



MAZEPPA and ZUMBRO FALLS

# Mazeppa-Zumbro Falls Messenger™

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## Announcements

- Celebration of Life for Phyllis Schafer Cady will be Saturday, July 20th, 1-3 pm at the Mazeppa Community Center.
- STOP BY THE MAZEPPA HISTORICAL MUSEUM DURING MAZEPPA DAZE & HAVE A "COLD ONE". ICE CREAM CONES OR BOWLS. JULY 12TH & 13TH.
- Mazeppa Area Historical Society Summer hours: the 2nd & 4th Saturday of the months of July & August from 1- 3 p.m.
- 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
- Celebrate Recovery meetings every Sunday night at 5pm at South Troy Church, 56817 Highway 63 Zumbro Falls, MN 55991. Email for questions is: celebratercoveryouthroy@gmail.comat.
- The Zumbro Valley Food Shelf is located at South Troy Wesleyan Church, 56817 Hwy 63, Zumbro Falls, MN. The hours are Tuesdays 11:00am-5:00pm and Thursdays 11:00am-6:00pm. Donations and volunteers are greatly appreciated. For more information contact Pastor Colleen Hoeft at 507-259-1442 or choeft52@gmail.com.
- The Mazeppa Area Food Shelf, serving Mazeppa, Bellechester, and Zumbro Falls Area is open the second Thursday of the month from 9:30-11 am and 3:30 - 5:30pm, and the fourth Thursday from 3:30 - 5:30pm. Food drop off locations are First State Bank of Red Wing, Mazeppa Branch, and Entry way to Mazeppa City Hall.

Do you have an announcement?  
Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

## Mazeppa Daze this weekend

Mazeppa Daze 2024 kicks off on Thursday with the 17th annual Mazeppa American Legion Post 588 Field of Honor. The opening ceremonies are at 7pm on July 11th in Jayce park.

On Friday July 12th there will be a parade at 7pm followed by a street dance with Branded Country. A small fireworks display

is planned at dusk.

On Saturday there will be a pancake breakfast starting at 6am. Softball and volleyball tournaments begin at 8am. The 5K Run/Walk starts at 9:30am. From 10am to 2pm there will be a lawn tractor pull. Laser tag and kids games are held between 11am and 3pm. The Duck races are at 2pm followed by Bingo at

2:45pm. From 4 to 8pm the Lion's BBQ dinner will be held at Lion's Park. The Smokin' Coyotes will play from 8pm to midnight and the large Fireworks display is scheduled for dusk on Saturday. Rain date will be Sunday evening. A drawing for the Golf Cart will be held after the fireworks on Saturday.

Softball tournaments continue on Sunday morning with a tractor pull beginning at 10am. Fire department water fights start at the Fire Hall at 11am. A Classic Car Show will be held from noon to 3pm.

(see schedule of events on page 20)

## Wabasha County Breakfast on the Farm

Jeff and Ruth Lee are excited to invite everyone out to the farm on Saturday, July 13th from 7-11am for the Wabasha County Breakfast on the Farm. Visitors will experience life on the farm and learn about farming and the dairy industry in Wabasha County. All ages are invited to come see the farm in action!

Visitors will see the free stall barn where the cows spend most of their time or stop in at the parlor where the cows are milked three times a day. They will learn how farmers care for their animals and the land they farm each and every day. Guests will discover local farming history from the Wabasha County Historical Society and see a demonstration about making butter. They will learn about land and water conversation from the Wabasha County NRCS and SWCD staff. Local agricultural businesses will share how they support the farms and families in Wabasha County.

Kids can explore the sand pile, go on a scavenger hunt, ride on a barrel train, and meet the calves in their hutches.

(continued on page 4)



## Mazeppa Compost Site- Key access only

As of July 1, 2024 we have received a dumping of garbage including baby diapers, 5 TVs, refrigerator, old tarps, and miscellaneous odds and ends that don't compost nor belong in our brush site. If you would like to access the site, you will need to stop in at City Hall and sign out a key. You will need to provide your name, address and phone number before receiving a key that will need to be returned the same day. Below are the rules that are supposed to be followed...

Key access from City Hall during the day. (Exceptions may be if the site is full, or we are burning.)

The Mazeppa Compost Site is a service provided to be used by Mazeppa residents. The Compost Site is for brush, branches, and garden waste ONLY!

All branches & brush must be deposited on the east end of the site.

(continued on page 5)

**J&J CONCRETE PROFESSIONALS, LLC**

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jandjconcreteprofessionals@yahoo.com  
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**Amy Lantz**  
Broker, GRI, ARS, ESA, License #40202364  
**507-254-8844**  
Zumbro Falls Area

## What are you doing God?



By Pastor Colleen Hoefl

Have you ever wanted to ask God a question? Like why? Why is there pain and suffering? Why is the grass green? What is your plan? When are you coming back?

Joseph was a dreamer. Joseph was daddy's favorite. And besides being the favorite son of Jacob-whom his father gave him a one-of-a-kind special coat- he also alienated his brothers by ratting them out when they did something wrong! Joseph's brothers had built a strong resentment and hatred toward their brother. When Joseph began having his dreams- he chose to announce them to his family. Both dreams indicated that his brothers and his parents would one day be bowing down to him. Pretty heady stuff for a 17-year-old man.

Joseph's brothers conspired together to get rid of him- to get rid of the dreamer- their little brother Joseph. The plan was to kill him and tell their father that a wild animal must have killed him. When Joseph appeared in Dothan where they were tending the sheep- they saw their chance. They grabbed him and threw him in a dry cistern- Nine of the brothers were having a lunch break when they saw a band of Ishmaelite traders heading their way- Judah came up with an even better plan than killing their brother- let's sell him off as a slave- then our hands will be clean and we'll be a few coins richer as well! So that's what they did. We've fixed him now- we won't have to give him a 2nd thought- for all

practical purposes Joseph is dead to us and good riddance! They take his robe- bloody it up and bring it to their father Jacob, who goes into an extended time of mourning for his favorite son.

In a moment, Joseph's life was changed from being the beloved son to a slave in the unknown land of Egypt. Upon his arrival his sightseeing was cut short because he was sold to Pharaoh's captain Potiphar to be a servant in his house, but the Lord was with Joseph.

God was still working- did it feel like it? I doubt Joseph was thinking- 'this is great- I'm so glad I can be a part of this plan and be a slave in Potiphar's house.' There were good days and bad days there- but things began to shape up for Joseph. Joseph had a good work ethic- he was faithful- he didn't slack off or sabotage his relationship with his master- he served him as he was taught- he served him as he would serve his father and his God. Despite not understanding the 'why am I here' question- Joseph did the next thing.

Joseph remained diligent and industrious in his dealings despite being a slave. And because of his work and his integrity Potiphar entrusted him with charge of all of his house affairs. Pretty amazing! A Jewish slave with responsibility in the house of a powerful Egyptian. Well, it was better than being the guy that cleaned the latrines-but he was still a slave. He still had no rights and no voice. He wasn't paid for his work either- in fact, he was probably given more work to be responsible for. It would seem that Potiphar would acknowledge his hard work and maybe give him his freedom... Not happening!

Instead, Joseph was being sexually ha-

ressed- without any protection from the system. He was a slave- without any rights or voice. He avoided his boss's wife for a long time- she was persistent though and when she finally had him alone in her house- she tried to force him into a relationship right then and there. Instead of succumbing and being her 'slave' he ran! He saw the temptation for what it was and avoided it at all cost. And cost him it did! Due to the false accusation of Potiphar's wife to her husband, because Joseph would not sleep with her, Joseph was cast into prison. At this point you might argue, why didn't God rescue him from his troubles? Joseph found favor with the guards in prison and things were going well for him, despite being in prison.

James wrote in the book of James, "Don't run from tests and hardships, brothers and sisters. As difficult as they are, you will ultimately find joy in them; if you embrace them, your faith will blossom under pressure and teach you true patience as you endure. And true patience brought on by endurance will equip you to complete the long journey and cross the finish line—mature, complete, and wanting nothing"

Many Christians assume that when things are difficult, when there seems to be roadblocks, that in these situations that God is not with them. That He has forgotten them and that His plans are either impossible- or that we heard Him wrong. Most of us forget that the message of Scripture is very clear that God is most powerfully present in these tough situations.

I find it inspiring that through all the trials and temptations that Joseph was faced with; he showed integrity, honesty, solid work ethics, his actions showed a confidence in

God, and he was faithful to God even when it didn't feel like God was being faithful to him. Wow!

When you find yourself in a situation where you feel like God doesn't care, go back to the Bible. Remember the character of God. Put your faith in what Scripture tells us about the nature of God. Remember, "He will never leave you or forsake you."

When you wonder why God allows bad things to happen to good people, consider these four things about the bad things that happen:

- Bad things may happen to good people in this world, but this world is not the end.
- Bad things happen to good people, but God uses those bad things for an ultimate, lasting good.
- Bad things happen to good people, but those bad things equip believers for deeper ministry.
- Bad things happen to good people, and the worst things happened to the best Person. (Jesus)

God allows things to happen for a reason. Whether or not we understand His reasons, we must remember that God is good, just, loving, and merciful.

It's ok to ask the question- "What are you doing, God?" God hears and He will answer. Joseph kept the faith. He continued to walk in integrity and each day to do the next thing. He chose not to 'worry' about tomorrow, but to leave it in the hands of God.

We too are called to walk by faith, not by sight. When we are afraid or confused- trust, believe- remember God and His promise. Hebrews 13:5, "God has said, "Never will I leave you; never will I forsake you."

### TRINITY LINCOLN LUTHERAN CHURCH

Pastor Dan Reich  
507-753-2576 • 35933 Cty. Rd. 17, Lake City, MN  
Sunday Worship at 10:00 a.m.

### ST. PETER AND PAUL CATHOLIC CHURCH

222 1st Ave S., Mazeppa  
843-3885  
Sunday Mass 10:00 a.m.  
Friday Mass Adoration 8:00a.m.  
Mass 9:00a.m.

### ST. PATRICK CATHOLIC CHURCH

Hall 507-753-2424, West Albany  
Sunday Mass 8:00 a.m.  
Wednesday Mass 7:00 p.m.

### ST. JOHNS (BEAR VALLEY) LUTHERAN CHURCH

Pastor Dan Reich • 507-753-2576  
Sunday Worship 8:30 a.m.

### IMMANUEL LUTHERAN CHURCH (POTSDAM)

7134 Highway 246 NE, Elgin, MN  
Sunday worship at 9:30 a.m.  
(Bible class at 8:30 during the school year)

### AREA CHURCH DIRECTORY Sleep of Exhaustion

*He lay down under the bush and fell asleep.*  
— 1 Kings 19:5

Yesterday I mowed our overgrown lawn, cleaned our cluttered garage, and washed some of the filmy windows on our house. Physically exhausted at the end of the day, I fell asleep as soon as my head hit the pillow.

In our reading for today, Elijah is exhausted and falls asleep under a bush in the wilderness. But Elijah isn't exhausted from doing chores. He has just had a dramatic confrontation with the priests of Baal (see 1 Kings 18:16-46), and now he is fleeing for his life from King Ahab and Queen Jezebel. Totally shattered—physically, emotionally, and spiritually—Elijah asks God to take his life.

Yet God doesn't answer his plea. Instead, through an angel, God provides Elijah with sustenance for the road ahead. Then, after some more restful, restorative sleep and more food and drink from the angel, Elijah sets out on the journey ahead of him.

What can this extraordinary story teach us? We are reminded of our basic need for sleep and its restorative benefits. Even more importantly, we see that God tenderly cares for us, feeds us, and watches over us—even in our deepest, darkest moments. Though our own story may not be as dramatic as Elijah's, God will provide what we need so that we too can take up the journey ahead of us. In fact, God has already provided for us through his Son, Jesus, who invites us to come and rest in him (Matthew 11:28-30).

*Lord, our only hope for true rest is in you. As you reach out to us, help us to come to you. Amen.*

### PRESBYTERIAN CHURCH OF ORONOCO

10:00a.m. Worship  
20 - 3rd St. SW, Oronoco, MN  
507-367-4711 • www.oronocochurch.org

### UNITED METHODIST CHURCH

Pastor Dave Neil  
180 2nd Ave NE, Mazeppa • 843-4962  
Sunday Service 10:30 a.m.

