



# Mazeppa-Zumbro Falls Messenger™

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FEBRUARY 5, 2025

Volume 19 • Issue 2

## Announcements

• 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 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

## Schwartau Elected to Honorary Life Membership in the Minnesota State Agricultural Society

St. Paul, Minn. – At its 166th annual meeting, the Minnesota State Agricultural Society board, Chuck Schwartau of Goodhue,

Minn., was elected to honorary life membership in the Society. Schwartau began his involvement with the Minnesota State Fair in 1963 as a youngster participating in the 4-H swine competition.

He went on to a career with the University of Minnesota Extension Service, which has kept him involved with 4-H at the fair every year since. Even during a seven-year period away from the university, he judged 4-H exhibits and demonstrations at the fair.

Upon returning to the Extension Service in 1985, he worked with, and often managed,



Chuck Schwartau accepting his honorary life membership to the Minnesota State Agricultural Society board

various 4-H livestock shows and has been involved with the 4-H Dairy Show every year since 1986. (continued on page 11)

## Zumbro Falls Ambulance Service Contract

Lake City Ambulance has requested cost-sharing agreements with each of the cities in its service coverage area to help cover operating cost.



(continued on page 16)

## Mazeppa Walking Trail



A group of community minded residents are working toward completing a walking and bicycle trail around town. (continued on page 10)

## Supporting Our Local FFA Chapters & Celebrating National FFA Week February 15 - 22, 2025



Starting in 1948, the National FFA Board of Directors designated a weeklong tradition to recognize George Washington's example and legacy as a leader and farmer. (continued on page 8)

## Buying or Selling Real Estate?

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Zumbro Falls Area



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## A Parents Priority



By Pastor Colleen Hoeft

If you are a parent, know someone who is a parent, has a parent, and you would agree that parenting can be very difficult-this is for you! Parenting has its challenges at every stage and age. Mark Twain is said to have said, "When they (children) are thirteen, put them in a barrel and nail the lid shut, then feed them through the knothole. And "When they are sixteen, plug the knothole."

A parent's priority is to gradually transfer a child's dependence away from the parents until their dependence rests solely on God. Our children, when they are little, depend on us for everything. Over time, we will help transfer their dependence to where they will no longer depend on us, but instead, they depend on the only One who will ever be completely faithful and true to them in every single way. We teach them to depend on God.

Do you realize that as a parent and a follower of Jesus Christ, God has put within you the power to change generations and generations to come? Deuteronomy 6 gives us the two most important principles that we will ever live out as a parent and/ or a follower of Jesus. Moses restated the Ten Commandments that Israel had received 40 years before and then he gave one of the greatest teachings on parenthood in all of scripture. He said to teach your children to fear the Lord, teach them to live according to God's commands and when you do, not only will you be

changed, but the next generation and the generation after that will be different too. We must train the next to depend on the One and only God who created everything instead of on anyone else. To raise-up the next generation we need to do two things:

- Love our God. The Bible says this. "Love the Lord your God with all your heart and with all of your soul and with all of your strength." Notice, the scripture does not say with some, or with a little bit, or with a percentage, but we are told to love God with all of our heart. All!!!

Whenever I go to get a flu shot, I try to act all brave and the nurse pulls out the needle-mostly I just look away and wait until its over! Once I receive the shot- what did she actually put into my body? To keep me from getting the flu, she gives me a little bit of the flu. Just a little bit, which makes me immune to the whole thing, and I would argue that as parents, so many parents unknowingly give their children just a little bit of the things of God, making them immune to all of His goodness and glory and power and majesty. They find themselves knowing just a little bit about God but not knowing God personally and intimately in a life-changing way. Now, the problem is, in the world that we live in, there are a lot of things that can distract us from loving God with all of our heart. We work so hard pouring ourselves into our careers trying to get more things and we end up not giving our children what they really need, which is us and a deeper relationship with the only One they need to really know ultimately; God, and God alone.

You may be thinking to yourself, I do love the Lord with all of my heart, yet you don't have time to worship with God's people and

honor His name. This isn't just for parents it is for all believers. When we don't make 'time' for church, for God, or for God's people, that sends a significant message to our children and the other children and people in our community and your church family. How important is your role to your children, grandchildren, with the believers around you? I came across a study a few years ago that I thought was interesting about kids who grow up and become active Christ Followers as adults.

- If mom and dad went to church, then seventy-two percent of kids will go as adults. That's pretty awesome.

- If only mom went to church, the percentage drops to fifteen percent. This is mirrored in the church family too- if church is only for women and children that percentage is reflected there too. Men, and especially dads, how important is your role?

- If dad only went to church, it's back up to fifty-five percent. DADS/ MEN, NEVER underestimate the value of your role in disciplining and leading your children to know Christ. And your example to other men and young people in the church is crucial- especially if there aren't other godly men in a student's life.

If neither mom nor dad went, the number drops down to only six percent of kids who will grow up and follow Christ and be active in a church.

Love the Lord your God with all of your heart. That means not only in your words, but in your actions. Men and women of God, Moms and Dads, Grandparents, do you love God with all of your heart, or with some of your heart? Because just a little bit, may not be what our kids need. They need the whole counsel, the glory of God.

"Christ is not valued at all, unless He be valued above all. Christ is not Lord at all unless He is Lord of all." St. Augustine. Secondly:

2. We are called to lead our families spiritually. When our children are little and even when they are adults. We can't choose for them or force our faith on them, but we can talk about God. We can share what He has done in us and for us. We can be examples and witnesses of His grace. Our marriages can be marriages that our adult children want to emulate. We can be generous, and our children will see the joy we have in giving and being a part of helping others. Spiritual talk becomes not just something we do on the weekends on the way to church or youth group or Celebrate Recovery, it becomes a part of seven days a week, of everything that is going on. We lead our children, young and old, spiritually.

Our role is to transfer dependence. To work ourselves out of a job! They no longer depend on us, now they depend on God. How do we do that?

- We love God. It starts with us. If you want to half-heartedly let life happen, let me promise you, life will happen, and you will kiss your kid's goodbye, send them off to college, walk them down the aisle, and you are going to wonder, "Where did it all go?"

- Lead them. As Christ followers we are to lead- our own lives and the lives that we are responsible for- in our families, in our realms of influence at church, in the community, wherever God has placed you in that role.

Overall: Love God with all of your heart, soul, mind and strength. Then lead as He calls you to lead.

### 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  
507-843-3885  
Sunday Mass 10:00 a.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 Finish Well!

*No one has ever shown the mighty power or performed the awesome deeds that Moses did in the sight of all Israel. — Deuteronomy 34:12*

Moses remained committed to the Lord until the very end of his life. He was a child of God, a diligent leader of God's people, a prophet, and much more. Moses is described as a "man of God" and a "servant of the Lord" in the closing chapters of Deuteronomy. He knew who he was and whose he was. That makes a difference in one's life. Moses was faithful. Though he was certainly not perfect, Moses finished well.

When we think about finishing well, we realize it is not a last-minute commitment. We can stay focused even when we must take detours and alter our plans. When we fall, we get up with the Lord's help. When things do not go the way we thought they would, we cannot allow our feelings and thoughts to get in the way of doing God's will. We know we depend on the Lord in all things, and we stand firm in his strength.

When our time comes to leave our home on earth to go to our eternal home in heaven (unless Jesus returns before then), we want to say, "I have fought the good fight . . . I have kept the faith" (2 Timothy 4:7). And we want to hear our Lord say, "Well done, good and faithful servant!" (Matthew 25:21).

*Father, Son, and Holy Spirit, help me to be fully committed to doing your will until the very end of my life. May you be glorified! Amen.*

### PRESBYTERIAN CHURCH OF ORONOCO

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

### UNITED METHODIST CHURCH

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

### ZUMBRO COMMUNITY CHURCH

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

### SOUTH TROY WESLEYAN CHURCH

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

### ST. JOHN'S LUTHERAN CHURCH

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

### ST. JOHN'S MAZEPPA

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

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



## Mazeppa-Zumbro Falls Messenger

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### ADVERTISING INFORMATION

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Shop Local  
for your  
Valentine's  
Delights!

By Cheri Roshon

We all know, living in small towns, that "things" are usually cheaper if we go to a larger town to purchase what we need. But do we factor in the cost of driving to Rochester, Minneapolis, or any of the places that the price of a product may save a buck? Or the time we spend getting there?

Share your engagement,  
birthday, wedding, anniversary  
or birth announcement  
with your hometown  
Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

Or, most importantly, how our local friends and neighbors are doing their part to have available the things we need to have for our daily living without driving to another town? Starting a business in a small town is a gamble. There are less people to buy from us, and maybe not such a wide variety in the things we can stock. But most of the businesses around these parts are willing to try their best to find what you want, and at a competitive price. Sure, you can go online and find almost anything these days, but you will also spend time to find what you want, can't ask any questions, and oh yeah....pay for shipping and handling. And as I have found out recently, you may not get the product that was advertised. And just TRY to get your money back! In most cases, that won't happen.

I believe the people in this area are honest, friendly, and willing to meet you halfway to make a deal. And look around! We have bakeries, clothing stores, gift shops, and some of the best restaurants around. Gift certificates are an easy way to gift the ones you love! You can purchase everything from guns to tires. Or cookies to massages. Even flowers to liquor. Perhaps your mom would like a gift certificate for her house to be cleaned? Or your father needs some hunting

supplies? Grandma and grandpa could use a gift certificate to a restaurant so they can have a night out, and not have to cook. How about a round of golf, or a goat yoga class at Windy Willow Adventures? And jewelry! Who wouldn't like the gift of bling? A day at the spa with a massage, a foot bath and a facial, all topped off with a new hair style? All these things can be found near you, and the people who sell them to you stand by their products, and are proud to be able to sell them to you.

So, I invite you to sit down and make a list of the people you wish to gift this Valentine's



Day, and shop local! Save time and money, and get the perfect gift for the ones you love!

