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MARCH 5, 2025

Volume 19 • Issue 3

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

Dare To Dream Program Highlights Robert Seeley and Earns Spot on KTTC News

By Beth Brekke

February 18th may have been bitter cold but it didn't freeze the spirit of 88-year-old Robert Seeley. A resident of Goodhue Living for the past two years, Robert was honored with a Dare to Dream event that included seeing his son, a meal at his favorite restaurant and a television interview. The plan originally included barbershop quartet

entertainment but the group cancelled due to the cold.

The weather may not have cooperated but it did not keep Robert's wife, Martha from her daily visit and it worked into their son, Doug's schedule.

Doug, a pilot who lives in Tampa Bay, Florida had a layover in Minneapolis that allowed time for the visit. Goodhue Living's



KTTC Rochester's news personality, Matt Rineer (R) chats with Goodhue Living staff, Susie Matthees (L) and Missy Shaleen while setting up video equipment to tape a segment on the Dare to Dream program.

Life Enrichment Director, Susie Matthees set up the event and accompanied the family to the Olive Garden restaurant in Rochester.

McDonald's Shamrock shake is a favorite of Robert's but he declined one after enjoying the lasagna dinner. Martha promised to treat him to that on another day saying, "He likes to get out".

For about 55 years, Robert's regular outings revolved around singing, rarely missing a Monday night practice with the Rochester Music Men male chorus. Robert sang bass in the 4-part harmony group that put on concerts and performed on the KTTC Eagles Cancer Telethon.

(continued on page 3)

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Boasts and Excuses



By Pastor Colleen Hoeft

Jesus call to “follow me” requires us to die to self in order that we may find true life in him. As followers of Christ, we now live for God’s kingdom, and it is our privilege to obey the King’s commission: to make disciples of all nations. One of the underlying themes of the gospel according to Matthew is the idea of what it means to follow Jesus. This is a theme throughout the gospels. In Matthew 8, we see that Jesus has become very popular, and he has people coming up to him and saying, “Hey Jesus! Let me be your disciple!” My guess is that everybody thought it’d be pretty cool to say that you hung out with Jesus.

I have a feeling Jesus had those that thought following Him was going to be easy and a way to be popular. So, He set some things straight; He says some tough stuff here to those who think that following Jesus is a life of luxury and glamour. “a teacher of the law came to him and said, “Teacher, I will follow you wherever you go.” 20 Jesus replied, “Foxes have dens and birds have nests, but the Son of Man has no place to lay his head.” 21 Another disciple said to him, “Lord, first let me go and bury my father.” 22 But Jesus told him, “Follow me, and let the dead bury their own dead.”

I love how God wants us to know the hard stuff as well as the blessings. I appreciate that Scripture is brutally honest. God knows our tendencies to want to do the easy stuff- to fol-

low the fastest and easiest path so when Jesus calls us to follow Him, God wants us to have our eyes wide open. God’s Word never sugar coats His will and His desires for His followers. Jesus is being brutally honest here. He lets it be known that following him is no picnic. It’s not always easy being a follower of Jesus. In our passage we see people following- interested in Jesus, but not totally ready for commitment- they think they are- “I will follow you wherever you go.” And we see those that say they want to go, BUT- always a but... and lay out their excuses for not doing it now.

When I read this passage, I hear Him asking the question: are you REALLY sure you want to do this? He gives those that sound ready, those that are jumping in thinking- wow this is going to be the life, a pause button. Disciples not only believe in Jesus; they live for him. They’re believers who have decided that the status quo of their spiritual life isn’t good enough, and they want more of Jesus and what he has to offer, in spite of the costs.

Some of you may remember comedian Yakov Smirnoff. He said when he first came to the United States from Russia; he wasn’t prepared for the incredible variety of instant products available in American grocery stores. He says, “On my first shopping trip, I saw powdered milk--you just add water, and you get milk. Then I saw powdered orange juice--you just add water, and you get orange juice. And then I saw baby powder, and I thought to my self, what a country!”

Well, the truth of the matter is that if we’re not careful, we can get the idea that following Jesus is just as easy as getting instant

milk. So, let’s look at a couple things Jesus says about being his follower or his disciple.

Jesus calls followers to sacrifice. He calls followers to sacrifice the security of a “normal” life of ease and acceptance. It would involve living according to his schedule, not yours. So, here’s the question he was asking then, and that he’s asking you now: Are you willing to let Jesus run the show?

The next thing I want to point out here is that...Jesus calls followers to sell out. If you’re going to follow Jesus, you need to put Him first, even above family allegiances. So here’s the question you need to ask yourself if you claim you want to be a follower of Jesus: Are you willing to let Jesus be your primary allegiance? Are you REALLY sure you want to do this? If you say yes, I also want you to know that the benefits far outweigh the sacrifice you will pay! I want to point out three benefits Jesus promises to those who follow him.

Benefits of being a disciple:

- A full and abundant life. In John 10:10. Jesus is promising that those who follow him will find a life filled with significance and security. A second benefit of being a follower of Jesus is...

- You gain spiritual insight and knowledge. John 8:12 - He opens up the Bible to us, using the Holy Spirit to give us understanding of the Bible and how to make it real in our lives, and so we can avoid error. Jesus is promising a spiritual “safety net.” A third benefit of following Jesus is...

- Heavenly honor. John 12:26 I think everyone likes a pat on the back. I like being told I’ve done a good job, and I like telling people they’ve done a good job. The Bible

says that a time is coming when the servants of God will come up to followers of Jesus and say, “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!” Matthew 25:21. What Jesus is promising here is a spiritual “pat on the back.”

The bottom line of all this is that discipleship is, at times, hard. It’s not for the faint-hearted. It’s a commitment to let Jesus really be the boss. And that’s not easy because we like to be in control.

Let me remind you of something: God created you. Each and every one of you. And I’m of the opinion that he knows how to best run things. Think about it: He created the world, the universe, and each and every person- Since He can do all that – doesn’t it make sense that He knows what is best for us?

Jesus has so much to offer all who will take the challenge to really follow Jesus. I listed only three. There are many more benefits of following him. For me it’s the peace and the pleasure of following the passion that He placed in my life. Knowing that I am in the center of His will and design for me, makes each day, each minute, each heartache, each struggle worth doing, because I know that He knows and that He will guide me through! His Word gives us the promises that we can hang onto and His Spirit lives within us to assure us of His will and power in our lives.

Are you willing to rise up and take the challenge of being a true follower of Jesus, who lives for Him above all else? Do you really want to do this? It’s entirely up to you.

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— Revelation 21:4-5

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And there’s still more! When Jesus comes again, all believers—those who have died and those who are still alive—will be transformed physically and spiritually, with glorious, imperishable bodies (1 Corinthians 15:50-55).

God will bring his “New Jerusalem” to a renewed earth, where he will live with his people forever. There will be no more death, mourning, crying, or pain, because the Lord will make everything new.

What about Judgment Day? Yes, it’s coming (Revelation 20:11-15), but “there is now no condemnation for those who are in Christ Jesus” (Romans 8:1). So it’s crucially important that we surrender ourselves to Christ and accept his free gift of salvation.

