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Announcements

• The Mazeppa Historical Society sends out a Huge "Thank You" for your support during Mazeppa Daze buying ice cream. Also, Thanks to the organizers & clubs who provided for a "Big Success" & support.

• 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: celebraterecoverysouthtroy@gmail.com

• 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

Business Spotlight – Valley Bodywerx in Zumbro Falls

By Missy Papenfus

Bucky Adams of Zumbro Falls Valley Bodywerx has worked in the Autobody industry since 1978. He started his own autobody shop in Zumbro Falls. In November of 1997, he opened Valley Bodywerx downtown Main Street in Zumbro Falls.

Corey Adams has been working for Bucky since he was 16 years old. In high school Corey participated in the on-the-job-training program through high school working with Bucky a few hours a day in lieu of a few high school classes. Corey has been working with Bucky for 29 years. Corey is the primary paint technician at Valley Bodywerx.

When Chris Adler came on board 19 years ago at Valley Bodywerx, he also participated in the on-the-job-training program through high school. Chris went on to Minnesota Southeast Technical College and completed his Collision Repair Technology Associates Degree in 2008.

(continued on page 5)



Valley Bodywerx 2024 Photo of Bucky Adams prior owner, Corey Adams and Chris Adler new owners

Be a Host Family This Year

By Tyler Weeks

Stepping outside our comfort zones and seeking change is a scary idea for many of us- why do something we aren't 100% certain about? But when we say yes to new experiences, life introduces us to cultures and communities that are only reachable through taking that first step.

Exchange students from countries all around the world dream of doing this very thing by visiting America through the International Student Exchange program. Since 1982, the organization has allowed students to temporarily live in countries with a host family to better their education and build relationships.

(continued on page 4)



Goodhue County Fair This Week



2023 Goodhue Co. Fair

The 2024 Goodhue County Fair is this week in Zumbrota.

(continued on page 10)

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Zumbro Falls Area

Running the Race!



By Pastor Colleen Hoeft

The 33rd Olympics has just begun in Paris France. I like watching the running events in track and field and gymnastics. This year there are a number of great athletes going to Paris—18 of them are from Minnesota. I admire their perseverance, and commitment to prepare themselves for the Olympic games.

The people of the New Testament understood competitions and athletes—Greece is where those ancient games began. Paul references athletes a number of times in his epistles. In the letter to the Hebrews the author compared following Jesus to running a race, in Hebrews 12:1, “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”

The writer says, since we are surrounded by such a great crowd of people—we should make ourselves ready to compete. An athlete first gets ready by training—Forbes magazine wrote, “People don’t know the process which [athletes] undertake in their individual sports to reach the Olympic level. You get there by sticking it out. There [are] a lot of people that try and give up.”

According to coaches and trainers, it’s common for athletes to invest four to eight years training in a sport before making an Olympic team. When it comes to running, it may take that long just to develop the aerobic base necessary to compete as a world-class athlete. With that in mind, many Olympic athletes plan out their training schedules annually and up to four years in advance to make sure they reach specific performance goals. They designate periods of rest and intense workouts. Particularly in the lead-up to the games, athletes also specifically train to prepare their bodies for the types of conditions they’ll face during outdoor events. And, if you want to train like an Olympian, be prepared to go to bed at the same time as the kids. Athletes training for the games need to sleep anywhere from eight to 10 hours a night, often followed by a 30- to 90-minute siesta, says Mahon.

Resting is crucial because it gives the body a chance to rebuild tissue and muscle that’s been broken down during training. In other words, training like an Olympic athlete is like having a full-time job. (without the pay!)

When you follow Jesus, you have entered: “the Christian race” you have an audience—there are witnesses that see you, that are encouraging you and that have gone on before you are watching and cheering! Next our writer says to throw off everything that hinders and the sin that so easily entangles—what are some of those things that hinder us from doing well in our Christian race?

What types of things deter us from being our best? Some things are: doubt, worry, fatigue, busyness, a lack of faith or lack of love for God, or for others. James wrote that when we pray, we mustn’t doubt—for if we doubt, we are like a wave the sea that is blown and tossed by the wind.” We all have doubts at times and often struggle with trusting God, yet we need to deal with that so that we can move forward. Anytime we doubt and fail to trust we will struggle to move forward in our faith.

Worry is another weight that we must surrender to God. Paul wrote, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” When we let go of our ‘worry’ we are free to let God be in control of each situation! It frees us and gives us permission to go forward.

Those weights of being too busy or too tired are some we all can relate to in our present culture. How often I’ve been guilty of answering someone that is asking how I am, “busy.” And yes, we are busy—but being too busy will often stunt our growth

and slow our race with God.

We need to spend time with Jesus—in devotions, reading the Bible and spending time in church worshipping with other believers. We must never be too busy for the things that are most important: Spending time with our family- (people always trump chores and other types of work.) My mother-in-law gave me that advice early in my marriage, “Take time to go fishing, and horseback riding with the kids—the work around the house would always be there, but your children won’t be.

Doubt, worry, busyness are some of the common weights that weigh us down in our

Christian Walk. As we get rid of the weights we are to “run” with perseverance the race marked out for us. When we keep our focus on God—When we make Him our goal and our finish line- we can drop those worries, those doubts, those sins and leave them all and run with perseverance. Jesus told his disciples—I am with you always even to the end of the age—Jesus has paved the way for us and He will give us the strength to run the race before us.

You can do this! You have a heavenly cheering section! It’s time to put on your running shoes!

Ice Cream Social at South Troy Church

By Pastor Colleen Hoeft

We are raising funds for Celebrate Recovery at South Troy. Celebrate Recovery is a Christ centered 12- step program that we offer at our church near Zumbro Falls, MN. (at the South Troy Church)

Celebrate Recovery. (Home - Home - Celebrate Recovery) is a Christian 12-step program to help people to find healing for their hurts, hang-ups and their habits. It isn't only for people fighting addictions, but to help people find healing in many areas of their lives.

We meet at South Troy Wesleyan Church on Sunday nights at 5pm. We begin with a free meal available to anyone that comes. Then at 5:45 we go to the worship center for our worship and teaching time. At 6:30 we break into gender specific small groups.

We know that there are many people in our communities that would benefit from this program, because drug and alcohol abuse are some of the biggest concerns in our counties.

This year's Celebrate Recovery at South Troy will receive all donations raised at our Ice Cream Social. The funds will go to provide materials, Bibles and support for this program.

We are asking area people to prayerfully consider supporting this non-denominational ministry through:

- Prayer for this ministry to serve those that desire healing and for those that volunteer
- Help getting the word out through posters and brochures
- Volunteers to help with meals on Sunday nights: <https://mealtrain.com/wdy8wq>
- Donations to keep Celebrate Recovery going; to purchase step-study books, Recovery Bibles, monthly sobriety chips, coffee, and kitchen/paper supplies.

TRINITY LINCOLN LUTHERAN CHURCH

Pastor Dan Reich
507-753-2576 • 35933 Cty. Rd. 17, Lake City, MN
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Pastor Dan Reich • 507-753-2576
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7134 Highway 246 NE, Elgin, MN
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AREA CHURCH DIRECTORY

Which of These Was a Neighbor?

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, Love your neighbor as yourself.” — Luke 10:27

When we moved into our house 12 years ago, there were only five other houses on the street and a lot of empty lots where new homes would be built. We imagined what the houses and neighbors would look like—and now, with almost 100 houses on our street alone, we have made friends with many of our neighbors.

Along the way we decided to become “muffin people,” delivering those treats to about a dozen houses nearby. We introduced ourselves without thinking who might be behind the door except that they were neighbors. We began a soup and buns night with neighbors too, learned their stories, and shared life with them. It may have cost us a bit, but the reward of sharing experiences has been life changing.

The parable of the good Samaritan offers a picture of what Jesus was trying to show a religious leader who wanted to test him. It is about risk and relationship with people who are not identical to us. It is about seeing the one that Jesus has placed in front of us and becoming involved in their story. It is about addressing hurts and loneliness because that is what Jesus is asking us to do. It is about paying attention to the needs of people around us and not stepping aside or walking by, thinking that someone else can take care of them.

Who is your neighbor?

Lord, open our eyes and hearts to all the people whom you have given us to be our neighbors. Help us to see and share your love for all. Amen.

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10:00a.m. Worship
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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 Hoeft
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:
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ADVERTISING INFORMATION

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Mazeppa Youth at STORM Camp



Tracy Nelson, Ariel Nelson, STORM Site Director Sami Tierney (showing the message on the back of the camp shirts), Colton Nelso, and Ann Neil

Submitted by Ann Neil

Youth and adults from Mazeppa United Methodist Church completed their 3rd consecutive mission trip to STORM Camp July 14-18. STORM stands for Service To Others in Relational Ministry. They joined 37 other teens at Holy Trinity UMC at Prior Lake, MN. While there, participants were divided into 6 teams. The teams completed 22 jobs in 3 days. Jobs included much weeding, tree trimming, brush hauling, and painting. One team helped a homeowner deconstruct an old deck. With every job, the teens were serving Jesus by serving others. STORM Camp has been in mission in the state of Minnesota since 1991.

Sean T. Hays

Lt. Col Sean Trenton Hays USMC (51) passed away on July 24, 2024 after battling Multiple Myeloma for 7 1/2 years in Rochester, MN



Sean was born November 27, 1972 in Wheat Ridge, CO.

