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Announcements

• **The Goodhue FFA annual plant sale at the FFA greenhouse, located on the West side of the school, will be May 11th, 9AM until 4PM.** Join us for a fun plant experience that includes: Coleus, Dahlia, Fuchsia, Grasses, Geraniums, Petunias, and others. Hanging baskets for full sun and full shade, House plants, select perennials, vegetables, a variety of patio pots, sunflower and miscellaneous seed plants. The Goodhue FFA Alumni and Supporters group will be joining us for this event, offering a baked goods fundraiser. Come buy beautiful plants and grab a sweat treat as you wonder the greenhouse, a great outing for a Mother's Day celebration.

• **Belvidere Happy-Go-Luckies 4-H Club** (usually) meets the first Monday of each month at 7p.m. at St. Peter's Church, rural Goodhue. New members are always welcome! Contact club leader Michelle Benrud at 651-923-5247 for more information.

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@threeriverscap.org

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

2024 Goodhue County Dairy Royalty Crowned



The 2024 Goodhue County Dairy Princesses, Natalie Clementson & Evelyn Scheffler

The 2024 Goodhue County Dairy Royalty was crowned at the annual family Princess Banquet on Saturday, March 30th at Bridget's Cafe in Zumbrota. Crowned princesses were Natalie Clementson and Evelyn Scheffler, both of Zumbrota.

Natalie Clementson, daughter of Brian and Tiffany Clementson is currently a freshman at the University of Wisconsin-River Falls majoring in Dairy Science. **Evelyn Scheffler**, daughter of Tony and Maizie Scheffler, is a freshman at South Dakota State University majoring in Dairy Production. Both young women are also active in 4-H Dairy Quiz Bowl and Dairy Judging teams, FFA, and agricultural clubs at their respective universities.

They are both members of the Goodhue County 4-H Dairy Judging team that will be traveling to the United Kingdom and Ireland in June to participate in international judging experiences.

Also recognized at the banquet were a group of young people who will be working

as Goodhue County Dairy Ambassadors. Ambassadors work with the princesses at events to promote the dairy industry while developing their own skills in dairy promotion. Each of these youth are active participants within the dairy community or on their respective farms. Ambassadors Named ambassadors were the following:

- Troy Clementson, son of Brian & Tiffany Clementson of Zumbrota
- Hannah Gutknecht, daughter of Brian & Holly Gutknecht of Wanamingo
- Leetta O'Reilly, daughter of Ben & Brittany O'Reilly of Goodhue

(continued on page 5)

New Goodhue FFA Alumni Chapter Supports Busy Organization

By Beth Brekke

The newly formed Goodhue FFA Alumni chapter held its first meeting and elected an officer team on November 21, 2023. This newly organized chapter, initiated by FFA advisor, Angela Nassif and the current officer team, is part of Minnesota FFA's goal to organize support groups for Ag teachers and advisors. While it is a state and national requirement for students to be enrolled in an Ag class in order to be an FFA member, there is no requirement or previous FFA experience needed to join the alumni chapter.

(continued on page 6)



Mock Crash Hopes to Make Impact on Students

By Beth Brekke

The parking lot of Rosie Park was a blur of activity the morning of April 25th.

(continued on page 7)

Pictured to the right: Real emergency crews from the Goodhue Fire Department and Zumbrota Area Ambulance Service demonstrate what happens at the scene of a motor vehicle accident. Note the passenger, played by student actor, Taite Goodman, who was ejected through the windshield due to not wearing a seat belt.



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Pastors Corner



By Pastor Eric Hanson,
St. Luke Lutheran Church

“God has a plan.” I’ve said those words often in my life during times of transition. Especially this time of year. The school year is ending and young people around me seem to have their eyes set on what is next. Kindergartners are looking forward to being big elementary schoolers, 5th graders will be middle schoolers, middle schoolers will finally be in high school, and high schoolers will graduate. God has a plan, right?

But experience tells me our understanding of that promise might be a bit too linear for how God’s people actually move into their futures. The word “plan” smuggles too much linearity to be true to real life experience. The word “plan” implies some sort of pre-determine, deep-cut wheel ruts carved into the road ahead that will hold us in place so we never jolt or skip in odd directions. The Bible does promise us that God makes plans for His people (Jeremiah 29), but those plans are hardly ever linear. The Jewish people received God’s promise that he had a plan to lead them out of exile back to the Holy Land after 587 BC. However, after receiving that promise it took the Israelites 70 years before they actu-

ally set foot in Israel again. In the meantime, God told them to settle down, marry, and make a life in exile. Staying put was also part of God’s “plan.” That’s not very linear.

Once the Jewish people left exile and returned to Israel, they returned in fits and starts. First a contingent came with Ezra, and they tried to build the temple. Then infighting started and their building project got delayed, but eventually they finished. Then another contingent came with Nehemiah to rebuild Jerusalem. Again, infighting started and their building project got delayed, but eventually they finished. Along the way they had to re-learn what it meant to be people of the Holy Land; how to follow God’s laws again, how to worship as a community again, how to live as a community centered both in Israel AND in Babylon. Part of God’s plan was that certain contingents of the Jewish nation never returned to Israel. To this day Jewish people are scattered across the globe. Yes, Israel is one home of the Jewish people, but you’ll also find large Jewish communities in New York, Poland, Germany, and many other nations around the globe. In the end, God’s plan involved multiple futures and directions for multiple contingents of God’s people. Again, that’s not very linear.

Taking all that into account, I wonder if it’s more biblically accurate to say, “God has a compass.” God has us going somewhere, to be sure, but we shouldn’t get too attached to where. In the transitions we have ahead some of us will struggle, and some of us will

have smooth sailing. Some of us will wind up in the places we intended to go, some of us will wind up in places we never intended, and some of us will stay put longer than we ever wanted. Some of us will build, some of us will destroy. For some of us there will be infighting, for some of us, reconciliation. God’s compass really tells us that once we are His people we are never NOT His people, and he will never stop leading us somewhere. God never considered rebuilding Jerusalem with a different people. He rebuilt it with the Jewish people. They were His. That’s the compass.

Once you’re named and claimed “people of God,” God never removes that claim. Wherever our young people go in their transitions they are God’s people. In whatever destination they find themselves, God will be there working out even more intricacies of his never-linear, always tangled, topsy-turvy plan. He will for you too. On this side of the Cross, none of us as ever arrives at the end of God’s plan, but that’s why it’s best seen as a compass. A compass follows a direction, it’s never attached to a destination.

Once the people of God, always the people of God. Wherever God is leading you, here’s His plan: He is making you His own. Let’s enjoy the journey.

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Thurs.: 8:00AM Eucharistic Adoration/Confession, 9:00AM Holy Mass
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All are WELCOME! But receiving Holy Communion are for those who are of age and practicing the Catholic faith.
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God calls us to work for him and not for human approval. We find our ultimate reward in him.

Knowing that God sees and values our efforts, we serve with joy and a sense of purpose.

May our work ethic be characterized by integrity and humility. Whether we are enjoying success or facing challenges, we can keep our eyes fixed on the One we serve, knowing that our labor is not in vain.

And as we go about our work each day as working for the Lord, we become a reflection of God's love and a light in this world.

Lord, I offer my work and all I do as worship to you. Help me to serve diligently and with integrity. May my labor bring you glory and reflect your love to others. In Jesus' name, Amen.

ST. JOHN'S EV. LUTHERAN (WELS)

Pastor Randall Kuznicki
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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.

Rita Cronin

Rita Cronin, 69, of Lake City, passed away on Monday, April 8, 2024, at Country Cottage Senior Living in rural Plainview where she has resided the past three years. She was born June 16, 1954, in Lake City, to Edwin and Florence (Danckwart) Holst. She attended the Whelan School in rural Wabasha County during her elementary years and junior high at St. John's Lutheran School in Lake City graduating from Lincoln High School in 1972. Rita went on to attend Rochester Vo-Tec for one year.