### ZUMBRO COMMUNITY CHURCH

Dave Mohler  
58354 Cty. Rd. 7, Zumbro Falls  
Sunday Service 10:30 a.m.; Sunday Evening 6:30 p.m.  
Wednesday Evening 7:00 p.m.

### SOUTH TROY WESLEYAN CHURCH

Pastor Colleen Hoefl  
56187 Hwy. 63, Zumbro Falls  
www.southtroywesleyan.org • 507-259-1442  
Sunday 10:30a.m.  
Sunday 5:00p.m. Celebrate Recovery -  
5pm- meal, 5:45 large group and 6:30 small groups.  
Wednesday Kids and Teen worship at 6pm -  
meal at 6, followed by worship and small groups.

### ST. JOHN'S LUTHERAN CHURCH

80 3rd Ave. S., Hammond, MN  
Sunday worship at 11:00 a.m.  
(Bible class at 12 noon during the school year)

### ST. JOHN'S MAZEPPA

Pastor Al Horn • 507-843-5302  
Sunday School 9:45 a.m.  
Sunday Worship 10:45 a.m.  
Wednesday Night Bible Study 7:00 p.m.

Email your church announcements, schedule, etc. to the  
Mazeppa Zumbro Falls Messenger at:  
hometownmessenger@gmail.com



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## Goodhue Volksfest



A 2-man team from the Mazeppa Fire Department work together to move the barrel during the Goodhue Volksfest water fight Sunday, June 9th.

## Congratulations to Pastor David Neil!

Submitted by Ann Neil

On Sunday, June 30, Pastor David Neil, Certified Lay Minister, was celebrated for completing 19 years as pastor at Mazeppa United Methodist Church. Pastor Dave also served the Zumbro Falls United Methodist Church from 2006 and through the catastrophic flood of 2010. The Zumbro Falls UMC merged with the Mazeppa UMC in May of 2012.

The children at Mazeppa UMC on June 30th began the service with a humorous "roast" of the pastor. He was also presented with a framed photo of the church taken by Christian Monsrud on a beautiful December night in 2022. Pastor Dave's sermon was about the power of prayer. A delicious lunch was enjoyed by all after the service.

Pastor Neil said, "I am blessed to lead such a caring group of Christian people. I am glad to see how they love each other and others. Every single month they collect a special offering to donate to a worthy cause in Jesus' name. Last year they donated to causes such as the victims of fire in Hawaii, as well as to the Mazeppa food shelf. They are a small church with a big heart!"



Congratulations to Pastor David Neil! Sunday, July 7th begins his 20th year leading this congregation. Worship begins at 10:30 on Sunday mornings.

### CHEESEBURGERS IN PARADISE!

Delila's Catering  
Serving from 11:00am until gone

## JIMMY BUFFET

### SATURDAY Day

# JULY 27

**\$5.00**  
Includes burger, chips & pickles

**PATIO BAR OPEN!**  
Serving Margaritas!

**CHICKEN SH\*\* BINGO**  
Starts at 1:00pm  
Prizes at 4:00pm!

**DJ ROB**  
Playing music on the patio!

**Wear a Jimmy Buffet shirt & receive a FREE DOMESTIC OR RAIL DRINK!**

**DELILA'S CATERING**  
Every Saturday & Sunday come to the Neptune to order food from Delila's menu she delivers to the Neptune.  
Hours:  
Saturday serving breakfast from 9am-11am and lunch 11am-1pm.  
Sunday serving breakfast from 9am-Noon and lunch Noon-1pm.  
Call Delila at 352-226-3744 for all your catering needs!

**ZUMBRO FALLS NEPTUNE BAR**  
Mon. thru Sat. 9a.m-1a.m. • Sun. 9a.m-Midnight  
507-753-9938 • Zumbro Falls, MN

## WE'RE ONLINE!

[www.mazeppamn.com](http://www.mazeppamn.com) • [www.zumbrofallsmn.com](http://www.zumbrofallsmn.com)

### Mazeppa community market

3RD THURSDAYS  
JUNE- SEPT

**JOIN US!**

Mazeppa Lions Park  
June, July, Aug 5-8pm  
Sept 4-7pm

June 20 | July 18 | August 15 | September 19

Email us for more info [mazeppaevents@gmail.com](mailto:mazeppaevents@gmail.com)

## Wabasha County Breakfast on the Farm

(continued from page 1)

Pancakes, sausages, apples, milk, and ice cream treats will be provided free of charge until gone. Pancakes and sausages will be served by Chris Cakes.

Handicapped parking will be available west of the farm. General parking will be on the county road. Buses will run from the Zumbro Falls ball field and from St. John's Lutheran Church in Lake City (520 W Chestnut St) approximately every hour beginning at 7am. All activities will be within a short walking distance once on the farm.

We hope you can join us at the farm on Saturday, July 13th from 7-11am at Jeff and Ruth Lee's Farm at 38093 County Road 75, Lake City.



## Lab Puppies for Sale

Purebred, AKC registered Labrador Retriever Puppies.

Wormed, vaccinated, 1 year health guarantee.

507-951-7417



## Missy's

### Managing the Manor

A monthly read with tips and tricks (that work for me) on my quest to becoming more organized while decluttering.

#### Repurposing/thrifting

Don't knock it until you try it! I never thought I would enjoy thrifting...

I have nothing against garage-saling, thrifting, etc. I've bought a few things on Facebook marketplace, typically from someone I know. I've tried garage-saling when we had a toddler. I don't know what my problem was, but I seemed to never find anything, so I gave up!

Mid-May, I made my first trip to a thrift store up north. I never thought I would buy something; and I found a few things! When I was a kid, I used to have a vanity complete with a mirror



By Missy Papenfus

and stool that came from my Grandma Jane's house. When we moved, my new room was smaller, and I had to downsize. I found a vanity that needed some TLC at the thrift shop. It was painted baby blue, was missing the glass shelf, and came with round mirror in perfect condition. I liked the drawer pulls on it, I had left over paint from our cabin, so my husband refinished it using the left-over paint. I found a bench (at another store). Said bench was five times as much as the vanity, but it's all together now and looks great!



Now I have something to put in Monty's old room aside from the dog kennel, when Maisy comes to visit!

Stay tuned for next month's topic: Painting a bridge. There's so much to do, so little time. Bye for now!

## WABASHA COUNTY

### Breakfast on the Farm

**JULY 13, 2024 7:00-11:00AM**

Free event for all ages!

Kids Activities

Pancakes & Sausage

Farm Tours

### JEFF AND RUTH LEE FARM

38093 County Road 75  
Lake City



## Minnesota DNR Certifies 9 New Record Fish

By Minnesota DNR

After making changes to the record fish program, the Minnesota Department of Natural Resources has seen steady interest by anglers

### DO YOU HAVE AN ANNOUNCEMENT?

Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

in documenting their largest catches, as evidenced by the nine new state record fish the Minnesota DNR has certified since March.

"Seeing all these new records is fantastic and we're really pleased with how anglers have participated in the program so far," said Mandy Erickson, fisheries program consultant. "We expect to keep posting more records as more anglers hear about how to certify a record and as more time passes."

The Minnesota DNR in March expanded the catch-and-release record category to add additional species, and also made more space for records in the certified weight category by creating a separate category for records established before a certified scale was required to document a fish's weight.

The Minnesota DNR has certified the following as new state record fish since March 1.

Certified weight category

Coho salmon – 12 pounds, 5 ounces; June 1, Lake Superior, St. Louis County; caught by Austin Stoltenburg of Iron

Black crappie – 3 pounds, 9 ounces; May 9, Cedar Lake, Rice County; caught by Nolan Sprengeler of Plymouth

Mooneye – 2 pounds, 1 ounce; May 11, Wabasha Creek, Redwood County; caught by Robert Tufts II of Franklin

Yellow bass – 1 pound, 3 ounces; May 11, Clear Lake, Jackson County; caught by Dennis Dangel of Lakefield

Catch-and-release category

Brown trout – 30 inches; April 15, Lake Superior, St. Louis County; caught by Dan Zeleznikar of Duluth

Lake trout – 42 1/2 inches; April 21, Lake Superior, St. Louis County; caught by Kelsey Vanderheyden of Stanchfield

Shovelnose sturgeon – 34 1/4 inches; March 8, Mississippi River, Goodhue County; caught by Tyler Young of Lakeville

Shovelnose sturgeon – 35 inches; March 12, Minnesota River, Scott County; caught by Elliott Feldman of Sturgeon Bay, Wis.

Smallmouth bass – 22 3/4 inches; June 25, Basswood Lake, Lake County; caught by

Xavier Bradley-Rael of Omaha, Neb.

Complete record information, and instructions for how to certify a state record fish, are available on the Minnesota DNR state record fish webpage.

### Minnesota DNR webinars focus on southern Minnesota wildlife, and birding

The Minnesota Department of Natural Resources invites people interested in wildlife and outdoor skills to check out the summer program schedule for the Minnesota Outdoor Skills and Stewardship Series.

In a webinar on Wednesday, July 10, DNR wildlife managers will discuss and answer questions about southern Minnesota wildlife and the latest wildlife habitat projects and stories of wildlife found in southern Minnesota's prairies, wetlands, river valleys and farm country.

In a webinar on Wednesday, July 17, DNR birding expert May Vang will share ways to engage people in bird watching and conservation. Vang will highlight the DNR Nongame Wildlife Bird by Bird program, activities that spark an interest in birds, and tips for youth who are interested in bird observation and identification.

The Minnesota Outdoor Skills and Stewardship Series webinars are free and offered year-round, though registration is required. Visit the Outdoor Skills and Stewardship webpage of the Minnesota DNR website for the registration portal, more information about upcoming webinars and recordings of past webinars.

### Mazeppa Compost Site- Key access only

(continued from page 1)

All garden waste, grass clippings, and leaves should be dropped on the south side of the site.

No trash bags, flowerpots, or other trash should be left at the compost site.

\*If non-compostable items are being left at the site, the City will have to limit access to the site.

## THIS OR THAT SALE



2023 Argo  
Magnum XF 500

THIS NEW



THAT USED



2016 Arctic Cat  
HDX 500



2022 Hustler  
Raptor XDX 48" Kawasaki 21.5

THIS NEW



THAT USED



2013 John Deere  
Z930M



2022 Argo  
Xplorer XR 500 SE ATV - \$5,995

THIS NEW



THAT USED



2017 Can Am  
Outlander - \$4,995



2024 Arctic Cat  
Wildcat XX - \$26,249

THIS NEW



THAT USED



2022 Arctic Cat  
Wildcat - \$14,999

## MISSY'S MESSAGE



MISSY PAPERFUS

Last month, I had emergency surgery with which came restrictions. No lifting over 15 pounds and no exercising, except for walking. After surgery, a person is typically off work for four to six weeks. When you're self-employed, you can't afford to be off work that long. I got out of the hospital the day after surgery. My mom picked me up, and I asked her to take me to MotoProz. I worked for about an hour and then headed home for the rest of the day. I knew this would be my new normal. My first day at MotoProz, Mike and Monty grabbed my purse and my big water bottle and weighed them together. They thought for sure they were more than

15 pounds, but they were only 10 pounds! I could count on my mom to make sure I was walking each day, that was the number one priority to get walking and ease into it. We walked in Zumbro Falls and Mazeppa. The weather cooperated pretty much every day. I came to work for an hour or two a few days a week.

Four weeks later, I got my all clear to get back to lifting, work, and exercise. I left the doctor and headed to Office Max to get a box of copy paper. That is the heaviest thing I've lifted in a month! Then I headed home for a 30-minute strength workout (I used 5-pound weights) taking it easy. I worked all day the next day, and I was tired. I made it the four weeks, now I need to slow down. I have been in this situation before. I know I need to do what the doctors tell me to do, but sometimes easier said than done.

*Memo from MotoProz...*

Ready for summer? We are!! Check out our inventory of new E-Z-Go Golf carts, new and used ATVs and side by sides, and new and used Hustler mowers online at [www.MotoProz.com](http://www.MotoProz.com) or stop in and see what we got! We've got something for everyone! The place to go is MotoProz!

**Save the dates...for the Mazeppa Monthly Markets this summer. If you're at the 3rd Thursday Summer Markets in Mazeppa, stop over to chat with us! Coming up in July, August, and September. And Mazeppa Daze July 11th thru the 14th.**

Missy and her husband Mike own MotoProz in Mazeppa.



