



Goodhue-Bellechester Messenger

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Announcements

Save The Date

The Goodhue Gesundheit 4-H club is in the early planning stages of a 90th birthday celebration featuring a noon potluck picnic at Rosie Park on July 24th. All past and current members, parents and leaders are encouraged to attend. The event will coincide with the Historical Society Museum open house from 1-4 pm the same day.

• **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.

• **The Goodhue Area Historical Society Museum** is open for the season. June thru August Thursday & Sunday 1 to 4pm. For after hours appointments call Marie 651-923-4302 or 651-301-5731.

Do you have an announcement?
Email:
hometownmessenger@gmail.com

Easter For Kids

By Beth Brekke

Cancelled in 2020 and modified as a drive-through event in 2021, the Grace Lutheran Church Easter For Kids program returned to its traditional in-person format on Saturday, April 16th. A chill wind and blustery skies did not dampen the spirits of the 40 kids in attendance.

Three area Wisconsin Synod Lutheran churches organized the celebration that was open to all children preschool through 4th grade. Mary Tri and Shelley Poncelet from the Grace congregation, Karla Ryan and Jessi Holst from St. John's, and Deb Hinrichs from St. Peter's planned the event and kept it running smoothly. The day began at 9 AM with a service led by Pastor Martin Weigand and an Easter pageant reenactment featuring some of the church's older youth.

The kids were then split into three groups which rotated between different activities.

Supervised by 21 Youth and adult volunteers, the kids participated in cookie decorating, making an Easter themed craft, singing and playing Bingo.

(continued on page 5)

Pictured to the right: 40 Children 4th grade and younger participated in Easter For Kids at Grace Lutheran Church, rural Goodhue on Saturday, April 16th. 21 Youth and Adult volunteers helped the group with crafts, snacks, games, an Easter egg hunt and songs celebrating the Easter message.



2022 Goodhue County Dairy Princesses L to R: Madison Bartholome, Cassandra Hinsch, Claudia Kennedy, Emme Eggenberger, Chelsey Lexvold

2022 Goodhue County Dairy Princesses Crowned

The Goodhue County American Dairy Association held their annual Dairy Princess banquet on Saturday, April 3rd.

(continued on page 3)

The Gear Daddies To Headline the 2022 All Saints Music Festival May 20th

The All Saints Music Festival will return to the Little Log House Pioneer Village Friday May 20th 2022.

(continued on page 18)

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The Main Thing: John 3:1-21

For those of you that are boy or girl scouts or have done any type of survival training- you know what can happen if you have a magnifying glass, some tinder (newspaper, or other dry paper or wood material), some dry sticks or twigs and a sunny day. The magnifying glass increases the power of the sunlight- it focuses it on the tinder and brings enough heat that will stir up some sparks and bring a flame. It's all about the intensity of the light's focus. As believers, we are called to have that same kind of focus- that same intentionality to keep the main thing the main thing.

John chapter 3 is probably the most famous chapter in the Bible- one verse in particular, John 3:16. We see it in end zones during football games, or in the stands at baseball games- even at golf events. John 3:16 remains the most well-know verse of the Bible throughout the world! It is the core of the Christian faith. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

God loved this world- His creation, His people that He created, so much that He had a plan to redeem them from the beginning. The sin debt had to be paid, there is no forgiveness without the shedding of blood- Hebrews 9:22 says, "In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness."

Adam sinned and because we are all human, like Adam, we are all born with that same inherited sin nature. Christ came as a life-giving spirit from God- he was the second man. He paid the price for all of Adam's descendants to be redeemed- to be transformed. Sin brings death. The law brought death. But God had a plan- He had the remedy- He gives victory over sin and death through Jesus Christ! There is no other name under heaven that we can be saved. Acts 4:12.

God so loved the world that HE gave His one and only Son. His Son Jesus Christ. God the Father, God the Son... Jesus came from heaven. Jesus was with God in the beginning and reigns eternally with Him even now. Jesus lived with us on earth for about 33 years- he lived as the Son of Man and the Son of God. Jesus agreed with His Father to be the propitiation- to take our place-for our sins. He took care of all the past sin from Adam until himself and all the future sin from his death to the end of time. He was the perfect lamb of God given for you and me and everyone always. His redemption is inclusive; it is available to all who choose to believe and receive it. God so loved the world that He gave His one and only Son, the whoever believes in Him will not perish, but have everlasting life!" Jesus died to give us new life! Life free from the power of sin and death. Life filled with hope and purpose. Life eternal with Him, and Life abundant even now.

When we believe in Him- we receive His

Spirit and we born again! We are new creatures- we have a new heart, a new outlook on life, a transformation. We only have to take Jesus at His word and live it out! That's the promise- that's the core of the gospel. This is why this is the most know, most read, most memorized Bible verse of all time- if you know nothing else- this is enough. God gave His Son for YOU and ME. He isn't willing that any would miss out. He loves those that He has created- and since he has created all people- He loves them ALL! And Jesus died for ALL- not just for the righteous, not only for the rich and famous, but for every single person that has ever lived or will live! That's why this verse is the MAIN THING we need to know and to share. Without this truth- nothing else will last. We must keep Jesus at the center of our lives- of all we do as people, of all we are as a church. It is so easy to get 'busy' doing good things and forget the main thing. Steve Covey says in his classic work, First Things First, "Keep the main thing the main thing." This is a key habit of highly effective people. This is critical for believers and churches.

In every other religion humanity is attempting to reach god in whatever form that god may take. In all of the religions I looked at there was only one where God actually cared! There was only one where God became Man and gave His life to become reconciled with us. And that is Christianity! There is no other religion here on earth where God actively pursues people so that

they can have eternal life. There is no other religion on earth where God literally demonstrates His passion for the people He created. There is no other religion here on earth where we can be assured of eternal life while we are still alive here on earth!

There is no other God that invites us into a personal relationship, who forgives us, who enables us to find salvation, who enables us to live holy lives because He actually lives within us, who gives us spiritual gifts and who gives us the ability to accomplish any task He asks us to do.

"For God so loved the world that He gave His one and only Son. That whoever believes in Him will not perish but have eternal life." Keep the main thing the main thing: like our magnifying glass- lets have that same intensity to preach the gospel, to tell the gospel to others, to live out the gospel in our lives! We are called to harness all our energies and efforts into one unified focus so that more and more people can know Jesus. John Wesley said, "Catch yourself on fire for God and people will come from miles just to watch you burn."

We need to burn again with the same passion that ignited men and women like John, Paul, Peter, Mary, Priscilla, Martin Luther, Martin Luther King Jr, John Wesley, Harriet Tubman, Billy Graham and many others. Following Jesus is not going to be easy- in fact Jesus promised that it wouldn't be easy, but he did tell us it would be worth it! I'm counting on it. Won't you join me?



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Messenger**

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Tues.: 8:00AM Holy Mass
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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.

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With the resurrection of the dead . . . the body that is sown is perishable, it is raised imperishable . . .
— 1 Corinthians 15:42

A curious by-product of all the precautions during the COVID-19 pandemic was that colds and flu didn't spread as much as in earlier years. With more people staying home, those common diseases couldn't spread so widely. Even so, many, many people got sick with COVID-19, and many of us know someone who died from it.

Ultimately the final answer to our physical struggles—such as pain, sickness, brokenness, death, body-image issues, and more—will be realized in the resurrection. Our present bodies are perishable, imperfect, weak, and limited—but because of Jesus, all who believe in him will one day be raised to a new capacity as imperishable, glorious, powerful, and spiritual.

In the book of Revelation we read that when Jesus comes again, there will be no more death or mourning or pain or tears, and the tree of life will grow by the river of the water of life (Revelation 21-22). Amazing!

All of these things will be good for us, and we will enjoy life to the full—but really the main point in all this is to give greater glory to God. The resurrection of Jesus, which brings the promise of our own resurrection, shows us what God is doing to make all things new again so that all things, our bodies included, can more wonderfully declare the glory of God!

Dear Jesus, fill our hearts with the hope of living life fully with you in eternity, so that in all things we may reflect and give glory to God! Thank you. Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

Pastor Randall Kuznicki
Minneola Twp. Co. Rd. 7, rural Zumbrota
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Sunday School and Bible Studies (Adult & Teen) 11:00a.m.

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Pastor Steven Frentz
28961 365th St., Goodhue
651-923-4438
Email: stpeter@sleepyeyetel.net
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Email your church announcements, schedule to the Messenger at: hometownmessenger@gmail.com

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36620 Co. 4 Blvd., Goodhue • 651-923-4773
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**ST. LUKE'S LUTHERAN
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Pastor Eric Hanson
PO Box 276, 308 1st Ave., Goodhue
Email: office@stlukegoodhue.org • 651-923-4695
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Wednesday Night Worship 6:45p.m.
*Check our website for changes: www.stlukegoodhue.org

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



Kenneth John Bremer

Kenneth John Bremer, 92, of Goodhue, died Friday, April 8, 2022 at Rochester West Health Services.



