507-250-6021.



Goodhue-Bellechester Messenger

Business & Subscription Office

P.O. Box 125
Dennison, MN 55018
Phone: 507-649-3327
Fax: 507-645-9878
www.goodhuemn.com

For advertising information email:
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Mainstreet Publishing Minnesota, Inc.
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vest is going on around the world, and in every season— even the dead of winter. Our Lord Jesus spoke about this harvest in John 4:35-36. He told his disciples, "Open your eyes and look at the fields! They are ripe for harvest. Even now the reaper draws his wages, even now he harvests the crop for eternal life, so that the sower and the reaper may be glad together." Jesus was talking about the harvest of souls for eternal life. This harvest takes place as people spread the good news of Jesus and God's gift of salvation in him to other people, so they may believe in him and so be "harvested"- not to go in a grain bin, but to enjoy new life now, and then eternal life with Jesus in his heavenly kingdom.

When Jesus spoke these words he had just been working to "harvest" one soul, a woman from a town in Samaria. She had been living a very messed up life; but Jesus cared for her soul, shared with her the news of who he is and why he had come, and she was brought to trust in him as her Savior. Then she told the people of her town about Jesus, and now they were on their way out to the well where Jesus was. The people would invite Jesus to stay with them, because "Many in of the Samaritans from that town believed in him because of the woman's testimony." When Jesus stayed two more days and taught the people, "because of his words, many more became believers." They said to the woman..."Now we have heard for ourselves, and we know that this man really is the Savior of the

world." (Jn 4:19-42)

Dear Christians who read this, whom has God put in your life to whom you can tell the good news of Jesus, or invite them to come and hear it at your church? Even if they don't believe or come right away, you are planting seeds that may eventually result in a harvest of a soul for eternal life. And if you think a good harvest of corn or beans is worth rejoicing over, how much more is the harvest of even one precious soul for eternal life in Jesus! So come, join in the happy work of bringing in this harvest!

If you who are reading this don't know Jesus Christ as your Savior, may these words



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be a seed God plants in your heart: "This man really is the Savior of the world." That means he came to be the Savior not only of "respectable" people (though all of us our sinners) but also of people who have lived or are living an obviously messed up life, like that Samaritan woman Jesus spoke with. He died on the cross to pay for the sins of not only Samaritans and Jews in another part of the world, but also for all your sins. And he rose from the dead to live as your Savior, that you might believe in him and have eternal life. Talk to someone you know is a Christian, and/or come to a Bible-believing church, and learn more about him!

NOW HIRING

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Competive pay with job growth potential.

Contact
Pastor Maureen
651-258-4327



AREA CHURCH DIRECTORY

God's Mission Has Disciples

The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name." — Luke 10:17

Wally was a church member who had a big heart for mission. He and I led a course for several years about the basics of Christian faith, and we saw a lot of good change in people's lives during that time. I remember thinking sometimes as I drove home, "It doesn't get any better than this!"

It seems that Jesus' disciples sensed something like that in their own context when he sent them out in pairs. Jesus celebrated their success by declaring that through their work, Satan himself was being defeated. What a statement! It truly doesn't get better than that!

This month we have focused on some big mission words: gospel, witness, holistic, and intercultural. These are important words and concepts. But they don't mean a thing if they remain just ideas. They come alive and truly mean something when they describe how we join Jesus in the work of changing lives and renewing communities.

As Wally interacted with the people he met, whether it was in his greenhouse operation, talking to a visitor at church, striking up a conversation at the coffee shop, or hosting our course, he wasn't thinking about those big words. He just wanted to make sure that every person knew they were loved with an everlasting love and that they would meet Jesus. Jesus commissions us, his disciples, with the same call.

Jesus, help me to be available to you. In my interactions with others, may I bring your message of life, healing, and hope. Equip me with your Spirit, Lord. Amen.

HOLY TRINITY CATHOLIC CHURCH

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
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
We practice because we are not yet perfect!

ST. COLUMBKILL CATHOLIC CHURCH

Father Thomas McCabe • www.holytrinitygoodhue.org
County Road 47, Goodhue • 923-4472
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. 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
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. 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
Sunday School (first two Sundays of month) 9:30a.m.
Worship at 10:30a.m.
(Communion on 2nd and 4th Sundays)

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.



Cat Country Tire

(continued from page 1)

The shop is owned and operated by Jon Harvey and Bradley Marking, both of whom were born and raised in nearby Lake City. With over five years of experience each in the tire industry, the duo brings a strong work ethic and small-town values to their new venture.

Cat Country Tire offers services for farm

equipment, OTR (Off-The-Road) vehicles, cars, and trucks. In addition to tire sales and installation, the shop provides repairs and on-site service calls, making it a convenient choice for both residential and agricultural customers in the area.

Bradley Marking brings a background in the Sheet Metal Union and extensive tire service experience to the business. Outside of work, he enjoys hill dirt bike climbing, hunting, and spending time with his wife and 3 kids.

Jon Harvey is actively involved in managing his family's 190-acre farm. An avid outdoorsman, he enjoys hunting and fishing, and wrestling — a passion he has pursued at the University of Wisconsin-Eau Claire.

"We're excited to serve the Goodhue community," said Harvey. "Our goal is to provide

Cat Country Tire LLC

ON-SITE OR IN-STORE
TIRE SERVICE

OTR/Farm/Truck/SUV/ATV

Jon Harvey & Bradley Marking, Owners
Serving Bellechester, Goodhue
& Surrounding Communities

Stop in or call 651-380-8731 for service.

102 3rd Avenue, Goodhue, MN



reliable, honest service — the kind we'd want for our own families and farms."

Cat Country Tire is open Monday through Friday from 8:00 a.m. to 4:00 p.m., and Saturdays from 8:00 a.m. to noon. Customers

can stop in, call, or schedule service appointments as needed.

For more information, visit the shop at 102 3rd Ave, Goodhue, MN 55027, or call 651-380-8731.

The Annual
Lutefisk and Norwegian Meatball Supper
Vang Lutheran Church
2060 County 49 Blvd
Dennison MN 55018
Saturday, October 4th 2025



Menu:

Lutefisk with melted butter, Norwegian Meatballs with Gravy, Mashed Potatoes, Corn, Cole Slaw, Fruit Soup, Lefse and Norwegian baking's

Join us for our annual supper, buffet style

New for 2025; Continuous seating no reservations needed: 11:00am, thru 1:00pm seating times and 4:00pm thru 6:00pm seating times.

Home or business delivery by reservation

11:00-2:00pm/4:00pm-6:00pm

Please call 507-789-5189 (leave message) or email at vanglutefisk@gmail.com

Ticket price \$26.00 each; payments by check or cash on October 4th

#507-789-5186 vanglutefisk@gmail.com

Celebrate Recovery

A COMMUNITY OF HOPE

A Christian 12 Step Program

Join us on Sundays at
South Troy Church

We meet Sundays at 5 pm

South Troy Wesleyan Church

56817 Highway 63 Zumbro Falls, MN

Schedule for meetings:

- Supper at 5:00 pm
- Large group meeting: 5:45 - 6:30 pm
- Small group meeting: 6:30 - 7:00 pm

Celebrate Recovery is a safe place to find healing for your hurts, hang-ups and habits.

Begin your journey today!

Questions?

Contact Pastor Colleen Hoeft at celebraterecoverysouthtroy@gmail.com or 507.259.1442
Visit southtroywesleyan.org for more information

Pumpkins with Spice—Albers Acres Open for Business

(continued from page 1)

He now has 12 Acres dedicated to the fall favorites. Gavin has gone from hand-seeding in previous years to modifying a 1-row John Deere 7000 planter that he pulled behind a four-wheeler this spring. Harvesting is done manually, taking roughly 30 minutes for 3 to 4 people to pick 100 pumpkins.

Ryan Hanf is one of 6-8 employees that help harvest the pumpkins and watch over the sale lot. He first worked for Gavin's grandfather logging and then Gavin recruited him to pick pumpkins. He now works at the lot after school until 7 pm. Ryan can easily direct customers to what they are looking for saying, "We have pie pumpkins, acorn squash, spaghetti, buttercup and butternut squash. There are small, medium, large and warty pumpkins but mostly big orange ones." They also sell mini pumpkins, large gourds and Indian corn.

This is the fourth year Albers Acres has been doing on-farm sales but the majority of pumpkin sales are to wholesale customers. There are currently 15 places that source their fall specialty items from the farm including local grocery stores, Hy-Vee, Nilssen's and Coborn's. The Lake City and Wabasha Fresh Markets also carry Albers Acres products. A recent college graduate, Gavin grew up in the Alexandria area where he has a network of contacts and delivered 400 pumpkins for distribution.

