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APRIL 2, 2025

Volume 19 • Issue 4

Announcements

• The Memorial Day Program for Mazeppa American Legion Post 588: Poplar Grove Cemetery will be 9am, Bear Vally Cemetery 9:30am and Mazeppa Cemetery at 10am. New this Year, the Memorial Day Parade which will start at 11am instead of 10:30 and will start at Cherry Street and 1st Ave (Main Street), we will march to the Veterans Memorial where the Program will be held. This change is being made to allow plenty of time for the Zumbrota Mazeppa Marching Band to make our Parade. Following the Memorial Day program there will be a Potluck meal at the American Legion.

• Celebrate Recovery meetings every Sunday night at 5pm at South Troy Church, 56817 Highway 63 Zumbro Falls.

• 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.

Art Exhibit at Riverview Apartments

Scott McCauley has been a resident at Riverview Apartments in Mazeppa for the last two years and has some of his own original art on exhibit there.

Scott grew up in Rochester and received a degree in Graphic Arts from RCTC and St. Cloud State. He moved to Colorado and lived in Aspen where he worked for the Aspen Daily News during the early 1990's. He returned to Rochester and after retiring from a career as a graphic artist in the printing industry.

Scott began working with ceramics during high school in the 1970's and advanced on to

other forms of artistic expression. He coined his work "tubism" since he created works with mostly tubular items. He also works with mostly reclaimed and recycled material. Only the glue and paint in purchased. He scours places for any objects that he can incorporate into his three-dimensional artwork. Most of his artwork is on large canvasses from two and a half feet square to as large as five feet x 3 feet in size. He feels the large and bold size of his masterpieces manifests the confidence he has in what his artistry portrays.

(continued on page 5)



Early Childhood Family Expo a Success



A BIG Thank You to the community and business donations that made this years Early Childhood Family Expo a huge success! Fun was had by all!!

(additional pictures on pages 10-11) Courtesy of Zumbrota-Mazeppa Community Education

MAHS to Host Spring Supper April 24

Mazeppa Area Historical Society is hosting their Spring Supper. "Hot Turkey Sundae" - mashed potatoes with turkey gravy, corn, coleslaw, beverages. (continued on page 4)



Come to a Hoppy Easter Egg Hunt

Sponsored by The Zumbro Falls Lioness Lions and The South Troy Wesleyan Church
Saturday, April 19, 2025 12 noon (Rain or shine)
Zumbro Falls City Park (Cardinal Field)
Children of all ages welcome



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2025 MAZEPPA MEMORIAL DAY PROGRAM

The Memorial Day Program for Mazeppa American Legion Post 588 will be as follows:

**Poplar Grove Cemetery will be 9:00am,
Bear Vally Cemetery 9:30am
and Mazeppa Cemetery at 10:00am.**

New this Year will be the Memorial Day Parade which will start at 11am instead of 10:30 and will start at Cherry Street and 1st Ave (Main Street), we will march to the Veterans Memorial where the Program will be held.

This change is being made to allow plenty of time for the Zumbrota Mazeppa Marching Band to make our Parade.

Following the Memorial Day program there will be a Potluck meal at the American Legion.



MEMORIAL DAY

REMEMBER & HONOR



Easter Makes Us One



By Pastor Colleen Hoeft

Easter is the celebration of all we are as believers! Easter celebrates the fact that the grave was empty, and we serve a risen Savior! Jesus came into this world to be our redeemer and our Savior; He came for this day we are celebrating today- His resurrection- His victory over sin and death. He paid the price for the sins of the world on the cross. And on the third day- He rose up in victory over death so that we all may celebrate that same victory when we believe in Him. The resurrection is for all people. The resurrection wasn't only for the Jews, and it wasn't only for the gentiles- non-Jewish people- Jesus came for all people. He didn't come only for the people of Israel but the world! Easter makes us One; in faith and One in Christ.

The apostle Paul addressed this very thing in his letter to the Ephesians 2:14-16, "For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us. .

. He made peace between Jews and Gentiles by creating in himself one new people from the two groups. 16 Together as one body, Christ reconciled both groups to God by means of his death on the cross, and our hostility toward each other was put to death."

Paul spells it out pretty well. He wants all believers to focus on the main thing- Jesus Christ and his sacrifice for them. As followers of Jesus we are now united with Christ. We're not only one with other believers we are one with Jesus. We have been brought to Jesus through His blood that was shed on the cross. Jesus paid the price- Jesus took the weight of our sins on His back and took them to the cross. And because of His death and His resurrection we are clean in the eyes of God. We are pure, we are holy, and we are one with Christ. When we choose a relationship with Jesus His blood purifies us from all sin! And when God looks at us- He sees Jesus blood and cleansing- it's a done deal. Jesus only had to die for us one time- He was the perfect sacrifice- without any sin- and was the only one that was able to become our perfect sacrifice, once and for all time!

We, as in the people of God- Christians everywhere, have an invisible bond. And even though you can't physically see that bond- you can sense it anywhere you meet a group of believers. I love being around God's people, in the airports, in other churches, in long lines, in other countries- even though they may look different or even worship differently, we are a family! We are one. That was the plan- That was always a part of the plan of God for the people He created. He desired that each one would truly follow Jesus and become a part of His

family.

Jesus brought peace to us. Jesus united the Jews and Gentiles. Jesus united you and me, by breaking down the wall that separated us.

When Jesus died and rose again he broke down the wall that separated us from God and He broke down the wall that separated people from one another. Jesus created a new people- believers in Christ- new men and women believing and following Him. We are the church!!! We are united in Christ- Being One in Christ has benefits and responsibilities for each believer:

- Unity and harmony among brothers and sisters in the body of Christ. In Christ, we all have a seat at the table. No one is better or closer to God than the other. Does that mean we forget our unique differences and cultures? Absolutely not. But it does mean those differences have no power to separate us from God or each other if we live in the freedom of this truth.

- Embrace our differences, even celebrate them, as long as we love with the Love of God, which binds us all together in perfect harmony. Relational unity in the church is the best witness to the reality of Jesus Christ and God to the world.

- There is no room for Discrimination, prejudice, and racism in God's family! God made human beings— the entire human race—in His image and likeness

- Every form of condescension, partiality, and intolerance based on race, rank, and gender must be repented of and nailed to the cross because we are all one in Jesus Christ. Paul said, "In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave,

or free. Christ is all that matters, and he lives in all of us" (Colossians 3:11, NLT).

- Be united in passion, plan, and purpose. Christians are all redeemed by the same blood; we are all going to the same heaven; we have a shared aspiration, a shared enemy, and a shared hope and joy. When we get together, no matter where or how- our hearts will serve as one.

At the tomb on Resurrection morning- it was the women that received the message first- then it went to the disciples and then on Pentecost the message was proclaimed throughout Jerusalem. Jesus ended his earthly ministry with the mandate to the disciples- "go and make disciples of ALL the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."

All are welcome at the cross. All are welcome in the faith- ALL brings us together in Jesus. Easter makes us ONE!