He was born September 19, 1929 in Red Wing to Harold and Norma (Vieths) Bremer. He grew up in Featherstone township where he began school in a one room school house. He graduated from Goodhue High School in 1947 and attended business college in Mankato. In October 1950, along with 4 other men from the Red Wing area, Elmer Johnson, Harold Hinrichs, Lyle Mandelkow and Harold Wipperling, joined the 47th Viking Infantry Division of the National Guard. Later they volunteered to serve in Korea where Ken was awarded two Purple Hearts for his service. They remained good friends after their time in the military. Ken was the last surviving member.

On December 28, 1952 he married Florence Albers at St. Peters in Goodhue. In 1965, he purchased some land and started his own seed farm where he and Florence raised their family. He farmed there until he retired and moved to Red Wing.

Ken was a member of St. Luke's Lutheran Church, the VFW, the Leo C. Peterson American Legion and a founding member of the Red Wing chapter of the MOPH. He helped in the creation of the veteran's memorial in John Rich Park.

Ken enjoyed riding horses. He also loved his cars and tractors. He was especially fond of his Ford Thunderbird. He enjoyed traveling, particularly to the cabin and entertaining friends. He was known to be a bit of an instigator with a great sense of humor.

He is survived by his children; Susan (Richard) Majerus of Bellechester, Sarah (David Huppert) Meyers of Bay City, Sandra Van Stone of Red Wing, James (Gabrielle) Bremer of Atlanta, Georgia; 13 grandchildren; ; grandchildren, Melissa Majerus, Jason Majerus, Jillian Ryan, Chris Meyers, Jenny Meyers, Allison Huppert, Maggie Fossum, Becky Syhre, Tristan Van Stone, Andrew Bremer, Breanna Hale, Max Bremer, and Chloe Bremer; 19 great-grandchildren; and one great-great granddaughter; and sister, Carol (Robert) May of Frederick, Maryland.

He is preceded in death by wife, Florence in 2017, brother, Neal Bremer; sister, Geraldine Schmidt; and his parents.

A memorial service was at 11 a.m., Wednesday, April 13, 2022 at St. Luke's in Goodhue. Reverend Eric Hanson officiated. Visitation was one hour prior. Burial was at Hope Cemetery. Memorials are preferred to the MOPH Red Wing chapter or to Forward in the Faith, St. Luke's. Online condolences may be left for the family at www.mahnfamilyfuneralhome.com

2022 Goodhue County Dairy Princesses Crowned

(continued from page 1)

Five area young women were crowned as county dairy royalty for the upcoming year to represent area dairy farmers and the dairy industry. Crowned that night were:

Madison Bartholome of Goodhue is a current veterinary technician student at Rochester Community and Technical College. Madison is a second year princess. She is the daughter of Jim and Lisa Bartholome.

Emma Eggenberger of Red Wing is a senior at Red Wing High School. She plans to attend college with a major in agribusiness. She is the daughter of Robert Eggenberger and Erica Cordes.

Cassandra Hinsch of Goodhue is a second year princess who studies Dairy Science at

the University of WI-River Falls. She is the daughter of Mike and Ann Hinsch.

Claudia Kennedy of Wanamingo will be studying welding at Dakota County Technical College in the fall. She is the daughter of Kris Streiff.

Chelsey Lexvold of Goodhue will be graduating from Rochester Community and Technical College in May and heading to Winona State University in the fall. A second year princess, she is the daughter of Brent and Wendy Lexvold.

To qualify to participate in the Dairy Princess program, candidates must live on, work for, or have a family member directly working as an active member of the dairy industry. These five young women will participate in activities throughout Goodhue County and the region to educate the public and promote dairy and the dairy industry. Princesses have the opportunity to participate in a Midwest Dairy Association leadership training in May, and may choose to compete to be Minnesota's goodwill ambassador for the dairy industry, Princess Kay of the Milky Way.

Mother's Day is May 8th

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Thank you

The Goodhue Education Foundation would like to express our appreciation for the overwhelming support we received from the Goodhue community for our Spring Carnival and Auction.

To each of the businesses, interest groups, school classes, families, or individuals that made this event possible through their donations of time, money, or goods, we are so thankful! To the donors that chose to support us thru their purchases on April 10th, we are grateful to you.

I think I can speak for all of the GEF board members and volunteers when I say that each year as we review grant requests it becomes more apparent how fortunate we are to send our kids to school in a community that is genuinely invested in their growth. The opportunities we have had as a board to fund over \$84,000 in grants, are because of you, and we are humbled that you entrust us to facilitate that process for your kids, grandkids, and your young community members.

If you have any questions about the GEF's cause or are interested in joining us, please contact us! We would love more help to make this important work possible. One more time I'll express my appreciation to our donors, our event sponsor- O'Reilly Organic Dairy, the Harvest Crew for their generous donation to the Ed Foundation in memory of Lee Ann Carlson, our volunteer auctioneer Jeremy Schafer, the GEF board members, and volunteers for their months of work leading up to this event, and to the individuals that attended our event,

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Goodhue Wrestling

MN/USA Apple Valley Greco Open Results for Goodhue

Cadet Division

Caleb Kurtti 2nd

MN/USA Apple Valley Freestyle Open Results for Goodhue

Novice Division

Tim Strauss 3rd

School Boy Division

Hayden Holm 2nd, Austin Holst 2nd

Cadet Division

Payton Holst 3rd, Nathan Beck 4th, Craig Kurtti 2nd, Caleb Kurtti 2nd

Junior Division

Jeremiah O'Reilly 3rd



Hayden Holm of Goodhue pinning his opponent at the Apple Valley Open. Hayden placed 2nd.



Tim Strauss wrestling at the Apple Valley Open. Tim placed 3rd.



Hayden Holst with a Takedown at the Apple Valley Open

Minnesota/USA State Freestyle Championship Results



Pictured: Jack Carlson, Caleb Kurti, Nathan Beck, Hayden Holm, & Carsyn O'Reilly (Not Pictured) Ben Gadiant & Tim Strauss

Shakopee, MN 5/1/22

Coaches: Bailee O'Reilly & Chad Otterness

Goodhue sent 7 wrestlers to the MN/USA State and brought back two state champions with Caleb Kurti and Jack Carlson winning titles. Carsyn O'Reilly placed 2nd and Hayden Holm placed 3rd respectively. Nathan Beck, Ben Gadiant and Tim Strauss also participated but did not place.

12U (Novice) 74

Benjamin Gadiant's place is unknown and has scored 20.0 team points.

Champ. Round 1 - Benjamin Gadiant (Minnesota) received a bye () (Bye)

Quarterfinal - Gabriel Zimmerman (Minnesota) won by fall over Benjamin Gadiant (Minnesota) (Fall 2:52)

Cons. Round 2 - Benjamin Gadiant (Minnesota) won by tech fall over Parker Myers (St. Francis Wrestling Club) (TF 10-0)

Cons. Round 3 - Dominic Jordan (Shakopee Mat Club) won by tech fall over Benjamin Gadiant (Minnesota) (TF 12-1)

12U (Novice) 98

Tim Strauss's place is unknown and has scored 10.0 team points.

Champ. Round 1 - Cayden Neisen (Minnesota) won by fall over Tim Strauss (Minnesota) (Fall 0:34)

Cons. Round 1 - Tim Strauss (Minnesota) received a bye () (Bye)

Cons. Round 2 - Vernon Rude (Minnesota) won by tech fall over Tim Strauss (Minnesota) (TF 15-5)

14U (Schoolboy) 136

Hayden Holm's place is 3rd and has scored 160.0 team points.

Round 1 - Mason Breeggemann (Scott West Panthers Wrestling Club) won by fall over Hayden Holm (Minnesota) (Fall 3:22)

Round 2 - Hayden Holm (Minnesota) won by fall over Hayden Ramsdell (Little Falls MN Youth Wrestling) (Fall 0:19)

Round 3 - Mark Svoboda (Hastings Wrestling Club) won by fall over Hayden Holm (Minnesota) (Fall 1:49)

14U (Schoolboy) 187

Jack Carlson's place is 1st and has scored 230.0 team points.

Round 1 - Jack Carlson (Minnesota) received a bye () (Bye)

Round 2 - Jack Carlson (Minnesota) won by fall over Mason Adams (Minnesota) (Fall 2:22)

Round 3 - Jack Carlson (Minnesota) won by tech fall over Roman Herron (Minnesota) (TF 10-0)

16U (Cadet) 160

Nathan Beck's place is unknown and has scored 20.0 team points.

