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SEPTEMBER 4, 2024

Volume 18 • Issue 9

Announcements

• **Mazeppa Business Women** are looking for **Businesses** or anyone interested in hosting a **Trunk or Treat** at our event on **Sunday October 27th at 3:30 – 5:00** please contact **Julie Collins 507-254-4857**. The event will be held this year at the Community Center parking lot in case of rain it will be moved indoors.

• **SAVE THE DATE- OCTOBER 17- THURSDAY!** The Mazeppa Area Historical Society will be having their Fall Supper-serving Scallop Potatoes and Ham, Coleslaw, Dessert & beverages. **COME HUNGRY & LEAVE HAPPY!** Red Wing Collectables for sale.

• **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: celebratercovery@southtroy@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

Tomorrows Leaders

This article does not constitute an endorsement of any candidate for the school board election by the Mazeppa/Zumbro Falls Messenger. We welcome each and every candidate to contact us for a story if they are interested in doing so to inform the public on their views.

By Tyler Weeks

Time has sped up its clocks again, and the summer season is nearly over as soon as it started. For communities across Minnesota, this means warmer weather is making its leave, and school is knocking. While many students oppose returning to the textbooks for a new semester, education is imperative to any child's development. Having a well-versed and responsible school board plays a crucial role in that. They determine how a kid views schooling and what future career path they want to take. Thus, to equip tomorrow's leaders with the tools they need to flourish, one must ensure a safe and innovative learning environment, provide pathways and part-

nerships that strengthen crucial concepts, and have genuine and experienced staff to guide them.

Matthew Brenden doesn't just firmly believe in these principles; he's looking to make them a reality by running for the Zumbrota Mazeppa school board this November. In the following interview, discover how he plans to openly and honestly bridge the gap between the board and the community.

Before we move into other questions, please share a bit about yourself and the events that led to your decision to run for the school board.

Matthew Brenden: Thank you for the opportunity. My career has been in education and business development, specifically in public affairs, data intelligence, grant writing, and issue management. I currently work for the Mayo Clinic College of Medicine and Science. *(continued on page 4)*



Matthew Brenden

Three School Board Seats Up for Election

The Zumbrota-Mazeppa School District has three seats of the six positions to be filled in this fall's November 5th general election. Seven have filed to fill the seats including the incumbents. Angie Bredehoft, Jason Lohmann and Stephanie Miller are the incumbents. Matthew Brenden, James Lohmann, Greg Mort and Aaron Stahosky are also running. The top three vote getters will be seated on the school board.

Salary and pay increases were proposed in the August school board work session. These include the principal's salary to \$131,145 in 2024-25 and \$135,735 in 2025-26. Dean of students, activities director and instructional coaches to \$99,939 in 2024-25 and \$103,436 in 2025-26. Substitute teachers will remain at \$165 per day, \$5.00 more for retired Z-M teachers, for 2024-25. Substitute bus drivers will receive \$27.25 per hour, the substitute nurse receives \$35.65 per hour, the para professional gets \$18.17 and the substitute secretary is paid \$19.72 per hour.

The Z-M food service provides free breakfast and lunch during the summer months and so far the district served 4,983 meals in June and 4,648 meals in July and were reimbursed nearly \$42,000 by the state for those two months.

Three to Vie for City Council Seats

Two Mazeppa city council sets will be up for election in November and three have filed to run to fill them. Steven Liffrig and Erica Young will be seeking re-election and Jason Hughley has also filed for one of the positions. The two with the highest vote counts will win.

The council has asked the city attorney to have a cannabis ordinance for the council to review at the September meeting.

The construction is set to commence at the new wastewater treatment plant before fall. Property owners have been notified to identify thirty-four unknown water services in town.

The Mazeppa Muni will hold a customer appreciation day on Saturday September 7th.

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Fall Bazaar

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Zumbro Falls Area



Forgiveness Gives Freedom



By Pastor Colleen Hoeft

To err is human to forgive divine...Most of us have experienced the relief of receiving forgiveness from someone we hurt. And as believers we have experienced the forgiveness of Jesus Christ for our sins. Sadly, we have times and people that we struggle to forgive; those that have sinned against us. There's a warning that deals with that in a pretty well-known passage in the Bible-the Sermon on the Mount, Matthew 6:12-15, "and forgive us our sins, as we have forgiven those who sin against us. 13 And don't let us yield to temptation but rescue us from the evil one. 14 "If you forgive those who sin against you, your heavenly Father will forgive you, your Father will not forgive your sins."

Pretty tough standard put into place by Jesus- Forgive as we have been forgiven- or you will not be forgiven.

It had been over 22 years since Joseph had seen his brothers. The Bible tells us that he was 30 years old when he stood before Pharaoh and was made the 'prime minister' over all Egypt. For thirteen years, after being sold into slavery, he spent time as a slave and a prisoner. All through no fault of his own. Now, before him stands the very ones that sold him into slavery and caused all his pain and the separation from his family. But, despite the pain that his brothers had caused him we see an amazing response to his brothers.

Instead of vengeance Joseph gives forgive-

ness. Did they deserve it? No. Yet Joseph knew God and he knew the hand of God. He also understood that no matter what happens to us in life "Everything works good for them who love the Lord". (Romans 8:28.) The bad in our lives may be caused by someone else but God always brings good. Not always as we think it should be or even when we think it should be. God redeems those bad things in our life and brings about something amazing- if we keep our faith and trust in Him. And that's where Satan will attack! He desires to destroy anything good- especially our family.

We see it here in full force- Satan wanted to destroy the people of Israel and what better way than through envy and fear within the family of Jacob/Israel. If he could destroy Jacob's family- God's plan for the Messiah would have been stopped (in Satan's mind anyway.) Allowing bitterness and hatred into our family is a powerful tool of Satan. This often comes from unforgiveness. We have to remember that "Conflict is inevitable, but combat is optional."

It is extremely important that within our families we learn to forgive one another. Sadly, there are people who carry around unforgiveness toward their parents or siblings for years. They are eaten up with unforgiveness which turns to hatred. If you or someone in your family has done something to hurt another person, your best recourse is forgiveness. Forgiveness can mend our relationships- even those of our families. Forgiveness may even help win our relatives to the Lord.

We must learn to forgive.

- Forgive as you have been forgiven, "Make allowance for each other's faults,

and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." Colossians 3:13.

- Forgive as often as necessary Back to Matthew 18:21-22, "Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" 22 "No, not seven times," Jesus replied, "but seventy times seven!"

- Forgive unconditionally "Love keeps no record of being wronged." 1 Corinthians 13:5. Forgiveness is to forgive unconditionally. This is why we are told to forgive so many times.

Steps to forgiveness

- Decide to forgive
- Demonstrate forgiveness. This is more than just words and mere decisions this is when we physically say we have forgiven.
- Depend on God to help you forgive

Joseph forgave his brothers. He determined that he would not be a prisoner of his past. And because he forgave, God made him to be fruitful in the land of Egypt. (Genesis 41:51-52.)

It is impossible to reach and stretch for the future when we're living in the pain of the past.

Being hurt by someone, particularly the ones you love and trust, can cause anger, sadness, confusion and other emotional wounds. If we dwell on situations, grudges filled with resentment, vengeance and hostility can take root. Jesus commanded us to forgive! "Forgive us our trespasses as we forgive those who have trespassed against us." The Lord's Prayer Matthew 6

You and I have mountains to be subdued, and victories to be won. Perhaps, someone has offended you and today, God has con-

victed them, and they are coming to you to seek forgiveness. Please forgive them. God forgave you; please do the same for them!

Forgiveness brings freedom! It gives you freedom to love, to trust, and to become more like Jesus. When you hang onto unforgiveness you develop a hang-up that will bring you down and threaten to destroy you. Desire God's healing, His strength and power to forgive- He will give it to you. He will equip and empower you to forgive those that have hurt you.

Our best example is Jesus himself- if he can forgive those that put him on the cross- and if He is willing to forgive all that call upon His name- no matter what they have done or who they are- How can we do any less? Forgive- and you will be forgiven! Be free from the sin of unforgiveness. Forgiveness Gives Freedom!

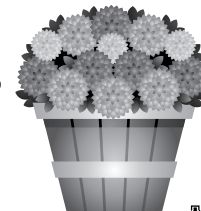
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What Things?

"Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" — Luke 24:32

At a concert, the usher at the door looked so familiar to me. But I could not recall where or when I might have met him before. After a brief conversation with him, we recalled that years ago he had been our son's grade-8 teacher. We enjoyed sharing a few memories of that time in our lives.

I think the situation was slightly different as the two followers of Jesus walked along toward their home in Emmaus. They didn't recognize that they were talking with Jesus, even though they had seen him recently. Did he not look the same? Jesus asked questions and taught them about the Scriptures, but it wasn't till they sat and shared bread together that their eyes were opened to see him. What a wonderful feeling that must have been!