To keep the crop looking its best, Albers and his crew harvest only what is needed to fill orders as they receive them. Any squash remaining at the end of the season are picked up by local farmers to feed livestock.

In addition to the pumpkins, Gavin grows soybeans, alfalfa, sweet corn and field corn. Four acres of a corn field are dedicated to a corn maze at the farm. The maze is mapped out early and maintained throughout the growing season. The cost to enter the corn maze is \$3.00/person with a \$15.00/family maximum.

A trip to Albers Acres is great way to spend time with family or friends strolling through the displays, taking advantage of photo opportunities, finding your way through the maze and picking up reasonably priced items for eating or decorating. The farm market is largely self-serve although there is usually someone available to answer questions and help customers. The market is open daily from dawn to dusk through October 31st.



Interesting displays, photo opportunities and a corn maze make a visit to Albers Acres a fun fall stop.



Albers Acres is easy to find and has a great selection of carving pumpkins for Halloween.



Colored pumpkins, winter squash, gourds and Indian corn can all be purchased at Albers Acres.

WINE BINGO!

EVERY SATURDAY 12-2:30PM

Large groups are welcomed with reservations for 8 or more.

507-753-3131

60146 Hwy. 63, Zumbro Falls

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It's Just a Number

By Beth Brekke

You may have heard that 60 is the new 40 or age is just a number and it doesn't define your vitality, purpose or potential. Members of the Goodhue High School Class of 1983 agree with those sentiments and decided to celebrate. As the first group turned 60 in 2024, a few of the girls planned a fun get-together at The Third Place on December 27th. Complete with cupcakes, snacks and big number balloons, those attending shared lots of laughs and memories. A second party, also held at The Third Place, celebrated spring birthday girls during a snowstorm on April 1st. Much more favorable weather allowed the party to move to The Third Place patio on July 1st. Each get-together brought 8-12 mostly local ladies. At the July celebration it was decided to have one final "60 party" that included the boys. This last gathering on September 5th was hosted by Craig and LaVonne Thomforde on their Goodhue area farm. Classmates and spouses that wished to join enjoyed a great potluck, some fun mementos and each other's company.

Cheers to 60 years!



Ladies of the Goodhue High School Class of 1983 gathered at The Third Place 3 times to celebrate as they turned 60 years old. The Third Place is owned by 1983 graduates, Pete and Regina Poncelet. (L-R): Julie Huneke, Nancy Benrud, Shannon Dicke, Regina Poncelet, Brenda Gadiant, Lori Zorn, Deb Conrad, Beth Brekke, and Karolyn Peterson

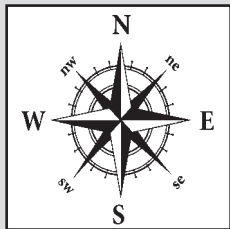


1983 GHS graduates held a mini reunion to celebrate life at 60. Girls in the front row, left to right: Lori (Raasch) Zorn, Regina (McNamara) Poncelet, Brenda (Nardinger) Gadiant, LaVonne (Lexvold) Thomforde, Teresa (Ryan) Voth, Pat (Heppleman) Mensink, Beth (Strusz) Brekke, Karolyn (Ryan) Peterson, Nancy (Johnson) Benrud in front of Julie (Hilan) Huneke, and Deb (Hillesheim) Conrad. Boys in the back row, left to right: Cory Weibusch, Kevin Bolum, Pete Poncelet, Joe Huneke, Dan Mensink, Robert Hinsch, Billy Gadien, Marty O'Connor and Henry Keller

Look Us Up on Facebook Under Potpourri Mill

Changes in Latitudes, Changes in Attitudes

The Walking Implement Salesman



By Terry Campbell

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

I grew up on a farm in the 1960's. Farm equipment was intriguing to a young boy. I collected all the farm implement brochures and pored over them. What was even better was the huge selection of Ertl farm toys that mirrored the actual implement they were designed after. Every time we went to the farm dealership, I would head to the toy section while my dad stood at the parts counter or visited with the salesman.

Quite often the implement salesman would stop by the farm, making his rounds in the country. He knew the machinery we had as he had not only sold it to my dad but also observed the frequency we stopped in for parts, giving him a good idea when we were ready to trade up.

My dad was always trying to save money. In the late 60's he decided we should assemble our own farm machinery. He declared he could do it better than some guy on an assembly line who didn't care if it worked or not. Maybe that was true, but us boys ended up assembling it. We got a 15' Glencoe mounted field cultivator. It came in wood crates and a sheet of instructions. I believe they have air impact wrenches on assembly lines. We did not. The next project was a John Deere side delivery hay rake. I am surprised the thing ever raked hay. Over the years it kept falling apart. I am not sure a 12 year-old boy can torque nuts onto bolts properly.

We welcomed the salesman whenever he stopped by. It was like he was this gate keeper of a wonderful world of new equipment which wouldn't break down. It didn't really matter what logo was on his jacket, he was there to help keep the farm running smoothly. Sometimes they had to use persuasion to convince my dad. His mind set was to keep fixing for the rest of our life. We had an old sickle mower we cut hay with. Harlan Nerson from Center Supply introduced my dad to the New Idea Cut/ditioner. He brought it out for my dad to use. We went out and mowed hay with it once. No amount of talking could convince my dad like making a



round in the field without plugging the sickle section. It sounded like you were grinding ear corn every time you hit a gopher mound, but it kept on mowing hay without stopping.

When I was younger a couple of my neighbors told me about a guy they called the walking implement salesman. No one could recall his name but it seemed he had worked for Brewer Implement in Kasson. Brewer Implement was a family-owned International Harvester dealership which had been serving Dodge County for a century. The story was the original contract for the business had been signed by Cyrus McCormick himself. The dealership was sold in 1968 to Chuck Bishop and Charlie Wacholz.

This salesman would head out each morn-

ing on foot with a shoulder bag filled with equipment brochures and sales forms. He would walk the dusty country roads from farm to farm and visit every place he walked by. In those days a family farm included the whole family and if you showed up close to a mealtime you would be invited to stay for lunch. If it wasn't close to a mealtime you would be invited to stay for coffee or lemonade and a dessert, depending on the season. Sun, rain or snow, he made the rounds and returned each evening with signed sales agreements for the dealership to deliver to the farmer. Everyone stopping by the farm was a welcome visitor and the slower pace of life on the farm seventy-five years ago made time for socializing and enjoying company.

Halloween Party

Friday, October 31

LIVE MUSIC
BY
LOGAN HAUFSCHAULT
7:00-11:00PM

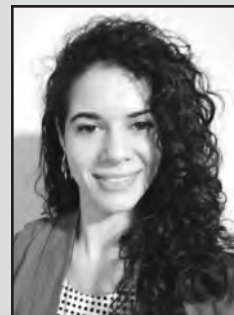
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All Day

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6:00 PM

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A Minnesotan: Halloween



By RosaLin Alcoser

I absolutely love Halloween. I love everything about it from the customs and trick-or-treating to the decorations. To the point that I somehow convinced my husband to let me put up all of the Halloween decorations before Labor Day this year. Out of all of it though it's the costumes that are my absolute favorite.

Every year for as far back as I can remember I have worn a costume on Halloween night; and even before that because my mom dressed me up. I have been a pumpkin, a caterpillar, a cat, princesses, characters from books and film, and even creatures from mythology.

I have made customs, taken apart pieces of old dance costumes to make new ones and even gotten creative with random items that I found in the back of my closet

to repurpose into a costume.

A few years ago I even spent the better half of a year working on my Halloween costume. Which admirably was one of my more excessive Halloween projects. Taking up my kitchen table for months on end to the point that I pretty much stopped using it for anything else.

Over the years though no matter how many customs I put together. Or how much time I spend putting one together. My favorite Halloween costume of all time is still from Halloween of 2002. The year that my older sister and I went out as a pair of puppies.

At the time it was just fun. Running about in a 101 dalmations costume hoodie and sweats with black eye liner on my little face. Saying things like 'trick or throws, smell our paws, give us something for our jaws,' which by the way mortified our mother's friend who took us trick or treating that year.

Looking back on it years later it was really cute that we did that. It was also one of the most fun Halloweens that I can remember having as a child. Which I would like to credit to the costume. Because without the costumes and without being a pair of puppies it wouldn't have worked out in the same way.



Inflammation



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Inflammation is a common symptom for every health challenge you experience. Inflammation is the way the body signals something is wrong. Sometimes your body is able to correct the problem with time, such as the healing of a cut, a broken bone, or a virus. At other times, the symptom of inflammation is signaling the need for an outside intervention of nutrients or medicine. As we grow up, we learn some of these signals and how to relieve the pain. Sometimes we need some additional training about what is going on.

