



MAZEPPA and ZUMBRO FALLS

# Mazeppa-Zumbro Falls Messenger™

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## 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.

• **The Mazeppa Area Historical Society is hosting their Fall Supper on Thursday, October 17 at the Mazeppa Community Center from 5-7.** Serving scallop potatoes & ham, cole slaw, dessert & beverages. **FREE WILL DONATION. COME HUNGRY-LEAVE HAPPY! SILENT AUCTION • RED WING COMMEMORATIVES • TAKE OUTS AVAILABLE,** call Helen at 507-250-6021.

• **Celebrate Recovery meetings every Sunday night at 5pm at South Troy Church, 56817 Highway 63 Zumbro Falls, MN 55991.** (see ad on pg. 3)

• **Game Night at South Troy Church begins October 18 at 6:00p.m.**

(see ad on pg. 3)

• **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

• **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

## Greg Mort Campaigns for ZM School Board

*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**

Better education- what every school system strives to achieve through empowering their students- is a common goal. What parent or school wouldn't want to provide their future leaders with a well-rounded education? We may often take for granted the difficulty of achieving this goal, but the school board of Zumbrota-Mazeppa does not. A well-versed and responsible set of board members is cru-

cial to a school's success and the education of its students. Fortunately, community members like Greg Mort know this all too well and strive to ensure the best for their community. It's why he seeks to run for the school board this coming November: to raise the minimum bar and secure a better upbringing for the students of Zumbrota & Mazeppa.

Having grown up in the area, Greg eventually graduated from ZM and moved to Florida to pursue college. After he and his wife lived there for almost 15 years, a decision arose to determine the best school environment for their eldest daughter. Knowing that lasting relationships and the ability to make a differ-



**Greg Mort**

ence was possible here, Greg and his family returned to his hometown of Zumbrota with no question. From there, he sought ways to strengthen his childhood community by becoming a volunteer firefighter, coaching the 4th-grade softball team, and volunteering on ZM's District Area Committee. His efforts as a member of the School District Task Force shaped the direction of the school's 2024-2029 strategic plan.

"These experiences have given me a solid understanding of the challenges and opportunities of our district, and I would be honored to continue this work as a part of the school board."

(continued on page 6)

## Z-M Homecoming this week

The Zumbrota-Mazeppa school district welcomed four new teachers this fall when school opened.

Kelly Barker is the new Art teacher for the lower grades. Kelly and her husband live outside Mazeppa with their horses, dogs and chickens. They have three children and nine grandchildren. She grew up in Elgin-Millville area and most recently worked at the Pine Island school district for twenty-five years as early childhood and community education.

Amanda Sand is the new art teacher for grades 7 through 12. She is a Z-M graduate from 2003. She worked for Mayo Clinic for 16 years before getting into teaching. Amanda grew up in Mazeppa and lives there with her husband and three children. Her husband Ben has been an elementary teacher at Z-M for the last ten years and encouraged her to change careers.

Jordan Thompson is the new special education teacher for K through 2 at Zumbrota Mazeppa. He is a Z-M graduate and has worked as a para at Z-M. He will also coaching seventh grade girls basketball and eighth grade boys football. Jordan lives in Zumbrota with his wife and their child.

Eric Torgerson is the new high school English language arts teacher at Zumbrota-Mazeppa. He has been teaching since 1988 and lives in Mantorville with his wife. They have two children and five grandchildren. (continued on page 6)



## ZUMBROTA TOWERS

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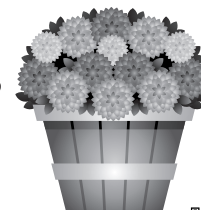
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## No Good Deed Goes Unpunished



By Pastor Colleen Hoeft

No good deed goes unpunished- what a phrase- yet, you have heard it said and have experienced it in your life- It's one of those things that you were sure you were doing everything right- and maybe it begins pretty good- then something happens, the person your helping, the act of kindness you did, the excellent job you did; instead of receiving an attabooy or great job you were criticized and unappreciated! The rug was pulled out from under you- it's almost like someone gut-punching you and all the air leaves your body! Is this resonating with anyone? Been there done that?!

This happens in life, and it happens in our faith journeys as well. You've accepted Jesus, you are going to church, reading your Bible, and you've made some commitments and headway in your faith- and then BAM! This faith stuff- this relationship with Jesus isn't what we signed for. Jesus said, "follow me" but it feels like you fell off the map and that He's left you in the lurch. You are in good company- we have all been there.

In Matthew chapter 2, Jesus was 4-6 years of age moving back to Nazareth. Matthew doesn't mention Jesus again until chapter 3 when he introduces us to John the Baptizer and the ministry down by the Jordan River. The main focus of John's ministry is to prepare the way for the Messiah, Jesus Christ, to begin His ministry on earth. And now Jesus arrives on the scene at the Jordan River.

Jesus went to John for the purpose of being baptized by him. Jesus wasn't being baptized to show that he was repenting of his sins- He went there to be our example and to have this event be the beginning of His ministry on earth! This was an act of amazing humility

on Jesus' part-He who knew no sin became the atonement for ours. "Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit." 1 Peter 3:18. Jesus, in obedience to His Father- God, went to the Jordan river to be baptized and to submit to going under for your sins and my sins.

As Jesus exited the water the Father God made it known He was pleased and that what Jesus did would not go unnoticed. God said, "This is my beloved Son, and I am wonderfully pleased with him." Jesus received affirmation from His Father God- He was right where He was supposed to be, doing exactly what He was supposed to be doing!

You and I need encouragement and the affirmation from God that tells us- affirms us that we are on the right track or that we are doing exactly what we are supposed to be doing.

For Jesus this was a mountain top experience. It was a time to enjoy His position in the Trinity and build on this to begin His ministry to the masses. Jesus could have gone straight out of the Jordan and begin preaching and telling everyone that He was the Messiah sent by God. He could have chosen his disciples and gotten started on the city-to-city tours that He led for the next 3 years. He could have, but He didn't!

Instead, as we read in chapter 4, God the Father had other plans for Jesus. "Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry."

Jesus faced this time in the wilderness for 40 days. 40 days of fasting and praying. 40 days in the wilderness- 40 days of solitude to think and pray and prepare for the next 3 years. 40 days without food! 40 days of preparing and thinking. Then at the end of the 40 days- Jesus got a huge reward! NOT!!! In fact, the opposite happened! Instead, what happened to Jesus happens to most of us at one time or another. For every good and great event in our lives- the time that follows can almost feel like we are being punished. Jesus experienced a huge high event in his life- hearing His Father affirm him and having the Holy Spirit physically alight on his shoulder. And then 40 days later He is faced with terrible testing from Satan himself. Just when Jesus is hungry and tired and ready to go home and get a good meal and a bed to sleep on- here comes the enemy- to destroy Him if possible.

Again, you and I have faced these times too. I've went away on a retreat- heard some great speakers, made some decisions about vision, and the future. I'll come home feeling confident and ready to take on the world! And then, everything hits the fan. The plans are shot down by people I respect, the everyday workload is super heavy, family problems appear and the time on the mountain, the time of hanging out with God meets reality and lies shattered all over the ground. When we are in this time of 'why God, didn't I hear you right?' This is when the enemy will attack- when we are tired, hungry, and spiritually spent!

It doesn't seem fair- but such is life. Jesus lived it so that He could better identify with us and so that we could see that we too can

say no to the temptations of the evil one. The writer of Hebrews puts it this way, "So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. 15 This High Priest of ours understands our weaknesses, for he faced all of the same testing's we do, yet he did not sin." Hebrews 4:14-15.

As followers of Christ temptation is going to happen. We aren't sinning when we are tempted- that happens when we decide to follow that sin- that's when we sin against Christ. Jesus was without sin, yet He too was tempted.

Jesus went from the 'mountaintop' experience to experience a difficult time alone. He didn't have an 'easy' time of it. Even after this time of testing, His life was full of ups and downs- good times, high times, and terribly bleak times too. He experienced life as we do.

Our faith journey will be filled with those same ups and downs too. If Jesus went through it- we will as His followers as well. Jesus said to his disciples, "I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world."-Jesus. God is taking away His hand so that we can learn to walk with Him. God isn't punishing you. God is shaping you into the son and daughter He wants you to be.

Are you in a tough place right now? Walk with Jesus - don't fall for the lies of the devil. Keep walking! If you are experiencing the mountaintop- enjoy it and appreciate it and be prepared for the days ahead. Follow Jesus!

He is with you, and He is for you.



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**TRINITY LINCOLN LUTHERAN CHURCH**

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

**ST. PETER AND PAUL CATHOLIC CHURCH**

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

**ST. PATRICK CATHOLIC CHURCH**


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

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

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

**IMMANUEL LUTHERAN CHURCH (POTSDAM)**

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



**AREA CHURCH DIRECTORY**

**Wake Up**

*"Young man, I say to you, 'Get up!'"* — Luke 7:14

I am not a morning person. I wish I were. I have learned to get up early out of necessity, but it takes some time and coffee to get me going.

In our reading from Luke 7 today, we see a remarkable awakening. A young man has died. Jesus sees the funeral procession, and his heart goes out to the young man's mother, who is also a widow. He walks up to the funeral stretcher and says, "Young man, I say to you, get up!" Jesus uses a Greek word here that literally means "wake up." Jesus treats the young man as if he is not dead but asleep. And when he wakes up, the young man starts to talk, which seems like a funny detail to include. Maybe he is a morning person!

Later in the passage, the same word is used again. The crowd that had seen this miracle declared with awe, "A great prophet has appeared among us." More literally, this can be translated: "A great prophet has awoken among us!"—meaning that the people could see they were in the presence of someone specially sent by God. They didn't know much about Jesus yet, but they would soon learn.

I don't know if you are a morning person or not, but here is a helpful prayer we can offer anytime: "Jesus, please awaken me!" Ask the Lord to wake you up to see and care about the people around you.

*Dear Jesus, as you worked your resurrection power in that young man, will you work the same power in my life and spirit today? Help me to serve you faithfully. Amen.*

**PRESBYTERIAN CHURCH OF ORONOCO**

10:00a.m. Worship  
20 - 3rd St. SW, Oronoco, MN  
507-367-4711 • [www.oronocochurch.org](http://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](http://www.southtroywesleyan.org) • 507-259-1442  
Sunday 10:30a.m.  
Sunday 5:00p.m. Celebrate Recovery -  
5pm- meal, 5:45 large group and 6:30 small groups.  
Wednesday Kids and Teen worship at 6pm -  
meal at 6, followed by worship and small groups.