Then, after Jesus "disappeared from their sight," they joyfully made the long trip back to Jerusalem to share their story. They could not wait to share their experience. Their love for Jesus and the others was enough to propel them back to Jerusalem to share.

With a text message from my cell phone, we eagerly shared with our son that we had talked with his grade-8 teacher at the concert that night. And it was fun to share that with him.

Are we eager in a way like that to share with others about our times with Jesus?

Lord, thank you for moments when you meet with us in a fresh new way. Open our eyes and hearts to your work in our everyday lives, realizing you are closer than we might think. Amen.

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Dave Mohler
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Wednesday Evening 7:00 p.m.

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Pastor Colleen Hoeft
56187 Hwy. 63, Zumbro Falls
www.southtroywesleyan.org • 507-259-1442
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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.

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South Troy Church Ice Cream Social

submitted by Pastor Colleen Hoeft



Feed My Starving Children Event in Plainview



submitted by Pastor Colleen Hoeft, South Troy Church

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Questions?

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Visit southtroywesleyan.org for more information



Tomorrows Leaders

(continued from page 1)

Having co-founded a startup company that continues to prosper, I understand the business of education.

Although relatively new to the area, having moved to Zumbrota in 2017 and Mazeppa in 2020, I have planted strong roots and feel at home here. Since moving, I

have taken an active role in our communities, serving on the Zumbrota Planning and Zoning Commission, helping coach youth baseball, and assisting the trap team this fall.

The education of Zumbrota is vital to me, as we have three students with varying needs and interests ranging from special education to robotics and athletics.

I understand you plan to run for the Zumbrota-Mazeppa School Board. What role do you hope to fulfill?

I hope to secure your vote on November 5th for the ZM School Board. My background, skills, and leadership style will bring a bene-

ficial perspective to the school.

Retaining and educating this community's youth through connections and mentorship is invaluable. The learning environment is rapidly changing, but I am running to ensure we stay ahead through fiscal responsibility, forward-thinking, and utilizing data to inform decision-making.

What I bring to the board:

- Strong communication and issue management skills
- Deep financial and business leadership
- Demonstrated success in the digital landscape
- No-nonsense, data-driven decision-making
- A career's worth of experience working in higher education
- Skills in connecting students to the right pathways and employment

What are your reasons behind this decision, and why should the community vote for you?

The need for a strong communicator between the board and the community became apparent when the district did some resizing. I thought it necessary to clarify the reason behind the board's decisions. If you don't always have the answers, say, "I don't know, but I'll find out for you." That's the style of leadership I will provide if elected- transpar-

ent, honest, and no-nonsense conversations with the board and the community.

They would also benefit from someone with a different background. My experience sets me up to help the district succeed with its plan of four focus areas- students, staff, community, and finance. Each category plays into my strengths, and I can use prior experience to set our students and communities up for success. Using data to make crucial decisions is something I do every day, and keeping that balance is paramount to an effective board.

However, building connections is just as crucial in today's world. Our community must expand its pipelines, partnerships, and collaborations for our students. Let's connect those interested in health careers with our health providers, the ones in tech and trades with strong local businesses, and the students in STEM programs at area colleges and universities. This way, we give our youth a reason to stay or return to the Zumbrota-Mazeppa area.

Is there anything else you'd like to add or share with the people?

The board is only as effective as you make them. It's essential to hold everybody accountable, discuss what is and isn't working, and be an active voice. While no single board member can come in and save everything,

they can make a real difference. This job is a challenging and often underappreciated role, so I commend anyone willing to run and serve in it. These people are our neighbors, and building and maintaining relationships with them as a relative newcomer has never been more necessary.

Here's my promise: my decisions will be driven by what is best for our students and communities. I'm bringing nonpartisan, non-nonsense, transparent leadership to address the issues that matter to you.

With the projected dip in state enrollment through 2030, there is an increasing need to maintain our district's high performance. More people opt for remote jobs for the independence and quality of life that working from home provides.

But with the data-driven and honest communication that Matthew Brenden promises, the Zumbrota-Mazeppa school board will prosper. The school is only 30 minutes from the #1 hospital in the world, where a vast workforce keeps the southern Minnesotan community afloat. Connecting students to companies like these is just the beginning. The only way to do this is for someone to step up. Someone has to embrace tomorrow's leaders. And that someone is Matthew Brenden.

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.

Daily tasks



By Missy Papenfus

I've found when I clean as I go, or tackle certain tasks daily/every other day or so, it's way easier to keep the house clean. If someone unexpectedly visits, it's not a big deal.

Making the bed every day is a habit. Whoever gets up last makes the bed. I hate doing dishes, although I don't mind using the dishwasher. I refuse to do dishes if there is one or two dishes in the sink! Not going to happen. My mom didn't raise me like that. My mom always does dishes after each meal and wipes the counters and table. I shouldn't feel bad, because it's my house, my rules.

Just like when we were kids and moved in to our new house, mom made us wipe out the shower after each use. I swore I was never doing that, and I don't do that either!

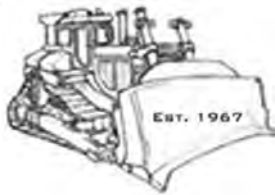
I try to stick in a load of laundry before I exercise in the morning, so when I am done, the laundry can be transferred to the dryer. It is way easier keeping up with laundry when you're an empty nester, and there are only two of us at home.

I try to do a quick pickup for a few minutes a day. Another work in progress for me is wiping off the kitchen counter and table. It is so much easier wiping the kitchen counter and table when the surface is kept clear. Doing a little something is better than nothing at all; and makes keeping a cleaner house more manageable. When it seems like there's a lot on my to do list and not a lot of time, I simply get to work and do the dishes and wipe the counter.

I love watching videos of ideas how other people do it, but the fact is, if I would get to work and not waste my time watching said videos, the house would already be clean.

Stay tuned for next month's topic: Selling your stuff
There's so much to do, so little time. Bye for now!

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MCCL Announces Winner in Cutest Baby Contest at Goodhue County Fair

Ellowyn Augustine, daughter of Taylor and Riley Augustine of Goodhue, was the winner of the Minnesota Citizens Concerned for Life's Cutest Baby Picture Contest held at the 2024 Goodhue County Fair, August 6-10.

A \$30 gift certificate to the Zumbrota Dairy Queen was donated by Minnesota Citizens Concerned for Life (MCCL) and was given to the family. There were 21 baby pictures that were entered and displayed for judging by fair-goers.

The MCCL group has been at the Goodhue

County Fair commercial building for many years, promoting the value of life from the moment of conception to natural death. It offers various opportunities for young and old to learn about a person's life before birth. Numerous volunteers staff the booth to provide information and resource materials.

New to the MCCL booth this year was a powerful display of life-size unborn baby models of different sizes and colors. This baby display is a continuation of this year's MCCL March for Life, when MCCL showcased 12,000 baby models to represent the number of unborn lives lost in MN in one year alone. The display was tangible and visceral representation of the reality of unborn human life and the enormous tragedy of abortion in Minnesota.

Back again this year was the "Spinning Prize Wheel", where visitors to the booth could spin the wheel, answer a question, and receive a sweet treat. Similar to last year, The Young Ones, models of babies ten to twelve weeks old, true to life-size, made soft



to the touch, lifelike in appearance, were a big hit. A card was handed out with each one to explain the different milestones of early development. There was also an educational display of fetal models, kids activity and coloring sheets, educational materials, along with larger Touch of Life babies.

Those over 18 were encouraged to sign this

year's pro-life petition, asking Minnesota lawmakers to protect babies and pregnant woman and take no more extreme pro-abortion votes.

The drawing for the Dairy Queen birthday cake, donated by Zumbrota Dairy Queen was won by Max Lexvold of Goodhue.

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A Monthly Moment at MotoProz

September is Missy's birthday month, and she's turning the big 5-0! We are celebrating all month long with 50% off of in-store clothing and helmets. Don't miss out! Get your winter gear before the snow and take advantage of 50% off the month of September while supplies last!



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!

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wedding or birth announcement.

Email us at: hometownmessenger@gmail.com



MISSY'S MESSAGE



IT'S MY BIRTHDAY MONTH!



MISSY PAPERFUS

There's a big birthday coming up this month, Friday, September 20th I turn the big 5-0!

No reason to keep my age a secret. When I was having what felt like a million tests in the ER back in May, the hospital worker that picked me up in a wheelchair to take me to the next test said, "you look way younger than 49"! Bless her heart! I wear moisturizer each day with SPF and rarely wear makeup. I used to wear a little makeup, but when I started going to the gym years ago and got an eyeliner tattoo, I quit taking the time for it. I really think no makeup and daily moisture is the key to a younger-looking face. To celebrate my birthday, I've been planning some trips to look forward too.

We went to Charleston, South Carolina in August with another couple to celebrate our birthdays. Never been there before and really enjoyed the history of Charleston. I'm still undecided how to celebrate on the 20th! I am headed to Carmel by the Sea, California in the beginning of October on a mother/daughter trip with my mom.

