



# Goodhue-Bellechester Messenger

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## Raise Money While Getting A Good Night's Sleep

By Beth Brekke

You can help Heather Tietje raise money for Multiple Sclerosis (MS) research by donating

### Announcements

• **Goodhue County Board of Equalization meeting for 2024 will be held on Thursday, April 18, 2024 at 4:30 pm at the Bellechester Community Center**

• **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:

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to her Bike MS: Ride Across Minnesota team. One way to donate is through the Carlson Pillow Cleaning Service fundraiser coming to Goodhue on April 10th and 11th. While Heather rides, you can sleep in--enjoying a freshly cleaned, sanitized and recovered pillow--or even a brand new one.

Carlson started coming to Goodhue 22 years ago after a local woman asked Deb Gnotke to look into a pillow cleaning service. She describes it as "a wonderful service" that comes to town every-other-year. Working out of a mobile trailer, a machine cleans, disinfects and deodorizes pillows using germ-killing, ozone emitting ultra-violet light. Tumbling brushes rotate and fluff feathers without removing any of their oil, extending the life of the fill. The tumbling removes dust and chaff and the feathers are then transferred into a new material covering of your choice. More feathers and goose down can be added if desired.

(continued on page 4)



Mike Carlson of Carlson's Fluff and Puff Pillow Cleaning Service, will offer his services in Goodhue as part of a fundraising event for Bike MS: Ride Across Minnesota. His mobile unit will be parked in The Depot lot on April 10th and 11th.



### Historical Society Holds Annual Meeting and Depot Presentation

By Beth Brekke

The Goodhue Area Historical Society held its annual meeting on Monday, March 18th at the Lion's Community Center. Carolyn Ryan and Norris Voth gave a power point presentation on the history and renovation of the Goodhue Depot. Several items from the museum and artifacts related to The Depot were on display and viewed with interest during the social time before and after the event.

(continued on page 5)

Pictured to the left: Norrie Voth, who did major refinishing work during The Depot restoration, holds an artifact found during the process. He and Carolyn Ryan, Depot owner, gave a Power Point presentation at the Goodhue Area Historical Society annual meeting March 18th.

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## Minnesota Human Rights Act (MHRA) and the 1st Amendment

By Robbin Robbert

Last week I heard about the Minnesota Human Rights Act for the first time. A little research tells me that it has been around since 1967 and is a human rights law. In 1993 it added sexual orientation to the list of groups (race, color, creed) that could not be discriminated against when it comes to employment and housing. There was no exemption for churches and church schools to discriminate except in the case of gender identity.

For 30 years all was going along fine with this specific separation of church and state. When a new, separate definition of gender identity was passed into law by the legislative majority last year, there was no religious exemption added. Many faith-based organizations petitioned the legislature to reinstate the religious exemption but on March 18, 2024 the motion to amend the law to include the religious exemption was voted down. Because the law is a clear violation of every citizen of the USA it will undoubtedly be overturned as unconstitutional by the Supreme Court.

However, can/should a Christian stand up for the rights the citizenship in their country/empire give them? I would like to cite the examples of St. Paul in the book of Acts that make me believe that yes we should.

From his actions, as recorded in the book of Acts, we learn something about Paul and his view of government—that he repeatedly displayed a strong insistence that his legal rights as a citizen be recognized and respected, and objected to government usurpations and violations of those rights (Acts 16:16-40; 22:22-29; 25:1-11)

Now, it is important to know that Paul (and Silas, too) was a Roman citizen, a privilege at the time enjoyed by only about 5-10% of the population in the vast Roman Empire. Among the rights of a citizen were freedom from beatings without trial, the right to be tried before the emperor rather than in a local court of law, and the right to not be executed by crucifixion. When the magistrates sent orders for Paul and Silas to be released, ‘having learned their lesson,’ they supposed, these men refused release, until the magistrates spoke to them personally. Paul’s message to them: “We are Roman citizens, and you have

beaten us and jailed us without cause.” The magistrates were fear struck upon learning that they had violated the sacred civil rights of two Roman citizens, an action which could have subjected the rulers to severe personal penalties, perhaps up to and including execution. Profuse apologies followed, and a request that the abused men quietly leave the city.

So then, Paul as one who had certain definite civil rights, repeatedly invoked them and demanded that they be recognized by the governing authorities.

It is not wrong, indeed it is right and necessary, that we Christian citizens of the United States insist and demand that our Constitu-

tional rights be recognized and respected, and that any and all infringements be removed immediately. As has been famously said, “eternal vigilance is the price of liberty,” that is, vigilance against those who would seek to take that liberty away.

It might be good to remember that very likely St. Paul was beheaded to end his life by the Roman government. Standing up for what the Word of God says and your rights as a citizen can end your life when evil men are “reigning” temporarily. As has been said in the past could happen in our days also: “The blood of the martyrs is the seed of the Church.”

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### Thank You

The family of Skeeter Berg are extremely grateful for the support, help, condolences, encouraging words and memories that everyone shared at the time of his passing.

We especially want to thank the staff at the Zumbrota Care Center, who became his extended family, for their excellent care and concern he received during his stay and at the time of his death. The love and kindness they expressed to him was truly remarkable. St. Croix Hospice deserves a huge thank you too for their guidance and care, as well as comforting words at the time of his passing.

Our thanks also to the local and area Honor Guard, VFW and Legion members for their impressive graveside service. The comforting words of Pastor Alan Horn and musical contributions by the Lambkins during the church service will provide lasting memories for all in attendance.

A huge shout-out and words of thanks goes to those who helped serve and clean up at the Mazeppa Community Center for his Celebration of Life. We were told many times that Skeeter was a legend and we will be forever grateful to everyone who reached out to us in any way. We will always be proud of the joy he brought to others and for putting Mazeppa on the map while singing “Where the Hell’s Mazeppa.”

Denise and Bob Poncellet and Family  
DeAnn and Mike Horsman and Family  
Delane and Jon Liffrig and Family

Dennis and Colleen Berg and Family  
Debra and Dan Dettmer and Family  
Daryl Berg and Family



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### HOLY TRINITY CATHOLIC CHURCH

Father Thomas McCabe • [www.holytrinitygoodhue.org](http://www.holytrinitygoodhue.org)  
211 4th St. N., Goodhue • 923-4472  
Parish Office Hours, Mon.: 9:00AM - 2:00PM  
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).  
Sat.: 4:45PM - 5:20PM Confession, 5:30PM Holy Mass (Sunday vigil)  
Tues.: 8:00AM Holy Mass  
Wed.: 8:00AM Holy Mass, 9:00AM - 2:00PM Eucharistic Adoration  
Rosary said 25 minutes before Holy Mass  
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.  
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Sun.: 8:15AM - 8:35AM Confession, 8:45AM, Holy Mass  
Mon.: 8:00AM Holy Mass, 6:30PM - 9:00PM Eucharistic Adoration  
Rosary said 25 minutes before Holy Mass  
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### ST. COLUMBKILL CATHOLIC CHURCH

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County Road 47, Goodhue • 923-4472  
(Holy Trinity Parish Office has sacramental records for St. Mary, Bellechester, and St. Columbkill, Belle Creek, since merger in 2013).  
Sun.: 10:30AM Holy Mass  
Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass  
Rosary said 25 minutes before Holy Mass  
All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.  
We practice because we are not yet perfect!

### GRACE EV. LUTHERAN CHURCH (WELS)

Pastor Martin Weigand  
39774 Co. 4 Blvd., Goodhue • 651-923-4624  
[gracelutheranchurch@gmail.com](mailto:gracelutheranchurch@gmail.com) • [www.gracestpeters.org](http://www.gracestpeters.org)  
Sunday Morning Worship 8:30a.m. with communion on the second and fourth Sunday of each month.  
Sunday School at 9:30a.m., Sunday Bible Study at 9:45a.m., Confirmation Class 5:45 on Wednesday at St Peter's.  
8:30a.m. Quilting and Bible Study on Wednesday at St Peter's, and 10:30a.m. Midweek Bible Study on Thursday at St Peter's.

### AREA CHURCH DIRECTORY

#### Jesus Unites Us

*I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit. . . . — John 15:5*

Are we really united to Jesus like branches to a vine? Yes, and amen! And does that mean we are also united with other people who are Christians? Yes, it does.

If we are united with Christ, we are like a branch of the holy vine of God. Yet there are other branches too, and the people represented by all those branches are loved by God just as we are—even if we might disagree with them in some ways or don't understand why they believe as they do. Sadly, there are divisions in the worldwide church of Jesus Christ, and those can often be ugly and unnecessary. Do different Christians see things differently? Yes. Do they act differently? Yes. May we separate from them, when they are living branches in the vine of Christ? No. To do so would be arrogant and hurtful.

