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Volume 18 • Issue 12

Postal Customer ECRWSS

NOVEMBER 27, 2024

Announcements

• Feet First LLC will be hosting a community foot care clinic at the Mazeppa Community Center on December 18 from 830am-330pm. \$50/person, cash or check. Please call 507-208-3608 to schedule an appointment.

 Celebrate Recovery meetings every Sunday night at 5pm at South Troy Church, 56817 Highway 63 Zumbro Falls, MN 55991. (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 lo-cated 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

Special Olympics in Minnesota

By Tyler Weeks

Few things are as freeing as sports. They're a time when someone can let go of their everyday anxieties to focus only on what's right in front of them- a ball, bow, racket, or even hand. (continued on page 3)

Christmas In Mazeppa

Saturday, December 7th will be Christmas in Mazeppa. Check out the bake sale at the Legion staring at 9am. You can enjoy a movie at the Mazeppa Fire Hall at 11am. A Christ-

mas luncheon will be held at MZCC from 11am to 1pm. The Mazeppa Liquor Store will host Christmas cocktails and shopping from 1 to 2:30pm.

CHRISIMAS



(continued on page 7) Dave Stevenson gives people a ride at the History Center of Olmsted County years ago.

Memories of Christmas Past

Each year we visit with some of our senior citizens and relate their tales of Christmases long ago. Here are four stories from years in the past. Judy remembers celebrating the same Christmas traditions each year with her family. There was a bustle of cooking going on in the kitchen and her mother would suggest the kids go decorate the tree as a way to keep them distracted and out of the kitchen. They always had a short needle evergreen tree and all the kids would help to put the decorations, old fashioned light bulbs and icicles on the tree. (continued on page 4)



Mazeppa Area Historical **Society Soup & Chili** Luncheon Dec. 7

The Mazeppa Area Historical Society will be hosting their Soup & Chili Luncheon on Saturday, December 7 from 11a.m.-1p.m. at the Mazeppa Community Center.

Soup, chili, dessert & fixings for a free will donation. Come hungry, leave happy!

Santa will be making a visit with his elf with treats for the good boys and girls.

There will also be a Silent Auction of Red Wing Commemoratives. Great Christmas gifts!





Mazeppa-Zumbro Falls Messenger: Phone: 507-649-3327 • Fax: 507-645-9878 • E-mail: hometownmessenger@gmail.com • Mail: Business & Subscription Office P.O. Box 125, Dennison, MN 55018

Religion

- MAZEPPA-ZUMBRO FALLS MESSENGER -



Page 2

By Pastor Colleen Hoeft

God takes what we have and uses it for His glory, for His purpose, even when we think we have nothing to offer. The boy with the 2 loaves and 5 fish, must have thought, what good is this small lunch among so many? However, Jesus multiplied it to feed thousands.

When the Lord told Moses to return to Egypt to bring the people out of their bondage, he said, 'Who am I to stand before Pharaoh? Who am I to bring the people of Israel out of Egypt? . . "Lord, please! Send anyone else.'

Moses had many excuses and reasons for not being chosen to lead Israel; however, God in His patience assured Moses that he would be with Him and that he would not be alone

When we follow God, He will take what we have, no matter how big or small, and use it for His glory. Even when we grow old and feel like we have nothing left to offer, God can take what we have for himself and work a miracle in us and through us!

Think you're too old? Do you think you have nothing left to do? Do you think you're too young to make a difference, or are you too busy, or too married ...? There are many challenges to face, but God loves to show us His strength in our weakness. Since God can use one small child's lunch to feed thousands;

Mazeppa-Zumbro Falls

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Thank You Shopping Local

THIS HOLIDAY SEASON!

why do I doubt his care for me? God used a shepherd boy named David, to bring down a giant.

Zechariah had lost hope of ever becoming a father. Then an angel appeared, and his world changed forever! Most of us would also have trouble believing the angel's message too.

We discover that both Zechariah and his wife Elizabeth are both very old and that Elizabeth is "incapable" of conceiving. They don't have children. Zechariah is a priest and he's taking his turn in the Holy of Holies. While Zechariah is in the sanctuary, an angel appears to him, just to the right of the altar of incense. Imagine his surprise! Imagine his fear! An angel's visit is not the norm. Zechariah was shocked and overwhelmed with fear.' The angel's first words were, "Do not be afraid. Zechariah. God has heard your prayers. Your wife Elizabeth will bear a son....

Zechariah replied incredulously. "How can I be sure that this will happen?" I'm an old man now, and my wife is also elderly." Sadly, his doubt reflected his doubt in God. How can I be sure this will happen? He didn't think he could be used anymore. He thought 'I can't do this.' He didn't believe it was possible, even with God.

The angel's response is immediate: "I am Gabriel! I am in the very presence of God. It was he who sent me to bring you this good news! 20 But now, because you did not believe what I told you, you will be silent and will not be able to speak until the child is born. For surely my words will be fulfilled in due time." It is as if the angel could not believe that Zechariah would even question the message. This was Gabriel, the messen-

TRINITY LINCOLN

LUTHERAN CHURCH

Pastor Dan Reich

Ś

ger of God, who is in the very presence of God! He-God sent me to tell you this good news and you want to assurances-do you doubt what God can do? With Zechariah's disbelief, he had to suffer silently for the next 9 months until his son was born. But boy did he celebrate once John was born! (read it in Luke 1)

God took an elderly couple; a couple who were faithful and loved Him and followed Him and He chose them to be part of the Christmas story. Zechariah was a righteous and faithful man, but he allowed his doubts and fear to get in the way of his faith. When he was given the opportunity to see an adventure with God, he saw problems. When he was given a great promise and his prayer was answered, he questioned God and His plans.

God is not afraid of our questions and does not punish us for our doubts, but He is looking for people who will totally trust Him and follow Him with their whole lives. Each of us has something we are called to do. No matter how young or old you are, you're never useless or to supposed to go and sit on the porch rocking your life away. There is no withdrawal from the Christian faith. You won't find that concept anywhere in Scripture. Moses was 80 years old when he brought the people of Israel out of Egypt. Abraham was 100 years old when Isaac was born, Noah was a few hundred years old when he built the ark. Age is just a number to God.

God uses the weak, the broken, and the imperfect in the world. He can and will use you too. He has a plan for each one of you and will guide you to and through it. He asks us to bring to Him everything we have, our

lunch, our blindness, our talents, our pain, and even our mistakes and He will use them to bless and strengthen someone.

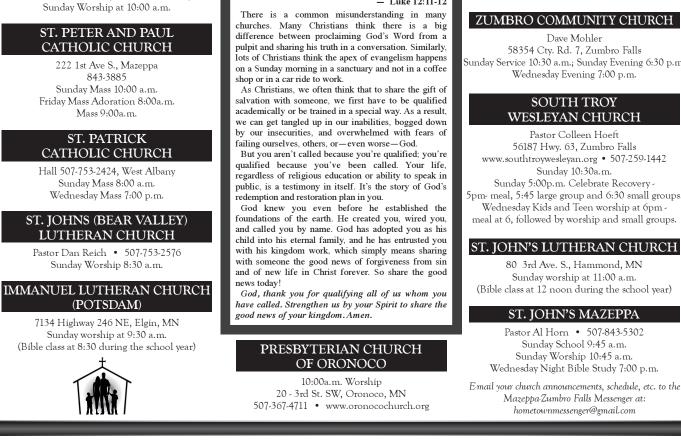
Can God use you? Yes! And He will! If you feel called to be a writer, you don't need to have years of experience. Just write! If you feel called to be a speaker, you don't need a communications degree or years of experience at Toastmasters . Speak up! Whatever God calls you to do, you can trust Him to equip you for it. You don't need to rely on your own talents, skills, or abilities. Rely on God. God will give you everything you need when you need it!



Mazeppa Zumbro Falls Messenger at:

hometownmessenger@gmail.com

AREA CHURCH DIRECTORY UNITED METHODIST CHURCH God, the Provider (II) "Do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you Pastor Dave Neil 180 2nd Ave NE, Mazeppa • 843-4962 Sunday Service 10:30 a.m. at that time what you should say." 507-753-2576 • 35933 Cty. Rd. 17, Lake City, MN - Luke 12:11-12 There is a common misunderstanding in many ZUMBRO COMMUNITY CHURCH churches. Many Christians think there is a big difference between proclaiming God's Word from a Dave Mohler pulpit and sharing his truth in a conversation. Similarly, lots of Christians think the apex of evangelism happens 58354 Cty. Rd. 7, Zumbro Falls Sunday Service 10:30 a.m.; Sunday Evening 6:30 p.m. on a Sunday morning in a sanctuary and not in a coffee shop or in a car ride to work. Wednesday Evening 7:00 p.m. As Christians, we often think that to share the gift of salvation with someone, we first have to be qualified SOUTH TROY academically or be trained in a special way. As a result, WESLEYAN CHURCH we can get tangled up in our inabilities, bogged down by our insecurities, and overwhelmed with fears of Pastor Colleen Hoeft failing ourselves, others, or-even worse-God 56187 Hwy. 63, Zumbro Falls But you aren't called because you're qualified: you're www.southtroywesleyan.org • 507-259-1442 qualified because you've been called. Your life, Sunday 10:30a.m. regardless of religious education or ability to speak in Sunday 5:00p.m. Celebrate Recovery public, is a testimony in itself. It's the story of God's 5pm- meal, 5:45 large group and 6:30 small groups. redemption and restoration plan in you. God knew you even before he established the foundations of the earth. He created you, wired you, Wednesday Kids and Teen worship at 6pm meal at 6, followed by worship and small groups. and called you by name. God has adopted you as his child into his eternal family, and he has entrusted you ST. JOHN'S LUTHERAN CHURCH with his kingdom work, which simply means sharing with someone the good news of forgiveness from sin 80 3rd Ave. S., Hammond, MN and of new life in Christ forever. So share the good Sunday worship at 11:00 a.m. news today! (Bible class at 12 noon during the school year) God, thank you for qualifying all of us whom you have called. Strengthen us by your Spirit to share the ST. JOHN'S MAZEPPA good news of your kingdom. Amen. Pastor Al Horn • 507-843-5302 Sunday School 9:45 a.m. PRESBYTERIAN CHURCH Sunday Worship 10:45 a.m. Wednesday Night Bible Study 7:00 p.m.