His family lived in Texas and

Germany before returning to Colorado where he graduated from Ft Collins High School in 1992.

His Marine career began at Camp Pendleton and his duty stations included Japan, Virginia, South Carolina, Afghanistan and Washington, D.C. He worked his way from Private through Warrant Officer to Lt. Colonel.

Sean loved all things Star Wars, Legos and Funko Pops.

He leaves behind his special love, Shannon Sullivan of Mazeppa, MN; daughters Samantha and Jillian of Spotsylvania, VA; mother Vicky Hays of Ft. Collins, CO; father Trent Hays (Mercy) of Hays, Kansas; brothers Rick (Michelle) from Thornton, CO and

Bobby from Ft Collins, CO; sister Kathy Kleinman (David) of Evans, CO; nieces Tasha, Anna, Izzy and Avi, nephew Jacob, former wife Aimee and his beloved dogs Rex and Andy. He also leaves behind many aunts, uncles, cousins, friends and brothers and sisters in arms.

Memorial donations may be made to the Multiple Myeloma Research Foundation, the Navy-Marine Corps Relief Society or K-9's for Warriors.

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ICE CREAM SOCIAL

SATURDAY, AUGUST 24TH

4 - 7 PM AT SOUTH TROY CHURCH
56817 Highway 63 Zumbro Falls

Live music by Warrior Revival

Ice-cream, games, an inflatable, and historical Little Red Schoolhouse (1856) open for touring!

Free will donations at this event go to South Troy Celebrate Recovery. Donations will help cover the costs of meals, books, and more for this Christ based 12 Step program.

Visit southtroywesleyan.org for more information.

WARRIOR REVIVAL

ABOUT THE BAND

Warrior Revival band features talented trio Isaac Walch, Eldon Malwitz & Jason Maas of rural Rochester, MN. They mostly perform classic country music along with folk, early and classic rock hits.

Celebrate Recovery

A COMMUNITY OF HOPE

A Christian 12 Step Program

Join us on Sundays at
South Troy Church

We meet Sundays at 5 pm
South Troy Wesleyan Church
56817 Highway 63 Zumbro Falls, MN

Schedule for meetings:

- Supper at 5:00 pm
- Large group meeting: 5:45 - 6:30 pm
- Small group meeting: 6:30 - 7:00 pm

Celebrate Recovery is a safe place to find healing for your hurts, hang-ups and habits.

Begin your journey today!

Questions?

Contact Pastor Colleen Hoeft at celebraterecoverysouthtroy@gmail.com or 507.259.1442
Visit southtroywesleyan.org for more information

Be a Host Family This Year

(continued from page 1)

Without the help of local families offering their households to host, their mission and goal of letting youth experience the world through the lens of a small town would never be possible. It's been ISE's leading motivation to persist for over forty years, during which they've brought communities closer together by promoting peace in a detached world. With their help, over 30,000 students have received access to quality exchange programs.

Many exchange students still need families to open their doors. High schoolers from Eu-

rope, Asia, and South America are eager to experience life in a Minnesotan community, including people like Umberto. Hailing from a small Italian town, Umberto desires to go to America for the 2024 fall semester to gain independence and improve his English. Hosting him will offer a glimpse into his passion for robotics, philosophy, history, and geography while spotlighting interests like soccer, boxing, and spending time with friends. With his love for travel, he hopes to add Minnesota to his list of visited places, alongside Hawaii, Tanzania, and various European capitals.

If you're interested in positively impacting Umberto's life this upcoming semester, please message Jennifer Conrad, the determined woman aiming to get him and many other students into American households. Find her at 651-434-0517 or on Facebook, where she strives to bring exchange students the opportunities they deserve. If you want to impact your community in a meaningful and life-changing way, know that he and many others from Belgium, Spain, and Thailand look for-

ward to meeting you. In the chance that you still have doubts, though, hear from a family who recently decided to host their first exchange student:

"It has been a phenomenal experience! We never dreamed that we would enjoy her so much. She has already asked us to visit her home country and said she feels like family here."

Apart from significantly affecting a student's life, hosting a kid benefits both sides in many ways. Sharing cultures, creating lasting memories, and allowing them to experience a day-to-day American lifestyle are all things that come with the program. Those of us who have always had access to such opportunities often take the small things for granted. But after seeing how grateful someone is for something as simple as education,

our perspective shifts, and daily occurrences like a college football match or summer barbecue take on a new meaning. Hosting an exchange student isn't just about opening your doors- it's about opening your heart to something new, exploring the globe without leaving home, and sharing our world with others.

By inviting an exchange student into your life through the ISE program, you can learn about a foreign culture while allowing them to experience yours. This decision

doesn't just greatly benefit the student and family; it showcases humanity's openness and care for people who were initially strangers. If you're considering hosting one of these incredible students, step outside what's expected of you this upcoming school year. Open the door to opportunity.

Mazeppa Historical Society Fundraiser

Drop-off bin at the Mazeppa Community Center parking lot.

THANK YOU for donating!



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.

Painting a bridge



By Missy Papenfus

Years ago (around the mid 1990's) when my dad was landscaping their yard, he built a bridge that he painted white with black spindles. I'm sure he repainted it a few times over the years. Mom thought that it was time for the bridge to be painted again. They have a lot of trees in the yard, so the bridge is not too visible from the highway.

My dad was adamant his painting bridge days were over. My mom asked me if we would paint the bridge for father's day or my dad's birthday. I enlisted my brother Corey to help. I hate painting, but for mom and dad, I'll suck it up and participate.

Before the painting took place, my brother said he was going to inspect the bridge and make sure it wasn't rotten. If it was rotten, he said we would not be painting the bridge. First hurdle down, he inspected and the bridge looked good. Next, we had to decide on a color. He didn't like the white. I didn't either, although I said painting it white had to be way easier than a whole new color. He suggested Terra Cotta (a brown-red). Mom and I thought that would be great. Dad didn't care; he was just happy he didn't have to paint. We sent Mom to get the paint.

Corey pressure-washed it. The bridge was all ready to go, but we needed to wait for it to dry out with the pressure washing and all the rain we've had. Then we had a couple hot weeks in there, so we had to wait for a 70-some degree day. It finally came. The day we painted the bridge was Corey's third week owning Valley Bodywerx in Zumbro Falls, and the busiest day. Dad had a change of heart, and was ready to paint, so I skipped out of work early and started painting with dad. Corey arrived about a half hour after we started, and within two hours and a few fiascos later...including bugs, a couple little kids who insisted on helping paint, Dad deciding to mow right by the bridge as we continued to paint, Mom breaking through her rubber gloves, and there has got to be a few more things I can't think of at the moment...the bridge was painted and good to go!



Stay tuned for next month's topic:
Daily-Dishes/Laundry/Cleanup—Clear the surfaces
There's so much to do, so little time. Bye for now!

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Business Spotlight

(continued from page 1)

Valley Bodywerx in Zumbro Falls

Corey and Chris met at work. They started talking about being partners and buying Valley Bodywerx together years ago. This spring, Bucky decided the time was right for him to sell the business. July 1st Corey Adams and Chris Adler purchased Valley Bodywerx in Zumbro Falls from Bucky Adams. Although there is a change in ownership, the name will remain the same and Bucky will be available to assist with the new transition.

Valley Bodywerx specializes in autobody collision repair. They can arrange both auto-glass repair and paintless dent repair at the shop. They're new slogan is, "We'll straighten things out!"

A little family background... my maiden name is Adams. Corey is my brother. Bucky is my godfather and our uncle. It's exciting to see Bucky's legacy continue in the small town of Zumbro Falls along with the same great team for many years to come!



Valley Bodywerx 1998 Photo of Bucky and Corey Adams

DO YOU HAVE AN ANNOUNCEMENT?

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2022 Arctic Cat Wildcat XX
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\$7,995



2015 Hustler Fastrak 60
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A Monthly Moment at MotoProz

With all the rain we've had this season, mower sales along with used mower repairs have been up for this year! It's hard to keep up with the growing grass, especially if you are having trouble with your lawn mower. We sell new Hustler zero turn mowers, we take trades, and sell used mowers we take in on trade. For the most up-to-date inventory stop in or look at our pre-owned inventory online at www.MotoProz.com.



Memo from MotoProz...

Check out our inventory of new and used E-Z-Go Golf carts, new and used ATVs and side by sides, new and used Arctic Cat snowmobiles online at 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 date...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 August and September.

Share Your Good News!
Submit your engagement, wedding or birth announcement.

Email us at: hometownmessenger@gmail.com



MISSY'S MESSAGE



MISSY PAPERFUS

I have written a lot of articles about eating better, drinking water, and exercise. Scheduling regular preventative doctor visits are just as important. Dental visits, blood draws, eye exams, skin check, and mammograms. Wow, that's a lot, but I try to stay on top of it. We go to the dentist twice a year to get our teeth cleaned, a dental checkup, and x-rays.

I go to the dermatologist once a year for a skin check since I had melanoma quite a few years back. I also make sure to put moisturizer on my face every day with SPF 30. I also make sure to use sunscreen when we are out for the day, I like to wear some sort of hat, and try to stay in the shade when I can. I have also instilled the importance of sunscreen and a hat to our son Monty.

I am long overdue for an eye exam, and finally scheduled one this month. I have a family history of cataracts. I don't notice any vision changes, but I know it is important to keep an eye on it (pun intended).

Missy and her husband Mike own MotoProz in Mazeppa.