On September 1, 1973, she married the love of her life David Cronin at St. Mary of the Lake Catholic Church in Lake City. They made their home in Gillford Township, Wabasha County where they farmed and raised their four children. Rita was also employed by Goodhue County FSA (Farm Service Agency) for 20 years.

Rita enjoyed going on long country drives with David, visiting her friends, neighbors, and businesses – usually with a treat or two. She loved spending time working in her flower gardens, canning the produce from her

vegetable garden, and cooking for her family and going antiquing. Her grandchildren brought her so much joy and she loved spending time with them. Rita was a member of St. Mary of the Lake Catholic Church and a member of the CCW.

Rita is survived by her children, Carrie Cronin, Coleen Cronin, and Chris Cronin all of Lake City, and Courtney (Kyle) Schuchard of Millville; four grandchildren, Ella Cronin, Connor Ball, Chloe and David Schuchard; a brother, Lynn Holst of Lake City; sister-in-law's Geraldine Cronin of West St. Paul, Bernadette (Joe) Roles of Lindstrom, MN, Betty Cronin of Lake City, and Maren Holst of Lake City; and many nieces and nephews. She was preceded in death by her parents, her husband David, a brother Curtis, and brother-in-law Gerald.

A Funeral Mass was held at 11:00 a.m. on Tuesday, April 16, at St. Mary of the Lake Catholic Church in Lake City. Father Thé Hoang and Father James Russell officiated. The burial followed the service at St. Mary's Catholic Cemetery in Lake City. Friends and family visited from 4:00 to 7:00 p.m. on Monday, April 15, at Schleicher Funeral Homes, Lake City Chapel, and one hour prior to the service at the church on Tuesday.

Arrangements by Schleicher Funeral Homes, Lake City Chapel. Guest register may be signed at www.schleicherfuneralhomes.com



Craig Garet Grudem

Craig Garet Grudem, age 76, of Zumbrota, MN, a beloved husband, father, grandpa, brother, and friend was called to his heavenly home on Tuesday, April 9, 2024.

Craig was born on August 19, 1947, at the Red Wing Hospital in Red Wing, MN, to Clifford and Helen (Tiedemann) Grudem. He was baptized on September 21, 1947, at Christ Lutheran Church in Zumbrota, where he was a lifelong member. He lived and grew up in Zumbrota and graduated from Zumbrota High School in 1965. After high school, he attended Rochester Junior College and Mankato State University in Mankato, MN. He graduated in 1969 with a Bachelor of Science Degree in Business Administration. On October 21st, 1972, Craig was united in marriage to Judy Berg at Lands Lutheran Church in Zumbrota. He worked for Nestle Foods as a Sales Representative for over 35 years until he retired in 2014. This career brought Craig and his family much enjoyment over the years and many friendships.

Craig always had a smile on his face, laughter was a big part of Craig's life, he loved to joke around and bring a smile to anyone's face. He was an avid sports fan, he loved watching and attending Vikings, Twins, Timberwolves, North Stars, and Wild games. He especially loved watching and attending the Zumbrota-Mazeppa Cougars games where his kids and grandkids played baseball, football, basketball, and dance team. He made it a priority to attend every event and rarely missed any games.

He was a devoted husband to his wife, Judy, and father to his son, Brian and his wife, Judy, and his son, Josh, and his wife, Lindsey.

He is survived by his loving wife of 51 years, Judy Grudem; son, Brian (Judy) Grudem of Zumbrota and grandchildren, Katelyn (Tj) McBryde, Tyler Grudem, Hailey Grudem, and Kevin Grudem; son, Josh (Lindsey) Grudem of Wanamingo and grandson, Percy Grudem; his sister, Carol Gates; his brother, John (Elaine) Grudem.

He was preceded in death by his parents, Clifford and Helen and many sisters and brothers-in-law.

Memorial service was at 11 a.m. on Thurs-



day, April 18, 2024, at Christ Lutheran Church. Reverend Wayne Schoch officiated. Visitation was from 5 until 8 p.m. on Wednesday, April 17, 2024, at the Mahn Family Funeral Home, Larson Chapel in Zumbrota and for one hour prior to the service at the church on Thursday. Burial was at the Zumbrota Cemetery.

Melvin A. Edelbach, Jr.

Melvin A. Edelbach, Jr., 79 of Kellogg, passed away Wednesday, April 10, 2024, at Mayo Clinic – St. Mary's Campus, Rochester, MN.

Melvin Allan was born February 4, 1945, in Waumandee, WI to Wilma (Fink) and Melvin Edelbach, Sr. He grew up in the Buffalo County, WI area. On April 18, 1966 he married Sharon R. Kelly and together they raised six daughters: Jeanine, Linda, Lisa, Lori, Nancy, and Cindy.

Melvin enjoyed hobby farming and logged with his brother William for many years until a near fatal injury in 2009. A skilled wood crafter and tinkerer. A faithful member of the United Church of God. He loved spending time with his family and grandkids. He set such a great example for his family in his faith, work ethic and honesty.

He is survived by his wife Sharon; daughters: Jeanine Case; Linda (Ted) Gamble; Lisa (Todd) Fox; Lori (Brad) Passe; Nancy (Steve) Shanahan; and Cindy (Darrin) Dillinger; 13 grandchildren: Shane, Vachelle, Katey, Matt, Raleigh, Breena, Isabel, Jack, Luke, Grant, Austin, Tyler, and Trent; one great grandson Revan; four step-grandchildren: Dan, Toni, Emily, Adam; 10 step-great grandchildren: Logan, Ian, Hannah, Mason, John Elvis, Owen, Christopher, Gianni, Easton, Ashton; a sister Ellen Amy and many other relatives.

He was preceded in death by his parents; a granddaughter Melanie; a grandson Dustyn; and eight siblings: Loren, Dawn, William, Russell, Shirley, Ivy, Marvin and Jesse.

A visitation was held from 10 am to 12 pm, Wednesday, April 17, 2024, at Abbott Funeral Home, Wabasha, Interment was at Hillside Cemetery, Minneiska, MN.

Services entrusted to Abbott Funeral Home & Crematory, Wabasha, MN. Words of sympathy or remembrance may be left at www.abbottfh.com



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Ag Day 2024

By Beth Brekke

Curtis Klindworth (15) and his brother Dylan (14) participated in the tractor parade that was part of Goodhue school's National Ag Day celebration on April 12th. The brothers came to school on an International Farmall 806 that their dad, Mike grew up with and an International Farmall 706 that had belonged to their grandpa, John Marx. The trip ex-

tended their normal driving time to town by about 15 minutes. Ag Day programs included activities for all grades with tours and a trade show showcasing local Ag businesses providing an educational opportunity and free promotional items for the older kids. The younger kids were able to inspect the tractors and some animals on display in the parking area. Dylan helped with the outdoor program but said the best part of the day was the tractor parade even though his brother and some adult volunteers were needed to help get his tractor running. The parade featured more than 40 tractors of all ages and sizes, an old truck and a couple harvesting units.



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Zumbrota Area Ambulance Open House and Fundraiser

By Cheri Roshon

On Sunday, May 19th the crew at the Zumbrota Ambulance Garage will be hosting a fundraiser for the ambulance needs. Located at 1450 Jefferson Drive in Zumbrota, the men and women who volunteer their time to keep us safe will be serving up a lunch and answering questions you may have about their services. There may even be a visit from the North Air helicopter, weather permitting, and if they are not on a call!

Zumbrota Area Ambulance provides services to Zumbrota, Pine Island, Wanamingo, Goodhue, Mazeppa and Bellechester, as well as the townships of Belle Creek, Belvidere, Chester, Cherry Grove, Goodhue, Mazeppa, Mineola, Roscoe, Pine Island, Wanamingo and Zumbrota. That is an area of over 330 miles! This year, members responded to 1286 calls in their area. They also completed over 1000 hours of training in 2023 to keep up to date on the latest medical practices, procedures and protocol to provide the best service to the residents and communities they serve.