339 1st Ave. N. • Mazepa, MN • 507-843-2855 • [www.MotoProz.com](http://www.MotoProz.com)



## The View From the Back *Part 1*

By Ted Gamble

*Ted Gamble is an avid runner and friend of The Messenger. This is the first of a 3 part series on his recent adventures that we will run in the Messenger in July, August and September. We hope you enjoy it.*

I'm thinking about this on Sunday morning, the day after the race. Everything is sore, and I have feet on my blisters. My toes hurt.

A working title of this story could be "Zumbro will Zumbro!", a phrase from the race director's email referencing the notoriously bad weather and muddy conditions at the race. This year it actually got HOT!

Or "Why the \_\_\_\_\_ do you want to do that!?"--the question my father usually asked me when I told him about my next running adventure.

Or what about "The view from the back"? This one makes the most sense, so I think I'll go with that—you'll know why after you read my story....

This year I was going to attempt to run the Zumbro 100 in the Zumbro River bottoms near Theilman, MN. In previous years I've done the 50, 34, and 17 mile distances. It's a looped course and the 100 mile course is six 17 mile loops with 34k feet in total elevation change and a 34 hour time limit. This will be my first attempt at the 100 mile distance.

I made a mental commitment to sign up in late August and training began immediately in early September. That's early for an April race, but I wanted to give myself some extra time. A friend of mine who was also running the race; Derrick, gave me the plan. It was a 24 week plan that he followed about a year ago for his first 100 miler.

Early September to mid-April is longer than 24 weeks, but the extra time cushion would be nice because the holidays and our wedding anniversary were in that time frame. I decided that I would just re-do the prior week's plan if any long runs were missed, or there were any pauses in the training. You cannot plan for everything and you never know what else might come up.

By that, I mean the weather. It can get very, very cold and snowy here in Minnesota. So I think I had about four extra weeks built into the training plan. In the end it turned out very well as we had a very mild winter. The weather only forced me inside two or maybe three times between September and April. So, training went better than planned. With the mild winter and dry weather, the trails were in excellent condition. Things seemed to be lining up for a good race!

I took Thursday off to prepare for the Friday/Saturday race and drove to the Zumbro bottoms where the race was held. There I met up with Chad and Derrick and Derrick's wife, Chris. After putting up my tent and just hanging out for a while I went to my motel in Lake City about ten miles away.

Our campsite wasn't a very high end or luxurious motel. I only wanted a warm, dry, and cheap place to stay because it's assumed that it would be cold in early April. The outside was being remodeled, and that was OK. The inside was clean though it was kind of chilly at night. The heat didn't work properly so it took a while to warm up. As I waited for the room to heat up, I thought that a shower would warm me up and help me relax, I was already starting to get a little anxious.

There was no hot water. After an hour or so, the room warmed up, but because it was radiator heat, it kept getting warmer. Eventually I figured out how to open the window and that helped. Long story short, I did not sleep well at all that night, and the 5:30am alarm came too soon. When I got up I noticed Linda couldn't sleep either--she sent me a text about 3am, saying that she was praying for me. I appreciated that as it was certainly needed!

I left the motel at 6AM. I was hungry and needed something with a lot of calories to get me going. Nothing was open that early so I picked up a few items at a local Kwik Trip. The evening meal the night before was from Burger King. That may have had an effect on how things went early on, but who knows?

I arrived at the campground and got together with Derrick and Chad and a few others showed up to see us off.

After months of training, the big event finally started. It was a beautiful day! Running at Zumbro usually means rain, snow, sleet, cold and overall bad weather. And mud, copious amounts of mud, soul-sucking,



Andy and I crossing the Zumbro on the first lap.

sticky and slippery at the same time. But not this year—if anything the forecast called for conditions to be almost too warm with 70's on Friday, and close to 80 on Saturday. I don't typically do well in the heat, but we'll talk more about that later. The trails were in the best condition I've ever seen them and not a drop of mud anywhere—in other words, they were perfect!

The first of the six laps took about four hours and 15 minutes which was equal to what Derrick and I had done about a month earlier on a practice run at Zumbro. I thought that was a little fast, but there's plenty of time to slow down since we now had some time "in the bank". I had calculated that I would need a 5.5 hour/lap average in order to meet the 34 hour cutoff time. There were no illusions of being fast, I did not care if I finished last, I simply wanted to finish.

On the second lap it started to get warm out. I must not have been eating or drinking enough because I began to feel really awful after only a few miles. I got to the final aid station about 3 1/2 miles from the finish and mentioned it wasn't going as well as I wanted it to. One of the workers told me I should drink more water and get some more food. Easier said than done! I tried to eat a Cliff bar earlier, and ended up tossing it in the woods—it made me retch a little. I didn't want food, so he suggested some pickle juice to help settle my stomach. I also grabbed some candy and decided to walk it back to the



Despite the beautiful scenery, I was really struggling here.

finish line.

Why was I suffering so much? It's only the second lap? There are still four more to go! I started to feel sorry for myself--the last week or so has been very discombobulated with a lot of things in my personal life going on with a death in the family, and various work and family responsibilities all seeming to hit at once.

*(continued on page 7)*



Our campsite

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## The View From the Back

(continued from page 6)

It was also hot, and I never do well in the heat ( I recalled a conversation with Derrick back in July, “Hey, let’s do Zumbro—at least we won’t have to worry about overheating!” he said), maybe I hadn’t trained as hard as I thought? Maybe I could’ve done more? But, during training I ate better, I lost some weight, gave up beer (I gave up beer for this?!?), I was sleeping really good, so everything was in line. I should’ve been doing better! Why was this happening?

All they way back I was having an internal debate—should I quit? Should I tough it out? Once the “quit” word sneaks into the brain, it’s really hard to ignore as the doubts kept percolating.

When I finally arrived at our camp, just short of the finish line, I collapsed into a chair and put my head in my hands. I was really discouraged about what was going on, especially after training so hard for so long. What a waste of time, and training!

As I was sitting there Chad and Chris told me a story about Derrick. It seems his legs cramped up really bad and he had fallen down on the trail. His eye fell out and landed in the dirt. He has a glass eye from an old BB gun injury. I couldn’t help not laughing. Or feeling bad for laughing.

No matter what happens today, I will not lose an eye!

I could see the disappointment in Chad’s eyes as he tried to encourage me to keep going. Chris was also there trying to convince me not to drop. But, I was done, it just isn’t going to happen today. Maybe I could call this a really good training run for FANS? Chris gave me a cup of soup and a banana. It was then that another thought crept into my head...there is still 24 hours to go before cut off, and there are only four laps to go—that’s six hours per lap, slower than my current pace. Those thoughts gradually began to replace the “quit” that was stuck in my brain. Maybe.....



“Where am I? Who am I? What’s going on...”

But no! I was done. I took off my hydration vest and walked to the lap counters in the start/finish area. But something happened on that short walk, I realized that I felt OK, and I was mostly just feeling sorry for myself. I think maybe I can do this?

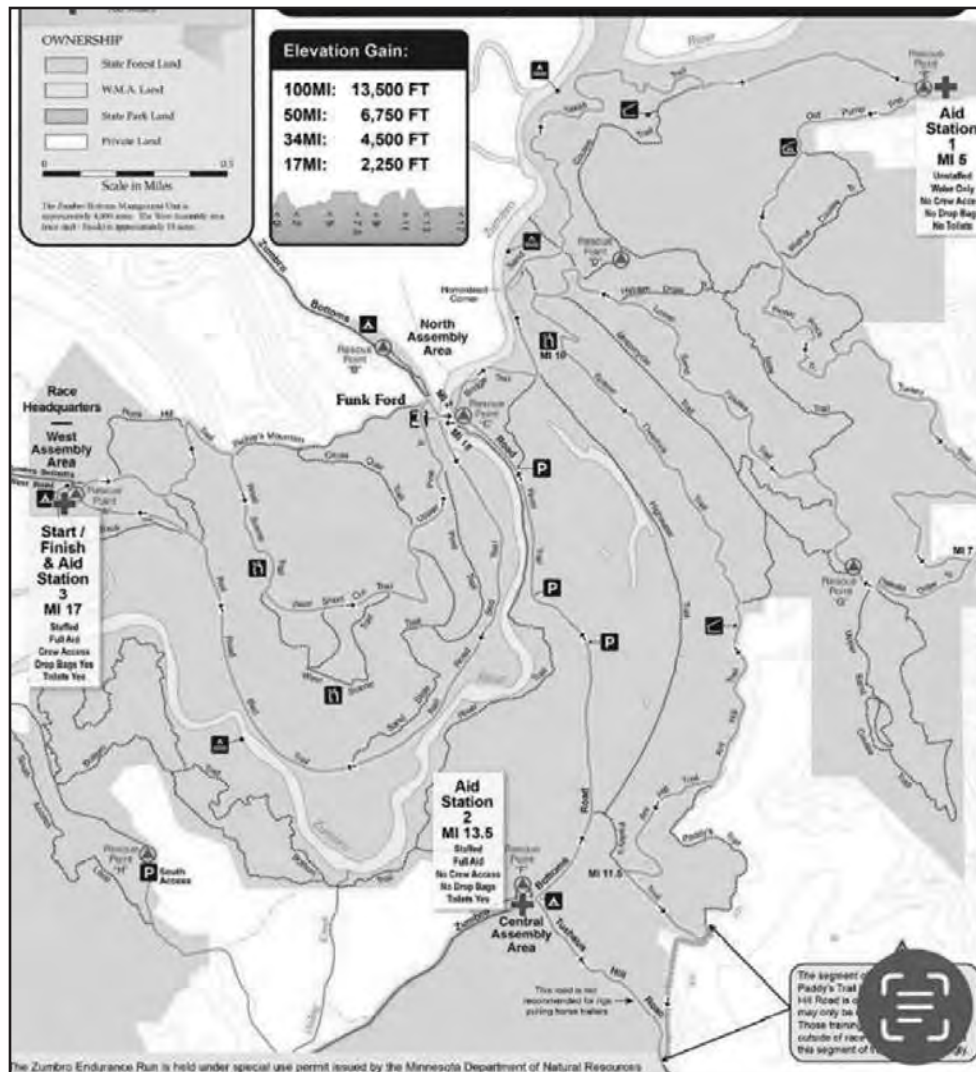
When I arrived I was asked for my bib number.

“Number 16, but I left it back by my tent. I was going to quit, but I changed my mind. Do I need to go get it, and come through again?”

“No, you can just get back on the trail—good luck!”

I went back to the tent to grab my stuff and told Chad and Chris (and an old friend, Nick was there too now) that I was still in it. I wanted to walk an entire lap and evaluate again when I come back. Nick handed me a red solo cup full of the noodle soup to drink as I walked. My water bottles were refilled, and as I walked I started feeling better and better. My stomach settled down (pickle juice?), and my attitude rebounded. The noodle soup and banana was the “magic elixir” that kept me going.

I started the third lap about 6 o’clock. It was



### Zumbro!

going to be a walking lap, and I was assured that at least half of it would be in the dark, so I brought my headlamp with. As always I was a little concerned about what it’s going to be like in the dark, in the woods, all by myself. Well, I could always rely on the Dog Men to keep me company. I hear they are native to the area. Seriously.

In the end, it wasn’t bad at all. Actually, I kind of enjoyed it. It was peaceful. It was quiet, I was by myself and probably bringing up the rear by a long way, and I was OK with that. I was just walking, but I kept reminding myself that my goal here today is to simply finish. There was no chance of winning, or even placing now. My plan was to run the first lap and then see what happens. I only needed a 5.5 hour average lap, and I would be good. The first lap was done in 4:15, which I thought was a bit fast and the second lap didn’t go so well, but if I could finish this third lap before midnight, I would still be on the original plan. If my fourth lap started at the same time as the fifty milers, or maybe a little bit earlier it would be good just to have the company of more people. Then I wanted to be separated enough from the 34 and 17 milers when they started the following morning so they wouldn’t be in my way. Or, so I wouldn’t be in their way.

Anyway, I’m on my own and I’m in the dark. I brought my phone with because I knew that I would be in this situation and I thought it would be a good opportunity to listen to some music or some podcasts to keep my mind occupied. I started with some podcasts, got through three of them; long ones that had overlapping and intersecting topics

that were very interesting to me. Don’t ask me what they were about; I cannot remember—only that they were really absorbing at the time. And then I switched to music, probably the best music I had ever heard. I was starting to feel a lot better. The idea to walk a lap was working.

Should I eat jerky at night, what if some animal smells it, and comes looking for it? I don’t know what lives out here....