Sometimes, however, people come up with false teachings that deny the truth of Christ (as in 1 John 2:18-27). And if they insist on following those teachings, they can mislead others and cut themselves off from the vine of Christ. That is a terrible tragedy, and we need to know how tragic it is when something like that happens. Let's do all we can to remain united with Christ and with the other branches of Christ's church. Jesus says, "If you keep my commands, you will remain in my love. . . . Love each other as I have loved you."

*Forgive us, Lord, if we think that we are always right and that others should conform to our way. May we seek unity in you, the true vine. 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@sleepeyeytel.net](mailto:stpeter@sleepeyeytel.net)  
9:30a.m. Sunday School  
10:30a.m. Worship

Email your church announcements, schedule to the Messenger at: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

### MINNEOLA LUTHERAN CHURCH

Pastor Hannah Bergstrom de Leon  
[www.minneolalutheranchurch.com](http://www.minneolalutheranchurch.com)  
13628 Cty. 50 Blvd., Goodhue  
Office line: (507) 218-7177 • Pastoral Care: 507-218-9063  
10:30a.m. Sunday Worship  
Sunday School the first 2 Sundays of the month at 9:30am.

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

Pastor Robbin Robbert  
36620 Co. 4 Blvd., Goodhue • 651-923-4773  
Sunday 9:00am Worship  
Communion offered on the 2nd & 4th Sundays.

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

Pastor Eric Hanson  
37750 County 6 Blvd., Goodhue, MN 55027  
Email: [office@stlukegoodhue.org](mailto:office@stlukegoodhue.org) • 651-998-7106  
Sunday Worship: 9:30 a.m.  
Wednesday Worship: 6:45 a.m.\*  
18910 360th Street, Goodhue  
\*Check our website for changes: [www.stlukegoodhue.org](http://www.stlukegoodhue.org)

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

Pastor Martin Weigand  
702 West Third Ave., Goodhue, MN • 715-441-5086  
Sunday Morning Worship 10:45a.m. with communion on the second and fourth Sunday of each month.  
Sunday School at 9:30a.m. at Grace.  
Sunday Bible Study at 9:30a.m., Confirmation Class 5:45p.m. on Wednesday, 8:30a.m. Quilting and Bible Study on Wednesday, and 10:30a.m. Midweek Bible Class on Thursday.



## Harvey Luverne O'Neill

Harvey Luverne O'Neill, age 80, a lifetime resident of Goodhue (Belle Creek), MN, died peacefully surrounded by family on Friday, March 8, 2024.

Harvey was born on March 5th, 1944 to Charles and Georgina (Clements) O'Neill in Red Wing, MN. He graduated from Goodhue High School in 1962. He started farming with his dad after he graduated and few years after took over all farming operations. He married Sandra Colstrom on May 1, 1965 at St. Joseph's Catholic Church in Red Wing, MN. They were married for almost 59 years and were blessed with four children, Daneen, Kim, Amy, and Bryan.

Faith, Family, Friends and Farming were the most important things in Harvey's life. He spent over 50 years milking his dairy herd of 60 Holsteins, raising cattle and managing crops of hay, oats, soybeans and corn. He retired from milking in 2004, and continued planting and harvesting crops until the day he died. His entire family meant the world to him and he enjoyed every minute he spent with his kids and grandkids. He became the lone Packer fan in the family, so Sunday football

was a bit contentious at times. During his lifetime, Harvey enjoyed listening to old time music, hunting, fishing, card club and dancing at the Skyline Ballroom. After retiring from milking, he took up culinary experiences baking bread, making yogurt and applesauce, and gardening. Harvey didn't waste anything and recycled every container and bag that he could for delivering his homemade goodies to family and friends. His kids eventually talked him into a laptop, where he checked the AgPartners website daily, then he mastered his iPad and a Jitterbug cell phone.

Harvey is survived by his loving wife, Sandy; children and their families, Daneen (Sean) Kiger and Cyle, Cory (Hanna), and Colby; Kim (John) Goplen and Matthew, Marcus, and Michael; Amy (Scott) Corum and Maggie and Cecilia; and Bryan (Katie) O'Neill and Hannah, Emma and Lucas; sisters, Ruth Peterson and Rose (Bob) Cyert and twin brother, Howard O'Neill; sister-in-law Sue (Steve) Johnson and many nieces and nephews.

He was preceded in death by his parents, Charles and Georgina O'Neill; in-laws Clarence and Rose Colstrom; brother and sister-in-law, George and Sue O'Neill, nephew, Tim O'Neill and brother-in-law, Gerald Peterson.

In lieu of flowers, memorials are preferred to the Holy Trinity-St. Columbkil Cemetery

Fund or the Goodhue Area Historical Society.

Funeral mass was on Saturday, March 16, at 11:00 am, at St. Columbkil Catholic Church, 36483 Co 47 Blvd, Goodhue, MN 55027. There was a visitation at the church on Friday, March 15, from 4-7:00 pm, and continued one hour prior to the service at the church on Saturday. Interment was in the church cemetery.

## Patricia Agnes "Pat" (Majerus) Mann

Patricia Agnes "Pat" (Majerus) Mann passed away at her home at Benedictine Care Center in Red Wing on Thursday morning, March 14, 2024 at the age of 92.

Patricia Agnes was born at home in Bellechester, MN on July 19, 1931 to John C. and Gertrude (Mahoney) Majerus. She was baptized and confirmed at St. Mary's Catholic Church in Bellechester and had attended grade school at St. Mary's. She graduated from Goodhue High School in 1949.

She married Ralph T. Mann on September 13, 1950 at St Mary's Catholic Church, and they raised six children together. She was a lifelong, active member of St Mary's. Once their children were in school, Pat started working at Jostens, Riviera Kitchens, and the Farmer's Store, all in Red Wing. She later owned her business, Pat's Painting and Papering, and was known to have wallpapered some rooms at the St. James Hotel and many, many homes in and around the Red Wing area.

Pat was very outgoing and loved shopping for antiques and anything blue. She enjoyed flowers, dancing, painting, decorating (especially for Christmas), and listening to music. Anyone who helped clean her house knew dusting was a big job. She and Ralph loved traveling and did quite a bit during their marriage.

She is survived by her children, Teresa (Alan) Breuer, Kathy (Henry) Thomforde, Mike (Mary Rose) Mann, Mary Beth Mann (Dave Carlson), Joe (Mary) Mann and Steve Mann; 23 grandchildren; 50 great grandchil-

dren; 5 great-great grandchildren; sisters, Jackie Kane, Audrey Baker, Janet Majerus, Judy (Gary) Lodermeier and Corrine (Neil) Stehr; brother, Greg (Mary) Majerus; and many nieces and nephews.

Pat was preceded in death by her parents; husband, Ralph; brother, John (Phyllis) Majerus; sister-in-law, Ellen Scharpen; one son-in-law; and three brothers-in-law.

A memorial Mass was held on Tuesday, March 19 at 11:00 am, with visitation from 9-11 am, at St. Mary's Catholic Church in Bellechester. Interment was in the church cemetery. A luncheon followed at the Bellechester Community Hall.

## Ella Anna Hadler

Ella Anna Hadler of Goodhue passed away peacefully at her home Wednesday, March 20th, 2024, at the age of 84 years old. Ella was born May 14th, 1939, in Red Wing, MN to George and Anna (Kunde) Strusz. She was the youngest of four children. She was baptized and confirmed at St. John's Lutheran Church. Ella graduated from Goodhue High School in 1958.

She was a life-long caregiver and sewer starting her first job at Kid Duds and continued to sew her family such as quilts, clothing, and countless repair jobs. In later years, she worked for Braschler's Bakery, cared for others, and cleaned many homes. Ella enjoyed cooking, cleaning, polka dancing, costume parties, playing cards, puzzles, gardening, being a member of St. Luke's, drinking coffee in Hay Creek, but most of all she loved her family and adored her grandchildren.

She is survived by her husband, Donald, daughter, Linda Eckhoff (Charles Ryan) of Hammond, WI, son, Raymond Hadler (Dawn Vikingson) of Goodhue, daughter, Audrey Hadler also of Goodhue, brother, Richard Kunde, grandchildren, Brandon, Randy, (Heather Castner), and Michelle (Jack Gadi-ent), special family friend Craig Kennedy.

She is preceded in death by her parents, brothers, Fritz and Harlyn Strusz, sister, Wildonna Bang and son, Roger Hadler.