**ST. JOHN'S LUTHERAN CHURCH**

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

**ST. JOHN'S MAZEPPA**

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

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

## Curtis Edwin Schrimpf

Curtis Edwin Schrimpf, age 68, of Minneapolis, formerly of Goodhue and Zumbrota, died unexpectedly on Tuesday, September 17, 2024 at Methodist Hospital in Rochester.

Curt was born on December 4, 1955 in Red Wing, the son of Edwin and Lois (Stehr) Schrimpf. He attended St. John's Parochial School, Goodhue and later graduated from Goodhue High School in 1974. He married Julie Lexvold on October 8, 1977 at St. John's Lutheran Church, and for many years had been an active member and served as elder.

Curt farmed most of his life near Goodhue. When Julie started Cut Above Home, Curt went to work with her and helped with everything she needed him to do. He loved spending countless hours in his woodworking shop making projects for his family and their customers.

Curt was community minded and enjoyed volunteering and serving wherever the need. He had been active in the Jaycees, Goodhue

Lions, and served on the Goodhue School Board.

His greatest joy was spending time at their lake cabin with his family, especially his grandchildren. He loved boating, fishing, golfing, playing cards, and baking pies.

His sense of humor, his love, dedication and presence in his family's lives will be greatly missed, but his deep faith reassures them of his new life.

His memory lives on in his partner for life, his wife of nearly 47 years, Julie; his beloved children, Joel (Sarah) of Chanhassen, Kimberly (Adam) Lodermeier of Goodhue, and Jeffrey (Katie) of Port Charlotte, FL; his precious grandchildren, Briana, Tobias, Brooke, and Emily Lodermeier, Claire and Jovie Schrimpf; his mother, Lois of Goodhue; siblings, Linda (Mike) Frost of Oronoco, Marilyn (Dale) Just of Rochester, Ken (Kristin) of Goodhue, Carol (Brad) Grover of Zumbrota, and Liz (Ron) Peters of White Rock; many nieces, nephews, aunts, uncles, cousins and friends.

He was preceded in death by his father, Edwin.

A Celebration of Life Service was held on Monday, September 23 at 1:00 pm, with visitation from 10:00 am - 1:00 pm, at St. John's Lutheran Church, Goodhue. A luncheon fol-

lowed the service at the Goodhue Lions Community Center.

## Ellen Wilma Amy

Ellen Wilma Amy died unexpectedly at her home on Thursday September 26, 2024

Ellen Wilma Edelbach was born at home on the farm near Alma (Buffalo County) Wisconsin on September 13, 1935 to parents Melvin and Wilma (Fink) Edelbach.

She attended school in Buffalo County Wisconsin and began working out of the home for various farm families in her teenage years, and met her future husband, Loren Amy in 1951. Ellen and Loren married in Fountain City, Wisconsin on September 19th, 1953.

They farmed on shares for several years near Kellogg, MN before purchasing their dairy farm in Dennison, MN in 1961. Ellen was a life long farmer and homemaker. Although they discontinued dairy farming in the early 1970's, Ellen and Loren continued raising beef cattle and working the farm. She provided daycare to several area farm families as well as many of her Grandchildren as the

family grew. In later years, after Lorens retirement from McQuay, they were able to travel to see family, including Texas, Oregon, California, Arizona as well as many trips to Wisconsin Dells with the family, and continued to enjoy the farm. After Lorens death in 2009, Ellen continued to live and take care of the cattle on the family farm in Dennison, actively gardening, cooking, canning and continuing the traditions she loved so much. Ellen held a strong Christian faith and supported her children and family to the fullest.

Ellen is survived by her children, David (Mary) Amy of Dundas, Bonnie (Favorite Son-In-Law, Randy) Ascherman of Faribault, Dallas (Rebecca) Amy of Dennison, Darwin (Lori) Amy of Dennison, Daniel (Sarah) Amy of Dundas, Jeff (Paula) Amy of Wells, and Joe (Michelle) Amy of Dennison, along with 21 Grandchildren, 31 ½ Great Grand Children\*, and many nieces, nephews and friends.

Visitation was at the Bierman Funeral Home Monday, September 30, 2024 from 4-7 PM, and one hour prior to funeral services at Dennison Lutheran Church Tuesday, October 1, 2024 at 11 AM with her final resting at Prairie Creek Cemetery, rural Dennison.

Lunch followed at The Fireside Lounge & Supper Club in Dennison.



# 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 [celebraterrecoverysouthtroy@gmail.com](mailto:celebraterrecoverysouthtroy@gmail.com) or 507.259.1442  
Visit [southtroywesleyan.org](http://southtroywesleyan.org) for more information

# GAME NIGHT FOR ALL AGES!

**WHEN: 3RD FRIDAY OF THE MONTH**

**Oct. 18: Halloween theme night— dress for a game of clue-?**  
Kids can wear costumes, there'll be games and fun for the entire family to enjoy.

**Nov. 15, Jan. 17, Feb. 21, Mar. 21**

**The fun begins at 6—come when you can and stay as long as you like.... (lights out at 10pm)**

**WHERE: SOUTH TROY CHURCH**  
56817 HIGHWAY 63 ZUMBRO FALLS, MN 55991

**FEATURING • Board games,- for all ages— crafts for the littlest ones.**

**We'll provide popcorn and lemonade. Bring your favorite games & snacks to share. (dust off your games or favorite decks of cards— good old-fashioned fun!!!)**

**SOUTHTROY-WESLEYAN.ORG/GAMENIGHT**

**ALL AGES ARE WELCOME!**

**It's Free**  
CRAFTS AND ACTIVITIES FOR THE YOUNGEST ONES!

**COME WHEN YOU CAN AND LEAVE WHEN YOU MUST.**

**We have clue, sorry, aggravation, Phase 10, UNO, Dominos, Spoons, Candyland, LIFE, Apples to Apples, Bible Trivia, Trivial Pursuit, cribbage, chess, checkers, Scrabble, Chutes and Ladders, and many more!**

## HOPE Coalition to Host Traveling Display

October is Domestic Violence Awareness Month. In remembrance of the 40 Minnesotans who were victims of Intimate Partner Homicide in 2023, HOPE Coalition will host a traveling display in their service area of Goodhue and Wabasha counties. Host sites and dates to visit the display are below:



**Wabasha – October 1-10 next door to our Wabasha County office at 251 Main Street West.**

**Red Wing – October 11-17 at Christ Episcopal Church, 321 West Avenue.**

**Plainview – October 18-25 in the lot at the corner of 1st Avenue NW and 4th Street NW (across the street from the public library).**

**Lake City – October 26-November 1 along the river walk between Gold Star Memorial Park and Great River Flats.**

The sites were generously made available to us by Robin Gwaltney (Wabasha), Vicki Lambert of Christ Episcopal Church (Red Wing), Foresight Bank (Plainview), and Lake City Public Works.

## A Monthly Moment at MotoProz

September 20 was the big day I turned 50. I did not want a party, so the three of us (my husband Mike, son Monty, and I) took off work and went on a trip to Niagra Falls. Thanks to everyone for holding the fort down at MotoProz while we were gone!



*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](http://www.MotoProz.com) or stop in and see what we got! If you're in the market for the all-new Arctic Cat 858 snowmobile, they are building as I write this. We've got something for everyone! The place to go is MotoProz!

Share your engagement, birthday, wedding, anniversary or birth announcement with your hometown

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



# MISSY'S MESSAGE



## QUESTION/ANSWER WITH DEANNA TUPPER



MISSY PAPERFUS

### Time to "FALL BACK" onto the yoga mat

#### How did you decide to start your yoga journey?

I started taking beginner classes in 2019 at a fitness center that offered Yoga. After my first few classes, I realized the benefit of Yoga was a wonderful addition to my normal activities. It kept my muscles strong & stretched and my mind calm and peaceful. I found there was no better way to begin and/or end my day!

In 2020, I made a promise to myself to do Yoga every day. From the beginning, I had a love for Yoga. The Covid lock down motivated/ inspired me even more to continue & helped with the stress and anxiety. I was also, inspired by a neighbor, that had a "daily" running streak going! In 2020, I completed a daily Yoga practice for 365 days, 1 full year. It had a huge impact on my life, by providing relaxation to my mind & body and I have not looked back!

I have been a dedicated student for about 5 years and have traveled to many different cities, states & gyms, studios to practice yoga and to learn and to grow.

#### Tell us about your journey? How long it took? Where did you complete training?

In late 2023, I decided that I wanted to advance my own practice and provide a deeper understanding of Yoga history. I chose a Registered Yoga Institute and embarked on the 200-hour Yoga Teacher Training (YTT) and a transformative journey!

In the last 10 months, I have developed a deeper understanding of yoga philosophy, anatomy and asana practice. Gained skills and confidence to guide others on their yoga journey and became a certified Yoga teacher!

I enjoyed learning more of the ancient, Sanskrit language ("Universal Language of Yoga"). It is truly amazing how go anywhere in the world & people understand it and be understood.

Besides the course work to become certified you do need attendance of 30 live classes, pass a final test and make a 30-minute video showing you can teach a yoga class. The video demonstrated the ability to teach Hatha and/or Ashtanga yoga poses such as Surya Namaskar, standing series and seated series.

Since, I've completed the 200-hour YTT & my love for Yoga keeps growing, I soon realized my certification didn't have to end with 200YTT.

I just completed the YACEP - Yoga Alliance Continuing Education Provider - Kids Yoga.

I am currently taking continuing education for Chair/Senior Yoga and also Yin Yoga Teacher Certification (Meditation, Restorative Yoga). The primary focus of Yin Yoga is slow-paced practice involving long-held passive poses to target deep connective tissues, improve flexibility and cultivate relaxation. It is practiced sitting or lying on the floor. There are no planks, no warriors, no core work. No dynamic sun salutations. The pace is slow, so you need to wear comfortable clothes and maybe even keep your socks on!

I don't know where my journey will take me. I do know that everyone needs to "unplug" from life with selfcare, no matter your age!

Yoga is a vast subject, and I will never fully understand it, as there will always be another layer to discover. But I am excited to share all the benefits w/students. Heal the body and mind from within. Joyful and Peaceful from within. The principles of yoga are kindness, compassion, patience, helpfulness.