When I arrived back at camp about 11:45pm, Nick said I looked like a new man. And he was right; I felt it too as I was in a much better place both mentally and physically. My confidence was back and I was going to finish this thing! I was even joking when Chad came out to pace me on the fourth lap (pacers are allowed only after three laps are complete) that I had just completed the Bon Jovi lap, because we’re “halfway there”! Get it? I had a lot of alone time to think...

So Chad and I took off a few minutes before the Midnight 50 race started. I told him I didn’t want to talk, just let me listen.

“Tell me your life story, Chad. Let’s start at the beginning—what was your favorite color when you were born?”

But I was feeling so much better by then so it was nice to talk/converse as we went about our business of completing the fourth lap. He reminded me that I told him a few weeks back that “If I could be on my fourth lap when the 50 milers start, that would be great!” I was right where I wanted to be.

We had about a one mile head start and we were already on the top of Rock Hill when they started.

(continued on page 8)

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## The View From the Back

(continued from page 7)

We could see a line of headlights snaking through the woods as they followed us up which was a really cool sight to see. As we started to head down the other side of the hill and the runners started to catch and pass us, several of the runners saw my name and number on my bib so there were lots of compliments – “way to go hundo runner” and phrases like that. That gave me a mental boost.

Also heard a lot of “Hey, you’re Ted Gamble, we follow one another on Strava!” I heard that maybe a dozen or two times and it really surprised me. I wish I could remember everybody I saw that said that because it was kind of cool to attach a real person to what was only a name on a screen.

We were also passed by a younger runner, Ian, (he was in his late 20’s) who was in my church camp group at Eagle Bluff in Lanesboro several years ago. He was probably in junior high at the time, and I was one of his camp counselors. Over the years, he had grown about a foot, his hair included. He was rocking a Forrest Gump meets a Grizzly Adams look. We talked for a little bit and agreed to catch up after the race. I found out later that he dropped after his first lap, so we were unable to meet as he was long gone by the time I was done.

We finished the fourth lap in less than 6 hours so we were still on pace. Chad decided to stay with me and we began lap number five. But before I tell you about that (this is where it gets really interesting, and a little weird!), let’s take a short interlude and re-view the course.

The entire race is on trails. There are some are horse trails, there is some single track, a few logging roads, and a little bit of gravel road. Plenty of variety, but no pavement.

The trail heads out of the campground/horse-park and runs along a corn field before heading up Rock Hill, an appropriate name as the trail is strewn with rocks. It rises about 300 feet above the



The view from the top of Rock Hill

campground, but this one is not that bad compared to what comes later. It’s a little bit lengthy but from the top, you get a really pretty view of the campground with the Zumbro River in the background--you will see a lot of photos of this area online.

From here we head through the woods, and kind of curl down an old logging road. Reminds me of my father-in-law who was a log-

ger--that spot was being logged out a few years ago during the race and in the morning when it’s typically cold, all of the mud was frozen so it was an easy spot to get through but as the day wore on and the mud melted, it became a muddy quagmire.

(Watch for part 2 in the next issue of The Messenger)

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## Down on the Farm/ Up at the Cabin Construction Projects - Another Adventure in Learning

By Monica & Claudia Vanderborght

Both Monica and Claudia were more adept at construction projects than the average suburban gal. Our father was an architect and engineer – always working on some building or mechanical project when we were growing up. Our mother was a seamstress by trade and taught us both to sew when we were young. So construction came quite naturally to us and Monica frequently said, “The only difference between working with wood and fabric is that sewing requires a 1/8” seam allowance.”

Well, the tools and the materials are somewhat different too. But for both sewing and construction you need a plan (patterns vs. blueprints), materials (fabric vs. 2x4s), fasteners (thread vs. nails), and tools (scissors and sewing machines vs. circular saws and nail guns). We grew up watching father study and revise the blueprints on his drafting table and watching mother design and sew all of our dresses and coats. But to put it simply, both are: measure, cut, attach.

The chicken coop was the first farm construction project. Good friends Norm and Dawn promised to help Monica build the shed; in return, Monica would help them build a similar one on the far end of her property as their personal hunting blind. Perfect! Material lists were made; everything was ordered and delivered. Monica decided that the best location was between the pasture’s water hy-

drant and the pole barn – not too close to the house, not too far. Feed could be kept in the barn and a hose could easily be run from the hydrant.

Sections were laid out and air-nailed together in the pole barn – electricity and the air compressor were close at hand, and the barn kept everything (and us) protected from the March weather. An air framing nailer can be a bit intimidating at first, but it’s so fast! Monica (a bit impatient and an efficiency lover) quickly became quite adept at using it. Everyone – including the grandkids – helped carry the framed sections out to the location and secure them together. The younger kids helped nail the plywood siding to the frame; Monica’s college-aged grandson helped with the roofing.

By the time the exterior was finished, Monica felt completely competent (she’s a very good seamstress). Racks for the laying boxes were measured, cut, and assembled. Doors were constructed and hung. (Hinges are tricky – there is no sewing equivalent to hinges.) Used dog kennel panels made a lovely, protected run for the chickens.

By this time, Monica had added bottle-baby goats to her farm; soon they would need grass and hay, and the cattle feeders were just too big for the goats. And by winter the goats would need an enclosure in the barn, separate from the cattle. Monica had learned a lot building the chicken coop with Norm, but this was different. These things didn’t come with set patterns – they had to be designed from scratch – which she thought was half the fun.

And it was fun! Well, except that when you are designing and building, your initial plans don’t always work out. Monica quickly learned that removing nails that had been put in with compressed air was not at all fun ... nearly impossible. So the air nailer was aban-



doned and torx-head screws (and her faithful Ryobi impact driver) were embraced. Easy in and easy out! Coming home from the next trip to Menards, Monica had six different varieties of screws and a second battery for the impact driver. She was ready!

The first goat feeder (designed to be part of the goat enclosure – very efficient) was perfect. Until the goats started climbing on it. And in it. Well-fed baby goats get bigger, and heavier, and love climbing up and over anything – hay feeders, hay bales, even cows eating hay. The goat feeder / enclosure was going to have to be redesigned (more than once over the years). Thank goodness for the screws.

Chickens grow too. They can easily hop onto the workbench in the pole barn – knocking and moving anything that was left loose (particularly screws which roll off the counter onto the dirt floor and threaten to puncture vehicle tires). Back to Home Depot for holding containers and magnets and more screws. And more 2x4s and plywood, of course. But all that wood takes up an inordinate amount of floor space and the next thing Monica built was a rack to hold all the new and scrap wood that was waiting for the next project idea.

Claudia didn’t really enjoy construction projects (she doesn’t like tools and doesn’t care much for sewing either). But she was great at finding lost screws with magnets (well, most of them), and reorganizing the work benches when they became piled with stuff (screws and discarded pieces of 2x4s and tools ... “Hey Claudia! Have you seen the T-square? I can’t remember where I put it.”). And usually by the time construction



was over for the day, Monica was done-done. To the rescue came Claudia – cleaning up all the scraps and putting the tools away. For Monica it was like having a fairy-godmother with a magic wand.

The sisters became quite a team! Claudia would hold the end of the tape measure while Monica designed the new screen room / firewood shelter on the deck. Or Monica would cut the plywood with the circular saw while Claudia steadied the 4’x8’ sheet. And Claudia would stand on the ladder, holding one end of the 2x4, while Monica attached it. Measure, cut, and fasten. Construction and sewing are very similar – except for that 1/8” seam allowance.



## Funding Available for Community Development Financial Institutions to Support Farmers

*New technical assistance grants will help expand agriculture-focused services*

Community Development Financial Institutions (CDFIs) foster economic opportunity for diverse communities around Minnesota, and new funding is available to help them support more of Minnesota’s farmers. The Minnesota Department of Agriculture (MDA) is now accepting applications for its CDFI Technical Assistance Grant, aimed at helping Minnesota’s certified CDFIs expand their agriculture-focused services.

The MDA expects to award approximately \$260,000 in one-time funding through a competitive review process, with individual grants of between \$10,000 and \$200,000 available for certified CDFIs in two main areas of technical assistance:

Technical assistance provided by CDFIs to farmers (e.g., assisting farmers with loan readiness or expanding outreach efforts toward targeted groups with agriculture-focused financial services).

Technical assistance for CDFIs to increase their own capacity to serve farmers (e.g., to develop their agriculture lending program or internal knowledge and processes as a foundation to provide financial services to farmers).

The deadline to apply for the grant is 11:59 p.m. on Thursday, September 5, 2024. The MDA will notify applicants in October about whether their proposal was funded.

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

Applicants must be certified CDFIs who serve or intend to serve farmers in Minnesota and have participated in at least one U. S. Department of Agriculture grant or loan program. A certified CDFI is defined as a bank, credit union, microloan fund, or venture capital provider who has completed a certification process with the U.S. Department of the Treasury’s CDFI Fund.

An online public information session about this technical assistance grant will take place at noon on Wednesday, July 31, 2024. The MDA will review basic information included in the RFP including applicant eligibility, funding timelines, and application questions. Registration is required.

## Sitting Too Long Harms Kid's Livers



By Shauna Burshem, D.C.

Loneliness can have a serious impact on the life span of seniors. When older adults feel isolated or alone, it can lead to both physical and mental health problems. Studies have shown that lonely individuals often live shorter lives compared to those who have strong social connections. Loneliness can increase the risk of conditions like heart disease, high blood pressure, and weakened immune systems, making it harder for seniors to stay healthy. In addition to physical health, loneliness also affects mental well-being. Seniors who are lonely are more likely to experience depression and anxiety, which can further reduce their quality of life. Being socially active and maintaining relationships can help seniors stay healthier and live longer. Making an effort to connect with family, friends, or community groups can make a big difference in improving both health and happiness.

Sitting for more than six hours a day can be harmful to kids' health, especially their livers. When children spend too much time sitting, either in school or at home playing video games, they are at risk of developing fatty liver disease. This condition occurs when fat builds up in the liver, which can lead to serious problems like liver cirrhosis, where the liver becomes severely scarred and damaged. It's important to understand that our bodies are not designed to sit for long periods, and doing so can have lasting negative effects. However, there is a simple solution to reduce these risks: light physical activity. Activities such as playing outside, walking, or biking

can dramatically improve liver health and overall well-being. Encouraging children to move around more often can help prevent the buildup of fat in their livers and protect them from severe liver diseases. So, whether it's a short walk during breaks or a fun game of tag, getting kids moving is crucial for their health.

Biotech giant Bayer signed an exclusive licensing agreement with Pairwise, a genetic-based food startup, to develop and market its genetically engineered mustard greens, modified to be less bitter. Critics say the products haven't been evaluated for health or environmental risks and could contain toxins or allergens. One critic says this, "And why anyone would want to genetically modify mustard greens to make them less, well, mustardy, is a complete mystery to me. The whole point of eating mustard greens is their pungent and bitter taste, and the compounds that make them pungent and bitter also happen to provide health benefits. People who want their mustard greens to taste like lettuce can eat lettuce".

Chiropractic care can be very helpful for people with shoulder problems, like athletes or anyone dealing with shoulder pain. Chiropractors are experts who use hands-on techniques to adjust the spine and joints. By doing these adjustments, they can help reduce pain in your shoulder and improve your range of motion. This means you can move your shoulder more freely and with less discomfort. Whether you're dealing with shoulder strains, sprains, or even issues like an ac separation or rotator cuff problems, chiropractic care can offer relief and help you get back to your normal activities.

Chiropractors also provide rehab exercises tailored to strengthen the muscles around the shoulder and improve overall function. These exercises are an integral part of the recovery process, helping to promote healing and prevent future injuries. Additionally, chiropractors often work in conjunction with physical therapists to offer a comprehensive treatment plan. This collaborative approach ensures that all aspects of shoulder health are addressed, from mobility and strength to pain management and functional recovery. Both chiropractic care and physical therapy aim to restore optimal shoulder function and enhance the quality of life for individuals dealing with shoulder issues.

In addition to lessening pain and improv-

ing movement, chiropractic care focuses on the root cause of your shoulder problems. For example, if your shoulder is fixed in a particular position and won't move easily, a chiropractor can work to adjust it and restore proper alignment. This can make it easier for the muscles and tendons to heal naturally. Athletes, in particular, can benefit from this type of care because it helps keep their bodies in top condition, allowing them to perform better and recover faster from injuries. Overall, chiropractic care offers a natural and effective way to manage shoulder pain and improve overall shoulder function.