Visitation was at 10:00 a.m. Saturday, March 30th, 2024, at St. Luke's Lutheran Church, Goodhue, followed by a funeral service at 11:00 a.m. Pastor Eric Hanson officiated private burial at Evergreen Cemetery. In lieu of flowers, the family would appreciate outdoor perennials to plant at her home in honor of her love of gardening.

GOODHUE EDUCATION FOUNDATION'S ANNUAL

# SPRING AUCTION

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## Raise Money While Getting A Good Night's Sleep

(continued from page 1)

The process is completed in a short time and pillows returned to you the same day. Crushed foam pillows can also be cleaned and polyester pillows can be recovered. Carlson also sells new pillows of various sizes and feather and down composition. He will work with other down items such as comforters but that is not same-day service.

The mobile unit will be clearly marked while parked at The Depot lot on North Broadway in Goodhue operating from 6-8 PM on April 10th and 7 AM-3 PM on April 11th. Every customer using the service on April 11th will receive a \$1 discount coupon toward a beverage at The Depot valid that day only.

Gnotke organizes the service with all fundraising proceeds going to Heather Tietje's Bike MS: Ride Across Minnesota team. Heather is the daughter of Deb and Dave Gnotke and rides in honor of Dave, who has lived with MS for 53 years. According to the MS Society, Multiple Sclerosis is "an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. Symptoms range from numbness and tingling to blindness and paralysis...MS affects more than 2.3 million (men and women) worldwide."

Carlson's Pillow Cleaning Service is an ironically appropriate fundraiser as fatigue is the most common symptom of MS with a two-to-three-times higher than average prevalence of sleep disorders. MS causes nerve damage to the neurons in the brain and spinal cord that make up the central nervous system, which plays a pivotal role in regulating sleep-wake cycles. This nerve damage can be a direct cause of sleep disturbance.

While Multiple sclerosis can be exhausting for those with the condition, the MS society

uses a physically exhausting event to try to find a cure. Bike MS is the largest fundraising cycling series in the world, raising more money than any other cycling event for any other cause. Each year, nearly 50,000 cyclists and more than 5,000 teams ride — "changing the world for people with MS, one mile at a time". With the fundraising support of cyclists like Tietje, The National MS Society can continue to connect more than one million individuals to the people, information and resources they need. The Society also supports more than 380 new and ongoing research projects around the world.

Bike MS has 50 rides across the US with routes that range from 15 to 150 miles and can be single day, two day or multi-day rides. All Bike MS routes are fully supported with mechanical and medical assistance, food, drinks, and rest stops every 8 to 12 miles. Tietje, who has been participating in Bike MS (formerly MS TRAM) for 20 years, is the captain of "Jane's Chain Gang" team. They will be riding from Northfield to Red Wing, to Faribault, to St. Peter and back to Northfield July 22-26. In addition to the pillow cleaning fundraiser and in-person donations, you can support Heather and the MS Society by donating at [www.bikems.org](http://www.bikems.org), searching her name or team name and clicking on "donate". For more information on the fundraising events, contact Deb Gnotke at 651-764-5587 or [ddgnotke@sleepyeyetel.net](mailto:ddgnotke@sleepyeyetel.net). For specific information on the pillow cleaning service, contact Mike Carlson at 320-212-5811 or check his website: [www.carlsonpillow.com](http://www.carlsonpillow.com).



Dave Gnotke, with daughter, Heather Tietje, at one of the Bike MS finish lines. Dave has been living with Multiple Sclerosis for 53 years and Heather has participated in the MS Society's ride for 20 years. Wife/Mom, Deb Gnotke has helped raise funds by bringing a pillow cleaning service to town every other year for 22 years.



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Questions? Call Deb Gnotke 651-764-5587



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## Historical Society Holds Annual Meeting and Depot Presentation

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Society President, Dave Betcher called the meeting to order at 7 PM. Marie Strusz gave the secretary report and Barry Holst the financial report. A unanimous ballot was cast for returning board members, Diane Opsahl and Karen O'Reilly, and Barb Augustine who agreed to run for Dan O'Connor's position as he chose not to seek re-election. The duty of creating the society's newsletter is being passed from Ardis Voth to Brenda Lerum. Brenda is a Goodhue native currently residing in Zumbrota. She will use her love of

local history and writing skills to continue the output of interesting newsletter content and keep the Facebook page up to date.

Dave recognized members who passed away in 2023 and gave special thanks to all volunteers. There is always a need for more guardians (those who greet guests when the museum is open) and helpers for the annual cleaning days which will be held on May 22nd and 23rd.

Current notable things at the museum include records from Vieths' Store dated 1910-1925. The records are kept in the store's safe that is housed in the museum and can be viewed by anyone that is interested. Also on display is a model of the coal tower created by Bob Eppen. Both the coal tower model and Eppen's scale model of The Depot could be seen at the annual meeting.

Betcher introduced Jeff and Carolyn Ryan, owners of the newly refurbished depot building with a brief explanation of the importance of the depot. From 1890 until the Highway 58 road route was completed,

everything passed through the area by rail. "That's why Goodhue exists," he said. Carolyn and Norrie then took over, relaying the history of the depot and its recent restoration.

500-600 People were employed in 1888 laying tracks and building 23 bridges between Red Wing and Zumbrota. The depot building, erected in late 1889 on land that had been purchased and platted by prominent Red Wing businessman, T.B. Sheldon, was the first building constructed in Goodhue and the town grew around it. The property was deeded to the railroad by Sheldon's heirs after his death in 1900. The depot served as a transportation hub with passenger and freight trains moving North from Red Wing and South from Rochester. A separate women's waiting room was created in 1916 after a unique addition to the center of the building. Indoor plumbing was added in 1949, just one year prior to the last passenger run. The line continued to carry freight until 1964.

When the rail station closed, the depot property was purchased by Lodermeier Implement and used to assemble, repair, and display farm equipment. Lodermeier's sold the property to the city when they moved to their new location in 2017 and the Ryans purchased it three years later. The Historical Society annual meeting presentation focused on the building renovations that took place over the next two years leading up to the opening of the current business on August 5, 2023.

Those attending marveled at the photo slides documenting the enormity of the project from its starting condition to its present beauty. The Ryans, along with family, friends, and contractors worked systematically through repairing the foundation, removing the steel siding, sheetrock, dirt and debris, to upgrading or installing new plumbing and utilities. Care was taken to preserve as many of the original features as possible.



Bob Eppen created this wood model of the old Goodhue coal tower. It was brought to the Goodhue Area Historical Society annual meeting and can now be seen at the museum.

Norrie stripped and refinished windows, doors, floors and furnishings. Jeff and Carolyn painted the exterior to be historically accurate and painted and furnished the interior to create a vintage feel. Many interesting things were found in the walls and ground throughout the process and are now on display inside along with historical information and photos.

As the transformation moved from abandoned repair shop to thriving gathering spot, Carolyn thought, "After 50 to 60 years of this building being shut down, there's life and light back in it". This project is truly a source of pride for the entire community and the Ryans and everyone involved deserve the applause given at the end of the evening.

## Farmers Union Agency Honors Agent Alison Peters as 2023 Allebach Agent of the Year



St. Paul, Minn. — Farmers Union Agency is proud to honor Agent Alison Peters as Allebach Agent of the Year. Alison received the agency's top award from 37 Agents throughout the state during the Farmers Union Agency 2023 Awards Dinner at Mystic Lake Conference Center in Prior Lake, MN. The award is named after Rodney Allebach, former Agent, District Manager and President of the agency.

This recognition is based on the individual's selfless character, grit, commitment to community and business results. Alison exemplifies these qualifications. She is dedicated to her Goodhue community, has put together a team at her agency that perfects the core values Farmers Union Agency strives to achieve and puts the needs of her clients first.

"Ali never looks for the spotlight or recognition but seems to quietly and unassumingly qualify for most sales incentives. She is a fierce advocate for her clients and not afraid to have tough discussions when necessary. Dedicated to her family and business, Ali brings out the best in people, and you just can't help but enjoy being around her."

Farmers Union Agency (FUA) is headquartered in St. Paul and has 42 offices located throughout the state of Minnesota. Their independent agents have been serving families, businesses and farms for 77 years.



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## What's Normal?



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

As we progress into the first days of Spring, we look back on a winter season that was not the typical Minnesota winter. We can also look back to the fourth anniversary of the Covid pandemic and the infamous shutdown the entire society endured. As that experience dragged on there was an increasing desire to see things “return to normal.” But how do you define normal?

Normal is “a standard, or regular pattern” according to the Merriam-Webster dictionary, and is often associated with a routine, or pos-

sibly a habit. One individual online described “normal” as that action or belief that is accepted by 62% of the population. However, what is considered normal may not be healthy, or good for you. How comfortable are you with making a healthy choice that is not be seen as ‘normal’?

