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Announcements



• **Change in Goodhue Council Meetings For Nov & Dec:** Due to the holidays in November and December, there will be only one meeting held in each of these months. As a result, the 1st meetings on November 12 and December 10 will be converted from Work Sessions to Regular Meetings. Work Sessions will resume their normal schedule in 2026.

• **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

Changes in Goodhue City Government

By Beth Brekke

After serving as Goodhue's mayor for the past 10 months, Ernest Valenzuela has submitted his resignation. (continued on page 15)

St. Luke's Plants Memorial Trees



photo by Sue Majerus

17 Trees make up Memorial Grove landscape project at St. Luke's Church

By Beth Brekke

On October 3rd, St. Luke's congregation volunteers planted 17 trees between the church and County Highway 6.

(continued on page 2)



(L-R): Recently resigned mayor Ernest Valenzuela, Councilman Michael Brunkhorst, Joe Benda (resigning from council effective 12/31/25), Councilwoman Jeannine Nagel, acting mayor Chris Schmit

photo by City of Goodhue



The 16th annual KCUE Harvest Lunch was held under the tent in Lodermeier's implement sales lot on October 17th. photo by Zach Zaborske

Q-Media Harvest Lunch Held at Lodermeier Implement

By Beth Brekke

Red Wing's Q-Media group organized the 16th annual Harvest Lunch held on the grounds of Lodermeier Implement October 17th. Favorable weather has helped the farmers get field work done and a recent rain gave them time to take a break and attend the event.

(continued on page 3)

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Pastors Corner



By Pastor Eric Hanson,
St. Luke Lutheran Church

I'm writing this article a few hours after the school shooting at Minneapolis Annunciation Catholic School. I realize by the time this article is read, that incident will be long past and no longer front of mind for many. The purpose of this article isn't necessarily to reflect on that specific incident, per say, but to reflect on issues surrounding that and events like it that seem now inextricably woven into our

St. Luke's Plants Memorial Trees

(continued from page 1)

The Norway Spruce trees were purchased from Cannon Tree Farm using donations given in memory of loved ones. The Memorial Gove is intended to not only provide beauty and nature habitat, but a much needed wind break in the years to come.

According to a church member, "It was really special that so many people wanted to be a part of this Memorial Grove. We could have added more but we ran out of room in that location". The trees are just one of the landscaping projects being planned on the new church property.

culture. Primarily, I wonder, "Why does this keep happening to us?" And, "Can we do anything about it?"

Before 1999, America experienced 7 mass shootings at school locations in its entire history. If you start the "history of America" at its birth year of 1776, that equates to 7 mass school shootings from 1776 to 1999, which gives a shooting-per-year rate of about 0.0314, or 3.14% (about 1 shooting every 31 years). This frequency was so small that modern day precautions such as active shooter drills, or the more robust security precautions American schools practice today were not practiced for the first 200 years of our history. In fact, during this period of America's history it was possible to go decades, sometimes generations, without hearing of a mass shooting at an American school.

Fast forward to 2025 and all of that has changed. Since 1999, starting with the Columbine High School shooting, America has experienced 14 mass school shootings in that 26-year time period (not to mention a number of other violent incidents at schools that wouldn't fall under the definition of a "mass school shooting"). That means we are now experiencing mass school shootings at a rate of 0.538, or 53.8%, essentially a shooting every other year. To put things in perspective, that is a 1614% rate increase from the first 223 years of our nation's history.

Again, I wonder, "Why is this happening to us?"

I am not a trained psychologist or sociologist, and so I will not venture armchair quarterbacked guesses on possible psychological or sociological motives. But I am a trained theologian, and theologians are trained to ask "What stories do we live by?" and "How do our stories shape us?" And so I wonder, around the turn of the century, did our stories change? If so, how did they change? What stories are shaping us now that didn't shape us before? And especially, when somebody reaches for violence against innocents in a place that's supposed to be a sanctuary of care and safety, what stories were they telling themselves in that moment? What stories got them to that moment? This sort of violence seems cultural at this point in our history, which means that story is one of the things in the petri dish nurturing its growth. Where have we gone wrong in our stories?

I don't have an answer to that, but as a pastor I would like to shout from the highest rooftops, "God has a different story!" I hope and pray the families of the victims of the Annunciation School shooting know they and their loved ones are wrapped up in the eternal, life-giving story of God. I hope anybody who might reach for rage or violence as an answer to a hellish story that nurtures hate and anger might be interrupted by an experience with God's healing story. I hope such an interruption by God's healing story might turn hearts bent or twisted by violence into hearts that know peace (and over time, hearts that give peace).

Maybe it's naïve to think our culture's hellish stories can be combated by God's healing story, but I don't think so. I think it's hopeful. I think it's salvation. And to the question of "can we do anything about it?" That's the answer I've landed on; it's time to tell different stories. It's hard to change culture. Fine. I won't worry about changing culture. What I can do (what we can do) is make sure the people around us are wrapped up in good stories. The story of God's love for them. The story of our love for them. Maybe good stories can keep hellish stories from gaining purchase?

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(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
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Rosary said 25 minutes before Holy Mass
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Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass
Rosary said 25 minutes before Holy Mass
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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

First Table of God's Law

"Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. — Matthew 22:37-38

My wife and I recently attended a symphony. Seventy-five musicians on the stage gave their best. The star of the show was a young violinist playing a 1699 Stradivarius violin. At the end of the performance, with the crowd on their feet applauding, the young man left the stage. The applause continued, and he reappeared and bowed. The applause increased, and he returned a second time.

Was this violinist an egotistical young man? No. Giving the audience the opportunity to express their gratitude and amazement for a beautiful performance added to the listeners' joy. If the violinist had simply walked off and not returned, the audience would have felt shortchanged. Expressing appreciation is an important part of enjoying a great performance.

The first table of God's law to his people (commandments 1-4) calls them to love the Lord with all their heart, soul, and mind. God wants us to honor and glorify him in all we think, say, and do. The first table of the law is designed to enable us to truly appreciate God's beauty and glory.

Calling for our love and respect in this way is not egotistical. Rather, it is a sign that the utterly amazing and loving God wants us deeply to enjoy the best life, blessings, and hope possible.

Lord God, thank you for your law, which teaches us to see and enjoy your amazing, beautiful love for us all. Help us to think and act and live in your ways always. 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
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Worship at 10:30a.m.
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Communion offered on the 2nd & 4th Sundays.

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Pastor Eric Hanson
37750 County 6 Blvd., Goodhue, MN 55027
Email: office@stlukegoodhue.org • 651-998-7106
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9:30a.m. Sunday Worship
6:45p.m. Wednesday Worship
www.stlukegoodhue.org

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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.

Q-Media Harvest Lunch Held at Lodermeier Implement

(continued from page 1)

Over 100 people were served pulled pork sandwiches, coleslaw and cookies. The larger than average crowd caused the food to run out

before the event ended. The food was prepared by Goodhue Country Station and sponsored by the Goodhue County Corn and Soybean Growers Association.

The activities were held under a large tent from Ripley's Rental set up on the hill in Lodermeier's implement sales lot. Dan Lemke of the Linder Farm Network joined KCUE's Logan Breuer in the live broadcast featuring farm news and interviews with local business representatives.

Q-Media regularly broadcasts Goodhue Wildcat sports and other area events. They will be hosting several food drives including their 34th year at Red Wing Wal-Mart. News and discount coupons to local businesses can be found on their website, www.q-media-group.com. Listen live on the website or on your radio at 1250 AM or 98.9 FM or KWING 106 FM.



KCUE radio personality, Logan Breuer and Linder Farm Network's Dan Lemke broadcast live from Lodermeier's. photo by Zach Zaborske

Shear Enhancement

Sending warm wishes for a wonderful Thanksgiving to you and yours!

Meagan Jaeger

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Chamber Notes

By Beth Brekke

The Goodhue Chamber of Commerce rotates between businesses when meeting at 9 AM on the third Tuesday of the month. The organization gained some new members this year and is happy to report that they had good help for the summer farmers' market. The market has grown and been very successful and they hope to continue to build on that success next year. Members are currently making plans for the annual Christkindlmarkt. The outdoor Christmas-themed market will be held Saturday December 6th.



Lodermeier employees, Travis Thomforde and Brent Lodermeier are interviewed during the KCUE Harvest Lunch live broadcast. photo by Zach Zaborske

HAPPY Thanksgiving

At this special time of year, we're reminded how fortunate we are to be a part of this wonderful community.

We wish you the best this Thanksgiving and always.