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

## Missing Pieces



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Are you familiar with the game – JENGA? This game challenges you to see how many pieces you can carefully remove before the entire tower collapses. It is amazing how many pieces can be removed from a wooden tower before it falls to the ground. The human body is even more amazing with the ability to sustain life and keep going even when essential nutrients are lacking. But at some point, the human body will collapse just like the JENGA tower if the right nutrients are not provided.

When you notice symptoms of illness starting, do you think about what your body needs – more medication or more nutrients? The runny nose and itchy eyes are because you need more Zyrtec? The excessive high blood sugar means you need more insulin? Or the extra weight gain means you are lacking Ozempic? Of course not. Yet these medications are well known for the symptom relief they provide and because medical doctors will recommend these medications before talking about the essential building blocks your body needs.

Your body will begin to show symptoms when it is missing essential nutrients because these nutrients are the original building blocks used to make your body. While medication may lessen a symptom for a season, the only true way to eliminate that symptom is to identify the necessary ingredients your body is signaling to receive.

Headaches – a common symptom for many people. What is a headache trying to tell you? First, consider drinking pure water. Water is 75% of the human body

and a headache can signal you are dehydrated. Second, consider your stress. Taking some magnesium can help to relax muscles and quiet nerves. Additionally, increased stress will use up B vitamins quickly, so a B-complex supplement, a whole egg, or some spinach will increase the necessary B vitamins.

Diabetes – we are seeing an alarming rise in people struggling with high blood sugar.

What does high blood sugar measures mean? First, pure water intake should be considered. The kidneys will help to remove excess sugar from the body with proper water intake. Clients with diabetes are consistently missing magnesium and B vitamins, which are important nutrients to properly handle sugar. Vitamin D is another common nutrient that is low in clients with diabetes. Along with these nutrients an increase in healthy protein sources and a decrease in processed sugar is very helpful.

High Blood Pressure – a common symptom related to weight gain and stress. What does high blood pressure mean? The body is having difficulty relaxing partly because of a lack of nutrients that will help the body to relax. Magnesium and potassium are two essential minerals the body will use to relax. There are four B vitamins commonly deficient in clients with high blood pressure, as well as Vitamin D and Vitamin C. Healthy food choices will provide these vitamins and help the body to move to a healthy weight which will result in lower blood pressure. In addition to good nutrition, a quality exercise routine can improve blood pressure.

As a society we have become well trained to look to medications to reduce our symptoms of illness, and we have become ignorant of the true building blocks that sustain our life. Illness is a result of missing pieces that need to be supplied in order to maintain life and move forward. Another day is passing by. Will you continue to live life as you have and remove another link, or will you replace some of the missing pieces and give your body what it needs to thrive?

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

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

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## The North Star Promise Scholarship – Tuition-Free College for Eligible Minnesotans

*Guest Opinion Column by Dr. Marsha Danielson, Minnesota State College Southeast*

At Minnesota State College Southeast, we believe college is for everyone. We believe in meeting students where they are. We believe that every step toward reaching their educational goals should be simple and achievable, and that students should be able attain their goals in the least amount of time for the least amount of debt.

That is why I am very excited to announce a new program, the North Star Promise Scholarship, which will make a tuition and fee-free pathway to higher education possible at Minnesota State College Southeast in Winona, Red Wing, and online.

The North Star Promise Scholarship will make college accessible and affordable for any qualifying Minnesota resident with a family adjusted gross income below \$80,000, as reported on the Free Application for Federal Student Aid (FAFSA) or Minnesota Dream Act application.

After other state and federal grants, stipends, and tuition waivers have been applied, the North Star Scholarship will cover the balance of tuition and fees remaining for eligible students.

New high school graduates who thought their families could never pay for college can now afford to realize their college dreams. Students across Southeast Minnesota, including new graduates from Goodhue High School and Zumbrota-Mazeppa Middle/High School, should know about this opportunity when considering their educational goals.

Through the North Star Promise Scholarship, qualifying adult learners who need to reskill, upskill, or prepare for a new career field would be eligible for tuition-free college. The program will serve as an economic driver by educating qualified workers who are much needed to fill vacancies in the state's labor force.

We are very grateful to the Minnesota state legislature for funding the North Star Promise Scholarship program, which makes college more accessible to all Minnesotans!

Tuition-free college may be possible for you and your family, and Minnesota State College Southeast is here to help you navigate the process. Start by talking to the admissions advisors at Southeast. Our dedicated staff and faculty are here to help you every step of the way to achieving your goals.

The North Star Promise Scholarship will make going to college more than a dream – it will make getting a college degree, diploma, or certificate a reality for the learners who need it most.

For more detailed information about eligibility for the North Star Promise Scholarship, see our website at [www.southeastmn.edu/freetuition](http://www.southeastmn.edu/freetuition).

## New North Star Promise Scholarship Making a Tuition-free Pathway to Education at Minnesota State College Southeast Possible this Fall

Red Wing and Winona, MN – A new program has been created by the Minnesota legislature to make college more accessible and affordable for many Minnesotans.

Beginning in Fall 2024, the North Star Promise Scholarship will cover the balance of

tuition and fees at Minnesota State College Southeast after other federal and state grants, stipends, and tuition waivers have been applied.

The North Star Promise Scholarship is available to qualified state residents with a family adjusted gross income below \$80,000 as reported on the Free Application for Federal Student Aid (FAFSA) or Minnesota Dream Act application.

“This means qualifying adult learners who need to reskill, upskill, or prepare for a new career field would be eligible for tuition-free college. New high school graduates who thought their families could never pay for college can now afford to realize their college dreams,” said Dr. Marsha Danielson, President of Minnesota State College Southeast.

Tammy Vondrasek, Director of Admissions and Enrollment, added, “We are here to help you navigate the process. Start by talking to the admissions advisors at Minnesota State College Southeast. Our dedicated staff will help you every step of the way to achieving your goals.”

“We are grateful to the Minnesota state legislature for funding the North Star Promise Scholarship program,” said President Danielson. “The program will serve as an economic driver by educating qualified workers who are much needed to fill vacancies in the state's labor force.”

For more detailed information about eligibility for the North Star Promise Scholarship, go to [www.southeastmn.edu/freetuition](http://www.southeastmn.edu/freetuition).

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## Ask A Trooper



By Sgt. Troy Christianson,  
Minnesota State Patrol

*Question: With summer time here and all the construction zones, can you talk about the zipper merge? It's been talked about for a while but a lot of people don't seem to get it.*

*Answer: The late merge of "Zipper Merge" is a driving strategy that requires a change in*

the mindset of motorists who traditionally have been taught to merge early when recognizing that a lane will end. The results of early merging are longer backups, an increase in crashes and road rage incidents.

The driving procedure to follow is when you see the "lane closed ahead" sign and traffic is backing up, stay in your current lane up to the point of merge. Then take turns with other drivers to safely and smoothly ease into the remaining lane. When traffic is heavy and slow, it is much safer for motorists to remain in their current traffic lane until the point where traffic can orderly take turns merging. The Zipper Merge benefits drivers by:

- Reducing the difference in speeds between two lanes. Changing lanes when traffic is traveling at approximately the same speed is easier and safer.
- Reducing the overall length of traffic backup by as much as 40%.
- Reducing congestion on freeway interchanges, especially in the metropolitan area.
- Creating a sense of fairness and equity that all lanes are moving at the same rate.
- Reducing incidents of road rage.

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

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

## Traffic Jam Ahead? Keep Calm and Stay Alert!

Whether it's a trip "up north" or a cross-country adventure, summer road trips create lasting memories. The best memory of all is coming home safe. These tips from the Minnesota Safety Council and the Network of Employers for Traffic Safety (NETS) can keep you, your family, your colleagues and your friends safe no matter what the conditions. Their DriveSafeMN website also offers additional resources to support a variety of traffic safety topics.

### Tips for Safely Navigating a Traffic Jam:

- Brush up on the "zipper" merge. Take turns and merge safely into reduced lanes.
- Use your blinkers when changing lanes or merging.
- Use your mirrors to monitor the areas around your car. Check your blind spots before changing lanes.
- On narrow lanes, make sure you stay centered in your lane and don't cut corners.

### Keep calm and stay safe!

- Get road ready. Being well-rested, alert, and attentive keeps you safe and able to handle impatient drivers stuck in traffic jams.
- Check [www.511mn.org](http://www.511mn.org) for the latest info on traffic jams and road conditions before you get behind the wheel. Adjust your route to avoid delays or plan extra drive time.
- Know the meaning of road signs, signals and pavement markings.
- Be aware of road hazards. Trees, utility poles close to the road, sharp curves, work zones and narrow lanes with no shoulders could become a hazard if a vehicle leaves the road.
- Remain calm. Don't let your temper or frustration lead to reckless actions.
- Be courteous and share the road safely. Remember those in the vehicles around you could be your friends, neighbors, co-workers or family members.
- No gawking. Backups and secondary crashes can occur when drivers slow down to look at incidents.
- If you see flashing lights from an emergency vehicle coming up behind you, move over immediately.



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# Historical Happenings

Compiled by  
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas  
FRIDAY, FEBRUARY 3, 1956

### Norbert Sand Receives Safe Driving Award

Norbert P. Sand, Mazeppa's rural mail carrier, pictured above recently receives a five-year Safe Driver Award from the National Safety Council in recognition for his excellent driving record. The award includes a gold lapel pin and a card signed by Arthur E. Somerfield, Postmaster General. Mr. Sand's route covers approximately 60 miles, and on a six day week, adds up to a lot of miles in five years. The Journal extends its sincere congratulations on the achievement.

### Fabulous March of Dimes Show Draws Capacity Crowd

A whopping total of \$351.00 was raised for the March of Dimes Saturday night through the program and dance staged by the American auxiliary at the school gymnasium. Mrs. Leo Liffbrig, auxiliary president, stated Wednesday that solicitations have brought in \$316. for a total of \$687.

Mayor Wilbur Bright opened the program, attended by 500 persons, and the crowd was welcomed by Mrs. Liffbrig.

A hilarious minstrel show followed, with all local talent, Dean Robinson, accompanist for the show.

Excellent square dancing was demonstrated by Mr. and Ms. Charles Lee, Mr. and Mrs. Norbert Grossbach, Mr. and Mrs. Vernie Grossbach, and Roland and Doris Staub.

Mrs. C.W. Robinson, Eldred Kuehn, Mrs. C.R. Brown and Mrs. Leo Liffbrig were a big hit with their musical family routine.

The barber shop quartet, which has become a tradition with the annual production, appeared both with the minstrel show and in special numbers. In their last number "Daisy" they were assisted by Mrs. Clayton Pfeiffer. Quartet members are Donovan Fredrickson of Wanamingo, Jack Gregoire, John Gruhlke and Marlyn Gerken.

The auxiliary wishes to thank everyone connected with the March of Dimes drive, both solicitors and those who helped in any way with the program or dance.

### Caravan of 250 Invades State Capitol

A determined and enthusiastic band of 250 Mazeppa and area residents met with state department of education Tuesday afternoon, and returned with a least plenty of ammunition for plenty of conversation in the days to come.

The caravan, which filled almost 40 cars and one bus, met with Dean Schweickhard, commissioner of education, T.C. Engum and W.E. Hanson of the state department of education for about two hours.

Ernest Hoefs, who was spokesman for the local group did a masterful job, and spoke first in the Historical Society auditorium. He clearly outlined Mazeppa's complaints, laid the facts on the table and explained why the area had been so dissatisfied with the state department's actions in past regarding Mazeppa. He expressed the excellent financial position of the town, the cooperative spirit, the excellent fire protection and the fact that the area would be far better off with a high school in Mazeppa. He also stressed the type of opposition the area has experienced---largely that of "professional aginners."

Mr. Hoefs was interrupted many times by applause during his talk, and it was plenty evident the whole delegation was behind him 100 per-cent.

### Weddings

On Saturday, January 28, 1956 Miss Mary Ann Liffbrig became the bride of Dr. Edward W. Hassey, son of Mr. and Mrs. Ned Hassey of Lawrence, Mass. Her maid of honor was her sister, Miss Rose Liffbrig.

The bride is a graduate of College of St. Teresa, Winona Minnesota and Saint Mary's School of Nursing, Rochester, Minnesota. Dr. Hassey attended Boston College and Georgetown University School of Dentistry, Washington, D.C. At present he is on active duty in United States Naval Reserve.