Community

- MAZEPPA-ZUMBRO FALLS MESSENGER -



⁽continued from page 1)

While many view them as nothing more than entertainment, participating in sports can significantly improve an athlete's internal and external qualities, allowing them to build confidence and become strong leaders. Unfortunately, it is a constant struggle for those with intellectual disabilities to experience the same opportunities as other athletes. Only because of the efforts of organizations like the Special Olympics can these people build a more confident version of themselves by learning what it means to be an Olympian. Through providing access to dozens of sports, they have significantly improved the lives of five million athletes with intellectual disabilities worldwide.

With each step the organization takes to end discrimination, dozens more exist in local areas throughout Minnesota. Shrunk to an even smaller scale, the hundreds of volunteers pushing to fund these events become visible, whose goal is to build a more inclusive community through sports. Dave Stevenson is among these changemakers, helping to bring his love of bobsledding to the Rochester Flyers Special Olympics Team. His rides hosted in February of each year help fundraise money for the athletes while providing them with the experience of being on a horsedrawn bobsled. While this overview offers a glimpse into the impacts people like him make, Dave's two-decade commitment to the Rochester Special Olympics is illustrated best in the revised interview below. In response to a question to share about himself and his backstory, he provided the following statement.

Dave Stevenson: Before ever moving to the Zumbro Falls community, my family and I always had this idea of settling in the country with a couple of horses. But with our decision to go to southern Minnesota marking our eighth move in just 20 years, we weren't sure if this dream would ever become a reality. During this sporadic period, my commitment to Del Monte Foods caused us to dart around the Midwest several times to improve the company's plants. When a job for Seneca Foods didn't work out, the cycle would have likely continued had it not been for our decision to stay in Zumbro Falls and end the constant cycle of change. Finally, with the encouragement of my middle daughter, we could fulfill our dream of purchasing our first saddle horse.

After this initial buy, I purchased two more mounts from Joyce Atkinson and Gene Krismer, the latter of who mentored me in driving horses alongside Lamar Johnson. One purchase soon led to another, and I eventually owned enough horses to have two teams and begin learning how to drive professionally. While it took a few accidents to catch on, I was soon operating a team of Belgians for annual festivals and building up my expertise as a driver.

Having mastered the ability to operate horses, Dave now helps host bobsled rides for the Rochester Flyers team every winter. With the help of John Davis and his wife Monica to organize the event, they provide Special Olympic athletes as far away as Wells, Minnesota, bobsled rides to help raise money for the organization. Due to the importance of the event, the three always ensure a date with nice weather and plenty of snow for the best bobsledding experience. Free coffee, hot chocolate, and cookies are available to whoever shows up, a service made possible by the free-will donations of community members. Since Dave's primary goal is to support the many athletes of Rochester's Special Olympics team, individual rides are provided rather than a competition between different teams.

"Oftentimes, the athletes prefer to run in the snow when the bobsled is hard to pull. It's very beautiful when the horses make the snow fly, because if there is a lot, a track is made for them and the bobsleds to ride through."

When asked what led him to start hosting this event, Dave responded that it provided him a window to talk about horses while offering his services to family and friends. In honor of close buddies, he has also done funerals to give them their "last ride" or offered trips to senior living homes. Red Wing and Hastings are where he next plans to offer rides on the Friday and Saturday after Thanksgiving, followed by bobsledding this coming February. Apart from simply showcasing the beautiful nature of Minnesotan communities, Dave's contributions to the Special Olympics highlight one crucial thing. Everyone deserves a chance to do what uplifts, builds, and inspires them, no matter a person's so-called limitations. A stern determination and resilience against the societal norm is all it takes to reach what seems impossible. Athletes of the Special Olympics have done this very thing, reshaping their definition and showcasing the persistent spirit inside of them. As the Rochester Flyers has with sports and Dave Stevenson continues with his bobsled rides, these people have discovered what pushes them to be better people. Finding your calling is never easy, but everyone deserves a chance to pick up the phone and make a change.

As we look forward to hosting the Special Olympics USA Games in 2026, an event that will bring 100,000 people to Minnesota, our primary goal is to continue growing our mission and impact. To do this, we must expand our coaching network.

(continued on page 4)

Celebrate Recovery A COMMUNITY OF HOPE A Christian 12 Step Program Join us on Sundays at South Troy Church

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

Schedule for meetings:

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

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

Begin your journey today!

Questions?

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



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Community

- MAZEPPA-ZUMBRO FALLS MESSENGER -



They celebrated with their extended family of thirty plus people. They would eat supper consisting of turkey with all the fixin's including rice pudding for dessert, starting at 6pm and afterward do the dishes before singing carols and opening gifts. The fun lasted until bedtime around ten pm. Judy would play the piano while the family sang Christmas carols. Her cousin even wrote a poem about the family event. She usually received clothes but one year she recalls that she and her sister both got the same kind of doll. The kids would play games like canasta, cards, puzzles and board games.

Elaine was the oldest of three and they were the only grandchildren of her mother's parents so they were doted on by the grandparents. Her parents were very Lutheran so she remembers being very involved in the Christmas program and church service. One Christmas eve she played piano and organ for the church program.

Her dad worked for a butcher and also had his own smokehouse where he made sausage and smoked hams for the holiday meals.

Special Olympics in Minnesota

(continued from page 3)

More coaches mean more opportunities for athletes to develop their skills, build meaningful relationships and experience the joy of sports. We invite you to consider becoming a coach or encouraging others to join our coaching community. Our volunteer coaches are essential to the success of our athletes.

Special Olympics is a movement happening 365 days a year. We host nearly 100 events every year that range from sports competitions to inclusive health fairs to the Polar Plunge and more!

Special Olympics is for everyone. Our programs are available for all ages and all abilities. This inclusive movement is made up of many roles: volunteers, coaches, team assistants, athletes, Unified partners and more! While sports are at the core of Special Olympics Minnesota's mission, we also provide health & wellness, leadership, and school programs that focus on community inclusion.

Special Olympics events are competitive and athletes train and compete in sports to showcase their skills, abilities, and determination. We foster an environment of fair competition, allowing athletes to challenge themselves and strive for personal bests. Athletes earn awards for placing in 1st-8th place.



There was always a big delicious ham for Christmas dinner. In their house they had lots of cookies and her siblings helped make the cookies, decorate the cookies and best of all help eat the cookies.

One year her mother was able to get them a piano for a Christmas gift and their pastors wife gave them all music lessons. The other memorable gift she recalls was when her grandmother gave her a new watch.

Rosie was one of six children in her family. They lived on a farm in Iowa but her dad was a preacher. Her grandma and grandpa always spent Christmas with their family. They would decorate the tree three days before Christmas. When her mother wanted to get the kids out from under her feet, she would tell them to go in and decorate the tree.

She still has memories of the wonderful smells of holiday cooking coming from the kitchen. The menu was the same each year. It included turkey, a roast, rolls and pudding. She can remember Christmas programs at school and church full of music and Christmas plays with kids acting out Mary, Joseph and baby Jesus. Her parents didn't have lots of money but they each received a gift. A cou-

ple years it was a puppy, and she has done the same for her own children. Some years they all received a new outfit of clothes to wear for the Christmas program. Her siblings and cousins would play outside whenever possible and enjoyed board games like Monopoly when they couldn't go out.

Don grew up on a farm with his sister. He recalls when he was a young boy and they would be bad, that someone would dress up in a Santa mask and pound on the side of the house to get the kids attention. Then they would shake their finger at them as if warning them to behave. It always worked and they would be good until after the New Year. One Christmas when he was about six years old the kids were outside making snow angels when a Santa came around the house yelling Ho Ho Ho. He was so scared he ran for the basement.

During the winter of 1968-69 there was so much snow drifted around the house that he helped put up the Christmas lights without using a ladder. One winter when he was about ten years old, he heard sleigh bells and Santa showed up by his house and asked if he had been good. (continued on page 5)

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.

Sentimental items

There are some things, no matter how much decluttering, I would not part with.

I have kept three of my dolls, which have special stories behind them. My first doll Annie, was with on my first vacation with my parents up north. Story has it, I didn't want to go to sleep. I was talking to Annie. My dad came in, picked up Annie and said, "Annie, I told you it's time to go to bed". He went back to bed, and he could here me crying, "I told you Annie you'd get in trouble, it's time to go to bed!"