Then we can serve him with our whole lives, urging everyone to turn to God in repentance and faith so that they too may have eternal life. In the Lord we can live in hope and anticipation and without fear.

Lord Jesus, transform us so that we may live fully for you, sharing your love and good news everywhere. Amen.

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

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Email your church announcements, schedule, etc. to the
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Dare To Dream Program Highlights Robert Seeley and Earns Spot on KTTC News

(continued from page 1)

Robert's favorite event was their annual show at the Mayo Civic Center. He was once honored to host the show; acting as the MC he enjoyed wearing a suede tuxedo jacket and telling jokes.

Seeley's sense of humor still shines through. He showed a bit of a smirk and twinkle in his eye when teased about Martha being 10 years younger than himself. The couple married in 1967 following Robert's graduation from the University of Georgia where he earned a Master's degree in food technology. Originally from New York, a job at Maple Island in Wanamingo prompted the move to Minnesota. Robert was the director of quality control at the plant for 30 years. Martha worked at St. Mary's Hospital and Mayo Clinic in Rochester and continues to live in their home in Zumbrota.

The Seeley's raised four children, tragically losing a daughter 20 years ago. The couple has four grandchildren and four great-grandchildren. With Doug and his siblings all living out of state, they appreciate the staff at Goodhue Living. He said it is great that they "highlight residents and do something special for them". Martha agreed saying, "It's wonderful for them to appreciate him. Susie's fantastic".

"The Dare to Dream program is a really big deal here. We're really glad to provide something that brings our residents joy." Matthees shared this sentiment during an interview with KTTC television personality, Matt Rineer. Rineer first met with Matthees and the Seeley family while they were at the Olive Garden and later set up his recording equipment in the public gathering area of Goodhue Living.

Rineer questioned the Seeleys, Matthees, and Executive Director, Missy Shaleen about the Dare to Dream program and how Robert's special day came about. Dare to Dream events are held at Goodhue Living and other Jaybird owned properties. Shaleen explained how the events are created "specifically for their interests, for their memories—to create a special moment and adventure for them".

The staff takes the time to learn about the lives of the residents in their community. Some of the things that stand out for Robert are memories of playing baseball with Doug and continuing to be a fan of the Minnesota Twins, Milwaukee Brewers and the Georgia



Robert Seeley (R) was honored with a Dare to Dream event on February 18th. Goodhue Living staff arranged to have his wife, Martha (L) and son, Doug (C) join him for a day of special activities.



Martha and Robert Seeley enjoyed a meal at Rochester's Olive Garden restaurant as part of a Dare to Dream event arranged by the staff of Goodhue Living.

Picture courtesy of Susie Matthees

PUZZLE EXCHANGE

February 13th
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When: **4-6: Puzzle exchange**
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Questions?
Contact Pastor Colleen Hoff at celebraterecovery@southtroy.org or 507.259.1442
Visit southtroywesleyan.org for more information

Thank You

We would like to thank all those that have reached out to us after the passing of Andrew Jay Johnson. The prayers, donations, food, gifts, and time have really helped sustain us through the first few weeks.

We also want to especially thank Paster David Badgely for speaking for us at the Celebration of Life as well Chelsea Kroening, Jack Moyer and Todd Markham for their eloquent memories of Drew. Also thank you to the class of 2012 for your recognition of Drew.

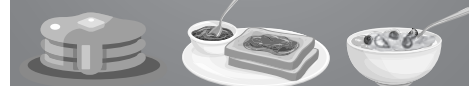
We are so thankful for good friends and family that have pulled together for us.

Drew leaves behind such a hole in our lives, but we hope to remember him well and keep making memories in his honor.

*Jay and Tammi Johnson, McKenzie and Tyler Harrison,
Jo Ann and Roger Hinrichs, Larry Johnson*



MARCH FOOD DRIVE CHALLENGE



For the month of March the South Troy Wesleyan Church is doing a food drive challenge with a few of the rural churches near us to see which church brings in the most food for the Zumbro Valley Food Shelf.

We're asking for breakfast food items: cereals, oatmeal, pancake mix, pancake syrup, pop tarts, peanut butter and jelly and other breakfast type foods.

We're excited to have community support and to see what happens!

Bulldogs. He played the piano and participated in his church choir in addition to the Rochester male chorus.

Matthees considers this history and works with family to design a memorable day, which for Robert was to include a barbershop quartet. Although they canceled, he still enjoyed the rest of his adventure. Rescheduling the entertainment will give him something else to enjoy in the future. He may not have gotten his full 15 minutes of fame with the edited television segment airing for just under 2 minutes, but spending the day doing things he enjoyed with part of his family will leave a lasting memory.

To view the telecast, follow this link <https://www.kttc.com/.../dare-dream-program-makes.../>

or go to www.kttc.com and search "Dare to Dream".

The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child



By Samuel Smith
Overnight and Marketing Director
at Camp Victory

Signing up for summer camp for the first time is an exciting opportunity for children to develop new skills, make friends, and enjoy outdoor adventures. However, parents often face the difficult decision between sending their child to a day camp or an overnight camp. Each option offers unique benefits and caters to different needs, preferences, and comfort levels. Understanding the differences

between these two types of camps can help parents make an informed decision that best suits their child.

Day Camp: A Fun and Flexible Option

Day camps are structured programs that run during the daytime and allow children to return home in the evening. These camps are typically designed for younger children, first-time campers, or those who prefer staying close to home. Day camps can last anywhere from a few days to a full week. They usually offer a variety of activities, such as arts and crafts, sports, nature exploration, and educational programs.

Benefits of Day Camp:

- **Easier Transition for First-Time Campers:** Day camp provides an excellent introduction to the camp experience without the commitment of staying overnight. Children can enjoy structured activities while maintaining the comfort of returning home at the end of the day.
- **Lower Cost:** Compared to overnight camps, day camps are generally more affordable since they do not include lodging and meal expenses. This makes them a budget-friendly option for families.
- **Family Routine and Stability:** Since children return home each evening, they can continue with family routines and responsibilities while still enjoying the excitement of camp activities.
- **Opportunities for Socialization and Skill Development:** Day camps offer children the chance to interact with peers, learn teamwork, and develop new skills without

the challenge of adjusting to an extended stay away from home.

• **Local Convenience:** Many day camps are located within or near communities, making transportation easier for parents and reducing the need for extensive travel planning.

Overnight Camp:

A Deeper Immersive Experience

Overnight camps, also known as sleepaway camps, involve children staying at the camp facility for a set period, typically ranging from a few days to several weeks. These camps provide a more immersive experience, fostering independence and personal growth. They typically offer similar activities to Day camp programs, but will have special evening programs like night games, campfires, talent contests, or lip-sync battles. The longer periods of time at camp also allow for skills campers choose to be explored to more depth.