The View From the Back *Part 3*

By Ted Gamble

Ted Gamble is an avid runner and friend of The Messenger. This is the third of a 3 part series on his recent adventures. We hope you enjoy it.

The rest of the lap was somewhat uneventful. We just kept going—“relentless forward progress!”. As one racer passed us he said the fifth lap is awful because you’ve done everything five times and you still have to do it once more before you’re done. He was on the best lap, the sixth one—it is the best because each time you hit one of the harder portions of the trail you get to think and say to yourself, “I don’t have to do that again--you can even give it an obscene gesture if you want!”

Anyway so we finished lap number five. Chad was pretty tired so he stayed there and rested up with plans to run the loop in reverse so he could meet up with me somewhere along the way and then we could finish together. It was just a few minutes after 6 AM when we finished the fourth lap, and it was just a few minutes before noon when I began lap six. Still on pace.

We did some run/walk intervals a bit on the fifth lap to build some extra cushion into the final lap which would probably be needed. There was still six hours to go, but I didn’t want to have to push it too hard, I’m already sore and tired, and now it’s getting stressful!

With the various shortcuts and his fresher status we assumed that Chad would be meeting me before I was halfway done.

Anyway, I’m on my own again and looking forward to him Chad later on. That’s when the hallucinations started to come hard and often.

The first one occurred where I saw the woman with the large dog on the side of the trail that goes down to the first water stop; this time it was a little girl putting up a garage sale sign. I thought it could be real, this part of the trail is an old logging road that leads to a gravel road that I’m sure goes by some farms and rural homes. There could be a garage sale around here somewhere. Makes sense, right?

But once again, this was a tree stump. Ear-

lier, I wrote about trying to find the downhill that goes down to the Sand Coulee area. As I was moving along the trail looking for this and not finding it, I realized that I hadn’t seen any of the orange ribbons along side of the trail for quite a while.

Oh no, am I lost? Now what? I will never finish on time now! Deep down...here’s my excuse...

So I backtrack for a little bit until I found one, touched it to make sure it was real, and then turned around assured that I was on the right trail. I didn’t backtrack much, but it was wasted time, and it took away from my “relentless forward progress” motto.

It still seemed to take a while before I finally found the downhill turn. When I finally found it, there was a young man sitting with his girlfriend at the top of the hill.

I’m wondering what they’re doing there? Are they suffering as much as I? Maybe I can rest with them a bit before we tackle Sand Coulee, the company would be nice.... Turns out they weren’t doing anything. The young man and his girlfriend were just a couple of bushes. Anyway, when I finally got to the bottom there was an old rusty pickup truck parked off to the side in the woods. Just another large stump on the ground.

I’m about halfway, where is Chad?

Anyway, time to climb up to the Scenic Overlook Trail for the last time. I am not sure if this guy was real or not, but he was sitting on the side of the trail near the top. Shirtless (it was pretty warm again by then) and wearing a hydration pack. I looked down for a bit, and he had moved to the last switchback. He did not reply when I greeted him, but I didn’t stop either. Was he real? I don’t know.

I stopped and admired the view from the top (for the last time!) and continued down the trail. I really like this part of the trail, and just enjoyed slowly trotting along. The next phase that I had to look forward to was my

final descent down Ant Hill.

It was really tempting to cut some corners or take some shortcuts that would make the journey a little easier. But, I knew deep down that I wouldn’t/couldn’t do it. Even though nobody would see, I would know that I cheated. So I didn’t. Why even consider it, then?

“Lord help me make it through this!” I prayed.

Anyway, as I’m approaching Ant Hill, I started to imagine taking a short cut along a trail that runs along the ridge that meets up at the top of Paddy’s hill. This would eliminate the descent down Ant Hill and the equally brutal trip up Paddy’s Hill. Nobody would know, maybe if I ...and then I saw a flatbed truck with a wooden gate around the bed filled with about a dozen large propane tanks—the kind that you see at older gas stations in rural areas. To the side of the truck was a farmer and his wife. Both were wearing flannel shirts—that’s weird, it’s kinda hot today, I thought. He was posing next to the truck while his wife was taking photos. He looked very proud. There were others standing behind the truck. There’s no way I can take my shortcut now!

As I turned onto Ant Hill the entire scene disintegrated into the trees and bushes that were always there.

Maybe only five miles to go? I glanced at my phone and it’s getting close to 4:30. About 90 minutes to go.

Normally, on any other day this would not be a big deal. But, today was different. I have been up for roughly 36 hours, and been moving since 8 AM the day before.



Maybe some cold water will keep the hallucinations away?

Am I going to make it? Everything hurts, I’m tired, and starting to worry. I just want this to be done.

(continued on page 7)



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The View From the Back

(continued from page 6)

As I got to the bottom of Ant Hill just before making the turn up on Paddy's Hill I saw a guy come off the road, and he is "sneaking" (high stepping it, elbows out, looking from side to side—did I really just see that?) onto Paddy's Hill. He just gets on the hill and starts hiking up, did he just cheat? That makes me kind of mad!

Maybe it bothered me because earlier on I had thought about doing the exact same thing. At the bottom of the Scenic Overlook Trail there is a road that cuts to where the bottom of Ant Hill and Paddy's Hill join up. Taking that route cuts a few miles off the route, and eliminates a couple of very tough hills. But, I also knew as soon as I had the thought that if I cheated I would regret it because I would know that I cheated, even if no one else did.

Anyway, I followed him up the hill and did not see him again until I passed him about a

mile later just before starting the final "Death March". He looked like he was in a lower place than I was, no wonder he took a short cut!

Just before leaving the woods, I could see a few people running up the gravel road. What is going on? Maybe they're aid station workers getting a little exercise?

When I got on the road I notice off on the side in there were three or four people sitting in camp chairs enjoying some cold drinks. Only they weren't there. More hallucinations.

Even weirder than the hallucinations was the fact that they were coming so often and I did not think it was weird. It just was.

There was a small portable TV on the side of the road that probably should have been a hallucination but wasn't. It was really there and had been since the first lap. Thankfully, nothing was playing on the TV whenever I saw it. Now, that would have been weird!

One of the aid station workers that was running on the road approached me and asked me if I needed any help to finish this thing.

"I will take any help that you can give!" I replied, grateful for the offer.

We exchanged introductions, her name was Jeannie and she was from Milwaukee. She was here to "give back to the community". It seems foolish now, but I had to ask if she was real, I had been seeing too many things



Finishing the "Death March"

that weren't for the last few hours.

She was real all right. We started down the hill together and she reassured me that we had plenty of time to make it. As long as I crossed the finish line before 6PM, I would be happy. But Jeannie had other ideas and wanted to push me. She wanted a bigger cushion than I did. Why? I don't know; she was kind of harsh.

Hey, where was Chad? He should have been here hours ago!

"I can see physically you're wasted, but mentally you still have something in the tank. Now let's run to that tree. Not that tree—the next one! Keep going!"

I would have preferred Chad; he would have been nicer to me.

I told Jeannie that I was still expecting him, even though he was late. But, remember my prayer earlier? Jeannie was an answered prayer—God gives you what you need, not what you want.

(continued on page 8)



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The View From the Back

(continued from page 7)

We cross the bridge, for the final time. Now we're now on the last stretch of road before the turn back into the campground and the Finish Line.

"Hey, is that your buddy coming towards us?"

It was Nick and Linda.

"Yes, but not the one I was expecting! Hey, and that's my wife, too!"

I was really happy to see them; seeing Linda was an extra surprise.

But, I was not finished yet, I still had about a half mile to go. Eventually, finally, we see the sign indicating the turn into the campground.

And the Finish Line.

Suddenly, it wasn't hard to run. I trotted into the campground following the line of orange flags to the Finish. As I passed our tents, I noticed my daughter, Katey, sitting out front. She jumped out of the chair and headed to the Finish to meet me.

I didn't expect to see a lot of people there, but some of my crew was there and there were several race volunteers still hanging out. They probably had to stay until everyone was finished.

When I crossed the finish line, I expected elation. But I was too wore out and there was only relief. The people that were still there cheered as I was handed my belt buckle and a wooden race medal was placed around my neck.



Then I had the honor of signing the Zumbro 100 Finishers poster. My name next to the legends of Zumbro.

Derrick and Chris waited see me finish. The rest of our group had packed up and left. Chad had fallen asleep—that's why he never met me. He woke up from his nap, and was there too.

Pretty soon Nick and Linda joined us.

I was officially the last finisher. Number 44 out of 69 that started. So, really, technically, not last!

As I conclude, I'm thinking back to my father's question above, "Why the hell do you want to do that?" Well, here's an answer from Dean Karnazes that I really like:

"Western culture has it a little backwards right now. We think that if we have every comfort available to us, we'll be happy. We equate comfort with happiness. And now we're so comfortable, we're miserable. There's no struggle in our lives. No sense of adventure. We get in a car, we get in an elevator, sit at a desk. It's all comes so easy. What I've found is that I'm never more alive than when I'm pushing, and I'm in pain, and I'm struggling. And in that struggle, I think there's a magic."