The View From the Back *Part 2*

By Ted Gamble

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

On my second lap in that area, I tripped over a rock and landed flat on my face. Not hurt, just embarrassed. I told myself to remember that, but I got a little careless on the last lap and tripped over this exact same rock.

Then we go over the bridge crossing the Zumbro river. This is another often photographed area.

Then we head into the river bottoms and there's some flat single track; it's really kind of an easy portion of the course. From there we go up onto a gravel road portion for a bit. There's a little climb here before going down to the Sand Coulee area, then up a hill where you wind and snake through the woods eventually hitting a long downhill with really excellent views of the river. Then up a short little single track washout which when muddy is awful but when everything is dry, it's just kind of a short hill to get you warmed up for what comes later. Winding trails take you to a nice little downhill trail to the first aid station. It's (mostly) unstaffed and only had water.

At this point it feels like you've come a long way, but you're only about 5 miles into the course with another 12 to go. There's a sign as you leave that aid station telling you have 8.2

miles to the next aid station, which is fully staffed and has food. On a normal run 8.2 miles isn't bad, but this is the longest and most discouraging stretch of the entire race, and it seems much longer. The trail snakes through the woods until it comes to the Pump House Trail. It's just a bit bigger and longer than the washout described earlier. This one is absolute hell when it is muddy but this year it wasn't that bad—well, it wasn't that good either! I brought my trekking poles and I'm really glad I had them as they were very useful for the hilly portions. At that point you're at the top of another hill and the next thing to look forward to is kind of a long rocky decline, which, if I was younger, stronger, and more nimble would be really fun to run down. But I am none of those things so I had to take it kind of slow.

It seems to take a long time to find this, but when you finally do get down the next portion is a flat stretch called Sand Coulee. And that's what it is. It's a ditch that's full of sand. It's hard to run the sandy portions but it is flat and there are some packed down dirt areas where running is easy.

There are some really pretty areas along here. Eventually it ends, though and there's an intersection of various road and trails where we are routed up a very steep, and thankfully, short single track before hitting the Scenic Overlook Trail. It is a very long trail and steep in parts, especially as you get near the top. But once you get up there, there is another great view of the valley. You can see where you were at the beginning of the race as well as the bridge over the Zumbro that was crossed only a few miles back.

Along the top of the ridge is an old horse trail that has been there so long, the trails are grooved down several feet in many places.

There's a cabin up there that I kind of wonder about, but probably built by the DNR for some forgotten purpose years ago.

(continued on page 7)



One of the first rocky downhills



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The View From the Back

(continued from page 6)

After about two miles there is the Ant Hill, which is very steep and very rocky. At least it's downhill, but it has to be taken slowly, or the injury possibility can be severe. This is where Derrick cramped up and lost his eye. When the bottom is reached, the trail immediately turns left and goes up a fresh hell (yes, I spelled that right!) called Paddy's Hill. It's just like Ant Hill, but it goes up. 300 feet down, then 300 feet back up. At this point, you have come about twelve miles.

Next, comes a short single track along a cornfield followed by a logging road that leads to a downhill gravel road. From here, it's all downhill to the aid station. In the earlier stages of the race it's a good place to open it up and just coast down the hill. At the bottom is a fully staffed and supplied aid station. The sign says you're only 3 1/2 miles from the start/finish area, but the scenery is flat and

unchanging so it seems much longer. These final miles are fondly known as the "Death March". After the Ant Hill descent, followed by Paddy's Hill, and then down the gravel road the flat should be easy right? Only it's not—your legs are trashed from the ups and downs, combined with the unchanging scenery, this part seems much longer than it actually is.

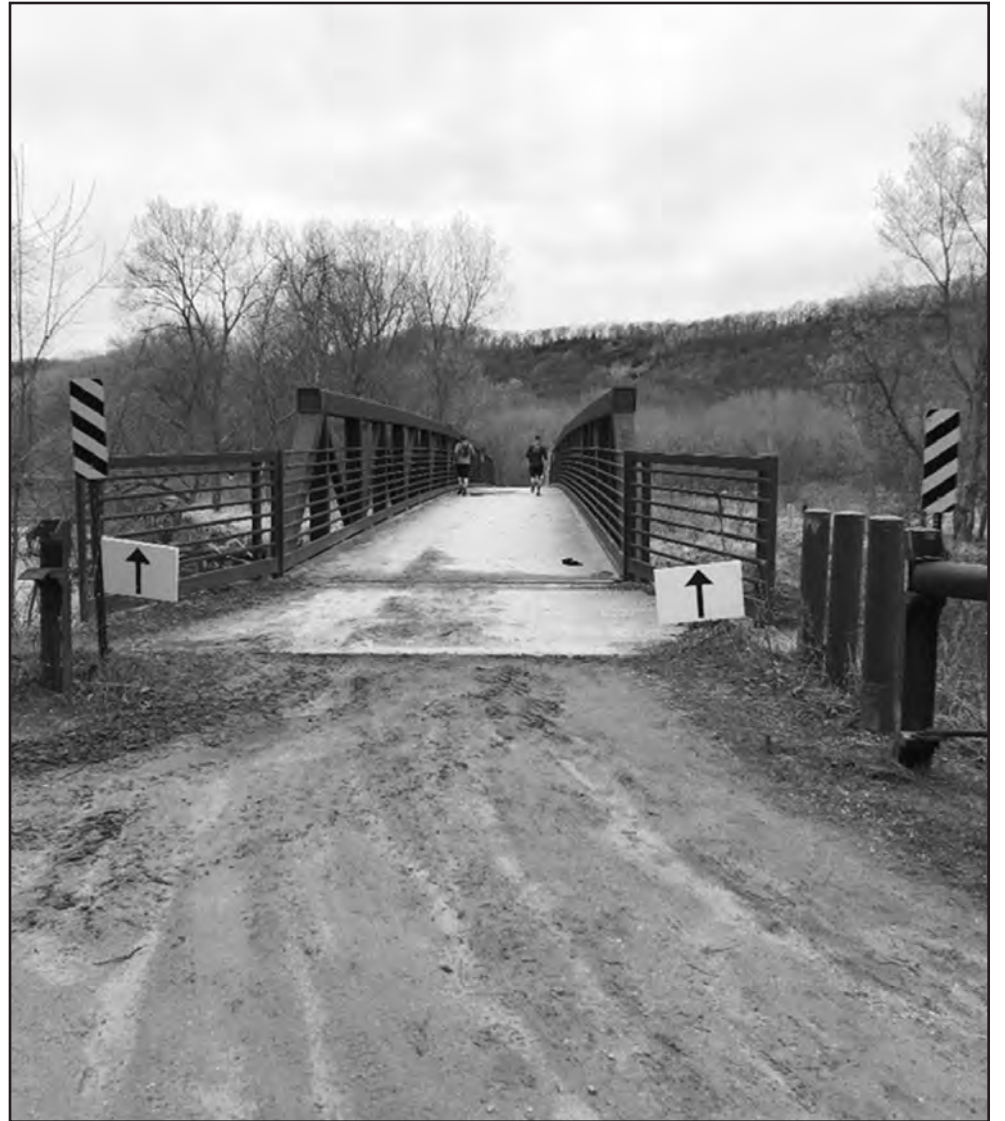
The first part of the "Death March" is a mostly flat gravel road that goes back to the bridge over the Zumbro that was crossed earlier in the race. After crossing the bridge, there is a narrow logging road that goes back to the start/finish. There is a nice view of the river at about the halfway point.

Zumbro is a very scenic area lots of good places for photos. Although I had my phone on me the whole time I think I only took one picture. And that was when I was going to quit and it didn't matter.

So, back to the race.

As we left the camp for the fifth time a little before six in the morning something really strange happened: a joint hallucination. It was just starting to get light out, and we were on the short stretch of gravel road leading up to Rock Hill. To our left was an unplanted cornfield. Chad asked, "What are those people doing?"

I looked and saw two people on the left side of the road. One was crouched over and the



The bridge over the Zumbro

other was lying behind with his hand on the other person's hip. It looked like they were trying to either take a photograph of something in the field, or maybe they were guns

they're trying to shoot something? Or maybe they were sighting in their rifles?

(continued on page 8)



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The View From the Back

(continued from page 7)

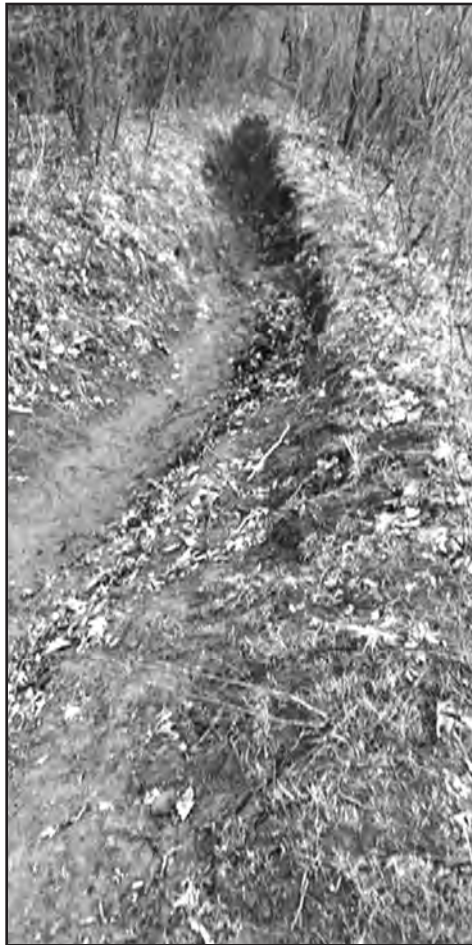
We both looked, expecting to see deer (it is not deer season) or a target off to the left; but there was nothing. As we got a little closer, Chad says "Hey wait a minute--that's just a wash out in the road!"