EASTER AT SOUTH TROY



Good Friday April 18, 5-7pm

A time of prayer, reflection and communion

April 20: Easter Sunday

Easter Breakfast at 9:30 am

Easter Celebration Service 10:30am

~

South Troy Church

56187 Highway 63 Zumbro Falls, MN

Free will donations for breakfast: to the Zumbro Valley Food Shelf



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TRINITY LINCOLN LUTHERAN CHURCH

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

ST. PETER AND PAUL CATHOLIC CHURCH

222 1st Ave S., Mazeppa
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 Studying God's Word

Your word is a lamp for my feet, a light on my path.
— Psalm 119:105

Have you discovered the profound impact of studying God's Word? In my youth, I often underestimated its importance, seeing Bible study as merely a religious duty. But then came a time when I faced uncertainty and sought direction. And a wise mentor pointed me to Psalm 119:105, emphasizing that God's Word illuminates our path, guiding us through life's challenges and uncertainties.

Studying God's Word is not just about gaining knowledge; it's about encountering God himself. Through Scripture we discover God's character, his promises, and his will for our lives. God's Word provides wisdom for decision-making, comfort in times of distress, and hope for the future.

The Bible reveals God's redemptive plan and his unfailing love for humanity. It teaches us how to live according to his principles and align our lives with his purposes. As we explore Scripture with an open heart and mind, we invite the Holy Spirit to speak to us, transforming our thoughts and renewing our minds.

I am grateful for being able to study God's Word. It has deepened my faith, strengthened my relationship with Jesus, and equipped me to serve others with compassion and grace. Each passage has been a source of encouragement, correction, and inspiration in my walk with God.

May God's Word be a lamp to illuminate your path and a constant source of wisdom and strength.

Lord, may your Word guide and sustain us, leading us closer to you. In Jesus' name, 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

March Food Drive



South Troy Church



Hilltop Fellowship



St. Johns



Zumbro Community Church

PUZZLE EXCHANGE

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

Where: **Mazeppa Community Center**

When: **4-6: Puzzle exchange
6-8: Puzzle Night**

**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 Collen Hoff at celebraterecovery@southtroy@gmail.com or 507.255.1442
Visit southtroywesleyan.org for more information.

Mazeppa Historical Society Fundraiser

Donate Aluminum Cans to Support

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AREA
Historical Society
EST. 2010

Thank You!

**Drop-off bin at the Mazeppa Community Center parking lot.
THANK YOU for donating!**

The Power of Camp: Transforming a Child's Life



By Samuel Smith
Overnight and Marketing Director
at Camp Victory

Each summer, thousands of children embark on an adventure that changes their lives forever—camp. Away from screens, school pressures, and the daily routines of home, camp provides an environment where kids can grow, explore, and thrive in ways that are simply not possible anywhere else. Whether it's a weeklong overnight experience or a summer of day camp, the impact of camp on a child's development is profound and lasting.

Building Confidence and Independence

One of the most significant benefits of camping is the confidence it instills in children. At camp, kids are encouraged to try new things, from learning how to swim, tackling a ropes course or performing in front of their peers. These challenges push them outside of their comfort zones in a safe and supportive environment, leading to newfound self-assurance.

Independence is another invaluable skill developed at camp. Being away from home, even for a short period, teaches children how to manage responsibilities, make decisions, and take care of themselves. From organizing their belongings to navigating friendships and daily schedules, campers gain a sense of autonomy that fosters personal growth.

Developing Social Skills and Friendships

In an age where children's interactions occur online, camp offers a rare opportunity for face-to-face socialization. Without the distraction of digital devices, campers engage in genuine conversations, learn conflict resolution, and develop deep, meaningful friendships. The bonds formed at camp often last a lifetime, as children share experiences and overcome challenges together, creating a sense of community and belonging.

Camp also encourages teamwork and collaboration. Whether it's working together to build a shelter, paddle a canoe, or perform a skit, campers learn the importance of cooperation, communication, and empathy. These skills are invaluable, not only during childhood but throughout life.

Encouraging a Love for Nature and Adventure

Many children today have fewer opportunities to engage with nature. Camp reintroduces kids to the great outdoors, fostering an appreciation for the environment and a sense of adventure. From hiking and canoeing to stargazing and campfire storytelling, campers develop a connection to nature that is both refreshing and educational.

Outdoor play and adventure also contribute to physical well-being. Instead of being sedentary in front of screens, campers spend their days running, swimming, climbing, and exploring, promoting a healthy, active lifestyle. These experiences not only improve physical health but also enhance mental well-being by reducing stress and increasing happiness.

Cultivating Resilience and Critical Thinking Skills

At camp, children inevitably face challenges—whether it's homesickness, learning a new skill, or navigating social dynamics. These obstacles teach resilience, as campers learn how to cope with setbacks and push through difficulties. Instead of relying on parents or teachers to solve problems for them, campers develop critical thinking skills and a growth mindset, understanding that failure is a steppingstone to success.

By overcoming small struggles at camp, children build the confidence to tackle bigger challenges in life. This resilience serves them well in school, friendships, and future careers, helping them adapt to new situations

and persevere through hardships.

A Lasting Impact

The magic of camp extends far beyond the summer. The skills, friendships, and memories gained shape a child's future, instilling values of responsibility, perseverance, and kindness. Many former campers look back on their camp experiences as some of the best times of their lives that built character, inspired passion, and created a lifelong love for learning and adventure.

For parents wondering if camp is the right choice for their child, the answer is a resounding yes. Camp is more than just fun and games; it is a powerful, transformative experience that equips children with the tools they need to succeed in life. Whether they return year after year or only experience it once, the impact of camp is undeniable and everlasting.

So, as summer approaches, consider giving your child the gift of camp. It's an investment in their happiness, growth, and future gift that truly lasts a lifetime.

MAHS to Host Spring Supper April 24

(continued from page 1)

FREE WILL DONATION - THURSDAY, APRIL 24TH, 5-7 at the Mazeppa Community Center.

COME HUNGRY - LEAVE HAPPY. THANKS FOR THE SUPPORT!