Inflammation can be seen in five possible ways: Swelling, Redness, Pain, Loss of function, or Heat. You often see these symptoms related to illness or injury. Inflammation is also described as acute (momentary), or chronic (long-term). Acute inflammation is that injury or illness that takes a day or a week to heal and then you are moving back into regular activity. Chronic inflammation is that long, drawn out pain or loss of function that seems to have no way to end. But many forms of chronic inflammation can be stopped. You just need some additional information on how to make this happen.

Your white blood cells are constantly patrolling your body to address any threat. When a threat is identified the white blood cells will release a warning signal to area cells that something is wrong. This chemical release results in the swelling, pain, and redness associated with Inflammation. Chronic inflammation means these chemical signals are continuing to be made because a change from outside the body is needed. Pain relief medications can provide temporary relief like wearing ear plugs can help reduce the noise,

but pain relief medication does not remove the cause of the chemical signal.

To remove the cause of the inflammation signal specific nutrients should be increased and specific foods should be avoided. Anti-inflammation diets will provide the format for the right balance that will generate healing and reduce inflammation. Specific nutrients to increase include:

Omega-3 Fatty acids, which you obtain through extra virgin olive oil, fish, flaxseed oil, chia seeds, cod liver oil, and walnuts. American culture has a very low intake of Omega-3 fatty acids, which help to reduce pain by creating a healthy balance with Omega-6 fatty acids. A recommendation of three tablespoons of extra virgin olive oil per day is a good starting point.

Vitamin D provides stimulation to the cells of your body to promote healing and improve communication. You may notice that time spent outside in the sunshine during the summer makes you feel better. Your body produces Vitamin D with the exposure to sunlight which helps to reduce inflammation.

Turmeric is an herb from Asia having strong anti-inflammatory properties, which has been used for centuries in Asian culture.

Turmeric has active compounds called curcuminoids that directly interact with the inflammation signals and calm the response. Recent research studies have found turmeric to be as helpful or even better than standard over the counter pain relief medicine.

To reduce inflammation, specific foods to avoid include:

Omega – 6 fatty acids, which you find in vegetable oil, corn oil, and deep-fried foods including French fries, potato chips, corn chips, and margarine. The typical American diet contains almost ten times more Omega – 6 than your body needs. The primary sources are processed foods and restaurant foods. When high amounts of omega – 6 combine with sugar, inflammation is the result.

Sugar is abundant in American foods. Back around 1900, the average American consumed about five pounds of sugar per year. Today the average American consumes more than one hundred pounds of sugar a year. Sugar can combine with omega – 6 to produce arachidonic acid, which is a fatty acid associated with pain and inflammation. When clients reduce their sugar intake, they

often observe relief from pain.

Chronic inflammation observed with arthritis, fibromyalgia, obesity, and diabetes can be brought under control with an anti-inflammatory plan using whole foods and nutrient supplements targeting the pain sources. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge is not a result of a medication defi-

ciency.

Contact me to discuss your health goals for the coming year. I can help you create space for decreased pain and natural healing. 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.*

~ Public Health Spotlight ~

National Breast Cancer Foundation, Inc:
Breast Lump 101 - What You Need to Know

By Jennifer Schurhammer, PHN



About Breast Lumps

Up to half of all women will experience breast lumps in their lifetime. While finding a breast lump can be concerning, it is important to remember that not all breast lumps are breast cancer. In fact, most breast lumps are not cancerous. However, all

breast lumps should be checked immediately by a healthcare provider.

About Breast Lumps

- A breast lump is a mass, growth, or swelling within the breast tissue.
- Breast lumps are common, affecting up to 50% of women at some point in their lives. [1]
- 60-80% of all breast lumps are benign (non-cancerous). [2]
- There are many conditions that may cause benign lumps in the breast.

Common Types of Benign (Non-Cancerous) Breast Lumps

- Fibroadenoma: The most common type of benign breast lumps that occur primarily in women in their 20s and 30s, but can occur at any age. Fibroadenomas may feel rubbery to the touch and move around freely. They are usually painless, vary in size, and can form anywhere in the breast tissue.
- Fibrocystic breasts: Occurs in women with dense breast tissue and refers to changes in the breasts that naturally occur due to hormonal fluctuations during a woman's monthly menstrual cycle. These changes may lead to the breasts feeling lumpy, swollen, and sore right before a woman's period.
- Breast cyst: A fluid-filled sac that grows within the breast tissue. A breast cyst that forms on the surface of the breast may feel like a grape and be soft in texture. A cyst that forms deeper within the breast may feel like a hardened lump because it is covered by tissue.
- Fat necrosis: A non-cancerous breast lump that may form if the breast has been injured. Breast injury may include a biopsy or surgery. This type of lump forms in the fatty breast tissue of the injured area.
- Lipoma: A slow-growing, fatty lump that forms just under the surface of the skin. Some may weigh only a few grams while others can be large enough to produce a visible bulge. Lipomas are soft to the touch and move around freely when touched.
- Mastitis: Inflammation within the breast tissue caused by an infection. Mastitis causes breast pain, swelling, and redness of the skin. Although mastitis doesn't present as a true breast lump, symptoms like swelling can often be mistaken for a lump.
- Breast abscess: A collection of fluid or pus pocket in the breast, most often caused by untreated mastitis.

A breast abscess can be very painful and presents as a red, swollen lump in the breast.

- Milk cyst: A fluid-filled sac, also called a galactocoele that almost exclusively occurs in lactating women. A milk cyst is filled with breastmilk and causes a blockage of the mammary duct.
- Intraductal papilloma: A wart-like lump that may develop in the milk ducts of the breasts. Intraductal papillomas, most common in women over 40, often form close to the nipple, but can occur elsewhere in the breast as well.

Breast Lump Warning Signs

Although breast lumps are common and many are non-cancerous, there are several breast lump warning signs to be aware of. See your healthcare provider right away if you notice:

- A new lump, thickening, or swelling of the breast tissue not previously noticed by you or your doctor
- A lump that feels hard to the touch or different from the rest of the breast tissue
- A known lump that begins to grow or change
- A lump that does not go away after menstruation
- A lump that causes pain or discomfort

[1] Cleveland Clinic
[2] National Institutes of Health

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Have trouble sleeping? Try this. Also, Stress and Cortisol Levels



By Shauna Burshem, D.C.

Sleeping troubles and the gut health connection: Insomnia affects up to half of all adults at some point, leading to restless nights and groggy mornings. Beyond the immediate effects of fatigue and irritability, chronic sleep disruptions are linked to serious health risks, including heart disease, diabetes, depression, and even suicide. Research from the U.S. highlights the alarming connection between insomnia and mental health, showing that

persistent sleep problems increase the likelihood of suicidal thoughts and attempts by more than fivefold and sevenfold, respectively. This creates a vicious cycle where poor sleep exacerbates anxiety and low mood, further disrupting rest.

Traditional treatments for insomnia, such as prescription sleep aids, often come with risks like dependency, while cognitive behavioral therapy remains inaccessible for many due to cost or availability. As a result, researchers are exploring natural alternatives, with probiotics emerging as a promising option. Probiotics, which are live beneficial bacteria, influence the gut-brain axis—a communication network between the digestive system and the central nervous system. By regulating brain chemicals, probiotics can help stabilize mood and promote healthier sleep patterns.

Recent studies have shown that probiotics can significantly improve sleep quality and reduce symptoms of depression in people with insomnia. A systematic review and meta-analysis published in *Frontiers in Microbiology* analyzed six randomized controlled trials involving 424 participants with insomnia. The findings revealed that probiotics reduced Pittsburgh Sleep Quality Index (PSQI) scores by an average of 2.1 points, indicating fewer sleep disturbances and better rest. Additionally, depression symptoms, measured by the Hamilton Depression Scale (HAMD), dropped by 7.72 points, reflecting a meaningful improvement in mood.

The effectiveness of probiotics in improving sleep and mood is linked to their ability to support gut health. Probiotics strengthen

the gut lining, reduce inflammation, and enhance gut-brain communication, all of which play a role in calming the body's stress response. However, for probiotics to work effectively, it's essential to first heal the gut. Introducing probiotics into an unhealthy gut can feed harmful bacteria, potentially worsening symptoms. Therefore, addressing gut health before starting probiotics ensures better outcomes.

Pairing probiotics with good sleep habits further enhances their benefits. Practices like keeping the bedroom dark, getting morning sunlight, and avoiding blue light at night not only improve sleep quality but also support gut health. Together, these strategies create a holistic approach to breaking the cycle of insomnia, improving both rest and overall well-being.