Champ. Round 1 - Gaven Cimbura (West Central Wrestling Club) won by tech fall over Nathan Beck (Minnesota) (TF 18-8)

Cons. Round 1 - Nathan Beck (Minnesota) received a bye () (Bye)

Cons. Round 2 - Nathan Beck (Minnesota) won by fall over Austin Prebeck (Minnesota) (Fall 0:59)

Cons. Round 3 - Brennen Johnson (Frontier Wrestling Club) won by fall over Nathan Beck (Minnesota) (Fall 1:23)

16U (Cadet) 220

Caleb Kurtti's place is 1st and has scored 230.0 team points.

Quarterfinal - Caleb Kurtti (Minnesota) received a bye () (Bye)

Semifinal - Caleb Kurtti (Minnesota) won by fall over Zachary Carnes (White Bear Lake Youth Wrestling) (Fall 0:41)

1st Place Match - Caleb Kurtti (Minnesota) won by decision over Julian Berg (Pinnacle Wrestling Club) (Dec 13-10)

Juniors 220

Carsyn O'Reilly's place is 2nd and has scored 210.0 team points.

Champ. Round 1 - Carsyn O'Reilly (Minnesota) received a bye () (Bye)

Quarterfinal - Carsyn O'Reilly (Minnesota) won by decision over Evan Becker (Minnesota) (Dec 9-0)

Semifinal - Carsyn O'Reilly (Minnesota) won by fall over Myles Dehmer (Grynd Wrestling) (Fall 0:51)

1st Place Match - Vincent Mueller (Pinnacle Wrestling Club) won by tech fall over Carsyn O'Reilly (Minnesota) (TF 10-0)

Easter For Kids

(continued from page 1)

Armed with an Easter pail, the kids were then sent outside for an egg hunt and sent home with goodie bags filled with toys and treats.

For more information on the area WELS youth activities, contact Shelley Poncelet at 651-212-3219. Check the Messenger's directory for church contact information, service times and locations.

Pictured to the right: Odin Brinkman samples his creation during the cookie decorating portion of the Easter For Kids celebration.

(additional pictures at www.goodhuemn.com)



Pastors Robbin Robbert and Martin Weigand from St. John's and Grace/St. Peter's congregations take a break from their duties during the Easter For Kids egg hunt.



Purple Ribbon Fund Rewards Active Area Youth

By Beth Brekke

Elissa Lodermeier of Goodhue was a 12 year 4-H member who received a \$500 Purple Ribbon Scholarship in 2021. In her application essay she states, "4-H has taught me how to work hard for my goals.... It has taught me to go after new challenges, and work with others. It has taught me to pride myself in whatever victories I achieve whether they be big or small. As I have begun to grow into my young adult life, I realize more and more all the things 4-H has taught me and helped me with thus far." Her thoughts echo those of the other award recipients on the value of youth organizations.

Elissa attends the University of Wisconsin-Stout where she majors in psychology but the Purple Ribbon funds can be used for any post-high school endeavor including military, farming or any other occupation. Chloe Struss from Hay Creek used the interest she developed in her 9 years as a 4-H member to start her own photography business. She says, "One of my favorite things about 4-H is the people that I have met and the lifelong friendships I have created. I wish everyone would become a 4-H member."

The Purple Ribbon Fund, a 501(c)(3) organization, is raising funds to expand this scholarship program. The money is available to any eligible youth across all project areas. Board member Bob Eppen explains, "We figured they all put in a lot of time and all should be rewarded equally." It is currently available to the graduating class of 4-Hers who have stayed in 4-H throughout their senior year in high school and been a member for at least 6 years. The Goodhue County Extension Service notifies seniors of the opportunity and applications are available online.

With only a short fund-raising time period, the group was able to award \$500.00 to each applicant in 2021. Their long-term goal is to provide \$1000.00 awards, starting slowly to maintain sustainability. With the number of eligible seniors rising from 18 in 2021 to 36 in 2022, and their hope to grow and also support local FFA youth, there is an emphasis on raising more funds. The Goodhue Lion's Club, Goodhue County Pork Producers and local businesses have stepped up to help but the group is looking for more partners. Any business, group, or individual may sponsor one or more scholarships or simply make a donation of any amount. Donations should be sent to: Goodhue Co. Purple Ribbon Fund,

34890 165th Ave. Way, Goodhue, MN 55027. For more information or to pledge a donation, call Bob Eppen at (651) 380-0494 or speak to any other volunteer including Derrick Dicke, Betty Dicke, Brandon Schafer, Noah Erickson, or Andy Mann.

Chloe may not get her wish that everyone joins 4-H but it is certainly popular in Goodhue County. Award recipient Alexis Callstrom from the White Rock area joined when

she was 8 years old and says she is proud to have been part of something so big in her community. Her parents, Adam and Shannon, were not involved when they were younger so felt they had a lot to learn. While there were some ups and downs, Alexis says, "This was one of the best choices my parents decided to make, and I am thankful for it every day".

Goodhue Lions Peace Poster Contest Winners



Goodhue Lions Peace Poster contest winners from St. Johns School rural Goodhue. They are Lillian Raasch, Max Lexvold, Wesley Ryan along with their teacher Al Karnopp

Share Your Good News with the Community!

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GOODHUE VOLKSFEST '22

WED., JUNE 8 — www.GoodhueVolksfest.com
7pm - POOL GAMES

— 7pm Miss Goodhue • GHS Gym 2 • *Button —

FRIDAY, JUNE 10th — STREET DANCE

Rhino / **HAIRBALL** \$20 / Gates Open 7pm
Music 8pm

SATURDAY, JUNE 11th

8am - 1pm • Car Show - St. Peter's Church 8:30 - 11:30am • Quilt Show & Burrito Breakfast - St. Peter's Church Reg.: 8:45 - 10am • Road Rally - Start at C-Store - \$5/person 9am - Udder Run - behind GHS 9am - 2pm • Craft & Vendor Show - Rosie Parking Lot 9am • Co-ed Sand Volleyball Tourn. - Rosie Park - \$60/team 10am - 1pm • Kids Bounce Party - Rosie Park	11am • Reg.: 12pm Start - Bean Bag Tournament - Rosie Park \$40/team sponsored by Goodhue Wrestling 1pm • Bingo - Fire Hall 1 - 4pm • Gopher State Garden Tractor Pull - 3rd Ave 2:30 - 5:30pm • Kenny B's Rib & Chicken Cookoff - Lion's parking lot 2pm • Pedal Pull - Located at Broadway & 2nd Avenue
--	---

STREET DANCE

Gates Open 6pm • Music 6:30pm
\$20 pre-sale • \$30 at gate

John Michael Montgomery

JT & The Gunslingers/Bryan Anderson

SUNDAY, JUNE 9th

9am - 1pm • Dad's Belgian Waffles by Goodhue Lions - Goodhue Community Center	?? - Medallion Hunt Award - ?? 9am • Community Worship Service - GHS Gym 1pm • Parade / Post parade • FD Water Fight - ??
---	---

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Ryan Thomas Bortz



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John Richard Collins



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Alandra Marie Hinsch



Kyler Shawn Hokanson



Alivia Ruth Holst



Katelyn Emma Huppert



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Jonathan Karl Jensen



Georgia Brett Johnson



Wyatt Alan Lindblom



Cody Richard Lohman



Cameron Andrew Mandelkow



Lindsey Mae Mangan




Ethan Jeffrey Matthees




Darby Lynn Miller

Sending out our congratulations to this year's graduates.
 Good luck, and best wishes to each and every one of you.



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GOODHUE CLASS OF 2022



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Maddox Jeffery O'Reilly



Makae Thomas O'Reilly



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Alivia Louise Roschen



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Cody Jay Ryan



Alex Joseph Ryan



Gisel Sanchez Gonzalez



Anika Jo Schafer



Dylan Clarence Schafer



Grace Alexandra Schulte




Claire Emmanuelle Schulte



Haley Rae Stern

As you celebrate the results of your hard work as a student, we hope you'll take a moment to congratulate yourself on your achievement. Your dedication has paid off, and we wish you continued success as you take the next step.