### NOTICE

There will be no feed grinding at local mill Friday and Saturday, Feb. 9 and 10, while new feed mill is being installed. Mazeppa Farmers' Coop. Dairy Association.

*Historical Happenings are taken directly from the archives of the original papers as printed. Any discrepancies need to be taken up the Editor and Publisher of the said papers, who are deceased.*

## Wabasha County Public Health Spotlight



**Public Health**  
Prevent. Promote. Protect.

By Tammy Fiedler,  
Wabasha County  
Public Health Director/  
Community Health Services  
Administrator

We are excited to announce Wabasha County Public Health Spotlight, a monthly newspaper column that is debuting in July. Public Health will be contributing articles about health-related subjects, wellness tips, details on the programs available in Wabasha County and much more! Our objectives are to raise awareness of services and resources that can assist Wabasha County citizens as well as provide information on health-related topics that will benefit the people of our community.

For this first spotlight, I want to share some information from the Center for Disease Control's (CDC) Healthy Schools page on how to help kids learn new skills to be healthy during the summer. Engaging in enjoyable and healthy summer activities can aid children in becoming emotionally, physically, and mentally ready for the next school year. CDC suggests setting summer goals for your child like eating fruits and vegetables with each meal, eating less sugar and practicing making healthy food choices as a family. Our Wabasha County Farmers Markets are buzzing with vendors offering fresh produce at affordable prices. A family trip to the market to let kids choose a new vegetable to try with your dinner will expand taste buds and open up new options for your meal rotation.

A beautiful summer evening is the perfect time for enjoying some safe outdoor family fun. Take a bike ride, spend some time at the swimming pool or the splash pad when temperatures rise and stay hydrated. Plan ahead for your activities so you are sure to have what you need to make the most of your adventure. If you are out during the day, pack and use sunscreen to protect your skin from the damaging UV rays from the sun. Wear high visibility clothing and a bike helmet if

you are enjoying a bike ride. Always stay weather aware when participating in outdoor activities. Summer in Minnesota is short but oh-so-sweet. Here is hoping your summer is full of joy, laughter and great memories!

CDC-Help Kids Learn New Skills to Be Healthy During the Summer. <https://www.cdc.gov/healthyschools/features/healthysummer.htm>. Accessed 31 May 2024.

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**Here's Where To Buy Your Minnesota Country Salute CD**  
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Once again the net proceeds from this year's Minnesota Country Salute CD will go to the Minnesota Military Family Foundation and Minnesota Wheels of Honor. Starting Veteran's Day you'll be able to buy your copy at any one of these locations and make sure the service men and women and first responders of Minnesota have the support they need.  
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A decade ago while sitting on his porch, Neil Freeman came up with the idea of tying together two groups that BOB FM supports. The Homegrown artists of Minnesota and the military member support organizations. By creating a compilation CD to sell across Minnesota, he nailed it. With the help of many sponsors and listeners who went out and purchased these CDs over the years, BOB FM has donated over \$235,000 to the Minnesota Military Family Foundation, Minnesota Wheels of Honor, and Tribute to the Troops.  
If you or your business would like to help further this mission, or help distribute the CD, please contact Neil Freeman, [neil@mybobcountry.com](mailto:neil@mybobcountry.com).

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## U.S. Senators Amy Klobuchar, Tina Smith, Colleagues Press Postal Service for Details on How Facility Consolidation Could Impact On-Time Delivery of Mail-In Ballots

WASHINGTON, D.C. – U.S. Senators Amy Klobuchar and Tina Smith (both D-MN) joined 17 of their colleagues in sending a letter to Postmaster General Louis DeJoy requesting information about how the U.S. Postal Service (USPS) plans to ensure the timely delivery of mail-in ballots throughout the ongoing 2024 election cycle and beyond. The request comes in light of USPS facility consolidations initiated under DeJoy, which have been temporarily paused following outcry from people all across the country as well as Congressional leaders. Through this process, USPS has greenlit the downgrading of 56 of 59 selected postal facilities nationwide — including in Minnesota.

“USPS serves an essential function in American elections. On a nonpartisan basis, it securely processes, transports, and delivers election mail, including ballots. In 2020, the Postal Service overcame a series of challenges, including the onset of a global pandemic, to fulfill this critical mission. Impressively, it delivered 97.9% of ballots within three days, even as a record number of Americans voted by mail. For the 2022 midterm elections, USPS maintained this standard of excellence and delivered 98.96% of ballots within three days,” wrote the senators. “We applaud these achievements, but much has changed since 2022.”

“In July 2023, USPS completed its first regional consolidation in Richmond, Virginia. A report from the USPS Inspector General found that the consolidation led to “a decrease in service performance for the Richmond region that continued four months after launch,” they continued. “Earlier this year, these delays led some local election officials to direct area residents to forego USPS entirely and instead place primary election ballots in designated drop boxes. USPS continued the Mail Processing Facility Review process for several months, despite this evidence of consolidation-related service disruptions.”

“We believe that the Postal Service remains well-equipped to securely deliver mail-in ballots. However, given the service disruptions already resulting from the Deliver for American plan, we fear the same approach adopted by USPS in 2020 and 2022 may not be sufficient to guarantee on-time delivery results,” wrote the senators.

Specifically, the Senators requested the Postmaster General answer the following questions by July 24, 2024:

Has USPS conducted any studies evaluating the Deliver for American (DFA) plan’s short- and long-term impact on election mail operations? If so, please provide us with a copy of such studies. If not, why not?

During the Mail Processing Facility Review (MPFR) pause, will the Postal Service commit to providing evidence that the consolidation will not result in further degradation of service for customers?

Please describe any efforts the Postal Service has taken or plans to take to engage in direct outreach and offer support to election officials for the 2024 election, as it did during the 2020 and 2022 election cycles.

Since 2022, has USPS developed new election mail strategies to account for continued implementation of the DFA plan?

In the upcoming election, how does the Postal Service intend to improve service for the communities where it has already proceeded with postal consolidations?

What support from Congress, if any, does USPS need to ensure on-time delivery of election mail?

Senators Klobuchar and Smith have long been leaders on holding the Postal Service accountable. The Senators requested an audit of the Minnesota-North Dakota Postal District back in December. They also introduced the bipartisan Postal Delivery Accountability Act, which would address USPS’ failure to accurately track when mail routes do not receive deliveries. They also pressed USPS for answers about a payroll error that led to 53,000 rural letter carriers missing or receiving only a partial paycheck.

You can read the full text of the letter at [www.welch.senate.gov/wp-content/uploads/2024/06/Letter-to-USPS-on-Election-and-Postal-Consolidations.pdf](http://www.welch.senate.gov/wp-content/uploads/2024/06/Letter-to-USPS-on-Election-and-Postal-Consolidations.pdf)

## U.S. Senators Amy Klobuchar and Tina Smith Announce Funding from U.S. Department of Agriculture to Help Expand High-Speed Internet Access in Rural Areas

WASHINGTON, June 27th, 2024 – Today, U.S. Senators Amy Klobuchar and Tina Smith (both D-Minn.) announced \$25 million in funding availability from the U.S. Department of Agriculture (USDA) to increase high-speed internet access in rural and Tribal communities. The funding is made available through the USDA’s Broadband Technical Assistance (BTA) Program, part of the Biden Administration’s historic Bipartisan Infrastructure Law to connect every community in America with affordable, reliable, high-speed internet.

“We should be able to bring high-speed internet to every family in Minnesota— regardless of their zip code,” said Klobuchar. “This funding will ensure that the broadband upgrades going on across our state also reach our rural areas. As co-chair of the Senate Broadband Caucus, I’ll keep working across the aisle to make sure all Minnesotans can reliably access the high-speed internet they

need.”

“Internet access is not just a luxury in the 21st century, it’s a necessity,” said Senator Smith. “In Minnesota and across the country, people in rural areas, small towns, and Tribal communities need access to reliable, high-speed internet. Investing in broadband infrastructure with the Broadband Technical Assistance Program is a step in the right direction, helping connect communities in every part of the country to high-speed internet and strengthening communities from the ground up.”

The program will support local governments, organizations, cooperatives, and Tribes as they work to expand broadband access in rural communities, delivering on President Biden’s promise to invest in infrastructure and strengthen the economy from the inside out. This includes funding infrastructure studies, network designs, hiring efforts, application assistance and more.

The announcement marks the second round of funding for the program. In its first round, the program received 96 applications requesting a total of \$44.5 million.

In this round, applicants may apply through one of two funding categories: the Technical Assistance Providers category accepts applicants seeking to deliver broadband technical assistance to rural communities; The Technical Assistance Recipients category includes applicants who would benefit from broadband technical assistance.

Applications for the funding opened on June 21, 2024, and must be submitted electronically using Grants.gov no later than 11:59 p.m. Eastern Time on August 20, 2024.



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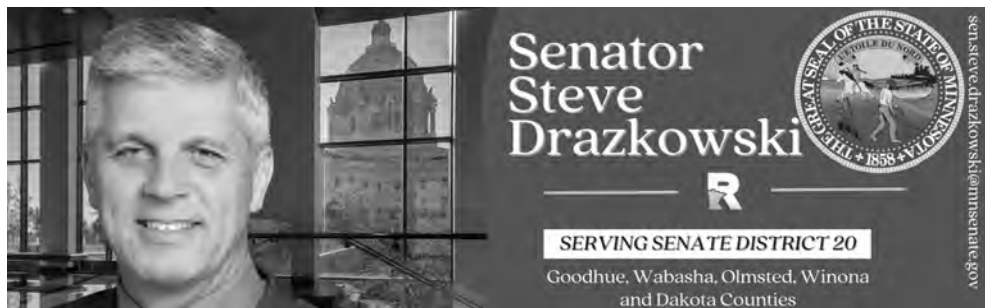
**Ali Peters**

215 N. 2nd Street, Goodhue, MN

651-923-4433

[alison@fuinsurance.com](mailto:alison@fuinsurance.com)





Dear Friends and Neighbors,

Happy Independence Day! I hope that you are able to take a few days to reflect on the challenges facing our country and our state but also the great gifts we've been given by our Creator and our forebearers who "pledged their lives, their fortunes and their sacred honor" so that we could live in freedom.

I am celebrating the recent decisions by the US Supreme Court. Although the Presidential Immunity case has taken a lot of media attention, the overturning of the "Chevron" case will probably be the most significant from a policy perspective. It rolls back the administrative state's ability to interpret and administer the law on its own, a power reserved for Congress and the courts. The challenge to Chevron was brought by some small East Coast herring fishermen who argued that a rule imposed by the National Oceanic and Atmospheric Administration required them to accept and pay for observers on their vessels, costing them \$700 per day! This rule was the agency's interpretation of a law, not a law passed by Congress. The Supreme Court ruled in favor of these businesses that the rule was an overreach by the administrative state. There are many examples of this behavior by the executive branch, federally and in Minnesota. Hopefully, this ruling will help push back against these abuses.

### Cattle at a feedlot Feed Lot Public Hearings

The Minnesota Pollution Control Agency (MPCA) is proposing changes to feedlot permits. They are doing this in response to the high nitrates in groundwater issue, which was promoted by environmental groups' complaint to the EPA which led to some surprise inspections of farms in our district several months ago. The inspections themselves did not give the agency any reason for concern, but MPCA and the Department of Health are continuing to push forward on new regulatory initiatives anyway.

The new rulemaking has triggered a 45-day public comment period (June 24 to August 9). In addition to the ability to comment online, there will be two public meetings in Southern Minnesota. They are:

Monday, July 22, 2024, 6 - 8 p.m.  
Fairmont Knights of Columbus  
920 E 10th St  
Fairmont, MN 56031

Wednesday, July 24, 2024, 6 - 8 p.m.  
Chatfield Center for the Arts  
405 Main St  
Chatfield, MN 55923

It's important that the MPCA hear from farmers since they will be directly affected by any new regulations.

### Day Care Rules

One of the issues I hear about most often is how difficult it is to own and run a business in Minnesota under the Walz administration, especially for small businesses. I can think of no better example than childcare providers, especially in-home daycare providers. Year after year, the Department of Human Services and county human services have burdened these providers with more elaborate rules, mandatory programs, and aggressive inspections. Providers are leaving the business, and the number of providers is sharply declining, leading to a shortage and increased costs for families.