Adding my name to the 100 Mile Finisher poster. I'm grabbing wood below so I don't fall over.

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Down on the Farm/ Up at the Cabin *Farm Vehicles: More Power!*

By
Monica & Claudia Vanderborcht

It seemed silly to pay someone to plow the 1/3 mile gravel driveway when Monica owned a perfectly good F250 farm truck. (Plowing couldn't be that difficult, could it?) So she bought a plow blade, had the installers give her a quick "How To" for running it, and figured she was good to go.

Now Monica wasn't inexperienced with vehicles: besides driving sedans and minivans in the suburbs, Monica had toured 49 states on a motorcycle. She had also slow-crawled through many back-country trails with her Jeep Wrangler, equipped with an air-actuated front differential locker, big Super Swamper radial tires, and a 4" suspension lift. She had conquered "Baldy" – a steep, sandy hill at a private off-road camp in northern Wisconsin, disemboweling a rear shock while navigating over some large boulders. In Colorado, she negotiated 12-point turns on the old single-lane mountain trails. And at her elementary school, Monica routinely parked at a 45-degree slant on the snowbank. (The kids loved it; the principal hated it).

The most important lesson from the Dakota Dirt Diggers 4WD club (a great bunch of guys who were happy to teach Monica about their favorite hobby) was probably, "If you never get stuck, you're not doing it right." Glorious freedom to make mistakes! Other important

lessons were how to avoid getting stuck (usually) and what it took to get unstuck (towstraps, chains, and winches). Yep, thanks to her Dirt Digger buddies, Monica was somewhat fearless behind the controls of farm vehicles.

The first few snowfalls, light and fluffy, were great practice for the plow controls.

Then one beautiful winter day Monica got overzealous plowing around her pole barn and did, indeed, get stuck. (There was a dip in the lawn that she had forgotten about.) The truck had great clearance, but the snow plow frame didn't. Out came the shovel, the high-lift jack (which she had owned for years but never had a reason to use) and the camera (to memorialize the event). Lesson learned: the plow has less clearance than the truck.

It was a great first winter learning to snow-plow! Only a few times did Monica back into a rock-hard snowbank (going too fast). Or get stuck up to the windows in the hard-packed drift snow across the driveway (going too fast). She volunteered to plow out a friend a few times (only once getting so stuck they had to call the tow truck). And she helped plow the church's parking lot – several times pulling vehicles out of ditches (neither going too fast nor getting stuck).

In the spring, Monica ordered several loads of Class V to firm up the driveway and around the barns. The trucks came once the roads were cleared for heavy equipment. After one dump truck dropped its load and was turning around, the rear tires sunk into the soft spring lawn. The trucker tried, but the tires only spun and sunk deeper into the soft earth. No stranger to stuck vehicles, Monica – friendly and helpful person that she is – offered to help, explaining that she actually had experience pulling vehicles.

Out came her heaviest chains! A quick



hook-up between the dump truck and her little F250 – one tug and he was out. Although he probably never shared that story with his buddies over a bottle of beer.

New livestock necessitated new vehicles. Monica purchased a Kubota tractor to move the 1000-pound round bales for the two cattle and a few 700 pound square bales for the six goats. All was good until after a few thaw-freeze-thaw cycles ... Yes, the Kubota could lift a dry round bale without too much trouble. But when the top few inches had absorbed water and the base had become encased in ice – oops! In the end, Monica took the bales apart and fed the cows one scoopful of hay at a time. Lesson learned: store the hay in the pole barn so it doesn't freeze to the ground.

By winter, the farm had grown to 80 chickens, 14 cows, and 10 goats.

Yes, the Kubota could lift a round bale if it was kept in the pole barn over winter, but it was very difficult to maneuver: with the bale in the front and an implement on the back for ballast, the now very-long tractor required multiple-point turns. She dreamt of something that was both stronger and more maneuverable.

Monica started looking for a skidsteer (just what every retired elementary teacher dreams of!) She had never driven one – had never even sat in one – but fearless Monica started shopping. It wasn't too long before she found one, in-budget, and with acceptable hours.

She drove the F250 with 20' trailer up to get it, but made the sales guy drive it onto the trailer (not willing to look foolish with an audience).

The skid loader was perfect – maneuverable, stronger, and more power! The new snow on the driveway was the perfect place to practice. (And so cozy warm in the cab compared to the chilly open seat of the Kubota.) Who knew the skid loader clearance was only 3 inches? Yup, stuck again. (Towing skills certainly come in handy on a farm.) Claudia in the truck, Monica in the loader – it was out in seconds. Another lesson learned!

Remember the Dakota Dirt Digger motto: "If you never get stuck, you're not doing it right." Monica regularly found herself stuck in the mud with the riding lawnmower, stuck

on a high rut in the skidloader, stuck in a ditch with the ATV (who put that ditch there by the silo?). Once, trying to deliver a hay bale to the goats, Monica got the skidloader stuck in the snow ... tried to pull it out with the truck but got it stuck, too ... and then fired up the tractor, driving it out of the summer barn (intending to free the truck and skidloader) but got the tractor stuck in the drifted snow. Claudia headed to the garage for the snow shovels.

That spring, Monica was moving a round bale across the yard to the goat pasture. The frost was starting to come out of the ground and it was slippery. Heavy machines make deep mud ruts; low clearance makes heavy machines stuck. Usually not a big deal. But this time she couldn't go forward, she couldn't go backwards, and she couldn't get out – trapped inside the cab by the round bale! Oops.

Monica enjoys farm vehicles; Claudia not so much. The most helpful thing Claudia could do was phone Heather: a neighbor, stay-at-home mom, and very experienced farmer. As Claudia reached for the phone, it rang – it was Heather! Calling out of the blue! Within minutes she and her kids were at the farm studying the predicament. Her oldest son had just received a winch for Christmas and was really excited to try it out. He winched the bale off the forks and Heather used the forks to push the loader slowly backward.

And Monica drove the skidloader straight back into the barn until the ground was solid again. Lesson learned!

In time, Monica got quite proficient with the skid steer, able to unload the 20 foot trailer full of round bales as if she had been doing it for years. She could load and unload any farm vehicle onto the trailer without assistance (ATVs, tractor, skid loader) – for which Claudia was grateful because just watching the operation scared her silly.

Guys like to brag about their vehicles – make, model, even the number of cylinders. Let's see: F-250 (10 cylinders), minivan (4), second minivan (6), tractor (3), skidloader (3), mower (4), ATV (4), second ATV (4) – not bad for a suburban gal turned farmer. Not that anyone cares, but the tire count, including all the trailers, was 40.



Magnesium



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Benjamin Franklin is quoted as saying, "An ounce of prevention is worth a pound of cure." When talking about the impact of magnesium on your health, this is especially true. Magnesium is the sixth most abundant mineral in your body and is involved in more than 300 essential chemical reactions to keep your body active and healthy. The healthy adult male requires 420 milligrams per day, while the healthy adult female requires 320 milligrams per day. This small amount is not even one-tenth of an ounce, and yet about 75% of Americans are deficient in daily magnesium.

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. So what are some symptoms that may indicate your body is not getting enough magnesium?

Osteoporosis – More than 10 million Americans are experiencing decreased bone density. While many assume or have been told to take calcium supplements, this is not sufficient. Magnesium is needed to transport calcium where it needs to go in the body, and magnesium is also a component of strong bone tissue. Long term magnesium deficiency is associated with decreased bone density.

Restless Leg Syndrome – a nerve condition that can produce unwanted leg movements that decrease the quality of sleep each night. Magnesium is a critical mineral for proper nerve activity. Deficiency of magnesium can result in improper communication between the brain and muscles resulting in leg twitches and uncontrolled muscle responses. Restless leg symptoms have been decreased with consistent magnesium supplementation.

Diabetes – is becoming one of the leading health concerns in the United States. More than 1/3 of the population is challenged with effective control of blood sugar. Magnesium is an essential mineral to aid in the effective control of blood sugar. Magnesium helps the cells of the body to respond quickly to insulin. Without magnesium, cells become insulin resistant and will not absorb the sugar molecule the insulin is bringing to the cell.

High Blood Pressure – 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. Magnesium helps muscles to relax. Both the heart and the blood vessel muscles need magnesium to be able to relax. When an individual is brought to the Emergency Room with a heart attack, magnesium will be one of the first supplements provided to help get the heart muscle in a more relaxed state.

Additional conditions associate with magnesium deficiency include: vertigo, constipation, heart arrhythmia, anxiety and panic attacks, depression, brain fog, migraine headaches, and colon cancer. According to Dr. Norman Shealy, "Every known illness is associated with a magnesium deficiency. Magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other

nutrient."

Magnesium rich food sources are necessary to help you keep a healthy balance in this stressful time we live in. Avoid processed foods that do not have any magnesium in them. Choose almonds, cashews, and pumpkin seeds, as well as black beans, lima beans, and quinoa. Magnesium is rich in seeds and in dark green leafy vegetables. Therefore, kale, spinach, and collard greens will be good sources of magnesium. There is no danger of overconsuming magnesium from food sources.