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Youth from Goodhue, Dodge, and Olmsted Counties Take Aim with 4-H Shooting Sports
Local youth compete and earn medals at state event in Alexandria

Submitted by Jim Perrotti

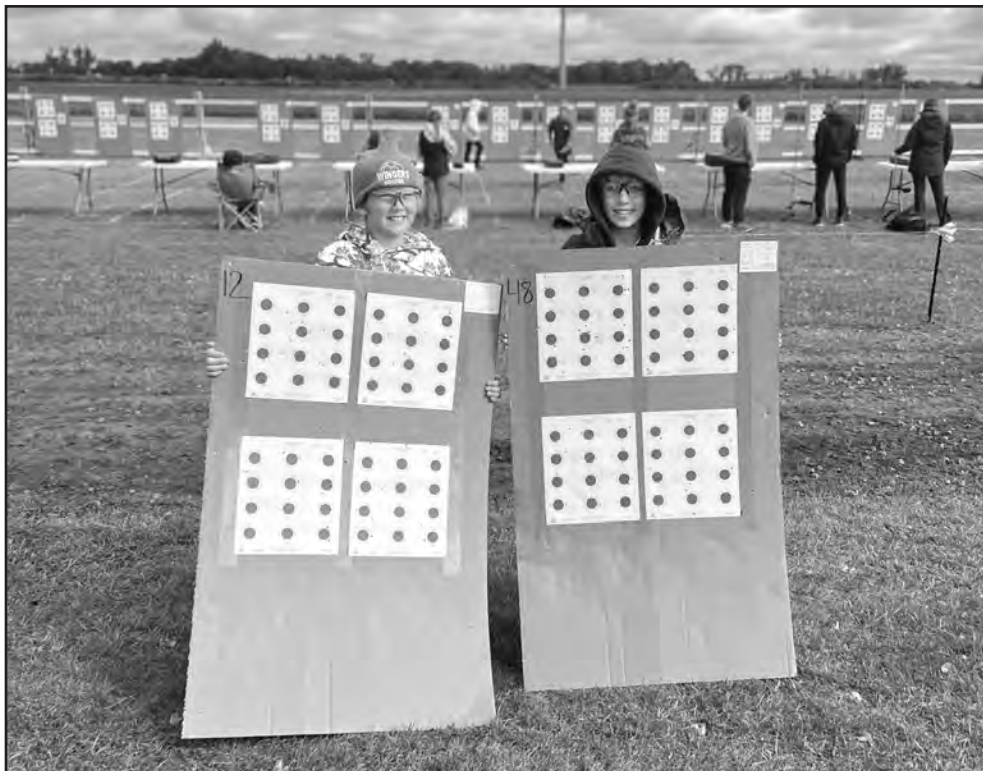
Youth from Goodhue, Dodge, and Olmsted Counties are developing skills, confidence, and leadership through the 4-H Shooting Sports program. Guided by certified volunteer instructors, participants receive hands-on training in several disciplines, including archery, air rifle, air pistol, trap shooting, .22 rifle, muzzleloading, and tomahawk throwing. This year, 30 youth from the tri-county area

represented their local programs at the Minnesota 4-H State Shooting Sports and Wildlife Event in Alexandria, Minnesota. Among them, nine individuals and two teams earned medals for their achievements — a proud accomplishment reflecting their hard work, dedication, and sportsmanship.

The program emphasizes safety, responsibility, and personal growth while introducing youth to a wide range of outdoor and shooting disciplines. In addition to the competition events, participants also enjoy animal calling, the wildlife skill-a-thon, and cast iron cooking, all of which promote teamwork, leadership, and an appreciation for conservation and the outdoors.

The 4-H Shooting Sports program is made possible through the generous support of community partners, including the Bellechester Legion, the Mazeppa Lions Club, and the NRA Foundation. Their contributions help provide equipment, training opportunities, and educational materials that ensure youth can safely and successfully participate in the program.

For more information about joining 4-H Shooting Sports, contact your local Extension Office in Dodge, Olmsted, or Goodhue County at 651-385-3100.



Karsten Romfo and Patrick Thoms, air discipline



Gabriella Perrotti scoring archery, her last 4H event as she aged out.



Cast iron cooking, l-r, Abby Tipton, helper Eric Deirks, Patrick Thoms, Carsten Romfo, Charlie Thoms



Wildlife poster on forest fires put together by Goodhue, Dodge Counties



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Sports

Goodhue Soccer Co-op with Cannon Falls

Submitted

Goodhue has 3 boys.
#14 Dominic Bartholome 10th grade
11 Joshua Quintero 7th grade
#13 Dwight Evenson 7th grade-St Johns
Head Coach Dan Schaack -
schaack.dan@cf.k12.mn.us
C-quad coach-Adam Van Slyke
Assistant coach Joel McGeough
Our season started mid August and our c-
squad had their last game October 2.
We are looking to grow this program.
There are also 3 girls who play soccer from
Goodhue at Cannon Falls.

*What a Great opportunity for
our Goodhue kids!*



Farm Girl Chatter

Silent Whispers at Dusk

By McKell Lemmerman

Hello, my name is McKell Lemmerman and I am from Mazeppa. I have turned my lifelong passion for cattle into a thriving local business. In addition to owning my own beef herd, I offer hands-on cattle services for area farmers, including vaccinating, castrating, de-horning, and implanting. Whether it's a large operation or a small family herd, I approach every job with dedication and care. No job is too big or too small. My commitment to efficiency and strong work ethic have made me a trusted name among farmers in the Southeast area.

I've always been a small-town girl with big farm dreams. Every sound at dusk tells a story - of care, of rhythm, of a life rooted deep in earth and grace. This column is my way of gathering these moments on the farm.

Silent Whispers at Dusk

As I sit here admiring God's creation, the sun begins its slow descent behind the hills, casting long shadows across the fields. The sky is a masterpiece—streaked with shades of gold, rose, and soft lavender. It's the kind of beauty that doesn't need words, just eyes willing to see it and a heart open enough to feel it.

The air has cooled, carrying with it the earthy scent of cut grass, fields being worked, and the fading warmth of the day. I'm perched on the edge of the fence, the work of the day is nearly done, but the land still hums with life.

Cows move slowly, their low moos soft and steady as they make their way out in the pasture. Not loud, not frantic—just little murmurs, like they're saying goodnight. Horses stand quietly under the shade of the old pine trees, offering gentle nickers as the evening settles in. All while a farm dog trots lazily across the gravel, tail swishing, keeping an eye on everything without a rush.

In the distance, the combine finishes its final pass through the field. Its engine groans gently, not with urgency but with satisfaction—like a farmer leaning back in his chair after

supper, tired in the best kind of way. Even the tractors, parked by the edge of the field, seem to hum with quiet purpose as the farmhands end their day. Soon, the low rumble of engines joins the symphony—metal meeting earth, machine joining man in this ancient rhythm of harvest and hope. The tractor hum fades as it turns toward home, and the combine leaving behind neat rows and the scent of freshly harvested grain.

I close my eyes for a moment and listen.

It's not silent, not really. But it's a different kind of sound. A sacred kind. The kind that seeps into your bones and slows your heart-beat. The kind that makes you grateful without needing a reason. I listen to the sounds—not loud, not sharp—but layered and rich. The quiet moos, the whisper of wind through the corn stalks, the clink of metal as tools are set down for the night. It's not silent. It's harmony. A lullaby of work well done.

The sunset wraps everything in gold, like heaven's own blanket tucking in the farm for sleep. It reflects off the tin roof of the barn and dances on the surface of the land, where the livestock roam and the farmers work.

I breathe it all in.

Out here, gratitude doesn't need to be spoken; it's lived. It's dust on your boots, and in the ache of your shoulders after a long day. It's in the knowledge that even if no one sees the work, God does. And that's enough.

I realize how much life there is in stillness. The kind of life that doesn't scream for attention, but quietly hums along, working, moving, breathing—alive in every sense. Sometimes, I think people forget about



places like this. Places where time doesn't demand attention but simply passes, like clouds across the sky. Where the work is hard but honest, and joy is found in the simplest things.

In the quiet harmony of this land, I am reminded that sometimes, the most beautiful songs are sung in whispers. As the light

fades, I sit a while longer, not needing anything more than this moment. A quiet place, a full heart, and the soft song of the land saying goodnight.

Nightfall whispers through the fields I call home,
McKell

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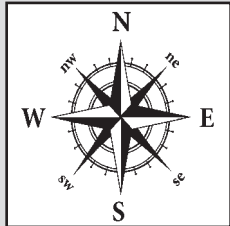
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Changes in Latitudes, Changes in Attitudes

Hunting Season



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.