*Hearts still hurt  
Memories bring joy  
Together brings happiness  
Watching over us peace  
Grand children/  
great grandchildren  
send "huggie/buggies"*

Love,  
Denise and Bob  
Dennis and Colleen  
DeAnn and Mike  
Debbie and Dan  
Delane and Jon  
Daryl

*Skeeter & Elaine*  
*Reunited in Heaven - February 20, 2024*

Skeeter (2/20/2024) and Elaine (2/22/2015)

**PUZZLE  
EXCHANGE**

**February 13th  
March 20th  
April 17th**

**Where:** **When:**  
**Mazeppa 4-6: Puzzle exchange**  
**Community 6-8: Puzzle Night**  
**Center**

**Bring a Puzzle,  
Take a Puzzle,  
Do a Puzzle together!**

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



## Choosing a Camp: A Simple Guide for Parents



By Brian Kettering, Director of Day Camps at Camp Victory Zumbro Falls, MN

Living in the age of information, it can feel like options for everything are abundant, perhaps even to a paralyzing degree. There are dozens of subscription services you can sign up for, everything from television shows to groceries to coffee to video games, it's all out there. There are different news media outlets all reporting the same event but presenting it in a totally different way. There are different auto parts stores all selling the same parts, often in the same strip mall. Restaurants

that both sell burgers but with a little unique twist, within the same driving distance from your house. Public school, private school, or homeschool? What's the difference between pasture-raised and grass-fed? Are they Baptist or Presbyterian? Do you want 1%, 2%, whole milk, or half-and-half in that drink, sir?

If reading those questions got your heart pumping a little bit thinking of all the different decisions you have to make on a daily basis, fear not. When choosing a summer camp for your children, you don't need to be paralyzed by choice. Here are three helpful things to look for in a summer camp to determine whether or not that camp is offering a quality program fit for your family.

The first one is safety. Sending your kids away, whether for a day or for a week, can be a scary thing. Something that helps alleviate some of that anxiety is having a certain level of trust in a camp's policies for hiring, training, program setup, and handling of emergency situations. One thing that can be helpful to look for is certification from accreditation boards. Organizations like the American Camping Association (ACA) have very thorough and often rigid guidelines a camp must live up to in order to maintain accreditation. These guidelines include standards for everything from the kitchen to the waterfront, ensuring that operations at a camp are consistent and safe. Some camps require very thorough background checks and lengthy interview processes for potential counselor hires, as well as extensive training

on camper safety through organizations like MinistrySafe. Camps may also choose to certify their lifeguards through a Bonafide lifeguard training program such as one through the Red Cross. Kitchens at camps may also be licensed by the state, requiring regular inspections from the state Health Department. Certifications from all of these organizations should help ease the mind of a worried parent as it becomes clear that the camp really is concerned about safety. Most camps can explain their processes for all of these things if you simply give their office a call!

The next thing to look for is value. "Is my kid going to get my money's worth out of this camp?" This question will almost always come up when considering summer camp options for your children. One of the best things you can do to get a head start on this question is to look at the prices of several different camps within a reasonable driving distance and make some comparisons. However, as with any product, cheap does not always mean good. Scan the website of a camp and see if you can find a sample of a daily schedule anywhere. This may help you determine whether or not a camp offers a reasonable number of the things you care about. If you value an educational camp experience, see how much time a day is spent on educational programming. If you value fun activities, pay attention to the number of activity rotations that are on the schedule. If you value a spiritual or religious experience, see about chapel, memory verse, or devotional times in the schedule. Once you've deter-

mined which camps will offer you the things that matter most at a price you can appreciate, you'll be ready for number three, which is...

Fun. Is my camper going to have fun? Are they going to make friends? Are their counselors going to make them feel welcome? Will they come home singing and dancing and droning on and on about how their day or week at camp was the best time of their lives? While it's nearly impossible to predict exactly what an individual's experience somewhere new will be, there are some signs you can be looking for to determine whether or not a camp's summer programs will be fun. Take a look at a camp's social media page and ask yourself the following questions. Do the staff look excited? Are the children smiling? How much singing and dancing do you see in the videos? Does the property look vibrant, green, and alive? Sure, these things can be easy to capture and edit down to their pinnacle moment in media, but if you're still not sure, see if the camp you're considering has any open house events you can come to. Many camps offer events year-round, some in the spring and some in the fall. Stop by the camp on one of those days and ask yourself the same questions, but in the real setting.

Hopefully once you've considered all of these things, you'll be ready to send your child to camp this year with confidence and peace of mind!

# Camp Victory

ZUMBRO FALLS, MN

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## Changes in Latitudes, Changes in Attitudes

### Red Wing Pottery



By Terry Campbell

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

I have had this Red Wing crock around the farm for most of my life. I remember when my parents got it. It was in October of 1968. Our neighbors, Lester & Lillian Derby, had a farm auction since they were retiring from farming and moving into town. I got to skip school and go with my dad to the auction. It was a magical time for an eleven year-old boy, as I always enjoyed farm auctions. Most

of the farmers from the neighborhood were there and the mood was quite upbeat and kind of festive. And the Concord Church of Christ ladies had a lunch kitchen set up in the old tin shed across from the barn, serving sloppy joes, kool-aid and chocolate frosted brownie bars.

My parents bought quite a number of things at the auction that day, and this 15 gallon Red Wing crock was just one of them. But it has stuck in my mind and for some reason has remained on the farm for the last fifty-six years. I was always aware of the town of Red Wing, just 45 minutes to the north-east of the farm because of the Red Wing Pottery and the Red Wing work boots we wore. The town as named after a great Dakota Nation chief who had befriended the first settlers who moved there. The native Indians hunted the bluffs and fished along the shores of what is now Lake Pepin, long before the first French Voyageurs set foot there in 1680.

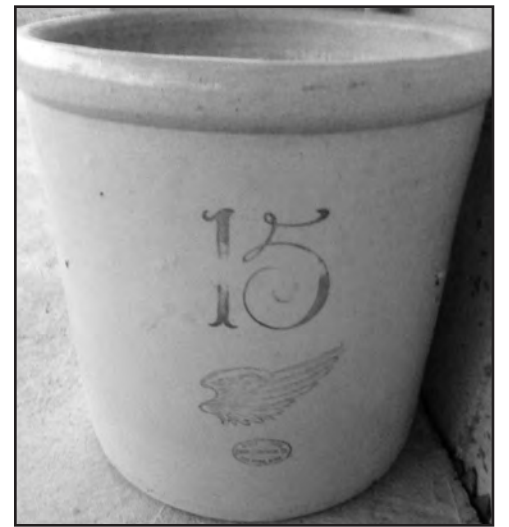
In 1861, John Paul, a German immigrant moved to Red Wing and discovered a rich pocket of clay on the land that he intended to farm. A potter by trade, he used this clay to make the first Red Wing stoneware. In the early days settlers needed stoneware crocks and jugs for safe food and beverage storage. Large crocks up to fifty gallons were used for storing vegetables and pickling foods. They had wire handles on the sides and a wooden lid with a bail to secure the top.

Every home and business had a water crock for drinking water and crocks of all sizes were used to store lard, butter, eggs, salted meats, eggs and vegetables. Stores and man-

ufacturing businesses used the crocks to hold liquids and chemicals needed for their daily operations. The largest crock known was an eighty-gallon size.

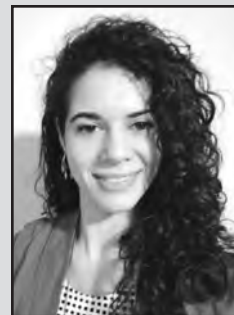
The early stoneware was colored because they were fired by wood and coal and the soot and ash would discolor the pottery. By 1895 the kilns were converted to oil heat so it was possible to produce white glazed stoneware.

As towns and cities grew and installed sewer systems the demand increased to include manufacturing ceramic drain pipes. The production in Red Wing grew at a rapid rate. By 1906 there were at least four companies producing stoneware and sewer pipes in Red Wing. Over time competition from established eastern kilns and the invention of the refrigerator caused the decline of the Red Wing stoneware. By 1936 there was only one company left producing stoneware in Red Wing and it took the name of Red Wing Potteries. The product line was reduced to flower pots and vases and lunch and dinner ware.



So, the Red Wing crock doesn't hold anything but memories any longer, but when I see it, I am reminded of a wealth of old friends, family and people from days long gone by.

## A Minnesotan: The Problem With Geese



By RosaLin Alcoser

There is nothing I fear more on this earth than geese... well maybe snakes, but geese are the more immediate threat. Because here in Minnesota geese are everywhere.

Geese are at the park, in the parking lot, on the sidewalks, and even standing in the middle of the freeway in some cases- like they own the place.

It started out when I was a small child and the geese would chase me around the park honking. Since I was about the same size as them I guess it made sense that they were going after me.

Thankfully in response to these attacks my sister would chase the geese away from me so that I was not mauled to death by a goose at age six.

However, it did not stop as I got older. To this day geese will still chase me if given the chance. Now I can out run the geese or

avoid them all together.

When I was in community college in Rochester the geese that would hang out on campus would chase me across the campus on an almost daily basis. Which my mother did not believe was happening until she saw me take off running at the sound of 'Honk! Honk!' and a flock of geese start charging at me.

Don't worry I made it to the car before the geese caught up to me and lived to tell the tale.

My fear is not just limited to geese either. It does extend to water brands as a whole. I have also been attacked by ducks and gulls. The only reason the loons, swans and crane have not gotten to me is because I am not fool enough to go anywhere close to them after the incident with the duck.

A couple years later when I was in University back south I was at the park with some friends. We were sitting on a bench watching the ducks, but not doing anything to the ducks. When a duck walked up to me and bit me on the leg with its serrated beak.

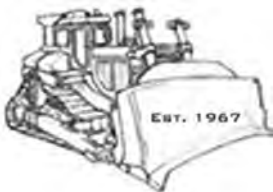
While ducks do not have teeth it does hurt when they bite you with their serrated beaks.

It is because of that duck and many, many geese that I now stay clear of all water birds. As I now live under the belief that if I give them space they just might not try to kill me... or at least not have the opportunity to.

P.S. as I write this two ducks have landed on my patio and taunted me with their serrated beaks.



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## Alcohol Consumption; Vitamin D Essential; Covid Vaccine News



By Shauna Burshem, D.C.