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GOODHUE CLASS OF 2022



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Grace Elizabeth Thomforde



Alejandra Vargas Garcia



Liv Ingrid Veiseth



Karli Jo Vieths



Ryan Thomas Voth




Dayne Wyatt Wojcik



Kameron James Zetah

Not Pictured:
Kaylyn Rae Westerberg
Estefania Parra-Figueroa

**Goodhue High School
Class of 2022**

Commencement Ceremony
Friday, June 3
6:30pm located in Gym 1

Car Parade will follow the ceremony
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All night Graduation Party!
Students should arrive at Door 5 @ 9:30

Flower - White Rose with Purple Ribbon


Colors - Purple and White with Black Accent

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Sat., April 30, 2022 • 9:30 A.M.
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PRESTEGARD FARM
Owatonna, MN

Sat., June 18, 2022 • 9:30 A.M.
40+ John Deere Collector Tractors - Trailer - Collector Tractor Parts
John Deere Memorabilia - Misc. Items
PHIL BRIGGS - ESTATE
KAREN BRIGGS - OWNER
Ellendale, MN

Sat., June 25, 2022 • 9:00 A.M.
JD 4400 - JD 270 skid loader - 11 collector tractors - JD 7700 Combine - Old D-8 Cat - Old A.C. grader - Trailers - Misc. Farm Equipment - Outdoor Items
RICHARD E. EPLEY - ESTATE
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www.maringauction.com AUCTION CALENDAR

April 30, 2022..... 8:00 AM CST Dundas, MN
ONLINE ONLY ESTATE AUCTION FOR THE PAUL GULLFORD ESTATE
2013 Chevy Equinox, 2016 Tandem Dump Trailer, 22 Excellent Firearms, Browning Gun Safe, Yamaha 750 Grizzly, Hunting & Fishing Equip., Power & Hand Tools, JD Mower, Outside Wood Furnace, Wood Splitter, Cargo Trailer, Duck Decoys

May 21, 2022 9:30 AM CST Northfield, MN
LIVE ONSITE & ONLINE FARM RETIREMENT AUCTION FOR GARY FALKENBERG
John Deere 4955 MFWD, John Deere 730 Diesel, JD 630, IHC 560, John Deere 7000 Planter, JD 8200 Drill, Case IH 200 Field Cultivator, DMI 527 Ripper, (2) IHC Tandem Grain Trucks, Wagons, Farm Support Items

June 16, 2022 9:00 AM CST Boyd, WI
LIVE & ONLINE FARM RETIREMENT AUCTION FOR JOHN & DAWN HERRICK
(1) John Deere MFwd & 2wd Tractor, 2 Skid Loaders, Planter & Drill, Tillage Machinery, 2 Forage Harvesters, 3 Manure Spreaders, 2 Manure Tanks, Livestock Machinery, Pickups, Trailers, Clean Well Maintained Equipment

June 25, 2022 9:00 AM CST Owatonna, MN
LIVE & ONLINE FARM RETIREMENT AUCTION FOR JOHN & JUDY KRUESEL
John Deere 7720 2WD & 7405 2WD Tractors, Case IH 4300 Field Cultivator, Case IH 950 Planter, (2) Brent G544 Wagons, Clean Chevy 70 Grain Truck, Spraying & Tillage Equipment, Other Farm Machinery, Farm Support Items

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Friday, May 6th from 4-6pm • 4pm - 6 pm
Saturday, May 7th from 9:30 am to 1pm



We have an assortment of mixed hanging baskets, petunias, and New Guinea impatiens. We also have 4" pots of geraniums, begonias, zinnias, and marigolds. Additionally, we have 6 packs of red, green, and jalapeno peppers along with 4" pots of tomatoes.

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Elderberry



By Shauna Burslem, D.C.

Even though flu season doesn't last all year, it is looking like the covid-19 virus is not being confined to a season and will be a continuous year-long problem. Being proactive is much better than reactive. If you wait until you are sick to help yourself to prevent getting sick, you are obviously too late. The latest trends in health care point to rising statistics that many people are looking for ways all year long to boost their immune system function naturally without drugs or medications. One of the most effective natural supplements in the news for its ability to fight the flu and other viruses like the SARS-CoV-2 is the elderberry (*Sambucus nigra*).

According to a 2019 Herb Market report, sales of elderberry grew by 138.4% between 2017 and 2018 alone. Elderberry contains zinc and antioxidants, including vitamin C and anthocyanin, both known for their ability to boost immune function and inhibit cold and flu. One 2004 study found taking 15 milliliters (just under 1 tablespoon) of elderberry syrup when sick four times a day for five days eased symptoms of influenza four days quicker than a placebo (sugar pill, fake medicine). According to the authors, "Elderberry extract seems to offer an efficient, safe and

cost-effective treatment for influenza." A 2019 study, "showed that compounds from elderberries can directly inhibit the virus's entry and replication in human cells and can help strengthen a person's immune response to the virus. Elderberry inhibits the early stages of an infection by blocking key viral proteins responsible for both the viral attachment and entry into the host cells."

Interestingly, the elderberry juice extract not only was able to prevent the virus from entering and infecting the cells in the first place, but it also inhibited late-stage spread of the virus in cells that had already been infected. What's more, this late-stage inhibition was even stronger than its action during the initial infection stage. According to the researchers of the study, the results were surprising and rather significant because blocking the viral cycle at several stages has a higher chance of inhibiting the viral infection.

The elderberry also promoted the release of certain chemical messengers, which allow your immune system to mount a more efficient response. Here is even better news. We have cells in our body called macrophages. Macrophages are a critical cell in our immune system. Macrophages act like scavengers, scanning our body for dangerous bacteria. Elderberry was shown to enhance macrophage activity."

As far as colds and flu goes taking elderberry supplements was found to substantially reduce upper respiratory symptoms. These findings present an alternative to antibiotic overuse and misuse for upper respiratory symptoms due to viral infections, and gives people a potentially safer alternative to prescription drugs for routine cases of the common cold and influenza.

With all the hubbub as to whether or not we should wear a mask when traveling by air, studies show that the risk of contracting a cold or flu tends to be heightened when fly-

ing, and research published in 2016 found elderberry supplementation can offer air travelers much-needed support as well as cutting down the duration of illness that is picked up on the airplane.

Elderberry also offers other health benefits such as reducing your risk of diseases rooted in inflammation, such as Type 2 diabetes and cardiovascular disease, thanks to its anti-inflammatory activity, soften skin and treat acne (oral and/or topical), soothe sunburn (topical), promote healing of sprains and bruises (topical).

This is one supplement that is always on hand in my medicine cabinet!

Chiropractic Thought for the Week: I would be remiss in my writings on immune system health if I did not mention the overall benefits of having your spine adjusted on a

regular basis by your chiropractor. Chiropractic research has shown that spinal adjustments have an indirect impact on the immune system. Whenever the middle back is adjusted (think of our hug adjustments), there is an immediate increase in white blood cell production. White blood cells are infection fighting immune cells. Regular chiropractic care of a frequency of at least 1x per month has shown that patients have a higher level of resistance enzymes. Spinal adjustments also increase the rate at which the DNA cells in your body repair themselves. This is an important marker for immune system health. Lastly, studies have shown that chiropractic adjustments increase T-cell production. T-cells are cells produced by the thymus gland that are extremely active in immune system function.

Take These 6 Steps to Get Your Health Back on Track

(StatePoint) Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health screenings.

"While we know that prevention is the best medicine, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive cancer screenings. We urge everyone to get up to date on their routine health care needs," says Gerald E. Harmon, M.D., president of the American Medical Association (AMA).

According to the AMA, you and your family should take these six steps to get your health back on track:

1. Get screened: Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your health care provider. If you're due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

2. Don't wait: An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment with your doctor as soon as possible.

3. Consider telehealth: If you're uncomfortable or unable to go in person to your physician's practice, check on telehealth options, which have greatly increased over the past two years.

4. Visit your pediatrician: During the pandemic, pediatric immunizations decreased. As public health measures are rolled back, people gather in groups, and traveling resumes, non-COVID-19 infections that decreased during the pandemic are likely to increase again. Well-child visits and recommended vaccinations are essential to helping ensure children stay healthy and protected from serious diseases. If your child is due for a check-up, schedule one immediately.

5. Get vaccinated: Adolescents and adult immunizations also sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Get up to date on vaccinations, including the COVID-19 vaccine. Everyone who's eligible for the COVID-19 vaccine, including booster doses, should get vaccinated as soon as possible to protect themselves and their loved ones. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

6. Don't neglect mental health: While mental health screenings via digital health tools are up, routine care for mental health is down. Approximately 52% of adults with mental health conditions delayed or forewent care since the pandemic began. Given the adverse effects the events of the past two years have had on mental health, such as increasing anxiety, depression and loneliness, it's especially important to prioritize this aspect of your health now.

For more resources, visit ama-assn.org.

MISSY'S MESSAGE



MISSY PAPERFUS

PRE-TRACKING PART 2

A recap of last months' Missy's message, I committed to pre-tracking my food intake for 10 weeks. After breakfast, I plan what I am having for the day and stick to it as best I can.

Today marks four weeks of pre-tracking. I missed only two days of pre-tracking in the four weeks. I focused on drinking more water and upping my daily steps as I had planned. Then, I got a little lazy with my water intake and sticking to my pre-tracking plan. I realized what I was

doing (or rather not doing) and got right back to my plan. I discovered I do best if I start drinking water right away in the morning. I am still waiting for warmer weather, although I have gone for a few outdoor walks in the past month in addition to hopping on my treadmill when I can and the weather is not cooperating.