None of these changes will enhance child safety or taxpayer accountability. The CCAP (Childcare Assistance Program) fraud occurred under their watch. Meanwhile, the Walz and Biden Administrations are advocating for the creation of larger childcare centers, a move that could potentially foster a more institutionalized environment, which is not ideal for very young children.

Right now, DHS is considering completely new licensing standards for daycare providers. They are calling this "regulation modernization," and they plan to introduce the changes in the 2025 legislative session.

The DHS website describing the stages of the project is [mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-educations/systems-transformation-initiative.jsp](https://mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-educations/systems-transformation-initiative.jsp)

The survey to provide feedback on the proposed rules is [mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/child-care-regulation-modernization.jsp](https://mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/child-care-regulation-modernization.jsp)

The Center of the American Experiment dedicated a recent podcast to this topic with their economist, Martha Njolomole, who has also written a helpful post. She breaks down the incredible government driven effort to micromanage these businesses out of existence.

If you are a parent, a provider, or know someone in this field, you need to get involved in this issue before independent childcare providers and parental choice in the care and education of their little ones is a thing of the past.

Congratulations Farm Families of the Year! The Farm Family Recognition Program at the University of Minnesota has honored Minnesota farmers since 1979. Families are chosen for their significant contributions to the agriculture industry and their local communities. It is coordinated by University of Minnesota Extension, the College of Food, Agricultural, and Natural Resource Sciences, and the College of Veterinary Medicine.

### Farm Families are recognized at Farmfest in August.

Two families were selected in Senate District 20 this year: In Goodhue County, Tony and Maizie Scheffler and Family who farm at

the Scheffler Dairy Farm (Zumbrota area) and in Wabasha County, the John and Kris Miller Family at JM Dairy (Plainview area). Congratulations!

I don't intend on sending you many emails in the interim months (yes, we still have a part time legislature in Minnesota!) but please do contact me to share any issues,

concerns, or feedback you have to assist me in best representing you. The best way to reach me is by email at [sen.steve.draskowski@senate.mn](mailto:sen.steve.draskowski@senate.mn) or by phone at 651-296-5612. My legislative assistant is Margaret Martin, and her number is 651-296-4264. She will be happy to assist you, in or out of session.

## Border Battles in Sports & Politics



Rep. Pam Altendorf (R) District: 20A

With this beautiful district bordering Wisconsin many of you will understand the passion that people feel for sports. Let's take football for example. If you grew up a Vikings fan, you probably just can't bring yourself to cheer for the Packers and those of you who are Packer fans, I'm guessing it is equally impossible to bring yourself to cheer for the Vikings. Politics can be a little bit like sports: you pick a team, you grow up with that team, you're a dedicated fan and it's natural and normal human behavior to become tribal in nature and unwavering in your commitment towards them.

My husband and I both grew up in Minnesota and hence were born into die-hard Viking families. However, for eight years, when we were first married, we found ourselves living in Menomonie, Wisconsin for my husband's job at the time. It is not an exaggeration to say, one of my husband's greatest fears while we were living there, was that our friends were going to turn our children into Packer fans.

Even when the Packers were winning, once you're a dedicated Vikings fan like my husband was, it's awfully difficult or impossible to switch sides.

In today's world of telecommuting, now more than ever we are seeing people "shopping around" and deciding what state to live in. Minnesota excels in the outdoors with our beautiful landscape, 10,000 lakes, and world-known parks and trails. Although our seasons are incredible weather wise, it takes a tough soul who willingly lives here during the winters.

As a state representative, I believe it's critical to have a good understanding of the "pulse" or overall health of our state. One-gauge experts use - and it is publicly accessible for all to see - the IRS website looking at "adjusted gross income." This, unlike looking at "population," shows bet-

ter how our state is thriving, as the economy of any state is essential for long-term growth and sustainability of infrastructure and public services.

Back to our border battle. Minnesota and Wisconsin have similar characteristics in location, weather, and state population. The last reported numbers show that Wisconsin lost, in net migration, 65.9 million. In the same year, Minnesota lost an alarming 1.687 BILLION in adjusted gross income.

Looking specifically at population growth, you will see for the most part stability. We must ask then, how can Minnesota have stabilized population, but are losing so significantly on their income base? Clearly people are smart and they are shopping around for the best state to not only live, but where they are able to take home the most money from their paychecks! These numbers show that we are losing our "income earners" to other, more "tax-friendly" states like South Dakota, Texas and Florida. Meanwhile, we are importing people who are using the welfare systems.

Democrat policies have led us to have the highest corporate taxes in the nation. Hence, we are losing businesses who are investing their growth in other states.

Democrat policies blew through an \$18 billion surplus, raised your taxes \$10 billion and increased government spending by an unsustainable 40%.

Democrat policies have made it difficult for law enforcement to do their jobs. We are a state where police now worry about being shot on the job while the hardened criminals continue to get released with little to no consequences.

Democrat policies took away local control from our schools and saddled them with over 65 new mandates, leaving our public school systems financially struggling. How could schools possibly be worse off today than they were 1 year ago with an \$18 billion surplus and record new funding to our schools? Disgraceful!

I get it folks, no one likes negativity! That is exactly why so many people hate politics. However, this is not a game and I believe speaking truth, acknowledging bad policies and working towards real solutions is more important than being liked by those who are not willing to put their egos aside and admit we need to change up our game plan in Minnesota. We are not cheering for our favorite football team. The policies being implemented in our state and in our country have dire consequences on YOU, the people, the taxpayers, the schools. I am all in for Minnesota. GO VIKES!



## Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, June 12, 2024

The regular meeting of the Mazeppa City Council was called to order at 6:00 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

Present: Mayor Chris Hagfors. Council Persons Steve Liffriq, Michael Hammes, Erica Young, and Dustin Wiebusch.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Public Works Director, Scott Ellingson, Municipal Liquor Store Manager Todd Ihrke, Wabasha County

Sherriff's Department Patrol Sargent John Schneider, EDA Chair Jason Hughley, Jordan Robinson, Tara Gullickson, Darrell Zeller, Julie Zeller, Sarah Forzetting Dodson, Myra Schuck, Jeff Mathees, and Administrator Clerk Karl Nahrgang.

Present via electronic meeting: Holly Galbus from the News Record, Robert Josselyn, Mindi Arendt, and John Clemens.

Motion by Wiebusch, second by Hammes to approve the agenda and addendum. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve the May 8, 2024, regular Council meeting minutes. All in favor, none opposed. Carried.

Public Works Director Scott Ellingson gave the Public Works report.

Wabasha County Sherriff's Patrol Sargent John Schneider presented the monthly Incident Command Report. He also said that they are targeting some areas that have had traffic complaints. Staffing was still down, but the Sherriff's department is on track to have adequate staff for Mazeppa Daze.

Administrator Clerk Karl Nahrgang gave the Fire Department report.

Municipal Liquor Store Manager Todd Ihrke gave the liquor store report.

City Engineer Matt Mohs presented the engineering report.

City Administrator Karl Nahrgang gave a City Hall activities report.

Jordan Robinson asked if the City could find

the survey pins to verify his property line.

Jeff Mathees with Zumbrota-Mazeppa youth baseball asked about making field improvements to Jaycees Park Field and Herb Vik Field, arrangements for keys to the lights for Herb Vik field, and if we can get a portable toilet for Jaycees Field for their tournament on the weekend of July 20, 2024.

Motion by Young, second by Liffriq to approve building permit 24-920-061, 1465 Cherry St. E – New Home. 24-920-056, 1327 Cherry St. E – New Home. All in favor, none opposed. Carried.

Second Reading of Ordinance 2024-01 Rezoning Parcels of Land in Block 5 and Block 38 from R-1 to C-2.

Motion by Wiebusch, second by Liffriq to approve Ordinance 2024-01 Rezoning Parcels of Land in Block 5 and Block 38 from R-1 to C-2. All in favor, none opposed. Carried.

Second Reading of Ordinance 2024-02 Amending Section 2 of Article XV of the Revised Land Management Ordinance of the City of Mazeppa to add Stormwater Runoff Requirements.

Motion by Young, second by Wiebusch to approve Ordinance 2024-02 Amending Section 2 of Article XV of the Revised Land Management Ordinance of the City of Mazeppa to add Stormwater Runoff Requirements. All in favor, none opposed. Carried.

Update on progress to get business phones for City Staff.

Update on filing of Riverbluff Minor Subdivision 2.

The Chestnut State Development Agreement will need to be re-drafted to include minor language changes.

Motion by Wiebusch, second by Young to approve Resolution 2024-17 Approving Utility Easement and Access Agreement with Ken and Irene Berg and the Berg Trust. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve Resolution 2024-18 Approving Off-Site Gambling Permit for Mazeppa Fire Relief. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to

approve Resolution 2024-19 Requesting Closure of portions of County Roads 1 and 54 to Accommodate the Mazeppa Daze Parade. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve Resolution 2024-20 Extending City Park Hours for Mazeppa Daze Events. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve Resolution 2024-21 Issuing a Temporary, Off-Site Liquor License to Rumor's LLC. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve Resolution 2024-22 Thanking the Mazeppa Business Alliance for donating First Ave. and City Hall Flowers. All in favor, none opposed. Carried.

Motion by Liffriq, second by Young to approve Resolution 2024-23 Closing Portions of Certain City Streets to Accommodate Mazeppa Daze Events. All in favor, none opposed. Carried.

Motion by Hammes, second by Young to appoint Dan Nelson as City Emergency Management Director. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to pay the bills and claims. All in favor, none opposed. Carried.

City Attorney Luke Lamprecht thanked the City Engineer for all the work done in securing and documenting the easement with the Berg's for the Wastewater Treatment plant.

Council thanked volunteers who assisted in the park clean-up, the Z-M School construction class for building ADA compliant picnic tables and to Uni-Strut for providing the hardware for the ADA picnic tables for shelters in Walking Bridge and Herb Vik Parks, to watch for trees damaged by Emerald Ash Borer, erosion in the heavy rains, and watch out for kids now that school is out.

Motion by Liffriq, second by Hammes set a Special Meeting of the City Council to approve plans and specs for the wastewater treatment project and set bid dates. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to adjourn the meeting. All in favor, none op-

posed. Carried.

Meeting adjourned at 7:25 PM.  
Administrator-Clerk

## Special Meeting of the Mazeppa City Council Meeting Minutes

Tuesday, June 18, 2024

A special meeting of the Mazeppa City Council was called to order at 6:00 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

Present: Mayor Chris Hagfors. Council Persons Steve Liffriq, Michael Hammes, and Erica Young.

Others Present: City Engineer Matt Mohs, City Administrator Clerk Karl Nahrgang, and Jason Klein from Turbo's, Inc.

Present via electronic meeting: Holly Galbus from the News Record.

Absent: Councilperson Dustin Wiebusch

Present: Mayor Chris Hagfors. Council Persons, Erica Young, Dustin Wiebusch, and Steve Liffriq.

Motion by Liffriq, second by Hammes to approve the agenda. All in favor, none opposed. Carried.

City Engineer Matt Mohs outlined the design process, how grant/loan issuers requirements had been met, and bid date.

Motion by Hammes, second by Liffriq to approve Resolution 2024-24 Approving Final Design and Advertising for Bids for Construction of the Wastewater Treatment Facility. All in favor, none opposed. Carried.