The Standard American Diet is a common phrase used by nutritionist with the emphasis on the first letter of each word – S.A.D. The normal choices for food consumption among Americans has resulted in SAD consequences. Back around 1901, the normal consumption of sugar per American was around 5 pounds of sugar per year. Today, the normal consumption of sugar per American is over 100 pounds of sugar per year. Before 1930, vegetable oil, corn oil, soybean oil, and canola oil did not exist. Today, soybean oil and corn oil are the top oils consumed promoting significant inflammation. There are a multitude of foods available in our warehouse grocery depots that our great grandparents would not recognize. What we consider normal today has brought about SAD consequences.

Unfortunately, in our culture, normal is not the same as healthy. Consider some of these examples:

- More than 70% of the American population is overweight or obese leading to heart disease, diabetes, and a weakened immune

system

- Premenstrual cramps, headaches, and irritability each month is considered normal
- Constipation with bowel movements less than once a day is considered normal
- Braces to straighten teeth and pulling wisdom teeth is considered normal
- More than 10 prescriptions per American is the current average

To make a healthy choice, or choose a healthy lifestyle is not considered normal. Do some of these healthy choices seem ‘abnormal’ to you:

- Have some vegetables with your breakfast
- Be sure to drink 8 cups of filtered water (or more) each day
- Eat an apple every day
- Eat only three meals a day with no snacks between meals
- Each meal should include a protein (meat, egg, dairy, or beans)

When what is normal is not a healthy choice, you and I have the opportunity to be an influence to our circle of friends and relatives to help them recognize a healthy option. To be an influencer is to be one who helps others to be interested and to recognize there is another choice available. The normal advertisements and recommendations coming across the television screen are not presenting healthy options, they are presenting normal options. Internet videos presenting extreme diets and exercise are not presenting healthy options, they are sales gimmicks. The healthy options are going to be consistent, natural-based options your great grandparents would recognize.

Healthy options are lifestyle choices that promote longevity, fertility, and a healthy environment. You can be an influencer to help move the American culture back to a healthy standard. Perhaps one day, healthy choices will be the “new normal.”

I invite you to join me this spring at the Northfield Holistic Health Summit “New Beginnings” Saturday, May 4, 2024, to learn more about healthy lifestyle choices and the resources available to you. Ten local health practitioners will be presenting information on – herbs, homeopathy, acupuncture, toxins, neurology, allergy therapy, and more. Purchase your ticket today for this event that includes a healthy catered meal by Café Shawn. Ticket sales close on April 30. More information at <https://www.nutritionproportion.net/healthsummit2024> or scan the QR code.

Make your health a priority in 2024. Change is required, but the outcome is worth the effort. Little changes can make a big difference over time. If you would like to pursue a healthy lifestyle and increase longevity, I can help.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net)



SCAN ME

### Viterbo University Announces Fall Semester Dean’s List

LA CROSSE, Wis.— Six hundred eleven students have been named to the Viterbo University 2023 fall semester dean’s list.

Full-time students must complete a minimum of 12 semester hours of credit for letter grades and receive at least a 3.50 GPA with no incomplete grades to qualify for the dean’s list. Part-time students must have completed a total of 15 semester hours of credit for letter grades at Viterbo with a cumulative GPA of 3.0 or higher. Part-time students must also complete a minimum of six semester hours of credit for letter grades and achieve a semester GPA of 3.5 or above with no incompletes.

Viterbo is a liberal arts university located in La Crosse, Wis. Viterbo was founded in 1890 by the Franciscan Sisters of Perpetual Adoration.

Goodhue, MN: Madee Benda, Brandie Davis

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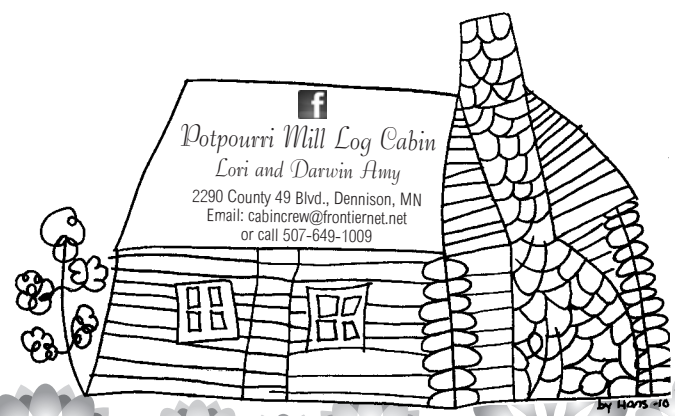
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## 93% of Americans concerned about brain health!! Irish Music and Guinness Taste



By Shauna Burshem, D.C.

According to a recent AARP survey, 93% of Americans are concerned about their brain health, yet few understand how to protect it. Research is now showing that canola oil leads to significant declines in memory and has a negative impact on body weight management. This is bad news, as canola oil has always been touted as a healthy oil to use. Most people do not even know where canola oil comes from or even what a canola is. There is actually no such thing as canola. Canola stands for Canadian Oil. It is in reality rapeseed oil which comes from pressing

the oilseed rape plant. Canada became the first country in the world to produce large quantities of rapeseed with low erucic acid in the oil and low glucosinolates in the meal. Thus the name Canadian Oil or Canola Oil for short. Canola Oil is not a healthy oil for your brain. It is genetically engineered and altered to reduce toxic to humans erucic acid levels and then processed with several chemical baths before being bleached. Sadly, canola oil is found in almost oil processed (man-made foods in boxes or bags). And over the years, through proper marketing by canola oil manufacturers, has led us to believe it is a health food. Healthier options include pastured organic butter, virgin coconut oil, ghee, avocado and walnut oil for cooking and olive oil for non-cooking purposes (use olive oil as an added oil once the food is cooked, because olive oil is not supposed to be heated).

68% of adults have damage to the discs in their neck. The discs are cushions between the cervical vertebrae. This condition is called cervical disc degeneration or degenerative disc disease (DDD). If you do not have this condition now, you will likely get it unless you are in a neck mobility program. Early signs of disc degeneration include popping, cracking or gravelly noises in the neck. Chiropractic spinal adjustments either by hand or low force adjusting instruments place motion in the spinal joints which reduces the friction on the surface of the bones. Also helpful is using a cervical pillow at night and performing passive range of motion exercises daily.

There are two types of sugars which you should be aware of. Refined sugar and intrinsic sugar. Refined sugars are linked to health problems and include high fructose corn syrup as one example. Intrinsic sugars are naturally occurring sugars in whole fruits and vegetables. Refined sugars affect the gut by causing endotoxin production which destroys the function of the energy producing cells in the body which then can result in cancer metabolism. Fructose present in whole fruits does not result in the production of endotoxins. Avoid high fructose corn syrup and eat sugars from whole fruits, raw honey or pure organic raw cane sugar.

Mustard seed contains chemical compounds that can enhance the cancer fighting potential of cruciferous vegetables like broccoli, cauliflower and brussels sprouts. Sprinkle mustard seed powder on these vegetables to further reduce cancer risk. A compound in brown mustard seed lowered the risk of bladder cancer by 34.5% and was 100% effective at preventing the spread of cancer into surrounding muscle cells.

Dried plums, aka prunes may help prevent bone loss in older osteoporotic postmenopausal women. In addition, dried plums are loaded with anti-oxidants which are very important for overall health.

Drinking Ireland's Guinness Stout was shown to taste better if you are listening to

Irish music. A study from London, England's University of Lincoln, published in the journal *Frontiers in Psychology* found that the tastes change when drinking Guinness stout comes down to two psychological factors. The first is called priming. Priming is the idea that exposure to one stimulus may influence a response to another stimulus without guidance or intention. For example, if a wine shop played German or French music in the background of their store, there would be increased interest in wines from those countries. The second factor is called musical fit. This factor state that our brains function better when things are as we expect them to be, or are well put together. For example, people are more willing to pay more for a drink in a bar or restaurant when the music playing fits the décor or foods being sold. The Guinness study showed that certain frequency ranges, tempos, timbres and harmonies are associated by our brains with flavor attributes such as sweetness, bitterness, sourness and perceived body and strength of the beer. For example, a light hearted tune like the Saw Doctors "To Win Just Once," or Van Morrison's "Brown Eyed Girl" make Guinness taste sweeter. On the other hand, Sinead O'Connor or the Cranberries singing "Zombie" would make the Guinness taste heavier, stronger and more bitter due to the heavy guitar and strong emotional content.