#### Will you have yoga classes? Where? When? How often?

I have been teaching the classic style of Hatha Yoga (gentle traditional practice that focuses on breath control, posture, and meditation for overall well-being) at local fitness centers, and also doing private 1-1 sessions.

Yoga is an incredible blessing and to be able to deliver it to people everywhere is truly amazing. I am grateful for the motivation and encouragement.

These last few years have brought me new friendships, generosity, conversation, collaboration, leaning and asking the big dang questions!

Together... it is with great and humble joy that I announce a hug, a happy blessed emotion and will teach in the Mazeppa Community! I have a 6-week session coming up thru Community Education starting on Oct 2nd – Wednesday's @4:30 PM in Mazoppa!

I am hopeful that it will inspire you, to know and feel, you belong, and you are welcome, and I mean it. Any day, any time.

#### Do I practice on my own?

Yes – every day! Today, currently, anywhere from 1 – 2 hours a day.

#### Do you have any tips?

Listen to the instructions and then listen again and then listen again.

Patience. Take time. Adjust to your body. Find what feels good.

Explore daily practices & workshops, in depth learning.

Pray for everyone who feels overwhelmed with work, love and life and to be gentle with yourself and take one day at a time. Together we got this!

I feel awkward doing yoga on my own. I don't know why. I follow a zoom class or love attending a yoga class while on vacation, etc. So, I'm hoping I can participate in your classes!

The courage to show up. That is where it starts. And it starts with you. And me too. I'll see you on the mat.

I used to participate in person yoga classes and still participate in zoom classes. I have learned to just keep going and if it hurts stop. It should not hurt. I can tell when I go through phases I don't have time for yoga, I am not as flexible and tend to have to "start over".

Start Over, try again – patience...but only what feels good! If pain, stop, address it. Rest, ice, move it another direction? Seek out assistance.

#### Student/Teacher – what we do together:

As a Student, I urge you to grow, have the willingness to change, consistent effort, and patience

As the Teacher, I will offer appropriate and truthful guidance and patience and "LIVE" the 4 steps listed above "as a student".

#### Some Benefits of Yoga?

- Stretch the eyes, neck, shoulders, chest, back, hips and legs
- Strengthen arms, back, butt, ankles & legs
- Improve digestion
- Reduce back, neck and shoulder aches
- Reduce headaches
- Increase breath capacity
- Reduce Stress/Anxiety
- Provide Love and Calm and Peace

*Give thanks for a body that can move, Lungs that can breathe, . . .and a Heart that can feel!*

Missy and her husband Mike own MotoProz in Mazeppa.

## Walker Places 2nd at Minnesota State Pedal Pull

Submitted by Lynn Walker

Rayfe is a 5th Grader at Zumbrota/Mazeppa School.

10-year-old Rayfe Walker from Mazeppa, Minnesota, took 2nd place at the Minnesota State Pedal Pull held in Redwood Falls, Min-

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nesota, on Saturday, September 7, 2023. Taking 2nd place in state for 10-year-old boys is a great honor and great accomplishment for Rayfe. Rayfe has competed in pedal pulling since he was 4 years old. His placings and competing in different states and cities have rewarded him with over 150-plus trophy winnings. He has traveled and competed in Minnesota, Iowa, and Wisconsin. This is one of Rayfe's favorite fun hobbies to do, and he loves to compete in competitions.

His family has been involved with taking Rayfe to competitions and watching and cheering for him since an early age. They are so very proud of Rayfe's determination and accomplishments.

Rayfe has qualified for Nationals that will take place later this month at the Corn Palace in Mitchell, South Dakota.

Wishing Rayfe good luck at Nationals. Full Power!!

We love you, Rayfe! Love, Grandma Lynn and Mom Amy.



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## Greg Mort Campaigns for ZM School Board

(continued from page 1)

To discover more about Greg's contributions to the community and what he'll strive toward as a future board member, refer to the following interview below.

What position do you hope to achieve as a future school board member?

Greg Mort: As a father of three young children attending Zumbrota-Mazeppa, I feel that now is the right time to get involved and guide the district. With my career in technology, I could benefit the school by preparing our students for the future and rapid evolution of tech. Whether they pursue trades or a college path, our district's goal should be to ensure that every student succeeds in whatever direction they go.

Being in tech also gives me an appreciation for life outside of it. While students should understand artificial intelligence (AI) and where it will lead, they must also develop real AI- actual intelligence. Getting hands-on experience, understanding the value of real-world skills, and building strong communication are the only ways to do this and have our kids grow into well-rounded, capable members of society.

What are your reasons for running, and why should community members vote you onto the Zumbrota-Mazeppa school board this November?

## Z-M Homecoming this week

(continued from page 1)

Enrollment at Z-M has jumped by twenty-five students since the end of last school year. 2023-24 started with 1,224 students and ended with 1,201. 2024 school years started with 1,224 and has already slipped by ten students.

Homecoming is this week with the Cougars facing Lake City on Friday October 4th for their football Homecoming game.

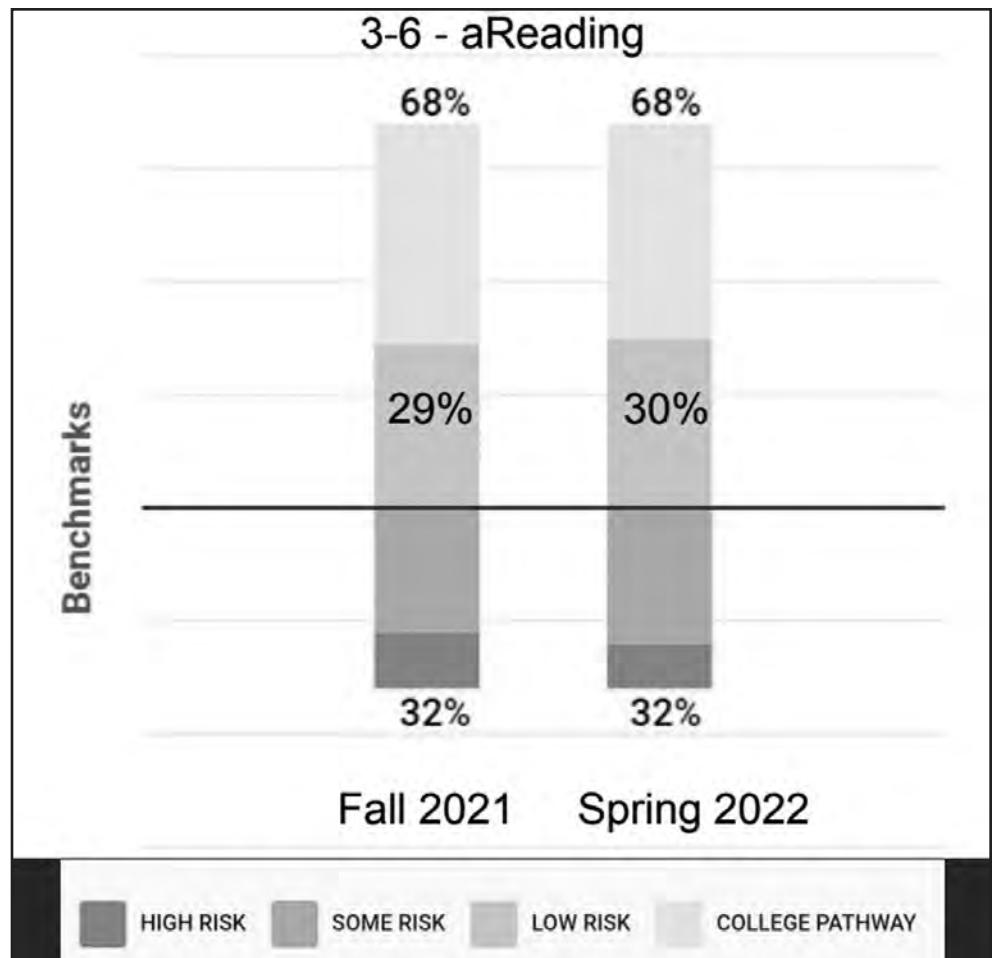
During one of my meetings as a District Area Committee member, former superintendent Mike Harvey made a statement that stuck with me. While we were reviewing 3rd-grade proficiency levels, he stopped the discussion and said, "There's no reason that 3rd graders shouldn't be above the line." The importance of proficiently reading is invaluable, as a child will likely face challenges in other academic areas if

they struggle with reading. With the recent Read Act encouraging all students to be at or above average levels, now is the opportune time to enhance our students' reading abilities. Everyone should work to ensure that our learners can read at grade level so that performance will improve in all other subjects. This impact will not only ripple into other academic areas, but also benefit the entire class alongside the individual student. By raising the minimum bar, we elevate everyone.

Are there any final comments or remarks you'd like to share with the community?

I strongly believe in a set of board members who are in it for the right reasons. Individuals with a personal stake in the district should be involved and willing to make our schools thrive. While I undoubtedly have much to learn, I am ready to invest the time and effort to advocate for our parents, students, and staff interests. If we continue building on the foundation laid by previous generations, a fiscally sound district, top talent, and the best education for our students is possible.

The influence of technology and artificial intelligence in education is a treacherous subject for many people. While access to these resources can benefit the school in many ways, like an organized schedule and workflow, it can just as easily cause idleness and encourage shortcuts. However, employing the technology-driven roots that Greg Mort has, the school district of Zumbrota-Mazeppa can utilize tech for good- teaching



students actual intelligence that shapes them into successful members

of society. We can only prepare them for this through real-world skills, effective communication, and hands-on experience that

mold them into tomorrow's leaders. With the help of Greg Mort in the Zumbrota-Mazeppa school board, students don't have to worry about their preparedness for the future. The bar of education can rise.

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*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.*

**Selling your stuff**



By  
Missy Papenfus

All my prior articles about decluttering, organizing, downsizing, and tossing...I usually don't like to mess around selling household items or clothing. I had a couple garage sales years ago, and we decided it wasn't worth all the work for the little money made. I've learned when you have kid stuff, it's a lot easier having a successful garage sale. But I have tried a few other avenues in selling items. I am all about quick and easy. We went to the Eagles concert last year. I finally snagged 2 tickets, and I opted to buy VIP tickets which were a little more money than regular tickets because someone bought them and jacked the price up. So rather than wining about it, we decided to sell the VIP swag we got on ebay. Pretty neat stuff, and we were able to make money back to bring the price of the tickets down. I am pretty sure we made someone else happy with the swag. I used to be into Coach purses. I had a pile of purses I no longer used. Don't get me wrong, I also have a pile of purses I am not ready to part with. Last month, I took them into Clothes Mentor and got money on the spot for them. Something is better than nothing. I took the money and ran. Years ago, I used a couple different consignment shops, but you have to bring the clothing in and keep checking back if you sold anything to get your money. Granted, if you are willing to wait, you could potentially make more money.