Stress and Cortisol: Chronic stress keeps cortisol, the body's stress hormone, elevated far beyond its intended emergency function. While cortisol is designed to help you react quickly in dangerous situations, modern life's constant pressures—like deadlines, poor sleep, and emotional stress—keep it switched on 24/7. This prolonged activation disrupts your metabolism, weakens your immune system, and leads to issues like stubborn belly fat, poor sleep, and constant fatigue. Over time, your body adapts to this survival mode, leaving you feeling drained, inflamed, and unable to recover properly.

The effects of high cortisol often go unnoticed at first, manifesting as subtle symptoms like feeling “wired but tired,” irritability, or sugar cravings. However, beneath the surface, elevated cortisol wreaks havoc on your hormone rhythms, metabolic function, and immune defenses. This imbalance can lead to weight gain, particularly around the midsection, slowed digestion, and muscle loss, even if you're trying to stay active. The longer this cycle continues, the harder it becomes for your body to reset and recover. Fortunately, there are simple, science-backed habits that can help your body naturally flush out excess cortisol and restore balance. Techniques like slow breathing, early morning sunlight exposure, and eating healthy carbs can reset your cortisol rhythm and support recovery from stress overload. Breathwork, in particular, is a powerful tool to lower cortisol quickly. Practices like the “parasympathetic sigh,” which involves a deep inhale followed by a second sip of air and a slow exhale, signal



your nervous system to relax and shift into a restorative state. In my office, I use a supplement called Adrenal Dessicated that supports the adrenal gland and helps with high cortisol levels. Lifestyle adjustments can also make a significant difference in managing cortisol levels. For instance, timing your caffeine intake is crucial—having coffee on an empty stomach in the morning can spike cortisol and keep you stuck in a stress cycle. Instead, it's better to wait until after breakfast or reduce your intake if you already feel overstimulated. Similarly, gentle, consistent exercise like walking is more effective at reducing cortisol than high-intensity workouts, which can sometimes exacerbate stress. Low-impact activities are especially beneficial for individuals with conditions like PCOS or adrenal imbalances.

Finally, enjoyable activities like laughter, spending time with pets, and engaging in hobbies aren't just mood boosters—they also trigger biochemical changes that lower cortisol and signal safety to your brain. Additionally, natural progesterone is highlighted as a safe and effective way to block cortisol and restore calm. By incorporating these simple habits and lifestyle changes, you can help your body recover from chronic stress, reset its natural rhythms, and regain energy and resilience.

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

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Homecoming Happenings 2025

(continued from page 1)

Winner of the hallway decorating contest was the seniors, and window decoration the juniors.

Coronation Monday evening began with Roland Munson and Julia Evans introducing the homecoming court. Junior ushers were Aubrey Christianson, daughter of Scott and Wendy, and Owen Roschen, son of Derek and Callie. Crown bearers were Hazel Baska, daughter of Collin and Rachel and Calvin Langer, son of Austin and Molly.

The first candidates to the stage were Sophia Lodermeier, daughter of Brent and Christie, escorted by Jack Carlson, son of Kerry and Beth. Sophia says she loves to be outside and Jack also enjoys the outdoors by fishing, golfing and playing sports with friends. Libby Thomforde, daughter of Travis and Amy, escorted by Hayden Holm, son of Ryan and Michelle followed. Libby's favorite school memory is kindergarten nap time while Hayden says his favorite memory is puking on Libby's shoes in second grade. Shelby Vogel, daughter of Dave and Jen, was escorted by Alexis Lopez Escalona, son of Rafael, Veronica, Josh, Lindsey, Arnie and Adrian. Shelby and Alexis both say pizza is their favorite school lunch. Macy Voth, daughter of Steve and Maggie Voth, says her favorite memory



Crown bearers, Calvin Langer and Hazel Baska

is state basketball. Likewise, her escort, Luke Roschen enjoys playing sports with his friends. Ava Wallaker likes to workout, and her escort, Michael Roschen likes wearing Hawaiian shirts. Ava is the daughter of Kyle and Kelly and Michael is the son of Brad and Amanda.

Captains of the football, volleyball, cross country, and soccer teams came to the podium to share their teams' season highlights. The audience was treated to a video presentation of skits performed by the booster club and each high school class using their superhero assignments. The seniors had the winning video skit with Batman recovering a trophy from other school football teams. Spiderman saved the day for the juniors,



7th grade girls showing their spirit while waiting for their class' float in the parade. (L-R): Amelia Breuer, Adalie Hase, Bianca Lindholm, Brielle Ryan, Violet Ryan, Graysen Thomforde, Abby Dicke, Kyla Nelson, Hayden Lodermeier



7th grade float with confetti

iors, sophomores played off of Frozone, and the freshmen's Black Panther skit came complete with outtakes. The Booster Club also prepared a skit as the Super Stain Fighters.

2024 homecoming queen, Avy Agenten placed the crowns on Sophia Lodermeier and Alexis Lopez Escalona. The pair presided over the week's remaining activities including hosting games at Friday's pep fest, lead-

ing the royalty in the parade and riding in side-by-sides during half-time at the football game. Sophia said, "I didn't know what to expect. Homecoming is always fun, I was just happy to be on the court".

Sophia is on the Wildcats volleyball team who won over Hayfield 3-1. The Goodhue football team defeated Lake City 62-14.



Elementary grades walked the homecoming parade route

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Goodhue Living Crowns Homecoming Royalty

By Beth Brekke

For the second year, Goodhue Living residents named their own homecoming king and queen. Duane and Marilyn Jonas were chosen for this royal honor by their peers. Coincidentally, they are a married couple.

Arriving in convertibles after the annual parade, the high school homecoming royalty were applauded by residents, all wearing pur-

ple and enjoying a beautiful morning outside. King Alexis Lopez Escalona and Queen Sophia Lodermeier placed crowns on the Jonas couple.

Duane is a retired farmer and seed corn dealer and Marilyn a teacher who spent her career at St. John's Lutheran School. Marilyn was Sophie's preschool teacher and attendants, Macy Voth and Hayden Holm are also former students of Mrs. Jonas.

Residents and royalty socialized until the younger set needed to return to the school for more special homecoming week activities. The newly crowned king and queen watched the livestream of the Wildcats volleyball game that afternoon.

Pictured to the right/below: A residence showing Homecoming spirit.



Macy Voth, Hayden Holm and Sophia Lodermeier each had Mrs. Jonas as a teacher when they attended St. John's Lutheran School.



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The Savvy Senior Cutting Through the Noise: A Senior's Guide to Fall Vaccines



By Jim Miller

Amid all the noise & confusion surrounding vaccines, here's a rundown of the different shots seniors need to get this fall.

There has been a lot of confusion about vaccines this fall, with Health and Human Services Secretary Robert F. Kennedy Jr. publicly expressing skepticism about the efficacy of shots on children and pregnant women.

But when it comes to those over 65, the protocols for getting a variety of vaccines have not changed much, with exception of the Covid shot.

Here's a rundown of the different fall vaccines that are still recommended for seniors and how they are covered by Medicare.

Flu Shots for Seniors

Just as they normally do, the CDC recommends a seasonal flu shot to everyone 6 months of age and older, but it's especially im-

portant for seniors who have weaker immune defenses and have a greater risk of developing dangerous flu complications compared with younger, healthy adults.

For people age 65 and older, there are three different FDA approved flu vaccines (you only need one) that are recommended over traditional flu shots. These include: the Flu-zone High-Dose Quadrivalent, Flublok Quadrivalent (recombinant, egg free vaccine), and Fludac Quadrivalent.

These vaccines are formulated to create a more robust immune response, helping the body produce more antibodies, which makes the vaccine more effective in preventing the flu.

All flu vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

RSV Shots

In addition to the flu shot, the CDC also recommends a single-dose of RSV (respiratory syncytial virus) vaccine for all adults age 75 and older, as well as to high-risk adults between ages 50 and 74. These are people who have chronic heart or lung disease, weakened immune systems, diabetes with complications, severe obesity, or who live in long-term care facility.

RSV is responsible for 6,000 to 10,000 deaths and up to 150,000 hospitalizations each year.

The three RSV vaccines approved and available in the U.S. – Arexvy, Abrysvo and mResvia – are all covered under Medicare

(Part D) prescription drug plans. But note that if you got an RSV shot last year, or when it first became available in 2023, you do not need to get a second dose this year. For now, only one dose of RSV vaccine is recommended.

Covid Booster

If you haven't had a Covid booster shot lately, the Food and Drug Administration recently approved the 2025–2026 Covid-19 vaccine, which has been updated to target the dominant strain.