It seems the way we think about alcohol consumption may be on the verge of a major shift. According to U.S. Surgeon General Vivek Murthy and a recently released report, alcohol is now officially linked to seven types of cancer, including breast, liver, and colorectal cancers. Interestingly—and quite frankly, shockingly—around 16.4% of breast cancer cases can be attributed to alcohol consumption. To top it off, alcohol is now considered the third-leading cause of cancer in the United States, trailing just behind tobacco and obesity. Many people will wonder how could something as socially normalized and celebrated as a glass of wine at dinner or a beer at a party carry such a heavy risk, and yet so many of us remain completely unaware? Currently, alcohol labels simply warn about risks like birth defects and impairment, but they completely leave out the potential cancer connection. Surgeon General Murthy and health experts are pushing for new warning labels and updated drinking guidelines to educate the public. Think about it—what if we could save lives simply by adding a line of text on a bottle? It feels like a small change with monumental potential. Women, in particular, face greater risks even with smaller amounts of alcohol due to biological factors. The bright side? Experts say cutting back even now could reduce future risks and, in some cases, reverse harmful effects. Personally, I enjoy having a few beers on the weekend. While experts point out that some damage from drinking can be reversible, they also stress that cutting back can significantly reduce future risks. This isn't about demonizing beer or alcohol; it's about being informed and making mindful choices. If updated labels and federal guidelines help create awareness, we all stand to benefit, ensuring that what we enjoy in moderation doesn't silently harm us in the long run. In the last couple years, I have mindfully cut back on my beer consumption, limiting myself to just a few a week. I started doing this as these research reports started to trickle out. Now, with the recent news reports, if you're like me, a little awareness might just change how you approach your next drink.

**Vitamin D deficiency** is an often-overlooked concern that impacts nearly 40% of Americans. Fatigue, muscle aches, frequent colds, and even feeling down can all be signs of low vitamin D, but many misinterpret these issues as something else. These seemingly minor symptoms can point to deeper health challenges if ignored for too long. Keeping vitamin D levels within the ideal range of 60-80 ng/mL is key to staying healthy and warding off chronic conditions.

Getting outside for just 10-20 minutes a day without sunscreen is one of the easiest ways to boost your vitamin D naturally. However, for those who can't spend time in the sun daily, or for individuals with darker skin tones or diets low in fatty fish, fortified dairy, or egg yolks, supplements can be a lifesaver. Adding foods rich in magnesium, like spinach and nuts, can also support how the body uses vitamin D, enhancing its impact. The ideal D3 dose in the wintertime is 35 per units per pound of bodyweight, plus 100-200 units of vitamin K2. For example, a 160lb person should take 5600 units of D3 daily in the winter.

Healthy vitamin D levels do so much more than strengthen bones—they also lower the risk of serious illnesses like heart disease, cancer, and autoimmune disorders. Regular blood tests are the best way to monitor your levels and make adjustments if needed. A combination of sunlight, a nutrient-packed diet, and supplements can make a huge difference in your health, protecting you from potential long-term problems while helping you feel your best every day.

**COVID-19 VACCINE NEWS:** A peer-reviewed study conducted by high school students at an FDA lab has uncovered some pretty startling details about Pfizer's mRNA COVID-19 vaccine. Yes, you heard that right—high school students. These young researchers, working under the guidance of FDA scientists, took a deep dive into the vaccine and confirmed something concerning. The study, which got published on Dec. 29, 2024, in *The Journal of High School Science*, found that Pfizer's mRNA vaccine contains levels of residual DNA contamination way higher than what's considered safe—6 to 470 times over the regulatory limits, to be precise. The students tested two separate batches of the vaccine and found “residual DNA to a level that exceeds 10 nanograms per dose.” To put it in perspective, anything beyond this limit raises eyebrows, and these results shot way past that threshold. Now, what does this mean exactly? That part is still a bit of a mystery. According to the study, the impact of these leftover DNA fragments on health isn't fully understood yet. But here's where it gets serious—the researchers noted these DNA fragments could cause something called “insertional mutagenesis,” a fancy term for DNA mutations that might lead to cancer. This revelation was first brought to light by Maryanne Demasi, Ph.D., an investigative medical journalist. To me, it's impressive and fascinating that high school students, while under the mentorship of FDA scientists, made such a critical discovery. It just goes to show, sometimes the biggest insights come from the least expected places.

**Keeping our kids healthy and free from injuries while they play winter sports is an absolute must.** Chiropractic care can be a



valuable addition to their warmup and recovery routines, offering another layer of protection and performance enhancement for young athletes—and their proud parents. I'd love to share why I personally believe chiropractic care is a game-changer for winter sports. Whether your little ones are zooming down the slopes, gliding gracefully on ice, or powering through cross-country trails, keeping their bodies in top shape matters more than you think. Regular chiropractic care works hand in hand with things like warmups and cool-down stretches to set the stage for fewer injuries, better performance, and faster recovery times. Honestly, the benefits go beyond just the kids—families can see the difference too! Here's why I think incorporating chiropractic care into your winter

sports routine is so crucial. Take balance and coordination, for instance. When your kids are on skis or snowboards, the ability to control their movements is everything. That effortless glide? It's no accident. Spinal adjustments, which enhance the body's natural ability to sense its position (proprioception), can really elevate performance in big ways. And let's not forget the importance of injury prevention. When the spine and joints are in proper alignment, the risk of sprains or strains can drop dramatically. Add in faster recovery from falls, improved flexibility, and even better strength, and this is why chiropractic care, kids and winter sports go hand in hand.

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

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## Food and Mood



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

We are all familiar with the concept of “comfort food.” When you want to celebrate, or you want to introduce some happy experience into a day that has been challenging then you may be choosing a “comfort food” to enjoy. A short list of those items we enjoy may include chocolate, cheese, coffee, alcohol, soft drinks, candy, chips, pie or cake. We each have a deep, emotional connection with food, which can be positive or negative. How does food affect mood?

In a recent blog post, “Could Diet Alter Your Personality,” Dr. Austin Perlmutter presents some of the current research identifying how the foods we eat can impact how we engage with life. This may not be too hard to understand when you consider how you express yourself when you are not feeling well. You

do not have a lot of energy. You do not want to start a new project. You may isolate yourself. So, if a person consistently expresses these traits without a short-term illness, what is influencing how they feel, which results in these personality traits? Perlmutter suggests we take a look at what we eat.

All the food we consume passes through the gut, which is also called “the second brain.” The gut is “the second brain” because many of the proteins and hormones that influence brain activity are produced in your gut. The more quality whole foods you consume, the more helpful hormones are produced. Many of the signals produced in the gut are made by the bacteria that live in the intestines. These bacteria produce chemicals that are associated with reduced anxiety, decreased depression, and less irritability. The connection between the gut and our thinking has been clearly documented by Dr. Natasha McBride in “Gut and Psychology Syndrome (GAPS).” Dr. McBride has demonstrated with the GAPS protocol how improving the quality of food going into the gut transforms how we think.

Our mind is constantly receiving input from our surroundings. The food we consume is one of those inputs. Headaches, brain fog, and irritability can be signs of inflammation caused by the food eaten. An inflamed brain is not able to process information effectively resulting in poor choices, outbursts, or isolation. A Health and Retirement study published in 2023 evaluated 4,364 participants for inflammation and their thinking abilities. Low levels of inflammation were associated with greater openness, better thinking and more agreeableness. Higher levels of in-

flammation have been associated with depression and dementia. Consequently, our food choices can greatly affect our thinking and the mood we express.

We can help our brain to function at optimal levels with quality nutrient sources. Wild caught salmon, extra virgin olive oil, cod liver oil, and walnuts are all great sources of omega-3 fatty acids, which the brain uses to make new connections. Decreasing sugar sources like soft drinks, fruit juice, white sugar, and corn syrup will help reduce inflammation so the brain can work more efficiently. High sugar intake is a challenge for many Americans, not only affecting their mood but also increasing the risk of diabetes. The brain functions best with the right balance of proteins, fats, and sugars.

The right balance of nutrients promotes neuroplasticity, which is the description of how the brain can make new connections and improve physical abilities in the body. The brain is making new connections every time we think through a process, learn a new skill, or make a new memory. Young people make new connections very quickly, which means a quality food plan is especially important in these years. Helping a young person recog-

nize those foods that sustain good brain activity will help them engage in a positive way with their surroundings and help them to thrive for the rest of their life.

As an aid to support your quality food plan, I will host a special series “What Mothers Want to Know” in the month of March focusing on the health questions moms ask most and providing the answers to their questions. An answer to a specific question will be delivered to the participant’s email address each day during the month of March. Thirty questions will be addressed in thirty days. You may send a question to [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com). You can register to receive the email series in March by sending me your email address where you want the answers sent.

You can also 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](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net)

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## Talking Arthritis with University of MN



Marta  
Michalska-Smith,  
MD,  
U of M  
Medical School and  
M Health Fairview

Arthritis affects one in five American adults and that number is expected to rise as the population grows and ages, according to the Centers for Disease Control and Prevention. The chronic condition can be especially painful in the winter as frigid temperatures cause arthritis symptoms to worsen.

Marta Michalska-Smith, MD, with the University of Minnesota Medical School and M Health Fairview talks about the causes of arthritis, treatment options and research to improve knowledge around this chronic condition.

*Q: What is arthritis?*

Dr. Michalska-Smith: Plainly speaking, arthritis means inflammation of a joint. This causes joint pain and stiffness, and over time, damage to the joint. There are many types of arthritis, including osteoarthritis, crystal arthritis and autoimmune inflammatory arthritis, which includes diseases such as rheumatoid arthritis and psoriatic arthritis.

*Q: What causes arthritis?*

Dr. Michalska-Smith: Osteoarthritis is often referred to as “wear and tear” and “non-inflammatory” arthritis, but these are misleading terms. We used to think that osteoarthritis was caused by degeneration of the cartilage, which cushions and protects the bone, due to repetitive stress over time. However, we now know that osteoarthritis is a disease not only of the cartilage, but of the bone and joint tissues as well, and that inflammation is an important part of the disease. Although it does

become more common as we age, genetics, previous joint trauma, diet and bone alignment all factor into who develops osteoarthritis, as well as when, where and how severe it becomes.