Zumbrota Area Ambulance would be grateful for donations in any amount for purchasing and updating equipment. You can come on down and donate in person, or send your contribution to this important cause at the address above. Every bit helps to be sure anyone in need will be taken care of in a crisis.

A list of the men and women who serve you are :

Ryan Holm	Blake Hilke	Jen Klein	Christian Monsrud
Travis Goodman	Tim Mack	Amber Hilke	Chad Klein
Mark Fischer	James Stelzer	Luke O'Reilly	Bob Benson
Shane Guldinger	Dennis Huffman	Anthony Pasquale	Brad Buck
Katy Johnson	Tim Frank	Rick Peterson	Logan Enderson
Kyle Dessner	Jamie Sommer	Julia Rinn	Matt Disbrow
Dustin Nevsimal	Bruce Goodman	Derek Weckerling	Brian Radtke
Megan Mckenzie			

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2024 Goodhue County Dairy Royalty Crowned

(continued from page 1)

• Jenna O'Reilly, daughter of Chris O'Reilly & Abby O'Reilly of Goodhue.

The Dairy Princess competition is sponsored by the American Dairy Association of Good-

hue County, which helps promote and educate the public on dairy products and their production. Candidates are chosen based on their communication skills, enthusiasm for dairy promotion, and general knowledge of the dairy industry. Once crowned, the princesses will become good-will ambassadors for Goodhue County's dairy industry and its farmers. They and the ambassadors will spend the next year promoting the dairy industry at, schools, promotional events, and community events and festivals. Each princess will also be encouraged to attend the Minnesota May Dairy Promotion and Leadership Event where they will have the opportunity to continue on towards competing for the title Minnesota's Princess Kay of the Milky Way in August.

WE'RE ONLINE!
www.goodhuemn.com



2024 Goodhue County Dairy Ambassadors (left to right) Troy Clemenson, Hannah Gutknecht, Leetta O'Reilly, & Jennah O'Reilly



OPEN HOUSE

Saturday & Sunday
May 4th & 5th

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at Jenny's Greenhouse*

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Goodhue-Bellechester
Messenger



Garden Thyme Craft Show

Saturdays: May 11, 18 • Sundays: May 12, 19

Hours: 10:00a.m. to 5:00p.m.

Take a drive in the country and shop in our log cabin filled with crafts and antiques!



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Mother's Day Weekend

Avoid the Rush...
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Treat Mom to
Sunday Brunch
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Mother's Day Brunch Menu

Sunday, May 12th Serving 9:00a.m.-3:00p.m.
Reservations Highly Suggested! Call 507-645-9992.

Regular Menu Available 3:00-Close

Daily Features

WEDNESDAY Enjoy Our Jumbo* Wings Specials! BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)
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New Goodhue FFA Alumni Chapter Supports Busy Organization

(continued from page 1)

Previously, the letters “FFA” stood for Future Farmers of America, but realizing that agriculture encompasses so much beyond production farming—including natural resources, science, communication, business, leadership, entrepreneurship, education, and more—the official name of the organization is now simply the National FFA Organization. The National FFA Organization says it is committed to the individual student, providing a path to achievement through education and hands-on experiences.

The Goodhue FFA chapter has grown from 42 members in 2019 to 98 members on the current roster. An increase in class sizes is a contributing factor but growth has also come from utilizing social media, promoting the organization and offering more opportunities. Nassif is in her third year of teaching in Goodhue and often reminds her students, “This chapter is what you make it”. She says she sees so much energy among the members, with most even showing up to early morning monthly meetings to plan events throughout the year. 9 Members attended the 2023 National FFA convention, where the chapter was recognized as a 2-Star National Chapter for their outstanding participation and events in the past year. Their goal for the 2024 national convention is to achieve a top ten placement and a gold ranking. They are on the way to reaching that goal after being named a top 20 Superior Chapter at this year’s Minnesota state convention and earning gold in the National Chapter competition, allowing them to move on to the National competition this Fall. 35 Goodhue FFA members recently returned from 3 very successful days at the Minnesota FFA convention. Goodhue received a Top Ten Chapter Award in Agricultural Literacy and gold placings by Lillian Von Knoblesdorf in the Horse project and the Livestock Evaluation team of Jaclyn Jenson, Caden Lodermeier, Hazel Volkmann and Laura Brinkman who placed 13th overall. Earning silver placings were the Floriculture team of Summer Scheele, Kyla Nardinger, Lillian Raasch, and Isabel German-Hutter along with Haley Betcher in creed speaking. Also earning silver was the Best Informed Greenhand team of Erin Beck, Maya Roschen, Hailey Dankers and Nathan Ballman. Leisel Vesieth earned bronze in Dairy Cattle Evaluation as did the Nursery and Landscape team of Taylor Thomforde, Greta Sloan, and Aubriel O’Reilly. The Milk Quality team of Sophia Huneke, Hannah O’Neill, Alyssa Luhman and Kailyn Pawlenty and the Fish and Wildlife team of Henry Ludwig, Sam Tipton, Micheal Roschen and Luke Roschen also attained bronze awards.

7 Goodhue members received their state degrees, the second highest award in the FFA organization. Those recipients were: Caden

Lodermeier, Hannah O’Neill, Alyssa Luhman, Jenna O’Reilly, Jessica Hinsch, Jaclyn Jenson, and Sophia Huneke.

Students begin their journey to the state convention by choosing to participate in any number of career development programs that focus on specific areas of interest and then work toward earning that trip. These programs build on what is taught in the classroom and competitions that advance winners to the next level. Locally, there is a lot of interest in livestock evaluation events, as well as dairy, crop, and plant sciences. The plant science class operates the school’s greenhouse where they start seedlings in February and hold a plant sale in May. The plant sale has been extremely popular, selling out in just two hours in 2023. The plant sale, annual fruit sale and other fund-raising activities pay for chapter dues and allow participation in other events and trips.

Many FFA activities happen during school days because they are part of an integrated curriculum that Nassif describes as “gaining real life skills”. Ag Day is a popular event that promotes agriculture within the entire Goodhue school district from preschool to seniors. The younger students learn about the different animal species and basic farm safety. Upper grades can participate in workshops covering things such as livestock judging, and a career fair that includes trades like construction. The day also includes everyone’s favorite, “drive your tractor to school” parade. The new alumni chapter was on hand during the April 12th event to offer information on the organization and help with whatever was needed to make things run smoothly.

A mock crash simulation also ran successfully in April. This event works with local emergency services and enlists student actors to play roles in different traffic crash scenarios. FFA members pushed to host this safety reminder before prom, hoping it will leave an impact on students. (See related article.)

Having such an active chapter with diverse interests and activities requires a lot of time and knowledge. FFA advisors and members all across the country rely on volunteers and community support to help students by sharing gifts of time, talent and resources in order to give teachers more time and freedom to do what they do best – teach students. It is the vision of the Minnesota FFA Alumni and Supporters group to have an active and engaged FFA Alumni Chapter to help each local school chapter. The mission of Alumni chapters is to promote Agriculture Education and FFA in an environment where people and communities can develop their potential for leadership, personal growth and career suc-



Earning a silver award in Floriculture at the recent Minnesota State FFA Convention was the Floriculture team of Summer Scheele, Kyla Nardinger, Leetta O’Reilly (alternate), Lillian Raasch, and Isabel German-Hutter. Teams gain experience through real-life activities such as working in the school’s greenhouse. The Goodhue FFA annual plant sale at the greenhouse, located on the West side of the school, will be May 11th, from 9AM until 4PM. The Goodhue FFA Alumni and Supporters group will also be there hosting a baked goods fundraiser.

cess. Nassif concurs that starting an Alumni chapter is “All about connections—connections to the community”. She sees the need to “Continue to educate people on what we do, [and support] what we’re doing here”.