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**MISSY'S MESSAGE**



**BODY ACHES AND PAINS**

A big part of taking care of yourself is listening to your body and resting when needed. For a short amount of time, it is okay to rotate ibuprofen and acetaminophen. Icing and heat also can help aches and pains. Sometimes a person needs to take a rest day. Heavy lifting or too much exertion can flare problems back up. It's important to listen to your body. Doing a little yoga a couple times a week and the older I get, that really helps my body feel better, keeping stretched out.

Mike's hand was pretty swollen from his snowmobile crash. He could move it, so I was pretty sure it wasn't broken. Icing it really helped and putting it by the jet while sitting in the hot tub also helped. Each day is getting better and better. He was lifting stuff we were taking to the Rochester Home & Leisure show, and it tended to flare his back problem back up. After a couple days of rest, he was ready for tear down and hauling it back to MotoProz.

Missy and her husband Mike own MotoProz in Mazeppa.

## Grants Available through the MN Dept. of Agriculture

**MDA Now Accepting Applications for Livestock Investment Grants**  
**Deadline to apply is 4 p.m. on May 2, 2024**

The Minnesota Department of Agriculture (MDA) is once again accepting applications for the Agricultural Growth, Research, and Innovation (AGRI) Livestock Investment Grant. Minnesota livestock farmers and ranchers looking to make improvements to their operations are encouraged to apply.

Livestock Investment Grant funds can be used for equipment purchases and physical improvements to help start, improve, or expand livestock operations in Minnesota. Examples of reimbursable investments include — but are not limited to — the construction or improvement of buildings or facilities for producing livestock, watering systems, fencing, feed equipment, and livestock waste

management equipment.

The MDA will award up to \$650,000 in this round of Livestock Investment Grants using a competitive review process. Applicants may apply for up to 10% of their project's total cost, with a maximum grant award of \$25,000. Only expenses incurred after the grant contract has been signed by all parties are eligible for reimbursement.

All principal operators of livestock farms in Minnesota are invited to apply, including those who have received Livestock Investment Grants in the past. However, preference will be given to applicants or farms that have not previously been awarded a grant. Only one application will be accepted per farm.

For the purposes of this program, livestock includes beef and dairy cattle, swine, poultry, goats, mules, bison, sheep, horses, farmed cervids (deer, elk), ratites (flightless birds including emu), and llamas.

Applications for the grant will be accepted until 4 p.m. Central Time on Thursday, May 2, 2024. Visit the AGRI Livestock Investment Grant web page to access the full request for proposals (RFP) for further eligibility details.

Funding for the Livestock Investment Grant is made available through the MDA's AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

## New MDA Grants Available to Aid in Weather Resilience

**Program will help farmers and ranchers prepare for extreme weather events**

Recognizing the risks posed by extreme weather, the Minnesota Department of Agriculture (MDA) is offering a new grant opportunity to help eligible producers make their operations more resilient to drought, flooding, and severe weather events like storms, tornadoes, and straight-line winds.

The Preparing for Extreme Weather Grant, also referred to as the Prepare Grant, offers one-time competitive grants of up to \$10,000 for Minnesota livestock and specialty crop producers to buy and install supplies and equipment for weather event preparation. It requires a 50% match.

"In the past few years, we've seen examples of extreme weather like record flooding and drought affect farming operations throughout Minnesota," said MDA Commissioner Thom Petersen. "These grants will help producers bolster their operations and get ahead of the curve in terms of anticipating and managing the risks of future weather events."

For the purposes of this grant program: Livestock includes beef and dairy cattle,

swine, poultry, goats, mules, bison, sheep, horses, farmed cervids (deer, elk), ratites (flightless birds including emu), and llamas.

Specialty crops include fruits and vegetables, tree nuts, dried fruits, horticulture and nursery crops, and floriculture. See USDA's list of Specialty Crops for further examples.

Eligible projects include — but are not limited to — water tanks, pipelines, and wagons/trailers; wells (new improvements, fixes, replacement pumps); irrigation equipment (including drip irrigation); fans; misters; livestock shade systems; and windbreaks.

The MDA expects to award 50 to 75 grants with the \$500,000 available for this program and encourages producers to apply early. Applications will be accepted through 4 p.m. Central Time on April 23, 2024, and the MDA will notify applicants as soon as possible, but no later than May 31, about whether their proposal was funded.

Full grant details and the request for proposals (RFP) can be found on the MDA website.

The Preparing for Extreme Weather Grant is funded by the Agricultural Growth and Research Initiative (AGRI) Program, which supports advances in Minnesota's agricultural and renewable energy sectors.

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## Minnesota State Park Summer Tours Now Taking Reservations

By Minnesota DNR

This summer, Minnesota state parks will offer tours introducing visitors to the Iron Ranges' mining history, prairie life, and the longest cave in the state.

Reservations are now available for tours at Lake Vermilion-Soudan Underground Mine, Blue Mounds, and Forestville/Mystery Cave state parks. Schedules and reservation information are available on the state park tours webpage of the Minnesota Department of Natural Resources website.

### Returning in 2024: Soudan Underground Mine tours at Lake Vermilion-Soudan Underground Mine State Park

Minnesota has been a powerhouse in the production of iron ore starting with the state's first iron ore mine, the Soudan Mine, which opened in 1882 and operated until 1962. Underground mine tours will return in May after being closed the last two years due to an extensive restoration project. The mine shaft restoration was completed in December 2023 and new interpretive exhibits are coming to the visitor center in April. In addition, this year marks the 100th anniversary of the installation of the mine shaft hoist in the engine house.

"The Soudan Mine is a living memorial that

honors all who immigrated to the Iron Ranges of Minnesota to seek a better life for themselves," said Sarah Guy-Levar, interpretive services supervisor at the park. "We are eager to share the major improvements with our visitors and help people fully immerse themselves in the authentic experience of an underground miner."

The Soudan Underground Mine offers historic tours where visitors travel 2,341 feet — nearly one-half mile — underground by cage on authentic, expertly maintained hoisting equipment. Once underground, participants board a train and ride nearly a mile to the last and deepest area of the mine. On the tour, visitors hear true stories of the miners and learn firsthand about the working conditions that made this underground iron mine the safest of all the Iron Range mines.

Historic tours run daily from Memorial Day weekend through the end of September. In October, tours are offered on weekends through the third weekend of the month. Mine tours are fully accessible. Reservations are highly recommended as tours frequently sell out.

### Prairie and bison tours at Blue Mounds State Park

Blue Mounds State Park, in the state's far southwest corner, offers a 90-minute bus tour into a vast prairie that might include the sighting of the park's massive bison herd. These powerful wild animals can be elusive, so there's no guarantee of seeing one. However, prairie life — such as grasses, prairie flowers and other wildlife — can easily be seen on the tour.

"The bison's story of resilience shows us

just how powerful the prairie can be," said Tiffany Muellner, interpretive naturalist at Blue Mounds State Park. "Taking the tour is a great way to experience some of that story and discover how the prairie is so much more than grass."

Tour reservations are required. Prairie and bison tours run Thursday through Sunday from Memorial Day to Labor Day, and weekends from mid-September to mid-October. The tour bus is equipped with a lift and can accommodate one wheelchair per tour.

### Mystery Cave tours at Mystery Cave at Forestville/Mystery Cave State Park

Covering 13 miles, Mystery Cave is Minnesota's longest cave. Forestville/Mystery Cave State Park offers a variety of tours through the cave, including the one-hour lantern tour, the one-hour scenic tour, the two-hour geology tour, and the four-hour wild caving tour. Each tour takes visitors to different areas of the cave and showcases stalactites, stalagmites, flowstone, fossils, and cave pools.

"Mystery Cave is unique because of its interconnectedness to so many wonderful things," Cave Manager Dawn Ryan said. "When visitors leave the surface and go underground into Mystery Cave, they quickly discover the cave is its own environment defined by water. Everywhere you look, water is dripping, flowing or pooling. Water flowing through the cave contributes to the beautiful cave formations and provides habitat for rare cave life."

One-hour scenic tours begin May 11 and run through Oct. 20, and are offered multiple times daily. These tours are fully accessible. Reservations are recommended, but walk-ins will be accommodated based on availability. The 12:20 p.m. and 3:20 p.m. tours on week-



ends are not reservable and are for walk-ins only.

The lantern, geology and wild caving tours are offered on weekends only, and reservations are required. Participants in these tours should read the cave tour webpage for details about age restrictions, footwear requirements, and conditions that participants will encounter. Lantern and geology tours are available from Memorial Day through Labor Day. Wild caving tours run from June 1 to Aug. 24.