Autoimmune Inflammatory arthritis occurs when a person’s immune system becomes dysregulated and attacks their own joint tissue, causing inflammation and damage. In this type of arthritis, the immune system can sometimes attack other body tissues, as well, such as the eyes or lungs.

Crystal arthritis, such as gout, is caused when the body deposits crystals in and around the joint space which then triggers a strong inflammatory response.

Gout is more common in men and in those who have heart disease, kidney disease, diabetes, obesity or high blood pressure.

*Q: How does your research support your clinical work?*

Dr. Michalska-Smith: I am so excited about the advances we are making in the understanding and treatment of inflammatory arthritis and the work being done at the University of Minnesota to move this forward. I am currently involved in a clinical trial of a new therapeutic for the treatment of inflammatory arthritis – chimeric antigen receptor therapy (also known as CAR-T cell therapy). This type of therapy involves genetically engineering a person’s own immune cells to target other “problematic” immune cells which are then given back to the patient. This therapy has the potential to alter the immune system in a more permanent way, and even lead the way for a cure for inflammatory arthritis.

Marta Michalska-Smith, MD, is an assistant professor at the U of M Medical School and rheumatologist with M Health Fairview. Her academic and clinical interests include healthcare disparities and pediatric to adult transitions in patients with rheumatic diseases.

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## Minnesota Produce Farmers Asked to Complete 2025 Grower Questionnaire

The Minnesota Department of Agriculture (MDA) is calling on produce farmers who have never completed the Grower Questionnaire, or who have not filled it out since 2022, to complete the 2025 edition.

Completing this questionnaire helps farmers identify the federal food safety requirements that apply to their operations and gain access to additional support to improve food safety practices on their farms. By participating, growers contribute to a more accurate

picture of Minnesota's produce sector, allowing the MDA to provide tailored resources and guidance.

"The Grower Questionnaire helps us stay informed about Minnesota's evolving produce industry and allows us to support farms in improving food safety practices and keeping local produce safe for consumers," said Assistant Commissioner Patrice Bailey.

Farmers who complete the Grower Questionnaire may also be eligible for the Produce Safety Mini-Grant, which offers up to \$800 in reimbursements for on-farm food safety improvements. Applications for the 2025 Mini-Grant will be available later this winter.

The Grower Questionnaire should be filled out once every three years by each produce farm. Farm contact and location information collected through the questionnaire are considered private and confidential and will not be shared with the public. General farm statistics are compiled and shared out publicly.

If growers choose not to complete the questionnaire, the MDA Produce Safety Program will reach out directly to discuss potential inspection requirements.

Farmers may complete the 2025 MDA

Grower Questionnaire online.

Farmers can contact the MDA Produce Safety Program at 651-539-3648 or email

producesafety.mda@state.mn.us to request a paper copy of the questionnaire, or for more information.

## Supporting Our Local FFA Chapters & Celebrating National FFA Week February 15 - 22, 2025

(continued from page 1)

For the past 76 years, FFA members across the country have taken part in agricultural, leadership and service-based activities during National FFA Week.

"National FFA Week is a significant event that really showcases the heart of our organization," says Christine White, chief program officer for the National FFA Organization. "Local chapters use this as an opportunity to highlight program success, recognize community supporters and amplify the mission of the organization."

Again this year, more than 700,000 FFA members will spend the week of February 15 - 22 developing their potential for premier leadership, personal growth and career success through agricultural education.

They will do so in creative and innovative ways. Whether volunteering to clean up the local fairgrounds or throwing a citywide party to celebrate the 1732 birth of our first president, there is no limit to how this week can be recognized.

"It could be hosting a breakfast for teachers, an open house for FFA supporters or bestowing chapter-level degrees. It truly is an opportunity to celebrate all things FFA. As a former member and agricultural educator, FFA Week is something I always looked forward to since it was a way to share my passion for the organization," White says. "FFA members should embrace the planning, execution and celebration that occurs with developing activities and events for FFA Week. The skills of teamwork, communication and advocating are ones you will carry with you beyond your FFA experience."

Keep track of all that is happening by fol-

lowing #FFAWeek on your social channels. Find more about all the resources available at FFA.org/National-FFA-Week.

The organization also wants to Thank Alumni and Supporters!

Whether they wore the blue jacket or simply support an organization they were never a member of, these individuals are celebrated on National FFA Alumni and Supporters Day. Since 1971, alumni and supporters have found ways to significantly contribute to their local chapters.

Jeremy Krerowicz, the past president of the Denmark FFA Alumni in Wisconsin, fondly remembers his time as a member, and he used those experiences as motivation to lead the 2020 Outstanding FFA Alumni and Supporters Chapter.

"Our members love to see the students grow," Krerowicz says. "We love seeing them being recognized at state and national conventions, during their chapter banquet and throughout the community. It shows that we are doing our part. We help them with the resources they need to get that far."

In every state in the nation, alumni and supporters chapters work to create environments where people and communities can develop their potential for premier leadership, personal growth and career success.

Find out more information at [www.mnffa.org](http://www.mnffa.org), or [www.ffa.org](http://www.ffa.org)



## Glessing Re-Elected to American Farm Bureau Board of Directors

Minnesota Farm Bureau Federation (MFBF) President Dan Glessing was re-elected to the American Farm Bureau Federation (AFBF) Board of Directors during the AFBF Annual Convention held in San Antonio.

Glessing was re-elected by delegates from the Midwest region to serve a two-year term. The board is comprised of state presidents from the Midwest, Northeast, Southern and Western regions, providing broad representation and voices on important issues affecting farming and ranching.

"It's an honor to be re-elected and have the opportunity to represent both Minnesota and Midwest agriculture on the national stage," said Glessing. "I look forward to continuing to collaborate with my peers from across the country, providing a voice for our organization and its members."

Joining him on the board representing the Midwest are Brent Johnson (Iowa), Randy Kron (Indiana), Ben LaCross (Michigan), Joe Newland (Kansas), and Brad Olson (Wisconsin).



Dan Glessing

## Minnesota Farmers Encouraged to Participate in Annual Survey

*Corn and soybean growers should anticipate calls in February*

The Minnesota Department of Agriculture (MDA) is encouraging farmers to take part in its annual pesticide and fertilizer use survey. This year the phone survey is directed at corn and soybean producers. The data helps the MDA track the use of agricultural chemicals on Minnesota farms and provides guidance to educational and research programs.

The survey began February 3 and be completed by February 26. Survey questions will focus on pesticide and fertilizer applications on corn and soybeans grown in Minnesota for the 2024 season. The annual survey is completely voluntary, and farmers are not asked any personal questions.

The survey is conducted for the MDA by the USDA National Agriculture Statistics Service out of their regional offices in Missouri and Arkansas. The calls will often be identified as 'Nass Call Center' on caller ID.

Minnesota farmers may be getting calls from multiple agencies and companies conducting a variety of surveys this time of year, but the information gathered from this survey is critical for research purposes.

If you have questions about the MDA's annual survey, or if you wish to view results of previous surveys, visit the MDA website at [www.mda.state.mn.us/pesticidefertilizersurveys](http://www.mda.state.mn.us/pesticidefertilizersurveys). Producers can also call the Minnesota Department of Agriculture at 651-955-4066 from 7 a.m. - 9 p.m., Monday - Saturday.

## FEBRUARY EVENTS/ MARCH EVENTS

FEBRUARY DRINK OF THE MONTH: LOVE STORY

MARCH DRINK OF THE MONTH: IRISH CAR BOMBS



\*FRIDAY CASH DRAWING 6PM

\*MEAT RAFFLES SATURDAYS-END OF MARCH STARTING AT 4PM

FEB 6TH- "COMEDY SHOW" 9PM

FEB 9TH- SUPERBOWL PARTY 5PM

FEB 14TH- LOGAN HOFSCULTE

7PM "HAPPY VALENTINES DAY"

FREE ROSE FOR ALL LADIES

FEB 15TH- KARAOKE 8PM

FEB 28TH- CHAD JOHNSON

DUO 7PM

MARCH 6TH- OPEN MIC NIGHT 6PM

MARCH 15TH- ST. PATRICKS DAY

PARTY WITH JOE FLIP 7PM

MARCH 17TH- TRIVIA 6:30 PM

MARCH 22ND- KARAOKE- 8PM

MARCH 29TH- EMMA DINNDORF 7PM

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## How to Keep Birds Fed and Happy this Winter

By Robin Trott,  
U of MN Extension educator

As Minnesotans, we know how tough winter can be, and backyard birds face the same challenges. When the snow piles up and temperatures plummet, natural food sources become scarce. This is when bird feeders become a lifeline, providing essential nutrition to help birds survive until spring.

### Why bird feeding matters during Winter

Minnesota winters are especially tough for birds. Insects, berries, and seeds—key food sources in warmer months—are gone. By putting out food, we give birds the calories and energy they need to stay warm and healthy. Many species, like chickadees, woodpeckers, and nuthatches, stay in the state through winter, and your backyard feeders provide a reliable source of food.

### Best foods for winter bird feeding

To keep birds healthy, offer foods high in fat and calories. Here are some great options for winter bird feeding:

**Black oil sunflower seeds:** These are a favorite among nearly every bird species. They're rich in fat, easy to crack, and a top food choice in winter.

**Suet:** Packed with energy, suet is perfect for woodpeckers and nuthatches. Some suet cakes come with added ingredients like berries or seeds to attract different species.

**Nyjer (Thistle) seed:** Ideal for finches, nyjer is high in fat and a perfect choice for smaller winter visitors.

**Peanuts:** Jays and woodpeckers love peanuts. They're high in fat, making them great for winter.

**Mealworms:** Mealworms are great for insect-eating birds, and they can be offered dried or live.

### Feeders to attract winter birds

Birds need more than just good food, they also need feeders placed in sheltered spots that protect their food from the elements and are accessible to a variety of bird species. Choosing the right type of feeder and positioning it properly ensures that birds can feed safely and comfortably, helping to support their health and survival during harsh winter months.