I weighed myself weekly, the scale went down, then it went up. After I got back to my plan, it was right back down. Consistency is key. Progress not perfection.

Stay tuned next month for Pre-tracking Part 3.

Memo from MotoProz...

Spring is here! We also carry the full line up of Stihl power tools at MotoProz in Mazeppa. ! It's time to mow like a pro with a Hustler zero-turn mower. Check out our used up-to-date mower inventory online at www.MotoProz.com. Stihl has many great Mother's Day (May 8th) or Father's Day (June 19th) gift options.

Missy and her husband Mike own MotoProz in Mazeppa.

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Anhydrous Safety Should be Top Concern This Spring

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

Many farmers and applicators will soon apply anhydrous ammonia (NH3) prior to planting or sidedress after planting. Even with a rush against time and weather, safety should never be compromised. Accidents involving anhydrous ammonia have proven how dangerous and deadly the chemical can be when not handled properly.

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

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

Be sure to have a clean, adequate emer-

gency water supply of at least 5 gallons.

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

Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle the hose end valve by the valve body.

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

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

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehicle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

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

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

THE SAVVY SENIOR



By Jim Miller

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A Common Heart Problem That's Often Ignored

Dear Savvy Senior,

What can you tell me about atrial fibrillation? Every so often, I've noticed my heart starts beating rapidly for no particular reason. Is this something I should be worried about?

--Anxious Annie

Dear Annie, Heart palpitations can be harmless if they are brief and infrequent. But if you're experiencing an erratic heart rhythm, you need to get checked out by a doctor for atrial fibrillation, or AFib.

AFib - which is marked by rapid, fluttering beats - can lead to serious complications such as stroke and heart failure, when the weakened heart can't pump enough blood to the rest of the body.

Normally, your heartbeat follows a steady rhythm as your heart contracts and relaxes. But when you have AFib, the upper chambers of your heart (atria) beat rapidly and irregularly, sending blood to the lower chambers (ventricles) less efficiently. These episodes can last for minutes to hours or longer, and can cause palpitations, lightheadedness, fatigue, and/or shortness of breath. Over time, AFib tends to become chronic.

Age is a common risk factor for AFib, which affects roughly 10 percent of people older than 75. Other factors include genetics, obesity, diabetes, high blood pressure, and alcohol and tobacco use. The condition has also been linked to viral infections, including COVID-19.

Diagnosing AFib

If you're experiencing AFib-like symptoms you need to see your doctor who will listen to your heart and likely recommend an electrocardiogram (EKG) or a treadmill heart test, or you may wear a portable monitor for several weeks to look for abnormal heart rhythms to confirm a diagnosis of AFib. Such tests can help distinguish AFib from less serious conditions that may cause the heart to flutter, like anxiety and stress.

AFib affects some three million adults in the United States, a number that is expected to quadruple in the coming decade as the population ages and risk factors like obesity, diabetes and high blood pressure become even more common. The lifetime risk of developing AFib is greater than 20 percent, yet many people don't even know they have it.

Treatment Options

A growing body of research underscores the importance of lifestyle steps such as exercise, a healthy diet, and limiting alcohol for treating AFib. Depending on your age and symptoms, your doctor may prescribe drugs to help control your heart rate, like beta blockers such as metoprolol (Toprol XL); and/or rhythm, such as antiarrhythmics like flecainide (Tambocor). You may also need an electrical cardioversion, an outpatient procedure that delivers an electrical shock to the heart to restore a normal rhythm. You will be sedated for this brief procedure and not feel the shocks.

Catheter ablation is another outpatient treatment for AFib that scars a small area of heart tissue that causes irregular heartbeats. This procedure is becoming more common based on evidence of its safety and ability to normalize the heart rhythm and ease symptoms. Ablations can be effective in people 75 and older, but medication may still be required afterward.

If you're at higher risk for stroke, you may be prescribed a blood thinner, too. In the past, Coumadin (warfarin) was the only such drug widely available, but it requires monitoring with regular blood tests. Newer anticoagulants, like apixaban (Eliquis) and rivaroxaban (Xarelto), don't have that requirement and have been shown to be just as effective at preventing strokes.

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MDA Dicamba Misuse Investigations Find Common Label Violations

Applicators are reminded of restrictions for the 2022 growing season

The Minnesota Department of Agriculture (MDA) is continuing its investigations into the alleged misuse of dicamba herbicide products intended for dicamba-tolerant (DT) soybeans, though on-going work reveals a pattern of issues with label violations.

In 2021, there were 304 reports of alleged dicamba misuse which resulted in 120 dicamba investigations. Due to the significant number of investigations, the MDA does not expect to complete the review and enforcement related to the investigations prior to the 2022 growing season.

However, based on the dicamba investigations reviewed to date, the MDA has documented multiple incidents of the following label violations:

Failing to provide proof of and/or attend dicamba-specific training

Failing to measure the wind speed at boom height

Applying dicamba when sensitive plants, crops, or residential areas were downwind

Failing to document that a sensitive crop registry/specialty crop registry was consulted

Failing to record a survey of adjacent areas

Incomplete application records
A vast majority of the associated dicamba application records reviewed by MDA field investigators were incomplete. Missing, inaccurate, or partially recorded information does not meet the label requirements and, therefore, is a violation of the label. The MDA will continue to enforce the use of these products by investigating reports of alleged dicamba misuse and reviewing dicamba application records.

The U.S. Environmental Protection Agency (EPA) approved the following Minnesota-specific restrictions in 2022 for three dicamba products: XtendiMax by Bayer, Engenia by BASF, and Tavium by Syngenta.

DATE CUTOFF:

DO NOT apply south of Interstate 94 after June 12.

DO NOT apply north of Interstate 94 after June 30.

STATEWIDE TEMPERATURE CUTOFF:
DO NOT apply if the air temperature of the field at the time of application is over 85 degrees Fahrenheit or if the National Weather

Service's forecasted high temperature for the nearest available location for the day exceeds 85 degrees Fahrenheit. Forecasted temperature must be recorded at the start of the application.

In addition to the cutoff date, Xtendimax and Tavium have crop growth stage cutoffs.

Applicators must follow all product label directions and restrictions. The product labels can be found on the product manufacturer's websites (Bayer, BASF, or Syngenta).

Additional information regarding the Minnesota-specific restrictions can be found on the MDA's website.

Annual Study Again Confirms Higher Profits for Ag Water Quality Certified Farms

Farmers also saw other improved financial metrics

Farmers enrolled in the Minnesota Agricultural Water Quality Certification Program (MAWQCP) have higher profits than non-certified farms, according to a recent study by the Minnesota State Agricultural Centers of Excellence. This marks the third year of data highlighting improved financial outcomes.

The "Influence of Intensified Environmental Practices on Farm Profitability" study examined financial and crop production information from farmers enrolled in the Minnesota State Farm Business Management education program. The 94 MAWQCP farms in the study saw 2021 profits that were an average of more than \$16,000 or 6% higher (median of almost \$32,000 higher) than non-certified farms. Looking at three years of data, the average income was more than \$25,000 higher for MAWQCP farms, or \$16,000 higher for median income. Other key financial metrics are also better for those enrolled in the MAWQCP, such as debt-to-asset ratios and operating expense ratios.

The three years of data serve as an early indicator of a positive return on investment for whole-farm conservation management farmers implement to become certified.

"We see that farms in the Minnesota Ag Water Quality Certification Program have major benefits on the environment, and now we see with three years of data that our certified farmers are, on average, also looking at better economic outcomes," said Agriculture Commissioner Thom Petersen. "I encourage all farmers and landowners to look into the advantages of certifying their land and contact their local Soil and Water Conservation District for more information."

"Minnesota Farm Business Management is excited to partner with the MDA to define the economic metrics around farmers who are water quality certified compared to their peers in the database," said Keith Olander, Executive Director of AgCentric. "We have developed a three-year trend on the performance of these farms and find that those who are water quality certified use a management strategy that supports stronger farm profitability compared to their peers."

To find details on the economic study, visit: <https://www.agcentric.org/farm-business-management/annual-fbm-reports/>.

The MAWQCP puts farmers in touch with local conservation district experts to identify and mitigate any risks their farm poses to water quality. Producers going through the certification process have priority access to financial assistance. After being certified, each farm is deemed in compliance with new water quality laws and regulations for 10 years.

Since the program's statewide launch in 2016, 1,197 farms totaling over 845,000 acres have been certified across Minnesota. Farms have added 2,414 new conservation practices, which protect Minnesota's waters. Those new practices help to reduce of greenhouse gas emissions by over 44,000 metric tons each year.

Governor Tim Walz has announced a goal of enrolling one million acres by the end of 2022.