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

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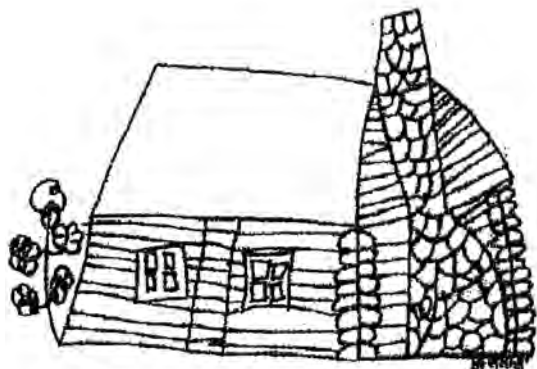


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Pesticides Found in Hair Samples, Childhood Chiropractic Care



By Shauna Burslem, D.C.

Using mass spectrometry analysis techniques, researchers in Luxembourg and France detected 69 biomarkers of pollutants and pesticides — 12 of which are banned in the EU — in hair samples from over 200 French children.

This study, published in Environment International, is the first to target over 150 biomarkers in a single hair sample, which “represents the most comprehensive assessment of chemical exposome in humans,” the authors say. This adds more credence to the debate as to whether or not to eat organic foods, foods which are grown without chemicals and pesticides.

A new study published in the British med-

ical journal, Lancet has confirmed that the use of statin drugs for high cholesterol increases the risk of diabetes by 36%. Statins have also been shown to increase risks of cataracts, neurological conditions and certain cancers. Recent research is pointing to insulin resistance being the primary driver of atherosclerosis, not LDL cholesterol levels. Scientists are recommending a holistic approach to heart health, considering factors beyond cholesterol levels. A Japanese study, published in Scientific Reports (Feb 2024), links the use of statins to pancreatic cancer risks. This study was massive (67,768 participants) and performed over many years and showed a definite increase in pancreatic cancer risk in those who took statins.

Vitamin C is an important nutrient that helps our bodies fight off colds. It has special properties called antiviral and antibacterial properties, which means it can help protect us from germs that make us sick. When we take vitamin C supplements, it boosts our immune system. This makes it easier for our body to fight off infections, so we can get better faster and stay healthy. Taking vitamin C supplements is especially helpful during cold and flu season. They can help reduce the severity of colds and make our symptoms less severe. Plus, vitamin C is easy to find in fruits like oranges and strawberries, but sometimes we don't get enough from food alone. That's why taking a supplement can be a good idea to make sure we have enough to keep our immune system strong. I personally take 1000mg of vitamin C per day. Vitamin C is a staple in our “medicine cabinet” for when our bodies might be

coming down with a germ. At the first sign of a symptom, I become proactive and start taking higher doses of C, multiple times per day. When a germ appears, 3000 to 4000 mg every 4 hrs is not an uncommon dosage for me. Usually, one day of high dose C is all I need, as the C will wipe out the germ with its anti-viral, immune system boosting properties. Liposomal vitamin C is the best C to take for high doses, as liposomal C will not cause any gastric distress.

Chiropractic care can be very helpful for children. It focuses on making sure that their spine and nervous system are working properly. This can help improve their overall health by making sure that their bodies can function the best they can. For instance, children who receive chiropractic care may have better posture and fewer problems with back pain. Another great benefit of chiropractic care for kids is that it can help their immune system. When a child's spine is in good shape, their body can fight off infections more easily. Science has researched the connection to immune system function and spinal neural impulse flow. The nervous system controls the function of the immune sys-

tem. This means children might get sick less often and recover faster when they do.

Some kids who see a chiropractor also see fewer ear infections, which are a common problem. Muscle tension in the neck can place pressure on the ear tubes, pushing them more horizontal, which prevents ear fluid from draining. Stagnant ear fluid attracts bacteria which then can lead to infection. Chiropractic adjustments to the neck relaxes the muscles, allowing the tube to “dip” downward, draining the fluid and preventing the ear infection from reoccurring.

Chiropractors can also help prevent and treat issues like scoliosis, which is a condition where the spine curves in an unusual way. This can make a big difference for a child's comfort and health as they grow. Additionally, if a child plays sports, chiropractic care can help them recover from injuries more quickly and even prevent some injuries from happening in the first place. Overall, chiropractic care is a great way to support the health and well-being of children.

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

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Talking Back-to-school Anxiety with U of M



By Lidán Gu, PhD,
University of Minnesota
Medical School and
M Health Fairview

Back-to-school season can be filled with mixed feelings for young learners. While some students are excited to return to the classroom, it is also a cause of anxiety for many others.

Lidán Gu, PhD, with the University of Minnesota Medical School and M Health Fairview, speaks about the signs and causes of back to school anxiety, and how parents can provide support.

Q: What is anxiety?

Dr. Gu: Anxiety is like an internal alarm system that alerts us to potential threats or

stressors. It is a natural process and is essential for human survival. A little anxiety can help us to be more prepared for school, work and day-to-day tasks, and thus promotes positive outcomes. However, it can be a problem when anxiety becomes too intense and interferes with our abilities to deal with tasks or solve problems effectively. It can also cause people to try to avoid situations that cause them anxiety.

Q: What are some common sources of anxiety during the back-to-school season?

Dr. Gu: Going back to school may trigger anxious reactions for a variety of reasons. First, going back to school is a time of transition and change. For students who are more comfortable with specific routines, a change in their routine can trigger anxiety and worry. Second, going back to school means increased learning activities. In comparison to activities at a summer camp or unstructured playtime, learning activities require more mental effort and self-control skills to get positive feedback. When a student anticipates that going to school will not lead to positive or rewarding feedback, the student is more likely to feel anxious or worried.

Lastly, increased social demands can also cause anxiety. For students who are not accustomed to being away from their parents, going to school can trigger separation anxiety. Students who are typically shy may find going back to school to be anxiety-provoking. Those who are sensitive to peer reactions may also feel more stressed about returning to the school environment. Students with certain disabilities or immunocompromised status may deal with additional worries surrounding their health when returning to

school.

Q: What are some of the symptoms of anxiety in children?

Dr. Gu: Depending on how close the perceived “threat” is — i.e. how soon they’ll be starting school — children may feel different levels of anxiety symptoms. When children are reminded a few weeks out from their start date, they may feel mild worry or anxiousness. This can present as restlessness, irritability or being generally more emotional. As the first day gets closer, children may show increased anxiety symptoms, such as difficulty concentrating on activities or difficulty falling asleep. Some children may experience physical effects of anxiety such as increased heart rate, headaches, stomachaches, decreased appetite, increased sweating or needing to use the bathroom more often.

Q: How can young children manage their anxiety? How can parents provide support?

Dr. Gu: Helping young children name their anxiety is a crucial first step. They often lack the ability to connect their symptoms to their anxiety sources, which adults likely have more experience with. Parents and caregivers should acknowledge their emotions and potential causes, validate their experiences and help them understand what their anxiety is. Parents should also talk with children about their specific worries, which can help identify the sources of anxiety. It’s important for parents to remember that what may seem minor to adults can be significant to children.

When students worry about the new school year, they may only focus on the stressful aspects. Reminding them of positive aspects, like their favorite classes or going to recess,

can help. Creating positive associations with school, such as celebrating the first day together or planning special activities for a Monday can also be beneficial. For children who struggle with learning, reviewing school accommodations and discussing children’s concerns is useful.

For students who are concerned about social problems, it will be helpful to discuss social problem-solving and identify support available for working on social skills. For clinically significant anxiety symptoms, seeking professional support from a children’s mental health provider is important.

Q: What work are you doing at the U of M to advance mental health research?

Dr. Gu: Having chronic medical conditions can be stressful and anxiety-provoking. My research focuses on understanding the neuropsychological aspects and mental health factors that can promote effective adjustment, coping and self-management in the pediatric solid organ transplant population. One of my current research projects is to develop an effective assessment of psychosocial concerns in pediatric kidney transplant recipients. With this assessment, my colleagues and I hope to be able to identify patients’ mental health and psychosocial concerns, understand how these concerns are related to health decision making and medical adherence, and how these concerns can be addressed through a multidisciplinary approach.

Lidán Gu, PhD, is an assistant professor with the University of Minnesota Medical School and a pediatric psychologist with M Health Fairview. She specializes in psychological evaluation and consultation for children and adolescents with chronic medical conditions and neurodevelopmental disorders. Her research interests include the impacts of mental health on health-related decision making.

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Taste of the Ranch!

Submitted by Chad Otterness

Cannon Valley Ranch (CVR) is hosting a beef cookout and serving the public on Thursday, September 12th, 4-8 PM. CVR previously had beef cookouts in July and August. Bruce and LeeAnn Waugh are owners of Cannon Valley Ranch and their sons Taylor and Aaron also assist in operations. Entertainment will be provided musician Clay Fulton. CVR is showcasing their ranch and raising Angus Beef by implementing regenerative agricultural practices. They are inviting the public into their ranch to learn more about how they raise their beef.