By Missy Papenfus

My second doll Beth, I got when my brother was born so I would have my own baby to take care of. I was probably almost too old for dolls when the Cabbage Patch frenzy started. My mom got my Cabbage Patch kid Cassandra Lotta for me in 3rd grade. I was so excited to get one; they were selling out everywhere and selling for way over market price.

I have a ceramic Christmas tree that was my grandma Verneals. I remember her having this out every Christmas. I keep it out year around! My grandpa Rod had a wheel cover on his Van with Kenny Roger's painted on it and "The Gambler", my aunt Cindy gave it to me. And my most favorite, my Grandma Jane's wedding ring. We share the same birthstone, Saphire/September.

We go to the Owatonna Fair every year. There used to be a Whale fountain you throw change into and make a wish. If you tossed a coin in the right spot, blue water came up out of the whale. About five years ago, we went and the whale was gone! Every year, since Monty was a baby, we would toss change into that whale and make a wish. A few years before the whale was gone, I took a picture of the whale-the same time water was squirting out. I found the picture, and had a canvas photo made of it.

No matter how much decluttering you aim to do, it is not wrong to keep what you love and give away the things that are in your way and don't have any meaning or purpose.

There's so much to do, so little time. Bye for now!

Community

- MAZEPPA-ZUMBRO FALLS MESSENGER -



His father said, "yes he had". That year he received a bicycle.

The family always put up a Christmas Tree around the first of December where it remained until after New Years Day. His mother would tell them where to put the decorations, tinsel and the bulbs. They would just throw the tinsel on, but his mother was very orderly and would make sure it was perfect. They didn't have a fireplace so the hung their stockings on the window on either side of the tree. He would hang a large wool work sock while his sister hung a small dress sock. Don figures she must have been a better child because her sock was always over flowing with stuff, while his had only a few things.

His dad managed the coop and his mom worked nights at the hospital. A high school girl would come and baby sit for him and his younger sister. On Christmas Eve the baby sitter and her boyfriend would join them and his parents to celebrate the holiday with a meal of chicken. The boyfriend also drove bulk truck for his dad.

On Christmas Day all the extended family would gather for a meal of turkey and home cured ham with mashed potatoes. His sister played the organ and the accordion while they sang Christmas carols.

Beside Christmas memories, Don recalls farming with a tractor and a team of Clydesdales. His dad would plow with the tractor and a two bottom 14" plow. Don drove the work horses and a one bottom sulky plow. It was so much quieter behind the team than the tractor.

Steeplechase Opens this weekend

Snow tubing opens this weekend at Steeplechase outside of Mazeppa. Friday and Saturday, November 29 & 30 the hill is open from 10am to 9pm. Sunday December 1st the hill is open from 10am to 7pm. Skiing and snowboarding will open at 10am on Saturday December 7th . Steeplechase is located at 59468 423rd Ave Mazeppa and the phone number is 507-261-8033.

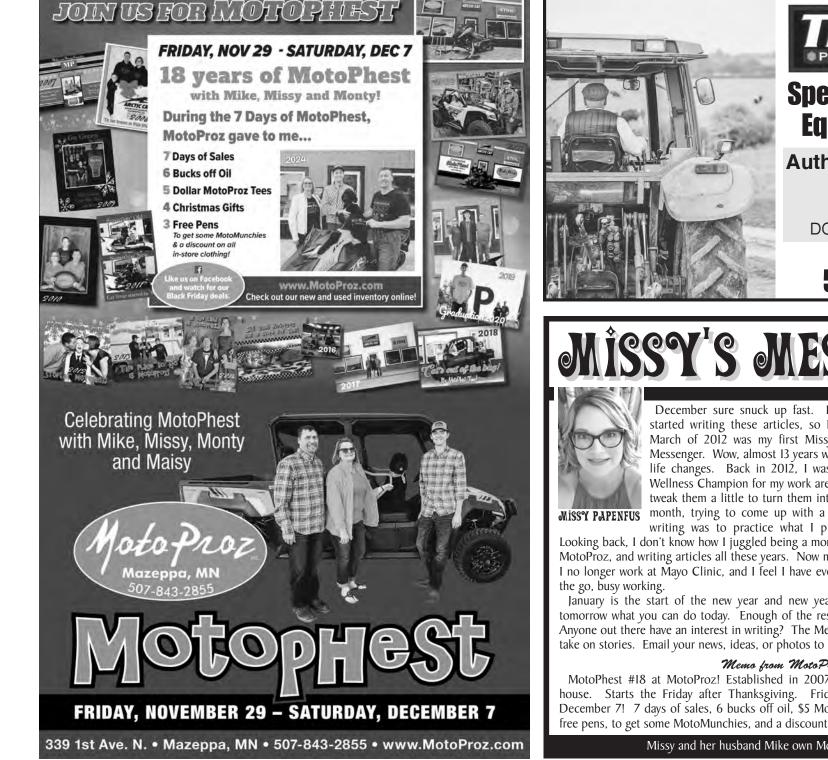


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A Monthly Moment at MotoProz



For 18 years, we have had our family picture taken each fall before our open house "MotoPhest" at MotoProz. We have come up with different themes each year over the years. My very favorite was when we enacted our spin on the Grizwold's in front of someone's old motorhome right here in town. We had our picture taken after Monty got out of school one Monday back in 2013. We didn't even ask the people who had the motorhome in their yard. We just walked up to it and 5 minutes later, our pictures were over. We wore Arctic Cat Pajama bottoms, ear-flapper hats, and held the special Cousin Eddie moose cups with bright green bug juice in it. We have the entire trilogy of pictures throughout the vears. In 2022, Maisy-Monty's dog joined us in our yearly pictures.





January is the start of the new year and new year's resolutions. Don't put off until tomorrow what you can do today. Enough of the resolutions. Make a plan and tackle it. Anyone out there have an interest in writing? The Messenger is looking for more writers to take on stories. Email your news, ideas, or photos to hometownmessenger@mgail.com.

Memo from MotoProz...

MotoPhest #18 at MotoProz! Established in 2007; this will be our 18th annual open house. Starts the Friday after Thanksgiving. Friday, November 29 through Saturday, December 7! 7 days of sales, 6 bucks off oil, \$5 MotoProz T's, for Christmas gifts, three free pens, to get some MotoMunchies, and a discount on all in store clothing!

Missy and her husband Mike own MotoProz in Mazeppa.

Rural Routes & Community

- MAZEPPA-ZUMBRO FALLS MESSENGER -

Minnesota Farm Bureau Annual Meeting Recap

By Minnesota Farm Bureau

The MFBF Annual Meeting represents the culmination of the grassroots policy development process for the organization, with issues surfaced by counties at the local level presented to the state delegates for adaptation into the MFBF policy book. Based on the surfaced issues, the Board of Directors then set priority issues for the upcoming year, focusing on the top issues from throughout the process.

Vice President Carolyn Olson of Lyon County was re-elected to a two-year term. Also re-elected to the board for three-year terms were Jeff Pagel of Olmsted County (District 1), and Miles Kuschel of Cass County (District 6). Also elected to complete two years of a three-year term vacated by former District 7 Director Shayne Isane was Bruce Brenden of West Otter Tail County. Newly elected members to the board serving one-year terms were Tiffany Kobbermann of Pope County as the Promotion & Education Chair and Katie Drewitz of Fillmore County as the Young Farmers & Ranchers Chair. Several Young Farmers & Ranchers competitions were held, including the Excellence in Agriculture contest, Achievement Award, and Discussion Meet. The winners of each competition will represent Minnesota at the American Farm Bureau Annual Meeting in San Antonio, Texas in January.

Winning the Excellence in Agriculture competition was Luke Daninger of Forest Lake (Washington County). The award recognizes individuals on their involvement in agriculture, leadership ability, and involvement and participation in Farm Bureau and other organizations.

Winning the Achievement Award were Dustin and Katie Wiese of Pequot Lakes (Cass County). The award recognizes individuals on a combination of their farming operation growth and financial progress of operation, Farm Bureau leadership, as well as leadership outside of Farm Bureau.

Winning the Discussion Meet was Megan Horsager of Clara City (Chippewa County). The contest is designed to simulate a committee meeting where discussion and active participation are expected from each participant. Individuals are evaluated on an exchange of ideas and information on a pre-determined topic, with the top contestant offering cooperation and communication while analyzing agricultural problems and developing solutions.

Six students were the recipients of scholarships through the Minnesota Farm Bureau Foundation. View recipients.

Recipients of the Al Christopherson Scholarship include Kendra Kendra Blaschko (Le Sueur County), Emma Kuball (Rice County), Owen Rozeboom (Dakota County) and Ella Thome (Mower County).

Recipients of the Paul Stark Memorial Scholarship include Alexis Hoefs (Le Sueur County) and Mary Lanoue (Lyon County).

Former Minnesota State Fair Director Jerry Hammer, John Hart with the USDA Wildlife Services program, and Tom Rothman who recently retired with the University of Minnesota - Extension received the Distinguished Service to Agriculture award, and three couples were recognized as Honorary Life Members:

Bernie Aronson of Lincoln County

Jerry and Lori Beckel of Le Sueur County Al and Diane Christopherson of Kandiyohi County

Katie Emmett with Sleepy Eye FFA was named the FFA Advisor of the Year.

Nick Schiltz, instructor at Riverland Community College, was recognized as the Post-Secondary Agriculture Educator of the Year.