### Here's what works well in winter:

**Tube feeders:** Great for smaller birds like chickadees and finches. They also keep seeds dry.

**Platform feeders:** These are perfect for larger birds like doves and jays. Be sure to keep them clean to avoid attracting unwanted guests like squirrels.

**Suet feeders:** Ideal for woodpeckers and other insect-eating birds, suet feeders offer the high-fat nutrition they need in winter.

### Tips for a successful feeding station

Helping birds is great, but there are some things to keep in mind:

**Keep feeders clean:** Clean feeders regularly



to prevent mold and bacteria, which can harm birds. Use soap and water, then rinse thoroughly.

**Squirrel-proof:** If squirrels are stealing food, consider squirrel-proof feeders, or place them in hard-to-reach spots.

**Space feeders:** If you have several feeders, space them out to reduce competition and stress among birds.

### Winter birdwatching

Winter birdwatching is a fun way to connect with nature. Whether you're an experienced

birder or a beginner, the cold months offer the chance to spot resilient birds that stick around. By keeping feeders stocked and offering the right food, you'll be helping birds survive while enjoying the beauty of nature from your window.

As temperatures drop, your backyard feeders can make all the difference. Keep your birds well-fed, and you'll enjoy a variety of species visiting your yard all winter long.

Happy birdwatching!

## Historical Happenings

Compiled by  
Helen Reiland

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

FRIDAY, APRIL 6, 1956

### Obituaries

#### MRS. ELIZABETH WEBER

Mrs. Elizabeth Weber, long-time Mazeppa resident, passed away at Austin, Minn., March 28, following a stroke. She was 82 years of age and had been ill about six years.

Elizabeth Palzer was born Jan. 12, 1873, in Minnesota and was married to Henry Weber at Rochester.

Surviving are three children, Mrs. Katherine Lerfald of Zumbrota, J. Alex Weber of Mazeppa and Aloysius of Austin. Her husband, who was a stonemason here for many years, preceded her in death in 1927. A son, Christian, died in 1924 and a son, Casper in January of this year.

Funeral services were held Monday, April 2, at 9:30 a.m. at SS Peter and Paul Catholic Church with the Rev. F.J. Felton officiating. Pallbearers were Felix Marx, Bernard Marx, Richard Schmitt, John V. Webster, Gene Hoffman and Vincent Sand.

#### Plowville Committee Heads Meet Monday

Approximately 25 members of the general committee for Plowville '56 held a regular meeting at the Community room here, Monday evening, April 2. Committee members making reports were Clyde E. Thomas, Finance; Harold Searles, Byron. Facilities; Howard Boatman, Lake City, Materials; Ed Goplen, Zumbrota, Aeronautics; Richard Kuneau, Red Wing, Contour Line; Matte Metz, Wabasha, Demonstrations; Gail Sickler, Wabasha, Farm Plans, Farm Layout; Cyril Sackett, Stewartville, Reception; Jack Moses, Housing and W. Woodman, Rochester, Plow Matches.

*Pictured to the right and studying plans for the event are from left to right, Clifford Toquam, Blooming Prairie, Chairman of meeting; Cyril Sackett, Stewartville; V.C. Sand, manager and Gail Sickler, Wabasha.*

The coming event scheduled for September 14 and 15, is progressing very rapidly with nearly all details on general planning completed. The smooth working committee and officers have done a tremendous job in laying groundwork for '56 Plowville and according to reports of committee chairmen, the event should be a huge success.

The site will be a few miles north of Mazeppa on the following farms; Neil Arendt, Clarence Arendt, Florian Reding, Nick Krier, Pete Perrotti and Donald Darcy involving 1,000 acres.

#### Leave It To The Kids

Brad Tri and his neighbor, Kathy Jo Nelson, were having quite a conversation the other morning. It seems Kathy was telling Brad about her two boyfriends---Roy Rogers and Kent Reeve.

"Aw," Brad replied, "that's woman stuff! I am going to be a widow when I grow up!"

#### This and That

The Ore Oelkers family was happy Wednesday to recover their parakeet, which flew out of the house Tuesday afternoon—a cold and windy day. Glen Goodman found him, he notice a sparrow hawk that was pretty excited. How the tiny pet will stand the exposure remains to be seen.

I've started to put away winter clothes three times now---next time will be the Fourth of July.



From left to right, Clifford Toquam, Blooming Prairie, Chairman of meeting; Cyril Sackett, Stewartville; V.C. Sand, manager and Gail Sickler, Wabasha.



# Mazeppa Walking Trail

(continued from page 1)

They have been raising funds toward the project and one of the efforts is the t-shirt sale during the Thursday evening events held at the Mazeppa Park during the summer months. The next fund raiser is planned for March 15th . Their goal is to raise \$100,000 toward the project and so far they have about \$30,000 in donations. The eventual plan is to have the path hard surfaced.

The Mazeppa Trail Committee has devoted a considerable amount of manpower into developing a future trail networking plan for our community. The purpose of our trail is to connect with the community. It will also give a safe passage for kids/adults to cross Highway 60 to the Mazeppa school. The trails will be used for walking and biking across Mazeppa. They are hoping to have the trail 10 foot wide and have the community and surrounding area use year around. They aim to complete in the following phases.

- Phase 1: Cherry Street Trail to Herb Vik

Park Trail Connection: this is what the 2024 Local Trail Connections Program application is for.

- Phase 2: Herb Vik Park Trail to underpass of highway 60.
- Phase 3: Herb Vik Park and Cooper's Park bridge.
- Phase 4: City Dog Park Connection.

Members of the Trail Committee:  
Andy Miller, Katrina Hagfors, Wanda Schaffer, Holley Leitner, Shannon Fitzgibbons, Jenny Darcy, and Josie Bannit

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## Mazeppa Community Trail Committee Seeks Volunteers

The Mazeppa Community Trail Committee is seeking volunteers to help with fundraising. The purpose of our trail is to connect with the community while providing a safe passage for kids/adults to cross Highway 60.

The committee has been working with our state senator, engineers and local representatives to establish these routes and work through the details. Funds have been raised, but more are needed to obtain matching grants. Many of our surrounding communities already have received funding and established trails which connect their communities. Help us to connect our community by joining our fundraising team. We need your ideas, creativity/talent and time to help us raise matching funds. So if you are seeking an opportunity to volunteer, choose this project.

What might it involve—hosting a table at one of the Thursday night monthly events at the Lion's Park in Mazeppa during the summer months, helping to sell pottery/sweat-shirts, or helping with a board painting fundraiser.

If you are interested, please reach out to anyone of the current committee members listed on the trail website at [alocaltrailconnections.com](http://alocaltrailconnections.com)

The website also contains additional information about the trail, history of events, minutes and maps of what to expect.



**MAZEPPA TRAILS**  
CONNECTING THE COMMUNITY

## WHO'S READY FOR GOLF CART SEASON?



**2025 E-Z-GO**  
S4 - Solar Flare  
\$13,975



**2025 E-Z-GO**  
S4 - Electric Blue  
\$13,975



**2025 E-Z-GO**  
S4 - Stardust  
\$13,975



**2024 E-Z-GO**  
S4 Elite Lithium -  
Miami Blue \$15,926



**2024 E-Z-GO**  
Express 4x4 Black  
\$14,990



**2024 E-Z-GO**  
Valor - Sunburst  
\$9,999



**2023 E-Z-GO**  
Valor Slate  
\$9,599



**2023 E-Z-GO**  
Express S4 - White  
\$9,499



**2023 E-Z-GO**  
Valor Platinum  
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**Time: Food, Raffles and Mimosas 10 A.M.**  
**Painting starting at 11 A.M.**  
**Place: Mazeppa Municipal Liquor Store**

**Note: 30% of the board cost and 100% of the remainder of the events go directly to the Mazeppa Trails Project!**

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## Schwartau Elected to Honorary Life Membership in the Minnesota State Agricultural Society

(continued from page 1)

In 1986, Schwartau joined the staff of the fair's Open Class Beef Show and led it as superintendent from 1992 to 2021. His main goal in those 35 years was to provide the most positive experience possible for exhibitors and the visiting public. Through the years his staff included his wife, children, cousins, and close associates making it a true family affair! Even after official retirement, he worked with the new department leadership for a smooth transition. Over the years, Schwartau has been a director and president of the Minnesota Federation of County Fairs, a director and secretary for the Goodhue County Fair for 32 years, an active member of First Lutheran Church in Red Wing, and township clerk for Featherstone Township in Goodhue County. He proudly adds this honorary life membership recognition to his Minnesota State Fair 50 Year Award, which he received in 2015. Being required to miss the State Fair for the first time in 67 years in 2024 due to medical treatments, the 2025 State Fair will be a special event!

The State Agricultural Society is made up of delegates from each of the state's county fairs, plus representatives of more than 40 statewide associations representing agriculture, horticulture and education. The Society is charged exclusively with the production of



**Chuck Schwartau accepting his honorary life membership to the Minnesota State Agricultural Society board and Minnesota State Fair CEO Renee Alexander**

the annual Minnesota State Fair and management of the historic 322-acre State Fairgrounds.

The Minnesota State Fair is one of the largest and best-attended expositions in the world. Showcasing Minnesota's finest agriculture, art and industry, the Great Minnesota Get-Together is 12 Days of Fun Ending Labor Day. The State Fair is financially self-supporting and does not receive government appropriation. Follow along on Facebook, X, Instagram and Threads @mnstatefair for year-round updates. The 2025 Minnesota State Fair is Aug. 21 through Labor Day, Sept. 1. Visit [mnstatefair.org](http://mnstatefair.org)

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## SEMCAC Announces Recent Individual Artist 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.

The Southeastern Minnesota Arts Council (SEMAC) announces its February capstone events, showcasing recent grant recipients throughout southeastern Minnesota.

**Regional Premiere of "Waitress"** - The Rochester Civic Theatre presents this hit musical comedy-drama following the story of Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Evening performances at 7:00 PM on February 6, 7, 8, 13, 14, 15, 20, 21, and 22, with matinees at 2:00 PM on February 9, 16, and 23. An ASL-interpreted performance with audio descriptions will be available February 13. Located at Rochester Civic Theatre, Rochester, MN.