Benefits of Overnight Camp:

- **Fosters Independence and Responsibility:** Being away from home encourages children to develop self-reliance, manage their daily routines, and take responsibility for their belongings and decisions.
- **Strong Sense of Community and Friendship:** Living together for an extended period allows campers to form deep friendships and build strong bonds with their peers and counselors, often leading to lifelong connections.
- **Broader Activity Options:** Since overnight camps operate around the clock, they offer a wider range of activities, includ-

ing nighttime programs, extended outdoor adventures, and team-building exercises that wouldn't be possible in a day camp setting.

• **Encourages Personal Growth and Confidence:** Stepping out of their comfort zone helps children gain confidence, resilience, and problem-solving skills that will benefit them in school and future endeavors.

• **A Break from Technology:** Many overnight camps have limited or no access to electronic devices, allowing children to disconnect from screens and immerse themselves in outdoor play, creativity, and social interaction.

Choosing the Right Camp for Your Child

When deciding between day camp and overnight camp, consider your camper's personality, age, and comfort level while being away from home. Younger campers or those who have never attended camp before may find day camp a great introduction, while older or more independent campers might thrive in an overnight setting. Your camper may feel ready for an overnight experience after gaining some confidence after experiencing a week of Day camp.

Additionally, consider the goals you have for your child's camp experience. If you seek an enriching program that allows for flexibility and continued family time, day camp may be the best fit. However, if you want your camper to develop independence, confidence, and long-lasting friendships, overnight camp may provide the ideal experience.

(continued on page 5)

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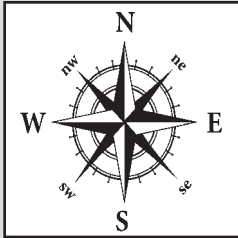
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SUMMER CAMP 2025

Changes in Latitudes, Changes in Attitudes

When the Levee Breaks



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.

Tennessee is a state with lots of lakes and rivers. It also gets lots of rain at times. Six inches of rain overnight is not an unusual occurrence. And it has to go somewhere, and there is always downstream. Because much of the state is quite hilly to kind of mountainous, the rain can runoff very rapidly.

Brings to mind the old song written about the 1927 flood of the Mississippi River. That

year the water was fifty-six feet about flood level on the Cumberland River at Nashville. One hundred and forty-five levees were washed out by the flood waters and the resulting damage flooded 27,000 square miles and displaced 700,000 people from their homes. 14% of Arkansas was under water and the Mississippi was 80 miles wide at Memphis. On Good Friday, 1927 New Orleans received 15 inches of rain. The Mighty Mississippi can be an uncontrollable monster at times.

Herbert Hoover was the Secretary of Commerce under Calvin Coolidge, and his leadership in resolving the issues from this devastating flood was instrumental in him being elected President of the United States in 1928.

Memphis Minnie and Kansas Joe McCoy penned the blues song about the experience in 1929 and named it "When the Levee Breaks." It was about a man who lost his home and family when the levee broke. You may not remember that version, but Led Zeppelin recorded the song in 1971 on their fourth album.

Since I have been living in Tennessee I have witnessed a number of flood events. The first was the flood in Waverly, Tennessee. Waverly was about twenty-five miles east of us. We had a friend who lived there so we were a little familiar with the area. They received 17 inches of rain after midnight and by 10am the levee washed out and sent a tsunami like wave into town flooding it out within five minutes. Nineteen people lost their lives in the disaster.

Clarkesville, just twenty-five miles north-east of us has had two floods in the last six months when the Cumberland River over flowed its banks from seven inches of rain overnight. I watched news reports as the Buffalo Trace Distillery office in Kentucky slid into the river as the bank washed away in the flood.

This last month the city of Rives, a town of 300 just seventy miles west of us on the Obion River, was obliterated when the levee broke after seven inches of rain over night. All 105 homes were flooded and everyone was evacuated just before the levee was breached for fear that they would be washed away.

Of course, everyone in the country watched as Johnson City, Tennessee was washed away from the once in a thousand-year flood from Hurricane Helene last fall.



I drove across the Cumberland River last month during the weekend of the heavy rains and saw that the boat launch was completely under water. The dock was forty feet from the bank, with the approach completely submerged. People couldn't get to the marina where their boats were berthed because of the high water. Our neighbors who live on the Tennessee River watched as their dock floated up so high it came off the bolsters and floated out into the bay. We live on Kentucky Lake and are upstream from the Kentucky Dam, which was completed in 1944 and is the largest east of the Mississippi. It is 8,422

feet wide and creates Kentucky Lake which is one of the largest artificial lakes in the United States, encompassing 160,000 acres and stretching for 184 miles. It is a hydroelectric plant which uses 1 million gallons per second and increased the discharge to over 2 million gallons per second during the February floods.

All this makes the Led Zeppelin song seem more sinister than it did when I listened to it as a kid. But the natives simply take it in stride and deal with it. I am just glad we live on high ground.

The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child

(continued from page 4)

Ultimately, both day camps and overnight camps offer valuable opportunities for campers to grow, learn, and create lasting memories. By carefully evaluating the benefits of each type, parents can select the camp experience that will best support their child's needs and interests, ensuring a fun and fulfilling summer adventure.

A Minnesotan: False Spring



By RosaLin Alcoser

False spring happens nearly every year. Whether it be in February or mid March we always have one week out of the winter here in Minnesota that warms up and lets you think that Spring just might be here. Before BAM! It snows again.

While this did not happen last year as the entirety of last winter was False Spring. If you can even call how warm it was last winter in Minnesota. It left more like the winters I experienced while I was living in the heart of the Ozarks.

When the coldest it gets it is in the mid to upper 30s and it rarely ever snows. I can recall winter days in the upper 40s. The

kind of weather where Minnesotans would be walking around in a T shirt and I would watch everyone else still huddling in their coats saying it was cold. I would not be in a T shirt, but I would be in a jacket instead of a coat.

Yes, sometimes it would snow or worse it would ice. Trust me when I say ice is the worst. Take it from someone who's lived through many proper Minnesota winters and southern ice storms. I will take Minnesota winter over an ice storm every single time.

This year has been more like winter than last year. Even though we have still lacked snow from winter's past. However, it has been cold this year. Very, brutally cold. I think that I have spent most of this winter huddled in my parka just trying to stay warm. So for now at least I will welcome this false spring while it lasts and hope that we're at else done with the sub zero weather.

My guess, as I write on an unseasonably warm February day in the low 50s, is that it will be followed by snow. Or at least the part of me that cares about the water levels and the grouse wants to think that it'll snow more after this false spring. Either that or I'm completely wrong and this isn't a False Spring. It's simply the start of Spring.

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Are Germs the Absolute Cause of Illness?



By Shauna Burshem, D.C.

Have you ever wondered why some family members fall ill while others remain perfectly healthy? If “germs” truly controlled our health outcomes, shouldn’t we all get sick when exposed to the same pathogen? That’s the crux of the debate around **Germ Theory Limitations**—and it’s a conversation worth having, particularly when considering the powerful role of the **immune system** and approaches like chiropractic care.

Now, don’t misunderstand—the germ theory forms a significant part of our understanding of health and disease. But claiming it paints the complete picture is akin to calling a single page the entire book. Let’s unravel why, with a focus on the immune system’s role in health, the limitations of germ theory, and the impact chiropractic care has on enhancing your body’s natural defenses.