*Stay tuned for next month's topic: Hosting holiday celebrations  
There's so much to do, so little time. Bye for now!*

## Down on the Farm/ Up at the Cabin *The Second Winter*

By  
Monica & Claudia Vanderborcht

One year after Monica settled into her Wanamingo farm, Claudia and her husband joined her there. (Claudia's husband passed about one year later.) Monica would be in charge of the livestock (Claudia would help); Claudia would be in charge of the gardens and firewood (Monica would help). Both continued teaching: Monica in Apple Valley, Claudia as a substitute teacher in several neighboring school districts.

The previous winter had been long and cold (as winters in Minnesota are), but Monica had become comfortable running the downstairs fireplace 24/7. On warm days, Monica and the grandkids used the ATV and trailer to bring in load after load of firewood, filling the basement floor around the fireplace, hoping not to run out before the next nice day. Monica regularly checked the electric baseboard registers – seldom did they feel warm. That first winter, Monica's highest electric bill was \$280 – a fabulous improvement of the feared \$700 the previous owner had mentioned!

But Claudia was the expert on heating with wood. She could identify the different tree species (summer or winter) and knew their BTU capacities. Claudia was very particular about the firewood's dryness (both interior and surface moisture), and began stacking wood in a two-year rotation. She refused to run the chainsaw (which was fine with Monica, because she thought it was a lot of fun!), but Claudia was an ace at finding deadfall, hauling it to the house, using the hydraulic splitter, and stacking it. (Claudia loves stacking wood! She claims it's a three-dimensional jigsaw puzzle.) Current year firewood was stacked in the pole barn – one area for kindling, another area for autumn / spring fires, and another for "rocket fuel" which would be saved for the coldest January and February nights. All the stacks were easily accessible and very stable (many years ago Claudia had learned to keep the firewood stacks from collapsing onto the cats while they inevitably climbed to the top).

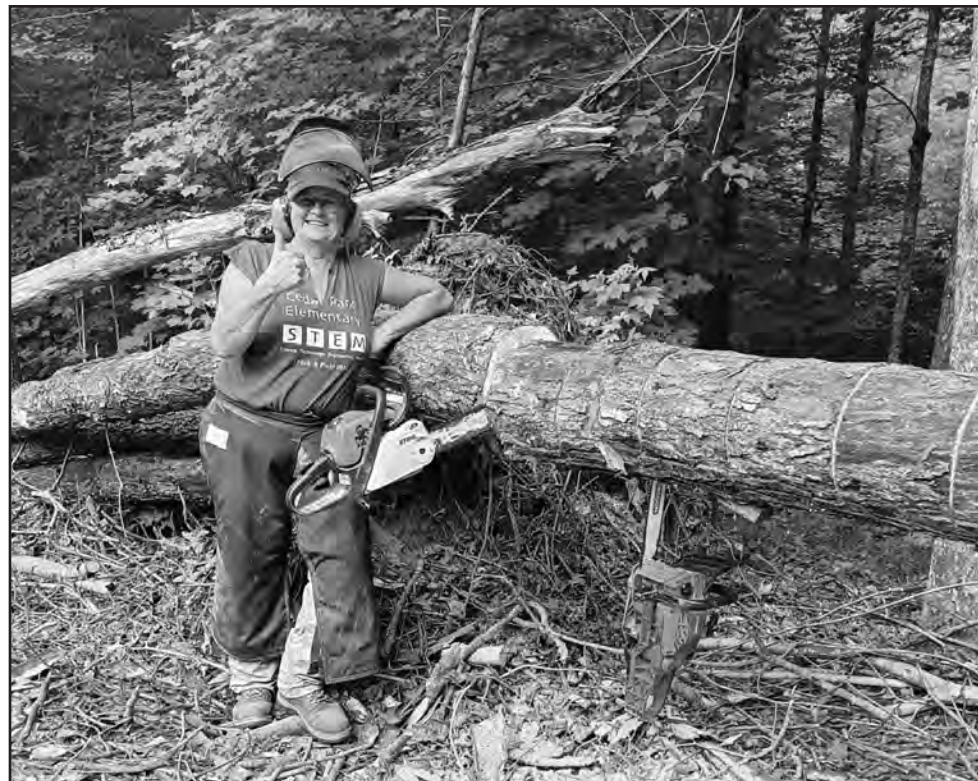
They say that heating with wood heats you more than once. Monica's overgrown woods had a lot of deadfall; felling trees was unnecessary in the first few years unless the ATV

trail needed to go through. But (in the warm days of August and September – before the temperature dropped and the house needed to be heated) the deadfall had to be cut into fireplace-sized logs, carried to and lifted into the trailer, lifted out of the trailer (back at the pole barn), lifted onto the hydraulic splitter, tossed into ever-growing piles on the ground, then lifted one more time to be stacked. (Handling count: seven times). To keep the homefires burning, the firewood had to be loaded back into the trailer, driven to and then carried into the house, placed in stacks, and – eventually – loaded into the fireplace. (Handling count: four more times). So firewood heats you a minimum of 11 times, not counting burning it in the fireplace.

Occasionally, over the 20+ years that Claudia and Monica had been heating their homes with firewood, someone would claim burning firewood pollutes the environment. Not true. Anything that rots (meat, autumn leaves, dead trees) creates gasses, including carbon dioxide gas. Leaving a log to rot on the ground creates just as much carbon dioxide as burning that same log in the fireplace. Actually, burning a log releases just as much carbon dioxide into the air as the photosynthesis and carbon dioxide it took in to grow that log in the first place. If a forest is sustainably managed, burning firewood to heat one's home is carbon neutral. (And the newer wood stoves practically eliminate any soot that might escape into the atmosphere.) According to Jim Bowyer, professor emeritus from the University of Minnesota, there is no environmental reason not to use the wood on your property as a source of energy. (Source: Climate Curious: Is burning wood for heat carbon neutral, Elizabeth Dunbar, MPSNews November 9, 2019)

Claudia does not like garages. Yes, silly. She hadn't had one for years and learned to cover her windshield with a tarp for no hassle snow removal before driving. But she still did need a shelter for the car and we needed a better spot for wood. This time getting the building permit for a farm structure was easy. No big hoops to jump through with the county. The building would hold whatever machines it needed, including cars, and we had a specific area set aside for five cords of wood.

Before we knew it, fall had arrived and so did the school year. Monica was off every day to Apple Valley to teach fifth grade; Claudia was substitute teaching at the various high schools in the area. The chickens were happily laying eggs in the insulated coop, the cattle and goats got along great



across their shared fences. A few big square bales were in the barn for the goats when it snowed (goats hate precipitation; who knew?). The dog was still enjoying the farm (and after killing only 2 chickens learned to leave them alone). The only drama was between the cats: Claudia's cats did not like the upstairs neighbors at all (human, canine or feline), and the feeling was mutual. Everyone had settled into a comfortable routine.

But the days were getting shorter and colder. Caring for the goats was getting more

difficult. The goats were mature, and had been purchased for meat. When Christmas break came Monica decided it was time to take the goats to freezer camp before the new year. Monica didn't have a livestock trailer, but did have an older, somewhat decrepit minivan. It had worked to bring the kids home, now it would suffice to bring them to the butcher. Ten or so days later we picked up the boxes of meat. Those goats were loved TWICE!



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## Goodhue Living Celebrates Second Anniversary and Residents

By Beth Brekke

“We like to have fun. We also have an important job to do,” said Goodhue Living’s Executive Director, Missy Shaleen. A second anniversary celebration on Monday, September 23rd highlighted both priorities. “We have an amazing management team, great staff and residents. We are one big, happy family.”

With only seven of the 40 apartments available, they are right on target as expected at the two year mark. Shaleen estimates 80% of the residents have come from within a ten-mile radius of Goodhue. “They’re just great,” she says, adding how new residents feel at home within two to four weeks of moving into the community. “We’ve become the Senior Center,” she remarked when talking about the

many activities happening in the building. Each day is filled with opportunities to participate in spiritual, health and fitness programs, games, movies and other entertainment. October 31st Halloween fun will include kids coming through in costume.

The community room is free to use and all events are open to the public. A calendar of events is available in the entryway.

Among the celebratory anniversary events was the third of three car shows held on the campus this year. Slightly smaller than the first two, there were about 20 vehicles of all models and ages. Food was available from Big River BBQ out of Lake City at all three shows. Mark Swan donated his time to sing and play guitar during the party.

Culinary Coordinator, Sydney Lundquist spearheaded a bake sale that raised \$500.00 for the Alzheimer’s Association. Starting her work day at 7 AM, she baked a variety of bars and cookies to sell at that evening’s anniversary celebration. The Goodhue High School graduate attended the Institute of Culinary Education in Manhattan, New York. “I loved cooking and baking since age 12. I like making people happy with food.” She has that opportunity a minimum of five days a week as she makes breakfast and lunch for the residents and preps food for the remaining meals



Goodhue Living Staff and volunteers working at the facility's second anniversary party were (front row, L-R) Susie Matthees, Missy Shaleen, Sydney Lundquist, Trinity Poncelet, Zoe Willis. (back row, L-R) Eric Stehr, Shelley Johnson, Abigail Brinkman, Marlys McNamara, Donna Holst and Kayla Ryan.



Goodhue Living resident, Jan Buckman was honored for her artistry during a Dare to Dream event on September 25th. Pictured with her husband, Tom, Jan cut and finished the edges of new placemats being used in the memory care unit.

and desserts. “I love it. I like being busy,” says the newlywed who lives in Lake City. Her husband, Nick does maintenance through a company that also serves senior citizens.

Lundquist worked out a system to sanitize new placemats that debuted on the Memory Care unit’s dining tables September 25th.

The woven mats were a joint project of the Goodhue Living community and resident, Jan Buckman. Jan cut the waxy, woven fabric to size and rounded and finished the edges. Jan has extensive experience working with this type of material as a self-taught basket artist.