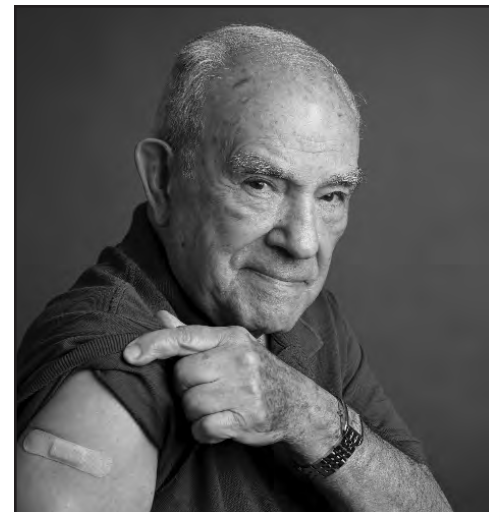
This vaccine was recommended for all adults 65 and older and younger people that have a health condition that makes them vulnerable to severe Covid. But the new, CDC Advisory Committee on Immunization Practices just announced that they are no longer recommending Covid shots. Instead, they are recommending seniors 65 and older and younger people (6 months to 64 years) should make a shared medical decision with a doctor or another health care provider.

Covid still causes at least 40,000 hospitalizations and approximately 47,000 deaths in the U.S. each year. Covid shots are covered by Medicare Part B.

Pneumonia Vaccines

If you haven't been vaccinated for pneumonia, you should also consider getting the pneumococcal vaccine this fall. These vaccines are now recommended by the CDC to adults age 50 and older, instead of age 65, which was the previous recommendation.

Pneumonia causes a whopping 1.2 million people to visit medical emergency departments in the U.S. each year and causes roughly 50,000 deaths.



If you've never been vaccinated for pneumonia, the PCV20 (Pneumovax 20) or PCV21 (Capvaxim) are the top choices because they cover the most common serotypes.

Medicare Part B covers pneumococcal shots, and you only need to get it once.

Side-Effects and Safety

You should be aware that all these vaccines can cause mild side effects like pain or tenderness where you got the shot, muscle aches, headache, fever or fatigue.

Also note that it's safe to receive these vaccines at the same time, but it may be best to spread them out a week or two because multiple vaccinations on the same day may cause increased side-effects.

You can find all these vaccines at most pharmacies, medical clinics and health departments, or you can do a search at Vaccines.gov.

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Community as Classroom



By Benya Kraus
President & CEO Southern
Minnesota Initiative
Foundation

The flurry of back to school excitement, nerves and relief are upon so many families across our region.

At Southern Minnesota Initiative Foundation (SMIF), we have the privilege of working directly with hundreds of child care providers and other Early Childhood professionals across our 20 counties. As I shared at our most recent provider training in Owatonna, child care providers are not only the essential economic development engine for addressing the growing workforce shortages in our region, but they also help shape the character, psychological safety and brain development of our next generation of talent. Studies show that a child's brain is 90% developed by the age of five. Our child care

providers, other Early Childhood professionals and caregivers are therefore critical influences in a child's mental and social development. In a world with increasing vitriol and violence, it is such a gift to have people who nurture kind and caring children who can become kind and caring adults, and who help build a more kind and caring world. But they cannot do it alone.

I had the privilege of meeting with the leaders of The Honoring Dakota Project (HDP) from the Prairie Island Indian Community the other week, where I was introduced to the concept of "Community as Classroom." Their director of education described how they worked with the Red Wing School District to establish an American Indian Parent Advisory Committee with the school board. Today, hundreds of Native and non-Native students can participate in indigenous life ways and cultural practices through after-school extracurriculars. They learn teamwork from drumming circles and mindfulness from bead work. This fall, HDP is organizing a psin cinca (rat potato) and arrowhead harvest along the riverbanks in Winona, fostering an understanding of the interconnectedness between humans and nature. Especially for Native students, learning the Dakota language, teachings and history foster a sense of self-confidence and pride in knowing that where you come from matters. Their work reminds us that there is wisdom to be found beyond the four walls of a classroom – that important truths and values are passed down from our ancestors, relationships and the world around us.

These are universal values that even those of us who are non-Native can know intrinsi-

cally. Think of the virtues and cultural knowledge that 4-H students learn when they are taught how to show their livestock: patience, humility and attention to the needs of a living creature beyond yourself. Or what students who participated in Spring Grove's community design lab to co-design how the newly revitalized Spring Grove cinema should be used: creativity, responsibility and empowerment through shared decision-making. Students even worked together to paint a community mural in this space with the support of a Paint the Town Grant from SMIF.

Community as Classroom is not just for children, but also those caring for kids. Byron Community Education used an Early Care and Education Grant (opening Oct. 8!) to teach staff, parents and children how to manage strong emotions. Sharing mental health resources helped caregivers create calm

learning spaces for children, teaching the virtues of perseverance, discipline and compassion for oneself and others.

From Prairie Island to Spring Grove to Byron it takes a community of caring adults and an embrace of learning through community to shape a healthier, more hopeful and resilient next generation. As our Dakota relatives teach us, it requires us to think of community as a classroom.

As always, I welcome your comments and questions. You can reach me at benyak@smifoundation.org or 507-455-3215.

About Benya Kraus

Benya Kraus is the President & CEO of Southern Minnesota Initiative Foundation. Benya is the co-founder of Lead for America and served as the Network Advancement Director at Resource Rural.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: My husband and I are wondering if it is true that emergency vehicles can change a light from red to green, if they need to proceed through an intersection. Is this true, or is it just a myth that people now believe to be true? Also, if this is true, how is the light triggered? Is it triggered by the flashing lights of the emergency vehicle or is it triggered through some other method?

Thank you for your column! We read it every time and we appreciate the helpful and accurate information.

Answer: Emergency vehicles can change traffic lights using a system called Opticom. The device on the vehicle emits a specific light or signal, which is detected by a receiver on or near the traffic light. The receiver then triggers the traffic light to change, giving priority to the emergency vehicle.

Question: I know the distracted driving law has been around for a while now, but can you please talk about it some more?

Answer: Driver distraction or inattention is a leading factor in crashes in Minnesota, accounting for at least 25 percent of all crashes annually. Distracted drivers fail to recognize potential hazards on the road and react more slowly to traffic conditions, decreasing their margin of safety.

Types of driver distraction:

- Visual: Looking away from the road.
- Mechanical/physical: Taking hands off the wheel.
- Cognitive: Being "lost in thought."

Distractions inside the vehicle

Distractions inside the vehicle can include activities such as: using a cell phone, using a GPS, reaching for items, eating and drinking, adjusting the radio, talking to other passengers, and reading maps and other materials. Even when you are watching the road, behaviors such as looking at a crash scene or daydreaming can divert attention from your driving responsibilities. For safety, give the task of driving your full attention at all times.

Illegal driver behaviors in Minnesota

Certain driver behaviors are illegal on Minnesota roads. These include using a cell phone or wireless computer device for text messaging, emailing or accessing the internet while driving, including while stopped in traffic. Drivers under age 18 with an instruction permit or provisional license are prohibited from using a cell phone, whether handheld or hands-free, except to call 911 in an emergency. It is also illegal to wear headphones or earphones in both ears simultaneously to listen to a radio or other sound-producing device.

Question: With school back in session, can you talk about school bus safety and what motorists need to know?

Answer: School buses have yellow and red lights that flash alternately to warn drivers they are stopping to load or unload students.

Bus drivers will activate flashing yellow lights at least 100 feet before a school bus stops in a speed zone of 35 mph or less. They will activate the lights at least 300 feet before it stops in a speed zone of more than 35 mph. It is against the law to pass on the right side of a school bus while it is displaying red or yellow flashing lights.

Flashing red lights warn drivers that the school bus is loading or unloading students. When you see a school bus that is stopped with its red lights flashing and its stop arm extended, you must stop your vehicle at least 20 feet from the bus.

Regardless of whether you are facing the front or back of the bus, you must remain stopped until the stop arm is retracted, and the red lights stop flashing. If you don't, you can be charged with a misdemeanor. If convicted, you must pay a fine of at least \$500

and lose your driving privileges.

Question: I read your last article about school buses and flashing lights. Can you do a reminder on passing a school bus?

Answer: It is illegal to pass a school bus when its red lights are flashing and its stop arm is extended. If you are driving on a divided roadway, you do not need to stop for a school bus with red lights flashing if it is on the opposite side of the divider. A law enforcement officer with probable cause to believe you have violated this law may arrest you within four hours of the violation.

When your vehicle is used to violate the school bus stop arm law, you are guilty of a petty misdemeanor if you own or lease the vehicle. However, if you can prove that another person was driving the vehicle at the time, the driver will be charged with the violation.

When you apply for a driver's license, you must certify, by signing the application, that you understand the requirement to stop for a school bus and are aware of the penalties for violating this law.

Question: My grandkids get to be on their school's "School Patrol." I am so happy they get to help but can you talk about this? I want people to be aware to help keep them and everyone safe. Thank you for all you do.

Answer: Congratulations to your grandchildren! You should be proud as it is quite an honor to be serve on those School Patrols.