Food options will Angus Beef burgers, beef hotdogs, cole slaw, fries and ice cream for dessert. Pasture tours will be available throughout the evening for family enjoyment.

Animals will be in holding areas for families to view, such as calves, goats and a lama.



A wine tasting area is available for adults, as well as beer, soda and water.

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Goodhue, Dodge, Olmsted 4H Shooting Program to Compete at Minnesota 4H Shooting Sports Event



Wildlife day at Frontenac State Park

Submitted by Jim Perrotti

The Goodhue, Dodge, Olmsted 4H Shooting Program will be competing at the Minnesota 4H Shooting Sports Event held in Alexandria Minnesota September 6, 7, & 8th, 2024. When the Youth are there that will have the opportunity to compete in different disciplines offered through the 4H Shooting Sports program. The disciplines offered are Archery, Air Discipline, Trap, 22 rifle, and Muzzle loading/Tomahawk, plus have the opportunity to do Wildlife Calling, Wildlife Knowledge, and Cast Iron Cooking To compete in each of these events the Youth will have trained in the disciplines they choose to compete in. 15 hours of training is required the first year out for a discipline and 8 hours each year after plus 8 hours of Wildlife training each year. This year Wildlife Day was held at Frontenac State Park. 4H Youth learned about bird and tree identification and made pizza on cast iron pans. Most of the 4H youth also took a wildlife project to their local county fair. 27 4H Youth from Goodhue, Dodge, Olmsted, and Winona Counties will be competing in this year's event. This year the Shooting Sports Program received donations from Bellechester Legion, NRA Foundation, and the Mazeppa Lions Club to help with archery supplies, trap shells, and other supplies needed for the shooting program. If any youth are interested in the 4H Shooting Program please contact 4H extension at 651-385-3100.

Wabasha County Public Health Spotlight

988 – Suicide and Crisis Lifeline



Public Health
Prevent. Promote. Protect.

BY KARLI GOODMAN,
BSN, RN, PHN

Wabasha County, MN – September is a month of change in Wabasha County. It is the first month of fall, SeptOber Fest decorations take over Wabasha, football kicks-off, we start drinking our coffee hot, leaves start falling, and everything starts to feel cozy. September is also Suicide Prevention Month, and we are asking for your help to change the stigma around having the hard conversations and bring awareness to a major public health

concern.

Since 2000, deaths by suicide have been rising at a steady and alarming rate. It is the eighth leading cause of death in Minnesota and tenth nationally. According to the CDC in the past two decades, suicide rates have been consistently higher in rural areas. Between the years of 2000-2020, suicide rates increased 46% in rural areas compared to 27.3% in urban areas. Suicide can be prevented and people contemplating suicide can get better, but both require intervention, information, and cooperation.

Knowledge of risk factors and warning signs is the first way to increase suicide awareness. People of all genders, ages, and ethnicities can be at risk. Main risk factors can include depression and other mental disorders, substance use disorder, chronic pain, personal or family history of suicide, exposure to violence, or having recently been released from prison or jail. Stressful events and interpersonal stressors may also contribute to suicide risk, especially when they occur alongside other risk factors. Warning signs include talking about suicide, talking about feeling empty or hopeless, feeling unbearable emotional or physical pain, talking about being a burden to others, withdrawing,

giving away possessions, saying goodbye, getting affairs in order, and taking life-threatening risks. Please note that this list is not comprehensive. Close friends and family are often the first to recognize significant changes and warning signs and can take the first step toward helping a loved one.

Wabasha County has several crisis services. The preferred intervention would be for you to contact the Mobile Mental Health Crisis Response Team which is available 24 hours a day. Mental Health Practitioners and Professionals are available to provide needed support through the phone or they can be dispatched to your home or another location in the community. Call the Crisis Response Team at: 1-844-CRISIS2 or 1-844-274-7472.

The National Suicide Prevention Hotline is available to anyone, any time of day: Dial “988”

You may also use the Crisis Text Line: Text

the word “HOME” to 741741 for assistance. A trained counselor will be available to help.

A “Warmline” is also available in Minnesota. This is a safe and free way for individuals to receive confidential and anonymous support from trained peers. The Warmline is available seven days a week from 5pm-9am. Call: 1-844-739-6369 to talk to someone today.

If you are worried that you may harm yourself or others, you can access immediate assistance by calling 911.

Wabasha County Public Health wants you to remember that whether you are struggling with a crisis yourself, or you have a loved one dealing with a difficult situation, you are not alone. Never feel bad for utilizing any of the above resources. “What mental health needs is more sunlight, more candor, and more unashamed conversation.” –Glenn Close

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I heard the Minnesota State Patrol got a new design for your patches and squad cars. Can you talk about that?

Answer: You are correct. For the first time in more than 50 years, the Minnesota State Patrol has a new look.

Last year when the Minnesota Legislature approved a replacement design for the Minnesota seal and flag, State Patrol leaders took note.

"That decision presented us with a unique opportunity to create something different to represent our division and culture within the State Patrol and its staff throughout the state," said Col. Christina Bogojevic, chief of the Minnesota State Patrol.

A working group made up of 13 sworn and non-sworn members of the State Patrol worked for four months with a design agency to come up with and refine the new design. "We wanted something that represented the strong history and legacy of our division, something that is identifiable with the state of Minnesota, all while giving it a more modern update. The redesign was an opportunity for us to create something highlighting our pride in serving Minnesota," said Lt. Col. Jeremy Geiger, who led the group.

The new look — with heavy ties to symbolism — reflects the values and history of the State Patrol. The North Star — a four-pointed star and the same one used on the redesigned state seal — represents the cardinal directions, just as we serve Minnesotans to the north, south, east and west. The Mississippi River, abundant in its contribution to our state and serving as a critical artery for transportation, lends itself to our role of maintaining and securing an efficient transportation network and connecting with others. The Norway pines, the state tree of Minnesota, underscore the steadfast and reliable commitment of the State Patrol, working for Minnesotans 24 hours a day, seven days a week, through all seasons, all year long.

The new look for the State Patrol isn't just a redesigned patch on our troopers' should-



ders. It includes badges, hats, squads, license plates, buttons on uniforms, signage and so much more. In fact, there are more than 188,000 pieces of equipment that will need to be updated with the new design. State Patrol leadership is prioritizing updates on squad cars and uniforms, and being diligent about updating items where they were already scheduled to be replaced. To complete the whole process will take somewhere from six to nine months and an estimated \$4 mil-

lion.

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)

Historical Happenings

Compiled by
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas

FRIDAY, FEBRUARY 15, 1956

BROKEN BONES MAR WEEK FOR SEVERAL

Three area residents suffered broken bones in accidents last week.

Oscar Evenson received broken bones above his ankle in a runaway accident Saturday, when a manure spreader ran over him. Mrs. Art Hoeft suffered a broken ankle Monday of last week when she fell under the clothesline, and John Roland, son of Mr. and Mrs. Jim Roland, broke an arm while sliding.

Mrs. Blanche Kinney has returned to Zumbrota community hospital, after receiving treatment at St. John's hospital, Red Wing, for a broken hip.

Weddings

RIETMANN-WHIPPLE

Miss Lela Rosella Whipple, daughter of Mrs. Mary Whipple, became the bride of Daren Roger Rietmann, son of Mrs. Helen Rietmann, Feb. 6.

The Rev. Theo. Haar performed the single ring ceremony at his home.

Both the bride and groom were graduated from Mazeppa High school. Mr. Rietmann served 17 months overseas, in the Far East.

Obituaries

DOMINICK SCUGLER

Dminick Scuglir was born in Votozona, Italy on August 15, 1886. He came to this country as a young man in 1904 settling first in the region of New York. Several years later he came to the vicinity of Zumbrota, where he worked for a number of years. He entered military service during World War I, and served with the U.S. Army. Following his discharge, he returned to Zumbrota and was united in marriage there on April 22, 1920 to Minnie C. Sommerfield. Shortly after they moved to Faribault and had made their home here since.

He is survived by his wife, five step children, Mrs. Amanda Bowers of Faribault, Herman Sommerfield of Mazeppa, Fred Sommerfield of Minneapolis, Mrs. Mollie Longfellow of Minneapolis and Clarence Sommerfield of Milwaukee. He was also survived by 21 grandchildren, 28 great grandchildren, and by one great-great-grandchild.

Cub Scouts Present Pirate Skit at Meeting

Cub Scouts in Den One battle it out with cutlasses during the skit present at the pack meeting. Left to right are Larry Hofschulte; the captain, Gary Hofschulte, Billy Liffbrig; Phil Tommeraas, as Blackbeard and Kenny Liffbrig.

Locked in deadly combat are Pirates Jon Sand, Erwin Moses, Tom Sand and Jack Webster. The above photos were taken last Thursday evening at the pack meeting held in the Community rooms. A potluck supper was served families of the Cub Scouts.