The Limitations of Germ Theory

The germ theory suggests that microorganisms like bacteria and viruses cause disease. Louis Pasteur, its pioneer, fundamentally shifted the way humanity perceived illness. However, understanding the presence of germs is only half the story—it doesn’t account for **why we don’t all get sick despite being surrounded by billions of germs**

daily.

Take, for example, that common scenario when someone in your household catches a cold. Sometimes, the sniffles seem to spread to everyone. Other times, one or two family members remain untouched. This variation raises a critical point germ theory ignores: the state of the **host’s immune system** plays a massive role in deciding whether someone will fall ill—or stay well.

It’s not the presence of germs alone but rather the terrain of the body—your immune health, stress levels, and nutritional habits—that determines whether you’ll get sick. We live in a germ-filled world, yet not every germ we encounter wreaks havoc. Health is complex, and it goes beyond the simple idea of bad bugs “invading” our systems.

The Immune System’s Crucial Role in Health

The immune system is your body’s ultimate gatekeeper. Think of it as a diligent security team that monitors threats, evaluates risks, and takes action to keep your body in balance. While germs may spark a reaction, it’s your immune system’s strength and response that truly determine the outcome.

Strengthening the immune system to combat potential illness is far more empowering than living in fear of germs. This is where chiropractic care comes into play as it works with your body, not just against pathogens.

Chiropractic adjustments, particularly in the **thoracic spine and upper cervical areas**, have shown incredible benefits in supporting the immune system:

- **Thoracic Spine Adjustments:** Did you know adjustments in the thoracic spine can lead to an **immediate increase in white blood cell production**? These cells are key players in fighting off infections, making this adjustment a powerful boost to your immune defenses. More white blood cells mean your body is better equipped to respond to harmful microbes.

- **Upper Cervical Adjustments and T Cells:** Research shows that upper cervical spinal adjustments positively **influence T cell production**. T cells are like the generals of your body’s immune army—leading the charge, coordinating attacks, and adapting to new threats. Increased T cell production means bolstered immunity and faster recovery when an illness strikes.

ery when an illness strikes.

It’s fascinating to think that your spine—your body’s central communication hub—can have such a profound influence on your immune health. By addressing misalignments in the spine caused by everyday stresses, chiropractors help your nervous system function better, ultimately strengthening the immune system.

Can Chiropractic Care Improve DNA Repair Rates?

Here’s another fascinating aspect of how chiropractic care supports your body from the inside out. Studies suggest that chiropractic treatments can influence the **rate at which your DNA repairs itself**. DNA repair is a critical immune system marker that speaks to how efficiently your body can heal and recover. Regular chiropractic adjustments promote an environment in which your body can naturally thrive and repair itself faster.

Essentially, chiropractic care isn’t about “fixing” you or fighting germs—it’s about freeing your body of interference so it can repair and defend itself as it was designed to do. These holistic benefits redefine health and sickness, showing us that a proactive approach trumps waiting to “respond” to germs after the fact.

Chiropractic and the Broader Health Picture

Chiropractic care is often associated with alleviating back pain, but its potential impact stretches far beyond that. It supports a proactive lifestyle by optimizing nervous system function, boosting immune resilience, and even improving overall well-being.

Instead of focusing on external threats (the germs), chiropractic care takes an **inside-out approach to health**, empowering the host—the individual—and the immune system to maintain balance amidst a world filled with microbial challenges. Everyone encounters germs. The question is whether those germs can thrive in your body, and chiropractic care helps ensure they don’t.

The Body’s Innate Ability to Heal

Chiropractic care acknowledges that the body has an innate ability to heal itself. All the tools for optimal health are already within us; we just need to keep them functioning at their best. Proper nutrition, getting enough rest, stress reduction and regular exercise along with chiropractic care and other natural modalities such as acupuncture and massage allow the body’s natural healing abilities to

take over and repair any damage or imbalances.

As a society, we’ve become too reliant on external fixes for our health issues. Natural health care offers a refreshing perspective by focusing on supporting internal processes rather than relying on outside interventions. This approach aligns with our bodies’ inherent wisdom and natural healing capabilities.

Conclusion

By focusing on the spine’s alignment, chiropractors target critical points in the spine that affect neural impulses that regulate immune responses. Enhanced white blood cell and T cell production, coupled with improved DNA repair, are powerful testaments to the body’s innate healing potential. With a little help, your immune system can handle much more than you might think.

Take Charge of Your Health

The **limitations of germ theory** remind us that health is about more than just managing exposure to bacteria and viruses. It’s really about building a strong foundation—through lifestyle choices, nutrition, stress management, and, yes, chiropractic care.

If you’re someone who’s trying to level up your health and wellness—or if chiropractic care is already an integral part of your health routine—know that there are tools and paths available that don’t simply treat illness but enhance your body’s natural potential.

Want to learn more about how chiropractic care can strengthen your immune system and help you thrive? Schedule a consultation with a trusted **chiropractor** today and take a proactive step toward your health. Because at the end of the day, it’s about empowering your body to work at its best, not just reacting to what life throws your way.

Key Takeaways:

- Germ theory explains only part of the picture—your immune system largely determines whether you stay healthy.
- Chiropractic adjustments improve nervous system function, boost white blood cells and T cells, and even promote faster DNA repair.
- A holistic approach to health—like chiropractic care—helps build resilience, making it easier for your body to adapt and thrive.

When it comes to **health and germs**, think beyond avoidance. Think strength. Think chiropractic care.

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

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Substitutes



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Substitute – we frequently use the term to describe an individual who is taking the place of the original starter or the full-time employee typically assigned to the role. A substitute is essential to help keep the process going until the original plan can be restored. There are times when a substitute may prove to be helpful enough to become part of the permanent plan, but in the case of employment, the substitute will need to update credentials or sign a new contract to become part of the new plan.

In terms of how your body works, what is part of the “original plan” and what is a substitute? The original plan is the body chemistry that works day in and day out to keep everything in balance and functioning well. Your body requires protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water in specific quantities each day to func-

tion well. These are the team members of the “original plan.” Anything else should be recognized as a substitute.

In our modern food culture, there are many items found in the grocery store that are presented as food but are really “substitutes” that seem to fill a space on our dietary plan but do not keep up well with your body requirements. You can read the ingredient labels on many of these items and recognize quickly that this item is not a member of the “original plan.” You might even try to read the ingredient label and not be able to pronounce half of the words on the list, which is a good test to evaluate whether it a true food or not. What items would you identify as substitutes in the American food culture?

Soda pop contains no fat, vitamins, or minerals. Typically this “food” is described as empty calories because there is no nutrient value provided at all. This is a substitute for drinking water. Drinking soda pop excites our tongue and may help some indigestion but also corrodes the teeth and weakens the bones. The ingredient list may include high fructose corn syrup, caramel coloring, and phosphoric acid. Diet pop may include aspartame, which has been identified as a possible cancer-causing chemical by the International Agency for Research on Cancer.