It is that time of year again. Hunting season. When the manly tradition of heading out into the woods to shoot meat for your freezer arrives. I don't have a problem with hunting. I owned a gun shop for many years and made a

living selling firearms and ammunition. But some hunters lack common sense. Like the one who came in opening day to buy a hunting license and slugs for his 16 gauge. I was all sold out of 16 gauge-ammo already. And he thought it was my fault he couldn't go hunting. I made a comment about there being 364 other days in a year to purchase ammo, he didn't think it applied to him.

Being a lifelong farmer, I raised livestock to keep myself in meat all year long, so cleaning game seemed more work than I wished to invest. Being a landowner, I found myself dealing with the hunters who didn't respect private property. We had over 100 acres of woodland which seemed mighty tempting to many people. It was also home to my beef cow/calf herd and I preferred to keep it that way.

We leased the woodland out to a hunter who paid way more in hunting rights than he could ever harvest in meat. But he enjoyed the sport and we could trust him to not shoot our cattle. But outside of that we had some interesting interactions. Anyone who hunts is required to have permission to enter private property. Without that you become a trespasser. Your hunting license becomes rather worthless once you cross that line.

One autumn day in the late 1980's we were cutting firewood deep in the property when

one of my friends noticed a guy sitting on a stump above us with a shotgun. I walked up to him and asked what he was doing. He told me he knew Campbell, the owner, and had permission to hunt. I, with my father's sense of humor, asked what Campbell looked like. His answer was rather evasive until I informed him who I was and requested he leave ASAP.

I often times came down to check the cattle and found the gates left open. We eventually hard wired the electric fence in front of the gates to prevent unauthorized access. Every fall while riding through on my daily herd check I would come across a deer stand. My paid hunter only used a ground blind so we knew it was an interloper. For liability reasons we had to dismantle the trespasser's unit and see if he would show up to claim it. Whoever did it must have had lots of money because they donated a couple stands each year.

One fall I was hauling round bales out of the field and met a pickup coming into the field drive. The driver looked most displeased to see me and waved me out of the way. I looked displeased right back and motioned him to leave. When I returned for another load of bales, I saw that same pickup parked in the corner of my field. I reported it to the sheriff and had him ticketed for trespassing. Another early fall morning while I was plowing, I interrupted a couple hunting pheasants in my cornfield. They were mad I was scaring the birds and I told them to leave immediately.

The funniest story was watching a tree stand being built in my back field one harvest season. I was irritated that no one got permission to do so and it boiled over the night before hunting opener. I took my chainsaw out and



cut the saplings off level with the ground. I chained all four trees together and pulled them out of the field. My neighbor told me later that a guy showed up in their barn early the next morning while they were milking their cows. He was mad as could be, and asked them what happened to his deer stand. They couldn't stop laughing and told him to go ask the property owner. He never did and I assume it was the same guy I had ticketed for trespassing.

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Holly Thyme Craft Show

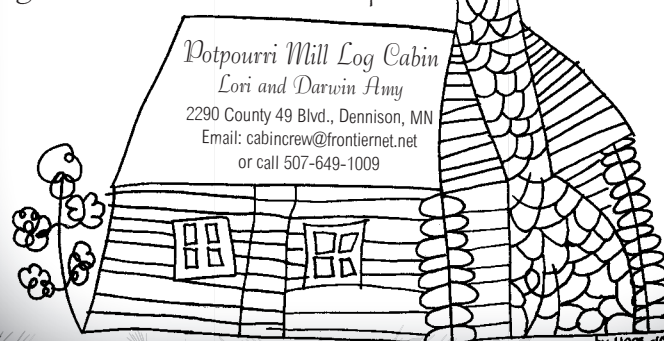
Saturdays: November 29, December 6, 13

Sundays: November 30, December 7, 14

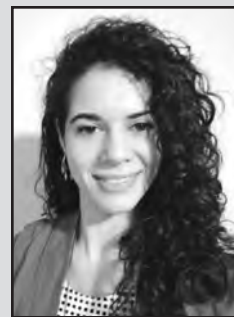
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A Minnesotan: Thanksgiving Turkeys



By RosaLin Alcoser

Once again the days are growing short, the nights are growing long, the air is now cold and November has truly rolled around. Which means once again that it's time for Thanksgiving.

The Thanksgiving Day turkey is one of the most icon part of the holiday. Weather he is on your table or only on your TV screen I can assume that a turkey will be present at most of your Thanksgiving celebrations.

While I could go on with story's of turkey cooking mishaps. The many hunting stories of great turkey hunts that could

be collected or about my older sister's confirmation turkey; yes she got a turkey as a confirmation gift. Instead I'm going to tell you about a group of turkeys that my husband often talks about and misses just a little bit.

This summer while my husband and I were vacationing in South Dakota. We encountered a rafter of big old mean Toms right outside of our Air B&B. There had to be about five or six of them out that evening.

At first these turkeys were neck wrestling in the drive way right were we had been parking our car. We slowly rolled towards the turkeys just enough to get them to move. This did work as they did move. They moved all the way to slightly father up the drive way; where they decided to resume their neck wrestling.

After serval minutes of watching these big old Tom Turkeys neck wrestle each other from our car. We finally had to beep the car horn to scare them away so that we could get out of the car.

While this did send them running it did not send them running far.

Once we were safely inside and away form the turkeys my husband, who is from the cities, figured out that if he stood on the deck and called at them they would call back. A lot of time that evening was spent with him yelling 'balalala' at the turkeys to get them to call ack to him. Which much to his delight they did.

Sleep



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Sleep is an essential part of maintaining a healthy life. Though we may resist it sometimes due to workload or social events, we quickly experience the consequences of those missing minutes of sleep. There is an increasing trend for using sleep aids to help achieve a good night of sleep. Sleep aids like Ambien, Benadryl, Tylenol PM, Zopiclone, or Z-Quil are popular choices for helping the body to move into a sleep cycle. Both the American Academy of Sleep Medicine and Statista predict an annual increase of 6% sales of over-the-counter sleep aids. With this growing trend across our society, let's look at the consequences of these sleep aids and the natural options for pursuing quality sleep.

While these sleep aids can help a person fall asleep, the sleep aids do not help the brain to acquire restful sleep and renewal. The sleep

cycle is a time for your brain to be able to remove useless proteins and garbage that have built up during the day. Your brain is very active throughout the day processing information at one quintillion calculations per second. All this processing will generate some garbage during the daytime, so a key purpose for sleep is to give the brain a chance to move out the garbage during quiet time. This natural cleaning process, called glymphatic flow, only happens during the deep sleep cycles. Sleep aids like Ambien help a person to reach the light sleep cycle but disrupts the ability of the brain to reach the deep sleep cycle where the garbage clearing can take place. A 2025 research article published by the Sleep Research Society found sleep aids decreased the amount of time in the deep sleep cycle. The sleep aid may help a person achieve a quantity of sleep, but the quality of sleep is greatly reduced.

The quality of sleep is measured by the amount of deep sleep achieved where the excess proteins from the normal day activities can be removed. These excess proteins in the brain are associated with symptoms of Alzheimer's and dementia. A 2023 research article in the Journal of Alzheimer's Disease studied over 3000 healthy senior adults for 15 years and discovered that White participants who used sleep aids were almost twice as likely to develop dementia compared to those who did not use sleep aids. The Sleep Research Society found that individuals with insomnia who did not use sleep aids had better brain wave patterns than those who did use sleep aids for insomnia. Therefore, drugless

ways of promoting quality sleep need to be considered.

Specific habits you can start that will help to reduce those sleepless nights include:

- Sleep in a completely dark room. Reduce as much light as possible.
- Aim to be in bed by 10 pm. Sleeping before midnight is critical for circadian rhythms.
- Adjust the temperature of the sleeping area to 65 degrees, no higher than 70 degrees
- Remove electronics and electromagnetic fields (EMFs) from your sleeping area. These forces disrupt your body's natural production of melatonin and serotonin.
- Practice relaxation techniques in preparation for bedtime including breathing exercises, relaxing stretches, meditation, or massage.
- Stop eating food at least three hours before bedtime, especially grains and sugars.
- Stop drinking water two hours before bedtime.
- Stop using computers, cell phones, or TVs at least an hour before bedtime. The blue light from these devices stimulates wakefulness.
- Avoid alcohol
- Avoid caffeine

Additional natural supplements are available to assist the transition to deep sleep cycle. Melatonin and GABA supplements have been effective for some individuals. Supplements containing valerian root or passionflower have also been helpful to increase relaxation and quiet the mind. Magnesium threonate is a targeted magnesium supple-



ment that delivers magnesium to the brain and helps promote rest. These recommendations are not replacements for establishing a consistent, quality bedtime routine as outlined above.

Protecting your brain involves more than just wearing a protective helmet on fast rides. You can protect your brain every day by providing opportunity for quality sleep. The result will be greater mental clarity and improved quality of life. Make healthy sleep a priority in your personal health care this coming year.