Camp Victory

ZUMBRO FALLS, MN

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Art Exhibit at Riverview Apartments

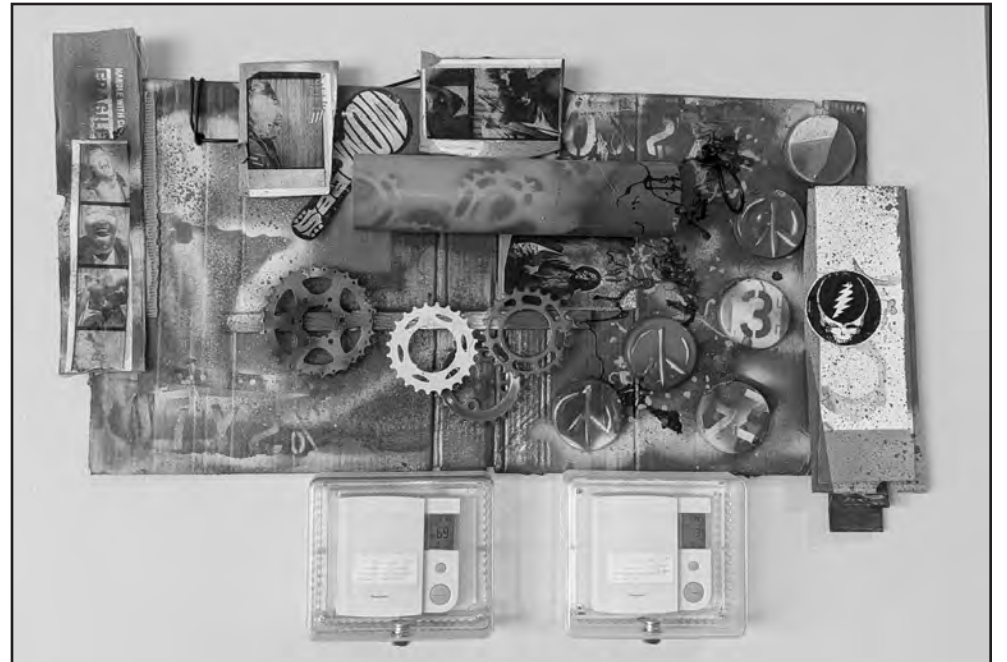
(continued from page 1)

Scott likes to use the American flag in his creations in honor of his uncle Carl Bussler, who was a Viet Nam veteran and has since passed away. Carl was Scott's godfather and he thanks him for his service in defending this country and giving Scott the privilege to freely pursue what he wishes to do.

Much of his work is done during the late-night quiet hours when he is inspired by the solitude and beauty of the country side around him. He finds Mazeppa to be a peaceful place to live and be creative in his ventures. He draws ideas from his childhood and past life in the good and bad things he has endured. Each piece is unique, earthy and raw and tells a story, which he brings out on the canvas.



He has displayed his artwork at the Rochester Art Center and the Kinney Creek Brewery in Rochester. If you are interested in viewing his display you may contact him at 507-319-0784 for a showing.



A Minnesotan: Eggs



By RosaLin Alcoser

Back in my day, eggs were so cheap we could dye them without eating them; or throw them at people's houses. Along with similar phrases are all things that I have recently said while being mad about the price of eggs while at the store. While I never threw an egg at anyone's house in my youth, I have dyed my fair share of eggs.

I have many fond memories of watching the little dye tablets dissolve in the vinegar. Taking a little clear wax crayon to draw designs on some of my eggs before dipping them into the colors. Sometimes carefully dipping one end of the egg into one color, before carefully turning it on my wire to dip it into a different color. Just to

make a two toned egg.

Not that it always worked the way I meant it to. Since I also remember many times when the egg would fall off the wire and into the second color. Which did still make a two toned egg, just never in the way that I had meant it to.

The Easter when I was seven years-old is still the most amount of Easter eggs that I've ever seen; outside of large scale egg hunts of course. It was 2003 and eggs were just a little over one dollar that year.

My mother got us three dozen eggs to dye. Then two of her friends also bought and dyed a combined four more dozen. None of which was done in a coordinated attempt. It was the year of seven dozen Easter eggs.

I was in childhood heaven. We had so many eggs to find that year. It was also the only year, in my memory, that my older sister did not insite that the eggs had to be hidden three and four more times. Mostly because that was also the year that my mom's friend's then 25 year-old son hid them without remembering where he hid them. Nor thinking about where a 12 and seven year-old were not allowed to go on the property and without any regard for how hard he hid them.

Making the year of seven dozen eggs also the year that we did not find all of the eggs on Easter. Which meant that year we were still finding them until after the Fourth of July.



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Mazeppa-Zumbro Falls
Messenger



Dangers of Popular Weight Loss Medications



By Shauna Burshem, D.C.

The recent popularity of weight loss medications like Ozempic and Wegovy, originally developed as treatments for diabetes, has sparked both intrigue and concern. These drugs, which belong to a group of medications called GLP-1 receptor agonists, have been hailed by some as quick fixes for weight loss, despite providing modest results. Their rise to global fame has even led to shortages, leaving diabetics without access to essential medications. But beyond their limited weight-loss benefits lies a troubling narrative of side effects, risks, and misplaced dependency.

Using these drugs comes with a range of unpleasant and serious health risks. While research has shown that GLP-1 receptor agonists can reduce conditions such as seizures and substance addiction, they simultaneously increase the risk for 19 other health issues. These include gastrointestinal disorders, fainting, kidney problems, thyroid cancer, and acute pancreatitis. Common and immediate side effects like nausea, diarrhea, vomiting, and abdominal pain further make their use a challenging trade-off for users. The question arises—are the risks truly worth the rewards?

Many are quick to buy into the “magic pill” mentality, which promises effortless weight loss, but what we’re seeing is a cycle fed by two powerful industries. Pharmaceutical giants such as Novo Nordisk, Ozempic’s man-

ufacturer, raked in \$40.6 billion in revenue, capitalizing on a society heavily reliant on ultra-processed food and quick-fix solutions. This cycle perpetuates unhealthy habits, rather than encouraging individuals to address the root causes of their weight issues. A truly sustainable and health-focused solution lies not in bypassing the hard work but in shifting focus to the basics—improving diet, avoiding harmful oils, and nurturing gut and mitochondrial health.

Weight loss is a complicated, personal, and emotional challenge for many people. It’s tempting to take the easier route when promised shortcuts like these, but the risks associated with weight loss drugs raise an important question about priorities. Supporting overall health through conscious, informed choices might take more time and patience, but the rewards extend far beyond the number on a scale—they’re a commitment to your long-term well-being. If you’re struggling, remember that real, lasting health comes from focusing on the bigger picture, not quick fixes.

The Anti-Aging Vitamin You Most Likely Do Not Know About: If you’ve never given Vitamin K2 much thought, don’t worry—you’re in good company. To be honest, I overlooked it myself for years. But once I discovered its amazing health benefits, especially for the heart and bones, I knew I had to share it with others. This unsung nutritional hero plays a critical role in keeping your body running smoothly, working behind the scenes in ways we often take for granted.

One of the most impressive things about Vitamin K2 is how it protects your heart. It acts as a kind of traffic controller for calcium, guiding it into your bones where it belongs, instead of letting it build up in your arteries. Left unchecked, this calcium build-up, known as vascular calcification, can lead to stiff arteries and even an increased risk of heart disease. But Vitamin K2 steps in to keep things in balance. And the science backs this up—studies show that higher levels of Vitamin K2 are linked to significantly lower risks of peripheral artery disease, Type 2 diabetes, and high blood pressure. Those numbers don’t lie, and honestly, it makes you stop and think about just how powerful this little nutrient is.

Beyond the heart, Vitamin K2 is a champion for your bones. It activates proteins that

bind calcium to your bones, helping keep them strong and resilient. If you’re like me and occasionally wince when someone takes a spill, thinking about how fragile bones can be, you’ll appreciate how Vitamin K2 works to stave off fractures and conditions like osteoporosis. It’s like giving your bones a protective layer of strength to better handle whatever life throws at them.