The alumni chapter will help local FFA members acquire more knowledge and experience and enhance what agriculture education already offers. Alumni members can assist the chapter with things like fund-raising, offering leadership opportunities, convention planning, and being a resource for special interests. A student who wishes to work with farmers with disabilities, or one interested in practicing law as it pertains to agriculture, may find a mentor among the alumni group. These are ways the added input and support of an alumni chapter can enhance students’ skills and make a positive difference for Minnesota agriculture.

The Goodhue Alumni Chapter supports the

local student chapter but is its own entity. There was a good turnout for the charter meeting with Brian Sather representing the state Alumni association and Lorin Pohlman from the Kenyon-Wanamingo Alumni chapter on hand to help get the group organized. Those attending elected Josie Jenson, President; Ed McNamara, Vice President; Derek Stehr, Secretary; Jill Dicke, Treasurer; and Jared Brinkman, Member At Large. The group has been busy setting up the chapter, raising funds and planning events. The next meeting is being planned for June. Adult membership is open to anyone who is interested in supporting and promoting agriculture, agricultural education, and FFA at the local, state and national level. Check the Goodhue FFA Facebook page for updates or contact Josie Jenson at 651-764-0193 or josephine.jenson02@gmail.com.

MISSY'S MESSAGE



MISSY PAPERFUS

HOW TO DIET WITHOUT DIETING?

It’s not a diet, it’s a lifestyle change. Try leveling up. Anything could be a level up (making better choices). It’s not about being perfect, it’s about consistency.

Some ideas of level ups to try, drinking two glasses of water when you wake up first thing in the morning, as compared to not drinking any water. Stay hydrated and drink water which in turn helps feel full.

Taking smaller walks instead of being overwhelmed by an hour walk or going to the gym. Completing a 15 or 20 minute workout instead of being overwhelmed by a 45 minute workout.

Eating a salad instead of French fries or eating a few fries instead of the whole order. Eating half of a sandwich or desert instead of the whole thing. Watching portion sizes. Stop when you are no longer hungry, instead of eating the whole thing just because it’s there.

Make a list of what you want to complete that you don’t think is good enough, but that you can do as an improvement, and typically wouldn’t have done. See how these little “wins” can add up.

Missy and her husband Mike own MotoProz in Mazeppa.

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Mock Crash Hopes to Make Impact on Students

(continued from page 1)

Two damaged cars faced each other, one with airbags deployed and one with a human body ejected through the windshield and lifeless on the hood. First on the scene was a Minnesota State Trooper and the Goodhue County Sheriff's Department, followed by the Goodhue Fire Department/EMT/First Responders and 2 Zumbrota Area Ambulances, all arriving with lights and sirens engaged. A North Air medical helicopter circled the park before landing near the volleyball courts.

Thankfully, this was not a real emergency but a simulated scene known as a mock crash event organized by the Goodhue FFA. Members of the chapter pushed to sponsor the event before prom night, hoping to leave a lasting impact on students. Alyssa Luhman, a Goodhue High School senior and past president of the FFA chapter, was the main coordinator of the event and said, "It's a good experience for all of us to have".

Conversation and real-time updates between dispatch and those responding narrated the event over loudspeakers broadcasting in the park. Goodhue students from 9th to 12th grades sat speechless along the edge of the lot as the event unfolded. Student actors portrayed accident victims as the emergency crews went about their jobs with real-life accuracy. A "Passenger" (Alexa Schafer) made the 911 call. The sheriff's department interviewed and assessed the "driver" (Eli Ryan). Determining he was likely impaired and responsible for the crash, he was handcuffed and placed in the squad car. The Sheriff's Department stayed on scene to assist the EMT's in evaluating the other "victims".

It was determined that the "ejected teen" (Tait Goodman) was deceased. His distraught mother (Michelle Goodman) arrived at the crash site. The Mayo Clinic Medical Examiner inspected the scene and helped

place the body in a hearse. Meanwhile, First Responders and the ambulance workers rendered aid to other "passengers" (Caleb Dicke, Ellie Peterson and Ciara Callstrom). Goodhue Fire and Emergency used the Jaws of Life and other equipment to free a "severely injured" occupant (Jed Ryan) and place him on a gurney to be rolled to the medical helicopter.

Goodhue Fire Chief, Derek Weckerling stated that the enactment was very realistic. The professionals all worked calmly and skillfully. They are trained to act swiftly and confidently as panic and rushing can cause mistakes and make the situation worse. The department is not paid to participate in these events but Weckerling stated that it is "Awesome training" for those involved. This has been the only such event put on in Goodhue County this year although there are often one or two hosted in the area.

The student actors were released from school for the remainder of the day to emphasize that they were now "missing" from the student body. As they walked away from the park ready to peel off the rubber lacerations and wash off the fake blood, Jed Ryan shared his helicopter ride experience. "It was not as cool as I thought it would be. I couldn't see anything because I was wearing a neck brace and strapped to a board."

All other students gathered in the school gymnasium for a video and PowerPoint presentation. "Lasting Impact, Life Without Logan", a video created by The Minnesota Department of Public Safety, documents the 2105 real-life tragedy that killed 18-year-old Logan Maas of Dodge Center. It hopes to reinforce the importance of the four pillars of traffic safety—safe speed, attentive driving, no use of alcohol or drugs that impair driving, and wearing a seat belt. Presenter, Trooper O'Reilly says he often hears drivers say it is a personal choice not to wear their seat belt but stresses that a resulting injury or death effects everyone. High school principal, Michele Rehder addressed the group commenting that education is important, but emphasized, "Nothing is more important than your safety. Value your life and safety first, make that commitment (to wear your seatbelt)".

Statistically, traffic crashes are the second leading cause of death (behind suicide) for Minnesota teens due to poor seat belt com-



A North Air Medical Helicopter lands in Rosie Park. Student actor, Jed Ryan was extricated from a car and was lifted and flown in a circle during a mock crash enactment.



The Mayo Clinic Medical Examiner confers with Mahn Funeral Home employees before placing the "deceased victim's body" into the hearse during the mock crash event.

pliance, inexperience, risk-taking, and distractions. 80% of teen fatalities are the result of crashes involving at least one teen driver. Each year, an average of 25 teens are killed, and nearly 3,000 are injured in crashes. The presentation and mock crash event aims to help teens understand the importance of their actions when getting behind the wheel of a motor vehicle.

Goodhue prom is May 4th, please drive safely then and every day.

The Goodhue FFA would like to thank all who were involved with this event:

*Student actors and parents,
North Memorial Health Air of Hennepin County,*

*Mayo Hospitals Medical Examiner,
Mahn Family Funeral Home,
Zumbrota Area Ambulance,
Goodhue County Sheriff's Department,
Minnesota State Troopers,
Bergs Towing and Repair of Zumbrota,
Goodhue Fire and Rescue.*



Goodhue 9th-12th grade students watch intently as area emergency agencies respond to--and realistically portray--what happens at a crash site.



Student actors used fake blood and rubber make-up props to simulate injuries in the mock crash on April 25th. The event was organized by Alyssa Luhman and other members of the Goodhue FFA chapter. Pictured left to right are: Alexa Schafer, Eli Ryan, Caleb Dicke, Ellie Peterson, Tait Goodman, and Ciara Callstrom. Not pictured is Jed Ryan who was still making his way back from being air lifted in the medical helicopter.

Down on the Farm/ Up at the Cabin

*Farm Living is the
Life for Me*

By Monica & Claudia Vanderborght

Two weeks before teachers were scheduled to return to school, Monica became the proud owner of her "new" 20 acre farm in Wanamingo township.

Moving In:

Friends came to help -- parishioners from her new church, neighbors from her previous homes, colleagues from her school. Many hands make short work -- the Pack Rat shipping container was quickly emptied, and (priority number one) the bed was assembled. (No more sleeping on an air mattress!!! YAY!)