Contact me at nutritionproportion@gmail.com, check out my website at www.nutritionproportion.net, or follow me on Facebook at Nutrition Proportion USA.

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Eggs Do Not Cause High Cholesterol? Colon Cancer Prevention and More!



By Shauna Burshem, D.C.

Colon cancer often develops silently, so prevention through daily habits matters. Diet is a powerful lever you control. It shapes the gut environment, supports detoxification, and can help prevent mutations that lead to tumors. Among the most effective foods are cruciferous vegetables—broccoli, cauliflower, cabbage, and Brussels sprouts—which supply bioactive compounds that protect DNA,

strengthen the colon lining, and support a healthier microbiome.

A large analysis in BMC Gastroenterology pooled 17 studies with 639,539 participants and found that higher intake of cruciferous vegetables was linked to a 17% lower risk of colon cancer. Notably, the “sweet spot” was modest: about 40–60 grams per day—roughly half a cup of cooked broccoli—offered the strongest protection. Eating beyond that didn’t add much benefit, suggesting a saturation point and making prevention realistic without drastic dietary changes.

The protective punch comes from glucosinolate-derived compounds like sulforaphane and indole-3-carbinol, released when you chop or chew these vegetables. They activate detox enzymes that clear carcinogens, trigger apoptosis in damaged cells, and slow cell-cycle progression to prevent runaway growth. These mechanisms hold up under rigorous sensitivity analyses, reinforcing that the link isn’t a fluke or a product of publication bias.

Cruciferous vegetables also improve gut barrier integrity by tightening the junctions between colon-lining cells, which helps keep toxins and harmful bacteria from stoking inflammation. This shift favors beneficial microbes and amplifies the anti-cancer effect. Make a simple, consistent habit: include a moderate serving of cruciferous vegetables on most days, and pair it with smart lifestyle choices—like limiting seed oils and environmental toxins, choosing quality carbohydrates, and exercising—to build a reliable, daily shield against colon cancer.



Walking is one of the simplest, most accessible ways to care for your health. It requires no special gear or gym time and fits naturally into daily life—around the neighborhood, on errands, or during short breaks. Every step supports whole-body wellbeing, from better blood sugar control and stronger bones to improved mood and immune resilience.

While we often focus on minutes or step counts, emerging evidence shows pace may matter even more. A large U.S. study following nearly 80,000 adults for close to two decades found that walking speed offered sharper insight into health outcomes than time alone. Participants reported whether they walked at a slow or brisk pace, allowing researchers to compare real-life habits with long-term results.

The findings were striking: brisk walking—even just 15 minutes a day—was linked to nearly a 20% reduction in overall mortality, with the strongest protection for cardiovascular health, including ischemic heart disease and heart failure. Benefits held regardless of other exercise and were especially pronounced for people with conditions like high blood pressure, diabetes, or obesity. Slow walking still helped, particularly for heart health over longer durations, but the advantages were more modest and less consistent than with a faster pace.

So what counts as “brisk”? Think of a deliberate pace that elevates your heart rate and deepens breathing—you can talk but not sing—typically around 2.5 to 3 mph. To level up your routine, try interval walking (alternating easy and fast bouts), add a weighted vest or Nordic poles, invite a walking buddy, and choose outdoor routes for sunlight and

stress relief. Even small daily doses, done briskly, can deliver outsized benefits.

For years, eggs were painted as “cholesterol bombs” that would clog arteries and raise LDL, but newer research shows that story was oversimplified. A recent American Journal of Clinical Nutrition study cut through the confusion by testing how cholesterol and saturated fat interact, and the results were clear: the context of your diet matters far more than the cholesterol in eggs themselves.

In the trial, adults followed three diets for five weeks: high saturated fat (foods like fatty meat, lard, tallow, cheese, butter, cream, palm oil, and cocoa butter) with high cholesterol, high saturated fat with low cholesterol, and high cholesterol with low saturated fat. Only the third group—eating two eggs daily but keeping saturated fat low—reduced LDL cholesterol. The groups with higher saturated fat saw LDL rise, underscoring that saturated fat, not egg cholesterol, is the bigger driver of “bad” cholesterol increases.

Mechanistically, saturated fat burdens the liver and slows LDL clearance, leaving more LDL circulating. Eggs deliver cholesterol without that saturated fat load, so the liver can keep doing its job, helping prevent the artery buildup tied to heart disease and stroke. In other words, cholesterol doesn’t act in a vacuum—what you eat with it changes the outcome.

The bigger picture backs this up: in older adults, weekly egg intake was associated with a 29% lower risk of heart disease deaths and a 17% reduction in all-cause mortality. The takeaway isn’t “eat unlimited eggs,” but rather that thoughtful, moderate egg consumption within a balanced diet can be not just neutral, but protective.

Food quality and pairings amplify the benefits. Choose pastured eggs, avoid industrial vegetable oils, and build meals around nutrient-dense whole foods to minimize omega-6 linoleic acid intake. Simple swaps—think eggs with greens, avocado, and olive oil instead of bacon, sausage, and fried sides—shift your lipid profile in the right direction.

Bottom line: eggs weren’t the problem—outdated guidance and high saturated fat meals were. With the right context, two eggs a day can fit squarely in a heart-healthy pattern, supporting LDL management rather than sabotaging it. It’s time to retire the cholesterol myth and focus on the full dietary picture.

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

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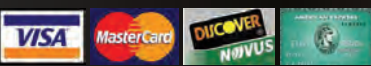
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Public Health Spotlight

Be Alert to Carbon Monoxide (CO) Poisoning in Your Home as the Weather Gets Colder

By Tisha Bergner, PHEPC



Public Health
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Carbon monoxide (CO) is an odorless, colorless gas formed by the incomplete combustion of fuels. When people are exposed to CO gas, the CO molecules will displace the oxygen in their bodies and lead to poisoning.

The problem with CO since CO has no odor, color or taste, it cannot be detected by our senses. This means that dangerous concentrations of the gas can build up indoors and humans have no way to detect the problem until they become ill. Furthermore, when people become sick the symptoms are similar to the flu, which can cause victims to ignore the early signs of CO poisoning.

The CDC estimates that approximately 400 people die from unintentional CO exposure in the United States every year. Data specific to Minnesota show that an average of 14 people die due to unintentional CO poisoning each year. Approximately 300 people visit emergency department each year for treatment of symptoms linked to unintentional CO exposure.

The good news is that carbon monoxide poisoning can be prevented with simple actions such as installing a CO alarm and maintaining fuel burning appliances.

CO is produced whenever a material burns. Homes with fuel-burning appliances or attached garages are more likely to have CO problems. Common sources of CO in our homes include fuel-burning appliances and devices such as:

- Clothes dryers.
- Water heaters.

- Furnaces or boilers.
- Fireplaces, both gas and wood burning.
- Gas stoves and ovens.
- Motor vehicles.
- Grills, generators, power tools, lawn equipment.
- Wood stoves.
- Tobacco smoke.

Carbon monoxide leaks from appliances can cause poisoning. Detection is required in new construction and when installing boilers and water heaters (under fire and boiler codes).

Protecting your family from CO poisoning is easy:

1. It is important to know what appliances in your home are fuel-burning and make sure that they are maintained properly. All of these appliances should be vented to the outside. You should have your fuel-burning appliances (ex. furnace) checked by a qualified heating contractor every year to look for potential problems. It is also a good idea to know the signs of a potential CO problem:

- Streaks of soot around fuel-burning appliances, or fallen soot in a fireplace.
- Absence of an upward draft in your chimney.
- Excess moisture and condensation on windows, walls and cold surfaces.
- Rusting on flue pipes or appliance jacks.
- Orange or yellow flame in combustion appliances (the flame should be blue).
- Damaged or discolored bricks at the top of the chimney.

Never use appliances intended for outdoor use inside. Examples include barbecue grills, camp stoves, portable generators or gas-powered lawn equipment. Do not use an oven to heat your home. Not only is it a fire risk, it is also a carbon monoxide hazard. Do not run

or idle your vehicle in an attached garage. Instead, back your vehicle out right away. Check that your vehicle's exhaust pipe is not blocked, for example, by snow during the winter.

2. Identifying CO poisoning can be difficult because the symptoms are similar to the flu. CO is often called the "silent killer" because people will ignore early signs and eventually lose consciousness and be unable to escape to safety.

For most people, the first signs of exposure include mild headache and breathlessness with moderate exercise. Continued exposure can lead to more severe headaches, dizziness, fatigue and nausea. Eventually symptoms may progress to confusion, irritability, impaired judgment and coordination, and loss of consciousness.