### State park vehicle permits

A state parks vehicle permit is not needed for the parking area at the visitor center at Soudan Underground Mine or the Stuntz Bay parking lots; visitors will need a vehicle permit to enter other areas of the park, including the campground.

Tour participants at Blue Mounds and Forestville/Mystery Cave state parks will need a vehicle permit to drive into the park for their tour.

The permit cost is \$7 per day, or \$35 per year for unlimited visits to all state parks and recreation areas. Vehicle permits can be purchased on the state parks permit webpage or in person during open hours at state park ranger stations.

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## SEMAC Announces Recent Individual Artist Grant Awards

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative appropriation from the arts and cultural heritage fund.



On March 19, 2024, the Southeastern Minnesota Arts Council (SEMAC) Board of Directors awarded 21 arts programming grants for a total of \$89,000 in funding to individual artists throughout southeastern Minnesota. This included thirteen Advancing Artist Grants and eight Emerging Artist grants.

SEMAC, a non-profit arts agency, is designated by the State of Minnesota Arts Board as the regional arts council for eleven southeastern Minnesota counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona

Grants awarded for original work include the following individuals:

### Goodhue County

Dawn Zero Erickson, Red Wing, received a \$5,000 Advancing Artist grant for Threads that Bind.

Catherine Friend, Red Wing, received a \$5,000 Advancing Artist grant for A Young Adult Novel Inspired by History.

Jeff McDowell, Red Wing, received a \$3,000 Emerging Artist grant for Tower View Students Ceramic Experience.

All granted activities must begin no earlier than March 20, 2024 and be completed within 12 months, culminating in a public capstone

event. Recipients were selected through a competitive process with applications judged on artistic merit and community impact. SEMAC congratulates the award winners and looks forward to celebrating the creativity these grants will bring to southeastern Minnesota.

For more information about SEMAC's grant programs, visit [semac.org](http://semac.org) or contact the office at 507-281-4848.



## Down on the Farm/ Up at the Cabin

### Becoming a Farmer: First Steps

By Monica & Claudia Vanderborght

A farm dog -- for companionship and protection.

Monica's daughter had two dogs, both lab-crosses. Together, they could get into so much trouble!! If they weren't locked in their kennels each and every time the family left the home, disaster would greet them upon return: upturned garbage cans spilling their contents, pillows and sofa cushions strewn about, shoes chewed, once they even managed to open the refrigerator door and raid the contents. Mocha and Ice didn't have a bad life, but their weekdays were relegated to their kennels. Ice was a sweetie with those he knew -- but a car accident had left him with only three legs and abuse made him untrustworthy around strangers, particularly men. Mocha was an easy girl with a wonderfully loud, deep, (and often too frequent) bark. After a few lessons at PetCo, Mocha knew basic commands and actually followed them on occasion.

Mocha absolutely loved her new-found freedom. She followed Monica everywhere, although she kept a safe distance when the chainsaw was in use. The rule of "No Dogs on the Couch" was quickly forgotten -- when Monica was on the couch, Mocha was there. When Monica was in bed, Mocha was there. The two spent many hours outside each day, and she was Monica's constant companion.

Cats -- for amusement and critter control. Monica is adventuresome and brave, but when it comes to rodents and snakes Monica reacts like a typical girl.

Never mind that Monica fearlessly drove her 4WD Jeep over / through trails (and creeks and large rocks) in Minnesota and Wisconsin with the Dakota Dirt Diggers. (An important lesson that would also serve her well on the farm: "If you aren't getting stuck, you aren't learning anything.") All by herself, Monica traveled 49 states and several Canadian provinces on a Goldwing motorcycle. In 2005 she volunteered to be deployed with the Naval Reserve: ten days later she was on a plane to CENTCOM in Tampa for paperwork and immunizations; two weeks later she was on the long flight to Qatar.

Brave, yes. But when it comes to snakes and rodents, Monica actually believes she can levitate when startled by either. Perhaps it is the scream that gives the extra lift. Cats, for critter control, were absolutely essential.

So four kittens came to the farm: two from CraigsList, two from a friend. Each grandchild was tasked with naming one kitten. Cuddles and Tippie were siblings (who hated each other and hissed whenever the other drew near). Shelley and Oliver were lively, curious, and chased each other all over the house. Slowly, the kittens were given greater outdoor freedom as they grew.

One dog, four cats, and dozens of boots (Monica, kids, grandkids, friends of grandkids) can bring in a tremendous amount of dirt and mud from the outside. The barely-

nice house with easy-to-clean floors was appreciated.

Autumn turned to winter. The days got shorter and colder. Claudia, who for decades had heated her homes exclusively with wood, assured Monica that the fire could burn all day without supervision. It could burn all night too. If the grandkids wanted to find the kittens, the fireplace was the first place they looked.

Every January, the fifth grade teachers and students headed to Eagle Bluff for a three-day field trip. This was the first extended "vacation" Monica would be away from home. (Not really a vacation, having to supervise all those children -- and their parents.) But it was a wonderful learning experience for the kids, many of whom had lived their entire lives in apartments with hundreds of TV channels and piles of video games. Mocha returned to Ice's house for a three-day sleepover. Thermostats for the electric heaters were set to 55 degrees. Food and water was left for the kittens ... although one wasn't looking well. Shelly was lethargic and showed little interest in food or water. Either she would be okay, or she wouldn't. Monica left for the field-trip, hoping for the best.

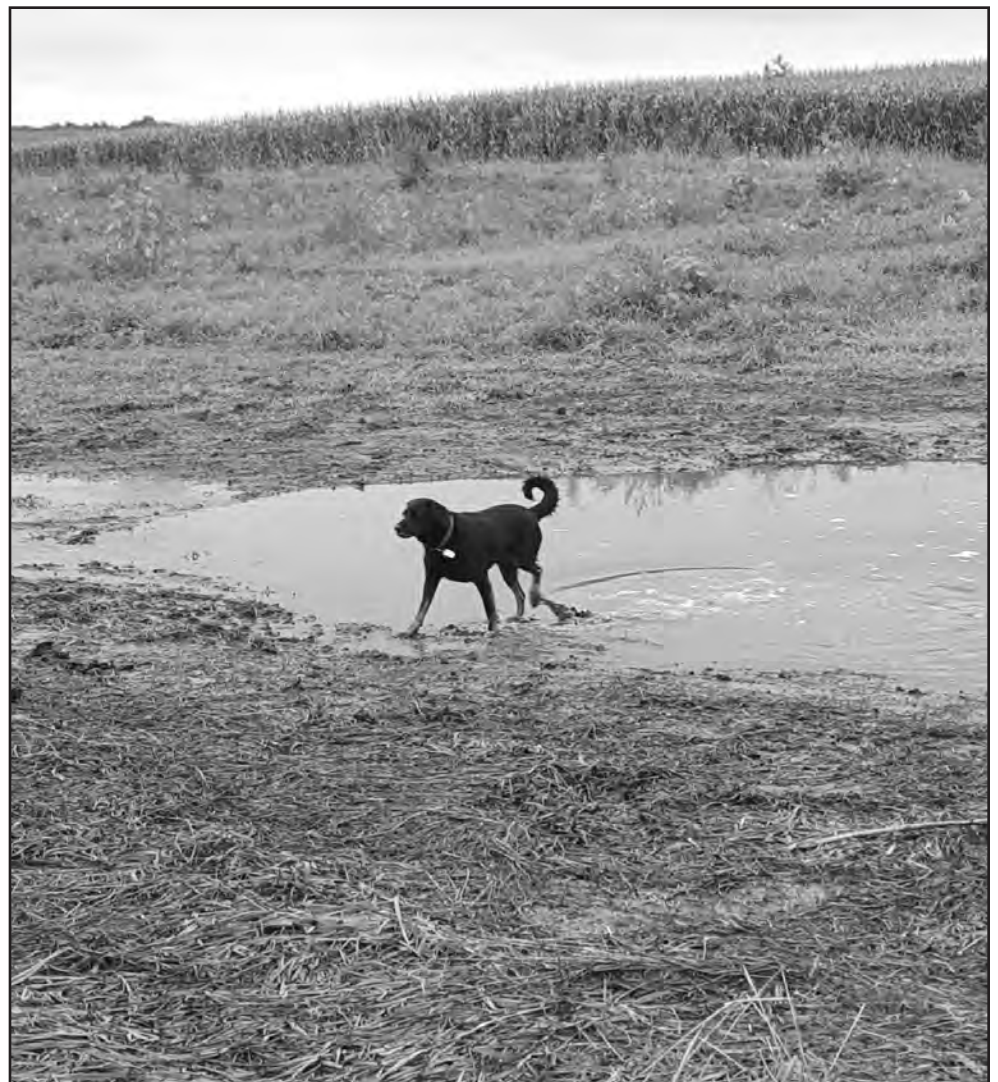
The internet was slow at Eagle Bluff, but Monica looked up symptoms of feline diseases. She asked for advice from the teachers. All symptoms pointed to feline leukemia -- a death sentence for Shelley and probably the other three. It was a long three days and a dreaded return home.