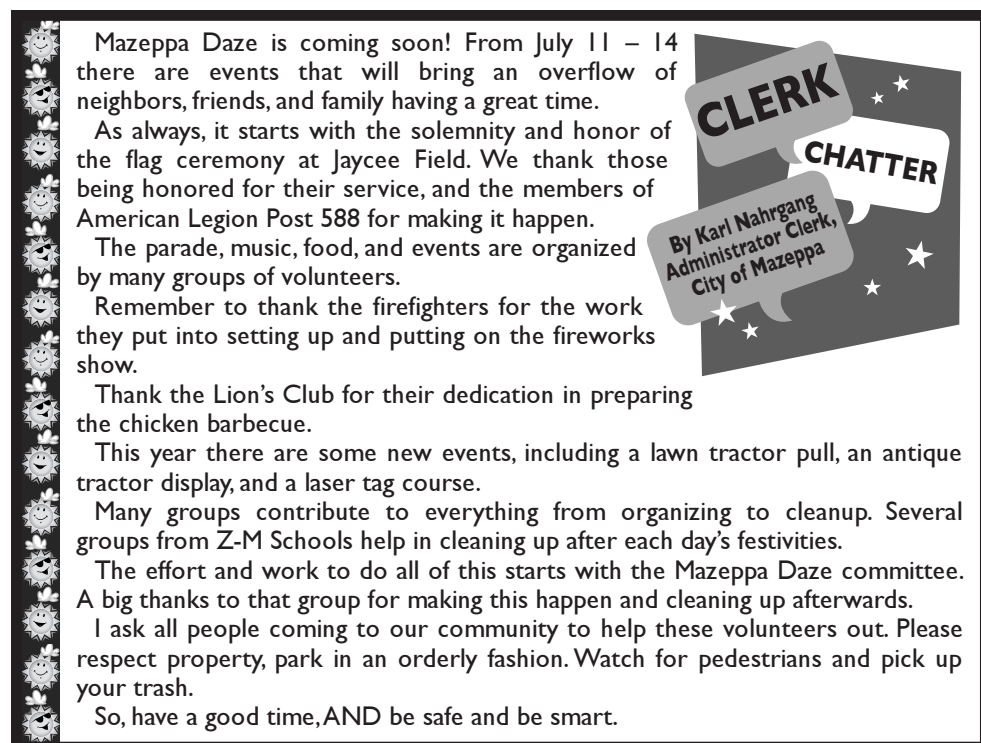
Motion by Young, second by Liffriq to approve Rural Development Guide 5. All in favor, none opposed. Carried.

Jason Klein presented proposal and agreement documents.

Motion by Hammes, second by Liffriq to approve Resolution 2024-25 Approving a Curb Cut-out and Driveway Installation on Walnut St. for the Property at 210 1st Ave. N. All in favor, none opposed. Carried.

Motion by Liffriq, second by Young to adjourn the meeting. All in favor, none opposed. Carried.

Meeting adjourned at 6:12 PM.  
Administrator-Clerk



Mazeppa Daze is coming soon! From July 11 – 14 there are events that will bring an overflow of neighbors, friends, and family having a great time.

As always, it starts with the solemnity and honor of the flag ceremony at Jaycee Field. We thank those being honored for their service, and the members of American Legion Post 588 for making it happen.

The parade, music, food, and events are organized by many groups of volunteers.

Remember to thank the firefighters for the work they put into setting up and putting on the fireworks show.

Thank the Lion's Club for their dedication in preparing the chicken barbecue.

This year there are some new events, including a lawn tractor pull, an antique tractor display, and a laser tag course.

Many groups contribute to everything from organizing to cleanup. Several groups from Z-M Schools help in cleaning up after each day's festivities.

The effort and work to do all of this starts with the Mazeppa Daze committee. A big thanks to that group for making this happen and cleaning up afterwards.

I ask all people coming to our community to help these volunteers out. Please respect property, park in an orderly fashion. Watch for pedestrians and pick up your trash.

So, have a good time, AND be safe and be smart.

**CLERK CHATTER**  
By Karl Nahrgang  
Administrator Clerk,  
City of Mazeppa

### Zumbro Falls City Council Minutes - May 8, 2024

The Zumbro Falls City Council met at 6PM at City Hall. All council members were present, along with the Fire Chief Scott, Jason Faas, and Tom Weiner from Construction Management Services.

The Mayor called the meeting to order.

Clerk read the minutes from the April meeting to council with a motion to accept from Anderson, seconded Bankers, all in favor, carried.

Treasurer's report followed with acceptance by a motion from Benson, seconded Anderson, all in favor, carried.

Tom Weiner, from CMS, explained to council various billing options for handling permits within the City. Council agreed to keep the cost and billing the same for the rest of the year and will readdress the situation for 2025.

A donation from the Zumbro Falls Fire Relief Assoc. in the amount of \$7,500.00 to be used for the memorial imprinting of the original Fire Fighters names was accepted with a motion from Benson, seconded Bankers, all in favor, carried.

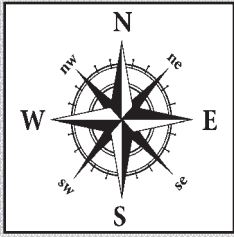
It was decided with a motion from Benson, seconded Bankers, all in favor, to give the position of Water and Sewer billing a raise to \$20.00 per hour.

The clerk will forward the liquor license renewals to Alcohol and Gambling as agreed with a motion from Bankers, seconded Anderson, all in favor, carried.

Meeting was adjourned at 7:30 with a motion from Benson, seconded Anderson, all in favor, carried including the clerk to pay all bills presented.

Submitted by,  
Susan Eischens, Clerk

## Changes in Latitudes, Changes in Attitudes



By Terry Campbell

*This column is written by Messenger editor and Minnesota native Terry Campbell.*

*Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.*

I grew up with an active imagination and some of that would be my dad's fault. My dad was a farmer, but he always thought up more adventurous things to do. That can happen when you spend hours in a field on a tractor. I just assumed it was life as usual. I recall being sent to talk to the guidance counselor when I was in Second grade. I guess my stories sounded too far-fetched. I couldn't understand why they questioned me.

It started out with a Cat D-2. My dad owned a bulldozer. It was the early 60's. A six-year old boy talks about such things at school. But it got much worse. My dad also owned a Cessna 172. That is an airplane. A four-seater airplane. My dad, mom and two of us kids would fly in it. He kept it on the farm and had a landing strip across the road in a hayfield that ran east and west. I recall a friend of his stopped by one cold winter day when I was five. Actually, the friend landed his plane on Highway 57 and taxied right up to the house. After talking for hours after lunch the friend went to leave and the plane was too cold to start. I recall my dad with the Knipco heater on the tractor loader warming up the engine of the plane so it would start.

The poor school counselor couldn't tell if I was making up tales or not. I think they liked kids to stay in that little lane they



had planned out for them, just another brick in the wall. My sister told of the same problem. It seems her teacher started to describe the White House in Washington D.C. during a class and my sister told her she has been there. The teacher didn't believe it and told my mom she was making up tales. My mom said we had been there. My dad took us on a

vacation each winter and we had seen every site in DC.

My dad belonged to the Flying Farmers. It was a group of farmers with planes and airstrips on their farms. One family lived next to my aunt and uncle's farm. We could fly down there for the day and fly back home. I recall one summer evening we took off to return to our farm and ran into a thunderstorm on the way home. It was very turbulent and dark with intermittent lightning all around us. Sitting in the back seat I realized my picnic dinner was not staying put. My mom turned around in her seat and held the air sickness bag while I threw up. I believe I was too young to be scared. I figured my dad was invincible and the plane would

never crash. I never remember any apprehension at getting a chance to go in the air with him. I can still recall the smell of the cockpit and the sound of the air from the propeller through the aluminum skin of the plane.

Not content with a fixed wing aircraft, my dad took lessons to get his helicopter pilot's license. He flew for a construction company and my greatest thrill as a kid was to take the day off school and spend it with him flying from job site locations to check on the dirt work. This all happened by the time I was seven years old. I believe his helicopter was a Bell 300A, a two-seater with a Plexiglas bubble for a cockpit. Similar to the ones you see spraying crops.

## A Minnesotan: Bikes



By RosaLin Alcoser

Once again Minnesotans have reached the time of the year where we all go outside. All of us. As much as we possibly can. After all, we only have a short period of time where we can be outside before it gets cold again. Then only the cold weather people go outside.

One of the favorite outside activities of Minnesotans of course is biking. Of all

kinds. Road, mountain, sidewalk, snow. You name it and there's a Minnesotan who does that kind of biking.

Now when I was a kid in rural Minnesota my sister and I had mountain bikes so that we could ride on dirt or gravel. So I never learned how to ride on pavement until I went to college. Of course I had to teach myself a whole new version of riding a bike.

Of course as a small child I had learned to ride on the sidewalk before we moved to the rural area. Which of course we did while I was still too little to ride anything except my sidewalk bike. Six-year-old me did not take being left out of bike riding well and declared that when I was grown I was moving to St. Paul where there were sidewalks to ride my bike on.

I will admit that I was off about which part of the cities I would grow up to move to but I was right about there being sidewalks to ride my bike on. Except now that I am an adult riding a road bike instead of a sidewalk bike my young declaration was not fully needed.

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THEME: FAMOUS FIRSTS
- ACROSS**
1. Croat or Moravian, e.g.
  5. Paid player
  8. Not Miss or Ms.
  11. First-rate
  12. Mattress with memory?
  13. Be of use
  15. "It's time!" signal
  16. \_\_\_-de-camp
  17. Like an unhealthy dog
  18. \*First one to circumnavigate globe, almost
  20. March Madness org.
  21. Bring upon
  22. Orange Lavaburst drink
  23. \*Rita \_\_\_\_, first Latina to win Academy Award
  26. Winter rides, in Russia
  30. Brewery order
  31. Unties or unbuttons
  34. Nearly
  35. One born to Japanese immigrants
  37. Good times
  38. Rheumy
  39. Tel \_\_\_\_, Israel
  40. Bequeath
  42. Once known as
  43. West African country
  45. \*Chuck \_\_\_\_, first to break speed of sound
  47. Genetic info carrier, acr.
  48. City near D\_sseldorf
  50. Short for Dorothea
  52. \*First artificial satellite (2 words)
  55. Clay and silt deposit
  56. Marine eagle
  57. Mercantile establishment
  59. Singer Piaf
  60. Concert series
  61. Indian nursemaid
  62. Craggy peak
  63. Little troublemaker
  64. Solitary

- DOWN**
1. Give in to gravity
  2. Weaver's apparatus
  3. The "I" in "The King and I"
  4. Carrots or peas, slangily
  5. French soldier in WWI
  6. Speed gun
  7. \*First horror film about Damien Thorn, with The
  8. Supernatural life force
  9. Capital of Latvia
  10. Canny
  12. Han Solo's "Millennium \_\_\_\_"
  13. Prenatal test, for short
  14. \*The first one helped combat smallpox
  19. Tedium
  22. 120 mins.
  23. #8 Down, pl.
  24. Martini garnish
  25. Pine product
  26. Midterm, e.g.
  27. a.k.a. Tibetan wild ass
  28. Feel the same
  29. Timider
  32. Deadly challenge
  33. Military moves
  36. \*Mount first conquered by Hillary and Norgay
  38. 10 to 12-year-old
  40. Ewe's cry
  41. Half-shell delicacy
  44. Grind with teeth
  46. Fauna member
  48. Erasable programmable read only memory
  49. Break of day
  50. List of chores
  51. Prince of Wales to King
  52. Searching for E.T. org.
  53. Boxer's last blow
  54. Azerbaijan's southern neighbor
  55. "\_\_\_ the wild rumpus begin!"
  58. "\_\_\_ one and only"

### SUDOKU

Call today and receive a  
**FREE SHOWER PACKAGE**  
**PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB** 1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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

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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.**



NO CARRY-INS

celebrate  
*Summer*

# MAZEPPA DAZE

## JULY 12<sup>th</sup>-14<sup>th</sup>

### FRIDAY

7:00p.m. PARADE Call City Hall to Enter  
8:30p.m.-12:30a.m. -  
STREET DANCE: "BRANDED COUNTRY"  
No Carry Ins  
DUSK - FIREWORKS (MINI DISPLAY)

### SATURDAY

6:00a.m. PANCAKE BREAKFAST  
8:00a.m. SOFTBALL TOURNEY  
8:00a.m. VOLLEYBALL TOURNEY (Womens & Co-Ed)  
9:30a.m. 5K FUN RUN/WALK  
10:00a.m.-2:00p.m. LAWN TRACTOR PULL  
11:00a.m.-3:00p.m. LASER TAG & KID'S GAMES  
2:00p.m. DUCK RACES  
2:45p.m. BINGO  
4:00p.m.-8:00p.m. LIONS BBQ DINNER  
AT LIONS PARK  
8:00p.m.-12:00a.m. - "SMOKIN COYOTES"  
DUSK - FIREWORKS (LARGE DISPLAY)  
Drawing for Golf Cart after

### SUNDAY

SOFTBALL TOURNAMENT  
10:00a.m. TRACTOR PULL  
11:00a.m. Water Fights (Fire Hall)  
12:00p.m.-3:00p.m. Classic Car Show  
Presented by The Lions in conjunction with the Fire Dept.

### FIELD OF HONOR

All weekend by:  
Mazeppa Honor Guard  
Opening Ceremony:  
Thursday, July 11, 7p.m.  
Jaycee Park

Rain Out Sunday Night Fireworks



Mazeppa-Zumbro Falls  
Messenger