Artificial Sweeteners have been promoted as a substitute for sugar but your body will process these chemicals differently and the result can be harmful. NutraSweet and Equal are well known substitutes with the primary ingredient being aspartame. Aspartame is 200 times sweeter than regular sugar and pro-

vides none of the important support that sugar can provide. In addition to the cancer risk, evidence has been presented that aspartame and sucralose increase heart disease. Sugar alcohols like erythritol and sorbitol have been popular substitutes for sugar, but these also have been connected to increased heart disease and cancer risk. The World Health Organization has recommended removing artificial sweeteners from regular food intake.

Low-fat foods have been promoted as a healthy substitute for regular whole fat foods but after 50 years of low-fat options on the grocery shelves America has greater health issues than ever before. In order for a low-fat food to taste good and to sell well more sugar needs to be added to the product. When you remove the fat that naturally exists, you also remove vitamins such as Vitamin D and Vitamin A. Whole fat foods deliver greater vitamin content and aid the body in slowing the absorption of sugar to reduce sugar spikes. Research from the 1930s identified whole fat food sources as the key food items that helped cultures around the world to thrive. Dr. Weston Price provided published records in “Nutrition and Physical Degeneration” noting how a culture that moved away from whole fat foods declined in health.

Plant based meats have been promoted as a climate-friendly and healthy substitute for your daily protein needs. While plants can provide some protein and are useful in our daily consumption, the products presented as meat substitutes do not qualify as a healthy alternative. These products do not contain the full protein spectrum found in real meat and often are missing some of the vitamins as

well. Some meat substitutes will use plant oils that are high in Omega-6 fatty acids, an ingredient that Americans already consume too much of. If you want to enjoy a plant-based meal containing protein then beans or portabella mushrooms are a good direction to go.

The original plan for your healthy body includes protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water. When your health is declining you should check to see which of these “players” in the original plan may need reinforcement. Your body is asking for more nutrients. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully addressed with a quality nutrition plan.

Join me on Saturday, May 10, 2025 for the Northfield Holistic Health Summit. The theme this year is “Healthy Nerves, Healthy Brain.” Our keynote speaker will be Dr. Jeff Kotulski presenting “Mind Games” – addressing cognitive health as we age. Nine additional speakers and multiple vendors will be part of the day. Tickets are \$45, which includes a healthy lunch catered by Café Shawn. More information is available at <https://www.nutritionproportion.net/health-summit2025>

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

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

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2nd Grade Field Trip to the Children's Theatre



Our 2nd Grade students had a fantastic field trip to the Children's Theatre to see the play Milo Imagines the World. The performance tells the story of a boy and his sister riding the subway, where he imagines lives for the people around him—only to discover that you can't truly know someone just by looking at them. The play was a hit, and the students, who prepared by reading the book in advance, were amazed and loved it! A big thank you to the ZM Education Foundation for supporting this field trip. Pictured above is a picture of Mrs. Dreyer's Class! *Courtesy of ZM School*



Thank you FFA for organizing a fantastic coloring contest at the Primary for FFA Week! The students had fun with the challenge, and a big congrats to our winners!

Courtesy of ZM School

DO YOU HAVE A STORY IDEA?

Email:

hometownmessenger@gmail.com

Elementary Students of the Month



Congratulations to our Elementary Students of the Month! We recognized our winners at our assembly on February 12. Great job and keep up the good work!

Courtesy of ZM School

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Thank you to the Z-M High School FFA for coming to the Elementary School to have us play some Ag Olympic games. The students had a great time! *Courtesy of ZM School*

21st Annual Zumbrota-Mazeppa

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SATURDAY, MARCH 8TH

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Bring your family and enjoy:

- Face Painting
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- Children's Music
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- Silent Auction
- Balloon Twisting by 

QUESTIONS? CONTACT MEGAN ANDERSON AT MEGANA@ZMSCH.K12.MN.US OR 507-732-4244

Z-M Students Participate in the Minnesota American Choral Directors Association State Honor Choirs



Congratulations to Zumbrota-Mazeppa High School students: Zaynah Paider and Charlotte Haley, that were selected this past November and participated in the Minnesota American Choral Directors Association State 9th and 10th Grade Honor Choirs on Saturday, February 15th at the Minneapolis Convention Center.

Courtesy of ZM School



Ag Olympics was part of celebrating FFA Week at ZM School *Courtesy of ZM School*



FFA Boots at Lunch at ZM School *Courtesy of ZM School*



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FFA Boots at Lunch at ZM School Courtesy of ZM School



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A new real estate brokerage offering local expertise and a hometown approach to property buying and selling.

Trust Realty, founded by Travis Goodman-Broker/Agent, is the latest addition to the area's real estate scene, bringing with it a wealth of experience and a deep connection to the community.

Travis Goodman, a longtime real estate professional, had previously started Ben Olsen Realty and was part owner for 9 years. At the end of 2024 Ben Olsen Realty closed its doors. Determined to continue serving the community with a locally owned and operated business Goodman opened Trust Realty. Joining Goodman at Trust Realty is Lana Huemann, a highly experienced agent with 11 years in the business. Her extensive knowledge of the local market and commitment to clients makes her an invaluable asset to the new brokerage.

One of the driving forces behind the creation of Trust Realty was the desire to establish a truly local real estate company—one that understands the unique needs of buyers and sellers in the Goodhue, Red Wing, Zumbrota and surrounding areas. Both Goodman and Huemann have deep roots in the community. Goodman, a graduate of Zumbrota-Mazeppa High School, and Huemann, a



Goodhue High School alum, are both passionate about helping families find homes in the area where they themselves grew up as well as helping people sell their homes for top dollar and the shortest amount of time. Additional agents on the Trust Realty Team-Jenna Johnson brings a wealth of knowledge of the Red Wing area, Jim Althoff an expert on the Cannon Falls area and Brandon Boyd based out of Rochester.

"We wanted to build a company that reflects the values of our community—one that

is run by people who truly understand the area and the needs of those who live here," said Goodman. "Trust Realty is not just about buying and selling homes; it's about helping families find the right place to put down roots."

With a commitment to personalized service, deep local knowledge, and a passion for the communities they serve, Trust Realty is set to become a go-to resource for home buyers and sellers alike. Whether clients are looking to buy their first home, sell a prop-

erty, or invest in real estate, The agents at Trust Realty are ready to guide them every step of the way.

For those looking to navigate the local real estate market with trusted professionals, Trust Realty is open and ready to serve the Goodhue, Zumbrota, Red Wing and surrounding areas with dedication and experience. Look for our website coming soon- trustrealty-semn.com. Office main phone line 651-380-3835.

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A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: *I was just talking with someone the other day and they were telling me they had their driver's license suspended for too many speeding tickets. They also mentioned other ways a person can have their license suspended that I was not aware about. Can you write about that?*

Answer: Your driver's license may be suspended if you:

- Repeatedly violate traffic laws.
- Are convicted in court for a violation that contributed to a traffic crash resulting in death, personal injury, or serious property damage.
- Use or allow someone else to use your license for an illegal action. It is illegal to let anyone use your license or permit.
- Commit a traffic offense in another state that would be grounds for suspension in Minnesota.
- Are judged in court to be legally unfit to drive a motor vehicle.