You can tell the difference between CO poisoning and the flu with these clues:

- You feel better when you are away from home.
- Everyone in the home is sick at the same time (the flu virus usually spreads from person to person).
- The family members most affected spend the most time in the house.
- Indoor pets appear ill.
- You don't have a fever or body aches, and you don't have swollen lymph nodes that are common with the flu and some other infections.
- Symptoms appear or seem to get worse when using fuel-burning equipment.

3. Install and maintain CO alarms in your home

Minnesota state law (MN Statute 299F.50)



requires that every home have at least one operational CO alarm within 10 feet of every room legally used for sleeping. All CO alarms should conform to the latest Underwriters Laboratory (UL) Standards. Please follow the manufacturer's instructions for placement of your CO alarm, and take note of the suggested replacement date. These will vary depending on the manufacturer.

Don't ignore a CO alarm if it is sounding. If people in the home are exhibiting symptoms of CO poisoning, immediately leave the building and call your local fire department. In cases where residents are feeling fine, call your local gas utility company or a qualified technician to help identify the cause of the problem.

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Goodhue County Sheriff's Office Highlights



GCSO highlights for 9/24/25-10/20/25 Domestics / Disturbance/ Suspicious/ Other:

Red Wing- a deputy stopped a vehicle for having a brake light that was not working. After identifying the people in the vehicle, the deputy learned that the passenger had a restraining order against the driver. The 57-year-old driver was arrested for a violating a restraining order. Deputies also found meth in the vehicle which added more charges to the driver.

Wanamingo- deputies responded to a physical domestic. A report was forwarded to the county attorney for charging considerations.

Kenyon TWP- deputies took a report of a violation of an order for protection. A report was forwarded to the county attorney for charging considerations.

Wanamingo- deputies responded to a 911-hangup. A 42-year-old was arrested for a DANCO violation.

Pine Island- deputies responded to a physical domestic. A 42-year-old suspect was located and arrested by another agency after he fled the scene before deputies arrived.

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Zumbrota- deputies took a threats report.

Zumbrota- deputies took a report of a past action disturbance.

Cannon Falls TWP- deputies responded to a threats complaint.

Florence TWP- deputies responded to a mis-

chief report after a group of juveniles' toilet papered a house. Unfortunately, there was also property damage done and screws found in the driveway after the group left. The incident was caught on camera and one of the suspects was identified as an ex-family member.

Cannon Falls- deputies assisted another agency with a trespassing complaint. Multiple people were detained and identified. One person was arrested when he was found with a firearm. A previous conviction barred them from being eligible to possess a firearm.

Leon TWP- deputies responded to a dumping complaint. The suspects left mail with their names in the trash and other identifiable things. In addition, another local agency had been dealing with an illegal burning complaint at the suspect's home where a lot of the items that were found dumped were the same that they were trying to burn. At what point does the light turn on in someone's head and they realize how much easier life is if you just do it the right way the first time?

Hide and Seek Eliminations:

Wanamingo- deputies checked an address for a 35-year-old with a warrant. The suspect was located and arrested.

Theft:

Pine Island- deputies responded to a past action burglary. At the time of the report, it was unknown what was taken.

Leon TWP- deputies responded to a past action burglary. Rims, a plasma cutter and a trailer were among the things taken. Damage exceeding \$2,000 was done to gain access.

Pine Island- theft of a shot gun was reported. Another similar gun was left in its place. It turned out it was just a case of grabbing the

wrong gun by accident.

Wanamingo- theft of a vehicle from a business was reported.

Fraud:

Pine Island- an alert clerk stopped a person from being scammed after the clerk noticed a customer attempting to use an ATM while on the phone with someone telling the victim to withdraw money from an ATM. Deputies located the victim, and he was advised it was a scam before he lost any money. Thank you to the clerk for speaking up when something didn't seem right!

Wanamingo- attempted fraud was reported after a juvenile started talking with someone online. The suspect began asking for inappropriate pictures. When the juvenile wouldn't send them, the scammer demanded \$200 and created a photo collage with the victim's face photoshopped on inappropriate photos. The collage also included the victim's home address and phone number. The scammer attempted to call the victim when the Deputy was there but hung up with the Deputy offered to speak to them. No monetary losses were reported. PLEASE talk to your kids about speaking to strangers online, what they are sending them and the personal information that they are sharing.

Damage to Property:

Vasa TWP- deputies took a damage to property report after a suspect spray painted some items that did not belong to them. The suspect has been identified and admitted to doing it. A report was forwarded to the

county attorney.

Animal Complaint:

Pine Island- after receiving multiple warnings, a dog's owner was issued a citation for dog at large.

Florence TWP- deputies assisted another agency with a poaching case after a witness saw someone shoot a deer from a vehicle. The witness got a description and a license plate after the suspect fled after being confronted. The suspect was identified, and the case was handled by another agency.

Terrible goat jokes:

Q- What is a goat's favorite TV show?

A- The Nanny.

Q- What do you get when you cross an angry goat with a grumpy cow?

A- An animal that's in a baaaaaaaad mooooooood!

DWI:

Bellechester- a 31-year-old was stopped after a deputy ran their plate and saw that they had a revoked drivers license. The driver showed multiple signs of being under the influence and even asked the deputy if the deputy wanted them to perform field sobriety tests. To be clear, if someone offers to do field sobriety tests, most of the time we are going to say yes to that. Needless to say, the driver did not do well on the field sobriety tests and was arrested for suspicion of driving under the influence.

Red Wing- a driving complaint about a vehicle driving slowly and swerving led deputies to locating the vehicle. Deputies did a traffic stop on the vehicle and the 32-year-old driver displayed all the signs of being intoxicated. The driver admitted to having 3 or 4 beers "way earlier" in the day. During the field sobriety tests, the driver took the initiative to try and do the tests without being told how to do them. Even after the tests were explained to the driver, they did not do any better on them. The driver provided a .15 BrAC (Legal limit is .08) and they were arrested.

Pine Island- a deputy stopped a 48-year-old driver after they cut the deputy off then were struggling to maintain their lane. The driver displayed all the signs of being intoxicated and did not have the ignition interlock device installed in their vehicle which they were court ordered to have from a previous DWI conviction. The driver asked to go home but he was arrested instead and charged with 2nd degree DWI among other charges after providing a .11 BrAC.

HWY 52- deputies came upon a single vehicle accident. The driver said they swerved to miss a deer and went into the guardrail. The driver displayed signs of being intoxicated and at first denied drinking but later said they had drank the day before. Their .10 BrAC put a few holes in their story and they were arrested.

Bellechester- deputies responded to a single vehicle rollover. Luckily, the sole occupant of the vehicle was not seriously injured. When asked how much they had to drink, the 42-year-old driver said, "a lot." The driver provided a .17 BrAC which confirmed that they did drink a lot. They were arrested.

Goodhue- a 29-year-old was stopped for going 68 MPH in a 55 MPH zone. The deputy could smell alcohol and marijuana coming from the vehicle. The 29-year-old

passenger said it was his vehicle, and he did not have any insurance on the vehicle. The driver admitted to having marijuana in the vehicle. The driver also admitted to drinking that day but said he stopped drinking 3 hours prior to the stop. The driver was arrested after providing a .12 BrAC. The driver said he has been driving stoned since he was 17. To be clear, that is nothing to be proud of. The owner of the vehicle said he told the driver not to drive because he had been drinking but that wasn't enough to not give him the keys or to not get in the vehicle with him. A citation for no insurance was issued to the owner and the vehicle was towed.

Traffic Stops:

Red Wing- a citation was issued to a 20-year-old for not wearing their seatbelt.

HWY 52- a citation for careless driving and for going 97 MPH in a 65 MPH were issued to an 18-year-old.

Red Wing- citations for speeding and reckless driving were issued to a 23-year-old after they were stopped for going 90 MPH in a 50 MPH zone.

Hay Creek TWP- a driving complaint about a driver who was tailgating, throwing items out of their vehicle and speeding led deputies to locating the vehicle. The 23-year-old driver refused to give a statement about their childish behavior. A citation was issued to the driver for careless driving and for no drivers license in possession.

HWY 52- a citation was issued to a 28-year-old for going 88 MPH in a 65 MPH zone.

Welch- a 63-year-old driver was issued a citation for a violation of the Ted Foss Move Over Law.

Featherstone TWP- a 29-year-old was stopped for having an obstructed plate. The driver also had a revoked drivers license and was operating a vehicle without a court required ignition interlock. The driver had also been arrested for this exact same thing six hours earlier. The driver was arrested again.

Zumbrota TWP- a 31-year-old received citations for not wearing their seatbelt and for driving after suspension. Their passenger had a valid license and was allowed to drive the vehicle from the scene.

Welch- a 70-year-old was issued a citation for going 80 MPH in a 55 MPH zone.