We kept moving, and he was right. Wow, how did that happen? That was really strange.

Chad reminded me several times that on this lap that I was executing my plan to perfection. With a six hour goal for each of the remaining two laps, I was still OK. But there was something deep inside that wanted to push it and go a little bit faster. I was getting very sore and very tired, but at this point I had made up my mind: I was going to finish this thing! It's funny how the mind can tell the body to do something it doesn't want to.

Anyway, we continued on and a few miles later we got to the portion that led down to the first unmanned aid station. I swear there was a woman with a large white dog standing on the side of the trail. As we got closer, it was actually just a stump.

From that point on I decided not to look into the woods. Just keep your head down and



The old, rutted horse trail

eyes on the trail and you won't see anything weird, I told myself.

(Watch for part 3 in the next issue of The Messenger)



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Down on the Farm/ Up at the Cabin Chickens and Cows and Goats, Oh My!

By
Monica & Claudia Vanderborcht

Chickens.

Yup – they would be the first livestock on Monica’s farm. But knowing nothing, she knew she needed to educate herself. It was time to start some research.

A church friend had six chickens in a very small hut. Water and feed was carried daily for a reward of a few delicious eggs. Monica’s closest neighbor, Rae, had more than 300 chickens housed in one large cinder-block coop and three brooding coops, with many

feeding stations. After visiting both farms, Monica knew wanted something in-between.

Friends Norm and Dawn once again came to the rescue! In exchange for building a hunting blind on Monica’s land, they would teach

and help Monica to build a chicken shed. (The joys of farm construction projects is a different story.)

Rae offered to sell Monica some of the older chickens to start her flock. If you have never tried catching a chicken with a foot hook, you should. Chickens don’t just run away in two dimensions; they can jump more than a foot in the air to get away from that contraption! Many laughs and a few skinned knees later, Monica had 12 laying hens. (Of course she would do her best to take care of her new flock, but should they die it was not a great financial loss. And if she tired of them, they could find their way to the soup pot.)

When you are new in a small town, everyone knows it. While buying some parts for the ATV, Monica met a gal who raised “Heritage” cattle. Fascinated, Monica discovered that Irish Dexters are small (maturing at about 40 inches at the shoulder and 700-900 pounds) but are not considered miniature, since there is no full-sized version of them. Dexters were developed in Ireland over 500 years ago by poor farmers who needed cattle for more than one purpose; they are good for milk and/or meat, and can be trained as oxen.

Dexters are intelligent, curious, and hardy – usually able to calve unassisted. They sounded like the perfect breed for Monica! And the gal lived locally so she would be around to answer questions.

Monica bought two: a boy and a girl. (Bull and heifer ... there was going to be a lot of new vocabulary to learn!) She named the black heifer Olive (for Olive Oyl – the Navy Reservist in Monica had always loved Pop-

eye). Whenever the red bull spotted Monica, he was all love and kisses, begging for the apple-flavored horse treats she always brought to the pasture. He became Scooby and the treats – Scooby snacks. That spring and summer, Monica spent many hours in the pasture with her cattle.

But two young cattle cannot consume seven acres of fenced pasture. The grass grew longer, the thistles grew thicker, and the riding lawnmower was definitely not up to the task. Monica knew she did not like lamb – what about goat? Goats are cute. And she had eaten goat meat when deployed overseas in the Navy. Monica knew she liked it better than lamb.

As said, when you are new in a small town, everyone knows it. Someone told Monica that there were some male goat bottle-babies for sale just south of Wanamingo. And six wethers (farmer-talk for castrated goats – more vocabulary to learn) easily fit in the back of the minivan. Five had been disbudded (dehorned) but one hadn’t. A corner of the pole barn was fenced off for them (more construction projects). The young goats – Stew, Ribs, Chops, Patty, Link, and Horny – were so very cute.

Goats aren’t grazers, they are browsers. (One of Monica’s favorite sayings is: You don’t know what you don’t know. Four more head, which means more pasture, more fencing.) She brought the goats branches with leaves (more trails in the woods from which to harvest more firewood for cutting, hauling, splitting, and stacking). The goats loved those branches!! Monica wondered if there was a more efficient way of getting the goats the food they so loved. She tried taking Horny on a leash into the woods – it sort of worked.

Next, she grabbed a bucket of grain and tried walking the whole bunch out there. And they followed!!

Goat walks became a regular occurrence. And they sure made clearing the trail easier!!

The little herd learned to stay close and would follow Monica (well, the grain



bucket) back to the barn each time.

Monica had no experience with livestock – let alone three different species. Rae had tilled a big garden plot with her tractor and Monica had planted a bunch of seeds. Monica had little experience with gardens – but seeds were cheap. And don’t forget about the winter’s worth of firewood to harvest. And the seven acres of overgrown pasture and five acres of lawn. It was a very busy summer!

But she was in heaven! Monica loved viewing the gorgeous sun - rises from the kitchen window and the spectacular sunsets in the back. And watching the farmers in the neighboring fields till and harvest the corn and beans. And – of course – watching her dog, four cats, 12 chickens, two cattle, and six goats grow and frolic in this wonderful pastoral setting.



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Goodhue County Fair This Week

(continued from page 1)



The fair is a showcase for the county and provides many opportunities to exhibit items in the open class competition. Fine Arts, Crafts, and Needle Arts, Culinary, Flowers, Fruits, Vegetables, Woodworking, Collections, and Hobbies are open to any person to participate in the fair show.

4H members will be showing their beef, dairy, swine, sheep, goats, rabbits and poultry during the week with the ribbon buying breakfast and auction Saturday morning, August 10th beginning at 8am. On the lighter side there will be a goat costume show on Friday August 9th at 5 pm.

This year the grandstand shows include bull riding, barrel racing and mutton busting on Tuesday at 7pm. Wednesday will be autocross racing at 7pm. Thursday evening at 6:30pm is the truck and tractor pull. Friday will be autocross racing will be held again at 7pm. The grandstand shows end with a demolition derby on Saturday at 10pm.

The carnival midway will open Wednesday

evening and be open Thursday through Saturday from 1 to 10pm. Free events include the Acme Magic Factory, the Circus Science Spectacular, the magic of Shaun Jay and Doc Magic Fun time Variety Show taking place daily all week long. Wednesday will be Day Care Day. Thursday is Goodhue County Ag Day. Friday is Senior Citizens Day with those 65 years and older getting in free.

Daily admission is \$7.00 with those under 12 free. Unlimited ride special armbands are available for \$20.00 on select evenings and Saturday afternoon.

There is free live music at the beer garden every day. Tuesday is Leonard McCracken from 7 to 10pm. Wednesday is Dave Carpenter and friends at 2pm and Ryan Sullivan at 6pm. Thursday features Troy Aron Johnson at 5pm. On Friday George's Concertina Polka Band is at 2:30pm and Bryan Anderson at 7pm. On Saturday Foster Grand will play from 8:30pm to 12:30am.



2023 Goodhue Co. Fair



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THE MESSENGER



Constipated? Read this. ADHD now 1 in 9 children



By Shauna Burshem, D.C.

Aloe vera gel can help improve the symptoms of psoriasis as well as other skin conditions such as cuts and burns. Psoriasis treatments typically involve medications with serious side effects like nausea, vomiting and diarrhea. Aloe vera gel has been shown to benefit psoriasis sufferers by decreasing inflammation, increasing collagen production, relieving pain and adding hydration to dry scaly skin. While topical aloe vera creams are available, the best way to apply aloe vera gel is by cutting or snapping a piece off the easy to grow plant.

Low back pain sufferers are finding relief with regular walking. Walking is an effective, low-cost intervention for preventing and managing back pain. Studies show walking can significantly extend pain-free periods and reduce recurrence risk by 43%. Regular walking is as beneficial as other forms of exercises (stretching, yoga, resistance) for chronic low back pain, improving pain levels, disability, quality of life. Walking offers numerous other health benefits beyond back pain relief, including improved cardiovascular function, health, better sleep and helping the aging process. Aiming for 7000 to 12,000 steps daily provides optimal health benefits without the risk of over exertion. To increase the benefits of walking you can wear weighted vests, use Nordic walking poles, walk in nature, with friends and or combine walking with purposeful activities like learning (site-seeing, history trails). Chiropractic care provides a holistic, non-invasive approach to back pain relief by focusing on spinal adjustments to improve alignment and overall mobility. Coupled with regular walking on flat surfaces, which strengthens core and back muscles, this combination can significantly reduce low back pain and promote long-term health

Attention-deficit/hyperactivity disorder (ADHD) diagnoses in U.S. children have increased, with 1 in 9 now affected. Factors like chemical intolerance in parents, environmental pollutants and prenatal exposures are po-

tential contributors. Toxic substances linked to ADHD include lead, phthalates, BPA, pesticides and air pollution. These can disrupt brain development and neurotransmitter systems, affecting behavior and cognitive function. EMF exposure from electronic devices (smart phones, tablets) may cause mitochondrial dysfunction and neuropsychiatric effects, potentially contributing to ADHD. Limiting EMF exposure is recommended but challenging in modern environments. Multiple childhood vaccinations may be associated with increased ADHD risk. Genetic vulnerabilities may increase susceptibility to environmental toxins like glyphosate and vaccine ingredients. Early-life gut flora composition plays a crucial role in neurodevelopment. Frequent antibiotic use, environmental stress, and secondhand smoke exposure in early childhood increase ADHD risk.