Farmers and landowners interested in becoming water quality certified can contact their local Soil and Water Conservation District or visit MyLandMyLegacy.com.



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‡See website for details.

All Saints Music Festival

The Gear Daddies To Headline the 2022 All Saints Music Festival May 20th

(continued from page 1)

A fundraiser for 5 area church parishes, this event is worth the drive!

Promoted as the First Part of The Summer, this years event will not disappoint. Opening Act will be Chris Kroese, Runner Up on NBC's THE VOICE.

Growing up, there was a guitar in the corner of the family basement that no one was supposed to touch. When no one was looking, a young Chris Kroeze (pronounced Cruise-E) would sneak down and find it. On his 6th birthday, Chris got a guitar of his own and hasn't put it down since.

Sitting around the campfire on warm summer nights as a child, Chris fell in love with the guitar. His dad would put small stickers on the strings to show him how to play and he listened and learned under the stars in North-west Wisconsin. Before long, the instrument became the most important thing in his life.

Biking around his hometown of Barron, Wisconsin, he would listen to a tape of Chuck Berry on his Walkman over and over, stopping every three and a half minutes to rewind.

When he was in middle school, his dad told him every band needed a singer, and the only way to tell if that would be Chris was to give it a try. He was a natural.

The pull of small town life and the passion for music never left as Kroeze turned into one of the top country musicians in the Midwest. The power of small town community showed as family and friends in Barron helped him get started on his journey to Nashville in 2014, holding a fundraiser that would lead to him recording his first single "Four Letter Words," which received strong radio play and kick started his career.

In 2015, he began a busy stretch of playing over 175 shows a year, and creating a large and loyal fan following. That popularity soared in 2018, when he appeared on NBC's hit TV show "The Voice," making it all the way to the finals in a runner-up finish. In the finale, Kroeze sang the original song "Human," which was TOP 10 on the Billboard HOT 100 and TOP 5 on the iTunes TOP 100. His vocal and guitar skills, combined with a small-town charm, led to Kroeze to become the most streamed artist in the show's history.

A popular live performer, Chris continued to perform at a frantic pace maintaining an average of over 175 shows a year through 2019, and the crowds have gotten bigger and bigger. He headlined a show at Aquafest for over 5,500 fans and has had a number of stops in which he has sold out multiple nights in a row, yet he still returns for pop-up shows at local bars he used to play at early in his career.

A small town boy who loves the outdoors through and through, Kroeze still lives in Barron, Wisconsin with his wife and can't imag-

ine raising his two children anywhere else.

The Gear Daddies will headline this years event

Gear Daddies is an Americana/Rock band originally from Austin, Minnesota. Members Martin Zellar (electric and acoustic guitar, harmonica and vocals), Nick Ciola (bass), Randy Broughten (electric and pedal steel guitar) and James "Billy" Dankert (drums and vocals), played their first shows together in 1984. Between 1986 and 1992, the band released three popular albums and became an important part of the Twin Cities music scene.

Many of the fan's favorite songs ("Stupid Boy", "Color of Her Eyes", "She's Happy",

"Drank So Much" and many others) are credited to the exceptionally passionate writing skills possessed by Zellar, however Dankert has also contributed some of the compositions, including "Time Heals", and "Blues Mary".

Their most notable mainstream success was when they played "Stupid Boy" on Late Night with David Letterman in 1991. Zellar had this to say of the experience: "I was so nervous, and it all happened so quickly. I couldn't tell you what the hell happened. I got done, and I was walking back and said to Randy (Broughten), 'Did I sing all the words? Did I do that?' When I watched it that night in the hotel room I had no recollection

of having lived it."

Arguably, Zellar's "I Wanna Drive the Zamboni" is the band's best-known song, having been featured in the movies D2: The Mighty Ducks and Mystery, Alaska, as well as on the television program Malcolm in the Middle. It's also a staple at hockey games throughout North America and Europe.

Parking will be Free, and again, this is an 18+ event.

Tickets can be ordered on line at www.allsaintsmusicfestival.com

For more details and to get any of your concert going questions answered, check out the web site!

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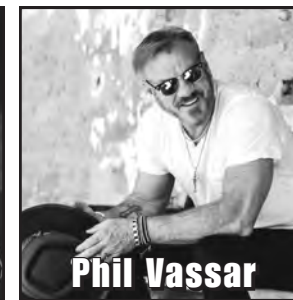
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Celebrating Small Business: Moving From Surviving to Thriving

(StatePoint) Small businesses are the heartbeat of communities. They pump life into neighborhoods, making them vibrant places to live, work and raise families, and are key to millions of local jobs. In fact, approximately 50% of all Americans are employed by a small business and 99% of American businesses are small businesses, according to the U.S. Small Business Administration.

Every year, National Small Business Week celebrated during the first week of May, acknowledges the contributions that America's entrepreneurs make to the economy, culture and overall business community.

"Small business is big business," said Wells Fargo's head of Small Business Derek Ellington. "As a bank that proudly serves over 3 million small business customers, we are still

supporting small businesses in their post-pandemic recovery, but we're also seeing many growing businesses bringing new ideas to life, and going from surviving to thriving. Now more than ever, it's an important time for small businesses because they are such a vital part of the economy."

National Small Business Week also marks an important time for entrepreneurs to further economic growth, strengthen their business, and deliver on the products and services the nation depends on every day. To help your business thrive, Wells Fargo offers the following four tips:

1. Be flexible. If there was one glaring lesson business owners learned from COVID-19, it was to be flexible. Businesses had to revamp their online offerings and create a digital, ecommerce presence. Most had to change relationships with supply chains and vendors or reduce hiring. When it comes to business planning for the next six, 12 or even 18 months, one thing is certain: flexibility will be key. Between staffing demands, supply chain delays and rising interest rates and inflation, write your plans in pencil. Most importantly, be nimble enough to pivot, using your experiences over the past two years as a guide.

2. Stay in the know. Stay informed of the latest developments that could impact your

business. For example, what do rising rates and growing costs of supplies and services mean for you? A small business banker can help you understand your options based on your particular business and needs, and make any necessary adjustments. Keep in touch with your tax advisor, accountant, and local chambers of commerce to stay in the know.

3. Prepare for new competition. Now that life has regained a sense of normalcy, new business trends are emerging fast. To prepare for new competition, stay ahead of your competitors and drive new growth:

- Know your customers, and find and solve their pain points
- Ensure you have competitive pricing
- Change your business model and services to stay ahead
- Provide exceptional customer service to existing and new customers
- Target new markets

4. Invest in growth strategically. To continue to grow, innovate and attract the best employees, demonstrate that you're willing to invest in the future. However, it's never cheap, and you might not be able to afford needed investments with your current revenue. Before borrowing money or taking out a loan, consider opportunities like changing your payments or receivable collection process, or reducing expenses. Then look into the right lending opportunities when you are ready to accomplish big milestones like



expanding, relocating, or adding new technologies with more capabilities. Strategic growth is all about investing in the right areas of your business at the right time to create an infrastructure in which you can flourish.

For more small business tips and resources, visit wellsfargo.com/biz.

Letter to the Editor

ALTENDORF THANKS STRONG SUPPORTERS

I want to thank all the amazing and strong supporters of my Pam Altendorf for House Campaign! You know who you are, whether you donated financially, spoken with me, prayed for me, cheered me on, volunteered your time, or have done some other kind/thoughtful gesture...YOU have encouraged me and made a difference these last two months!

A very special thank you to the Delegates who sacrificed your entire Saturday to be at the Republican Endorsement Convention to vote! My supporters made a strong statement! After a very long day, you could have chosen to quit and go home, but you showed your unwavering commitment by staying and holding the line! After that 3rd vote, and you all HELD, I knew exactly how dedicated you were to keeping me in this race! My heartfelt speech showed that I am a LEADER who will never give up! I am the Candidate that will FIGHT for the people, FIGHT for what is right, FIGHT for Minnesotans, no matter how long or how difficult the task may be....I think most who were there with an open-mind, caught a glimpse of my spirit and passion to serve you and this District on Saturday!

Per the rules, neither Candidate reached 60% and that moves this race to the Primary Election on August 9th. I respect this process and I look forward to meeting the citizens of District 20A and allowing THE PEOPLE to decide! Follow me: linktr.ee/PamAltendorf

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Bellechester City Council Meeting Minutes

March 16, 2022 @ 6:00PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:01 p.m. Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Rich Majerus, Kyle Blattner, Jered Buxengard as well as City Engineer Matt Mohs and City Clerk Lisa Redepinning and treasurer Kyle McKeown were present. Pete Bartholome was also present.

Minutes of February, 2022 meeting were reviewed and motion was made by Rich Majerus with a second by Jered Buxengard to approve the minutes. Motion carried.