Mocha was thrilled to be out of the suburbs and back on the farm where she could run free again. Three kittens seemed fine, but Shelley was seriously ill. Monica still had two days before the weekend to consider options. Her colleagues sympathetically suggested that Shelley be taken to the vet for a confirmed diagnosis and to be euthanized. All the suburban friends agreed.

But Monica resolved: wasn't she a farmer now? Farmers don't take their cats to the vet to be euthanized -- they do it themselves. Farmers do not let their animals suffer. It was a difficult, agonizing, painful decision. But when she got home from school that day and saw the pitiful state Shelley was in, Monica knew what she had to do. It was a rough, rough weekend -- but she knew she had done the right, the farmer thing.

Several months later, Oliver started going downhill -- the same symptoms. This time the decision was no easier, but farmers do not let their animals suffer. Oliver's suffering was shorter, and the decision was easier, though no less painful.

Monica felt she had just passed a huge milestone in becoming a legitimate farmer. The first, difficult steps had been taken.



Mocha

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## Latest Democrat Illegal Immigrant Bill Would Make Minnesota a Sanctuary State



Rep. Pam Altendorf (R) District: 20A

Trump-era restrictions at the border, crossings by illegal immigrants skyrocketed. Since then, the number of people taken into custody by the U.S. Border Patrol has reached the highest levels in the agency's 100-year history, averaging 2 million per year. And that only includes the number of illegals the agency was able to count! Heaven only knows how many thousands or millions have entered during President Biden's tenure without a second glance.

And it's not just poor families from Mexico looking for better lives. The overwhelming majority are men who are crossing without family members. And they are not just from Latin America, as Chinese and Russian aliens have also been spotted at the southern border.

Instead of sending these people home, many of them are being shipped to sanctuary cities and states in other parts of the country, and they have struggled with the surge in illegal immigration. It has caused tremendous strain

on their housing, education, food shelves, health care, public safety, and other resources. And now, Democrats want to make Minnesota a haven for illegal immigrants at a time of crisis with our southern border hemorrhaging.

Furthermore, according to the Minnesota Department of Health, fentanyl is now involved in 92 percent of all opioid-involved deaths and 62 percent of overdose deaths in Minnesota. We need to work with federal authorities to stop the flow of drugs like fentanyl across our borders and making Minnesota a sanctuary state would undermine those efforts.

Minnesotans do not support this extreme policy. A recent KSTP/Survey USA poll found making Minnesota a sanctuary state

was opposed by 54% of respondents, while only 28% agree with the idea.

With – at least – 8 million new illegal immigrants taking advantage of President Biden's chaotic border policies, it's time for Minnesota Democrat lawmakers to recognize enough is enough when it comes to their prioritization of residents who shouldn't be here in the first place. Minnesotans want a secure border. Minnesotans want immigrants vetted so we know who is moving into our neighborhoods. Minnesotans are already strained as one of the highest taxed states and cannot afford this expansion of government. Minnesotans overwhelmingly do not want their state turned into a magnet for illegal immigration that failed elsewhere. Please let your voice be heard on these important issues.

On the heels of Minnesota Democrats giving illegal immigrants free drivers' licenses, free college, and free health care, comes news that they're not finished catering to those who are not in this state legally. The latest Democrat brainchild would make Minnesota a sanctuary state, prohibiting local or state law enforcement from assisting federal agencies in immigration cases.

Let's review why this radical idea is giving many lawmakers heartburn.

According to the Washington Post, when President Biden rolled back many President

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## Bellechester City Council Meeting Minutes February 21, 2024 @ 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, Mark Gerken, Jered Buxengard as well as City Clerk Lisa Redepenning, Treasurer Kyle McKeown and Engineer Matt Mohs.

Minutes of January 17, 2024 regular meeting minutes were reviewed and motion was made by Rich Majerus with a second by Kyle Blatter 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 Lining Project – update progress. We had a bid opening last week on our project with \$920,269.50 was the lowest, which was below our estimate. VisuSewer was the lowest bid. Matt contacted Rural Development on what is next. Council needs to award the project, based on Rural Development's approval. Contracts will be put together and sent to us for signature. It then goes to RD. No schedule has been provided by the contractor. Clean and televising on the Wabasha side will be done 1st due to a summer highway project. MN Rural Water

will be contacted about construction loan, which is the next step. Water meter project will also be moving forward and sent to Rural Water for approval. Lead service lines – we provided more information on the water system, they will need to be scanned and uploaded to state. Curb stops were also looked at. Bolten & Menk will be locating water shut offs. Preconstruction meeting may occur in April.

New business:

- Award Sewer Lining Project - contingent on RD's concurrence. Approve. Motion was made by Rich Majerus with a 2nd by Kyle Blattner to accept the bid contingent on Rural Development's approval as presented for our sewer lining project. Motion carried.
- 509 2nd St, Bellechester Building Permit - Review and Approve. Motion was made by Jered Buxengard with a 2nd by Rich Majerus to approve permit as presented. Motion carried.
- Local Mitigation Survey (LMS) form for Goodhue County – Looked at survey and recommended changes.
- LMCIT Property/Casualty Renewal – review/make changes/approve. Motion was made by Rich Majerus with a 2nd by Mark Gerken to approve the renewal of the LMCIT property insurance renewal as presented. Motion carried.
- Summer mowing – We have a couple of interested parties and we will have them come back in April.

Engineer Report – Coming into construction, the contractor will need to notify of

progress. Televising and cleaning will occur first followed by the remaining contractors that will be working on this during the summer.

Clerk Report – Billing for Primary Election - We will submit for reimbursement from the OSS and not bill Bellechester for the PNP. News Record Payment – It includes the franchise agreement with Xcel that was needed to post. Ross did ask if there was a charge for that and I forwarded him the costs related to publication of this notice. Goodhue Fire Department – inquired as to how we were going to spend the funds from State of MN for public safety – FYI.

Treasurer Report – Past due list was distributed as well as a shut off report.

Water/Wastewater/Facility Report – Quarterly samples will be done next month.

Mayor Concerns: Sewer backup issues was discussed.

Council Concerns: None

Adjourn

Motion was made by Rich Majerus with a second by Kyle Blattner to adjourn the meeting. Motion carried. Meeting was adjourned at 6:51. Motion carried.

Submitted by Lisa Redepenning – City Clerk

*Goodhue County Board of Equalization meeting for 2024 will be held on Thursday, April 18, 2024 at 4:30 pm at the Bellechester Community Center. The regular monthly city council meeting will be moved to this day also, immediately following.*

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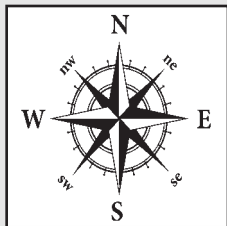
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By Terry Campbell

*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.*

We like going to rock concerts. One of our favorite bands is the southern rock group, Blackberry Smoke. Always a great show every time we see them and we are willing to travel see them perform. So, when my wife got tickets to see Charlie and Benji doing an acoustic two man show in Decatur, Alabama I was ready to go.

The Princess theater was a four-hour drive from our home in Tennessee, so we figured an overnight trip was in order. Driving back in the middle of the night after a show is not fun anymore. She booked a hotel overlooking the Tennessee River, the same river that our home in Tennessee is on. I am a farm boy and she is a city girl. Hence a room on the fifth floor seems like a great idea to her but not so much to me. A great view is not as important as keeping my feet on the ground.

When we checked in at the front desk a couple came in behind us. She was young, excited all and caught up in the moment. Her boyfriend was Benji Shank's brother and they were opening for the band that night. And here were fans coming to see the show and her exuberance could hardly be contained. Her boyfriend gave her the look like she was a bad dog. Maintain your composure and don't interact with the common folk. She suddenly looked a little downcast. After I saw their performance, I thought he should have let her have her 15 minutes. They were a long

way from the level of talent required for anyone to notice or remember them.

We ate at the Magic Mushroom pizza restaurant just around the corner from the theater, saw a great show and headed back to the hotel. That is where the events got a little weird. At 2am I was jolted out of a sound sleep. And nothing to do with mushrooms, either.