Nicole Kudrle, University of Minnesota Extension educator in North St. Louis County, was named the Extension Educator of the Year.

Mark Dorenkamp with Brownfield Ag News was named the Ag Communicator of the Year.

Girls Basketball Alumni Recognition Night is December 20

A girls' basketball game between Rochester Lourdes and the Zumbrota – Mazeppa Cougars on Friday December 20 has been designated as Alumni Recognition Night. All former Zumbrota Tiger, Mazeppa Indian, and Zum-Maz Cougar girl varsity basketball players are invited to attend. Admission will be charged but you are asked to attend to visit with old team members. All coaches from the past 50 years are also asked to attend.



Tiger, Indian, and Cougar girl basketball players will be introduced in their groups. Junior High, Grade 9, and JV coaches will be introduced as a group. Head Coaches and 1,000 point scorers will be introduced as individuals.

Wayne Anderson, a local sports historian, has located all the old varsity photos of all the girls' teams from the past 50 years. They will be on display in the hallway in the Zumbrota gym. All former girl basketball players are asked to contact their former team members about this event to help celebrate 50 years of girls' basketball. Make phone calls, text, use Face Book, and other means of social media to get the word out. The first game that night is at 5:30 PM and the program will take place right after the first game and before the varsity game.



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Rural Routes & Community

- MAZEPPA-ZUMBRO FALLS MESSENGER-

November 27, 2024

Minnesota Farm Bureau Sets 2025 Legislative Session Priority Issues

By Minnesota Farm Bureau

EAGAN, Minn. - The Minnesota Farm Bureau Federation (MFBF) Board of Directors recently identified its top legislative priorities for the 2025 session following the organization's annual meeting, held Nov. 21-23.

These priorities reflect grassroots policies established by Farm Bureau members, focusing on key issues impacting agriculture and rural communities in Minnesota.

Christmas In Mazeppa

(continued from page 1)

Bingo at Rumors Bar & Grill from 2:30 to 4:30pm. The Christmas tree lighting will start at Lion's Park at 5pm. There will be crafts for the kids, Mac & Cheese, Sloppy Joes, Hot Cocoa & Apple Cider. Santa arrives at 5:30pm with Goodie Bags. The Tree lighting will be at 6pm. Bring a donation for the Mazeppa Food Shelf and a chance to win a Christmas basket. *(see ad on page 10)* "The Minnesota Farm Bureau is committed to advancing a set of priority issues that reflect our members, agriculture and the issues they face on their farms and ranches across the state," said MFBF President Dan Glessing.

As the state's largest organized agriculture group, Minnesota Farm Bureau advocates on behalf of its members across a wide range of issues. The following five priority areas have been identified for the upcoming state legislative session to support the vitality of farmers, ranchers and rural communities:

Generational Farming - Support and champion those interested in entering and transitioning farms generationally.

Environmental Stewardship - Implement practical and scientific conservation policies using resource management, funding and voluntary practices.

Research & Innovation - Shape tomorrow's agriculture with smart ideas, education, and forward-looking solutions.

Economic & Rural Prosperity - Create a successful environment that expands opportunities and resources to strengthen rural communities and the agriculture industry.

Animal Emergency Preparedness - Ensure that Minnesota is well-positioned to respond to and prevent crises affecting farmers and their livestock.

"No matter what happens during the next legislative session, our members know the importance of engagement with elected officials to shape policy that will positively im-







pact their livelihoods," said Glessing. "We the aisle and agency leaders to share our stolook forward to working with both sides of ries."

SEMCAC Announces Recent Organizational Grant Awards

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative appropriation from the arts and cultural heritage fund.

On November 19, 2024, the SEMAC Board of Directors awarded \$378,430 in arts programming grants to nonprofit organizations and schools throughout Southeastern Minnesota. This includes one School Residency grant, 34 Legacy grants, eleven Programming Grants for Arts Organizations, and nine Small Towns/Rural Areas grants.



SEMAC, a non-profit arts agency, is designated by the State of Minnesota Arts Board as the regional arts council for eleven southeastern Minnesota counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona

Grants for were awarded to the following organizations:

Wabasha County

Lake City Area Arts received a \$5,000 Small Towns/Rural Areas grant for Lake City Music Showcase 2025.

Lake City Public Schools received a \$3,000 School Residency grant for Beatboxing Saxophone Artist.

Wabasha County Fair received a \$2,400 Small Towns/Rural Areas grant for Free local music at the fair.

Widespot Performing Arts Center & Community Project received a \$10,000 Legacy grant for 2025 Spring – Wabasha Cultural Project.



Health & Wellness

- MAZEPPA-ZUMBRO FALLS MESSENGER -



What do you know about alcohol? Is a little alcohol once in while okay? During a physical exam a frequent question asked is how much alcohol you consume, so what is the big deal? Let's identify some truths about alcohol.

Alcohol has been a beverage produced by humans for centuries. When grains or fruits are processed with specific yeast or bacteria the result is the production of alcohol as a byproduct of the fermentation process. A standard US drink contains fourteen grams of alcohol. Fourteen grams of alcohol are in a typical twelve-ounce beer, a five-ounce glass of wine, or a 1.5 ounce shot. The longer the distillation process, the greater the concentration of alcohol in the drink.

The type of alcohol produced from this fermentation is ethanol. Ethanol is the only alcohol considered safe to consume. Other forms of alcohol are fatal if consumed. While ethanol does not immediately cause death, there are some health concerns to consider.

In science laboratories, ethanol is used as a

Wabasha County Public Health Spotlight What is SHIP? What is SHIP? Different Barbon Public Health Prevent. Promote. Protect. By Tammy Fiedler, BSN, RN, PHN

The Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP) is a state-based program to promote healthier eating, increased physical activity, enhanced wellbeing, and tobacco-free living. The goal is to help reduce the leading causes of chronic disease through these opportunities.

Wabasha County SHIP involves schools, children, seniors, farmers, neighbors, and

sanitizing agent. To clean lab tools and counter surfaces, ethanol is used to kill anything on the surface. To guarantee a surface is clean and ready for the next science experiment, everything is cleaned with ethanol. Ethanol kills any bacteria cells that may be on equipment or a countertop. If ethanol is trusted as a chemical to kill bacteria, what do you think it does to cells in your body?

To a single cell, ethanol would mean death, but your body does have a way to detoxify from alcohol, but at a cost. The first step changes ethanol to acetaldehyde, which is a known mutagenic agent, which means acetaldehyde can promote cancer. The American Association for Cancer Research published the 2024 Cancer Progress Report and noted an increased risk of six types of cancer associated with consuming alcohol. Those types of cancer include liver, breast, colon, esophagus, stomach, and head and neck cancer. The increased risk is the result of the increased acetaldehyde effecting the cells of the body to promote the development of cancer cells.

In a 2024 study from the UK Biobank, there were 135,103 older adults ranked according to the amount of alcohol consumed and the report of cancer diagnosis. A lowrisk drinker was described as an individual who consumed between 1 and 10 drinks per week. Even at this low consumption level, a low-risk drinker had higher cancer mortality compared to an occasional drinker. With increased alcohol consumption, the cancer risk increased.

In addition to the cancer concerns, alcohol effects the size of your brain. A 2022 study published in Nature Communications reviewed the MRI brain scans of 36,678 middle-aged adults. Even low levels of alcohol consumption resulted in a decrease in gray matter and white matter of the brain. The evidence showed decreased brain volume got worse with increased consumption of alcohol.

local businesses working together.

"Through collaboration, we are making significant strides with our partners across Wabasha County to create healthier communities," said local SHIP Coordinator Tina Moen. "However, there is still more work to be done to help the citizens of Wabasha County live longer, healthier lives."

Local connection nurtures success Moen is a resident of Wisconsin and has been working with partners in Wabasha County for eleven years building trust and connections. Practicing what she preaches, Moen enjoys outdoor adventures such as biking, kayaking, and hiking with her husband and two dogs. She appreciates a nutritious salad and brings a wealth of life and work experience to her SHIP responsibilities.

"I care about what matters to our partners and strive to meet them where they are in any SHIP-related project," said Moen.

For more information about partnering with Wabasha County SHIP on healthy eating, physical activity, wellbeing, or tobacco-free environment projects, please email Tina Moen at tmoen@co.wabasha.mn.us or call her at 651-565-5200.

Alcohol consumption has negative effects on other areas of the body as well. As noted, alcohol kills bacteria, so the good bacteria in your intestines will be killed also. The result is an imbalance of the bacteria community inside your gut that results in inflammation, decreased immune strength, and increased digestive problems. The balance between testosterone and estrogen is affected by alcohol consumption. Alcohol promotes the conversion of testosterone into estrogen. Extra high levels of estrogen are associated with increased cancer risk and decreased levels of testosterone effect a decline in muscle mass and fertility. Alcohol also increases the production of cortisol, a hormone related to stress. High cortisol levels are related to sleep disorders, inability to relax, and in-

creased anxiety. None of these goals are on my Christmas list this year.

As you move through the holiday season, consider how you are celebrating. There are many ways to enjoy the celebration and the relationships of the season without using alcohol. Make healthy choices that will benefit you and the ones you love.

Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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





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Health & Wellness

November 27, 2024

- MAZEPPA-ZUMBRO FALLS MESSENGER -





Resistance weight training is a highly effective exercise method that offers numerous health benefits, particularly for those conscious of maintaining their vitality and youthfulness. One of the most impressive advantages is its anti-aging effects. Engaging in regular weight training helps maintain muscle mass and strength as we age, combating the natural decline that occurs over time. This preservation of muscle is crucial not only for physical appearance but also for maintaining functional independence as we grow older. By incorporating resistance training into your fitness regime, you can slow down the aging process and promote a healthier, more youthful body.

In addition to its anti-aging benefits, resistance weight training plays a vital role in promoting bone health. It stimulates bone growth and increases bone density, reducing the risk of osteoporosis and fractures, which are common concerns for aging populations. The stress that weight training exerts on bones encourages them to adapt and strengthen, making it an essential exercise for maintaining a robust skeletal framework. This benefit is particularly important for women, who are at a higher risk of developing osteoporosis as they age. By prioritizing weight training, individuals can ensure that their bones remain strong and resilient throughout their lives.

Beyond its impact on aging and bone health, resistance weight training significantly enhances muscle tone and metabolism. Regular lifting results in more defined muscles, contributing to an improved physique and increased self-confidence. Furthermore, the increase in lean muscle mass from resistance training elevates your resting metabolic rate, allowing your body to burn more calories even when at rest. This effect can aid in weight management and fat loss, making it an invaluable tool for those looking to improve their overall body composition. By integrating resistance weight training into your routine, you can enjoy these metabolic benefits while achieving a toned and healthy body.

Scientific evidence shows autism isn't just a neurological condition, according to the authors of a scientific review published on Preprints.org. Science researchers Brian Hooker, Ph.D, Jeet Varia PhD., and Martha Herbert, M.D, Ph.D, a pediatric neurologist and neuroscientist, co-authored the report, which is undergoing peer review with Development and Psychopathology, a Cambridge University Press journal.

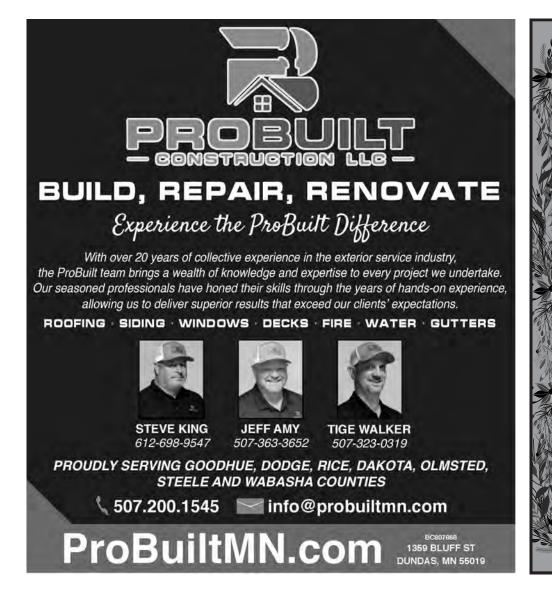
The authors examined the findings of 519 studies to illustrate how autism spectrum disorder (ASD) affects multiple body systems, including the immune, digestive and central nervous systems.

Herbert, an autism researcher since 1995, told reporters the science of autism has become "enormously richer" and ASD "can no longer be considered just a 'psychological' problem — it's a whole-system problem … involving many systems that influence each other." She and her co-authors also contend that the latest scientific evidence suggests ASD is largely driven by environmental factors. These include exposure to toxins in food, the environment, medicine or personal care products.

COVID-19 vaccines pose a 112,000% greater risk of brain clots and strokes than flu vaccines and a 20,700% greater risk of those symptoms than all other vaccines combined, according to a peer-reviewed study that calls for a global moratorium on the vaccines. The study, published last week in the International Journal of Innovative Research in Medical Science, found reports of 5,137 cases of cerebral thromboembolism after COVID-19 shots over 36 months. This compares to 52 reported cases following flu vaccines over the past 34 years. According to the study, this represents an "alarming

breach in the safety signal threshold concerning cerebral thrombosis adverse events" following COVID-19 vaccination. The research data was collected from the U.S. government's Vaccine Adverse Event Reporting System (VAERS), for their analysis. This data is published on the CDC website and is collected from doctors and hospitals filing reports on adverse events from the COVID-19 vaccine as well as other vaccinations such as the flu shot. The data also indicated 9,821 reports of atrial fibrillation - an irregular heart rhythm that is "the most common identifiable cause of cerebral arterial thromboembolism" *Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.









CHRISTMAS IN MAZEPPA BAKE SALE 9:00AM-11:00AM @ AMERICAN LEGION

SPONSORED BY: AMERICAN LEGION AUXILIARY UNIT #588

FIRE HOUSE CHRISTMAS 11:00AM-1:00PM @ MZ FIRE HALL

ENJOY A CHRISTMAS MOVIE WITH AN APPEARANCE FROM MR. GRINCH HIMSELF! SPONSORED BY: MAZEPPA FIRE DEPARTMENT

CHRISTMAS LUNCHEON 11:00AM-1:00PM @ MZCC

WARM UP WITH SOUP & CHILI -FREE WILL DONATION-RAFFLE & SILENT AUCTION- PLUS AN EARLY SIGHTING OF SANTA SPONSORED BY: MAZEPPA HISTORICAL SOCIETY

COZY CHRISTMAS COCKTAILS & SHOPPING 1:00PM-2:30PM @ MLS

SIP SAMPLES AND SHOP FOR YOUR HOLIDAY HOSTING & GIFT GIVING NEEDS. FREE RECIPES & SPECIAL DISCOUNTS! SPONSORED BY: MAZEPPA LIQUOR STORE

BINGO 2:30PM-4:30PM @ RUMORS BAR AND GRILL

SPONSORED BY: MAZEPPA LIONS CLUB

CHRISTMAS TREE LIGHTING 5:00PM-6:30PM @LIONS PARK

CRAFTS FOR THE KIDS & SANTA ARRIVES @ 5:30PM WITH GOODIE BAGS! MAC & CHEESE, SLOPPY JOES, HOT COCOA & APPLE CIDER WILL BE SERVED. PLUS, ADULT BEVERAGES FOR PURCHASE!!

TREE LIGHTING @ 6:00PM

BRING A DONATION FOR MAZEPPA FOOD SHELF AND HAVE A CHANCE TO WIN A CHRISTMAS BASKET

REMEMBER TO VOTE FOR MERRY MAZEPPA LIGHTING CONTEST!

SPONSORED BY: MAZEPPA BUSINESS WOMEN

SATURDAY, DECEMBER 7TH

November 27, 2024

for the ones who shine BRIGHTEST



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Community

- MAZEPPA-ZUMBRO FALLS MESSENGER-

Changes in Latitudes, Changes in Attitudes

My Best
Christnas
EverEverImage: state of the sta

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

I always liked Christmas, it was a fun season. I remember going to town and walking the snowy cold streets from store to store and listening to Christmas music playing on the outside speakers. I remember high school girls signing Christmas carols on the bus during the ride home. It seemed like such a happy time. And then there was the anticipation of gifts. I would page through the Montgomery Wards, Sears & Roebuck and J C Penney catalogues and make lists in hope my parents would buy me that special thing I wanted.

My parents on the other hand were frugal. We were a farm family in the 1960's. There was not a lot of extra money floating around and they didn't feel like gifts were as necessary as a young kid did. So, I learned that many of those dreams were only going to come true if I took care of them myself. What I really wanted was a snowmobile. So, I read snowmobile magazines and collected snowmobile literature from every dealer we visited. I tried to convince my dad that a snowmobile was a necessity out here on the farm. I couldn't ride my horse in the winter, so there was only one way left to get around in the snow. But I might as well have wanted a space craft, because it just seemed that far out of reach.

My dad was very logical. I couldn't argue with him and win. He said I would need to be big enough to start a snowmobile myself. He proved it by taking me to the dealership and letting me pull on the recoil cord. An eleven year old boy was just not strong enough. He intended to make me self reliant. A good lesson for a kid, but wait until you are older was a hard pill to swallow. So, I hoped and dreamed as I watched snowmobiles ride by the farm in the ditch and just did my chores every night after school.

One cold snowy December evening I was in the farrowing barn cleaning, bedding and feeding the sows. I made my spending money caring for the hogs. Kind of a little prodigal son analogy there that might have been the reason my dad assigned me those chores. I heard a strange sound outside and went out to investigate. Some times a neighbor would swing by on a snowmobile and I was always ready to run out and see it. But this time it wasn't a neighbor, it was my dad. And he was driving a snowmobile.

It was a brand new Ski Doo Olympic 12/3. It was beautiful. I wasn't sure of the circumstances but it was looking good, very good. My dad explained to me that the 12 stood for the horsepower and the 3 indicated that it was a third lighter than the other models. That way I could wrestle it out of a snowbank when it got stuck. And it had a decompressor button, so a young kid like me could start it. Suddenly, I was the king of the world. He explained that I would have to pay for it if I wanted it and we went to the First National Bank in West Concord the following evening and I signed a loan for \$600.



DO YOU HAVE AN ANNOUNCEMENT? Email: hometownmessenger@gmail.com

When you are a kid with a tough, rugged old farmer for a dad, you don't really expect much for a show of affection from him. But he found the snowmobile that would work for me and made it possible for me to have it.