The U.S. Environmental Protection Agency (EPA) now recognizes more than 14,000 different chemical structures as PFAS (polyfluoroalkyl chemicals (PFAS) or "forever chemicals"). These synthetic, man-made chemicals don't break down easily in the environment and can bioaccumulate in people and wildlife. Rates of cancer diagnosis in children are increasing in Minnesota, which is where chemical company 3M's global headquarters are located. As far back as the 1960s, the company has been dumping PFAS chemicals in the surrounding areas. Minnesota sued 3M for the damage that it has caused to the state's natural resources, and in 2018, the company was ordered to pay \$850 million for contaminating the state's water supply for decades.

Constipation happens when you have trouble with bowel movements, making it hard to pass stool. This can be caused by several factors, including not eating enough fiber, not drinking enough water, and not getting enough exercise. Fiber helps to move food through your digestive system, and drinking water helps to soften the stool, making it easier to pass. When you don't get enough fiber or water, your stool can become hard and dry, leading to constipation. Additionally, if you don't move around much, your digestive system can slow down, which can also cause constipation.

If you're dealing with constipation, there are a few things you can do to help. First, try to eat more fiber-rich foods like fruits, veg-

etables, and whole grains. This can help to bulk up and soften your stool. It's also important to drink plenty of water throughout the day to stay hydrated. Regular exercise can also keep your digestive system active and help prevent constipation. By making

these small changes to your diet and lifestyle, you can often relieve constipation and keep your digestive system healthy.

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

Allergies Gone



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Are allergies affecting your quality of life these days? As we move into the fall season, many will be challenged with hayfever, but others have been dealing with pollens since spring began. We often associate allergies with pollens or animal dander, but an allergic reaction can develop for anything. Under the right conditions, the human body will identify a potential threat and develop an immune response to that threat in an effort to decrease your presence near that item. Food allergies are increasing across the country with the most common food items being dairy, eggs, nuts, seafood, and wheat. Chemical allergies are increasing as our environment continues to be overwhelmed with perfumes, personal care products, agricultural chemicals, and plastics. Even electrical sensitivities are being observed more frequently as our culture spends increasing amounts of time with cell phones, laptops, and iPads. All of these challenges increase stress on our body and activate our immune system. The allergic reaction is a stress response of your immune system.

The stress response from the immune system can have different levels of intensity. You may be allergic to something and have such a low immune response that you do not recognize it as a problem. At the extreme end of allergic response we have a reaction where breathing gets difficult and heart rate increases, known as anaphylactic shock. Hives, body rashes, runny nose, and watery eyes are additional symptoms we recognize as allergic responses.

Three main systems of the human body express allergic reactions. The digestive system can generate cramps, bloating, or diarrhea immediately after eating a certain food. The lungs can have difficulty breathing after exposure to pollens, chemicals, or food. Asthma is often related to allergies of food, pollen, and chemicals. The skin will present with rashes, eczema, or psoriasis as an allergic response. As you consider these three systems of your body, which one seems to be the area you expe-

rience?

How can this allergic response be changed? Your immune cells are the "front line troops" that respond to any food, chemical, or pollen you come across. The immune cells release chemicals to attack the challenge. Current ways of treating allergic responses involve shots, drops, or medicine to calm the immune cells and suppress the activity. But the immune cells receive instructions from your brain on how to act. To make a lasting change, the allergic response can be reduced by helping the nervous system to "change its mind" or "reset" about the offending item.

A client came to the office with an allergy to cow's milk. The allergic response started after a car accident when a newly purchased gallon of milk hit the dashboard and sprayed all over the car. The brain registered the stress of the car accident with exposure to the milk and the result after the accident was an allergic reaction any time the client consumed milk. Another client reported some trauma in the family that took place at the same time he developed asthma. The brain will process information in such a way as to most effectively help the body survive. Allergy medications and shots only help to suppress the signaling but do not help resolve the issue.

There can be true allergy relief by providing specific signals to the brain to reset on this information. An allergy response to pollen, animal hair, food, or chemical can be removed when the brain is given the proper stimulation to make a change. This stimulation is accomplished with a focused beam of light that carries the electrical frequency of the allergy to the nervous system to stimulate the brain to reset. Typically just one treatment is needed to resolve a specific allergy and remove the hyper-sensitive response. The light therapy is pain free and involves a simple clinic office visit. This therapy has been available across the country for more than 16 years and is quickly becoming the favored alternative to allergy shots and medication.

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 life. Allergies are a signal that the brain is hypersensitive about a specific item. You do not have to be dependent on allergy shots or medications to get through another day. A free video about this therapy is available at <https://www.drcramchiro.com/allergy-relief/>

Contact me to discuss your health goals for 2024. I can help you become allergy free in 2024. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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Talking Summer Hydration with U of M



Katie Loth, PhD, MPH, RD,
University of Minnesota
Medical School

Getting enough water each day is crucial for our health year-round, and it's especially important in the summer months as temperatures rise. While there are many beverage options to choose from, water is essential for replenishing fluids.

Katie Loth, PhD, MPH, RD, with the University of Minnesota Medical School speaks about symptoms of dehydration, the importance of staying hydrated and her research.

Q: Why is it important to stay hydrated?

Dr. Loth: Staying hydrated is critical to many of our body's functions. Water helps to

regulate body temperature, supports the delivery of nutrients, facilitates the removal of wastes throughout the body, protects joints and organs and keeps all of your organs working correctly. Drinking enough water also helps your muscles work efficiently. For example, when you are well hydrated, your heart does not have to work as hard to do its job. Staying hydrated can also improve your mood and ability to think, and has been shown to improve sleep quality.

Q: What are the signs and symptoms of dehydration?

Dr. Loth: Being dehydrated means that your body does not have enough water. The first sign of dehydration is thirst or having a dry mouth or tongue. You will urinate less than usual, your urine will be darker in color and it will have a stronger smell. Other signs include dizziness, feeling tired or lightheaded, swollen feet or hands and headaches. Extreme dehydration can cause people to develop a fever and even lead to life-threatening illnesses, such as heat stroke. Not sweating during vigorous physical activity can be a sign that you are dehydrated to the point where you are at risk for heat stroke.

Q: What tips do you have for staying hydrated in the summer months?

Dr. Loth: I always tell people to start by drinking a glass of water first thing in the morning and a glass with every meal or snack you have during the day. This habit alone will get you a long way toward your goal. Many people also benefit from a visual reminder — like a fun water bottle you carry throughout

the day or a refillable mug or glass that you keep at your desk or work station. If you are particularly forgetful, set an alarm or notification on your phone to remind you to drink water. You can also get creative by infusing your water with slices of fruit or veggies to make it more flavorful, or by having sparkling water or seltzer on occasion.

Focus on your body's signals: be sure to drink water in response to your own thirst and make a note to drink more if you notice the color of your urine is darker than usual. Water is typically all a person needs to stay hydrated, but if the weather is particularly hot or you are engaging in vigorous physical activity, you could benefit from a sports drink that replaces fluids and electrolytes.

Q: How much water should people drink each day?

Dr. Loth: The amount of water a person needs depends on a lot of factors, including their age and size, the climate, the clothing they're wearing, their level of activity and the sex they were assigned at birth. As a starting point, it is generally recommended that men should drink about 13 cups, women 9 cups (10 if they are pregnant and 12 if they are breastfeeding), and kids and teens 6 to 8 cups of water each day. This might sound like a lot, but eating fruits and vegetables that are filled with water and drinking beverages that are primarily water (e.g. milk, tea or coffee) also count toward this total. Sugar-sweetened beverages (e.g. soda, lemonade or juice drinks) should be consumed in moderation.

Importantly, as people age, their thirst center — the part of the brain that regulates the

sensation of thirst — is not as active as it used to be. This means it may take longer for them to realize that they are thirsty. In addition, our bodies do not hold on to as much water as we get older. Combined, these two factors place older individuals at greater risk for dehydration and make it critical that they stay on top of their hydration, particularly during warmer weather.

Q: What work are you doing at the U of M to advance diet and nutrition research?

Dr. Loth: I am involved in a number of projects seeking to better understand how to promote the development of healthy dietary intake and eating behaviors in children, adolescents and adults across their lifespan. My newest research project, Preschool Plates, is a cohort study that aims to better understand the role of parents in the development of their child's food preferences, eating behaviors and dietary intake. We are enrolling parent-preschooler pairs and following them over the span of two years to better understand the impact of various parenting approaches on young children's developing relationship with food. We look forward to sharing that information with families throughout Minnesota. I am also lucky enough to mentor and teach pre- and post-doctoral students and work closely with medical residents training to be family physicians.

Katie Loth, PhD, MPH, RD, is an associate professor at the University of Minnesota Medical School and associate vice chair for faculty affairs in the Department of Family Medicine and Community Health. Dr. Loth is both a researcher and a practicing clinical dietitian. Her research explores social and environmental influences on child and adolescent dietary intake and eating behaviors. Specifically, she is interested in identifying ways that parents and primary care providers can work to help the children in their care develop and maintain a healthy relationship with food and with their bodies.