**"Conservar es Celebrar" by Andrew Mazariegos-Ovalle** - Opening Friday, February 7, from 6:00-8:00 PM at the Northfield Arts Guild, this exhibition features reimagined piñata art celebrating sacred creatures like Guatemala's Quetzal bird, Chile's Moscardón bee, and Puerto Rico's Coquí frog. The exhibition is part of the Carleton College & St. Olaf College Emerging Artists Group Showcase in Northfield, MN.

**ABBAolutely Fab in Kasson** - Kasson Mantorville Community Education presents ABBAolutely Fab - an all-star lineup of Twin Cities and British musicians on Saturday, February 8 at 7:00 PM at the WiFi Performing Arts Center. Led by powerhouse vocalists Jenny Russ and Katy Vernon, the show features ABBA's greatest hits including "Dancing Queen," "SOS," "Mamma Mia," "Take A Chance On Me," and "Waterloo."

**Rochester Music Mashup Album Release Party** - Join diverse local songwriters at Tree-dome in Rochester on Sunday, February 9, from 4:00-6:00 PM for this unique showcase featuring both raw and produced versions of genre-spanning tracks. The project, spanning progressive rock to R&B, represents collaborations with Blue Lagoon Recording Room and Carpet Booth Studio.

**Datura Glow Suzanne Szucs Artist Reception** - Meet photographer Suzanne Szucs at the opening reception on Monday, February 10, from 5:30-6:30 PM at 125 Live Gallery in Rochester. The exhibition will run through March 22, with the artist present at the reception to discuss her work.

**Emergence Cassandra Buck Artist Re-**

**ception** - Opening concurrently at 125 Live Gallery in Rochester on Monday, February 10, from 5:30-6:30 PM, this exhibition explores femininity and artistic expression through mixed media compositions blending acrylic paint with traditional fiber materials.

**Big Turn Music Fest - Downtown Red Wing** comes alive February 14-15 with 110 bands performing across 15 venues. The festival theme "Experience Red Wing Through Music" includes games, karaoke, RED talks, and winter adventures throughout the downtown area.

**Legends of Jazz Valentine Show with Thomasina Petrus** - The Zumbrota State Theatre hosts this special Valentine's Day performance on Friday, February 14 at 7:00 PM. Through stunning vocal impressions and storytelling, Petrus brings Billie Holiday's legacy to life while paying tribute to jazz legends Bessie Smith, Louis Armstrong, Ella Fitzgerald, and Etta James.

**Remembering Our Connections** - Mother-son duo Trina Brunk and Aidan Gersky present an intergenerational music performance at the Northfield Depot on Friday, February 14, from 7:00-9:00 PM. Additional performances will be held February 6 and 20 at 2:00 PM at Three Links Care Center Chapel.

**Winona Symphony Orchestra Annual Children's Concert** - The orchestra presents two free performances of "Peter and the Wolf" on Tuesday, February 18, at 9:00-9:45 AM and 10:30-11:15 AM in the Winona Middle School Auditorium. This annual concert introduces school-age children to orchestral instruments through musical storytelling.

**Community-Created Gourd Mosaic** - Artist Rachel Pauli of Gourdeous Jewelry leads this collaborative community project at the Winona Public Library. After creation sessions on February 1 and 8, join the unveiling celebration on Saturday, February 22 at 10:30 AM to see how individual contributions form a collective artwork using gourds as canvas.

**Frozen River Film Festival** - The Frozen River Film Festival celebrates its 20th anniversary February 9-16 with screenings at various locations throughout Winona, MN. FRFF shows documentaries and films that engage audiences in thoughtful conversation about important contemporary issues. The festival features film-centered opportunities

that celebrate the art of independent cinema in the Driftless Region. Special programming and events will be announced throughout the festival week.

**Concert for Kids in Southeast Minnesota** - Rochester Symphony performs this special concert at John Marshall High School Auditorium on Tuesday, February 25, with shows at 10:00 AM and 11:30 AM. This free concert is programmed specifically for 4th graders, with all schools within a 45-mile ra-

dius invited to attend. Grant funding provides busing for participating classes.

All events are 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.

For more information about these events or SEMAC's grant programs, visit [semac.org](http://semac.org) or contact the office at 507-281-4848.

## Shielding Woody Perennials: Protect Your Plants from Winter Woes

By Robin Trott, Extension educator

Winter in Minnesota is tough—not just on us, but also on our trees and shrubs. Snow, ice, and road salt can really take a toll on woody perennials, leaving them bent, broken, or even dead by spring. But don't worry! You can help your plants make it through the cold months in good shape.

### Snow and ice

Snow and ice can pile up on branches, bending or even snapping them under the weight. Evergreens and shrubs with multiple stems are especially vulnerable. Ice can also encase branches, making them brittle and prone to breaking. Here's how to help:

**Sweep snow gently:** Use a broom to lightly brush the snow from underneath the branches. Don't shake them—this can cause more harm than good.

**Let ice melt naturally:** Avoid spraying plants with water during freezing temperatures. If ice has already formed, don't try to break it off—it could damage the branches.

**For extra protection,** wrap delicate plants in burlap or tie branches together with soft ties to help them stay upright through heavy snowfalls.

### Road salt

Road salt may keep sidewalks safe, but it's not so friendly to your plants. Salt can dry out roots, damage foliage, and leave toxic residues in the soil. If your woody perennials are near driveways, sidewalks, or roads, they're especially at risk. To minimize damage:

**Go for salt alternatives:** Use sand, sawdust, or calcium magnesium acetate instead of traditional rock salt for de-icing.

**Set up barriers:** Burlap screens or snow fences can block salt spray and runoff from reaching your plants.

**Flush the soil in spring:** After the snow

melts, give the soil around your plants a deep watering to wash away any salt buildup.

### Winter burn

Evergreens can suffer from winter burn when cold winds pull moisture from their leaves or needles faster than their roots can replace it. This can leave your plants browned and dried out—especially on the windward side. To prevent winter burn:

**Water well in fall:** Make sure your plants are well-hydrated before the ground freezes. Moisture in the soil helps them stay healthy through winter.

**Apply mulch:** A 2–3-inch layer of mulch around the base of your plants insulates the soil and protects their roots.

**Create windbreaks:** Burlap screens or hedges can shield your plants from cold, drying winds.

### Spring recovery

Even if you've taken precautions, winter can leave its mark. In spring, inspect your plants for broken or damaged branches and prune as needed to encourage healthy regrowth. If salt has caused issues in the soil, amend it with compost to restore health and balance.

By taking these simple steps, you can protect your woody perennials from the harsh realities of winter. Not only will your plants thrive, but your landscape will also look great year-round. A little effort now goes a long way when it comes to keeping your garden healthy and beautiful!

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# SMIF

## Building a Future of Belonging



Tim Penny  
So. MN Initiative Foundation

What does it mean to belong to a place? At Southern Minnesota Initiative Foundation (SMIF), we know that having a sense of belonging is not merely a sentiment; it is a foundational element that drives economic growth, enhances social cohesion and nurtures a resilient and vibrant region. We have seen, through many examples across our region, that having access to resources can transform lives and strengthen the bonds that unite our communities, fostering a sense of belonging that transcends cultural, economic and social differences.

In Rochester, The Village Agricultural Co-

operative began as an effort to provide gardens for families, most of whom are immigrants, to grow food. As their crops overfilled their freezer, many growers sought to increase their harvest for a profit. With the support of two Inclusive and Equitable Entrepreneurial Communities (IEEC) Grants from SMIF, The Village was able to obtain two greenhouses and double the acreage of their land from five to 10 acres. With an additional grant, The Village was also able to hire a distribution manager to locate markets and sell produce on behalf of the farmers. Farmers like Mi Moua and Pha Lee have been able to earn an income and give back to their community by growing crops at the Village.

“We are so happy and filled with joy to have a plot of land to grow our own food,” shared Mi Moua and Pha Lee. “We just purchased a home for our family in 2022 because we had access to land in Rochester. We are so happy and feel more at home now than before. We will be staying here for a long time.”

In Blue Earth, a group of community members have worked hard to make the community more welcoming. A Small Town Grant from SMIF supported welcome baskets for new homeowners. A second Small Town Grant supported a Welcoming Week bonfire, a Day of the Dead festival, an authentic Latin American band at Blue Earth’s Giant Days celebration and a program that allows businesses to translate official documents. For students like Briseyda Salazar, this has made a huge difference in helping her, and her family, feel a sense of belonging in the



community. “One of my favorite projects that I got to help with was the Day of the Dead festival,” shared Salazar. “People who don’t know about the Hispanic community got to learn about our culture, and those who do know got to remember all of our traditions so they are not getting lost.”

In Waterville, Brenda Novack, owner of Little Wonders Child Care, has taken full advantage of continuing education opportunities through SMIF to enhance her child care program. She has applied lessons from S.M.A.R.T. Steps to support body movements for healthy brain development, Conscious Discipline to address challenging behaviors with compassion and another SMIF Early Childhood training to better work with children with ADHD. At the trainings she also connects with other providers in the area and workshops challenges. These SMIF offerings have made her feel valued as a child care provider.

“Having SMIF offer these trainings to us, it shows that our profession is being valued, which is huge,” shared Novack. “It’s something that most people don’t acknowledge. So this is a positive message that says, ‘Hey, we value you and we want you to be able to fulfill your trainings that the State is requiring you to keep your license up to date.’”

We are grateful for the unwavering support of our partners, donors and community members, who share our vision of a more inclusive and thriving region. Together, we will continue to build a future where everyone in southern Minnesota feels they belong, and where our collective success is rooted in the strength of our diverse and connected communities.

I invite you to read the full versions of these stories by reading our 2024 Impact Report at [smifoundation.org/impactreport2024](https://smifoundation.org/impactreport2024).

As always, I welcome your comments and questions. You can reach me at [timp@smifoundation.org](mailto:timp@smifoundation.org) or 507-455-3215.