A little history lesson on the School Patrol. The idea of the School Patrol originated with Sister Carmela of the Cathedral School in St. Paul on Feb. 21, 1921 when the first patrolmen were stationed at the intersection of Kellogg Boulevard and Summit Avenue in Saint Paul. Adopted citywide by the City of St. Paul in 1922 as a part of the program of the School System and the St. Paul Police Department, it was also adopted as a statewide program by the Minnesota State Patrol. Generations of children for over 100 years have served on the School Patrol all across Minnesota.

When you see a student safety patrol helping schoolmates cross a street or highway, you must come to a complete stop. You must also stop for adult crossing guards displaying a stop sign or flag. It is illegal to drive through a line of children crossing the road, even if a school safety patrol is not present. Violating this law is a misdemeanor. A second violation within a year is a gross misdemeanor.

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.

A recent survey conducted by the National Highway Traffic Safety Administration released the top four reasons a driver may have commit a stop-arm violation. 30.5% driver did not care, 25.5% being in a hurry, 24.3% did not know the law, 12.2% distracted.

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)

Ted Foss Move Over Law

This year marks the 25th anniversary of the tragic passing of Minnesota State Patrol Trooper Ted Foss. Cpl. Foss was conducting a routine traffic stop on the shoulder of I-90 in Winona County on Aug. 31, 2000, when he was hit and killed by a passing vehicle. His story is a powerful reminder of why we must move over and slow down for vehicles on the shoulder.

In his honor and to save lives on Minnesota roads, on Sunday, August 31, law enforcement across the state will be actively enforcing the Ted Foss Move Over Law. Failing to change lanes or slow down endangers other drivers and emergency professionals and can leave you facing a fine of more than \$100.

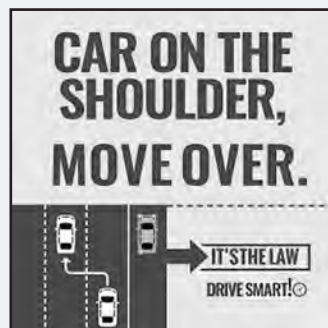
Drivers need to remember:

Move Over. On a road with two or more lanes going the same direction, you must move over one full lane from stopped emergency and maintenance vehicles as well as any vehicle with its hazards on.

Slow Down. If you can't move over safely, you must slow down.

Watch for People. The law also applies to people who are outside their vehicles.

Let's all do our part to keep each other safe on the road. When you see flashing lights, stalled vehicles or people on the side of the road, slow down and move over a lane to keep travelers safe and to give roadway workers room to do their jobs safely. Working together, we can drive Minnesota toward zero deaths.



Rep. Altendorf Seeks Toxicology Report of Annunciation Church Murderer



Rep. Pam Altendorf (R)
District: 20A

ST. PAUL — State Representative Pam Altendorf (R-Red Wing) and 35 other state lawmakers have penned a letter to the Minnesota Bureau of Criminal Apprehension (BCA) asking the agency to release the toxicology report of the Annunciation Church shooter who killed two children and injured many others.

"This was a traumatizing act of cowardice violence targeted at innocent children," Al-

tendorf said. "The Democrats rushed to politicize this event. However, since the initial information was given to the public we have seen a startling absence of facts that the public deserves to know."

"We should be examining every potential reason that this psychotic individual decided to plan and carry out a shooting in a Minneapolis church," Altendorf continued. "Minnesotans deserve to know if the shooter was on a medication where the side effects could lead to suicidal or homicidal tendencies."

In their toxicology report request to the BCA, the lawmakers noted: "Knowing the complete picture of what substances, legal and illegal, may have played a role in the perpetrator's mental state would go a long way to understanding the factors that influenced the perpetrator's motivations in committing this horrific act. It would also inform the public debate on the use of these drugs, as we and other legislators struggle to understand the effect of these drugs on our society."

"If our goal is to truly deter heinous acts of violence such as this, then we must look at a complete picture and examine all contributing facts before reaching a conclusion," Altendorf said. "Schools, families, children, and educators all deserve full transparency to understand all of the factors that caused this tragedy, which is why the toxicology information must be released to the public."

Bellechester City Council Meeting Minutes

August 20 @ 6:00 PM

Call the meeting to order at 6:00. Meeting is recorded, and the recordings belong to the City of Bellechester.

Pledge to the flag

Mayor Jody Gordon opened the regular city council meeting at 6:00.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council member Mark Gerken Jacob Gilsdorf, and Nick Keller as well as City Clerk Lisa Redepinning, treasurer Kyle McKeown, and City Engineer Matt Mohs. Council member Rich Majerus was absent. Kyle Blattner, Dori Klindworth, Jo Poncelet and Jackie Distad were also present.

Minutes of the July 16, 2025 meeting were reviewed and motion was made by Mark Gerken with a second by Jake Gilsdorf to approve the minutes with noted changes. Motion carried.

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

Old Business:

• **Sanitary Sewer Improvements – Update** – Project is winding down and will be closed. We will move into finalizing the loan. Next step is for staff to meet with contractor and do a walk thru on the project. Paperwork is mostly what remains.

• **Lead Service Line – Update** – 6 properties that we need to get into basements to get information. Inventory will be complete. This fall we will try to fix the galvanized lines. After this, we will be done and complete the obligation during the next month.

• **ADA Compliance** – CRW performed the review of what is needed to be completed for ADA code compliance and that list was distributed to council. We will need to compile a list and give to Rural Development on the status of these improvements. ADA improvements can qualify for grant dollars. Will talk to BCCA committee in September about the improvements and that they will be covered.

New business:

• **Kyle Blattner** – Building Permit request for a garage replacement on his property. Tabled due to survey needed first.

• **Fire Association Joint Powers Agreement** – No update - Tabled

• **Community Center** – will pass on ADA info

• **Preliminary 2026 Budget** – will be on September agenda to set preliminary

• **Waste Treatment Line Repair** – we can repair these with existing funds. Motion was made by Nick Keller with a 2nd by Jake Gilsdorf to add HM Underground Solution for \$8829 to repairing the 2 cap lines. Motion carried.

• **Wells Creek Snowmobile Club Drawing Approval** – Motion was made by Nick Keller with a 2nd by Jake Gilsdorf to approve the raffle drawing at the Tavern Sept 20, 2025. Motion carried.

• **Jo Poncelet** - Dumpster by G and B Feed/creamery property was discussed, as well as no parking signs and parking concerns on Poncelet Metal owned properties.

Engineer Report – None

Clerk Report – Goodhue County 1st Half Taxes Received - \$32,339.71. 1st Half LGA and Small Cities Assist Received - \$15,312.68

Treasurer Report – Past due list was distributed.

Water/Wastewater/Facility Report – Inspect the pressure tank in the north well was discussed. Flow meter was calibrated last week. Fall discharge will be done.

Mayor Concerns: None

Council Concerns: None

Adjourn

Motion was made by Nick Keller with a second by Jake Gilsdorf to adjourn the meeting. Motion carried. Meeting was adjourned at 7:10 Motion carried.

Submitted by Lisa Redepinning – City Clerk

Goodhue City Council Work Meeting Minutes City Hall ~ August 13, 2025 ~ 6:00 p.m.

Members Present: Mayor Ernie Valenzuela, Council Members Michael Brunkhorst, Chris Schmit, Jeannine Nagel Staff: Lisa Redepinning, Lori Luhman

Absent: Joe Benda Guests: McCrae Olson

Call to Order

Mayor Valenzuela called the meeting to order at 6:00 p.m.

Approve or amend Agenda

The agenda was amended to add the “Restated Joint Powers Board Agreement” to the beginning of new business and “Appointing Two Fire Representatives And One Alternative to The Fire Board” at the end of new business. Motion to approve the amended agenda was made by Schmit, seconded by Brunkhorst, motion carried 4-0-0.

Approval of Minutes

Motioned to approve the July 23, 2025, city council meeting minutes, was made by Nagel, seconded by Schmit, motion carried 4-0-0. Motioned to approve the August 6, 2025, special city council meeting minutes, was made by Nagel, seconded by Brunkhorst, motion carried 4-0-0.

Approval of Bills

Motioned to approve the bills was made by Nagel, seconded by Brunkhorst, motion carried 4-0-0.