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 56817 Hwy. 63, Zumbrota Falls, MN
 55991.
 Hours: Tuesdays, 11:00 AM-5:00 PM;
 Thursday, 1:00-5:00 PM.
 Phone: 507-259-1442

If you are a non-citizen, you and your family members may be eligible to participate in several programs operated by the Food and Nutrition Service (FNS). We hope you explore the programs and resources below to find access to nutritious meals for yourself and your loved ones.

Important Update

Applying for or receiving benefits from FNS nutrition programs does not make someone a "public charge." If you or a family member are eligible for FNS programs, you can apply knowing that you and your family will not face immigration consequences.

On Sept. 9, 2022, the Department of Homeland Security (DHS) published the final rule "Public Charge Ground of Inadmissibility," which aligns with longstanding policy that applying for or receiving FNS program benefits, like SNAP, will not make you a public charge and will not be considered in a public charge determination. More information on this rule is available here.

You can read the FNS - United States Citizenship and Immigration Services (USCIS) joint letter to learn more about public charge and SNAP.



SHIP is a state-based program that works at the local level to support healthier communities by expanding opportunities for active living, healthy eating, well-being and tobacco-free living, thereby helping to reduce the leading causes of chronic disease and death. For information on what it means to partner with Wabasha County SHIP on healthy eating, physical activity, and/or tobacco-free environment projects, please email Tina Moen or call her at 651-565-5200.

Wabasha County Food Access Network wants more people to know about the Supplemental Nutrition Assistance Program (SNAP)

SNAP, formerly known as Food Stamps, helps Minnesotans with low incomes get the food they need for nutritious and well-balanced meals. The program provides support to help stretch your household food budget. It is not intended to meet all of your household's food needs. It is a supplement.

If approved for the program, you will get an Electronic Benefit Transfer (EBT) card. It is like a debit card. Each month, your benefits will be credited to your EBT account. Learn more on Minnesota Department of Health's Website.

If you are approved for SNAP, you can use your benefits at many stores, farmers markets and senior dining sites.

Apply for benefits easily online in 20 minutes or less.

Use the self-screening tool to find out if you may qualify for SNAP.

This screening tool (PDF) asks a few questions to help you find out if you may qualify for SNAP. The screening tool only estimates your eligibility. The only way to know for sure if you qualify is to complete the application process.

The tool is also available in the following languages:

- Hmong - screening tool (PDF)
- Russian - screening tool (PDF)
- Somali - screening tool (PDF)
- Spanish - screening tool (PDF)

Summer 2024

NEW! Summer Electronic Benefit Transfer Program for Children (Summer EBT) officially launched Summer 2024.

Summer EBT provides grocery-buying benefits to low-income families with school-aged



children when schools are closed for the summer. More than 29 million children across America could benefit from Summer EBT.

Summer EBT benefits come in the form of pre-loaded cards that families can use to purchase groceries. Families will receive \$40 per eligible child, per month. These benefits work together with other available FNS nutrition assistance programs, such as summer meal sites, SNAP, and WIC, to help ensure kids have consistent access to critical nutrition when school is out. Learn more on USDA's website.

SHIP is a state-based program that works at the local level to support healthier communities by expanding opportunities for active living, healthy eating, well-being and tobacco-free living, thereby helping to reduce the leading causes of chronic disease. For information on what it means to partner with Wabasha County SHIP on healthy eating, physical activity, and/or tobacco-free environment projects, please email Tina Moen or call her at 651-565-5200.

Wellbeing in Nature Series

FOREST BATHING WALKS FOR OLDER ADULTS & CAREGIVERS

Countless health benefits have been associated with time spent in nature including lower blood pressure, decreased loneliness, rumination and anxiety, and increased sense of wellbeing.

Shinrin-yoku, also known as forest bathing, is a Japanese mindfulness practice of walking slowly in nature and using your senses to "soak" in the forest atmosphere. This gentle, adaptable practice provides numerous wellbeing benefits and can be practiced anywhere.

Join certified Nature and Forest Therapy Guide, Sara Holger, for this series of forest bathing walks designed for older adults and caregivers. We'll explore nature together and discover awe and beauty among the local landscape.

Walks are offered one Wednesday each month from 10 am - 12 pm, May - October, 2024:

May 8 @ Carley State Park

June 5 @ Malone Park in Wabasha

July 10 @ Hoksi-la Park in Lake City

August 7 @ Beach Park in Wabasha

September 11 @ Frontenac State Park

October 9 @ Krueger State Forest Campground

To sign up for these free walks, call 507-951-5885 or email sara.grover@yahoo.com



Wabasha County Public Health Spotlight



Public Health
Prevent. Promote. Protect.

By **Brittney Ender**,
Public Health Nurse

New backpacks, pencils and shoes are all you hear families talk about when the new school year about to start. Inboxes and mailboxes are stuffed with back to school required supplies and gadgets the kids need to start the school year. What else is on that list is back to school immunizations and vaccinations. Immunizations are a crucial part of our children's health as they return to the classroom. The CDC sets recommendations based off of your child's ages and medical history to offer the best protection.

In order for your child to start school with-

out requiring an exemption form, your child is required to have 5 doses of DTaP, 4 doses of Polio, 2 doses of MMR, 3 doses of Hepatitis B, and 2 doses of Varicella. So what are these vaccinations for, and why do we need them?

These Immunizations have been around for 30-70 years, and have been proven safe and effective, but why do we need them? Vaccines are one of the most effective health interventions we can utilize to save lives. Vaccines have greatly reduced diseases that once routinely harmed or killed babies, children, and adults. They can also prevent diseases that can have serious complications or even lead to later illnesses.

Once upon a time it was believed it was better to have children exposed to infections/viruses rather than getting treated. We now know, it is always better to prevent the infection/virus with a vaccine than it is to treat it. Many infections caused by viruses have no treatment, and some can lead to long hospital stays and even death. For example:

- Chickenpox (varicella) infection can lead to skin infections, pneumonia, and in rare cases, death. When exposed to chickenpox in your life, you are at an increased risk of de-

veloping shingles later in life. Shingles can be very painful and cause long-term nerve pain, and vision loss.

- Mumps infection (MMR) could lead to deafness, temporary sterility or decreased fertility in men.

- Haemophilus influenza type B (Hib) bacterial infection could lead to permanent deafness, brain damage, or even death.

- Human Papillomavirus (HPV) can protect against certain cancers.

Vaccines lower the risk of getting a disease by working with the body's immune system. After vaccination, the immune system responds and remembers how to fight that virus in the future.

In 2009, researchers used vaccination data from 2005 to 2009 to estimate that routine vaccination of children prevented about 42,000 early deaths and 20 million cases, col-

lectively, of diphtheria, tetanus, pertussis, Haemophilus influenza type b, polio, measles, mumps, rubella, hepatitis B, varicella, pneumococcal disease, hepatitis A and rotavirus.

So, don't forget while out school shopping and prepping for the new school year, you should also get your kids caught up on their life saving immunizations.

Adult vaccination - Reasons to vaccinate. (2022, September 22). Centers for Disease Control and Prevention. <https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

Centers for Disease Control and Prevention. (2024). 2024 Recommended immunizations for birth through 6 years old. In CDC Immunization Schedule.

Vaccine guidance from Mayo Clinic. (2024b, March 13). Mayo Clinic.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I own a 1987 Toyota based RV. The dashboard instrument cluster is pretty minimal. No tachometer, etc. I have found a cluster from another Toyota truck that I'd like to install. My problem is that my RV has about 112,000 miles on the odometer while the "new" odometer shows a bit over 210,000 miles. Is it legal to unwind the "new to me" odometer to match the actual miles on the RV and is there a person/place where I can get this done?

Answer: Minnesota State Statute 325E.14 Subd.6 says about replacing odometers, "Repair or replacement restriction. Nothing in this section shall prevent the service, repair, or re-

placement of an odometer, provided the mileage indicated thereon remains the same as before the service, repair, or replacement. Where the odometer is incapable of registering the same mileage as before such service, repair, or replacement, the odometer shall be adjusted to read zero and a written notice shall be attached to the left door frame of the vehicle by the owner or an agent specifying the mileage prior to repair or replacement of the odometer and the date on which it was repaired or replaced. No person shall remove or alter such a notice so affixed."

Example of odometer notice:

Here's what this means for your situation where your odometer is being replaced with a "used" odometer and unable to reflect the vehicle's actual mileage. You would need to adjust this "new to you/used" odometer to reflect zero. The written notice shall be attached to the vehicle's left door frame. I would advise keeping all documents and receipts on file of the work you had done and equipment purchased for this repair. It would probably be a wise idea to keep another set of the copied documents in your vehicle.

Question: Since I've moved to Minnesota, I've seen many drivers use right turn lanes as a bypass lane. Is this legal or does the sign reading "lane must turn" mean exactly what it says?

Answer: White signs are regulatory and failing to comply can result in a citation for "fail to obey traffic control sign/signal." "Right Turn Lanes" are what they are posted for, not passing or bypassing. The "Bypass Lane" is for bypassing (on the right.) Some areas where signs are posted, both of those would be permitted. A word of caution in those areas where both are allowed, remember who has the right of way and to use due care.

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

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

Changes to Minnesota's Child Passenger Safety Law

On Aug. 1, new guidance on car seats, booster seats and seat belts went into effect and may change how your children ride in a vehicle. The new law is based on best practice. It keeps children from prematurely graduating to the next level of restraint.