I woke up to a strange popping sound and then smelled smoke. I sat up and looked at the cabinet where the television was mounted and saw smoke rolling out of the door. I looked at the hotel room door and realized it was partially open. My next epiphany was that my wife wasn't there. I am sitting on the edge of a bed in a hotel room, alone on the fifth floor with windows that I already knew wouldn't open. There was a burning smell, smoke rolling out of the credenza in front of me and still an occasional popping sound. The door was propped open and my wife was nowhere to be found. My mind processed the information and analyzed that she wouldn't have fled a fire without waking me up. I hoped anyway. I opened the cabinet door to find a microwave complete with a microwave popcorn package inside way past the two minutes necessary to pop the popcorn properly. In fact, it was just about to the point where it would set a hotel room on fire.

Now I have been able to wake up out of a deep sleep to run out and chase cattle in the middle of the night. But this event was giving my brain a while to process. At the moment none of it made any sense. Fortunately, at this point my wife walked back in the door to explain the circumstances I was witness to. She wanted a snack in the middle of the night and started the popcorn, when she realized we had no drinks in the hotel room so she headed out the door to the vending machine around the corner which turned out to not be operating so she took the elevator down to the next floor to find a soda, and at that time not realizing that the microwave had been set to twenty minutes instead of two. Since hotel rooms always smell pretty funky anyway, the burned popcorn was kind of an improvement. It didn't set off the smoke alarm so we were able to resolve the incident without anymore excitement. The popcorn was beyond edible, but there was still the leftover pizza.



Bengi & Charlie

**A Minnesotan:  
Matters of  
Turkeys and  
Armadillos**



By RosaLin Alcoser

Over the years I have discussed geese, ducks and of course goats. However, what I have yet to discuss are turkeys.

My current neighborhood has a roaming gang of wild turkeys that has at least ten members. Which I go to great lengths to avoid as they are wild turkeys. With good cause too as I once watched them chase a college student down the street. As I watched from my living room window it got me thinking about two encounters that I've had with wild turkeys. Except mine were both out in rural Minnesota rather than being chased down a Twin Cities suburban street.

My first encounter was when I was about five or six years old. I had gone with my father to the farm of one of his church members at the time. This particular member did not keep a dog but still needed something to keep wild animals out of his chickens. So he kept an attack turkey.

This attack turkey was a big old Tom that was roughly the same size that I was at the time. And this turkey did his job well and pretty much attacked anything that it saw. Including me.

Well that big old Tom came running at me and I ran as fast as my little legs could carry me until it was called off. It felt like I had been chased forever. In reality it probably only chased me for all of one to two minutes but it felt like forever.

About 10 years later I had my second encounter with a wild turkey. I was walking outside with my mother and sister when I saw something stirring in the brush out of the corner of my eye. Then suddenly it moved and like any logical person would do I screamed "Armadillo!" Well the screaming caused it to fly up into the air right in front of me. To which I screamed again "Flying armadillo!"

Of course as this is Minnesota and not the South it was in fact not an armadillo nor can armadillos of any kind fly. As you might have already guessed it was in fact a turkey. More especially it was a mother hen who thought I was after her nest and was doing her best to get me to move away from it.



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SUDOKU ANSWERS

Y	E	E	R	N	H	N	A	S	O	R
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V	A	L	I	A	S	O	S	T	A	R
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P	E	A	S	O	D	A	P	E	K	I
W	A	R	S	A	W	A	I	D	B	E
H	W	O	R	T	H	E	R	A	P	E
S	A	G	U	E	S	H	A	H	A	G
A	G	R	A	C	B	S	C	B	S	A

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THEME: EUROPEAN CAPITALS
- ACROSS**
1. Parting words
  6. Broadcasting acronym
  9. Taj Mahal city
  13. Ernest, to mommy
  14. "Fat chance!"
  15. Fits of shivering
  16. Rundown
  17. Historical period
  18. "\_\_\_ its weight in gold"
  19. \*Namesake of famous pact signed in 1955
  21. \*"The City of a Hundred Spires"
  23. Financial assistance
  24. Bird's groomer
  25. Pod nugget
  28. Fountain order
  30. Duck dish a certain way
  35. Picture on a coat
  37. Feline vibration
  39. Stocking fiber
  40. Stink to high heaven
  41. Cocoyam, pl.
  43. Pelvic bones
  44. Frost over (2 words)
  46. Stew bean
  47. Sleeveless garment
  48. Predicament
  50. Snakelike fish
  52. Hi-\_\_\_ monitor
  53. Toothy wheel
  55. \*Street, in capital city in #38 Down
  57. \*On the Danube
  60. \*On the Thames
  63. Virtue, in Italian
  64. \*Street, in capital city in #25 Down
  66. Dashboard instruments
  68. Beside, archaic
  69. Geological Society of America
  70. Type of heron
  71. Parks or Luxembourg
  72. Pecking mother
  73. Like oboe's sound
- DOWN**
1. "\_\_\_ the land of the free ..."
  2. Cold one
  3. Peruvian Empire
  4. Miss America topper
  5. Blood infection
  6. Prepare to swallow
  7. \*Dublin's cultural quarter neighborhood, "Temple \_\_\_"
  8. Parallelogram, e.g.
  9. All excited
  10. Spiritual leader
  11. Network of nerves
  12. Certain something in a tray
  15. Rouse
  20. Take puppy from a pound
  22. "Hamilton: An American Musical" singing style
  24. Great \_\_\_ Reef
  25. \*On the Seine
  26. Not slouching
  27. Arabian chieftain
  29. Like Roman god Janus
  31. \*Also the most populous city in Ukraine
  32. More ill
  33. Neil Diamond's "Beautiful \_\_\_"
  34. Annoying tiny biters
  36. Arctic jaeger
  38. \*Located in boot-shaped country
  42. Sound of artillery
  45. Kind of hickory nut
  49. Jack's inferior
  51. Like a Grammy nominee
  54. Frustration, in print
  56. "A bird in hand is worth two in the bush," e.g.
  57. Source of veritas
  58. Wraths
  59. Volcano in Sicily
  60. Ground beef description
  61. Fairytale giant
  62. "All You \_\_\_ Is Love"
  63. Variable, abbr.
  65. Put to work
  67. Hog heaven

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					3	1		9
5				4				
	8	2	1		6	9	7	
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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.

# \$1.1 Million to be Awarded to Southern Minnesota Businesses

*Competitive grants to support existing operations or planned growth*

By Southern Minnesota Initiative Foundation

Through a partnership with the Minnesota Department of Employment and Economic Development (DEED), Southern Minnesota Initiative Foundation (SMIF) will award \$1.1 million in competitive grants to businesses in southern Minnesota to invest in existing operations or planned growth.

Grant awards will range from \$10,000 to \$50,000 and can be used for working capital to support payroll expenses, rent or mortgage payments, utility bills, equipment, and other

similar expenses that occur in the regular course of business.

Grant awards will be limited and approved on a competitive basis. Not all eligible businesses will receive a grant. Primary business operations must be located in SMIF's region, which includes 20 counties and one Native nation. Businesses must earn \$750,000 or less in gross revenue (based on 2021 taxes) to be eligible. Additional eligibility requirements are listed on SMIF's website.

The grant cycle opened March 27, 2024 and will close on April 24, 2024. For the application and guidelines visit [smifoundation.org/promise](http://smifoundation.org/promise). Contact Melissa Langer ([melissal@smifoundation.org](mailto:melissal@smifoundation.org)) or Brian Conzemius ([brianc@smifoundation.org](mailto:brianc@smifoundation.org)) with questions.

The PROMISE Act is funded by one-time allocation from the State of Minnesota Legislature in partnership with DEED. This program looks to drive economic recovery in our region through grants to small businesses in south central and southeastern Minnesota experiencing lack of access to capital, loss of population or an aging population, or a lack of regional economic diversification.

"We are honored to, once again, partner with MN DEED to support entrepreneurs in southern Minnesota," said Tim Penny, presi-



dent and CEO of SMIF. "This will be an important boost for economic development in our region."

The PROMISE Act Grant is a statewide program with multiple partners accepting applications throughout Minnesota. SMIF is one of six Minnesota Initiative Foundations (MIFs) that will accept applications through this program, in addition to the Neighbor-

hood Development Center, which will accept applications in certain areas of the Twin Cities metro.

For businesses that are not located in SMIF's region, please consult the following website to determine who to contact for this program: <https://mn.gov/deed/business/financing-business/deed-programs/promise-grant/>



# Business Link

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 • Dundas • Goodhue • Hampton • Kenyon • Mazeppa • Nerstrand •  
 • Randolph • Wanamingo • West Concord • Zumbro Falls •

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