By RosaLin Alcoser

Once again Christmas is rolling around for the year. Christmas is my father's favorite holiday. He loves the presents and the food, but the thing he gets most into with it is the Christmas tree. He's not into decorating it though, he's into going to pick out the Christmas tree.

Some families pick out a tree from a tree farm or lot all together. In my family my father goes to pick out the tree by himself. There was a brief period in time when the local Boy Scout troop would just set aside a tree for us, but for the most part my father has always been the one to pick the tree.

Every year the tree would either go one of three ways. It would fit perfectly, which was normal in the years the Boy Scouts set aside the tree. It would be way too big, taking up most of the room and occasionally having to be cropped to fit. Or it would be what my mother calls a Charlie Brown Tree.

A Charlie Brown Tree is when you bring home the smallest and most scraggly tree

When I didn't imagine it would ever happen. He had been looking out for me the whole time. What a parent does for their child means more than words. It was the best Christmas ever.

that you can find. The one that most people would never bring home, but you decided to bring home and try to decorate anyway. Because once you do it will look so much better. In reality it won't but that's what you tell yourself while buying it.

The house I grew up had a big living room with tall 9 foot ceiling. Which was perfect for my father's overly zealous Christmas tree selection. The last Christmas we spent in that house was the year he went the most over the top with the tree. It was bigger than any tree he had brought home before. It was also way too big to fit in my parent's tree stand.

Being too big for the tree, the tree, which at this point only had lights and some glass balls on it, of course fell over in the middle of the night. Glass and sap covered everything in the room and my mom spent the days leading up to Christmas trying to get it off of the floor. After that the tree stand was replaced with a bigger one to accommodate the overly zealous trees.

Which worked most years, except the first Christmas that my older sister came home with her husband. That year my dad brought home a Charlie Brown Tree. That he cut down himself. This tree not only had holes in it, but also was way too small for the tree stand. Causing it to fall down, thankfully undecorated, for the opposite reason of the overly zealous tree for a few years before.

That year the tree ended up being tied to the bannister in multiple places at its base and lashed into the stand. Then to keep the tree from leaning it had to be tried again higher up on its trunk, also to the bannister, with a piece of ribbon.

Since then the tree's he's come home with have been nice and reasonable. However, I'm sure there's another overly zealous and Charlie Brown trees to come down the road.

Public Safety

- MAZEPPA-ZUMBRO FALLS MESSENGER

November 27, 2024



Question: I have some new drivers in our house. We got talking the other day and they didn't know what "hand signals" were. Can you write about that to help inform others that might not be aware?

Answer: Congratulations on the new drivers. That is an exciting and concerning time as you help them get more experience and confidence as they undergo the process.

When the signal is given by means of the hand and arm the driver shall indicate intention to start, stop, or turn by extending the hand and arm from and beyond the left side of the vehicle in the following manner and these signals shall indicate as follows:

• left turn: hand and arm extended horizon-

vaccinated,



• right turn: hand and arm extended upward, except that a bicyclist or motorcyclist may extend the right hand and arm horizontally to the right side of the bicycle or motorcycle.

• stop or decrease speed: hand and arm extended downward.

• 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.

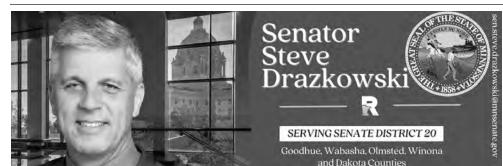
If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson - Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)





Government

- MAZEPPA-ZUMBRO FALLS MESSENGER -



Election 2024: Legislative Impact

You have no duty to retreat inside your home but what about in defense of another? The people have spoken. Southern Minnesota got a little redder as 3 of the four counties that flipped to President Trump were Nicollet, Blue Earth, and Winona. Vice President Kamala Harris won the state election but with fewer votes than President Joe Biden did in 2020.

Minnesota Senate

Only one senate seat was up due to a special election. Senator Kelly Morrison (D-Deephaven) ran to fill the US Congressional seat vacated by Rep. Dean Phillips when he retired and ran for President. Morrison resigned with enough time to have her name on the ballot for this election. A Democrat former Senator won Morrison's seat, so the Minnesota Senate remains a one-vote majority for the DFL. The entire Senate is up for reelection in 2026.

Minnesota House

The Minnesota House was up for election, with many open seats. Twenty-one members were retiring or leaving the house for other offices. The result was a 67-67 tie between Republicans and Democrats, which happened only once before in Minnesota History in 1979.

Two races are being recounted, one which fell within the statutorily required margin for a recount and the other which did on election night, but subsequently, more votes were "found" which indicated a clear winner. Due to how that result came about, the county in question, Sherburne, is paying for a recount to reassure voters. The original result for both recounts was a DFL victory. If a recount overturns the result, the House will flip to Republican control. Recounts seldom produce a new outcome, but you never know!

What does a tied house mean? It means that both the Republican and Democrat Caucuses have equal claims to leadership and that in order to do anything, they will need to broker a power-sharing agreement. In 1979, the two caucuses held hearings and made their agreement in public. DFL Caucus leader Melissa Hortman has already indicated she doesn't want to do that, but they expect to negotiate how to run the House of Representatives through written offers. If 1979 is any indication, it would mean equal



Annual Medicare Enrollment period ends December 7

The Minnesota Hospital Association has reached out to ask us to remind you that the open enrollment period for seniors' Medicare plans started on October 15 and the ends on December 7.

Seniors need to look at what they are selecting and, in particular, which providers, hospitals, and physicians may or may not be in network with each insurance plan. The Star Tribune highlighted the scope of this year's changes in this recent article.

A number of hospitals and health systems have announced plans to leave the networks of major national for-profit Medicare Advantage plans. Media reports indicate this could impact nearly 60,000 Minnesotans, who may find their providers are no longer in network and may need to change plans or providers. Some insurers have reduced the amount they will pay for health care, either requiring lengthy pre-approvals or denying coverage altogether.

You won't hear about these issues from celebrities or actors pitching Medicare Advantage plans on TV.

More than ever, Minnesota seniors need to treat Medicare plan decisions as they would any other major life investment. A recent survey found that about 70 percent of seniors don't compare when shopping for Medicare plans, and nearly half don't check annually for coverage changes.

The state has a resource to help consumers navigate these decisions: visit the Senior Linkage website or call 800-333-2433. The Federal site also has tools to help you compare plans.

numbers on committees and splitting chairmanships between Democrats and Republicans. Rotating speakers and/or floor leaders is another possibility.

Aside from these mechanics, the legislature's most important task in 2025 is to pass a budget. It will be difficult for Governor Walz to get any controversial items passed with a one-vote majority in the Senate and a split house. The "trifecta" is over. He has already said he wants to "protect" what was passed in 2023-24 during the "trifecta." His challenge is that many of those items were passed, knowing they would soon require higher funding levels to maintain (not just inflationary increases).

It will be essential to watch the February economic forecast to see how much of the budget surplus is even left to do that. The next session will be an opportunity for Republicans to hold the line and force the State Government to re-prioritize spending the people's money.

For more information

Secretary of State's 2024 General election results page

Selected precincts results in Senate District 20

House District 20A

House District 20B

Office of Cannabis management still finding its way, offers a webinar on grants

Marijuana was legalized for recreational use in Minnesota in 2023, but we are now dealing with the fallout of a poorly constructed cannabis law and a trainwreck of a new agency that is supposed to be overseeing the new legal economic activity in this area. As a result, farmers and others may have all the resources they need to start a business but still have state regulations standing in their way. In contrast, tribal governments are already poised to take advantage of the legalization of marijuana sales and use because they don't face the same regulatory burden.

CanRenew will award grants to organizations for social equity purposes.

CanGrow will award grants to organizations to help farmers navigate the regulatory structure of the legal cannabis industry and to nonprofit corporations to fund loans to farmers for entry and expansion into the industry.

Registration is required and limited to 1,000 participants.

If you have a question about either of the grants that you would like to be considered during the webinar, please use the form at the website to submit your questions. You may also submit questions when you register for the webinar. Questions will help inform OCM's future resources, presentations, and FAQs on the webpage. OCM will post a recording of the webinar on its website at a later date.

Historical Society awards grants for Red Wing and Winona County history projects

The Minnesota Historical Society has announced two history grants in the senate district, with funding from the Legacy Amendment's Arts and Cultural Heritage Fund.

\$125,000 will go to the Anderson Center for Interdisciplinary Studies in Red Wing for Masonry restoration of the historic residence at Tower View.

\$6,274 will go to the Winona County Historical Society for research about the life and influence of Matilda Desnoyer Bunnell. The grant will be used to hire a qualified historian to conduct primary research. Matilda Bunnell was the daughter of a fur trader who married Willard Bunnell. The pioneer couple made their home near what today is the city of Winona, and the house still stands as a historical site.

I only send these out about once a month when the legislature in 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 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. Sincerely,

Steve Drazkowski signature

Page 16

Mazeppa City Council **Quorum Meeting Minutes** Sunday, November 10, 2024

A quorum of the Mazeppa City Council was present at a Mazeppa Trail Committee meeting with local Minnesota legislators.

A quorum meeting of the Mazeppa City was called to order at 6:00 PM.