- Fail to report a medical condition that would result in cancellation of driving privileges.
 - Fail to stop for a school bus with its stop arm extended and its red lights flashing, within five years of a conviction for the same offense.
 - Are found to possess a fake or altered license.
 - Make a fraudulent application for a license or identification card.
 - Take any part of the driver's license examination for someone else or allow someone else to take the examination for you.
 - Falsely identify yourself to a police officer.
 - Fail to appear in court or pay a fine on a motor vehicle-related violation when required to do so.
 - Are convicted of a misdemeanor for a violation of Minnesota traffic law.
 - Fail to pay court-ordered child support.
 - Use or allow someone else to use your license, permit, or ID card to buy tobacco products or alcohol for someone under 21 years of age.
 - Are under 21 years of age, and the court determines that you drove a motor vehicle while consuming or after consuming alcohol.
 - Pay a fee to the state or driver's license agent with a bad check. (The suspension will be removed when the bad check and any related fees have been paid in full.)
 - Are convicted for theft of gasoline.
- After the period of suspension has ended, your driving privilege may be reinstated if all requirements are met. One requirement is payment of the reinstatement fee. If your li-

cense expired during the suspension period or if your name or address changed, you must apply for a new license and pay the appropriate fee.

Question: *In your last article you wrote about suspended drivers licenses. I know a person who had theirs revoked. Can you explain how this happens?*

Answer: Your driver's license may be revoked if you:

- Refuse to take a test to determine whether you are under the influence of alcohol or a controlled substance, or if you fail the test.
- Are convicted of manslaughter or any other criminal action while driving a motor vehicle.
- Are convicted of driving a motor vehicle while under the influence of drugs or alcohol.
- Are convicted of a felony in which you used a motor vehicle.
- Are convicted of driving in excess of 100 mph.
- Are convicted of fleeing a police officer.
- Are convicted of failing to stop, identify yourself and render aid when involved in a motor vehicle crash, especially one that involves death or personal injury to others.
- Are convicted of lying under oath, signing any legal document that contains false information about legal ownership or operation of a motor vehicle, or making a false statement to DPS about that information.
- Plead guilty or forfeit bail for three violations in a single year of any Minnesota traffic law or ordinance that requires a jail sentence upon conviction.
- Are convicted of an offense in another



state that would be grounds for revoking your license if you were convicted in Minnesota.

- Are convicted of a misdemeanor for driving a motor vehicle with prior knowledge that the owner of the vehicle did not have no-fault vehicle insurance.
- Own a vehicle without no-fault insurance and are found to have driven it or allowed others to drive it, with full knowledge that the vehicle was not insured.
- Are convicted of a gross misdemeanor for failing to stop for a school bus with its stop arm extended and its red lights flashing.
- Are convicted of selling or possessing a controlled substance while operating a motor vehicle.

After the period of revocation has ended, your driving privileges may be reinstated if all the reinstatement requirements on your withdrawal notice are met. You must show proper identification when you take the written test or road test. You must apply for a new license after all your testing requirements are met.

Historical Happenings

Compiled by
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas
FRIDAY, APRIL 20, 1956

Obituaries
JOHN NEI

Funeral services for John George Nei of Zumbrota, who died Monday, were held at 9:30 a.m. Thursday at St. Paul's Catholic Church with the Rev. Thomas Kavanaugh of Goodhue officiating.

Pallbearers were Arthur Anderson, Arthur McKeag, Thomas O'Reilly, Ercil Billings, Clarence Ryan and William V. Olson.

Burial was in the Mazeppa Catholic cemetery.

Mr. Nei was born March 12, 1909, in Goodhue and was graduated the high school there. He married Annette Krinke, formerly of Mazeppa at Belle Creek, April 19, 1937.

Surviving are his wife; six children, Sandra, Nancy, Mary, John Peter, Margaret and Barbara, all at home; his father, Peter Nei of Zumbrota; sisters, Mrs. Lester Banidt of Goodhue, Mrs. H.G. Velthoff of Mason City, Iowa, Mrs. John Richards of Baltimore, Md., and Mrs. DD. Ryan of Hibbing.

The family of Mr. Nei is offered the deepest sympathy in its great loss.

AUGUST KAROW

August Karow of Pine Island died during his sleep Sunday, April 15, at the age of 84. He was born October 8 in Columbus, Wis.

Surviving are the following children, Mrs. William McDonough of Mazeppa, Irving Karow of Alma, Wis., Mrs. Jake Sigrist and Mrs. Florence Bradshaw of Pine Island. Also surviving are 13 grandchildren, eight great-grandchildren and two sisters, Mrs. Bertha Conrad and Mrs. Ida Rader of Columbus, Wis.

Funeral services were held at 3 p.m. Wednesday at the Mahler Funeral Home chapel. Interment was in the Pine Island Cemetery.

Weddings

MCFARLIN-STOLP

Oronoco—In a ceremony here Thursday evening at Grace Lutheran church, Miss LaVonne Lois McFarlin, daughter of Mr. and Mrs. John McFarlin of Oronoco, became the bride of Larry John Stolp, son of Mr. and Mrs. Harry Stolp, also of Oronoco.

Consolidation News

Mazeppa's proposed consolidation received a set-back this week due to confusion concerning notarized signatures of resident freeholders being withdrawn and added as time went on.

County Supt. of Schools, Mrs. Verma Olin, stopped at this office last Friday and ordered published notices and ballots with election date set May 10 at the Mazeppa gym with public notices to be posted throughout the area, Tuesday. Monday afternoon word from her office was received that about 20 freeholders in District 89 had withdrawn their names, temporarily at least, stopping the proposed election. Since that time, new names were added to replace those withdrawn and at this writing, Thursday afternoon, no news has been received relative to the situation.

It is believed at this time that an announcement concerning the proposed consolidation will be released in the next few days.

FIRE DEPARTMENT CALLED

The Mazeppa Fire department was called to the Frank Tri residence Monday afternoon to extinguish a chimney fire. No damage was done.

Historical Happenings are taken directly from the archives of the original papers as printed. Any discrepancies need to be taken up the Editor and Publisher of the said papers, who are deceased.

Wabasha County Public Health Shares Results of Jurisdictional Risk Assessment

Results of survey conducted on top hazards and vulnerabilities in Wabasha County shared with local residents with request for participation in a discussion on findings

WABASHA, MN — Wabasha County Public Health is announcing the results of the Jurisdictional Risk Assessment questionnaire that was launched to gather critical information about potential hazards and vulnerabilities within our county.

| Likelihood | | Impact | |
|------------|-----------------------|--------|----------------------------|
| 1 | Flooding | 1 | Windstorm/Tornado |
| 2 | Windstorm/Tornado | 2 | Flooding |
| 3 | Winter Storm/Blizzard | 3 | Water Supply Contamination |
| 4 | Major Power Outage | 4 | Access to Healthcare |
| 5 | Drought | 5 | Major Power Outage |

The insights collected will be used to identify areas of concern and develop effective strategies to address risks. Wabasha County Public Health would like to invite residents to participate in a facilitated discussion to explore preparedness efforts around these incidents. Participation in the discussion will require a signup. To sign up, please visit the Wabasha County Public Health Facebook page, scan the QR code below, or contact Wabasha County Public Health at 651-565-5200.