And here’s where the dynamic duo of Vitamin D3 and Vitamin K2 truly shines. While Vitamin D3 makes sure your body absorbs all that calcium goodness, Vitamin K2 steps in to play traffic controller, directing the calcium to where it really belongs—your bones and teeth. Without Vitamin K2, that calcium could end up lingering in places it shouldn’t, like your arteries or other soft tissues, which can lead to some pretty serious issues down the line. This perfect partnership not only strengthens your bones but also lends a helping hand to keeping your heart in tip-top shape. It’s amazing how much a little coordination can do for our overall health.

Adding Vitamin K2 to your life doesn’t have to be complicated. You can find it in foods like aged cheeses, fermented dishes like natto, egg yolks, and grass-fed dairy or beef. These are such simple, delicious ways to fuel your body with something it really needs. Ever since I started paying closer attention to Vitamin K2, I’ve felt a sense of assurance knowing I’m doing something proactive for my heart and bones. It doesn’t have to be a grand overhaul—just small, mindful choices can add up to a big difference over time. Your body will absolutely thank you.

Chiropractic Care and Exercise / Workout Performance: If you’re an athlete or fitness enthusiast engaged in activities like bodybuilding, CrossFit, or powerlifting, you already understand how demanding these exercises are on your body. The strain from intense workouts, heavy lifts, and perfecting your technique places significant pressure on your muscles and joints. Chiropractic care could be the game-changer you didn’t know you needed, optimizing your performance and aiding your recovery in ways you never imagined.

Chiropractic care focuses on spinal health and its impact on your overall performance and well-being. Your spine serves as the foundation for all physical activities, and proper alignment ensures you can handle the

demands of heavy lifting and high-intensity workouts. Chiropractors address specific biomechanical issues, helping you move better, recover faster, and avoid injuries. By improving your posture, alignment, and mobility, chiropractic care sets you up for success in achieving your fitness goals.

The benefits of regular chiropractic care for active individuals are vast. It can enhance performance by correcting imbalances, improving mobility, and engaging muscles properly for more powerful lifts. Additionally, chiropractic adjustments play a crucial role in preventing injuries by ensuring that your joints, muscles, and ligaments work together effectively. Athletes often find their recovery time is reduced as adjustments stimulate blood flow and decrease inflammation, helping you bounce back quickly from challenging gym sessions. On top of that, it provides a non-invasive solution for managing pain, addressing its root causes rather than masking it with medication.

If you’re passionate about your workouts and want to optimize every aspect of your training, chiropractic care could be an essential addition to your fitness routine. From improving posture and unlocking the potential for gains to enabling pain-free movement and faster recovery, the advantages are substantial. Whether you’re crushing personal records in powerlifting, perfecting poses in bodybuilding, or pushing yourself to the limit in CrossFit, chiropractic care can help you stay on top of your game and continue reaching new levels of performance. Don’t wait for an injury—take proactive steps to support your body and elevate your training.

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



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Osteoporosis



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

You and I are very dependent on our bones to hold us up and to keep us going. Your muscles are important too, but those muscles are only helpful if they have a bone that they can move. We can take our bones for granted. The bones have held you up for decades, so why should you be concerned? Osteoporosis is a weakening of the bones from the inside out. In the same way that you might think about termites in the framework of the house, your bone framework could be slowly “eaten” way and you don’t even know it.

Bone is made of protein fibers called collagen which are coated with mineral deposits of calcium, magnesium, boron, strontium, and other trace minerals. These protein fibers and mineral deposits will change and adapt to the stress and work that you go through each working day. The more stress and work that

you put on the bones, the more the bones will reshape and strengthen to be able to handle the stress being applied. Your bones are constantly being remodeled. Just as a building contractor can go through a house and remodel the structure by taking down some walls and building up other walls, your bones are constantly being remodeled to adapt to your living conditions. This constant remodeling of bone means that you have an entirely different bone about every seven years.

This remodeling is not easy work. There are specific cells (osteoclasts) that break down old bone material and other cells (osteoblasts) that put on the new bone material. So if the bones are constantly being remodeled then why does Osteoporosis happen? Great question.

Osteoporosis happens when the cells that break down bone material are doing more work than the bones that build up bone material. When everything is working in balance, the old bone material is being recycled as fast as the new bone material is being built in. But there are conditions that can increase break down of bone and slow down the build up of new bone material. Here are some lifestyle practices that contribute to a decrease in new bone material:

Acidosis – a condition of eating foods that promote an acid reaction in the body without eating foods that cancel the acid reaction. If you have ever taken TUMS or Roloids for heartburn you are familiar with using this calcium tablet to reduce the acid in the stomach. Some of the foods we eat produce an acid reaction and your body will call on the

calcium reserves in the bone to help neutralize the acid reaction. Soda pop, white sugar, bread, beef, chicken, and hard cheeses are examples of foods that create an acid reaction. Some of these are healthy sources of nutrients, but we need to balance these foods with other foods that will neutralize the acid. Spinach, cucumbers, green beans, carrots, lettuce, green tea, and avocados are examples of foods that will neutralize the acid reaction. In other words, every plate at mealtime should have some vegetables to help balance the digestion so your body does not need to take more calcium from the bones.

Vegetable Oils – Corn oil and soybean oil are very high in omega 6 fatty acids. While your body does need some Omega 6, Americans tend to get five times as much as they need. Most of this excess comes from deep fried foods, chips, and commercial salad dressings. Make an intentional shift to extra virgin olive oil, flaxseed oil, butter, and coconut oil to reduce your intake of Omega 6 fatty acids.

Vitamin D deficiency – Vitamin D is an essential nutrient that stimulates the body to absorb more calcium. Living in the northern states, obtaining Vitamin D through sun tanning is not an option. To check for a deficiency, you can ask for a simple blood test to evaluate how much Vitamin D your body has. For building bone tissue, the recommendation is a measure of 60 – 80 ng / ml of Vitamin D. This level of Vitamin D will help to ensure your body is absorbing the calcium you are getting in your food.

Vitamin K2 deficiency – Vitamin K2 is an

important nutrient that activates the transport of calcium to the bone tissue. Frequently, someone may start taking a calcium supplement for their bones but the calcium will not get to their bones if Vitamin K2 is not present. Calcification of arteries and muscle tissue can happen when calcium is not delivered to the bone. You can find Vitamin D and K2 together in some supplements.

For more information on preventing or reversing Osteoporosis, you can check out the book, “Healthy Bones, Healthy You” by Lara Pizzorno. This book is a great resource to address the causes and remedies for osteopenia and osteoporosis.