Prior to the changes, state law required car seats to be used according to manufacturer's instructions on height and weight. Now, instead of just relying on the child's size, the law specifies ages for rear- and forward-facing car seats, booster seats and seat belts (subject to weight and height depending on the child seat manufacturer). The booster seat requirement has been increased from 8 to 9 years old. Additionally, children under 13 years old must sit in the back seat if possible. See additional information on the Minnesota Child Passenger Safety Law and the Child Passenger Safety news release on the Minnesota Department of Public Safety website.

Crashes are a leading cause of injury and death among children, but proper car seat use can help protect and prevent injuries to our youngest passengers. Together, we can drive Minnesota Toward Zero Deaths.



Historical Happenings

Compiled by
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas
FRIDAY, FEBRUARY 10, 1956

Commissioners Approve Delay Until May 1 on Petition for Dissolving District 73

The granting of delay until May 1 on the petition for dissolution of District 73 by the county commissioner's Tuesday afternoon culminated a hectic week of activity on behalf of saving the local high school.

A caravan of at least 159 Mazeppa and area residents met with the commissioners in the Wabasha High school auditorium. Ernest Hoefs of Mazeppa explained clearly and concisely the excellent school to had here under consolidation, one offering all the required classes an special departments. He stressed the excellent financial condition of the village and school, the favorable tax rate in comparison to neighboring towns and the advantages of a smaller school. He asked only that the dissolution petition be delayed until the Mazeppa plat has been reconsidered by the state department of education. Mr. and Mrs. Max Cliff of District 73 also asked for tabling of the petition on the same grounds.

Friday, a delegation of eight—E. R. Hoefs, Mrs. Max Cliff, Mrs. S.H. Prigge, Clarence Arendt, LaVern Windhorst, Mrs. R.J. Tommeraas, Warren Grossbach and Leslie Graves---conferred with Gov. Orville Freeman and state department representatives regarding rejection the second plat. Mr. Hoefs was spokesman for the group.

The governor was generous in granting the delegation an hour's time and listening to both view-points. Mr. Schweickhard later again promised careful reconsideration of the plat.

"Our Town"

Mazeppa and in this editorial, by Mazeppa we mean both, the town and area residents has real reason for a profound sense of pride this week.

She was threatened with the loss of a high school 60 years old---a school which has been the focal point for most of the activities which occur in a village and ruled by a board and superintendent who have leaned over backwards to provide its facilities for any worthy cause.

Mazeppa didn't want to lose its school and thanks to the community spirit expressed during the past month, to all indications will not. However, win or lose this drawing together of town and country residents in one common cause was thrilling to witness. Businessmen left their jobs to work for the school, women their housework, and farmers their always numerous chores to join a caravan—first to the state department of education in St. Paul and Tuesday to the county commissioners' meeting in Wabasha. Many who could not go "baby-sat" or did chores so others could.

It was an expression of unity not often witnessed in a small town, and thanks are due every person who cooperated in any way.

Particular thanks, we feel, go to the board of education and Supt. Eimermann; to the American Legion auxiliary and its chairman, Mrs. S.H. Prigge, which sponsored the caravans; to John Roland and the county board; and Ernie Hoefs for his eloquent presentations of Mazeppa's case.

Yes, it was a thrilling fight—but a fight which ended with very little bitterness and with the door open for anyone wanting to join the Mazeppa school system. There are still many hurdles to jump, but with the spirit evidenced to date, it is hard to see how our town can fall.

Weddings

Hoit-Samuelson

Ferns, white candelabra and white mixed bouquets of gladioli and mums formed the background for the wedding of Evelyn Alice Samuelson of Minneapolis and Everett Edward Holt of St. Paul, at 3 p.m. at Knox Presbyterian church in St. Paul.

News And Views---Around The School

FOURTH GRADE-Squeaky's Valentine

Roses love sunshine

Violets love dew

Squeaky is here

And he loves you.

Yes, Squeaky is here with us again. He has been busy helping us make valentines for our Mothers and Fathers. We have been using water colors to paint our valentines. We are going to have our room party on Friday. This year we are going to have one big valentine box.

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Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, July 10, 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 Liffri, Michael Hammes, Dustin Wiebusch, and Erica Young.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Public Works Director Scott Ellingson, Municipal Liquor Store Manager Todd Ihrke, Wabasha County Sheriff's Department Patrol Sargent Joe Schneider, EDA Chair Jason Hughley, Christian Monsrud, Fire Chief Bryce Dohrn, Project Engineer Luke Lunde, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: Holly Galbus from the News Record and Robert Josse-lyn.

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

Motion by Young, second by Wiebusch to approve the June 12, 2024, regular Council meeting minutes and the June 18, 2024, Special Council meeting minutes. All in favor, none opposed. Carried.

Wabasha County Sheriff's Patrol Sargent Joe Schneider presented the monthly Incident Command Report. He said that it was looking good that staffing would be in place to cover Mazeppa Daze and that he would deploy the speed cart along highway 60. He also introduced a new Sheriff's Deputy, Dakota Funke.

Public Works Director Scott Ellingson gave

the Public Works report.

Fire Chief Bryce Dohrn gave the Fire Department report.

Motion by Young, second by Wiebusch to approve contract to purchase new Fire Department Rescue Vehicle at a cost of \$326,601.00. All in favor, none opposed. Carried.

The estimated build time for this equipment is 3 years. Payment due upon delivery.

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

Motion by Young, second by Hammes to table the official termination of former Mazeppa Liquor employees. All in favor, none opposed. Carried.

City Engineer Matt Mohs presented the engineering report.

Motion by Young, second by Wiebusch to set a Council working session for 6:30 PM, July 17, 2024. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to set a Special Meeting of the City Council for 6:00 PM, July 31, 2024. All in favor, none opposed. Carried.

Riverbank Project Engineer Luke Lunde gave an update on the Riverbank project.

Motion by Young, second by Wiebusch to move forward to apply for a second CPL grant to complete the approved additional work that was delayed by high river levels. All in favor, none opposed. Carried.

City Administrator Karl Nahrgang gave a City Hall activities report.

Christian Monsrud discussed the storm runoff issues on 2nd Ave. SE.

Motion by Young, second by Liffri to approve building permits: 24-920-066, 189 1st

Ave. N – Re-roof. 24-920-068, 585 3rd Ave. NE – water heater. 24-920-069, 1021 Riverbluff Rd. SE – patio door. 24-920-055, 127 2nd Ave. NE – Deck & Ramp. All in favor, none opposed. Carried.

Motion by Young, second by Liffri to approve providing business cell phone to City staff though First Net. All in favor, none opposed. Carried.

Motion by Wiebusch, second by young to rescind approval of River Bluff Minor Subdivision for the Sand-Va Ostrand property if it has not been filed at Wabasha County by the August 14, 2024, Council meeting. All in favor, none opposed. Carried.

EDA Chairperson Jason Hughley discussed the Chestnut Estates Development Agreement.

Motion by Young, second by Wiebusch to approve the Chestnut Estates Development Agreement with discussed changes. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve the Auditor Engagement letter with Smith Schafer. All in favor, none opposed. Carried.

Motion by Young, second by Liffri to set a Public Hearing at 6:00 PM, August 14, 2024, regarding changes to Land Management Ordinance to implement the updated City Zoning Map. All in favor, none opposed. Carried.

Discussion of how the City wants to deal

with Cannabis Management. Wabasha County has proposed to keep management and enforcement of Cannabis dispensaries at the County level. The information sent by Wabasha County will be distributed to the Council for further review.

Motion by Wiebusch, second by Liffri to approve Resolution 2024-26 Activating the 11th Ave. NE Right-of-Way. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve Zola Harvey, Sharon Gruhlke, Gladys Vagt, Mike Hammes, Judy Hofschulte, Vicki Arendt, and Linda Klassen as Election Judges, and Blaine Hentz as Head Judge for the August 13, 2024, Primary Election. All in favor, none opposed. Carried.

1st Reading of Ordinance 2024-03 Amending Land Management Ordinance Concerning Zoning District Boundaries.

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

The City Council thanked the Mazeppa Daze staff and volunteers.

Motion by Liffri, second by Young to recess the meeting until 6:30 PM, July 17, 2024. All in favor, none opposed. Carried.

Meeting was recessed at 7:38 PM.

Administrator-Clerk

Zumbro Falls City Council Minutes - June 12, 2024

The Zumbro Falls City Council met on Wednesday, June 12th, at City Hall. Council member Paul Bankers was absent. The meeting was called to order by the Mayor at 6PM.

Clerk read the minutes from the May meeting which were accepted as read with a motion from Anderson, seconded Benson, all in favor, carried. Treasures report followed with acceptance by a motion from Anderson, seconded Benson, all in favor, carried.

Virginia Magyar updated council on her findings for equipment at the Tot Lot. She will be also looking to replace the seats on the swings.

Bruce is waiting for another bid for the repairs needed at the City Ponds before deciding who the City will hire to do the work.

Discussion was made concerning the TIF payment for the clerk to make and the resolution to Modify the Tax Increment Financing plan presented to the City from Mike Bubany. Council agreed with a motion from Benson, seconded Anderson, all in favor, to go ahead and pay Daren Hofschulte his TIF payment as instructed by Mike Bubany. As far as the resolution to pass council wanted to invite Mike Bubany to the next council meeting for further understanding of this resolution before passing the resolution.