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|---|---|--|

WABASHA COUNTY PUBLIC HEALTH
JURISDICTIONAL
RISK ASSESSMENT

The jurisdictional risk assessment was conducted to gather critical insights about potential hazards and vulnerabilities in Wabasha County.

WHY DOES IT MATTER?

By participating in the survey, respondents helped our county assess the unique risks our community faces that could impact the safety and well-being of residents.

The insights will be used to identify the top areas of concern for residents and develop effective strategies to address these risks.

WE MEASURED TWO THINGS:

Likelihood:
How likely an event is to occur within Wabasha County.

Impact:
How severe the effects of an event would be.

OUR RESULTS

This section will provide the top five incidents of concern reported by residents for likelihood and impact.

Likelihood

1. Flooding
2. Windstorm/Tornado
3. Winter Storm/Blizzard
4. Major Power Outage
5. Drought

Impact

1. Windstorm/Tornado
2. Flooding
3. Water Supply Contamination
4. Access to Healthcare
5. Major Power Outage

WE WANT YOUR HELP!

We would like to invite Wabasha County residents to participate in a facilitated discussion to explore preparedness efforts around these incidents..

SIGN UP BELOW

To sign up, please scan the QR code below, visit the Wabasha County Public Health Facebook page, or contact Wabasha County Public Health at 651-565-5200

Scan Me!

Rep. Steven Jacob

DISTRICT 20B

NEWS



Hello from the State Capitol,

Remember during the pandemic when the legislature gave Governor Walz emergency powers and then he refused to give them up?

He basically ran the state as he saw fit for 475 days.

A bill considered on the House floor this week would address this problem, by preventing a governor from declaring an indefinite peacetime emergency and shutting out the voices of millions of Minnesotans through their elected representatives. Specifically, this bill makes sure that any peacetime emergency declaration that lasts beyond 14 days must have broad bipartisan support from the legislature.

NURSING HOME SUPPORT ADVANCES

In our human services committee this week, we approved legislation that will help ease the mandates placed on nursing homes last session. It was a straight party line vote, with all Republicans voting in favor, and all Democrats voting against.

AG WATER QUALITY BILL

This session's first hearing on my ag water quality bill will be in the House ag committee, though only on an informational basis. As there is a financial aspect to it, the taxes committee will give it a more thorough vetting. The legislation is of significant importance to many local farmers.

MANDATES ON THE MINDS OF COUNTY COMMISSIONERS

As a former county commissioner, I always enjoy meeting with local county boards. Many of them were in St. Paul this week as part of the Association of Minnesota Counties Day at the Capitol.



Commissioners are concerned about the mandates and the continued loop of state forcing counties to provide more services, yet not providing them with adequate funding, which ultimately leads to higher property taxes. The governor's most recent budget ideas only multiplies their burden.

THE SEA OF BLUE



It is truly a joy to meet with local students. FFA Day on the Hill took place in St. Paul this week, and I met with numerous local chapters, including this group from Chatfield.

As farmer and with my ag background, I really enjoy hearing stories from our rural students about what a difference FFA is making for them.

KEEP IN TOUCH

As always, if you ever have any legislative questions, please contact me. I can be reached at rep.steven.jacob@house.mn.gov or by phone at 651.296.2273.

Have a good weekend,
Steve

Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, February 12, 2025

The regular meeting of the Mazeppa City Council was called to order at 6:03 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Wabasha County Sherriff Chief Deputy Jim Warren, Municipal Liquor Store Manager Todd Ihrke, Public Works Director Scott Ellingson, Chad Peterson of the Kalass Agency, Tim LaRoche, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: Holly Galbus from the News Record and Luke Lunde from W.S. Beng and Associates.

Absent: Councilperson Erica Young.

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

The Oath of Office was administered to re-elected Council member Steve Liffriig.

Motion by Hammes, second by Liffriig to approve January 8, 2025, regular Council meeting minutes and January 21, 2025, City Council Special meeting minutes. All in favor, none opposed. Carried.

Wabasha County Sherriff Chief Deputy Jim Warren gave the monthly Incident Command Report.

Public Works Director Scott Ellingson gave the Public Works report.

No Fire Department report was submitted. Municipal Liquor Store Manager Todd Ihrke gave the Municipal Liquor Store Report.

Motion by Wiebusch, second by Liffriig to approve Resolution 2025-05 approving a temporary off-site liquor license to the Mazeppa Municipal Liquor Store to cater an event at the Mazeppa Community Center. All in favor, none opposed. Carried.

City Engineer Matt Mohs gave an engineering update.

Motion by Wiebusch, second by Hammes to approve plans and specs for bids for 3rd Ave. NE and Cherry St. sewer main projects. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriig to approve bid opening Thursday, March 13, 2025, at 10:00 AM. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriig to approve a special meeting of the City Council for Tuesday, March 18, 2025, at 6:00 PM to accept bids for the 3rd St. NE and Cherry St. sewer main projects. All in favor, none opposed. Carried.

(continued on page 16)

Seeking to Help Our Schools and Our Students



Rep. Pam Altendorf (R)
District: 20A

Recently I joined other lawmakers at a meeting of southeastern Minnesota school superintendents. The overall message we heard from them is that they are struggling, and they need help.

Schools are feeling the pinch of more than 65 new mandates that were approved by Governor Walz and an all Democrat-led legislature last session. They're also seeing far too many students falling through the cracks.

The statewide numbers are dismal. Less than half of Minnesota's students can read at grade level. Statewide proficiency in science and math is even worse.

It's clear that changes are needed, which is why I'm supporting an education reform proposal that ensures schools have the tools they need to succeed, and the time needed to focus on core academic subjects.

First, the plan addresses literacy by improving the recently enacted READ Act which is over regulated and underfunded. It would repeal some of the new requirements that were included in the 2024 session that have political or ideological purposes that distract from the core mission of education. The proposal also restores the expectation that our teachers are not only properly prepared to provide reading instruction grounded in the science of reading, but that ability is verified by teacher assessment.

Second, the bill focuses on empowering schools to be innovative. The revisions we propose will shift the mindset from one of schools always forced to seek permission from the state to a mindset of trusting our locally elected school boards, educators, and parents.

Finally, the legislation would provide flexibility for school boards in both funding and relief from the more than 65 new mandates imposed on our schools in the previous biennium. Under this section, school boards would be allowed to transfer any funds that are not otherwise encumbered or limited by federal law, so long as the transfer does not inadvertently trigger additional state aid or increase a local levy. It also would allow school boards to delay implementation of many of the new mandates imposed during the 2023-24 legislative biennium.

In contrast, Governor Walz's education plans include cuts to teacher pay, professional development and services to children with special needs. It would also deny certain textbooks to school-age children, yet it would give more money to state bureaucrats to micromanage our schools.