*****Come to the History Center & check out the photos*****

Coonsolidation News

Mazeppa's new consolidation plat with the same districts as included before, minus that portion of District No. 66 which was set off to Goodhue, arrived at the state department of education last Friday.

Action by the state department is expected in the next few days.

Larson Heir to Mother's Estate

Fred Busse brought in several clipping of interest about his nephew, J. Merle Larson of Colorado Springs, Colo., son of the late Mrs. Ella Larson. J. Merle Larson, is named as sole heir to his mother's \$45,433.30 estate.

Another interesting clipping told of Mr. Larson's father, John Larson, who died Jan. 21, 1941. "Thirty-two years with Continental Oil Company without a lost-time accident is the wonderful record that has been set by John Larson, truck salesman at Colorado Springs, Colo.

"On the left sleeve of his uniform Mr. Larson wore two green bars and four red stars, each representing five years' served with Continental Oil Col. Below the bars he wore two gold stars, each symbolic of 15 years' service without an accident, occupational or non-occupational. So far as is known, Mr. Larson was the only man in his classification entitled to wear two gold stars.

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Regular Meeting of the Mazeppa City Council Meeting Minutes Wednesday, August 14, 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 Liffbrig, Michael Hammes, Dustin Wiebusch, and Erica Young.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Municipal Liquor Store Manager Todd Ihrke, Mark Mickow from Grinde & Dicke, Joe Sand, Pete Grimsrud from the News Record, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: Wabasha County Sherriff's Chief Deputy Jim Warren. Agenda was amended to show that the meeting would be closed to maintain attorney-client privilege under Minnesota Statute 13D.05, Subdivision 3(b), not 13.005.

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

Motion by Young, second by Hammes to approve the July 10, 2024, regular Council meeting minutes, the July 17, 2024, Council working session meeting minutes, and the July 30, 2024, Special Council meeting minutes. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to close the regular City Council Meeting. All in favor, none opposed. Carried

Regular meeting closed at 6:02 PM.
Motion by Wiebusch, second by Young to open the Public Hearing on the updated Land Management Ordinance Zoning Boundary Map. All in favor, none opposed. Carried.

Public Hearing opened at 6:03 PM.
Public Hearing to hear comments on the Zoning Boundary Map showing zoning changes to Land Management Ordinance approved by Ordinance 2024-01 approved at the June 12, 2024, Council meeting.

No comments were heard.
Motion by Wiebusch, second by Liffbrig to close the public hearing. All in favor, none opposed. Carried.

Public Hearing closed at 6:06 PM.
Motion by Young, second by Liffbrig to reopen the regular meeting. All in favor, none opposed. Carried.

Meeting re-opened at 6:07 PM.
Motion by Wiebusch, second by Young to close the regular meeting under Minnesota Statute 13D.05, subdivision 3(b) to protect attorney-client privilege to discuss options and strategy in potential litigation. All in favor, none opposed. Carried.

Meeting closed at 6:08 PM.
Motion by Wiebusch, second by Liffbrig to end the closed meeting. All in favor, none opposed. Carried.

Closed meeting ended at 7:00 PM.
Motion by Liffbrig, second by Wiebusch to re-open the regular Council meeting. All in favor, none opposed. Carried.

Regular Council meeting re-opened at 7:01 PM.
Motion by Hammes, second by Liffbrig to retain Mark Mickow of Dicke and Grinde for potential litigation. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to take no action to threatened litigation. All in favor, none opposed. Carried.

Wabasha County Sherriff's Chief Deputy presented the monthly Incident Command Report. 191 hours of policing were provided. The above normal hours were due to Mazeppa Daze needs. Chief Deputy Warren said that Mazeppa Daze was well behaved for an event of that size and thanked the Mazeppa Daze committee and volunteers for their organizational work that helps keep the event manageable.

Administrator Clerk Karl Nahrgang read the Public Works report.
Administrator Clerk Karl Nahrgang read the Fire Department report.
Municipal Liquor Store Manager Todd Ihrke gave the liquor store report.

City Engineer Matt Mohs presented the engineering report.

Motion by Wiebusch, second by Young to approve building permits 24-920-062, 347 5th Ave NE – in-floor heat. 24-920-063 331 5th Ave. NE – in-floor heat. 24-920-070, 147 4th Ave. NW -siding, exterior doors. 24-920-071, 1350 Riverbluff Rd. SE -deck. 24-920-072, 168 Cedar St. SE -garage addition. 24-920-079, 1465 Cherry St. E -fireplace install. All in favor, none opposed. Carried.

Ordinance No. 2024-03 typographical error noted.

Motion by Wiebusch, second by Young to approve Ordinance 2024-03 Approving Updated Land Management Ordinance Zoning Boundary Map with correction. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve Summary Publication of Ordinance 2024-03 Approving Updated Land Management Ordinance Zoning Boundary Map. All in favor, none opposed. Carried.

Minor changes are being made to the Chestnut Estates Development Agreement. It will need to be re-approved and re-signed at a future meeting.

Councilperson Erica Young asked to be included in the meeting about the personnel handbook with Dunlap Law.

Organization of Minnesota Counties has boiler plate language for Cannabis Dispensary Ordinances. Some Cities in Wabasha County are choosing to administer their only ordinance, others are allowing the County to set and administer cannabis management ordinance.

Joseph Sand addressed the Council announcing the delay in recording Riverbluff Second Subdivision has ended.

No motion was offered on Resolution 2024-27 Denying Minor Subdivision and Plat of Riverbluff Second Subdivision.

Motion by Young, second by Liffbrig to approve Resolution 2024-28 Accept a Donation from the Mazeppa Lion's Club. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Resolution 2024-29 Decertifying Tax Increment Financing Plan 1-2. All in favor, none opposed. Carried.

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

Councilperson Erica Young reminded everyone that the August Community Market event at Lion's Park would be Kid's Night and invited everyone to be there.

Councilperson Dustin Wiebusch, Steve Liffbrig, and Mike Hammes thanked the Mazeppa Daze volunteers, organizers, and City staff for their effort in making Mazeppa Daze run smoothly.

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

Meeting was recessed at 7:44 PM.

Administrator-Clerk

Mayor

Next meeting: 6:00 PM, September 11, 2024.

Zumbro Falls City Council Minutes - July 10, 2024

The Zumbro Falls City Council met at City Hall at 6PM. Present at the meeting were the Mayor, Clerk, council person Sara Anderson, and Fire Chief Scott Kennedy. Absent at the meeting was council members, Paul Bankers, and Bob Benson. The meeting was called to order by the Mayor.

A phone conversation with Mike Bubany from David Drown & Assoc. followed. Mike explained to the council how the TIF original amount was decreased due to lack of supporting paperwork. Thomas Meilander and Daren Hofschulte both agree to this amount of \$486,192.84. Resolution #24-02 was then passed by council with a motion from Anderson, seconded Eischens, all in favor carried. This resolution was to modify the tax increment financing agreement terms.

Clerk read to council the minutes from the June Meeting which were accepted as read by a motion from Anderson, seconded Heitmann, all in favor, carried.


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

Scott told council the new Ford F350 truck has been delivered. This truck will become Truck #17 when put in service. Logan Deobald has stepped down as Training officer and will be replaced by Ike Klees with Bob Benson as the Assistant Training Officer

Donations are as follows: Rochester Area Foundation (Home Federal) in the amount of \$2,500.00 for the hero's memorial and from the Zumbro Falls Fire Relief in the amount of \$1,500.00 for the ball field scoreboard. These donations, accepted by a motion from Anderson, seconded Eischens, all in favor, Carried.

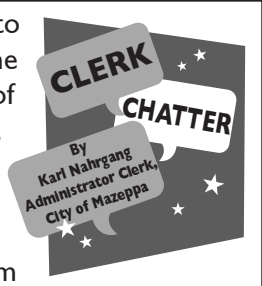
The meeting was adjourned at 7:15PM with the clerk to pay bills presented by a motion from Anderson, seconded Heitmann, all in favor, carried.

Submitted by,
Susan Eischens, Clerk



The summer seems to end with a flourish. Back to school preparation, one last holiday weekend, the Minnesota State Fair, are all a part of that "end of summer" rush. For those of us that are a bit older, we get to sit out that struggle our children expressed about the excitement and the ambivalence of a new school year, although a couple of grandchildren have mentioned it, and I am happy to let their parents deal with it. This is also the time that activities and patterns of where children are will change. Watch for children. Slow down at the school zones and street crossings and watch for the busses.

It's sad to see summer end, but autumn, and the hive of activity the new season brings is like another chapter in the same book, something to look forward to and enjoy.