At 7PM the motion was made to adjourn the meeting and the clerk to pay bills presented from council member Anderson, seconded Benson, all in favor, carried.

Submitted by,
Susan Eischens, Clerk

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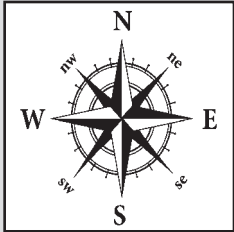
When my kids still lived at home, at times items would be left in places they weren't supposed to be. Back packs and shoes in the middle of the living room floor or in the hall was common. Being a parent, my question was "why are these stored here?" I was patient because they I was teaching kids the how, and the why of being responsible.

Over the past month, several examples that other parents did not have these conversations with their children, or the kids just didn't get the message have happened at the City's compost site. Trash bags from yard waste, cans, and bottles have been left at the compost site. An entire truck load of trash, household appliances, and construction materials were illegally dumped, as well as the occasional piece of furniture that is snuck into the brush pile. The City went to key access only, and then material was dumped in the driveway.

The City has reopened the site to unlimited access, except during burning. Surveillance equipment is being installed to catch those that do not follow the rules. The City hopes this curbs the problem, otherwise the parental saying, "you're grounded", may be applied, and the compost site will go back to limited access.



Changes in Latitudes, Changes in Attitudes Young Farm Lads and Lawn Mowers



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.

As a young boy on the farm in the early 1960's I was fascinated with machinery, and especially tractors. There was one tractor that was just my size. The garden tractor or lawn mower. I was too young to operate the first riding lawn mower my dad purchased. It was a Springfield and I believe it was purchased through the local Gambles Hardware store

around 1960. It had very small rear tires and even smaller front tires and the mower deck cutting height was not adjustable.

But a few years later we bought a Homelite riding lawn mower from Pete Boe in West Concord. I think Pete sold more Homelite's than any other dealer. This was my first serious job on the farm. It had a 24' single blade deck and a 5 horsepower Tecumseh engine. A few novel things about this unit was the four speed transmission, which was a rubber disc spinning on a flat drive plate, and the crank starter on the engine. One would wind the crank until it stopped and then trip the little lever, which spun the engine over. Easy enough for a 7 year-old to operate.

It had a padded seat and a bar in place of the steering wheel. I would spend hours upon hours mowing the yard around the farm. I could only dream of having a radio to kill the monotony. One had to be careful filling the gas tank, as it was part of the engine and any spill would pour raw gas right over the hot engine cylinder. One time the grass was exceptionally thick and tall behind the shop and I complained to my dad that it couldn't hardly cut it in first gear. I was secretly hoping we would get a larger garden tractor. He simply informed me to only cut half as wide a swath. I wasn't the best at fractions as a second grader but I did know that half of 24 inches was one foot and that was forever to get the lawn finished.

The one shining reward was mowing my



Homelite

grandmother's lawn. She lived at the south end of the farm and when I finished her lawn I was invited in for in ice cold Mountain Dew and some cookies. Nothing tasted quite as good as a cold glass bottle of innard tickling bottled by Zeke & Daisy Dew. Probably most Dew drinkers today have no clue.

My friend Ross Avery started selling Massey Ferguson Garden Tractors in the late 60's, at his dad's construction business. I wanted us to buy one of those so bad. The Massey Ferguson 7 was a thing of beauty to me. It had seven horse power, an electric start, a 34 inch deck and a hydrostatic transmission. It even looked like a tractor. I worked on my dad for a long time to con-

vince him. A lawn mower was not a necessity in his mind. But the day did come and I felt like a king on this new machine.

I still mow the lawn. Now I find it a welcome time to think and come up with new ideas. Fifty-six years have passed and my young mind could not even conceive of what lawn mowing would be like in 2024. I use a 25 horsepower John Deere zero turn mower with a 54" triple blade deck. Spring absorbing soft cushion seat with arm rests, and a top mowing speed of over 9 miles per hour. What used to take more than a day for me to accomplish is now finished in about two hours.



Massey Ferguson

A Minnesotan: Goats



By RosaLin Alcoser

My older sister believes that everyone has had at least one great goat story in their lives.

For her and I it was the time one of the neighbors down the road received a goat for Father's Day. The goat got out and ended up on our front porch then proceeded to blet if my sister did not sit outside with it. Our dog went ballistic and had to be kept inside all day until our parents figured out whose goat it was.

While they did that we proceeded to name that goat Kiddie; Kiddie was later renamed by his owners. We only had Kiddie for an afternoon but he was a good goat. About a year or so later our family bought him and he was delicious when we had

him for dinner.

One of my friend's goat story is from when he and his sister kept goats as a 4-H project back in grade school. Once when their aunt was staying over to watch them for a few days she pulled her car up to their car port in the late evening and heard a sound coming from inside.

Apparently the sound sounded like there was someone inside of the car port pretending to be a goat. Naturally since there was a suspected person pretending to be a goat hiding in the car port she called the deputy to come check it out. It turned out to be one of the 4-H goats bleating like a person pretending to be a bleating goat.

For one of my sister's friends their goat story happened after she told her friends about her belief in everyone having at least one great goat story. This friend was from a big city and had never seen a goat in person. So everyone in their group decided that they needed to take him to see a goat. So his one great goat story is about the time he was taken to a petting zoo and forced to pet a goat.

Everyone has at least one great story about an encounter with a goat. Whether it is having one show up at your door, keeping goats that pretend to be people pretending to be goats or being forced to pet one by your friends. And if you do not have one great story about an encounter with a goat then clearly you have not spent enough time around goats.

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- ACROSS**
1. Soothing concoction
 5. *The Magic School ride
 8. Mama's husband
 12. Dwarf buffalo
 13. Moneyed one
 14. "M*A*S*H" extra
 15. Soon, to Shakespeare
 16. Sheltered, nautically
 17. *Abacus user, e.g.
 18. *School jacket-wearer
 20. TV classic "Happy ____"
 21. What hoarders do
 22. Speech-preventing measure
 23. *Pencil end
 26. Deep regret
 30. Indian restaurant staple
 31. What cobblers often do
 34. Mother Earth, to Ancient Greeks
 35. Embedded design
 37. ____ Khan
 38. Contending
 39. *Don't forget to cross them
 40. Plural of flora
 42. Rolodex abbr.
 43. Sultry or carnal
 45. *Rydell High School movie
 47. Defensive one on the gridiron
 48. Oodles
 50. *Some PTA members?
 52. *It involves elements
 56. Cuban dance
 57. Burkina Faso neighbor
 58. Opera solo
 59. Boot-shaped European country
 60. Oil org.
 61. Review a service
 62. Say "No!"
 63. Animal's nose
 64. Perceives with an eye

- DOWN**
1. Jezebel's idol
 2. Beheaded Boleyn
 3. Plunder
 4. Certain rays
 5. Plural of #1 Across
 6. Part of an eye, pl.
 7. Witnessed
 8. *Field of education
 9. ____ Walker, American Girl doll
 10. *Inspiration for circular charts, pl.
 11. Acronym, abbr.
 13. Zimbabwe's capital
 14. Address to a woman
 19. Nail salon file
 22. Toothpaste type
 23. *Marks in English
 24. Hindu queen
 25. "Hannah and Her Sisters" director
 26. End of line
 27. Yogurt-based dip
 28. *Opposite side over hypotenuse, pl.
 29. Bald symbol
 32. * ____ monitor
 33. Bigheadedness
 36. *All-school get-together
 38. Giuseppe ____ of opera fame
 40. Temporary craze
 41. Parthenogenetic
 44. Recant or retract
 46. *English homework, pl.
 48. *Circle, e.g.
 49. Paparazzi's target
 50. Remote control option
 51. Middle Eastern sultanate
 52. "Follow me!"
 53. Genealogy plant
 54. Agitate
 55. Puppy barks
 56. Antonym of keep

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Rice County Steam & Gas Engines Inc.

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49th Annual

Tractor Show

August 30, 31, September 1, 2024

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- **FLEA MARKET** - Opens 8:00am Daily
- **PARADE OF TRACTORS** - 12:00 NOON DAILY
- **KIDS PEDAL PULL** - Saturday after Parade
- **TRACTOR PULL** - Sunday 9:00am, Registration 7:00am
- **RAFFLE TRACTOR DRAWING** - SUNDAY 4:00pm

Live Music!

Friday, August 30: *Czech Concertina Club* 2:00-5:00pm
 Saturday, August 31: *Marv Gohman* 10:00am-Noon
Charlie Sticha Band 1:00-5:00pm
 Sunday, September 1:
 Non-Denominational Church Service 8:00am
Marv Gohman 10:00am-Noon
Dakota Ramblers Band 1:00-5:00pm

Registration of all golf carts & ATV's will be required at Exhibitor's Gate. Proof of insurance. No cycles.

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 2nd Prize - Minneapolis Moline Pedal Tractor
 3rd Prize - 1/16 Scale Minneapolis Moline Tractor

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 Horse & Tractor Plowing * Sawmill Demos
 Blacksmithing & More!

ADMISSION
\$10.00 Adults
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The Rice County Steam and Gas Engines, Inc. is a non-profit organization. The farmers, exhibitors and workers time is all donated. All income is used to improve the show! Thank you for attending.

*Leashed Pets Only * Primitive Camping
No Alcoholic beverages allowed on grounds.*

GENERAL INFORMATION CONTACTS:

Bill Becker 507-581-1225
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