In my opinion, real solutions are needed for our kids. Statewide education needs to allow flexibility and innovation. It needs to empower local schools and local control. But most of all, it needs to focus on the core priorities of learning – reading, math and science, and helping every student become proficient in these subject areas.

Moving forward, expect House Republicans to continue focusing on solutions that will prioritize the needs of students and local schools – not an already bloated state government.

Mazeppa City Council Meeting

(continued from page 15)

Motion by Wiebusch, second by Liffriq to approve WWTP project pay application #3 for \$78,902.25. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve WWTP project change order #1 for \$5461.10 including watermain tap procedure, higher rated fire doors, and upgrades to storm sewer underground crossing Herb Vik Park. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve drainage easements with Robert Donaldson and Steve Vagt for 3rd Ave. NE culvert project. All in favor, none opposed. Carried.

Luke Lunde of W.S. Beng Associates announced that the City has been awarded a Conservation Partners Legacy grant of \$190,000 to complete Phase II of the Riverbank restoration project. As a continuation of the original project, no monetary match is required, and the original contractor can be used to continue the project.

Motion by Wiebusch, second by Liffriq to approve accept the CPL grant and move forward with the Riverbank Restoration phase II. All in favor, none opposed. Carried.

Administrator Clerk Karl Nahrgang gave the Administrator's report.

Motion by Wiebusch, second by Liffriq to approve Building Permits: 24-920-101, 269 Highway 60 E -sign footing. 25-18-0001, 382 1st Ave. N -furnace/AC. 25-18-0002, 576 4th Ave. NE, Lot 21 -re-side, re-roof, windows, furnace, water heater. 24-920-100, 568 Oak St NE – cell tower antenna upgrade. 25-18-0006, 636 3rd Ave. NE – furnace, roof, siding, windows. All in favor, none opposed. Carried.

Tim LaRoche requested an alteration to the driveway agreement with the City for the property at 171 15th Ave. NE to coincide with a minor subdivision of the property.

Motion by Wiebusch, second by Liffriq to approve updates to the City of Mazeppa Personnel Policy. All in favor, none opposed. Carried.

Chad Peterson from Kalass agency presented property and casualty insurance options.

Motion by Liffriq, second by Wiebusch to NOT waive tort limits. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to waive medical payment coverage. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to keep open meeting law coverage. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to

table setting a date for Clean-up Day. All in favor, none opposed. Carried.

Cost of Living statistics and proposed Cost of Living Adjustment and Merit pay proposals were presented to Council.

Motion by Liffriq, second by Wiebusch to approve Cost of Living Adjustment and individual Merit Pay for City Staff. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve Administrator Clerk contract applying the criteria and computations determining staff Cost of Living Adjustments and Merit Pay. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq, to appoint Jeremy Tri as a member of the Plan-

ning and Zoning committee. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve displaying the Z-M Graduating Class banners on the decorative light posts. All in favor, none opposed. Carried.


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

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

Meeting recessed at 7:35 PM.

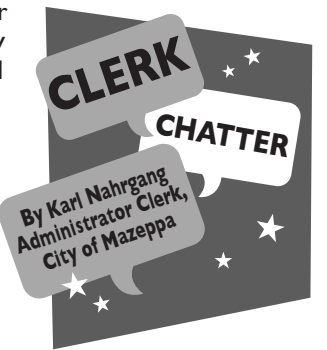
Administrator Clerk

Next meeting: March 12, 2025



The City of Mazeppa is making ready another facility ready to use. Land was granted to the City to be designated for public use. The City had discussed areas to create a dog park for residents to use. A dog park is being constructed on 11th Ave. NE on a parcel of land that was part of the Mazeppa Business Park. The plan is to connect this to the rest of a "walkable" Mazeppa with a trail. The dog park will allow dog owners to have a fenced area to allow their dogs to run off leash. These pet owners will still have to supervise their pet's behavior, but they will be allowed to run without fear of them breaking away into traffic or interfering with neighbors.

There is still quite a bit of work to do. A parking area will be constructed. Some landscaping and grading items will be needed to be completed for safety and convenience. The City will announce the opening once this work is completed. When the facility is ready for use, persons using the dog park will have to clean up after their pet and dispose of feces properly, just same as in parks and along sidewalks. Watch the website, Mazeppamn.us for dog park opening information.



Zumbro Falls City Council Minutes - January 8, 2025

The Zumbro Falls City Council met at City Hall with all council members, including Scott Kennedy, also attending was Eric Winter. Bruce called the meeting to order at 6PM. The council displayed successful recruitment efforts and guest Eric Winters accepted the open council seat.

Newly elected and volunteer members were then sworn in. This signified the end of Susan Eischens term after serving the past 8 years as city clerk and additionally concluded Paul Bankers council member term. A big thanks to Susan and Paul for their service and commitment to our community! Congratulations to returning mayor, Bruce Heitmann and returning council members Bob Benson and Sara Anderson. City clerk/treasurer Blake Hanson and council member Eric Winters were also sworn in.

Clerk read the minutes from the December meeting which were accepted as read by a motion from Winters, seconded Benson, all in favor, carried.

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

Susan reported that remaining Sewer and water bond funds have been received after previously being withheld in the amount of \$15,063.78.

Resolution 25-01 was put in place with a motion from Anderson, seconded Benson, all in favor, carried. This resolution is the schedule of fees for the year 2025.

Council agreed to the following to represent the city: Lake City Paper, Lakeshore Agency, Minnwest Bank, Attorney firm Hoff, Barry and Kosar, Bolten and Menk for City Engineering Firm, Bruce Heitmann as weed inspector and the ZF Fire Relief Trustees are the Mayor and Clerk. Scott Kennedy and Ashley Kennedy for Emergency Management. Posting places remain in the Post Office, Falls Standard, Rod's Service and available on the city website. Motion to accept by Winters, seconded Anderson, all in favor, carried.

Bruce Heitmann and Bob Benson have agreed to be the Planning and Zoning Administrators for the year 2025.

Motion to give out 2025 Soft Drink, Gaming and Tobacco Licenses was accepted by Benson, seconded Winters, all in favor carried.

Donations to the Fire Department were received in the amount of \$250.00 from Thoren and Naomi Mangold to go into the general fund of the Fire Department. This donation was accepted by a motion from Anderson, seconded Winters, all in favor carried.

New Business included discussion around a Lake City Ambulance Service Contract request. Lake City is requesting an Ambulance Service Subsidy for the term of Jan. 1st, 2026, through Dec. 31, 2028. Lake City is proposing to charge a fee at \$20.00 per capita to the areas they service as costs exceed income. A payment would be made from Zumbro Falls annually for 3 years in the amount of \$3,640 each. Please attend the February council meeting for a public comment period and refer to posting locations for further details and proposed contract.

Council discussed a change to meeting dates, but no decision was made, and the item was tabled for February meeting.

Meeting was then to adjourn and the clerk to pay all bills presented was made by Benson, seconded Anderson, all in favor, carried.

Submitted by,
Blake Hanson, Clerk

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