(continued on page 10)



Jan Buckman holds a sample of her work as a basketry artist. Her pieces have been featured in books and art shows across the country. They have also sold in galleries for as much as \$7000.00. She keeps supplies and tools and continues to work on her craft in her room at Goodhue Living.

## Goodhue Living Celebrates Second Anniversary and Residents

(continued from page 9)

"I can't remember when I wasn't doing something," Jan said of her life experiences. She would be knitting or crocheting and raising her children while working in a store on the West Bank of Minneapolis. She enjoyed working with other creative people at the store that sold handmade furniture. She later took up basketry. Using waxed linen and the wrapped twining technique, she created intricate, one-of-a-kind works of art.

Jan created her own patterns, designing baskets with contrasting geometric prints. A 10-12-inch tall piece may take 5-6 weeks to complete. She is so proficient in her craft that no cord ends or knots can be found where one length or color stops and the next begins. Her talent earned her a \$20,000.00 National Endowment for the Arts grant that she says gave her the freedom to experiment. Other smaller awards including an Arts Midwest grant, allowed her to travel to watch and learn from other basket makers. Jan, who is ¼ Ojibwe, took special interest in visiting the Hopi Indian Reservation.

The handmade nature of Jan's craft made it hard to put a price on her items. "At one point, I had a lot of (pieces in) galleries," she said, revealing that some pieces sold for as much as \$6-7,000.00, of which the gallery keeps half. The Minneapolis Institute of Art has one of her baskets on display and Jan's work has been featured in books and shows across the country. Once while in California, she saw a giant rendition of one of her baskets on the side of a passing bus.

Jan's husband, Tom, describes their early relationship as built "One dollar at a time". While their early affordable housing was literally in a cow pasture, he also meant the slow and steady way they worked together in life.



**Gracie the cat, Goodhue Living's only resident pet, was the guest of honor at a recent Dare to Dream event.**

A musician by trade, Tom now plays piano as a way to relax. From the Hager City, Wisconsin area, the Buckmans chose Goodhue Living for Jan's care due to the feeling of community they get from the staff and other residents. Sharing her skills while making the new placemats and being recognized for her many accomplishments was part of the senior living's Dare to Dream program.

St. Croix Hospice teamed with Goodhue Living to treat another resident (who wishes to remain anonymous) to some time with a furry friend.

The staff hoped to have the local shelter bring in some of their adoptable cats and kittens but when that fell through, Gracie, a large tortoiseshell patterned cat got all of the attention. Gracie belongs to one of Goodhue Living's occupants and is the only pet on campus at the moment. Her owner says she just showed up at their farm one day and may be about 10 years old. Spayed and well-mannered, she moved into the house and now lives with them in their apartment.

There may have been a lack of fur and whiskers but the Dare to Dream event turned into a nice gathering of the resident's family members, friends and animal-loving occupants. The resident shared a few memories of pets, describing the family dog as a "Spoiled rotten third kid". The staff hopes to reschedule a visit from the shelter at another time.



**Culinary Coordinator, Sydney Lundquist, sold freshly made treats at Goodhue Living's second anniversary celebration. The bake sale raised \$500.00 for the Alzheimer's Association.**

## All Aboard! Celebrate ZAHS

The Zumbrota Area Historical Society invites the public to celebrate their 25th year along with the 100th Anniversary of their historic building on Sunday, October 27th. All Aboard for a railroad themed celebration an annual meeting.

At 12 p.m. enjoy free hotdogs, chips, & ice cream on the lawn at the ZAHS building, 55 East 3rd St. Inside, a Meet-and-Greet will feature: Mr. B's Hiawathaland Rails, Anthony Bianchi; TJ's Epic Train Channel, Todd Hein, running old model trains; Bluestem Films, Ethan Krueger, 1 p.m. Drone launch weather permitting in the parking lot.

Then, at 2 p.m. at the State Theatre, 96 East 4th St. a short Annual meeting followed by Mr. B's Hiawathaland Rails presents the Duluth Red Wing & Southern Railroad "DRW&S" that once ran from Red Wing to Zumbrota. Remember them, they built Zumbrota's 2nd covered bridge!

After the 2 p.m. event the ZAHS building will open again for a follow-up Meet-and-Greet.

Join ZAHS on Sunday, October 27th for an All Aboard for a railroad themed celebration and annual meeting.

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## Chiropractic Care for Colds and Flu



By Shauna Burshem, D.C.

During cold and flu season, many people look for ways to stay healthy and ward off sickness. One option is chiropractic care, which can be a great ally for keeping your body in fighting shape. Chiropractors focus on adjusting the spine to improve how the nervous system functions. This is important because the nervous system is closely linked to the immune system. When your spine is aligned correctly, it can help boost your body's ability to produce more white blood cells and resistance enzymes, both crucial for fighting off colds and the flu. Another benefit of chiropractic care during this time is that it can help your body recover faster if you do get sick. Regular chiropractic adjustments can

help reduce stress and improve circulation, which are key factors in maintaining a healthy immune system. When your body is less stressed and your blood flows better, your immune system doesn't have to work as hard to keep up with viruses and bacteria. This means you might experience milder symptoms and get back on your feet more quickly. Plus, chiropractic care often includes lifestyle advice, which can guide you in making healthier choices all season long.

Monkeypox is a rare viral zoonotic disease similar to smallpox, characterized by fever, rash, and swollen lymph nodes, typically transmitted to humans from animals. As of the most recent data available, monkeypox has been associated with a low mortality rate, with deaths being relatively rare. Most cases reported have been mild, with fatalities occurring in less than 1% of those infected. Most individuals infected with monkeypox recover completely. Recovery typically occurs within two to four weeks after the onset of symptoms, although some complications can extend the recovery period. A vaccine approved in August by the U.S. Food and Drug Administration (FDA) for people deemed to be at "high risk" for mpox infection may cause more harm than good, according to the FDA's own medication guide for the product. The FDA medication guide comes with a list of "serious complications," including myocarditis, death and fetal death. The FDA's medication guide also warns that people who receive the vaccine may spread it to unvaccinated people, who also risk developing vaccine side effects, including death.

According to the opinion of respiratory therapist Mark Bishaskey, thousands of patients hospitalized for COVID-19 died because of a rush to put people on ventilators — while denying them medications like ivermectin, hydroxychloroquine and vitamin D. A respiratory therapist is a healthcare provider who helps diagnose, treat and manage conditions that affect the lungs, according to the Cleveland Clinic. They are the clinicians who perform intubation — inserting a tube through a person's mouth or nose, then down into their airway — so the patient can receive oxygen from a ventilator machine. As published in an interview with the Children's Health Defense, Bishofsky tried to convince doctors that "this wasn't the right thing to do." He explained:

"When I started my career in 1999 I went to ... a huge symposium talking about the risks of intubation — the risks of using a ventilator — and even back then it was known that intubation should be a last resort. "At that time, they were reporting a 25% increase in mortality of patients that were getting intubated and put on a ventilator. And now we know during COVID it was upwards of 80 to 85% of people that were on ventilators passed away." Ventilators are "one of the most important life-saving tools we have," Bishofsky said, but they are also "extremely dangerous" because they typically cause bacterial pneumonia. In the first week of the pandemic, the doctors at Bishofsky's hospital used hydroxychloroquine. "We had extremely good outcomes," he said. But then an "absolutely bogus" study came out in the British medical journal Lancet on hydroxy-



chloroquine. "The doctors would cite that." At the end of his tenure at the hospital, Bishofsky told his medical director, "You know, this whole early intubation thing was completely hideous." The medical director admitted it was hideous but said, "We were doing the best we could." Patients were being intubated "when they were needing as little as three liters of oxygen," according to Bishofsky, who said he'd never seen that before in his 25 years of practice. "That's so little oxygen to the point where if you took the patient off of it, they're gonna be fine," he said. "But there was this rush to intubate these patients."

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

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## Constipation Checklist



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Almost everyone has experienced difficulty passing a bowel movement at least once in their life. For some, the challenge is a regular occurrence. Dr. Alan Gaby defines constipation as having less than 3 bowel movements in a week. Dr. Bernard Jensen raised concern if an individual was not having 3 bowel movements a day. There are numerous reasons why constipation may be happening, but let's consider the basics.

The digestive system starts at your mouth and ends with the anal opening. This amazing system allows food to pass through the middle of your body with only the nutrients your body wants getting absorbed. All the rest of the remains of food will provide some support for the trillions of bacteria in your intestines and then will move out with the next bowel movement. The colon is the last section of the digestive system, and a primary role of the colon is to absorb water so that you do not constantly have diarrhea. When this system is working well, your intestines should be regularly moving food remains through with ease.

In order to see regular bowel movements occur with ease, consider the following checklist:

**Water** – since a primary role of the colon is to absorb water make sure you are consuming enough water that the colon cannot absorb it all. Other beverages like coffee, tea, and carbonated beverages do not count. These beverages will stimulate the kidneys to pull more water out of the body, so additional pure water needs to be consumed to compensate.

**Fiber** – fiber is that portion of fruits and vegetables that is indigestible. It serves a pur-

pose in absorbing water and toxins from the digestive track and removing them from the body. Consider fiber to be the broom which sweeps through the intestines and keeps them clean. Beans of all kinds, oatmeal, fruits and vegetables are quality sources of fiber. An adult should consume around 30 grams of fiber per day, but the average American only consume half that amount.

**Probiotics** – Probiotics are the beneficial bacteria you need in your intestines to maintain quality health. These probiotics can be obtained by supplement or through fermented foods like yogurt, sauerkraut, or kimchi. These beneficial bacteria feed on the fiber and produce helpful chemicals that stimulate healing and bowel activity. I recommend a probiotic supplement that has at least 10 different bacteria listed in the ingredient list and to take between 50 billion CFU and 100 billion CFU in the evening before bed.

**Food Allergies** – make a journal of the foods you eat from day to day and note if constipation is experienced after eating a certain food. Any food can produce an allergic reaction. Some common foods associated with constipation include Cow's milk, cheese, wheat, and beef.

**Flaxseed** – Flaxseed oil and flaxseed meal consumed regularly can improve bowel movements and regularity. Recommended intake is 1 – 2 tablespoons of flaxseed oil, or 2 – 3 tablespoons of flaxseed meal per day. Flaxseed provides multiple benefits to the human body from the essential fatty acids, fiber, and additional nutrients packed into this tiny seed.