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**Rumbleseat 7:00 PM**

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**Leavin' Page Town 5:00 PM**

**The Bellamy Brothers 9:00 PM**

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## Wabasha County SHIP Invites Employers to Join Our Collaborative Where We Offer Opportunities to Work Together Toward a Culture of Wellbeing

Any sized employer is welcome to join our Wabasha County Workplace Wellness Collaborative! Whether your organization has a wellness initiative in place or is new to the concept, we invite you to learn more and participate. Consistently investing in the health of your employees is an important step for all employers to take.

Please email Tina Moen, Wabasha County SHIP Coordinator or call her at 651-565-5200 to learn how to get involved and for information on about our next quarterly meeting to be held on March 11, 2025 from 1 to 2 p.m. via Zoom.

The activities below are what Wabasha County Statewide Health Improvement Part-

nership (SHIP) can support during the 2024/2025 grant cycle.

**Foundational start-up and sustainability activities include:**

- Gaining leadership support
- Forming a wellness committee
- Securing a budget
- Assessing the workplace environment and employee interest
- Communicating the wellness initiative through a communications timeline
- Measure outcomes

**MN Eats workplace activities include:**

- Breastfeeding friendly workplaces
- Workplace healthy food gardens (community-based agriculture)
- Farm to employer
- Healthy food in vending, cafeterias, and snack stations
- Healthy beverage access

**MN Moves workplace activities include:**

- Workplaces support active transportation connected to the workday
- Bicycle-Friendly or Walk-Friendly Certification

**MN Wellbeing**

- Incorporate social connections
- Build-trauma-informed principles into workplaces
- Optimize support for employees' wellbeing.

**MN Commercial Tobacco-Free**

## SHIP is a success for Minnesota Workplaces:

- 100% of Minnesota employers recently surveyed[1] believe that building a culture of health is an important goal to have in a workplace.
- 73% of employers observed improvements in healthy food and beverages consumed.
- 67% noticed positive changes in physical activity among employees.
- 92% percent indicated that their wellness program efforts have advanced due to SHIP.

• Commercial tobacco-free workplaces

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

**You are also welcome to participate in a FREE upcoming event offered by the Minnesota Department of Health Statewide Health Improvement Partnership (SHIP) to employers and their wellness committees.**

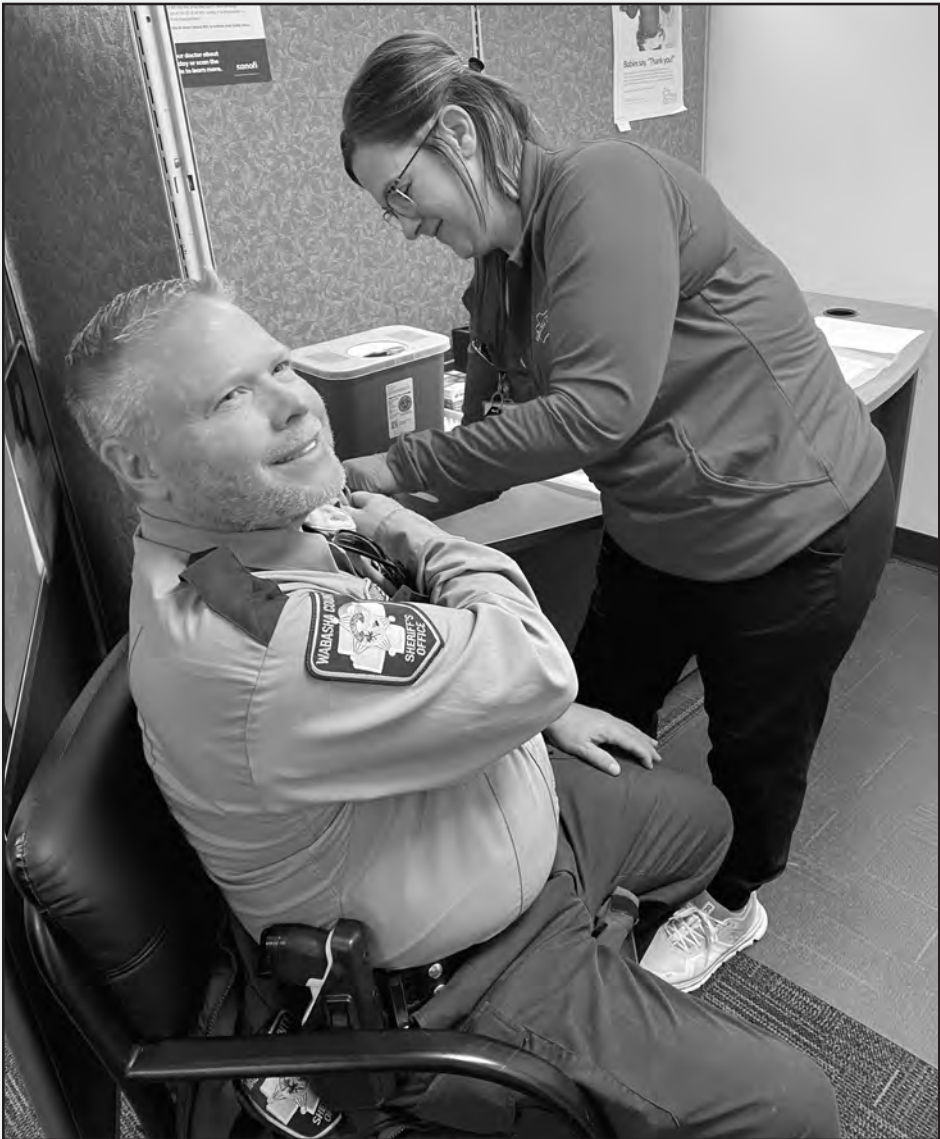
Introducing a six part series to share the U.S. Surgeon General's Framework for Workplace Mental Health and Wellbeing. This framework lays the foundation for workplaces to start to examine their culture and take action to change culture within their organizations.

## Dental Services Provided to Local Residents



CARE Clinic recently partnered with Wabasha County Public Health to provide dental services to local residents. During the visit on January 31, 2025, CARE Clinic's dental team offered screenings, cleanings, and other preventive care, helping to improve access to dental health for those in the community. This collaboration reflects CARE Clinic's ongoing commitment to supporting Wabasha County residents by removing barriers to essential health-care services and promoting overall well-being.

## Flu Vaccine Provided to Local Residents



In Partnership with the Minnesota Department of Health (MDH), Wabasha County Public Health provided Flu Vaccine to local residents. During the clinic nurses from Public Health and staff from MDH provided vaccine and education on staying healthy during respiratory illness season in Minnesota. Farmworkers and farm owners, particularly those who work on poultry and dairy farms, may be exposed to H5N1 influenza (also called avian influenza or highly pathogenic avian influenza (HPAI)). Routine service providers for farms such as veterinarians, truck drivers, and hoof trimmers, as well as family members who live on the farm, may also be exposed to H5N1. Rosa Perez, MDH Farmworker Liaison states "this is a call to action for farmers, to support their workers by having them vaccinated." Ms. Perez provided education on H5N1 including personal protective equipment. Currently with H5N1 there is a low health risk to the public as person-to-person transmission of avian influenza viruses is very rare.



## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question:** *I have seen numerous times where a bicyclist will not stop at a stop sign, if they are sharing the road with automobiles. I have seen a couple of close incidents where the bicyclist is almost hit as well. Are bicyclists under the same rules if they are sharing the road with automobiles?*

Answer: There was a state law change back in August of 2023. It states, "a bicycle operator who approaches a stop sign must slow to a speed that allows for stopping before entering the intersection or the nearest crosswalk. If there is not a vehicle in the vicinity, the operator may make a turn or proceed through the intersection without stopping." Nothing in this subdivision changed the right-of-way requirements. It is important to note that bicyclists must still stop at intersections controlled by a red light, a peace officer, or a person authorized to control traffic.

Essentially, the bicyclist can yield or perform a "rolling stop" at a stop sign if they don't violate anyone else's right of way. When approaching a stop sign, the bicyclist should be traveling slow enough to stop before the crosswalk if necessary. However, after yielding, if there is not a pedestrian crossing in front of them or other traffic approaching near enough to constitute an immediate hazard, they may continue without making a full stop.

**Question:** *What allows private for-profit ambulance companies to run tax-exempt license plates on their vehicles?*

Answer: Vehicles owned by ambulance services specifically intended for emergency response or providing ambulance services are exempt under the Minnesota State statutes. All services must have a valid license issued by the board. The license shall specify the base of operations, the primary service area,

and the type or types of ambulance service for which the licensee is licensed. The licensee shall obtain a new license if they wish to expand their primary service area, or to provide a new services.

**Question:** *Can you talk about railroad crossing safety and the laws that cover it?*

Answer: I have responded to and investigated a number of train/vehicle crashes in my career. A majority of them resulted in fatal or serious injuries to the vehicle occupants. In Minnesota, failure to yield the right of way, disregard of a traffic control device, improper turn and inattention and impatience are cited as the most common factors contributing to motor vehicle/train crashes.

The Minnesota Department of Transportation (MnDOT) has worked to share the following rail safety tips:

- Yield the right-of-way to trains at highway-rail crossings. It's the law.
- Never drive around lowering gates, it's illegal and deadly.
- Never race a train to the crossing; even if it is a tie, you lose.
- Always expect a train on the tracks; trains do not follow set schedules.
- Look for a second train when crossing multiple tracks.
- Exit your vehicle immediately if it stalls on the crossing, get clear of the tracks and call 911.
- Always stop your vehicle, behind the white line when crossing gates are down or lights are flashing. Wait for the crossing gates to rise and lights to stop flashing; look both ways, listen and proceed with caution.

The chance of death or serious injury from a motor vehicle/train crash is 11 times greater than for other highway collisions. At 50 mph, it takes a fully-loaded freight train 1.5 miles to come to a full-stop. By the time the train engineer sees a vehicle or pedestrian on the tracks, it is often too late.

Because of their size, approaching trains may appear to be traveling at a slower speed therefore drivers often misjudge the distance of the train.