And Now I Need:

A bigger lawn mower. The push mower from the suburbs was not going to work on a five-acre yard.

A chainsaw. Monica had been told that the electricity bills could run as high as \$700 a month in the winter. But downstairs was a fireplace with an insert and a blower. Claudia (Monica's sister) had, for decades, heated her homes exclusively with wood. After researching the many makes, models, and sizes, Monica bought an Echo with 16" blade. It wasn't too long, it wasn't too heavy -- it was just right. (Her guy-friends were gladly willing to fell the big stuff with their chainsaws that didn't get much use in suburbia.)

An ATV and trailer to haul the wood that was cut.

A hydraulic wood splitter to size the pieces

for handling, stacking, and fitting into the fireplace.

A farm truck. Dean (4WD Club and motor-head friend) found a 13-year-old F250 that would surely fit her farm needs and budget ... but Monica had to buy it THAT DAY or it would be gone. Stop working on lesson plans. Stop assembling the dining room table. Drive up to Elk River to see the truck. Yup, it's a truck.

Yup, it seems to drive okay. (Monica's experience with vehicles -- at this point -- was limited to sedans, minivans, Jeep Wranglers, and Goldwing motorcycles). Yup, I'll take it ... but I will have to pick it up next week.

Plow blade. Silly to have someone else plow the long driveway when you own an F250. Another new skill to learn. (It can't be that difficult, can it?)

Farm clothes. Slacks, blouses, and pretty sandals are great for teaching, but are obviously impractical for farm chores. Muck boots, overalls, heavy winter jackets, and gloves that can get dirty while still keeping you warm. Monica was never shy of shopping at thrift stores; there was plenty to be found there and at a reasonable price.

Winterizing the Home

The pretty stuff was going to have to wait (replacing the rust-stained robin's egg blue tub and commode was just not important, repainting the dingy living room walls could be done later, the bare concrete floors in the basement could wait another year - or two, the harvest gold range would cook food just like any other color of stove).

But the attic insulation was thin. (When Monica accompanied the building inspector, he mentioned adding insulation would decrease that dreaded electricity bill. He also assured Monica there were no monsters lurking up there.) YouTube can teach you any-



thing! So Monica and her grandson braved the attic heat in October and blew in cellulose.

Insulating the 1970s single-pane windows with plastic was a multi-day task: thirteen 48" windows downstairs, seven 48" windows upstairs, plus one enormous 108" picture window (a challenge!)

Adding a deck and sliding glass door off the kitchen. Most people would not consider this a winterizing project, but Monica grilled most evenings (yes, even in January and February).

Cutting, Hauling, Splitting, Stacking the Firewood

They say that heating with wood heats you more than once. Maybe five times. Six?

Cutting: Dead-fall was plentiful, so felling live trees and waiting for them to dry was not an issue.

Cutting and Hauling: The woods were overgrown and nearly impassable -- ATV-sized trails needed to be made so wood could be hauled out.

More Hauling: Claudia suggested a LOT of kindling. You just needed to bend down,

pick up a dry stick, and toss it into the trailer. Stacking: An old, dilapidated shed near the house needed only a few racks to turn it into an airy, usable woodshed.

More Stacking: Throughout the winter, the firewood supply in the house needs to be replenished.

Definitely six times. Maybe seven.

Enjoying the Farm

Watching the corn and soybeans that surrounded the farm turn from lush green to crisp brown. Seeing and hearing the huge combines harvest the crops and smelling the rich, black dirt left behind.

Listening to the geese fly overhead, heading south for the winter.

Noticing the sun rise and set just a little farther south every day.

Deciding where to put the chicken coop in the spring. Considering what livestock to put in the pastures and pole barn.

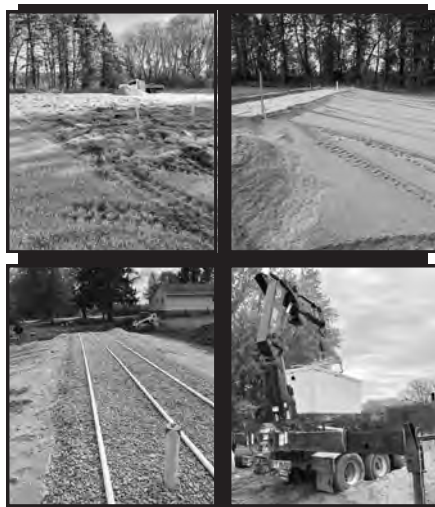
Sitting on the new deck on a sunny October afternoon, adult beverage at hand, and celebrating the amazing differences between a suburban home and a rural farm.

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Jeremiah David Bien



Kasen Luis Bigalk



Carl Anthony Braunreiter



Laura Makenzie Brinkman



Julia Lee Carlson



Austin Allen Clemens



Caleb Trevor Dicke



Braeden Harvey Eckhoff



Ryan Scott Ellis



Ava Elyse Gadiant



Elisabeth Rose Gadiant



Taitte Michael Goodman



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Jessica Kaye Hinsch



Teagan Margaret Hinsch

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Devon Thomas Hublit



Sophia Lynn Huneke



Abigail Jill Jablonski



Samuel Jimenez



Brayden Michael Kreisler



Jordyn Katharin Lantis



Maxwell Robert Loos



Alyssa Briana Luhman



Michael Allen Majerus



Hannah Jo O'Neill



Carsyn Randall O'Reilly



Ellie Rae Peterson



Maison Forrest Poston



Grant Joseph William Reed



Chance James Rehder



Eli Robert Ryan

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Jed Stephen Ryan



Olivia Kate Ryan



Alexa Claire Schafer



Gavin Jeremy Schafer



Kaylee Jo Shepard



Tanner Charles Smith



Chloe Emiline Sorenson



Ali Catherine Strauss



Alexandra Solana Tinajero




Samuel William Tipton



Jada Leigh Wagner



Not Pictured:
Jocelyn Cristal Medina Gutierrez
Julian Alan Nolette



**Goodhue High School
Class of 2024
Commencement Ceremony**
Friday, May 31
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**Flower - Rose with Purple Ribbon
Colors - Purple and Silver**

**Class Motto -
"Time and Space may separate us but not the
thoughts and memories that bind us."
Ed Parker**

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Healthy Fats



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

As I mentioned last month, we live in a world where what is considered normal is not healthy. It is normal to see a variety of “low fat” and “fat free” products at the grocery store. We have been told these products will support our health, but since the introduction of this concept in the 1970s there has been a significant increase in chronic illnesses, increased weight, and mental illness. While these “low fat” products may be normal today, they are not the food our grandparents grew up on and they are not promoting better health for us today.

Fat from healthy sources will promote health in the human body. Grass fed beef, pastured free-range chickens, and dairy cows that can graze on fresh pasture provide qual-

ity fat in the meat, eggs, and dairy. These sources of fat were essential to the pioneers that established the states that make up this country. The human body uses this fat for fuel and for developing the hormones necessary to keep the body healthy and the brain active. All the nerve cells of the human body are made of fat, which helps to insulate the signal pathways so clear communication can pass from cell to cell. The heart prefers fat for fuel, and reproduction is dependent on quality fat to sustain the significant activity of supporting new life in the womb. Quality fat sustains life.

Another significant factor associated with quality fat is the fat-soluble vitamins. Vitamin D, Vitamin A, Vitamin K, and Vitamin E are absorbed with fat into the body to activate cellular activity, strengthen bones, and defend cells from harmful chemicals. Most Americans are deficient in these four vitamins because they do not choose the food sources that contain these important vitamins. Here are some of the top food sources for these fat-soluble vitamins:

Vitamin A – Top sources include liver, salmon, goat cheese, butter, eggs, cream cheese, whole milk, and cod liver oil. Vegetables like sweet potato, kale, and carrots contain beta-carotene which the body can transform into active vitamin A, but requires a longer process compared to the active vitamin A from the animal sources.