**Magnesium** – The intestines only absorb the quantity of magnesium the body needs. However, most Americans are deficient in magnesium as mentioned in a previous article. When you consume more magnesium than your body needs, a laxative effect will be produced to increase bowel activity. Magnesium citrate is an easy supplement to

take and 400 mg in the evening before bed will be appropriate to increase bowel activity for most people.

**Vitamin C** – The intestines only absorb the quantity of Vitamin C the body can use at that time, so excess Vitamin C will also increase bowel movement. If you notice bowel movements are loose or too frequent, check your Vitamin C intake.

As mentioned earlier, there are numerous reasons for constipation to develop. These causes can include hormone levels, medications, stress, sedentary lifestyle and diet. This

checklist helps to identify some of the ways constipation may be relieved. Review this checklist and apply what seems best to you. I am happy to discuss individual cases and help you experience a more positive life.

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

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

## Legacy Blocks At the Wabasha County Fair

Wabasha, MN - The Wabasha County Fair is excited to announce the launch of its Legacy Block Program, offering community members a unique opportunity to "Leave Your Mark" on the newly upgraded Grandstand. These Legacy Blocks allow individuals, families, and businesses to purchase a personalized block that will be displayed at the fairground's premier event space.

The recent Grandstand renovations have transformed it into a fantastic arena for events, receiving praise from both spectators and participants. The Legacy Block Program not only helps support the continued enhancement of the fairgrounds but also gives donors a chance to be a lasting part of Wabasha County Fair history.

Blocks are available for purchase now, with limited prime locations at the Grandstand. Don't miss your chance to contribute to the community and create a lasting legacy.

For more information on how to purchase a Legacy Block, please visit our website or utilize the form.

*About Wabasha County Fair: The Wabasha County Fair has been a cherished tradition for over a century, celebrating the agricultural heritage, talents, and community spirit of Wabasha County. The fair offers a wide range of events and activities, bringing together residents and visitors for days of fun, learning, and local pride.*



Wabasha County Fair Board  
99 Coulee Way  
Wabasha, MN 55981

### Legacy Blocks

At the Wabasha County Fair

This spring we made major upgrades to our Grandstand, creating a fantastic arena for our events. The improvements have already been a hit with both the spectators and racers at this year's fair!

Legacy Blocks are a unique opportunity for you to "Leave your Mark" at our Grandstand. This is a wonderful way to support the fair while also becoming a part of our fairground's history.

**Cost:** With a \$250 contribution, you can paint and decorate one of the 160 numbered concrete blocks. Each contribution reserves your block for 5 years.

**Timeline:** Blocks can be painted spring of 2025 and stay painted until after the 2029 fair. More information on painting dates will be released in early 2025.

**Conditions:** Designs must be submitted and approved by the Fair Board. The Fair Board reserves the right to remove any designs that are inappropriate or inflammatory.

This opportunity is available on a first-come, first-served basis, so act quickly to secure your preferred location!

Return form below with payment to:

Wabasha County Fair  
4426 35th St NW  
Rochester, MN 55901

#### Legacy Blocks at the Wabasha County Fair

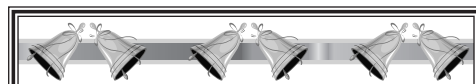
Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Number of blocks: \_\_\_\_\_ Preferred block number(s): \_\_\_\_\_

Enclosed is a check payable to the Wabasha County Fair  Design enclosed (or provided by Feb 28, 2025)



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




Place:  
Lori & Darwin Amy  
2290 County 49 Blvd. Dennison, MN 55018  
Phone: 507-649-1009  
Email: cabincrew@frontiernet.net

 Look Us Up on Facebook Under Potpourri Mill

## Wabasha County Public Health Spotlight

### Memory Minder Kits are Available at Local Public Libraries Across Wabasha County



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

BY JODI JOHNSON,  
BSN, RN, PHN

Memory Minder Kits first became available at the Wabasha Public Library in 2021 and

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



have been implemented at all three public libraries in Wabasha County. The kits can be checked out for two weeks similar to a book. Kit contents are evidence-based and provide a variety of interactive activities to boost brain function.

The kits are outfitted with instructions, guidance, materials and supplies to facilitate a variety of evidence-based interactive exercises and activities that stimulate the mind and memory. Examples of activities include puzzles; word, coloring and memory games; conversation starter cards and picture books; relaxing music CDs. Kits are modeled after a similar project in another Minnesota community, which has proven to be highly successful in helping caregivers lead meaningful interactions that enhance cognitive functioning for people with all forms of dementia.

Based on the level, activities are designed to prevent cognitive decline for older adults that want to maintain their mental functioning. Other kits target caregivers of seniors who are experiencing mild to extensive memory loss.

Memory Minder Kits can be found at the following locations:

- Wabasha Public Library-Eleven kits.
- Lake City Public Library-Three kits.
- Plainview Public Library-Three kits.

Wabasha County Senior Health Action Team (WCSHAT) supported by funding from the Wabasha County Statewide Health Improvement Partnership (SHIP) developed Memory Minder Kits which were launched in 2021.

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**WEDNESDAY:** Enjoy Our "Jumbo" Wings Specials!  
BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)

**THURSDAY:** \$3.50 All Taps, Domestic Bottles, Rail Drinks!  
Taco Specials! Fajita Specials! 16oz. Margarita Special

**FINALLY FRIDAY:** All You Can Eat Fish Dinner

**SATURDAY:** Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

**SUNDAY:** Enjoy Our Sunday Breakfast Beginning at 9a.m. & Sunday Pasta Features




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## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question:** This week it has been extremely foggy on the morning commutes, can you give some advice on driving in fog?

Answer: Driving when the weather limits your visibility can be a challenge for all of us on the road. You can reduce your chances of being involved in a crash by eliminating distractions and by following a few safety tips.

Minnesota law states that every vehicle on a roadway shall display lighted headlamps, lighted tail lamps, and illuminating devices from sunset to sunrise. The law also applies when it's raining, snowing, sleeting, or hailing and at any time when visibility is impaired by weather or insufficient light, at a distance of 500 feet ahead.

Basic automatic headlights work through sensors which detect how much light is outside. These sensors are located on the dash of the vehicle. The headlights turn on when the sensors detect a certain level of darkness or the level of ambient light.

The problem is there are limitations to automatic headlights. Sometimes they do not turn on during heavy rain, snow or fog, as the light sensor still detects some light.

Many drivers fail to physically turn on their headlights, which will also activate the rear taillights and marker lights. Some drivers assume the sensors will activate all of the vehicle's lights in reduced visibilities, but that is not always the case.

We recommend what's called the 3-second-plus following distance rule. Watch the vehicle in front of you. When that vehicle passes an object such as a sign, pole, bridge, etc., count off three seconds. You should not arrive at that spot sooner than your count to three. If you do, you are following too close!

Also, you must add one second for every hazard that exists. Hazards include but are not limited to heavy traffic, rain, snow, fog, driving into the sun, etc. In some cases you might have to allow six, seven seconds (or even more) to be safe because of existing hazards.

We also recommend when driving in dense fog, heavy rain or snow to drive in the right lane of a two lane roadway going in the same direction. In the event that a vehicle is traveling the wrong way, chances are that they will be in your left lane as they approach and pass by you.

When visibility is reduced, slow down, increase your following distances, manually turn on your lights and eliminate all distractions.

**Question:** I have a medical condition that causes me to lose consciousness on occasion. I am hoping to get a driver's license.

**Is there anything I need to do?**

Answer: When applying for an instruction permit or driver's license, you will be asked questions about medical conditions. Providing false information on the application could result in losing your driving privileges.

If you have a medical condition, you may need to provide a statement from a physician indicating whether or not the condition affects your ability to drive safely. If you already have a permit or license and are diagnosed with epilepsy or a condition that could cause loss of consciousness, you must submit a physician's statement within 30 days of the diagnosis. The statement must indicate whether or not the condition interferes with your ability to drive safely.

Send medical statements to:  
Driver and Vehicle Services  
Driver Evaluation Unit  
445 Minnesota Street, Suite 170  
St. Paul, Minnesota 55101-5170

For more information, contact the Driver Evaluation Unit at 651-296-2025.

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)



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## Historical Happenings

Compiled by  
Helen Reiland

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

**FRIDAY, FEBRUARY 24, 1956**

**Dist. 66 Rejects Plat with Goodhue**

A straw vote held in District 66 last Thursday evening for the purpose of determining whether a new plat should be drawn for that district to join Goodhue was turned down by a 22-5 margin.

School District 66 is at the present on Mazeppa's new plat which is at the state department of education for consideration.

The state department also has two other plats under consideration. One is for the rural high school, exact location to be determined later, for school districts 18, 88, 86, 19, 20, 23, 45, 24, 80, 2, 46, 53, 48, and 105.

The plat from District 73 involves joining of that district with the Lake City high school district.

**Lloyd Oelkers Elected Baseball Club Manager**

Lloyd Oelkers was elected manager of the Mazeppa baseball club at a directors meeting held Tuesday evening.

Mr. Oelkers has had previous managerial experience and has been active in local baseball for many years.

Officers elected at the meeting were R.J. Tommeraas, president; J. Richardson, vice president; P. Wobschall, secretary and C.W. Robinson, treasurer. Robert Nelson was elected league director.

Class "A" ball will again be played by the team and prospects for a successful season are very bright.

A raffle to raise funds for the baseball club will be held Sunday, March 11 at the Legion clubrooms. An afternoon and evening of entertainment is being planned.

**Announcement!**

Dr. Oliver Larson will in his new office at 118 East 4th St. on Monday Feb. 27.

It is east across the street from the State Theatre. Zumbrot, Minnesota.

**FRIDAY, MARCH 2, 1956**

**Gram Jones Celebrates 97th Birthday**

The picture to the right of Mrs. Jones was taken at her 95th birthday celebration. Back row, left to right are her granddaughter, Mrs. W.J. Hines of Stewartville, and her daughter Mrs. Asa French of Zumbrot. Front row, left to right are great granddaughter Mrs. Melvin Viker of Rochester, great-great granddaughter Cindy Viker and Mrs. Jones.

She has three great-great grandchildren and several great-grandchildren.