Zumbrota TWP- a 25-year-old was issued a citation for expired registration (Oct 2024).

HWY 52- a 25-year-old was stopped for going 83 MPH in a 65 MPH zone. A citation was issued for that and for no insurance and driving after suspension.

Cannon Falls TWP- citations were issued to a 34-year-old driver for going 81 MPH in a 55 MPH zone and for no proof of insurance.

HWY 52- a driving complaint about a vehicle driving erratically with its hazards on led deputies to locating the vehicle. The driver was having a medical episode.

Goodhue- a 38-year-old was stopped for going 106 MPH in a 55 MPH zone. In addition to the speeding ticket and a citation for careless driving, they also did not have motorcycle endorsement and did not have proof of insurance.

Traxler Law PLLC

traxlerlaw.com

Ann Traxler
Attorney

PRACTICE AREAS

- Wills, Trusts, & Estates
- Farm and Business Transition Planning
- General Practice
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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Hello, I want to work for a farmer during planting and harvest season driving a semi. I have a valid Class D driver's license but no Commercial Driver's License. Can I cross a state line while working for the farmer, Minnesota into North Dakota?

Answer: Yes, as long as you stay within 150 air miles of the farm. If you have additional questions regarding commercial motor vehicles please contact cmvinfo@state.mn.us

Motorists need to be especially alert when they share the road with farm equipment that is often so large and heavy that accelerating, slowing down and stopping take more time and space than other vehicles. These vehicles also have large blind spots for operators and make wide turns and sometimes cross over the center line. All these factors can and do result in serious crashes.

Motorists are urged to:

- Slow down and use caution when approaching farm equipment. Don't assume the operator can see you.
- Watch for debris dropped by trucks. It's safer to brake or drive through debris than to veer into oncoming cars or off the road.
- Wait for a safe place to pass.

Farm equipment operators should:

- Use lights and flashers to make equipment more visible.
- Use slow-moving vehicle emblems on

equipment traveling less than 30 mph.

- Consider using a follow vehicle when moving equipment, especially at night.
- Properly secure your load.
- Ensure all lights are clean and fully visible.
- Ensure all safety equipment, including brakes and tires, are well maintained.

Question: Can you explain what the lines on the highways and streets indicate? I feel like a lot of people can't figure it out. Thanks.

Answer: Pavement markings direct and regulate traffic.

White lines separate lanes of traffic traveling in the same direction.

- White dashes: You can change lanes where this marking is present.
- Shorter and thicker white dashes: The lane is ending.
- Solid white line: You should not change lanes. Solid white lines also mark crosswalks, stop lines

at intersections, parking stalls and the edges of a roadway.

- Double solid white lines: You must not change lanes.
- Solid white line with bicycle insignia: This area is for bicycle or electric-assist bicycle traffic only.

• If you are on a bicycle, you must travel in the same direction as adjacent traffic.

Yellow lines separate traffic moving in opposite directions.

- Solid yellow line: You must not pass. Passing in a no-passing zone is illegal.
- Yellow dashes: You may pass.
- Mixed lines (solid and dashes): A solid yellow line may appear on one side of the roadway while a line of dashes appears on the other side. You must obey the marking in your lane of traffic.

• Double solid yellow lines: You must not pass, regardless of which side of the line you are driving.

Question: In your last article you wrote about "pavement markings." Could you talk about "turn lanes" as I think there are quite a few people who get confused by this?

Answer: Turn lanes near intersections separate left-turning or right-turning traffic from through traffic. White arrows, sometimes accompanied by the word "only," indicate that drivers must stay within a designated lane while turning onto the cross street. If your vehicle is in this type of lane, you must turn. Some turn lanes have multiple arrows, allowing you to turn left or right, or to go straight. To discourage drivers from changing lanes near an intersection, turn lanes are separated from through traffic lanes by solid white lines.

A center lane between lanes of traffic traveling in opposite directions may be designated for left turns only. This type of lane is marked by parallel solid and dashed yellow lines. These lines are sometimes accompanied by white arrows on the pavement. Vehicles traveling in either direction can use these lanes to make left turns onto another roadway or a driveway.

Question: I feel like I see so many vehicles tailgating and following too close. I remember people talk about a so-many second following tip. Can you remind me and others what that is?

Answer: Applying the "Three-Second Rule" helps you keep a safe distance between your car and the vehicle ahead of you. This rule is for standard-length vehicles driv-

ing in ideal conditions.

1. Choose a fixed reference point at the side of the road ahead, such as a telephone pole, signpost, tree or bridge.

2. When the vehicle ahead of you passes the reference point, begin counting: "One-thousand-one,

one-thousand-two, one-thousand-three."

3. If you pass the reference point before you finish counting, you are following too closely.

4. Gradually slow down until you reach a safe following distance and speed.

When road conditions are poor, or if you are driving a vehicle longer than the standard length, increase your following distance to a four- or five-second count.

If the vehicle behind you is following too closely, slow down slightly and allow it to pass.

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)

Fall Driving Alert: Watch for Deer

Fall brings beautiful colors and crisp air, but it also brings the increased risk of deer on the roads. Deer are most active around dawn and dusk, which means the chance of a crash rises dramatically during your commute. The best way to avoid a deer-vehicle crash is to stay attentive behind the wheel and expect the unexpected.

Tips for All Drivers:

Slow down in areas known for deer or where fields and wooded areas meet.

Be extra cautious from 6 p.m. to 9 p.m. as this is the peak time for deer activity.

Use high beams when possible at night to spot deer eyes reflecting light.

Never swerve to avoid a deer. Swerving can cause you to lose control and go off the road, or crash into oncoming traffic.

Watch for one deer but expect more. Deer often travel in groups.

Tips for Motorcyclists:

Slow down and use both brakes (front and rear) to stop as quickly as possible when encountering an animal.

If contact is unavoidable, release the brakes and attempt to swerve slowly behind the animal, only if there is room in your lane.

Always focus on maintaining control of your motorcycle.

Slow down, stay alert and always buckle up! Your seat belt is your best defense in case of a crash.



Harvest Season

As cooler weather creeps in, we'll see more large farm equipment on our roads. This is a crucial time to be extra cautious and patient while driving. Farm equipment is large and heavy, making it hard for operators to accelerate, slow down and stop. The equipment also makes wide turns and sometimes crosses over the center line. In addition, farm vehicles can create large blind spots, making it difficult for operators to see approaching vehicles behind them.



By following these simple guidelines, we can all help ensure a safe harvest season.

For Drivers: Stay Alert

Be patient: Farm equipment is large and slow-moving. Pass only when it's safe and legal to do so.

Watch for debris: Debris on the road due to harvest work can make for dangerous conditions.

Stay focused: Avoid distractions like your phone. It's easy to miss something when you're not paying full attention.

For Farmers and Equipment Operators: Stay Alert

Be seen: Use proper lights and safety flashers. Use slow-moving vehicle emblems on equipment traveling less than 30 mph.

Keep it clean: Clean mud and debris off your equipment before you hit the road.

Check your hitch: Double-check hitches and safety chains before you go.

Stay focused: Minimize distractions like cell phone use.

Let's all work together to make sure everyone arrives home safely this harvest season. Together, we can help drive Minnesota toward zero deaths.



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Bellechester City Council Meeting Minutes September 17 @ 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 Rich Majerus, Mark Gerken Jacob Gilsdorf, and Nick Keller as well as City Clerk Lisa Redepinning, treasurer Kyle McKeown, and City Engineer Matt Mohs. Roger Ballstad, Jo Poncelet and Jackie Distad were also present.

Adjustment of Agenda – item added regarding building permits. It was suggested to add approval of agenda and include the opportunity to amend at the beginning of each meeting.

Minutes of the August 20, 2025 meeting were reviewed and motion was made by Jake Gilsdorf with a second by Nick Keller to approve the minutes with noted changes. Motion carried.

Bills were reviewed with a motion by Nick Keller with a second by Rick Majerus to approve and pay the bills as presented with not paying Banyon bill. Motion carried.

Old Business:

- Sanitary Sewer Improvements – Update – Matt presented PA #8 \$37,636.38 which is to reduce the retainage from 5% to 1%. Punch list was completed June 4th. Final pay application will come in October along with change order #2. \$9,170.16 will be the final payment. Motion was made by Rich Majerus with a 2nd by Nick Keller to approve PA #8 for \$37,636.38 as submitted. Motion carried. Motion was made by Rich Majerus with a 2nd by Mark Gerken to pass resolution #2025-05 to accept the project as complete. Motion carried.

- Lead Service Line – Update – 6 properties have been identified as remaining. 2 were trailers, 1 was a vacant lot. Remaining 3 lots have been identified. We may have a possible contractor for the lead replacement line work. 11 properties need to be addressed. We have until 2033 to complete this. We have applied for funding, and we should know soon if we qualify.