Present: Trail Committee member Andrew Miller, Wanda Schafer, Jenny Darcy, Katrina Hagfors, Mazeppa Daze Committee co-

Chair Dan Nelson, Mayor Chris Hagfors, Council Persons Dustin Wiebusch and Erica

Young, City Administrator Karl Nahrgang, MN State Senator Steve Drazkowski, and

MN State Representative Steve Jacob. Council members were present to observe a

round table discussion of the Mazeppa Trail committee with our local Representative and Senator to get a better understanding of City government's requirements to receive grant funding for non-construction costs associated with the pedestrian trails plan.

No business was transacted.

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

Meeting recessed at 7:03 PM.

Administrator-Clerk

Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, November 13, 2024

The regular meeting of the Mazeppa City Council was called to order at 6:03 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, Municipal Liquor

Store Manager Todd Ihrke, Public Works Director Scott Ellingson, Andrew Miller,

Wanda Schafer, Seth Beyer, Pete Grimsrud from the News Record, and City

Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: Wabasha County Sherriff's Chief Deputy Jim Warren. Motion by Wiebusch, second by Young to approve the agenda. All in favor, none opposed. Carried.

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

Motion by Wiebusch, second by Young to approve the October 9, 2024, regular Council meeting minutes and the November 10, 2024, Council quorum minutes. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffrig to close the regular meeting and open the Ordinance 2024-04 regulating cannabis businesses public hearing. All in favor, none opposed. Carried.

Regular meeting was closed and public hearing opened at 6:05 PM.

Local Government

- MAZEPPA-ZUMBRO FALLS MESSENGER -

Ordinance 2024-04 sets ordinance for Cannabis Businesses in Land Management Ordinance, Article XXII.

Wabasha County Sherriff Chief Deputy Jim Warren said that most of the communities have opted to have Wabasha County administer licensing of cannabis businesses and limiting licenses countywide to two.

There were no other comments Motion by Young, second by Wiebusch to

approve closing the public hearing and reopen the regular meeting. All in favor, none opposed. Carried.

Public hearing was closed and regular meeting re-opened at 6:17 PM.

Wabasha County Sherriff's Chief Deputy Jim Warren gave the monthly Incident Command Report. He said that there were many equipment violations for automotive lighting and that officers are issuing "Lights on for Safety" vouchers that reimburse for the light replacement. Chief Deputy Warren said that there has been increased deer strikes and reminded everyone to drive safely.

Public Works Director Scott Ellingson gave the Public Works report and said that the new loader arrived, and that staff are familiarizing themselves with its operation.

Administrator Clerk Karl Nahrgang read

Municipal Liquor Store Manager Todd

Ihrke gave the liquor store report.

Motion by Wiebusch, second by Liffrig to close the regular meeting and open public hearing for input on adopting an official trail map for the City of Mazeppa. All in favor, none opposed. Carried.

Andrew Miller and Wanda Schafer from the Mazeppa Trails volunteer committee presented information on the trail plan and grant applications. Phase one will be from Vally High Drive to Cherry St. E, a planned crossing at 3rd Ave. SE, to Cedar St. and to Herb Vik Park. This is planned to be funded mainly by the Safe Routes to School grant. Phase 2 would be from Herb Vik Park, under the Highway 60 bridge to 2nd Ave. SW and to Walnut St. to access the Walking Bridge to Walking Bridge Park. An Active Transportation grant has been applied for this phase. The trail group has also talked to legislators to see if the State of Minnesota has funds available to pay for a portion of the engineering costs that are not grant eligible.

The project would connect the portion of the community that lies south of Highway 60 to the north, creating a marked crossing at 3rd Ave. and an under highway crossing at the Highway 60 bridge creating a safer pedestrian environment for those walking to school, parks, or other areas in the commu-

No other comments were presented.

Regular meeting was closed and the public hearing opened at 6:30 PM.

nity.

(continued on page 17)

the Fire Department report.

BIIIDI pening Helen <mark>R</mark>eiland

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

FRIDAY, MARCH 16, 1956

Mazeppa Consolidation Plat Approved!

The long-awaited word, "Approval" was received by Supt. Fred Eimmerman Thursday morning in regard to the hard-fought for Mazeppa consolidation plat, via a copy of a letter sent to Mrs. Verma Olin, county superintendent of schools by Commissioner of education Dean Schweickhard.

However, the state department of education amended the plat to include District 49 (South Troy) and in District 89 (White Bridge) in order, in the department's words "to bring this proposal near to the minimum goals in valuation and pupil enrollment."

The department added, in part; "The proposed consolidation plat is hereby amended to include Dist. No. 49 of Wabasha County and Dist. No 89 of Olmsted County. The addition of these two districts will add more than \$200,000 to the assessed valuation and about 20 more pupils to the secondary school.

The concentrated fight to save the Mazeppa school began in January, after the plat had been approved, rejected because of

technicality, resubmitted and rejected in December. The American Legion auxiliary, with Mrs. S.H. Prigge as chairman, then organized a citizen's committee to work with school officials, organize a caravan of 250 to the state department of education, contact rural residents etc. The group also met with Gov. Freeman, and organized caravans to the county commissioner's meetings in February and March.

The decision by the state department will give the area concrete terms on which to work, and it is hoped the entire community will keep on striving to complete the goal of anew, consolidated school in Mazeppa.

SERVICES HELD SATURDAY AT ROCHESTER FOR N. KUEHL

A number of Mazeppa and area residents attended the funeral of Norman Kuehl at Trinity Lutheran church, Rochester, Saturday afternoon. Pallbearers were Carl Busse, Clarence Mehrkens, Willous Heitman, George Warren, Vern Siems and Vincent Warren.

affair played before a large crowd.

Township Elections Draw Heavy Vote

Heavy votes were cast in Mazeppa and Chester townships during Tuesday's election. There 105 votes in Mazeppa township and 146 in Chester.

Louie Liffrig was re-elected supervisor in Chester, with 134 votes. Max Cliff, incumbent defeated Ernest Stehr for clerk, 85-60 and Murray Jones was elected constable. A levy of \$8,000 was voted and \$250 for the fire truck.

In Mazeppa, Haven Judd defeated a write-in candidate for supervisor 85-7. Henry Siems, incumbent clerk defeated Kenneth Tupper 68-34. A levy \$7,500 was approved. Historical Happenings are taken directly from the archives of the original papers as printed. Any discrepancies need to be taken up the Editor and Publisher of the said papers, who are deceased.



entertainment of the annual East-West basketball

game played at the high school gym last Thursday

evening. The West was the winner of the hilarious



snowfall had been partially cleared off. The heavy snow began Saturday and continued until late that night, whipped around by gusts of up to 40 miles per hour. The city plow had village streets cleared early Sunday morning, however and a tractor with loader started right in clearing off Main street. Several people were marooned here by the heaviest snowfall of the winter. The cold remained with 10 below registered Thursday evening.

Local Government

- MAZEPPA-ZUMBRO FALLS MESSENGER -

Mazeppa City Council

(continued from page 16)

Motion by Wiebusch, second by Liffrig to close the Public Hearing and re-open the regular Council meeting. All in favor, none opposed. Carried.

Public Hearing was closed and the regular meeting re-opened at 6:50 PM. City Engineer Matt Mohs presented the en-

gineering report. Motion by Wiebusch, second by Young to

approve Resolution 2024-35 Approving the official pedestrian/bike trail map. All in favor, none opposed. Carried.

Seth Beyer from the Zumbrota Mazeppa wrestling Booster Club asked permission for the Booster Club's raffle to be drawn after the January 16, 2025, match at the ZMMS building in Mazeppa. The raffle follows all MN Alcohol, Gambling Enforcement regulations and is legal with Council approval.

Motion by Young, second by Wiebusch to allow the Zumbrota Mazeppa Wrestling Booster Club draw its fund-raising raffle on January 16, 2025, at the ZMMS facility in Mazeppa. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve building permits: 24-920-090, 1371 River Bluff Rd. SE -new home. 24-920-093, 227 Highway 60 E -roof-top solar. 24-920-086, 322 Maple St. NE -re-roof. 24-920-063 331. All in favor, none opposed. Carried.

A Human Resources committee meeting

was set for Wednesday, November 20, 2024, to review the proposed Employee Handbook. Motion by Wiebusch, second by Liffrig to approve Ordinance 2024-04 Adding Article

XXII to the revised Land Management Ordinance to regulate cannabis businesses. All in favor, none opposed. Carried. Motion by Wiebusch, second by Young to

approve Ordinance 45-1.25 Establishing Fees for 2025 for the City of Mazeppa. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to Resolution 2024-31 Approving Grant Navigation Support application. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffrig to approve up to \$5000 in grant consulting for the trails grants. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Resolution 2024-32 Supporting the City of Mazeppa's funding request from MN DOT's Active Transportation Program to fund phase 2 of the City's trail project. All in favor, none opposed. Carried.

Motion by Liffrig, second by Wiebusch to approve Resolution 2024-34 Supporting the City of Mazeppa's funding request from MN DOT's Safe Routes to School Infrastructure Grant program to fund phase 1 of the City's trail project. All in favor, none opposed. Carried.

Motion by Young, second by Liffrig to ap-

CHATTER

In Minnesota, we speak of the "change of seasons", but CLERK . * the biggest change happens within the season not at "the change o seasons". At the beginning of Autumn, it's warm and sunny, and as we move toward winter it gets rainy,

cold, and eventually we see snow and ice. One of the most noticeable services the City does is

snow plowing. City staff follows a pattern for snow removal: primary streets, secondary streets, alley, then

walking trails. City residents are responsible for snow

removal from City sidewalks in front of their homes or

businesses. If walks are not kept clear, the City will remove the snow and

charge the homeowner. The City appreciates the efforts property owners make to keep the sidewalks in walkable condition.