By
Karl Nahrgang
Administrator Clerk,
City of Mazeppa



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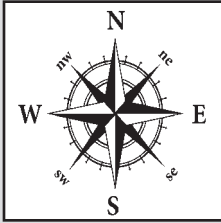
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Changes in Latitudes, Changes in Attitudes Vacation Homes and Winter



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 built our home on Kentucky Lake in 2021. I had purchased the land a few years earlier but kind of left it alone while we worked on other projects. I hadn't scoped out the property before purchasing it, because it was sort of an impulse buy. I was quite surprised to find it was right over the hill from the lake. Once the leaves came off the trees, I could see the water.

As I started to rough in the structure I began to fall in love with the area. It was peaceful and so quiet. There was nobody around. Just my neighbor Gloria and her two beautiful Golden retrievers who came by every day to visit. She lived about a half mile up the road and would drive her golf cart over so see the crazy longhaired guy building a house all by

himself. These were all rich people who hire everything done. I think they were intrigued by the working class in action.

What I learned with time was that all these houses along the lake were summer homes for most of the owners. Big beautiful homes. Million-dollar properties with \$150,000 boats sitting in a shed next to the house. All vacant during the winter. After I finished the house and we were living there, I would walk the dog up to the lake and along the road where all these fancy, empty homes were located. About one in ten had a resident. They did show up over Christmas and New Year and then vanished again. The year-round residents soon became our friends. They are always happy to visit when I go by. John at the end of Dogwood mows our lawn and trims weeds all summer. He makes a living mowing everyone's lawn in the area. Harry is a retired farmer from Illinois, who lives about a mile down the road from us. He has a John Deere tractor with a loader. He loaded the logs on my trailer, landscaped our property and bladed gravel for our driveways. Bob and Linda live across the valley from us and keep an eye on our house when we are gone.

Building this house down by the lake was relaxing for me. I would work on the newspaper all morning online and then drive over



from our small farm by Dover, to build all afternoon. A half-hour drive each way. The hardware store in Dover was also a lumber yard so I could pick up supplies on the way for each day. The only downside was that the pandemic panic had driven the price of lumber sky high. I was paying \$9 per 2x4, during 2021. Pretty shocking to haul \$1,000 of lumber to the building site each day. Fortunately, I had drawn up the plans for the house two years prior and I had purchased all the exterior log siding and interior rustic pine tongue and groove lumber while prices were good, and they were stored on the car trailer in the pole shed on the farm.

My plan had been to spend a couple winters completing this project and enjoy the summers in Minnesota. But the spring of 2022 ushered in an overheated housing market and when my wife listed our hobby farm outside of Dover, she had an offer in four days. Suddenly I was going to finish a house in four months, or we wouldn't have a winter home to go to. I worked from 6am to 10pm seven days a week. Just like farming,

only I was quite a lot older now. July and August are quite hot in Tennessee, everyday can reach 100 degrees. I got the house buttoned up before we closed on the old one and then spent the rest of the year finishing the interior.

Back to the million-dollar mansions on the lake shore. We got in the habit of driving the golf cart for miles along the waterfront roads each day with the dogs. Smaller gravel roads lead away from the paved roads and down these little paths you find a different life. Old run-down shacks where the hillbilly's live looking right out of a century ago. Some you wouldn't think were habitable but the lights were on. Most were surrounded by years of junk and trash. We have seen houses with so much garbage in front of the door, one can hardly get through. It is sad to find that within a mile from the most affluent lifestyle was a most depressing and primitive one. Most of these were home to people with no motivation to pick up after themselves or try and improve their lifestyle. The locals call them hillbilly's.

Invitation for Bids for Rental Rehabilitation at Riverview Apartments 556 First Avenue North Mazeppa MN 55956

**Bids to be received no later than 4:00 PM
on Thursday, October 3, 2024, at the offices of:**

SEMMCHRA

134 East Second Street Wabasha, MN 55981 Attn: Sara Fuher
P: 651-565-2638 ext. 221
sara.fuher@semmchra.org

Bids will be received in accordance with the scope of work that SEMMCHRA developed.

A mandatory, pre-bid conference will be held on Tuesday, September 17, 2024, at 10:00 am at 556 First Avenue N., Mazeppa, MN 55956. For a copy of the bid documents, please contact Sara Fuher at 651-565-2638, ext. 221 or sara.fuher@semmchra.org. For questions on the scope of work, contact Jason Hall at 651-565-2638, ext. 213 or email jhall@semmchra.org.

Sealed written bids must be received at the SEMMCHRA office no later than 4:00 PM on Thursday, October 3, 2024.

Sealed written bids must be typewritten or handwritten and include handwritten signature in ink. All such bids must be submitted in a sealed envelope bearing the name of the firm submitting the bid. Late, emailed or faxed bids will NOT be accepted.

Bid results will be available upon request. SEMMCHRA reserves the right to reject any and all bids. SEMMCHRA is an equal opportunity employer and provider.

A Minnesotan: State Fair



By RosaLin Alcoser

The Minnesota State Fair is something to look forward to with great anticipation.

Unless you are one of the Minnesotans, like me, who did not think through living near the State Fair grounds before moving there.

For everyone else it is a time to be excited about. From the farm expositions, 4-H projects, musicians, to the rides everyone has something to look forward to at the fair. The thing I have heard most about this year has been the food from my

co-workers. Mostly about the variety of things that have been deep fried. The most heavily discussed one has been the new deep fried ranch dressing that has been there this year. While no one I have spoken to has actually tried this it has been one of the more curious deep fried foods I have ever heard of.

While I did not go this year I have gone before in years. My favorite trip to the Minnesota State Fair was the year we went as soon as the gates opened. Which is really the ideal time to go to the fair.

That year we had a great parking spot at the fairgrounds and got in before it started getting crowded. We had a great time walking around before everything was open drinking coffee from the Farmers of America stand while eating mini-donuts. If you have never had mini-donuts for breakfast I would highly recommend doing so.

By the time we had been there roughly eight hours we were tired of the fair and ready to go at about 1PM or 2PM. Which is just about the time the fair really starts to get overly crowded in my opinion. We had seen all of the attractions we had wanted to see and tried all the fun fair foods we had gone for. Making a perfect trip to the State Fair.

CROSSWORD

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 6. Lockheed Martin Corporation @NYSE
 9. Desert in central Asia
 13. Tinder user?
 14. Distinctive period in history
 15. Munchausen's title
 16. Likewise
 17. Campfire leftover
 18. Jason Bateman/Laura Linney TV drama
 19. *Traditionally clipped
 21. *OS in POS at the supermarket
 23. Bro's sibling
 24. "___ there, done that"
 25. T in Greek
 28. FBI's cold one
 30. Windshield ____, pl.
 35. "The ___ for Red October"
 37. Coach of Dallas Mavericks
 39. Bow's partner
 40. Black and white killer
 41. Be in accord
 43. First word in fairy tale
 44. Formerly known as Pleasant Island
 46. Long-lasting Steelers coach
 47. TV's "man named Brady"
 48. *GO in BOGO
 50. French "place"
 52. 6th sense
 53. Adored one
 55. What cruelty and crush have in common
 57. *Dairy aisle package
 60. *S&H Green ____
 63. Non motorized vessel
 64. I have
 66. Nev.'s neighbor
 68. Offspring, collectively
 69. Rank above maj.
 70. Visual
 71. QBR in football, e.g.
 72. Will Ferrell's Christmas classic
 73. Like a gymnast

- DOWN**
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 2. Nonclerical
 3. Football legend Graham
 4. Unborn vertebrate
 5. ___ of Cancer
 6. *Like freezer aisle "Cuisine"
 7. "___ Robinson" by Simon & Garfunkel
 8. California/Nevada lake
 9. Mediterranean Strip
 10. Not written
 11. Dull one
 12. Pen juice
 15. Home to Sarajevo
 20. Port city in Japan
 22. Like marines in slogan
 24. Cowboy's bedding
 25. Flip-flop
 26. Plural of aura
 27. Adam Sandler's "___ Gems"
 29. Manual communication gesture
 31. High school ball
 32. Bert's TV buddy
 33. Ice in a cocktail
 34. *TV's "Supermarket ____"
 36. Tropical tuber
 38. *Sliced items section
 42. Choose a president
 45. "___ we stand, divided we fall"
 49. Tokyo, once
 51. Adenine's partner in RNA
 54. Chilled (2 words)
 56. Savory taste sensation
 57. *Rolling supermarket carrier
 58. Dwarf buffalo
 59. Type of canal, in dentistry
 60. Ego's main concern
 61. Surveyor's map
 62. Accompanies relief
 63. "Big Three" TV network
 65. Radio knob, abbr.
 67. ATM extra

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- Stand at least three giant steps away from the curb when you see the bus approaching your bus stop.
- Stay put until the bus stops, the door opens and the driver tells you it's okay to enter the bus.
- Always use the handrails when entering and exiting the bus.
- Never walk behind the bus. If you must cross the street, cross in front of the bus. Walk on the sidewalk alongside the bus at least five giant steps before crossing in front of it, making sure you and the driver can see one another.
- Stay seated and wear your seatbelt the entire time the bus is moving. Avoid yelling or loud talking that could distract the driver.



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