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 establish a food plan that will strengthen your bones and increase your energy allowing you to realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

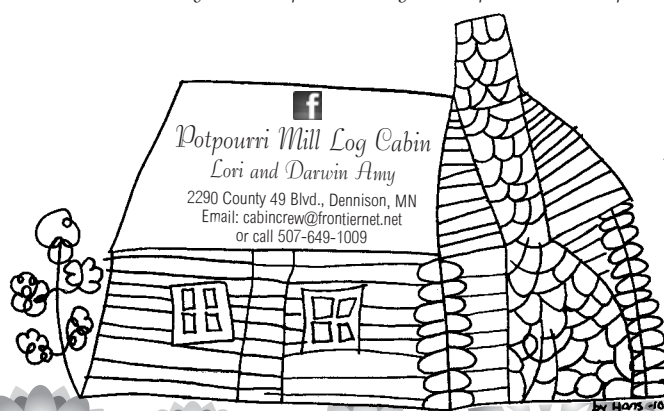
**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

Garden Thyme Craft Show

Saturday and Sunday, April 12-13

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

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Email: kalassagency@kalassagency.com

Z-M Elementary Students Celebrate St. Patrick's Day



Our Kindergarteners put their creativity to the test, building and bringing in their best leprechaun traps. While those sneaky leprechauns managed to escape, the smiles and laughter filled the classrooms! The fun of the morning had our students energized and ready for a fantastic day of learning! *Courtesy of Z-M School*



Car Seat Safety



Thank you Officer Clemenson, from ZPD, for teaching the Child Development class all about car seat safety! Thanks for helping them learn how to install all types of seats. Also, thank you to our friends at Bright Beginnings for giving our high schoolers hands on experience seeing what properly sized and improperly sized car seats look like.

Courtesy of Z-M School

March Students of the Month



Congratulations to our March Students of the Month at the Elementary School. We recognized these students at an assembly. Keep up the great work!

Courtesy of Z-M School

Steam Machine Performs at Z-M Elementary School

Our Elementary students were able to listen to Steam Machine, an ensemble that plays old-time and bluegrass music. This concert was arranged through ClassNotes, which provides free concerts to teachers. Thank you to this organization and Mrs. O'Connor for setting this up.

Courtesy of Z-M School



Chandler to Play Volleyball at U of M



Ella Chandler has committed to play Volleyball at University of Minnesota - Duluth next year. Congrats Ella! Courtesy of Z-M School

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Father's Day June 15
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CANNON FALLS, MN 55009
612-578-8977 owner Adam Rueger
DRIVERS ED CLASSROOM 30 HOURS

Classroom Location:
Zumbrota Mazeppa Middle/High School - Student Center Room # 149
Session 1: June 2nd – 13th Monday – Friday 1:00-4:00PM
Session 2: August 11th – 22nd Monday – Friday 12:30-3:30PM
(please circle session you wish to attend)
There are 10 classes in each session - you MUST attend all classes.

You must register through Cannon River Driving School

First _____ Middle _____ Last _____
Address _____ City _____ Zip _____
Date of birth _____ Age _____ Home Phone _____
Parents Name _____ Parents e-mail _____
Classroom Fee \$125 CK# _____ B-T-W Fee \$270 CK# _____ Both \$395 CK# _____
The behind-the-wheel fee will be \$270 if paid in full at the first lesson or \$95 per lesson for three lessons (\$285)
Payment is made to Cannon River Driving School.

1. For the above stated fees Cannon River Driving School agrees to provide 30 hrs. of classroom training and 6 hrs. of B-T-W for operation of a motor vehicle in the state of Minnesota.
2. If the student or program cannot complete any or part of the program their fee will be refunded for the portion they did not complete.
3. One other passenger may ride along on the B-T-W if pre-approved by instructor.
4. There is a \$40 cancellation fee if less than 24 hour notice is given for B-T-W appointments.
5. This agreement/contract constitutes an agreement/contract between the program and the student parent, and no verbal statements or promises will be recognized.

WE AGREE TO THE FOLLOWING TERMS AND CONDITIONS DESCRIBED ABOVE

Student Signature _____ Date _____
Parent Signature _____ Date _____
Authorized Program Official _____ Date _____
Return completed form with check payable to CRDS and mail to 35929 53 Ave, Cannon Falls, MN 55009

For office use only:
1st b-t-w paid _____ 2nd b-t-w paid _____ 3rd b-t-w paid _____
date _____ date _____ date _____
Identifier # _____ Classroom completion date _____

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**Saturday, April 26 - 12-7pm
& Sunday, April 27 - 12-3 pm**
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**FREE Christian Concert by
Presence Music Band**
Saturday, April 26, 3 pm!

Bring your family and a camp chair and enjoy!

Early Childhood Family Expo

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- MAZEPPA-ZUMBRO FALLS MESSENGER -

April 2, 2025





Join Us for Our Special Easter Brunch Menu

Sunday, April 20th
Serving 9:00a.m.-3:00p.m.
(Last seating 3:00p.m. - Bar open later)

Reservations Strongly Suggested
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Early Childhood Family Expo

April 2, 2025

- MAZEPPA-ZUMBRO FALLS MESSENGER -

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(additional pictures at www.mazeppamn.com and www.zumbrofallsmn.com)



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2nd graders creating circuits! The students really enjoyed exploring how things work using these circuit kits. They used problem-solving skills, creativity, and worked together as a team to complete each activity. *Courtesy of Zumbrota-Mazeppa School*

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July 11**



**Saturday,
July 12**

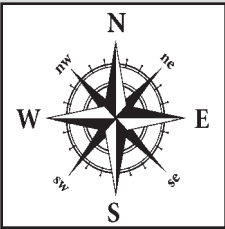


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Changes in Latitudes,
Changes in Attitudes

Hillbilly
Dinner Show



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 has all the social events of any big city, even in the backwoods. They may be a little crude but they still exist. Big Sandy is one of those places on the banks of the Kentucky Lake. It is a little rough around the edges but they do have a Barbeque place we like to visit. Kid Rock and Hank Williams Jr. like to eat there as well when they are in the area, so I guess that could tell you something . This Barbeque Shack is just that. A small cook shack with a large carport attached to keep off the rain or sun, and depending on the

day it might be both. The smoker is right beside the carport so the aroma of brisket and barbeque is quite delicious.

One of their specialties is a huge baked potato smothered in cheese and barbequed pork. It is a favorite of ours and quite a meal all by itself. We decided late one afternoon to make a run down there and enjoy the meal. We didn't know we would be treated to an impromptu side show with our meal.

When we pulled up, we were the only ones there, but seconds after we arrived a woman walked around the side of the cook shack. The Barbeque stand is right beside the local VFW and the owner frequents the bar there so if you show up and no one is cooking, they will soon appear.

It turned out that they were not open, but the woman worked there and had just stopped by to get something for herself. She offered to open up and serve us. She knew we were friends with the owner, but I think she would have done the same for anyone. She said it would just take 15 minutes to heat up the food and we would get our meal. That was where the evening took quite a turn.

She kept saying how this had been just a terrible day, the worst ever, and she was also exhibiting signs of some level of intoxication. As she was cooking, a guy who was her boyfriend, showed up and she asked him if she could make him a burger. He stormed off. We soon learned his role in the story. After she served our food, she sat down and regaled us with the day's events.