Sunday she was guest at a party at the home of her granddaughter, Mrs. Cliff Froyd, at Lake City.

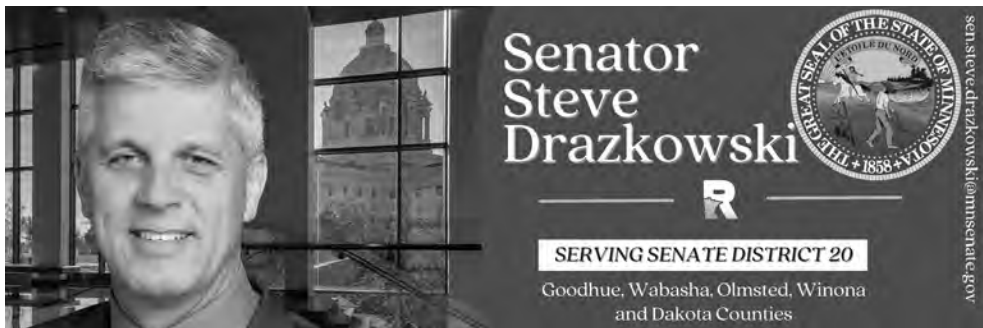
**Consolidation News**

News on Mazeppa's consolidation plat which now has been with the state department of education for the past three weeks, is non-existent. Since that time two districts have taken straw votes for plats with Goodhue, namely 66 and 100. Both districts turned this down by a wide margin.

It is hoped that word on the Mazeppa plat will be forthcoming shortly so that this area's education problem may be solved.



**Gram Jones Celebrates 97th Birthday**



*\*Opinions expressed in Letters to the Editor are not necessarily those of The Messenger*

## Letter to the editor:

### Why is this the most important election in our nation's history?

Let's look at some of the new laws in Minnesota. Our current trifecta (meaning all three branches of government in Minnesota) is held by a one vote Democrat majority. Before the trifecta came on the scene in 2023, Minnesota had around a \$19 billion surplus. That is now gone. Plus an additional 40 % increase in spending (your taxes) is now in the 2025 budget.

The trifecta has passed the largest spending package for schools. Yet our Districts remain in financial crisis. Why? The over 60 new mandates restricting and directing those education funds certainly have a part to play. These last 2 years we have seen an increase in central State control in multiple areas of life and business. Instead of a "one box fits all" approach we should empower our school boards to listen to the community and make decisions that reflect the needs and goals of the district.

The one party legislation also enacted

- Tax funded college to anyone, citizen or not, who's family makes under \$80,000
- legalized at-will termination of pregnancy for any reason at any time,
- gaged councilors by mandating them to only affirm gender transformation instead of allowing a conversation and a wholistic approach,
- restrictions from collecting and using the thermal energy created when burning trash,
- created a brand-new payroll tax that socializes paid family and sick leave through a public option

These are just a few of the extreme stances taken last cycle. What has happened in MN should be a warning sign to all voters of what will happen to the U.S. should the same party continue in power.

THIS is why I will be voting Republican down ticket this year.

This is the most important election in our nation's history!

Everyone needs to take a stand and vote!!

**Sara Bertschinger**

**Pine Island, MN**

## To the Editor,

"The nine most terrifying words in the English language are 'I'm from the government, and I'm here to help.'"

- Ronald Reagan

While comical, Ronald Reagan's words do speak to the truth that sometimes one's government will take pains to do more and more with the result not being the benefits it promises. The Minnesota DFL has had a Trifecta for now almost two years, proving the validity of Reagan's words.

At its start, the Trifecta took a \$17 billion surplus from 2022, spent it, failed to follow through on a promised major tax refund, increased spending by 40% (\$19 billion), and destined Minnesota for a deficit (see American Experiment link below). Both high taxes and the inflation resulting from this spending will degrade the value of the citizen's dollar. Have you felt this? Moreover, their energy policies (namely bill HF7/SF4 which outlaws fossil fuels by 2040) will only steer Minnesota deeper into high energy costs. Citizens are being fleeced by taxation and robbed through inflation by an indifferent government.

The Trifecta has also incentivized illegal immigration with the passing of bill HF4/SF27 which gives illegal immigrants driver's licenses even though they cannot drive without insurance and get insurance without a social security number. Not only is fostering illegal immigration a robbery of citizens' jobs, college opportunities, and other resources, but also it resigns the immigrants to a form of serfdom, without the benefits of citizenship. Imagine if you could not call the police for fear of deportation. For the DFL to subjugate immigrants to a fearful, deprived, second-class citizenship is cruel and trending Minnesota towards slavery which decades have been spent trying to reverse.

I think we need to listen to Ronald Reagan's other quote, "Government is not the solution to our problem; government [DFL Trifecta] is the problem."

<https://www.americanexperiment.org/minnesota-state-budget-is-a-disaster-waiting-to-happen-thanks-to-gov-walz-and-the-dfl-controlled-legislature/>

**Colton Muehring**

**coltonmuehring@gmail.com**

**952-491-3711**

**31496 Oxford Mill Rd**

**Cannon Falls, MN 55009.**

Dear Friends and Neighbors,

I hope you are enjoying the best time of the year in Minnesota, when the heat of summer yields to the cooler temperatures of Indian Summer and harvest time is right around the corner.

This will be an update on the effect of a recent supreme court decision and local governments' successful grant initiatives. Look towards the bottom for helpful links to election information from the Secretary of State's office.

## Tyler vs Hennepin County

In May 2023, the U.S. Supreme Court ruled that the government's seizure of a property worth more than needed to satisfy a debt constitutes a taking. The original case concerned 94-year-old Minneapolis resident Geraldine Tyler, who failed to pay property taxes on her one-bedroom condo. Hennepin County seized the property and sold it at auction for \$40,000. Tyler owed only \$15,000 in past-due taxes, interest, and costs to the County (her original unpaid obligation was \$2,300). Under Minnesota law, the County retained the surplus of \$25,000 from the sale rather than refunding it to Tyler.

So now that the Supreme Court has ruled, Counties across Minnesota will be required to pay back the excess they retained in the sale of the tax-forfeited property. In the last session, the Legislature softened the blow by giving state aid to counties to help them pay back the property owners.

The counties and claimants are engaged in a class action lawsuit in Ramsey County in order to agree upon and arrange payment. To establish eligibility for compensation, a person must have owned or held an interest in a property that was forfeited in Minnesota for non-payment of taxes during the following time periods:

--Property in Hennepin County forfeited between August 16, 2012 and December 31, 2023

--Property in Saint Louis County forfeited between June 2, 2016 and December 31, 2023

--Properties in all other Minnesota counties forfeited between June 23, 2016 and December 31, 2023.

Upon approval of the settlement by the Court, successful claimants may receive up to 90% of the surplus value plus interest of the forfeited property minus taxes and associated charges.

For more information, visit <https://www.mntaxforfeituresettlement.com/>  
**Prairie Island Nuclear Reactor in Red Wing State Funds Local Development in District 20**

The city of Red Wing was recently awarded a \$1 Million grant to help get it on track for when the Nuclear Power plant at Prairie Island is retired. Currently, the city is dependent on the tax payments that Xcel provides, and when the plant is no longer operating, a huge chunk of its budget will disappear, po-

tentially increasing the burden on property tax payers. Nuclear power plants have a lifespan with planned site decommissioning according to federal laws and rules.

"The grant funds will support multi-year planning to create numerous transition planning documents, including an economic impact assessment, community engagement and support strategy, revenue diversification strategy, infrastructure enhancements, workforce development and retraining, and more" according to the announcement from the Department of Employment and Economic Development (DEED).

The city of Zumbrota was awarded \$597,713.00 by DEED for rehabilitating 21 owner-occupied housing units. The grant is part of the Small Cities Development Program, which helps towns and small cities, especially in Greater Minnesota, improve their residential housing stock and main street businesses. Cities with fewer than 50,000 residents and townships and counties with fewer than 200,000 residents are eligible. DEED administers the grants that the U.S. Department of Housing and Urban Development funds.

## Election Information

We are a couple of months from Election Day but voting has already begun! You can vote absentee by mail or in person. Many locations still have voting on Election Day at a local precinct but others now vote by mail only. Your local officials (city or township and county) decide whether to opt into mail-only voting. Many local governments switched to mail only during COVID-19, but a few have switched back to in-person voting because they want to have the trust that comes from casting your ballot with people they know, in their local community.

How do you know what your voting arrangements are? It's a good idea to check to see if anything has changed so that you can plan ahead.

Some helpful resources you'll find there: Secretary of State's "Other Ways to Vote" website with information on voting early in-person or by mail.

The "What's on my ballot?" website. Finding a county's election office (<https://www.sos.state.mn.us/elections-voting/find-county-election-office/>).

For election day voting, the Secretary of State's polling place finder.

I only send these out about once a month when the legislature is not in sessions (yes, we still have a part time legislature in Minnesota!) but please do contact me at any time to share any issues, concerns, or feedback you have to assist me in best representing you.

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

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THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks! Taco Specials! Fajita Specials!  
16oz. Margarita Special  
FINALLY FRIDAY All You Can Eat Fish Dinner  
SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib  
SUNDAY Enjoy Our Sunday Breakfast Beginning at 9am. and Sunday Pasta Features

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## Special Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, August 25, 2024

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

The Pledge of Allegiance was said.

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

Others Present: City Administrator Clerk Karl Nahrgang.

Absent: Councilperson Steve Liffrig.

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

Motion by Young, second by Wiebusch to approve the preliminary 2025 City Budget and 2025 Preliminary Levy of \$420,579. All in favor, none opposed. Carried.

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

Meeting adjourned at 6:03 PM.

Administrator-Clerk

## Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, September 11, 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 Liffrig, Michael Hammes, Dustin Wiebusch, and Erica Young.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Public Works Director Scott Ellingson, Public Works Dan Nelson, Municipal Liquor Store Manager Todd Ihrke, Mark Mickow from Grinde & Dicke, Wabasha County Sheriff's Department Patrol Sergeant Laurenson and Deputy Clerk Sara Betcher.

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

Motion by Young, second by Wiebusch to approve the August 14, 2024, regular Council meeting minutes. All in favor, none opposed. Carried.

Wabasha County Sheriff's Chief Deputy

presented the monthly Incident Command Report. 119 hours of policing were provided. It's been a good month.

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 of a received complaint and potential litigation. All in favor, none opposed. Carried.