New Business

Restated Joint Powers Board Agreement

The Fire Truck Association held a meeting with the members on Monday, August 11, 2025, to review the Joint Powers Agreement. Those present from the City of Goodhue were Mayor Valenzuela, Council Member Brunkhorst and City Administrator Redepinning. Mayor Valenzuela felt it was a very productive meeting but there was no vote. There was a show of hands from the members who would accept the proposed agreement that was presented that night as good enough to move forward with the changes. There was no formal vote on the agreement at this meeting. Since the August 11, 2025, Fire Truck Association meeting, the City of Goodhue received an updated version of the agreement and forwarded on to Attorney Vose for review. There were still the original grammar and clerical errors in the agreement. What the city council agreed to at its special meeting held on August 6, 2025, was not what was presented in this updated version. Attorney Vose made it clear that he does not recommend the council to agree to the wording in 6.1 of the agreement as presented because of how it could affect the city financially. Mayor Valenzuela believes council should continue to revisit this more. Council, with the advice of Attorney Vose and staff, made a diligent effort to find and make necessary corrections and decide who would be responsible for making those corrections. Council members Brunkhorst and Nagel offered to stay after the meeting to make those corrections. Then they will send the revised agreement to the Joint Powers Board. If these changes are accepted by the Community Fire Truck Association and its members, then council agrees to place this agreement on the consent agenda for the next council meeting to vote on it.

Potential Telecommunications Tower City of Goodhue

A telecommunications tower company is ex-

pressing interest in placing a tower in Goodhue. Options for placement of more cell tower equipment located on either the water tower or bare ground were discussed. Council agreed to have staff reach out to the company and bring back more information for them to review.

Communication Regarding City Issues Outside of Official Meetings

Mayor Valenzuela brought up the issue of council members discussing council issues in inappropriate areas outside of meetings with other council members or the public. Members tried to establish why this was an issue as meetings are on record, voice and video recorded. Mayor again reminded Council to be careful about certain topics that may include residents and talking about them or their situation in the community and your awareness of this is appreciated.

Reaffirming City Administrator’s Duties

Mayor Valenzuela mentioned he was talking to Lisa about not only trying to learn her responsibilities from a Mayor’s perspective, but also to understand the volume of how much actually needs to come through the city administrator from the public. Mayor suggested to council is to try to keep complaints or questions from the public more streamlined, instead of council members handling it, first direct it to the City Administrator to let staff handle it, then if it is too much, then council can help.

Gas Commission/City Work Agreement

Council members were given the Gas Commission and City Work Agreement that was compiled from notes that were put together by staff. This agreement was needed because everything was verbal up to this point. This agreement is to show the coordination of job duties, who does what and who helps who and why. This will also help to explain how the labor and equipment expenses are all accounted for between the two entities. This agreement will be a helpful tool for future staff. The Gas Commission agreement was approved to be on the consent agenda for the next meeting.

Merit pay increases for P.W. Staff from 2024

The merit pay increases for Public Works staff were delayed last year because the city’s newly hired administrator did not know where the budget was yet at that time. This was explained to the staff who were very understanding and were told it will be reviewed again in 2025. Administrator Redepinning confirmed there is room in the payroll budget and with their performance evaluations, staff is deserving of a 5% increase. Council agreed and since this agenda item was delayed one month, the council agreed to back pay both employees from July 2025 for the 5% increase. Council agreed to add the merit pay increase to the consent agenda for approval at the next meeting.

2026 Preliminary Budget/Discuss Levy

The preliminary budget and levy report was shared for council to have and review for future budget meetings. Council member Nagel left the meeting at 8:33 p.m. and returned at 8:34.

2nd Street Pub Façade Application

Council member Nagel confirmed that the façade also refers to the side facing the alley, if the applicant was a commercial business. The City’s grant contribution of the facade will be \$2,000. Council agreed that the 2nd Street Pub façade application will be added to the consent agenda for approval at the next council meeting.

Property Insurance Renewal

Council was informed the insurance rates will decrease once the sale of the property with the school is complete. That will remove coverage for the field, dug outs, and sheds. Council agreed to add the insurance renewal to the consent agenda to be approved at the next

meeting.

Appointing 2 fire representatives and 1 alternative to Fire Board

Council was encouraged to appoint an additional member, so there would be two voting members and an alternate for the City’s representation for the Goodhue Community Fire Truck Association Board. Currently Council Member Benda is the only board member appointed. A motion was made by Council member Schmit to appoint Brunkhorst as the second Fire Board representative and Mayor Valenzuela as an alternate to the Fire Board, seconded by Nagel, motion carried, 4-0-0.

Public Works Report

Public Works Director Mandelkow reported that the water tower work begins tomorrow, August 14th. The tower is being drained to make repairs and overcoat. The fire departments were notified. The pickleball court cracks are not bad enough to take a crack filler so they gave us a glue type sealant to apply with a squeegee. Staff will be taking care of that maintenance. The poles are also bending in for the nets and need to see what the company decides to do. If they do nothing, staff will replace poles differently or go with portable system so they can be removed off season. The fence ordinance should be updated to reflect how the homeowners of twin homes can proceed with plans when they have a shared midline. Having a 5’ setback from the midline leaves a 10’ unused section in the middle and is unusable. Language should be changed to address the mutual agreement between neighbors with common middle fence or privacy fences. The alley repair behind the bar is done and still working on potholes in city parking lot, bike trial and 4th Avenue. The alley behind the Habitat for Humanity home will be done next week. Public Works staff found a used dump truck, discussed this with council, and are going to look at it and will report back at the next meeting. Mandelkow was invited to present at the Region 5 EPA partner meeting to do a presentation for the impressive work done with Goodhue County Soil and Water on the City’s nitrate level mitigation. People commented on how well the City of Goodhue worked in partnership with Goodhue County Soil and Water to implement nitrate reducing practices with landowners farming within the Drinking Water Supply Management Area. The City’s goal was to get 80% of the acres in the DWSMA but unlike any other city, they got 97% enrolled. The Soil and Water Conservation is having a barbeque and is inviting landowners. They are asking for a council member to speak. Council Member Brunkhorst volunteered and will speak on Jason’s behalf.

Administrator Status Report

Administrator Redepinning advised council that our representative has sent a letter to the Lions Club requesting a donation to match an EDA grant for implementing a disc golf course. Redepinning requested an update on the Thomforde property from Council Member Schmit from his verbal violation discussion with Thomforde’s. Schmit replied that everything we asked them to do was done. Council Comments Council Member Schmit asked about the status of the Short-term rental mentioned in administrator status report. Redepinning commented that no building permit has been applied for at this time and the ordinance would need to be changed if short-term rental was going to be allowed.

Mayor Comments

None

Other

Administrative Assistant Luhman informed the council that the donation letter for Community Express and Courier Services is a request for donations. This organization is working on getting their paperwork back for their 501(c)3 status. *(continued on page 16)*

Goodhue City Council

(continued from page 15)

They are currently looking for donations and want to work with city on SMIF Small City grants and will be given our EDA contact information. Council Member Brunkhorst elaborated on the Community Express and Courier Services operations of the organization and gave some examples of how they have helped members of our community.

Adjournment

A motion to adjourn the meeting was made at 9:30 pm by Council Member Brunkhorst, seconded by Nagel, motion carried 4-0-0. Respectfully submitted, Lori Luhman, Administrative Assistant/City Clerk

Goodhue City Council Meeting Minutes City Hall ~August 27, 2025 ~ 6:00 p.m.

Members Present: Acting Mayor Chris Schmit, Michael Brunkhorst, Jeannine Nagel
Staff: Lisa Redepinning, Lori Luhman

Absent: Mayor Ernie Valenzuela, Council Member Joe Benda
Guests: Roger Ballstadt - Goodhue Fire Truck Association, Pete Grim-srud – Grimsrud Publishing

Call to Order

Acting Mayor Schmit called the meeting to order at 6:00 p.m.

Approve or amend Agenda

Additions to the Agenda are: Variance Application for ISD 253 Goodhue Public Schools

Motion to approve amended agenda was made by Nagel, seconded by Brunkhorst, motion carried 2-0-0.

Approval of Minutes

Motion to approve the August 13, 2025, work session meeting minutes was made by Nagel, seconded by Brunkhorst, motion carried 2-0-0.

Approval of Bills Motion to approve the bills was made by Nagel, seconded by Brunkhorst, motion carried 2-0-0.

Consent Agenda

- Gas Commission/City Work Agreement
- Merit pay increases for P.W. staff from 2024
- 2nd Street Pub Façade Application
- Property Insurance Renewal Motion to approve the consent agenda was made by Nagel, seconded by Brunkhorst, motion carried 2-0-0.

Old Business

Restated Joint Powers Agreement of the Goodhue Community Fire Truck Association Council member Brunkhorst, as council representative of the Joint Powers Board, handed council members an updated Restated Joint Powers Agreement of the Goodhue Community Fire Truck Association. Council did not see this agreement before the meeting, so time was taken to review and confirm any changes or discrepancies from the one that was previously agreed upon.

Council member Nagel left the meeting at 6:05 p.m. and returned at 6:06 p.m.