It seems she had driven her boyfriend up to the casino in Kentucky, early that morning. She dropped him off at the door and went to



park. She drove into the employee parking lot and promptly ran out of gas. She went looking for gas, while the casino security went looking for the person who parked in the restricted area. Her boyfriend came looking for her when he had burned through his gambling funds. She tried begging fuel off everyone she met, to no avail. With security threatening them for parking in an off-limits zone, they finally got some gas from a guy mowing the grounds.

Off they went for home with him mad and her in tears. Along the way she turned into a Tennessee Watershed restricted area, by her account to show the boyfriend some construction site along the river. She didn't see the NO TRESPASSING signs. Along comes the TWA officer and threatens to arrest them

for entering a restricted area. Sure enough, when she tries to start the car, it was out of gas again. Lesson Two is don't gamble away your gas money.

So, the guy heads out hiking looking for gas again while she takes her dog down under the bridge. At that point she learned that her next mistake was going into a restricted area after just being warned prior to not trespass again. The boyfriend finally procured another can of fuel and they arrived back at Big Sandy. This one-person play ended with another day shot and one player mad and the other in tears. As we sat for half an hour listening to the sad tale, I couldn't help thinking that less alcohol and more common sense would have been very beneficial to these two actors. But the burgers and the hot potato salad were pretty good.

Historical Happenings

Compiled by
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas
FRIDAY, APRIL 27, 1956

Obituaries
MRS. THEODORE PONCELET

Mrs. Theodore Poncelet of Bellechester died at Zumbrota Community hospital Tuesday evening.

She was born Aug. 24, 1898 the daughter of Mr. and Mrs. Nick J. Yungers. She lived in the Bellechester area her entire life, and attended school at St. Mary's Bellechester. She was married to Theo. Poncelet at St. Mary's church Sept. 9, 1924.

Mrs. Poncelet is survived by her husband; one daughter, Mrs. Donald (Donna) Knudsen of Minneapolis; three sons, Paul, Milton and Raymond, all at home; one sister, Mrs. Hubert Schmidt of Bordulac, N.D.; three brothers, John of Goodhue, Wm. of Sauk Centre, and Joseph of Red Wing, and two grandchildren.

Interment will be at St. Mary's, Bellechester. Ferrins Funeral Home, Red Wing.

SYLVESTER L. CHRISTNACH

Services for Sylvester L. Christnach, 59, will be held at 9 a.m. at Church off the Incarnation with burial in Fort Snelling cemetery.

Mr. Christnach was a native of Mazeppa leaving here after the First World War. He was the son of Mr. and Mrs. Peter Christnach.

Mr. Christnach was a supervision in the check collection department of the Federal Reserve bank in Minneapolis, where he was employed for 35 years.

Survivors include his wife, Clara; a son, John of Minneapolis and a sister, Mrs. Nicholas Heber of Red Wing, Lloyd Oelkers of Mazeppa is a nephew.

LINCOLN SHELTON

Relatives here received word of the death of Lincoln Sheldon of Old Wives, Sask., on April 13. He suffered a stroke April 12, and never regained consciousness.

Funeral services were held Tuesday, April 17, in Moose Jaw and interment was in the family lot. Had he lived until May 11, he would have been 70 years of age.

He is survived by his mother, two daughters, a brother Claire and two sisters, Mrs. Mayme Fries and Mrs. Carrie Hetherington.

How True, Dep't. Calendar of the Week

I can't think of anything except the opening of the trout season, Saturday. I've never had the patience or knowhow for trout fishing, but this spring I'm just willing to sit on the bank and rest, and to heck with the fish.

(Bet, that's just the time I'd catch one, too.)

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.

Record Attendance As Kindergarten Opens



The biggest enrollment on record was racked up for Mazeppa's two kindergarten classes Monday morning. There are 26 in Mrs. V.C. Sand's first-year class and 28 in Mrs. Frank Almeter's second year group.

Standing with their teachers at the opening class Monday are Diane Willers daughter of Mr. and Mrs. Arnold Willers; Brad Tri, son of Mr. and Mrs. W.F. Tri; Maynard and Martha Flormoe, Children of Mr. and Mrs. Oscar Flormoe. The teachers in the back row are Mrs. Frank Almeter and Mrs. V.C. Sand.

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FINALLY FRIDAY - All You Can Eat Fish Dinner

SATURDAY - Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: My vehicle was recently involved with a crash with another vehicle. I had car seat inside but no child was present at the time of the crash. I am wondering if the car seat would still need to be replaced. My auto insurance company didn't want to replace it. Is there some state statute on this?

Answer: I did some checking with a Child Passenger Safety Technician and was advised there is no specific statute regarding car seat replacement after a crash from a state perspective. However, if the car seat manufacturer recommends replacement after a crash, that guidance should be followed. The insurance company may request documentation from the car seat manufacturer to support the claim. The replacement recommendation is not contingent on whether the child was in the seat at the time of the crash.

Child passenger safety technicians are trained to tell parents that if a car seat or booster seat has been in a crash, replacement is dependent on the severity of the crash, as well as the car seat or booster seat manufacturer's guidelines for the seats.

Some manufacturers require replacement after a crash of any severity. After a minor crash, replacement recommendations vary by car seat manufacturer. Car seats and booster seats always need to be replaced after a moderate or severe crash. Caregivers should contact the car seat or booster seat manufacturer with any questions about if the seat should be replaced after a crash.

The National Highway Traffic Safety Administration (NHTSA) has established the following criteria for assessing minor crash severity:

<https://www.nhtsa.gov/car-seats-and->

booster-seats/car-seat-use-after-crash
What defines a minor crash?

A minor crash is one in which ALL of the following apply:

- The vehicle was able to be driven away from the crash site.
 - The vehicle door nearest the car seat was not damaged.
 - None of the passengers in the vehicle sustained any injuries in the crash.
 - If the vehicle has air bags, the air bags did not deploy during the crash; and
 - There is no visible damage to the car seat.
- NEVER use a car seat that has been involved in a moderate to severe crash. Always follow manufacturer's instructions.

Question: I am in the process of restoring a classic car. I have a question regarding windshield wipers. Do I have to install them on my ride? I am concerned they will take away from the aesthetics. Everything from how they look on the windshield to the motor under the hood that operates them. I thought I would check with you.

Answer: Yes, you must have working windshield wipers on your vehicle. Minnesota law says the windshield on every motor vehicle shall be equipped with a device for cleaning rain, snow or other moisture from the windshield. The device shall be so constructed as to be controlled or operated by the driver of the vehicle.

Speaking of windshield wipers, a reminder that anytime your visibility is reduced due to rain, snow, sleet, hail, smoke, fog or other conditions that your headlights and taillights must be on.

=Question: I have a new driver in the house. We were having some discussion on where a person needs to stop when coming to a stop sign and other situations. Can you please write about that? Thanks!

Answer: Congratulation on the new driver. Here is what a person needs to know when it comes to stopping your vehicle.