- Gilsdorf Building Permit Update – permit was received. Motion was made by Rich Majerus with a 2nd by Jake Gilsdorf to approve the completed building permit. Motion carried.

- BCCA Building Update – ADA assessment was done and discussion is needed to give Rural Development our plan. We could possibly use remaining Rural Development funds on our CIPP project. We will find out what is remaining and if it should be used on upgrades for ADA on the Community Center.

- Fire Association Joint Powers Agreement Update – Rich recapped the progress done to date on the history of what this has progressed thus far on the process of updating the agreement. He discussed the changes that are currently being considered. Rich will distribute the current version to council to review. Bellechester currently pays a levy of 2.4% and that will be increased.

New business:

- Special Assessment Consideration List – List was distributed for letters to be sent as warning. Motion was made by Jake Gilsdorf with a 2nd by Mark Gerken to send letters that were on the list. Motion carried.

- Set Preliminary 2026 Budget – Motion was made by Jack Gilsdorf with a 2nd by Rich Majerus to set the levy at zero percent increase. Motion carried.

- Building Permit – 311 1st Street - Roof Replacement – Motion was made by Mark Gerken with a 2nd by Jake Gilsdorf to approve permit as presented. Motion carried.

- Special Meeting Information – clarification was discussed.

- Building Permit Process – Discussion on this topic was done. Checklist that could be included on the back of the permit was discussed.

- Motion was made by Nick Keller with a 2nd by Rich Majerus to approve the Poncelet Building (old creamery/feed store) permit as presented. Motion carried.

Engineer Report – see above.

Clerk Report – None

Treasurer Report – Bills will be sent out later this month. Past due list was distributed. Updated household count was requested.

Water/Wastewater/Facility Report – discharge will be done in November. We will ask Fire department will come in the spring to control burn around the pond.

Mayor Concerns: None

Council Concerns: None

Adjourn

Motion was made by Rich Majerus with a second by Nick Keller to adjourn the meeting. Motion carried. Meeting was adjourned at 7:42 Motion carried.

Submitted by Lisa Redepinning – City Clerk

Changes in Goodhue City Government

(continued from page 1)

The council voted to draft a resolution appointing Chris Schmit, acting mayor to carry out the remainder of Valenzuela's term, leaving a vacant council seat.

Immediately following the resolution motion, Joe Benda also resigned from the council, creating a second open seat.

Hailing from Brookings, South Dakota, Valenzuela graduated from South Dakota State University with a degree in Animal Science. He came to the Goodhue area to work on Kohlhofer's hog farm, a job he enjoyed for 15 years. He later worked with hogs for Brandon Schafer and for a short time, worked on a farm in Ohio before moving back to Goodhue and opening a home daycare.

Valenzuela coached junior high boys' basketball, then 8th grade girls' basketball, having as many as four traveling teams at one time. He found mentoring the young people as rewarding as winning a game. He has four daughters and a son and is married to Meghan, a nurse at Mayo Clinic in Red Wing.

"We moved back to Goodhue for a reason," Ernie says of his desire to serve the community. Losing the police force was an "aha moment" that made him realize he wasn't aware of the issues that existed in the city. Valenzuela praises the work of former mayor, Terry Buck, for seeing the city through the transition from a city police force to contracting with Goodhue County. He felt her accomplishments went largely unnoticed saying, "[Buck] did a lot of legwork to get the community where it is today."

Hoping to build on that good foundation, Valenzuela "Recognizes the value of what we have at city hall. We can't have a good council without a good administrator, a good clerk, et cetera." Emphasizing that everyone has a job to do, he credits city administrator, Lisa Redepinning for day-to-day operations.

Redepinning has lived in the area since 1998 and she and her husband have worked for several cities. Lisa has been the Bellechester city clerk for ten years and the Goodhue city administrator for the past 15 months. Previous to being hired as Goodhue's first official city administrator, she was asked to help with end-of-year duties, closing out all of 2023 in just four days. From January to July 2024 she served in various capacities including filling in as clerk and treasurer.

Lisa says she is "Very task driven", a good quality for someone responsible for day-to-day duties that include updating the city website, fielding resident's questions and concerns, researching past meeting minutes to clarify statutes and ordinances, and bringing proposals to the council to be approved or denied. As city administrator, she is trusted to do the homework, evaluate the ben-

efit of a project, work with financial issues and set the regular meeting agenda.

Redepinning read Mayor Valenzuela's letter of resignation at the October 23 council meeting in which he stated in part, "I would like to thank every single council member, every single office employee, and public works employees. Also [thankyou] to the community of Goodhue.....Thank you all from the bottom of my heart." Valenzuela cited personal reasons and "great hesitation" but asked that his resignation be effective immediately.

Following Valenzuela's resignation, the council, Redepinning and city attorney, Robert Vose (via Zoom) discussed the proper procedure for accepting the resignation and appointing an acting mayor. Councilman Chris Schmit, who conducts council meetings in the mayor's absence, agreed to fill the position for the remainder of the elected term which ends next year.

Immediately following this reorganization, an emotional Joe Benda spoke on his own behalf, "It is with deep regret that I am tendering my resignation from the Goodhue City Council effective December 31, 2025. Unfortunately, I am not able to fulfill the final year of my commitment to the council". Citing health reasons for his resignation he stated, "It truly is with deep regret that I will not be able to continue working towards achieving a healthy city with great processes and procedures in place". He credited good leadership, legal direction and the dedication of many for lifting Goodhue to greater standards. "I believe that I have assisted in accomplishing good things during my three-year tenure as a councilman...I won't be sitting on the council come January 1, 2026, but I will continue to support Lisa, Bob and the council in the community that I love."

The resolution to appoint Schmit as mayor and the handling of the vacant council seats will be addressed at the November meeting. Due to the holidays in November and December, there will be only one meeting held in each of these months. The meetings on November 12th and December 10th will be converted from work sessions to regular meetings. Work Sessions will resume their normal schedule in 2026.

Residents are encouraged to stay informed on what is happening in the city of Goodhue. Lots of information can be found on the city's website www.cityofgoodhue.gov. All public meetings are livestreamed on YouTube and available for viewing any time after by following the link on the website. Updates are also posted on their Facebook page and a newsletter is sent with the monthly utility bills and archived on the website. Copies of meeting minutes are available in the entryway of city hall or by calling and asking for them to be mailed to you.

City Hall is open M-F from 7 am – 4 pm. Phone 651-923-4310 or email cityclerk@cityofgoodhue.gov.

As he steps down from the mayoral position, Valenzuela said, "I want to recognize past mayors who made a big impact". He, Councilman Benda, Administrator Redepinning, and the other representatives are united in a common goal of remembering who they represent and what is in the best interest of the city.



DO YOU HAVE AN ANNOUNCEMENT?

Email: hometownmessenger@gmail.com



Goodhue City Council Meeting Minutes
City Hall ~ September 26, 2025 ~ 6:00 p.m.

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

Members Absent: Joe Benda, Jeannine Nagel

Others Present: Lisa Redepenning-City Administrator, Lori Luhman-Administrative Assistant/City Clerk, Jon Huneke-GCSO, Phil Hofstad, Tiffany Jones-News Record

Call to Order

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

Approve or amend Agenda

Request to amend the agenda by moving, Jon Huneke - changes to policing update, to the October work meeting. Motion by Schmit, to move new business item, Jon Huneke – changes to policing update, to the October work meeting and approve amended agenda, seconded by Brunkhorst, motion carried 2-0-0.

Approval of Minutes

Motion to approve the September 10, 2025, work meeting minutes made by Schmit, seconded by Brunkhorst, motion carried 2-0-0.

Approval of Bills

A motion was made to approve the bills by Schmit, seconded by Brunkhorst, motion carried 2 0-0.

Old Business

Consent Agenda Items - Ordinance No. 202 Amendment to Ordinance 152 Fence Ordinance for Twin Homes, Set Preliminary Levy at 10%, Correcting Negative Fund balances. Motion to approve consent agenda by Brunkhorst, seconded by Schmit, motion carried 2-0-0.

New Business

The State-mandated deadline to set and send the preliminary tax levy and supporting resolution to the county is September 30th. Motion to adopt Resolution No. 25-15 Approving Preliminary Tax Levy for 2026 made by Schmit, seconded by Brunkhorst, motion carried 2-0-0. 2 The North Zumbro Sanitary Sewer District Lobbyist contract cost and its effectiveness was discussed. The cost was reduced by \$1,400 compared to last year. Lobbyist arranges meetings and advocates for the city’s sanitary sewer district fund at the state level. This may be the last year for such services as groundbreaking for the project is expected in 2026. A Bonding tour occurred at Zumbrota with city representatives and state officials. Project progress needs to be demonstrated to maintain eligibility for state funding. Motion to adopt Resolution No. 25-16 Authorizing and Approving a 2025-2026 Lobbyist Contract for the Proposed North Zumbro Sanitary Sewer District State Capital Request made by Schmit, seconded by Brunkhorst, motion carried 2-0-0.