As a bicyclist or pedestrian you must always look both ways before crossing railroad tracks, cross only in designated areas and never cross when gates are down. Railroad tracks and property close to the tracks (railroad "right-of-way") belong to the railroad. People who don't have permission to be on railroad property are trespassing. Even if there is not a "No Trespassing" sign, it's still illegal and dangerous to be on the property.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds,

pay attention and of course, drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send

your questions to Sgt. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)

## Wabasha County Public Health Spotlight

### Fans Don't Let Fans Drive Drunk Make a Game Plan for Super Bowl LIX and Commit to Sober Driving

Wabasha County - For Super Bowl LIX on Sunday, February 9, 2025, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) and Wabasha County Public Health are teaming up to remind drivers: Fans Don't Let Fans Drive Drunk. Get ahead of the game and create your plan now. If you're going out to a Super Bowl party and you plan to drink alcohol, make sure you plan for a designated driver to get you home safely at the end of the night. If you're hosting a party, prepare plenty of food and non-alcoholic drink options for your guests, especially for the designated drivers. If you're a designated driver, be the night's MVP and keep that commitment front and center.

"Super Bowl is a special night each year for our community to come together to celebrate, but we need responsible drivers on our roads," said Tammy Fiedler, Public Health Director "If you are planning to be away from home during Super Bowl LIX, make a game plan to ensure you don't find yourself without a designated driver if you need one. If you're hosting a party, make sure you take care of your designated drivers. Remind your friends and family: Fans Don't Let Fans Drive Drunk."

Drunk driving can have a range of consequences, including the possibility of causing a traumatic crash. These crashes could cause you, someone you love, or a total stranger to suffer serious injuries or even death. Help set up your team — your friends, family, and other partygoers — for a night of success.

#### Host a Winning Party

If you're hosting a Super Bowl party, prepare plenty of snacks and non-alcoholic drinks for your guests and the designated drivers. Ask your guests to designate their sober drivers in advance. Remind drinking guests that they have a long evening ahead of them, and encourage them to pace themselves, to eat food, and to drink plenty of water.

Another important reminder: Never serve alcohol to minors. If an underage person drinks and drives, the person who provided the alcohol can be held liable for any damage, injury, or death caused by the underage driver.

#### Be the DD MVP

If you're planning to be a designated driver, know that you're the night's MVP. Commit to a sober evening. If you are attending a party or are at a bar or restaurant, enjoy the food, the company, and the nonalcoholic drinks. Your positive influence could help keep others on the right track. If someone you know has been drinking and tries to drive, take their keys and help them get home safely. Remember: You're the night's quarterback, and others are relying on you.

Drivers should be safe during the Super Bowl by planning ahead if they intend to drink. They shouldn't wait until after drinking to plan how to get somewhere. Impairment clouds a person's judgment. Drivers should secure a designated sober driver or call a taxi or rideshare for a sober ride home.

If a driver finds they are unable to drive, they should give their keys to a sober driver so that person can get them home safely. When a friend has been drinking and is considering driving, friends should be proactive — take away the keys and help them get a sober ride home. If anyone spots a drunk driver, contact local law enforcement.

For more information on impaired driving, visit [www.nhtsa.gov/risky-driving/drunk-driving](http://www.nhtsa.gov/risky-driving/drunk-driving).



The Vikings may be out of the running to become Super Bowl Champions this year, but driving responsibly is always a win! As you enjoy the game and festivities with friends and family this Super Bowl Sunday, remember that the best play of the day is getting home safely.

#### In honor of the Vikings, here's a Purple Pride Mocktail recipe to enjoy during the game:

- 1/2 cup grape juice
  - 1/2 cup sparkling water
  - 1 splash of lemonade
- Garnish with a lemon slice and a few frozen blueberries





## Regular Meeting of the Mazeppa City Council Meeting Minutes

**Wednesday, January 8, 2025**

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 Michael Hammes, Dustin Wiebusch, and Erica Young.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Wabasha County Sherriff Rodney Bartsch, Wabasha County Sherriff's Parol Sargeant Joe Schneider, Fire Chief Bryce Dohrn, Municipal Liquor Store Manager Todd Ihrke, and City Administrator-Clerk Karl Nahrgang.

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

Absent: Councilperson Steven Liffbrig.

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

Motion by Wiebusch, second by Young to approve the December 11, 2024, regular Council meeting minutes. All in favor, none opposed. Carried.

The Oath of Office was administered to re-elected Council member Erica Young and Mayor Christopher Hagfors.

Wabasha County Sherriff Rodney Bartsch gave the monthly Incident Command Report. He also said that the department is back to full staff again and that the Sherriff's Department and County Board are coming up with new ways to keep up with future department needs.

Administrator Clerk Karl Nahrgang read the Public Works report.

Fire Chief Bryce Dohrn gave the Fire Department report and announced new Mazeppa Volunteer Fire Department members. Dohrn said that the Fire Department made 110 runs in 2024, down slightly from 2023.

Motion by Young, second by Wiebusch to approve new Mazeppa Volunteer Fire Department members Brandon Hanff, Nicole Hanff, Justin DeLong, and Kaitlyn Delong. All in favor, none opposed. Carried.

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

Administrator Clerk Karl Nahrgang gave the Administrator's report.

Motion by Young, second by Wiebusch to table approval of the Personnel Policy Handbook until the February 12, 2025, regular

Council meeting. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve 2024 year-end funds to Mazeppa EDA of \$4800. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Resolution 2025-01 City appointments. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to Resolution 2025-02 Accepting a donation from Mazeppa Lion's Club. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve the Auditor Engagement letter with Smith Schafer to perform the 2024 City Audit. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Resolution 2025-03 approving Mazeppa G.O. Sewer Revenue Bond Anticipation Note with Minnesota Rural Water Association. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve the WWTP project Pay Application #2 for \$272,517.00. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to move forward with inserting language to require sidewalks in future subdivisions into Land Management Ordinance. All in favor, none opposed. Carried.

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

Council members thanked the volunteers who set up the ice rink for this winter season.

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

Meeting recessed at 6:58 PM.

Administrator-Clerk

Next meeting: February 12, 2025

## Zumbro Falls Ambulance Service Contract

(continued from page 1)

The contract payments for the City of Zumbro Falls would be \$3,640 a year for 3 years.

Please bring forward any questions/concerns or join us at the February 12th city council meeting.

View the contract at [zumbrofallsmn.org](http://zumbrofallsmn.org). This contract will also be available at each of our posting locations.

## Special Meeting of the Mazeppa City Council Meeting Minutes Tuesday, January 21, 2025

The special meeting of the Mazeppa City Council was called to order at 6:01 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Administrator-Clerk Karl Nahrgang.

Absent: Councilpersons Steven Liffbrig and Erica Young.

Motion by Hammes, second by Young to approve the agenda. All in favor, none op-

posed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-04 Authorizing Transfer of Funds in the amount of \$761,634.91 from GO Loan 2023 at Frandsen Bank, Zumbrota to the City's General Operating Account at First State Bank of Red Wing, Mazeppa Branch. All in favor, none opposed. Carried.

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

Meeting adjourned at 6:03 PM.

Administrator-Clerk

Next meeting: February 12, 2025



If you walk to the south end of Herb Vik Park, you can see progress on the new wastewater treatment facility. The mild weather has allowed the contractors to keep working though most of this winter season. The best part of any project is seeing progress. Years of work go into a project before groundbreaking. Other projects have been delayed because underground work needs to be done before surface projects can be completed. When underground pipes and manhole basins get installed, soon above ground structures begin to be erected. Buildings on the site makes it real and the community sees evidence that they will soon experience the benefits from the effort put forth by the Council, staff, and engineers. This is when we can see it happen!

There is a lot of heavy equipment and truck traffic using 1st Ave. S and Summit St. Please avoid entering Herb Vik Park via Summit Street. Remember that Summit St. is a non-outlet street. Please use the Cedar St. entrance for park access.



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THEME: VALENTINE'S DAY  
ACROSS

1. Past participle of spit
5. King Kong, e.g.
8. Greek portico
12. Not to be mentioned
13. Congeal
14. \_\_\_\_\_ cell carcinoma
15. Top of Kilimanjaro, e.g.
16. Periods of time
17. D-Day beach
18. \*Holiday the day before Valentine's Day
20. Shade of beige
21. Quantities on doctors' prescriptions
22. Not amateur
23. \*Letters to Juliet destination
26. Come to final conclusion
30. \*Ultimate Valentine's vow?
31. Purchaser
34. Zelensky's capital
35. Move a plant
37. High-\_\_\_\_\_, as in an image
38. Tubular pasta
39. Not Visa or MC
40. \*Moving Valentine's Day date option
42. \*Annie get your \_\_\_\_\_
43. a.k.a. ladybird
45. Maximum
47. "Rub A Dub Dub" vessel
48. Suburb of Dallas
50. Skunk's defense
52. \*Sweet Valentine's gesture
56. Long stories
57. Rhythmic way of talking
58. Yours and mine
59. Send, as payment
60. The E of B.P.O.E.
61. A bit of water
62. Biblical paradise
63. Elfin
64. Sign of boredom

DOWN

1. Doe's mate
2. One of Three Bears
3. Cain's brother
4. Prom night garb
5. Bird of prey's nest
6. "Make them in advance of Valentine's Day
7. "Or \_\_\_\_?"
8. "Cupid" singer (2 words)
9. Russia's Terrible one, e.g.
10. Pearl Harbor island
11. Between Fla. and Miss.
13. Ship's floating wreckage
14. Afrikaners' ancestors
19. Group of nine singers
22. For each
23. All over the internet
24. Possible allergic reaction
25. Lassoed
26. \*Baby's breath's partner
27. Texting vocabulary, e.g.
28. \*Cupid's mom
29. Black tie \_\_\_\_
32. Snob
33. Gymnast's goal
36. \*a.k.a. "love hormone"
38. Deck alternative
40. Chicago baseballer
41. Defrauds
44. Explosion
46. Pleasing notes succession
48. At the same time
49. Too much egg middle
50. Newspaper piece
51. Five and \_\_\_\_
52. Staff leader
53. Heavenly glow
54. Think, archaically speaking
55. Sport spectator's TV acronym
56. Before, old English

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

S	P	A	T	A	P	E	S	T	O	A	
T	A	B	U	J	E	L	L	B	A	S	A
A	P	E	X	E	R	A	S	O	M	A	H
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