Brunkhorst stated the committee was not happy with the “example” being in there. They found it more confusing than helpful. Attorney Vose reminded how changes normally are red lined in documents to note changes. Vose stated he does not know what document we’re talking about and has not seen this new document but could help with the contribution language and whether we include land or buildings. 2 Council member Nagel asked for a copy of the Joint Powers Agreement that was agreed on at the August 18, 2025, fire meeting to clarify if building value was in that one. The agreement stated, “real property value”. Vose reiterated that in every version of this agreement it has always included both land and building values and no one on this council has ever said that you don’t want to include both land and building values. If you include land and building value together, which has always been our position, then Goodhue’s percentage is way lower

than 22.65%. Council, the City Attorney and a member of the Goodhue Fire Truck Association debated the topics of land value, building value, and number of calls in Goodhue, to justify a formula that reflects reality that everyone thinks is fair. Brunkhorst stated the committee wanted the example to be either a footnote or a paragraph in the document. Council decided to leave the “Example” in the agreement. A motion to approve Version 2 from 8/15/2025 to send back to the Fire Truck Association for consideration, was made by Brunkhorst, seconded by Nagel, motion carried 2-0-0.

2026 Preliminary Budget/Discuss Levy

There have been some reductions and changes in the past couple weeks. The TIF calculation is back in the corrected form. After 2026 the bond goes down. It will be on the work session agenda for discussion.

New Business

A motion to approve the Resolution 25-14 Lions Club Off-Site Gambling LG230 for a side-by-side ride and raffle on September 7, 2025, was made by Nagel, seconded by Brunkhorst, motion carried 2-0-0. The Goodhue School returned the signed field sale agreement for us to sign and return to them. A motion to approve field sale agreement with Goodhue School was made by Brunkhorst, seconded by Nagel, motion carried 2-0-0. Goodhue School submitted a variance to place a storage container on the north side of the concession stand. Motion to approve the variance made by Nagel, seconded by Brunkhorst, motion carried 2-0-0.

Administrator comments

The Goodhue portion of the bill for the Fire Department roof of \$27,443.25 was recently received. Normally we get billed all at one time and it is unusual to get one mid-year like this. Question was referred to check with Brad Kollberg of the Goodhue Fire Truck Association about it.

Adjournment

A motion to adjourn the meeting was made at 6:56 pm by Council Member Nagel, seconded by Brunkhorst 2-0-0. Respectfully submitted, Lori Luhman, Administrative Assistant/City Clerk

Goodhue City Council Work Meeting Minutes City Hall ~ September 10, 2025 ~ 6:00 p.m.

Members Present: Mayor Ernie Valenzuela, Council Members Michael Brunkhorst, Chris Schmit, Jeannine Nagel

Members Absent: Joe Benda
Others Present: Lisa Redepinning, City Administrator, Lori Luhman, Administrative Assistant/City Clerk, Jason Mandelkow, Public Works Director, Chad Ryan, Goodhue Fire Truck Association President, Bob Vose, City Attorney, Telecommunications Tower Presenters: Kirk Rasmussen, Project Manager, Mike Huizenga, Project Manager

Call to Order

Mayor Valenzuela called the meeting to order at 6:00 p.m. Approve amended Agenda Amendments to agenda include policing update moved to next work session and first two items on the agenda requested to be moved down the list around 6:30 timeframe to accommodate Attorney presence. Motion to approve amended agenda made by Brunkhorst, seconded by Schmit, motion carried 4-0-0.

Approval of Minutes

Minutes were amended to change spelling correction of a name, change motions to 2 instead of 3 and replace the word TIF with bond. Motion to approve the amended meeting minutes of August 27, 2025, made by Brunkhorst, seconded by Schmit, motion carried 4-0-0.

Approval of Bills

A motion was made to approve the bills by

Brunkhorst, seconded by Nagel, motion carried 4-0-0.

New Business

Fence Ordinance Modification for Twin Homes

To formally modify the ordinance to clear up confusion on lots with twin homes, the ordinance is to be amended as follows, Ordinance No. 152 Section 1. F. Setbacks. A fence may be located within 5 feet of a property line. Fences along shared property lines in twin home configurations may be installed entirely within the owner's property. However, placement directly on the shared property line requires mutual consent from both property owners. No fence, wall, hedge, or other screening device shall be permitted to encroach on any public right-of-way. A new Ordinance amending Ordinance No. 152 will be added to the consent agenda for the next meeting.

Set Preliminary Levy

Discussion centered on setting the preliminary property tax levy which must be set by the end of the month and can only be lowered later. Other Minnesota cities are proposing 3-15% increases due to rising costs and funding uncertainties. School levy and County levy impacts were discussed. City was notified that the cost of CEDA for 2026 will be increasing 2.5%. Council consensus was to set preliminary levy at 10% with intent to reduce if it is fiscally possible. Preliminary Levy of 10% will be added to the consent agenda for the next meeting.

Telecommunications Tower Proposal - discussion with vendor

Presentation by Kirk Rasmussen and colleague regarding proposed telecommunications tower in the city. The offer is \$400/month lease with 10% escalator every 5 years over 50 years plus a \$100/ month per extra carrier. Lease would include a dismantling/removal of improvements bond (\$20,000) for end-of-life or bankruptcy. Council addressed their concerns of rate, impact, public opposition, zoning, aviation lighting, access to site and the impact of crop land and coordination with farmers. The City is interested in only one specific parcel location, a smaller lease area, higher rent, and a lower self-supporting tower. The city will now wait for a revised offer and feedback from the tower company after the council’s concerns are reviewed. Public engagement/outreach will be required before final approval. 2

Amended and Restated Joint Powers Agreement of the Goodhue Community Fire Truck Association

Ongoing, protracted negotiations over the JPA language for the fire truck association took place again. Main points that need clarification are the definition of “Members” and where it is used in the agreement and the clause allowing 4/5ths majority to alter the funding formula. Frustrations of clarity, version control, lack of communication, intimidating tactics and unnecessary voicemail messages from association representatives,

confirm that both entities’ attorneys should be communicating the proper wording to this agreement. Council consensus is the agreement needs legal review and clear definitions; current version has ambiguities and risks unfair formula changes. Council requests Fire Truck Association to engage legal counsel and clarify language before further consideration. Council Member Brunkhorst suggested choosing new JPA committee members due to rising tension.

Special Assessment for delinquent bills

Annual process to set threshold for minimum past due on utility bills to be assessed was discussed. Council agreed to proceed with assessment process for all accounts in arrears. Customers will be notified of their amount and given a chance to pay before it is assessed to their taxes.

Pool Season Overview

Pool season statistics and resident/non-resident pass breakdowns were reviewed. Purchasing concessions from a larger retailer was suggested and consider combo packages for lessons and passes.

Negative Fund Balances

The State Auditor requires negative fund balances (twin homes, Swanson Heights) to be zeroed out from the general fund. Administrator Redepinning notified Council that this will just reduce the general fund but not the total bank balance.

Public Works Report

Street painting and repairs are ongoing, the water tower is nearly done, and the new pickleball nets are installed. Dump truck purchase deferred due to high price; alternative sought via auction.

Administrator Report

Getting ready for the clean-up day and got gloves and treats for the Honor Society students that will be assisting with unloading cars as they come through. Salvation Army will be there to take anything they want. City Clerk caught a fraudulent attempt by a title company asking for a resident’s account information. This is a reminder why it is important to have a resident’s contact information on their account.

Council Comments

Council Member Brunkhorst suggested creating a complaint policy and committee to improve responsiveness and maintain small town approach. It was clarified that complaints are currently handled per the zoning ordinance. Council members can initiate ordinance review at any time with the City Administrator. Discussed a potential need for additional council member on the ordinance committee. Council Member Nagel stated that she will be absent from the next meeting on September 24, 2025.

Mayor Comments Mayor asked about the farmland, rent price and cost per acre in reference to the possible telecommunications tower.

Adjournment

A motion to adjourn the meeting was made at 8:35 p.m. by Council Member Nagel, seconded by Schmit, motion carried 4-0-0. Respectfully submitted, Lori Luhman, Administrative Assistant/City Clerk

Change in Fence Ordinance Pertaining to Twin Home Properties

By City of Goodhue

At their September 24, 2025 council meeting, it was approved to admend the below section of our existing fence ordinance #152 to address twin home lots.

Setbacks. A fence may be located within 5 feet of a property line. Fences along shared property lines in twin home configurations may be installed entirely within the owner's property. However, placement directly on the shared property line requires mutual consent from both property owners. No fence, wall, hedge, or other screening device shall be permitted to encroach on any public right-of-way.

For details, visit the City of Goodhue website.

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DAILY FEATURES

WEDNESDAY Enjoy Our Jumbo Wings Specials! BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00pm.)

THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks! Taco Specials! Fajita Specials!
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