Stop Signs:

- Come to a complete stop at stop signs.
- If there is a marked stop line, stop before the line.
- If there is a pedestrian crosswalk, stop before entering the crosswalk.
- Yield the right-of-way to pedestrians, bicyclists, and traffic before proceeding.

Obstructed View:

- If your view of the intersection is ob-

structed, be prepared to stop again for traffic or pedestrians in your path.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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



TOO MANY DRIVERS DISTRACTED BY OLD HABITS, SEND A DANGEROUS MESSAGE

Drive Smart: Extra Distracted Driving Enforcement on Minnesota Roads April 1-30

Wabasha County, Minn. — Distracted driving takes away hopes, dreams and lives across Minnesota and can leave people with serious injuries that tragically affect their day-to-day living.

With distracted driving still claiming lives and causing life-changing injuries in our state, we all need a reminder about the dangers of not paying attention behind the wheel. That's why Minnesota law enforcement agencies and traffic safety partners across the state will be participating in a month-long distracted driving extra enforcement and awareness campaign starting April 1.

All Wabasha County Law Enforcement will take part in extra enforcement that runs through April 30 and is coordinated by the Minnesota Department of Public Safety Office of Traffic Safety (OTS). No one intends to seriously injure or kill someone by driving distracted. But good intentions don't prevent crashes — smart choices do!

One of the most persistent driving myths is thinking we can multitask behind the wheel. Distractions of any kind are potentially deadly. There's visual distraction like looking away from the road. There's physical distraction like taking your hands off the wheel to do something else. There's cognitive distraction like being lost in thought. And there's the combination of all of these like texting while driving.

Distracted driving contributes to an average of 29 deaths and 146 serious, life-changing injuries a year on the road (2019-2023).

Distracted Driving is Dangerous Driving

- Almost 30,000 crashes were distracted driving-related from 2019-2023 (preliminary), contributing to one in 11 crashes in Minnesota.
- In 2023, distracted driving contributed to 136 serious injuries and 33 deaths (preliminary).
- Distracted driving contributes to 9 percent of crashes in Minnesota.

Distracted Driving	2019	2020	2021	2022	2023	Total
Fatalities	34	32	27	22	33	148
Serious Injuries	153	161	154	126	136	730

Hands-Free is the Law

The hands-free cell phone use law means drivers can't hold their phone in their hand. Accessing or posting on social media, streaming videos, checking that box score or Googling information on a device while driving are against the law in Minnesota, even in hands-free mode.

Distracted Driving Consequences

- Hands-free cell phone law: The law allows a driver to use their cell phone to make calls, text, listen to music or podcasts and get directions, but only by voice commands or single-touch activation without holding the phone. Remember, hands-free is not necessarily distraction-free.

- \$100 or more including court fees for a first offense.
- \$300 or more including court fees for a second and/or subsequent offense.
- If you injure or kill someone while violating the hands-free law, you can face a felony charge of criminal vehicular operation or homicide.

Drive Smart and Join Minnesotans Driving Distracted-Free

- Cell phones — Park the phone by putting it down, activating the "Do Not Disturb" feature, silencing notifications, turning it off, placing it out of reach or going hands-free.
- Music and other controls — Pre-program radio stations and arrange music in an easy-to-access spot. Adjust mirrors and ventilation before traveling.
- Navigation — Map out the destination and enter the GPS route in advance.
- Eating and drinking — Avoid messy foods and secure drinks.
- Children — Teach children the importance of good behavior in a vehicle and model proper driving behavior.
- Passengers — Speak up to stop drivers from distracted driving behavior and offer to help with anything that takes the driver's attention off the road.

Visit HandsFreeMN.org and DriveSmartMN.org for more information.



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Zumbro Falls Area



Regular Meeting of the Mazeppa City Council Meeting Minutes Wednesday, March 12, 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, Steve Liffri, and Erica Young.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Wabasha County Sheriff Chief Deputy Jim Warren, Municipal Liquor Store Manager Todd Ihrke, Public Works Director Scott Ellingson, Heidi Davis, Lisa Davis, and City Administrator Clerk Karl Nahrgang.

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

Motion by Young, second by Liffri to ap-

prove the agenda and addendum. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve February 12, 2025, regular Council meeting minutes. All in favor, none opposed. Carried.

Wabasha County Sheriff Chief Deputy Jim Warren gave the monthly Incident Command Report. He also reported that the Sheriff's Department has hired more full time and part-time staff. Council asked Chief Deputy Warren to be sure patrol deputies are aware that youngsters have been riding motorized minibikes on the streets after dark.

Public Works Director Scott Ellingson gave the Public Works report.

Administrator Clerk Karl Nahrgang read the Dire Department Report.

Municipal Liquor Store Manager Todd Ihrke gave the Municipal Liquor Store Report.

(continued on page 17)

Growing Minnesota Bureacracy



**Rep. Pam
Altendorf (R)
District: 20A**

Many people don't care about politics very much and I certainly understand why. You have two sides saying two completely different things. Leaving people who seek truth, to wonder who actually to believe?

For this week's column, I want to discuss the Paid

Family Leave Program (PFLP), which I easily receive the most correspondence and concerns about from my local constituents.

This new tax program was passed by the democrat trifecta last session and is currently scheduled to begin January 2026. It guarantees Minnesota workers can take 12 weeks of paid family leave as well as 12 weeks of paid medical leave per year. It is paid for through a nearly 1% payroll tax, which is split between workers and employers. (To be noted – this cost has already increased by 25% from what was first predicted.)

No one is exempt. School districts, farmers, small business owners, local city and county governments will all pay. Every employer who has even one paid employee or more will be mandated to participate with no exceptions.

I certainly agree with the concept of offering time off and allowing families to care for their loved ones, but I also believe that it is our duty to legislate good governance in rolling this out in a responsible way in which we are not increasing financial stress and burdens on our employers.

Nearly every day I receive an email or phone call of deep concern of this looming program. In recent years, many employers have been struggling with workforce shortages, significant inflation, property taxes, energy and insurance increases. These factors weigh heavily into why I believe the program

must be delayed until we can ensure that it is fully prepared for success and not cripple our workforce.

Let's look a little closer at how the State of Minnesota has performed recently on another new agency. Keep in mind, we recently funded the brand new Office of Cannabis Management (OCM) with its 150 new employees, and it has been a disaster. Since its inception in 2023, OCM is now on its third director. Many cities are struggling with little to no direction and have no idea how to deal with it.

In comparison, would it be shocking for you to learn that this new PFLP is slated to hire over 400 new full-time employees? Here in southern Minnesota, we have small towns with a lower population than what PFLP is looking to expand within the Minnesota state bureaucracy.