Vitamin D – Top sources include salmon, halibut, sardines, canned tuna, egg yolks, and

cod liver oil. Your own body can make Vitamin D but this requires regular exposure to the sun, which is impossible to do in the northern states for half of the year.

Vitamin E – Top sources include sunflower seeds, almonds, peanuts, peanuts, goose, and rainbow trout. Wheat germ was the source where vitamin E was first discovered and is an important reason to consider eating whole grain products.

Vitamin K – Top sources include collard greens, spinach, kale, chicken breast, sauerkraut, kefir, gouda, blue cheese, and egg yolks.

These quality fat sources will provide essential nutrients your body can thrive on. Circle the food items you already use regularly and underline those food items you are willing to try. Combining these food items together into a savory dish will provide you with a satisfying, nutritious meal.

More than 100 years ago, Dr. Weston Price researched the effects of the modern food preparations that were beginning to advance through the western culture of Europe and the United States. He documented his research in the book, “Nutrition and Physical Degeneration.” In cultures all around the

world, he discovered the importance of quality fat to sustain a society. When the culture moved toward more processed foods, more “low fat” foods, and more convenient foods, the result was increased cavities, increased need for braces on teeth, and decreased fertility. These are all the symptoms we see in today’s modern living. You can find out more about Dr. Price’s work and the thriving community that is applying the principles he discovered at <https://www.westonaprice.org/>

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. Adding quality fat sources can be one of those little changes. If you would like to pursue a healthy lifestyle and increase longevity, I can help you start a plan.

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, or check out my website at www.nutritionproportion.net Start this year with a new plan. Foundation to Thrive is a 16 week lifestyle transformation to help you reach your health goals in 2024.

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New Breakfast Cereals – Loaded with Chemicals



By Shauna Burshem, D.C.

General Mills has launched a new cereal line called “LOADED.” GM is filling their cereal squares with vanilla cream. But tests are revealing alarming levels of heavy metals in the filling. Loaded contains more than double the amount of the EPA’s allowable levels for lead, 400% higher levels of cadmium and up to 1650% higher aluminum levels compared to the EPA’s standards for drinking water. The weed killer Glyphosate and eight other pesticides were also detected.

Daily walking is one of the most effective ways to stay fit and active. Regular walking has been shown to reduce the risk of chronic age-related diseases like heart disease, high blood pressure, type 2 diabetes and cancer. The largest health gains came from walking up to 7000 or 8000 steps per day, continuing to about 12,000 steps per day as being ideal.

Excited about 5G wireless? Don’t be. Studies reveal that 5G wireless has the potential to induce neurological damage, psychiatric problems and due to its effect on

brain development, increasing the risk of conditions like dementia. Also, a December 2023 study showed that 5G wireless had an effect on sperm count and motility.

Pregnancy and vaccines do not go hand and hand despite what medical doctors will tell you. Studies show that pregnant women given the swine flu vaccine had a statistical number of increased miscarriages. In addition, when combined with the flu vaccine it was reported that women were more likely to miscarry within 28 days following the vaccination. Sadly, the American Academy of Physicians (AAP) recommends that all newborns should receive a hepatitis B vaccine within 24 hrs of birth despite hepatitis B being a disease that is primarily contracted from IV drug use or promiscuous sexual activity. Speaking of vaccinations, young people who received the COVID-19 vaccine were significantly more likely to die than those who did not receive the shot. According to data from the United Kingdom’s Office of National Statistics those who received four covid vaccine had a 318% higher mortality rate than the unvaccinated group. As far as childhood vaccinations in general, another study found that vaccinated children had higher rates of asthma, allergies, eczema, respiratory infections, behavioral issues and other health conditions. Back to the covid vaccine, a separate study found that for every life saved there were nearly 14 times more

deaths caused by the covid vaccine.

The pharmaceutical and medical devices industries paid physicians more than \$12 billion over 10 years, according to a study published last month in JAMA. The analysis found the industries made 85,087,744 payments totaling \$12.13 billion to 826,313 physicians — 57.1% of practicing physicians across 39 specialties. Orthopedic surgeons, neurologists and psychiatrists, and cardiologists received the most money. Trauma surgeons and pediatric surgeons received the least. “Money given to doctors has a purpose: it is for marketing,” cardiologist Dr. John Mandrola and co-author of the study wrote on his Substack. “If these direct payments to doctors did not work, industry would not spend billions.”

Why Do Farmers Farm

“Why do farmers farm, given their economic adversities on top of the many frustrations and difficulties normal to farming? And always the answer is: “Love. They must do it for love.” Farmers farm for the love of farming. They love to watch and nurture the growth of plants. They love to live in the presence of animals. They love to work outdoors. They love the weather, maybe even when it is making them miserable. They love to live where they work and to work where they live. If the scale of their farming is small enough, they like to work in the company of their children and with the help of their children. They love the measure of independence that farm life can still provide. I have an idea that a lot of farmers have gone to a lot of trouble merely to be self-employed to live at least a part of their lives without a boss.”

- Wendell Berry, Bringing it to the Table: On Farming and Food

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May is Bike Safety Month

To Celebrate -
National Bike to School Day
is Wednesday, May 8th!

By Sarah Dawson, Goodhue County
Health and Human Services

Strap on your helmet and lace up your shoes. National Bike & Roll to School Day is May 8, 2024. Bike & Roll to School Day invites you to celebrate the joy of active commuting while building a sense of community and school spirit. Whether addressing the need to make routes to school safer for active trips or encouraging children and teens to be more active, these events can be powerful tools to inspire lasting change. Of course, they are also fun!

The month of May is National Bicycle Safety Month. According to National Highway Traffic Safety Administration (NHTSA), bikers are at a much higher risk of injury in crashes on the roadway. Without separate bike lanes, trails, or paths, bicyclists may be required to bike on the roadway with vehicles. Bicyclists are also affected more by the weather and road surface conditions. This May, NHTSA wants our community to protect bicyclists by being responsible drivers. NHTSA also wants our bicyclists to practice

smart riding habits by riding safely and always wearing a helmet. A few safety tips to remember:

1. Be Alert
2. Wear the right clothing and gear
3. Obey all rules of the road
4. Ride with the traffic, not against it
5. Stick to designated bike lanes and avoid sidewalks where possible
6. Signal with your arm

When we think of the benefits of bicycle riding, we typically think of it as a form of exercise, or a way of getting around. Along with that, bicycling (especially children) comes with many other benefits. According to Sanford Health, some benefits of children bicycling are:

- Improves Coordination and Balance
- Gets Kids Outside
- Promotes Kids' Self-Confidence and Independence
- Keeps Kids Physically Healthy
- Provides opportunities to Socialize

According to MnDOT, 45 years ago walking and biking to school was the norm – in 1969, roughly half of all 5- to 18-year-olds either walked or biked to school. Times changed, and by 2001 nearly 90% of our youth were driven to school either by bus or car. We are beginning to see some small reversal of this trend. But until we can get more of our children engaged in active school transportation, we will continue to have increased traffic congestion, poor air quality and the continued decline of our children's physical health. While distance to school and safety are the main reasons students are not walking and bicycling to school, private vehicles still account for half of school trips for

children living within 1/2 mile from school – a distance easily covered on foot or bike. In 2009, American families drove 30 billion miles and made 6.5 billion vehicle trips to take their children to and from schools, representing 10-14 percent of traffic on the road during the morning commute. In response to these emerging issues, in 2005 the Safe Routes to School (SRTS) program was established through Federal legislation to:

- enable and encourage children, including those with disabilities, to walk and bicycle to school.
- make walking and bicycling to school safe and more appealing.
- facilitate the planning, development and implementation of projects that will improve safety, and reduce traffic, fuel consumption, and air pollution in the vicinity of schools.