No other business was discussed.

Adjournment

A motion to adjourn the meeting made at 6:11 pm by Council Member Schmit, seconded by Brunkhorst 2-0-0. Respectfully submitted, Lori Luhman, Administrative Assistant/City Clerk

Goodhue City Council Work
Meeting Minutes

City Hall ~ October 8, 2025 ~ 6:00 p.m.

Members Present: Acting Mayor Chris Schmit, Council Members Michael Brunkhorst and Jeannine Nagel

Members Absent: Joe Benda, Ernie Valenzuela

Others Present: Lisa Redepenning-City Administrator, Lori Luhman-Administrative Assistant/City Clerk, Jason Mandelkow-Public Works Director, Tiffany Jones-News Record, Phil Hofstad

Call to Order

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

Approve or amend Agenda

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

Approval of Minutes

Motion to approve the September 24, 2025, work meeting minutes made by Brunkhorst, seconded by Nagel, motion carried 2-0-0.

Approval of Bills

A motion was made to approve the bills by Nagel, seconded by Brunkhorst, motion carried 2-0-0.

New Business

Solar Garden Inquiry

A solar farm developer reached out to inquire if there was any interest in leasing the land for a solar farm at the intersection of CR 6 and 380th (CR 9). Council is interested in getting more information.

Fence Ordinance

Council discussed how they would like some changes to the Fence Ordinance that pertain to wording interpretation, setbacks, neighboring fence lines, and putting more responsibility back on the owner to find property lines. The fence permit is an extra layer of protection to ordinance compliance. Council member Brunkhorst will work on changes and bring it back to council to review.

EDA/Business Survey Results

Council member Nagel reported that all the EDA can do right now is support the businesses we have today.

How we are to do that is still to be determined. The council also discussed the current welcome wagon and Goodhue Chamber of Commerce involvement. EDA needs to work on coordinating the common goals and biggest concern now is getting the business list done.

Fire Department Assignments

Currently Joe Benda and Mayor Valenzuela are Fire Department liaisons, and an alternate is needed in case one is not available to attend a meeting. Motion made by Brunkhorst, Seconded by Nagel to appoint Chris Schmit as alternate Fire Department liaison.

Farm Lease renewals

Discussed farm leases and agreed to keep the same and move to consent agenda for the next meeting.

November and December meeting dates

To accommodate the holidays, Council Members agreed to eliminate the work meetings for November and December and have one regular council meeting each month on the second Wednesday of November and December 2025. Meeting date changes will be

on the consent agenda for the next meeting.

City Contribution to Employee HSA

Currently the city contributes \$1,000 to a Health Savings Account for each employee that has City insurance to help compensate for the high-deductible plan. With premiums and deductibles increasing, council agreed to

increase the Health Savings Contribution to \$1350 for single plan and \$2900 for family plan, which will be added to the consent agenda for the next meeting.

Application to Conduct Off-site Gambling for Lion’s Christmas Party December 13, 2025 Council agreed to add the Lions Club gambling permit to the consent agenda for the next meeting.

Resolution No. 25-17 approving Application to Conduct Off-site Gambling for Lion’s Christmas Party December 13, 2025

Council agreed to add Resolution No. 25-17, for approving the Lions gambling permit, to the consent agenda for the next meeting.

Old Business-None

Clerk Report

Clerk Luhman clarified that the township road isn’t “abandoned”, but a very low maintenance field road and still owned by Goodhue Township. The report included contact names from Goodhue Township in case there were questions about access to the land along it.

Public Works Report

Public Works Director, Mandelkow stated he is still watching truck auctions for a newer dump truck. Reminders are nice about not putting yard waste in the road because it clogs the drains. Due to the Ag Partners project, the trail will be closed from the Country Store to the sign because of the work going on next to the trail. There will also be traffic redirected along Broadway S when work is being done next to the road.

Administrator Comments-None

Council Comments

Council Member Nagel announced that she will be meeting remotely for the October 22nd meeting. Council questioned the absence of council members who may be out for three or more consecutive meetings and if allowed. Administrator Redepenning confirmed that extended periods of being absent is allowed for medical reasons and in that case, the Council Member can stay in their nominated seat unless they choose not to come back.

Mayor Comments-None

Adjournment

A motion to adjourn the meeting was made at 7:12 p.m. by Council Member Nagel, seconded by Brunkhorst 2-0-0.

Respectfully submitted,
Lori Luhman, Administrative Assistant/
City Clerk

Rep. Steven Jacob

DISTRICT 20B

 NEWS



Hello from the State Capitol,

The Minnesota Supreme Court ruled that males who consider themselves a different gender have the right to compete on female teams.

This decision will be nothing but problematic for female athletes in our state.

Is it fair or safe for a girl to get clobbered by a biological male on the basketball court? Would it be OK for the fastest girl in Minnesota to finish seconds behind a boy at the state track meet? Girls should not be forced to participate against boys in female athletics. It’s not just common sense, it’s federal law.

The federal Title IX law guarantees women and girls the right to compete on a level playing field. However, the Minnesota Supreme Court ruled that preventing a transgender athlete from competing in USA Powerlifting’s women’s division is “facially discriminatory” under Minnesota’s Human Rights Act.

8 out of 10 Americans believe girls sports should only be reserved for girls, including 67% of Democrats, according to a New York Times poll.

The legislature must pass the Preserving Girls Sports Act next session in order to right this wrong. The proposal specifically states that only students of the female sex may participate in an elementary or secondary school athletic team or sport that an educational institution has restricted on the basis of sex to women or girls. If there is a dispute, a student must present a signed physician’s statement indicating the student’s sex is based solely on the student’s internal and external anatomy, natural occurring level of testosterone, and an analysis of the student’s chromosomes.

With the Minnesota House in a statistical tie between Republicans and Democrats, one Democrat will need to break ranks with their party bosses and put girls’ interests first if the bill is to gain approval.

In my opinion, Minnesota’s all-liberal Supreme Court got this one very wrong. The legislature now must make it very clear that girls should not be forced to play against boys in female athletics.

KEEP IN TOUCH

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

Have a good weekend,
Steve

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

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- THEME: IN THE WOODS
- ACROSS
1. Flows' partners

5. "When Harry ____ Sally..."

8. Sound of laughter

12. "Hide" behind the bush

13. BÉBÉ's mother

14. *Age units in the woods

15. Rum cake

16. Plácido Domingo's solo, e.g.

17. Concluded

18. "Into the Woods" star Anna

20. Come clean, with up

21. Terra ____

22. Urge Spot to attack

23. One of seven gnomes

26. Prior to the present (3 words)

30. FEMA provisions, e.g.

31. Erratum, pl.

34. Int. org. in Brussels

35. Merge

37. Time frame

38. Right-hand page

39. 1920s art style

40. Cause of wheezing

42. Like The Hot Chili Peppers

43. ____ God we ____," on U.S. currency

45. Some vipers

47. Clairvoyant's gift

48. Source of chocolate

50. Form of payment

52. *Edible fungus

55. Multi-layered cake

56. MElange

57. Utah's national park

59. Bake an egg

60. Plural of #22 Down

61. "____ the Woods" play and movie

62. Prefix for multiple

63. Japanese honorific

64. Barely got by

- DOWN
1. Singular of #1 Across

2. *Woodpecker's pecker

3. *One lost in the woods

4. Posture

5. Boy Scout's badge

6. "Fear of Flying" author ____ Jong

7. *Furniture wood

8. *Conifer's dropping

9. Peters out

10. Def Leppard's "Rock of ____"

11. Psychedelic drug, acr.

13. St. Valentine, e.g.

14. Equip again

19. One of Seven Dwarfs

22. Rejuvenating spot

23. ____ Arabia

24. Wrinkle-prone fabric

25. Declaration of Independence, e.g.

26. 2002 Winter Olympics state

27. Mother-of-pearl

28. Weasel's cousin

29. *Golf's great

32. Catch one's breath

33. A in MOMA

36. *Scientific study in woodlands

38. Meteorologist's tool

40. Nile reptile

41. Masculine one and proud of it, pl.

44. Theater greeter

46. Something extraordinary

48. "Mea ____," or "my fault"

49. Hailing from the East

50. Type of salmon

51. *Seed covering

52. *Trunk growth

53. Sty cry

54. Speck

55. Recipe amt.

58. Go-ahead



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