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

Old Business:

- Sewer Grant – update progress. SCDP was submitted to state for processing. Updated budget will get submitted soon. RD interest rates will be raised on 4/1, so our funding request will be escalated to avoid this increase. Matt explained his cost estimates that will be submitted. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to set a special city council meeting on March 22 @ 5:30 to meet with Laurie @ RD to review letter of conditions for our

sewer project. Motion carried.

New business:

- Summer Mowing – Pete Bartholome expressed interest in mowing for the city for 2022 mowing season. Areas in town that is being mowed was discussed.

Engineer Report – see above.

Clerk Report – SEARCH Grant Reimbursement - I have requested and we have received the \$30,000 reimbursement from RD for this expense. Board of Equalization Meeting Reminder – Goodhue Portion of the city will be held on Tuesday, April 12 @ 5:00 at Bellechester Community Center. Wabasha County portion of the city will be held on April 11th @ 9:00 am at the Wabasha County Courthouse. Our regular city council meeting will be moved to April 12th immediately following the Board of Equalization meeting at the Community Center.

Treasurer Report – to be distributed later.

Water/Wastewater/Facility Report – ordered a blister pump for south well. Metal detector may be needed to detect curbs stops.

Mayor Concerns: None

Council Concerns: Pressure tanks need to be addressed and maintained. Extra items at the south pumphouse needs to be cleared and cleaned up. Ambulance association inquired about donations for the purchase of 3 new cots for them.

Adjourn

Motion was made by Kyle Blattner with a second by Rich Majerus to adjourn the meeting. Motion carried. Meeting was adjourned at 7:33 pm. Next meeting is April 12th @ 5:30 p.m. at the Bellechester Community Center.

Submitted by Lisa Redepinning – City Clerk

- Reminder - No motor vehicle shall be left parked on any street(s) or public way in the City, from Nov. 1 thru April 1 the hours of 2am until 6am.

Special Bellechester City Council Meeting Minutes

March 22, 2022 @ 5:30 PM

Special Regular City Council Meeting was called to order by Mayor Jody Gordon at 5:30 p.m.

Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people Rich Majerus, Jered Buxengard as well as City Engineer Matt Mohs and City Clerk Lisa Redepinning and Laurie Balata from USDA were present. Kyle Blattner was absent.

New business:

- Letter of Conditions (LOC) for the City's wastewater infrastructure improvement project – Matt gave introductions and a brief summary of the project so far. Laurie then went thru the Letter of Conditions with council. RUS Loan - \$ 838,000 and RUS Grant - \$ 255,000, RUS SEARCH Grant- \$ 30,000 (already received) and Small Cities Development Grant - \$ 600,000 totaling - \$ 1,723,000. Motion was made by Rich Majerus with a 2nd by Jered Buxengard to authorize the mayor to sign the Letter of Intent and necessary applications to move the project forward. Motion carried.

Rich Majerus left the meeting at 6:40.

- Building Permit – Brian Ringeisen – tabled until next meeting. Motion was made by Jered to table the building permit with a 2nd by Mark Gerken. Motion carried.

Motion was made by Mark Gerken with a second by Jered Buxengard to adjourn the meeting. Motion carried. Meeting was adjourned at 6:47 pm. Next meeting is April 12th @ 5:30 p.m. at the Bellechester Community Center.

Submitted by Lisa Redepinning – City Clerk

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City of Goodhue EDA Meeting Minutes

March 23, 2022 @ 5:00pm

Members present: Mayor Bien, Council members Thuman, Anderson-Buck, O'Reilly, and Hahn. Also, Present Mitch Massman, Tony Brecht, Duane Aaland, Richard Gorman, Jason Mandelkow,

Motion by Hahn and second O'Reilly to approve the minutes from the February 23, 2022, meeting. Motion carried 5-0

CEDA Update-Farmers Market, Community Garden location, and Dog Park were discussed.

Motion from Thuman and second by Anderson-Buck to approve the schedule of the farmers' market.

Motion by O'Reilly and second by Hahn to approve the Community Garden fee to be free for he first year. More information will be discussed at the April meeting. Motions carried 5-0

Motion by Hahn and second by Anderson-Buck to adjourn the meeting. Motion carried 5-0

City of Goodhue City Council Meeting Minutes April 13, 2022

Present were Mayor Bien, Council persons O'Reilly, Hahn and Thuman. Also present were Dick Gorman, Jason Mandelkow, Officer Sievers, Reese Sudtelgte, Joe Benda, Duane Aaland.

Motion by O'Reilly and seconded by Hahn to approve the agenda as updated. Motion carried

Motion by Hahn and seconded by Thuman to approve the minutes from the March 23, 2022, council meeting. Motion carried

Motion by O'Reilly and seconded by Hahn to approve the April 7, 2022, Special Meeting minutes. Motion carried.

City council has declared a vacancy for a council seat and will be looking to fill the position.

Motion by O'Reilly and seconded by Thuman to accept the Spring Quotes from Fitzgerald Excavating and Thomforde Enterprise. Motion carried.

Motion by Thuman and second by Hahn to approve a Fire Works Permit to the Volksfest Saturday evening. Motion carried.

Motion made by Hahn and seconded by Thuman to approve the Building Permits for Bigelow Homes., as long as they are approved with the county and city setbacks. Motion carried.

Motion made by Thuman and second by O'Reilly to approve a building permit for Roy Lodermeier, as long as they are approved with the county and city setbacks. Motion carried.

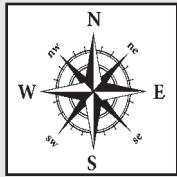
Motion made by Thuman and second by O'Reilly to hire Todd Majerus as the public works assistant. Motion carried. Part time summer help and Lifeguard postings will be run for one more month, tabled was the wage rate.

Motion by Hahn and second by Thuman to approve the bills. Motion carried.

Motion by Thuman and seconded by O'Reilly to adjourn the meeting.

Respectfully Submitted
 Jill Buxengard City Clerk

Changes in Latitudes, Changes in Attitudes Carp on the Bridge



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.

This column was written by my wife Ashley because she has crazy adventures in Tennessee as well.

I am about 1/4 mile away from the bridge, going about 80mph. It's dark. I have the music at full blast. The windows are open. My hair is a halo of competency flying around me. I am illuminated by the lights from the dash. Hard pounding rock thumps out the car as I speed down the road through the Bayou. Cannot wait to get home and take a shower after a day of dirty yardwork at the cabin. I see some type of reflective fabric on the bridge. Uh oh. Police? No. Not Police. Oh, Good. 'Cuz we're doin' 80. Yeah, I know. This is a 50 zone. I know. I am so tired and dehydrated and strung out from the recent days I think I may be hallucinating. I'm definitely talking to myself. I blink and shake my head. Nope. Still reflective and moving around. A mylar balloon caught in the road? Closing fast, whatever it is. Still doing 80. Oh, right. Bridge has only one lane. I remember. Right-o. Adjust to 50. Music is still driving at a mad pace. I switch on high beams. A single high wattage bulb responds right back at me. Oh #@\$% it IS cops. No. Not cops, woulda already been lit up. Ok, no idea. Slow to 50. Low beams. The light goes away.

I turn the music down. I see a dog in the road. OK, I see now. That's no problem. Someone let their dog out for a potty break on a lonely stretch of road and the dog won't get back in the car. All good. Crazy dogs. Aren't they something? But the dog is running from one spot to another on the bridge. Barking. At the reflective fabric. I bet the owner is irritated. I laugh. Dumb dog.

He's a purebred bloodhound. All floppy ears, droopy eyes and long goofy legs. He is havin' a good ol' time. I watch him, still trying to determine what he's doing. I imagine his name is Beau. ROLF ROFL ROLF he howls at the fabric. I have slowed down to a crawl to allow the owners to catch their dog. But no one is trying to catch him. Then I realize the fabric on the road is actually my headlights reflecting off about 8 or 10 big fish. Ten 15 pound live fish are in the middle of this bridge, flopping around and this dog is going crazy. Complete stop. Eyes straight ahead.

FWAPP! The sound startles me. It's another fish. It's fallen from above the windshield of my vehicle onto the bridge. For all intents and purposes it is raining fish on this bridge. Beau or Rufus or whatever his name is howls mournfully and bows down playfully at the new arrival. I'm right there with ya, Beau. I feel like howling a bit, too, Buddy. The light comes back. It points at me and wiggles a little. I cannot see what is behind the light. I follow the light and I can see two young boys standing on the sidewalk of the bridge. Leaning over. Oh dear. Something is wrong. They motion me forward. A little impatiently. Considering everything. I inch up to the entry to the bridge.

"You good?" I ask in my best Southern drawl. You good? applies to everything from greeting people at Sunday school thru car troubles and apparently a fish storm.