National Bike and Roll to School Day is a great way to get outside and either start new habits or continue these healthy behaviors. While May 8th is this year's official date, communities are welcome to celebrate any day in May that best fits their schedules. If you are unable to bike TO school, try choosing a destination and bike there solo or with members of your household. Right now would be a great time to find a route to a place you visit frequently (like a park) and practice riding there. Sometimes you must try different routes to find the most comfortable and safe ride, so pick a new destination each week and be ready to ride when school's out! Be sure to practice basic traffic safety precautions like stopping at stop signs, signaling



turns, and wearing a helmet. Happy biking.
About Goodhue County Health and Human Services:

The mission of Goodhue County Health and Human Services is to "Promote, Protect and Strengthen the Health of Individuals, Families, and Communities." The department has three service divisions: Economic Assistance, Public Health, and Social Services and is accredited by the national Public Health Accreditation Board (PHAB). For more information on Goodhue County Health & Human Services, please visit www.co.goodhue.mn.us/HHS and www.facebook.com/gchhs.

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State Should Not Pick Winners and Losers in Sports Betting Debate



Rep. Pam Altendorf (R) District: 20A

Place your bets. Do you think this is the year Minnesota legalizes sports gambling?

Being able to put a wager on a sports game is an idea that has been debated for years at the State Capitol. It is one of those rare topics that truly is not partisan. You have Republicans and Democrats on both sides of

this issue. Those in favor may think this is a personal freedom issue or want the state to get a cut of the action that is already taking place here illegally. Those opposed do not want to see an expansion of gambling or want people's lives impacted by it.

Regardless of whether you think sports betting is a good idea for Minnesota, there's no denying the bill is closer to the finish line than ever before.

Specifically, the House legislation legalizes mobile sports betting, for people in Minnesota 21 years of age or older. It permits the 11 Tribal Nations in Minnesota to be mobile sports betting operators. The bill does not apply to sports betting conducted exclusively on Tribal Lands, which would be conducted by a Tribal gaming ordinance approved by the National Indian Gaming Commission and a Tribal-state compact.

The tax rate on mobile sports betting net revenue would be 10%. Bets placed on Tribal land would be specifically exempt from the proposed tax.

Last session, Democrats made the decision to go after e-pull tabs in our state. The effect of eliminating the "open all" feature is a decline in gaming revenue for local charities, which also ended up hurting needy organiza-

tions in our communities that benefited from the charitable gambling distributions.

In an effort to make up for that lost revenue, the bill's author has now agreed to include a provision that would lower tax rates for charities.

What's not included is support for a struggling industry that happens to be the only sport in this state where you can legally wager: horse racing.

Canterbury Park and Running Aces are struggling to stay alive, and yet there is little in the way of assistance for these organizations. Out of a sports betting plan that's expected to generate millions of dollars a year to the state's coffers, the House bill would allocate only \$625,000 to horse racing purses. The bill also would not allow in-person wagers at the racetracks – which is senseless and one might argue is the entire reason people attend.

Just last week, Goodhue County residents who own and race horses at Running Aces traveled to the Capitol to testify, letting lawmakers know horse racing in Minnesota will end if something isn't done.

What I do not understand is why the bill authors are making the choice to pick winners and losers. Some get all, some get

something, and some get next to nothing. Why can't this bill be crafted so it's a win-win for all involved?

People who have reached out to me on this topic cannot understand why the Democrats are being so dysfunctional and why this is even an issue. Tens of thousands of Minnesotans each year enjoy being outdoors on a beautiful day watching horse races. Why would they not address keeping the horse racing industry alive and well in our state when they have the chance?

It's my hope that by the end of this session, the sports betting bill authors will choose to not pit one interest group over another and will do what's right for all of the people in Minnesota.

As always, please reach out by email at rep.pam.altendorf@house.mn.gov or call me at 651-296-8635 if there's anything I can do for you.

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Local Government

Bellechester City Council Meeting Minutes

March 20, 2024 @ 6:00PM

Regular City Council Meeting was called to order by Mayor Jody Gordon at 6:07 p.m.

Pledge to the flag.

Roll call was taken: The council in attendance: Mayor Jody Gordon, Council people, Mark Gerken, Jered Buxengard as well as City Clerk Lisa Redepning, Treasurer Kyle McKeown and Engineer Matt Mohs. Councilmember Kyle Blattner and Rich Majerus was absent. Also present was Nick Keller, Trenton Carlson, Jeremy Mancelman and Lucias McGovern were also present..

Minutes of February 21, 2024 regular meeting minutes were reviewed and motion was made by Mark Gerken with a second by Jered

Buxengard to approve the minutes. Motion carried.

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

Old Business:

- Sewer Lining Project – update progress – City Engineer indicated post bid contractor paperwork was submitted to them and they are working with them. Meeting today to discuss temporary financing and getting next round in place. We will have a pre-construction meeting next to kick off the project. We need to report monthly on the progress of this project. Payment process was discussed.

New business:

- Water Meter Project – Set a Bid Date and Authorize Bidding. We have been approved to move forward for this project. Bid Wed, April 17th @ 10:00. Motion was made by Jered Buxengard with a 2nd by Mark Gerken to approve setting the bid date and authorizing bidding for our water meter project. Motion carried.

- Building Permit – Garage/Driveway Nick Keller. Council had a few clarifying questions. Needing more information, the garage building permit was tabled. Motion was made by Jered Buxengard with a 2nd by Mark Gerken to approve the driveway access permit as presented. Motion carried.

- Summer mowing – We have an interested party in mowing.

- Auto Cross Vehicle Noise – Discussion on addressing current vehicle noise within city limits. Current ordinance was shared regarding to what is not allowed within city limits.

- Transfer of Funds. Motion was made by Mark Gerken with a 2nd by Jered Buxengard to authorize the transfer of funds from our interim financing fund to replenish the expenses paid for by current funds for sewer lining project. Motion carried.

Engineer Report – Lead service line
Clerk Report – Reimbursement from Xcel – we did receive a check for the costs of publishing the franchise notice in the paper. Credit on Xcel Invoice for February – FYI the bill for March will have a \$429.94 credit on it. It is the difference between the rate we paid under the interim rates and the final approved rates plus interest. Transfer of Funds

- we have \$21,736.21 of Sewer Project spending that have come out of General/Sewer funds. Quarterly Billing - will go out this month. AutoCross Vehicle Noise – Our current ordinance #13 covers this: SECTION 6. Exhibition Driving Prohibited - No person shall turn, accelerate, decelerate, or otherwise operate a vehicle, motor vehicle, motorcycle or snowmobile within the City in a manner which causes unnecessary engine noise or backfire, squealing tires, skidding, sliding, swaying, throwing sand or gravel, or in a manner simulating a race. Unreasonable squealing or screeching sounds emitted by tires, or throwing sand or gravel is prima facie evidence of a violation of this Section. I will have this in the quarterly billing that will go out this month.

Treasurer Report – Past due list was distributed.

Water/Wastewater/Facility Report – Quarterly samplings are done. We will not need to discharge pond at this time.

Mayor Concerns: Letter was sent on unlicensed and dangerous dog in town.

Council Concerns: Clerk noted that the current laptop is displaying hard drive errors. Council directed to purchase new laptop. Last purchase was 2017.

Adjourn
Motion was made by Kyle Blattner with a second by Jered Buxengard to adjourn the meeting. Motion carried. Meeting was adjourned at 7:20. Motion carried.

Submitted by Lisa Redepning – City Clerk

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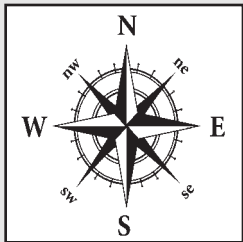
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Changes in Latitudes, Changes in Attitudes The Eclipse



By Terry Campbell

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

I have always been intrigued by the solar system. Growing up in the country the night sky seems so vast and captivating. The Big Dipper was one of the first constellations I was able to identify. If you follow the two stars that make up the front of the dipper you can find the North Star and the Little Dipper. Over sixty years on that tidbit of information. Years ago, I recall watching the northern lights in the winter sky. They seemed more common back years ago.