Regular meeting closed at 6:04 PM.

Motion by Liffrig, second by Young to end the closed meeting. All in favor, none opposed. Carried.

Closed meeting ended at 7:08 PM.

Motion by Liffrig, second by Young to reopen the regular Council meeting. All in favor, none opposed. Carried.

Regular Council meeting re-opened at 7:09 PM.

Motion by Young, second by Liffrig to take no action from the closed meeting. All in favor, none opposed. Carried.

Public Works Director Scott Ellingson gave the Public Works report.

Motion from Wiebusch, second by Young to purchase the New Holland 74 horse Compact Wheel Loader with accessories and plow for \$96,895.00 option 2 with \$1 buy out at end of the 5-year lease. All in favor, none opposed. Carried.

No Fire Department report given.

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

City Engineer Matt Mohs presented the engineering report.

Motion by Young, second by Hammes to approve building permits 24-920-081, 192 2nd Ave SE -Re-Side. 24-920-075, 343 3rd Ave. NE -interior remodel. 24-920-073, 179 3rd Ave. NW -move house onto foundation. All in favor, none opposed. Carried.

Chestnut Estates- Karl to have for next month. Document resigned by parties. Luke will update and send it.

Motion by Young, second by Wiebusch to table the maintenance agreement with Wabasha County and the City of Mazeppa for the October 9, 2024, meeting. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to approve the Snow Removal Agreement from Turbo's Repair LLC. All in favor, none opposed. Carried.

A letter will be sent out prior to snow falling, reminding homeowners with sidewalks that they are responsible for sidewalk snow removal in the winter.

The Dispensary Ordinance template was discussed. Luke will have updates made at the next meeting (A reading will need to happen. Next month?) Must be in place January 1, 2025.

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

Councilperson Erica Young reminded everyone that the last Community Market event at Lion's Park will take place this month. The Parks and Rec Committee is also selling raffle tickets for the trail and your support is appreciated. There will be a golf cart parade this Saturday at Noon.


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

Meeting was adjourned at 8:40 PM.


Administrator-Clerk

Mayor

Next meeting: 6:00 PM, October 9, 2024.



September seems to have come and gone by very fast, and many exciting things are happening in the community. You may have noticed the building activity has started at the vacant corner on 1st Avenue. Dollar General is beginning a project along Highway 60, and it won't be long before there is construction activity at the new wastewater treatment site. Although progress seems to be uneven with starts and stops, there is a lot of assessment and work Council and staff put in to be sure the City is keeping up with the needs of the community. It can take years of planning and research to get to a point to install public infrastructure or attract business to the community. Elected officials and staff are always considering what the future needs of the community may be today, to plan to meet those needs.




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## Zumbro Falls City Council Minutes - August 14, 2024

The Zumbro Falls City Council met at City Hall on Wednesday at 6PM.

The meeting was called to order by the mayor. Absent from the meeting was Council person, Sara Anderson.

Clerk read the minutes from the July meeting which were accepted as read with a motion from Benson, seconded Bankers, all in favor, carried.

Treasurer's report followed and accepted with a motion from Bankers, seconded Benson, all in favor, carried.

Mike Bubany was called by phone to answer a few questions from council concerning TIF. Council members absent from the July meeting had some concerns to address.

Bruce presented three bids he received for the repairs needed on the man holes on Appledale, Nicholas, and Christina City streets. A bid from Rochester Sand and Gravel was approved by a motion from Benson, seconded Bankers, all in favor, carried.

Council reviewed the primary election results for the City provided by Wabasha County.

A motion for the Clerk to pay bills presented and the meeting to adjourn was made by Benson, Seconded Bankers, all in favor, carried.

Submitted by,  
Susan Eischens, Clerk

## Changes in Latitudes, Changes in Attitudes

### Transistor Radios



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.*

One of the earlier favorite memories I had as a kid was the radio. I enjoyed listening to the radio. But I had no control over the stations when I was real young. The radio in the barn was on KDHL. Polka music, weather and farm market reports was all it played. There was a radio in the milking barn and one in the hog barn. My dad said it calmed the livestock to hear music all day. It sure

helped beat the monotony when I was cleaning and feeding the animals.

In the car it wasn't much different. My dad controlled the dial and it was usually WCCO and the Minnesota Twins with Herb Carneal and Halsey Hall. About the only music they played was the Hamm's beer commercial. All we knew existed back then was AM (amplitude modulation) and I had no idea what that meant. Just that it got fuzzy when it stormed and clicked in time to the electric fence around the farm.

My dad had an old red transistor radio that operated off D cell batteries. I would take it out with me when I did farm work like cleaning calf pens and listen to KYMN in Northfield. Its range was quite limited and that was all I could find in my musical tastes.

Somewhere around 1971 I purchased my own transistor AM radio. I believe I bought it at the Gambles Hardware store. It was a futuristic style in the form of a round yellow globe with a silver chain and ring attached to it. It was a Panasonic Panapet designed to commemorate the World Expo in Osaka, Japan. It had two chrome dials for volume and tuning and the AM display inset on the surface of the ball.

This was great, now I could listen to my favorite radio station, 1270 KWEB Rochester. I kept in in the headboard of my bed and lis-



tened to it before I went to sleep and the first thing when I woke up. C.J Stevens was one of the deejays at KWEB and I remember he was killed in a tractor rollover accident on his dad's farm in the early 1970's. This radio used the small 9-volt batteries which lasted much longer than the big old D cells.

Our tractors didn't have radios. They didn't even have cabs. I bought a fender radio at Farm and Home and put on the John Deere .4020. It was only an AM radio but it kept me from falling asleep in the field.

The radio is a great marker of time for me. Often when I hear a song I will be transported back in my mind to the time and place when I first heard it. Some of these are a trip of almost sixty-years into the past.

I developed a habit of having a radio in each farm building. They are always on.

That way I do not miss a song as I go from one building to another doing chores. They are all tuned to KRPR, 89.9. That is the classic rock station in Rochester. Classic rock without the talk, twenty-four hours a day. On five radios in five farm buildings all simultaneously cranking out the music. I do wear out radios every year, but the one in the shop is a Radio Shack boom box I have had since the mid 1980's. It just keeps on running.

In Tennessee I listen to WTPR 101.7. The greatest hits of all time in Paris, Tennessee. They have the Swap Shop every morning six days week at 9am. It is like a hillbilly Facebook marketplace. But the best is a couple weeks before Christmas, they switch to all Christmas music, all the time, during the holiday season. Music is timeless and a very enjoyable part of life.

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## A Minnesotan: Water Show



By RosaLin Alcoser

Over the course of my life I have attended and taken part in a number of festivals. From county fairs to street festivals and town festivals I've been to just about little of everything. The most recent one I've had the pleasure to attend was Mantorville's Marigold Days.

The main reason I went to Marigold Days this year is because one of my friends asked me to come down to the firefighter show. Which I readily agreed to do. Now I had never been to a firefighter show before, however, my brian immediately went to the lumberjack show. Which I have seen before. Even though I knew that

was probably not quite the same thing.

I did go in with the assumption that it would be somewhat similar. Instead of watching lumberjacks do their thing we would get to watch firefighter's run their drills. Which sounded like a great time to me.

Well first off I was wrong, that's not what we were going to see. Secondly it was so much better than that. It turned out that it was a firefighter water battle.

If you are like me and have never seen or heard of a firefighter water battle before then you are missing out. Teams of two to three firefighters faced off against each other in the middle of the street with the fire hose. Over their heads was a long rope pulled between two poles.

The rope had a marker in the center and a knot on either end with a big black ball hanging from it. They would pull the ball into the middle and then spray it with the water trying to push it to the other team's side.

Each round lasted one minute or until one of them made the ball hit the other side's knot.

As white jets of water shot out of the fire hoses. Crossing with one another while fighting for control of the ball. It was one of the most existing things ever to watch and something that I now feel should be at more town festivals.

### CROSSWORD

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  12. Architect's drawing
  13. Muhammad's teachings
  15. \*Leaning Tower city
  16. Co-eds' military org.
  17. a.k.a. Pleasant Island
  18. \*Angkor Wat country
  20. Like some Christmas sweaters
  21. Walt's Mickey
  22. Blunder
  23. Emerge
  26. "Midsommar" flower arrangements
  30. \*Avenue des Champs-...lysées, technically
  31. Plural of stria
  34. Prescribed food selection
  35. On pins and needles
  37. Knee-related acronym
  38. Fur of the marten
  39. Hissy fit
  40. Political "shelter"
  42. The night before Christmas
  43. Eyewash vessel
  45. Food tester
  47. King Kong, e.g.
  48. Milk quantity
  50. \*\_\_\_ Verde National Park
  52. \*Black Hills' Mount \_\_\_ National Memorial
  55. Short-trunked ungulate
  56. Geometric calculation
  57. Barbequed anatomy
  59. Not upright
  60. Mountain lake
  61. \*Easter Island statues
  62. Short for detective
  63. Follow ems
  64. "Mr. Roboto" band
- DOWN**
1. Recipe amt.
  2. Related to ear
  3. U.S. space agency, acr.
  4. Gram, in Great Britain
  5. Walks weary
  6. Composer of "Gymnopédies" fame Erik \_\_\_\_
  7. \*Machu Picchu empire
  8. Twelfth month of Jewish civil year
  9. On one's guard
  10. Ostrich-like bird
  12. Marcel of "Remembrance of Things Past" fame
  13. Harden
  14. \*\_\_\_ Familia, Spain
  19. Autocratic
  22. Earlier in time, archaic
  23. Use blunt end of pencil
  24. Sack fabric
  25. Change shoelace knot, e.g.
  26. \*China's Great attraction
  27. \*Mt. Everest's northern slope location
  28. Tool handle
  29. Ranch grazer
  32. Poison ivy woe
  33. \*\_\_\_ Strait, Alaskan cruise destination
  36. \*Famous onion-domed cathedral's namesake in Russia
  38. Ingratiating behavior
  40. Gobbled up
  41. Relating to Utah
  44. Like exes
  46. Violent weather, pl.
  48. #13 Across' sacred writings
  49. Site frequenters
  50. First one on a ship
  51. Long narrative poem
  52. Loan attribute
  53. Heavy metal's Quiet \_\_\_\_
  54. E-commerce website
  55. Sylvester, to Tweety
  58. Broadway musical about wives of Henry VIII

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