"Yep." They eye my license plate skeptically. Out of the corner of my eye, I detect movement. I turn my head slightly to the left, still keeping Rufus and his finned friends in sight, a nod to the rearview mirror, because, let's face it, I am still in Tennessee. A bright white T-shirt straightens up from leaning over the bridge. He's maybe 13. In his left hand he has a compound crossbow. A weapon. Capable of travelling 100 yards at 430 feet per second. He is holding a weapon, just as sure as I am sitting there. That is a full-on weapon. He is not yet old enough to shave. He looks unconcerned. In his right hand he is holding a spear. On the end of the spear is a 20 pound piece of reflective muscle. The reflective muscle gives a half-hearted twitch in response.

"You can go ahead," says Opie. He waves the dog out of the way. The dog pants happily and sits obediently. "Oh. OK. Thanks. I didn't want to run over your fish" There's a sentence I have never said before. "Naw, it don't matter." He waves me through. I proceed cautiously across the bridge, at first swerving to avoid the fish. When there are too many, I drive over a couple. It makes a noise. It sounds about how you would expect it to sound.

I look in the rearview mirror. The newly caught reflective muscle flies through the air and lands with a thunk near Rufus who howls gleefully but does not run out onto the road until permitted. I drive home the rest of the way with the music off. I keep to the speed limit.

The following day I see our neighbor "Bobby!!! Bobby!! You would not believe what happened!!!" I'm breathless, because I ran to catch up to him. He looks at me knowingly. He knows I cuss and have a hot temper and he knows the climate down South. He waits. I tell him about the dog and the fish and the music and the lights and the crossbow and the reflective fabric and everything. He does not miss a step. His gait does not alter one inch. He tosses a reply over his shoulder without breaking stride, "Nah, they supposed to throw em' in the bushes, they not supposed to leave them on the bridge."

A Minnesotan: Spring



By RosaLin Alcoser

My family moved to Minnesota from the south right as the century was turning from the last into this current one. For us this meant the winter of 2000 was our first Minnesota winter and our first time experiencing how long it takes for spring to come around.

Before coming to Minnesota it started warming up for us more like in February or March, not in late April, or May... some years we all know that spring is really just a brief moment in June. So winter starting at Halloween and lasting until it finally gives up and leaves was a brand new concept to us that my mother still hasn't adjusted 22 years later.

My parents built the house that my sister and I grew up in, out near Mazeppa and it had this huge porch that started at the front of the house and wrapped all the way around to the back. Right off the side of the porch was a branch from one of the nearby trees that leaned over just far enough that it felt like you should be able to reach out and touch it off the side of the porch.

I can remember clearly throughout my childhood watching my mother go out onto the porch, when spring decided to grace us with her presents, to look at that branch when the new leaf buds would start to appear; and she would cheer on the leaves. Telling them things like "go leaves! You can do it" and "come on little leaves you can do it."

I am not entirely sure why she used to do this, but it is what I remember watching my mother do when I was a kid every year between April and June depending on the year. Whether it really was to get the leaves to grow faster or if it was just a fun thing for her to do is still unknown to me. What I do know is that when I was a child the first real signs of spring for me was hearing my mother cheer on the new leaves to help them grow.

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Knowledge Is The Treasure Of A Wise Person



By Harvey Mackay

A giant ship's engine failed, and the vessel's owners consulted one expert after another, but none of them could fix the engine. They finally brought in an old man who had been fixing ship engines since he was very young. After looking things over, the old man reached into his bag of tools and pulled out a small hammer and gently tapped something. Instantly the engine started and was fixed.

A week later the owners received a bill from the old man for \$10,000 and couldn't believe it. In their eyes he hadn't done much, so they wrote him back and asked for an itemized bill.

His bill read: "Tapping with a hammer = \$2. Knowing where to tap = \$9,998."

We've all heard that "knowledge is power," but there's one caveat: It still must be used. I

like to say knowledge without action is worthless. It's not what you know, or even who you know – it's how you use what you know.

Knowledge is more readily accessible today than at any time in our history thanks to the internet, 24/7 cable TV, online media and so on.

We start absorbing knowledge as infants and continue the process through years of schooling. Really smart people don't stop learning then, however. Being a student of life will provide practical knowledge that continues for a lifetime.

As Jim Rohn, a motivational genius, said, "Formal education will make you a living; self-education will make you a fortune."

It's all about learning as much as you can to make yourself more marketable. Building knowledge has so many benefits, as seen in the following.

Knowledge creates opportunities, as any entrepreneur will tell you. They identify a need and seize it. They look for opportunities for learning and growth.

Knowledge helps you minimize risks and make better decisions. When you are informed, you make better choices, so do your homework and learn as much as you can. I always check with people I trust to give me guidance from all sides.

Knowledge helps you solve problems by using the information you have at hand or learning how to deal with issues. Knowledge allows you to handle adversity and persevere.

Knowledge improves relationships. When I meet with employees, customers, suppliers or anyone with whom I want to develop a relationship, I try to learn as much as I can

about those persons and make note of the information for future use, which I compile in a tool I call the Mackay 66 Customer Profile. A copy is available on my website (harvey-mackay.com). You can only talk about business so much. Your people are not one-dimensional, so you must humanize your strategy. People don't care how much you know about them once they know how much you care about them.

I also pass along my knowledge to my valuable employees, customers and contacts. I tell them I'm available 24/7, and to call me if they ever have a need. I've built my business on this philosophy.

Knowledge can keep your business relevant. Change is inevitable; you need to be aware of new technologies, advancements and improvements. What you don't know can hurt you. Just ask Blockbuster, Kodak, RadioShack, Toys R Us or Pier 1 Imports.

Knowledge can certainly improve your health and well-being. I am always studying ways to improve my health, whether through nutrition, exercise, sleep or whatever will allow me to live a better life.

Knowledge can also improve your finances. According to an article in "Forbes Magazine," 54 percent of Americans are having trouble with some aspect of their financial lives. There is so much information available in this area that there is no excuse not to learn.

Knowledge might be most important in the customer service area where companies must identify the needs and wants of their target audiences. Nothing is more important than customer service. Don't wait for customers to tell you there's a problem. Go out and ask

them if there's a problem.

Having and using knowledge will never go out of style.

At a 1962 dinner for the American Nobel Prize recipients, President John F. Kennedy celebrated the importance of knowledge. He said: "I think this is the most extraordinary collection of talent, of human knowledge, that has ever been gathered together at the White House – with the possible exception of when Thomas Jefferson dined alone."

Mackay's Moral: Knowledge is like a garden; if it is not cultivated, it cannot be harvested.

Reprinted with permission from nationally syndicated columnist Harvey Mackay, author of the New York Times #1 bestseller "Swim With The Sharks Without Being Eaten Alive."

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Order Your Goodhue Lions Community Events Calendar Today!

The Goodhue Lions are taking orders for the 45th annual Goodhue Lions Community Events Calendar for the 2022/2023 calendar year which begins in September, coinciding with the start of the school year.

If you have received a Goodhue Lions Community Events Calendar in the past you know how important it can be! You may have wished someone a happy birthday or happy anniversary, simply by being reminded when looking at the calendar? Maybe you have checked the calendar for a Goodhue school activity, the date of a community event or used it as that quick one stop spot for a phone number or email address of one of the 42 local businesses listed on the cover page.

Getting you and your family's birthday or anniversary included on the calendar is easy! Enter your household information on the order form and mail it along with payment for each calendar, or submit by email to goodhuelions@outlook.com. The order form can also be found on the Goodhue Lions Facebook page.

Please submit before May 31st, 2022!

In addition to providing the community with valuable and fun information, proceeds from the calendar are circulated back into the community through Lions donations to local food shelves, disaster relief, diabetes, vision, childhood cancer and environmental programs.

Please pass this information on to friends and family who may also be interested in being included on this year's Goodhue Lions Community Events Calendar.

If you have already submitted the order form along with your payment, THANK YOU!

The Goodhue Lions truly do appreciate your continued support!

Goodhue Lions Community Calendar

**Complete Order Form to Receive the 2022-23 Community Event Calendar
\$10.00 per calendar-----Submit by May 31, 2022**

Household Name _____ Phone _____

E-mail _____

Household Name is considered adult/parent(s) and includes their children (18 years and younger).
Please use separate forms for each Household Name.

Name: **First and Last** (please print clearly) Date: **Month/Day** Birthday (B) Anniversary (A)

Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A
Name _____	Date _____	B	A

\$10.00 per calendar-----Submit by May 31, 2022

Pay by Check---payable to Goodhue Lions, mail your form to---PO Box 192, Goodhue MN 55027

Or

Pay by Venmo----@Goodhue-LionsClub, email your form to---goodhuelions@outlook.com

Calendars will be available for pickup in August at the Goodhue Lions Chicken BBQ