When I was a young kid, I read about Haley's Comet. My grandmother told about seeing it in the western sky about sunset back in 1910. Sometime in the late 1960's a comet visited earth and I got up a couple nights around 2am to look at it in the south-eastern sky. My fascination with traveling heavenly objects was anticipating the return of Haley's Comet. I was so excited that I would be able to see in 1986 but unfortunately it was barely visible at all to the naked eye.

Solar eclipses were interesting as well. My dad let us look at one through the welding helmet when we were growing up. I was amazed that the event could be tracked and predicted with such accuracy as to alert us to just when it would happen again. So, enters 2024 with the April 8th total solar eclipse and the fact that I would be living right on the edge of the band of totality. A 116 mile-wide

zone where the moon would fully cover the sun at mid-day. What luck, it just clips the north-western edge of Tennessee and our Kentucky Lake home is on the north-western edge of Tennessee.

The hysteria was building for the event. Some thought it was a cosmic sign ushering in a cataclysmic event. Down here they were giving away solar sunglasses everywhere. City hall had them, the Ranger station at Ft. Donelson Park had them, the gas stations sold them and they were at the checkout in the grocery stores. I picked a pair up and was warned not to drive with them on. I didn't know I looked that stupid. Some people asked about getting them for their pets. I have had dogs all my life and never knew them to look at the sun. One lady said she was going to keep her curtains drawn all day Monday so as not to burn her eyeballs. I am not sure how these people live their life every other day of the year without staring into the sun. I think that one of the first things my mom told me was, "don't look at the sun."

So, I was pumped. I knew it wasn't a total eclipse down here but they said it was 97.9% coverage. That seems pretty close to 100 for me. At 1:15 I went outside and put on my shades. First thing I learned is you shouldn't walk down the porch steps with eclipse glasses on. At least I felt like the cardboard sunglasses I had nothing invested in would likely protect my eyesight. Sure enough about a third of the sun was covered by a black moon. I checked a few more times leading up to the 2:01pm maximum coverage point. But I noticed it was still about a bright as any other afternoon would be. I thought it would be getting darker, maybe no shadows. So, at 2:01 I dutifully donned my eye wear and looked upward. Quite spectacular, just a sliver of sun peaking around that big black moon blot. But it was still bright as day outside. There were shadows from trees and the house and my pickup.

Just 2% of the sun can still brighten up the world. Quite impressive how powerful a little sunlight is.

A Minnesotan: Different in a Small Town



By RosaLin Alcoser

One of the main differences between living in the cities, town, or a small town is the amount of time you can take to chat with people when you're out and about. When you're in the city you might have enough time to exchange pleasantries with someone checking you out at a store.

While in town you might be able to build up some sort of rapport with people at places that you regularly frequent. But in a small town you will often be able to hold full conversations with these same people which is my father's favorite thing to do.

Recently my father was doing this very thing while my mother was picking out new glasses. At some point during this my parents had mentioned that my father used to be a chaplain for the Federal Prison System for 26 years when they got out Federal employee health insurance that they have as part of my father's retirement. Which is always important to be mentioned when he meets new people because his favorite joke is that he did 26 years in the federal big house. Which we'll add on to that he got let out every night for good behavior

This is a joke that only goes off well if the people that he's talking to pay attention to the fact that he was the chaplain at the prison. Which the people at the glasses store apparently did not pay attention to. So they proceed to tease up and say things about how everyone deserves a second chance protecting my mother to have to re-explain that he was retired from being the chaplain, not from being an inmate.

As I was not there to witness this event in person I am assuming that this explanation of the joke resolved the whole thing. Nevertheless the interaction was amusing and was a much higher level of interaction than those of us in the cities get with most people we meet while out on errands.

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Ask A Trooper

By Sgt. Troy Christianson, Minnesota State Patrol



Question: I know it has been extremely dry but with the anticipation of "April showers" can you talk about hydroplaning?

Answer: At speeds of 35 mph or less, most tires will "wipe" water off the road surface to keep tires in contact with the road. At higher speeds, water can collect under tires and lift them off the surface of the road — this is called "hydroplaning."

When your tires hydroplane, they lose all contact with the road. If this occurs, you will be unable to brake, accelerate, or change direction. If your tires begin to hydroplane, take your foot off the gas pedal.

Hydroplaning is less likely to occur at normal highway speeds if your vehicle is equipped with good tires that have deep treads, which will allow water to escape. But hydroplaning can occur at any speed if the depth of the water on the road is greater than the depth of the tire treads. In heavy rain, standard cars may begin to hydroplane at 35 mph.

To prevent hydroplaning, keep your tires in good condition and reduce speed when driving on wet roads.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. or reach him at, Troy.Christianson@state.mn.us.

Cruise Control on Wet Roads

The spring and summer seasons can have their share of heavy rains and thunderstorms. Using cruise control on wet or slippery roads could send you on a cruise — straight into the ditch or oncoming traffic!

With dry road conditions, cruise control helps you safely monitor your speed, stay within the speed limit and improve driving comfort on long, fairly straight stretches of road. It should be used only when you are able to drive at a steady speed with safe road conditions.

On wet roads, if your wheels lose traction, the cruise control will continue to accelerate, causing the vehicle to skid. By the time you realize you are skidding, it could be too late.

When deciding if you should set your cruise control:

· Ask yourself if it's safe to travel the speed limit. If not, it isn't safe to set your cruise.

· Is there limited visibility? If it's foggy or raining and your range of visibility is significantly reduced, play it safe. Don't set your cruise.

· Is traffic moving smoothly? If it's stop-and-go, or there's heavy traffic around you, it's not safe to use cruise.

Remember that using your cruise control can be an advantage when driving long distances, but you are your vehicle's best safety feature.

GOODHUE VOLKSFEST

JUNE 7-9, 2024

WEDNESDAY, JUNE 5

Medallion Hunt | First clue drops
7pm | Pool Games

FRIDAY, JUNE 7

7pm | Miss Goodhue | GHS Gym 1 | \$5/Person
7pm | Street Dance | N 2nd St.

HAIRBALL

7:00pm GATE | 8:00pm MUSIC
\$25 PRE-SALE & AT GATE
THE DADS

SATURDAY, JUNE 8

8am-1pm | Car Show | St. Peters Church
8:30-11:30am | Burrito Breakfast & Quilt Show | St. Peters Church
8:45-10am reg. | Road Rally | Goodhue C-Store | \$5/person
9am | Udder Run | Front of GHS | \$16/ea adv or \$20/ea day of
9am-2pm | Craft and Vendor Show | Lion's Community Center
9am | Volleyball Tourn., Co-ed | Rosie Park | \$60/team
10am-1pm | Kids Bounce Party | GHS Gym 3
10am | 3-on-3 Basketball | GHS Gym 1 & 2 | \$100/Team

11am | Bean Bag Tourn. | Rosie Park | \$40/team
1pm | Bingo | Fire Hall
1-4pm | Gopher State Garden Tractor Pull | 3rd Ave
2pm | Tyler Stehr Live | Corner Bar
2pm | Pedal Tractor Pull | Broadway/2nd Ave
6pm | Street Dance | N 2nd St.
10pm | Fireworks | Rosie Park

JUSTIN MOORE

6:00pm GATE | 6:30pm MUSIC
GA \$60 UNTIL 5/10 | \$70 5/10+ & AT GATE
VIP \$125 UNTIL 5/10 | \$140 5/10+
CHAD JOHNSON & THE MINNESOTA TRANSPLANTS
BRYAN ANDERSON

SUNDAY, JUNE 9

9am-12pm | Dads Belgian Waffle Feed | Lion's Community Center
5yr ↓ Free | 6-12yr \$8 | 13yr ↑ \$12
9am | Community Worship Lutheran Service | GHS Gym 1

1pm | Parade
2pm | Fire Dept. Water Fight | Fire Dept.
2pm | Bryan Anderson Live | Corner Bar



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