FREELANCE WRITERS WANTE

Duties include covering feature and human interest stories and upcoming events in the Messenger coverage area.

Will also work with content production for on-line distribution. Pay negotiable and based on experience.

Qualified applicants will possess:

- Ability to work with deadlines
- Great people skills
- Knowledge of/access to a computer
- Enjoy small town atmosphere
- The ability to work some night hours as needed for editorial

Email resume and sample of work to: hometownmessenger@gmail.com or call Terry at 507-951-7417



prove Resolution 2024-33 Accepting a donation of \$31,070 from Mazeppa Fire Relief for Mazeppa Daze expenses. All in favor, none opposed. Carried.

The voting abstract was presented to Council to canvass the November 5, 2024, General Election. 110

Mayor:	Chris Hagfors:	443	
	Write In votes:	19	
Council:	Erica Young:	290	
	Steven Liffrig:	281	
	Jason Hughley:	264	
	Write In Votes:	13	

Write In Votes: Council members, acting in their duty as Canvassing Boad, reviewed and signed the Abstract of Votes Cast.

Motion by Wiebusch, second by Liffrig to approve up to \$3360 to CRW Architecture and Design Group to perform an A.D.A. Evaluation to comply with USDA Rural Development grant terms. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve Resolution 2024-36 Requesting Wabasha County support and to act as fiscal agent for Safe Routes To School Grant application. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve Resolution 2024-37 Requesting Wabasha County support and to act as fiscal agent for Active Transportation grant application. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffrig to approve Resolution 2024-38 Certifying past due water sewer account to be assessed to property tax. All in favor, none opposed. Carried.

Motion by Liffrig, second by Wiebusch to approve Resolution 2024-39 Accepting a donation of \$10,000 for improvements to buildings at Lion's Park. All in favor, none opposed. Carried.

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

Council members thanked the Lion's Club and Fire Relief for their generous donations.

Congratulations were expressed to the winning candidates during the election.

Motion by Liffrig, second by Hammes to recess the meeting until November 14, 2024, for the WWTP groundbreaking ceremony. All in favor, none opposed. Carried. Meeting recessed at 7:29 PM.

Administrator-Clerk

Mayor Next meeting: 10:00 AM, November 14, 2024.

Next Regular meeting: 6:00 PM, December 11,2024

Mazeppa City Council **Quorum Meeting Minutes** Thursday, November 14, 2024

The Mazeppa City Council was present at a groundbreaking ceremony for the new Wastewater Treatment Facility.

A quorum meeting of the Mazeppa City was called to order at 10:00 AM.

Present: Mayor Chris Hagfors, Councilpersons Dustin Wiebusch, Erica Young, Steve Liffrig, and Mike Hammes.

Others present: Engineers Matt Mohs, Jake Pichelman, and Joe Linquist of Bolton and Menk. City of Mazeppa staff members Karl Nahrgang, Scott Ellingson, and Dan Nelson. Tom Peplinski and Pat Doyle from Wapasha Construction. Laurie Belata and Colleen Landkamer from USDA Rural Development. Helen Reiland from the Mazeppa Area Historical Society.

Council members were present to participate in recording the beginning of the Wastewater Treatment Facility replacement project. No business was transacted.

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

Meeting recessed at 10:45 AM.

Administrator-Clerk

Zumbro Falls City Council Minutes - October 9, 2024

The Zumbro Falls Council met at City Hall with all members present. Also attending the meeting was Sam Meyers and Planning and Zoning Administrator, Jason Faas. The meeting was called to order by the mayor at 6PM.

Clerk read the minutes from the September meeting to council which were accepted as read with a motion from Anderson, seconded Bankers, all in favor, carried.

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

Sam Meyers, representing the Zumbro Valley Snowmobile Assoc., asked council for permission to hold a raffle on March 4th, 2025. Council agreed to the request.

Jason said that because of the recent weather there were 12 permits applied for. Discussion on costs incurred and questions about permits it was decided to have a representative from CMS be invited to the next council meeting. Jason agreed to forward the invite.

Ordinance 01-25 was put in place with a motion from Benson, seconded Anderson, all in favor, carried. This is an ordinance granting to Northern State Power Company permission to construct, operate, repair, and maintain lines, poles, fixtures for the furnishing of electric energy to the City of Zumbro Falls. Clerk will publish it in the city paper.

Notice will be sent to all residents about not parking on city streets during the winter months when plowing needs to be done.

Discussion was made concerning investments available for excess City funds. A motion was made by Benson, seconded Bankers, all in favor, to purchase a CD for 6 months with 1st State Bank Red Wing, Mazeppa Branch, in the amount of \$300,000.00.

Meeting to adjourn and the clerk to pay all bills presented followed with a motion from Benson

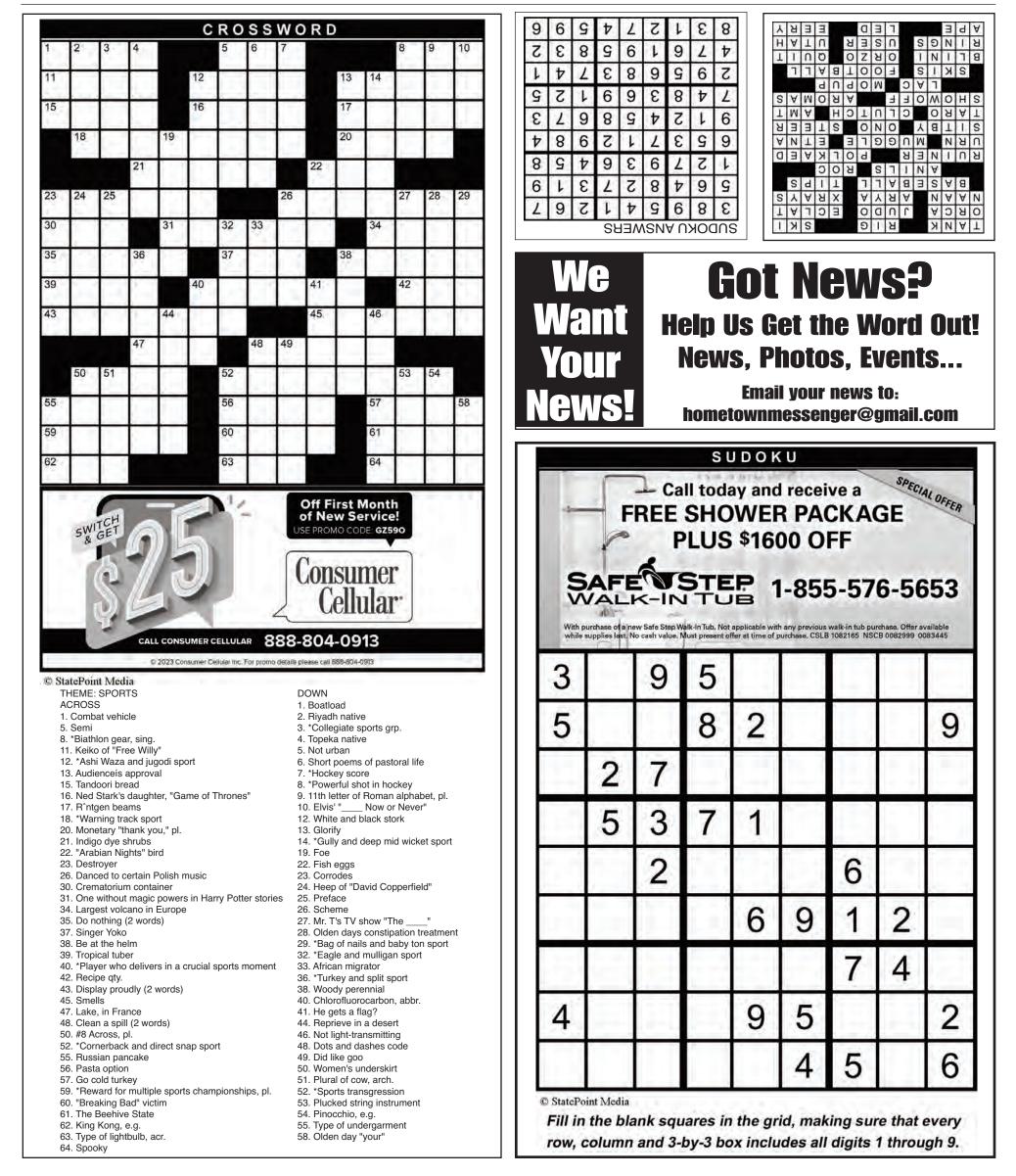
seconded Bankers, all in favor, carried. Submitted by,

Susan Eischens, Clerk

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AND HAPPY NEW YEAR

There's no time more fitting to tell you how much we have enjoyed working with you this year and to wish you the best in the year to come.

Merry Christmas and Happy New Year from all of us at First State Bank!

We will be closed Wednesday, December 25, 2024 and Wednesday, January 1, 2025 so our employees can celebrate the holidays.

FIRST STATE BANK MAZEPPA OFFICE www.firststatebankredwing.com P.O. Box 317, Mazeppa, MN 55956 cor-843-436