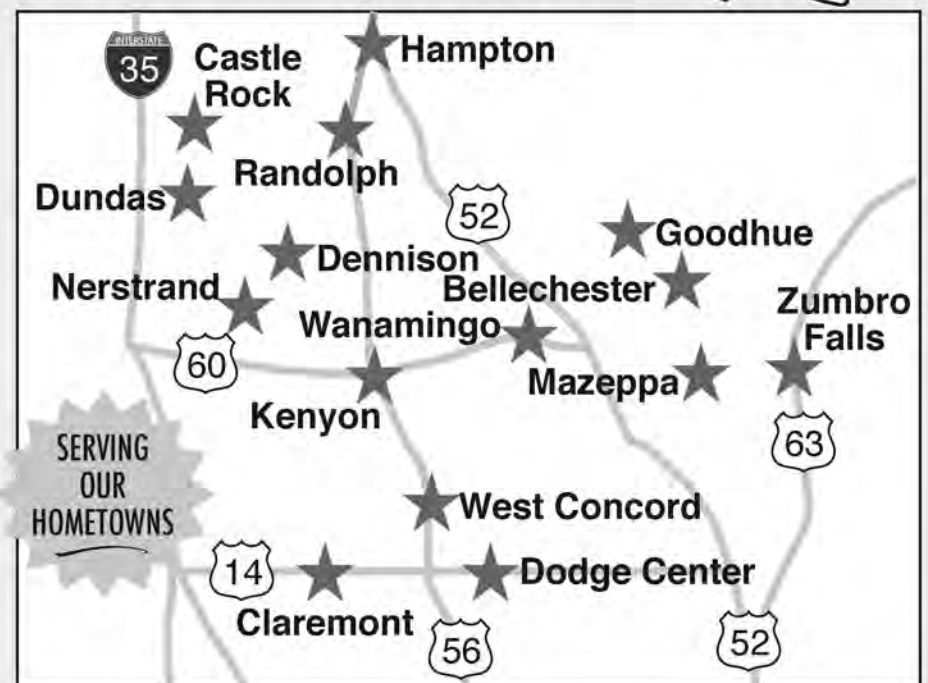
Call me conservative, but I don't believe that growing government and creating more bureaucratic jobs is a productive strategy to a strong, long-term economy.

I am talking to the local school districts who are already struggling financially from all of the unfunded school mandates which were passed in the last two years. They tell me that not only are they looking at cutting teachers if PFLP is implemented in 2026, but as an added insult, many school districts will be forced to hire more "office help" just to implement this program.

So citizens of my district, I ask you, do you want to grow bureaucracy or keep teachers? Do you want to create another new tax, and a new agency, or allow employers the opportunity to grow and thrive in Minnesota?

Republicans in the Minnesota House are trying to delay implementation of the Minnesota Paid Leave Law by one year, moving it from January 1, 2026, to January 1, 2027. The track record of the Walz administration clearly shows we are not ready for more expansion of our already inflated and flailing state government.

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Mazeppa City Council Meeting

(continued from page 16)

Motion by Young, second by Liffri to accept the resignation of Melissa Kuehl-Befort from the Mazeppa Municipal Liquor Store. All in favor, none opposed. Carried.

City Engineer Matt Mohs gave an engineering update.

Motion by Young, second by Liffri to accept the resignation of Melissa Kuehl-Befort from the Mazeppa Municipal Liquor Store. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to hold a special meeting of the Mazeppa City Council on Tuesday, March 18, 2025, at 6:00 PM to accept a bid for the 3rd Ave. NE and Cherry St. road and utility project. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve WWTP pay application #4 of \$229,429.99. All in favor, none opposed. Carried.

City Administrator Karl Nahrgang gave the City Hall activity report.

Motion by Young, second by Wiebusch to approve moving forward with BMS Pay to update utility billing and add pay features. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve building permits: 25-18-0004, 417 3rd Ave SE – furnace. 25-18-0005, 264 3rd Ave. NE – Furnace/AC. All in favor, none opposed. Carried.

Motion by Young, second by Liffri to set Cleanup Day for April 26, 2025, from 09:00 AM to 11:00 AM. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve Resolution 2025-06 approving Liquor License renewals pending payment and proof of insurance. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve “Open Book” Board of Appeal and Equalization to be done by the Wabasha County Assessors Office from April 10, 2025, through May 16, 2025. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve Resolution 2025-07 adopting the Wabasha County Hazard Mitigation Plan. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve pay increase for Municipal Liquor Store staff to \$12.00/hour with a

\$10.00/training wage. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve Resolution 2025-08 Accepting a donation for \$42,000.00 from the Mazeppa Lions Club for improvements on the buildings at Lion’s Park. All in favor, none opposed. Carried.

The Council thanks the Lion’s Club for its generous donation to this project.

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

Motion by Hammes, second by Wiebusch to close the regular meeting in accordance with Minnesota Statute 13D.05 Subd. 3(c) Purchase or Sale of Real Property – Consider offer or sell and interest in real property -4th Avenue NE as it traverses PID 23.00249.00 located at 534 4th Ave. NE, Mazeppa, MN. All in favor, none opposed. Carried.

Meeting was closed at 7:12 PM.

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

Meeting re-opened at 8:02 PM.

Motion by Young, second by Wiebusch to direct City Attorney Lamprecht to confirm that the attorney of record in the 4th Avenue NE matter is no longer representing MB Sveen Properties and to clarify language regarding “last offer on the table”. All in favor, none opposed. Carried.

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

Meeting recessed at 8:13 PM.

Administrator Clerk

Next meeting: Special meeting, 6:00 PM, March 12, 2025.

Regular Meeting, 6:00 PM, April 9, 2025.

Special Meeting of the Mazeppa City Council Meeting Minutes

Tuesday, March 18, 2025

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

The Pledge of Allegiance was said.

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

Others Present: City Engineer Matt Mohs and City Administrator-Clerk Karl Nahrgang.

City Engineer Matt Mohs reviewed the bids for the street and utility improvement project with Council.

Motion by Young, second by Wiebusch to accept the low bid of \$1,474,597.13 from Schumacher Excavating. All in favor, none opposed. Carried.

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

Meeting adjourned at 6:03 PM.

Administrator-Clerk

Next meeting: April 9, 2025

Zumbro Falls City Council Minutes - February 12, 2025

The Zumbro Falls City Council met at 6pm at City Hall with all council members present.

The Clerk read the minutes from the January’s meeting which were accepted as read by a motion from Winters, seconded Anderson, with all in favor - carried.

Treasurer’s report, given by the Clerk, was accepted with a motion from Anderson, seconded Winters, all in favor - carried.

The Zumbro Falls Fire Department proposed budget for 2025 and contract amounts were approved with a motion from Anderson, seconded Winters, all in favor - carried. ZFFD also welcomes Drew Bremer to the Department.

The proposed Lake City Ambulance Contract was reviewed and discussion followed. The contract accepted and was approved with a motion from Winters, seconded by Anderson, all in favor – carried. Please note that council member Bob Benson abstained from casting his vote on this issue.

The 2025 City Audit is due June 16th, 2025 and proposals are being accepted from multiple financial service firms.

A donation from Camp Victory was received in the amount of \$500.00. This donation was accepted with a motion from Benson, seconded Winters, all in favor, carried.

Motion for the meeting to adjourn and the Clerk to pay all bills presented was made by Anderson, seconded Benson, all in favor, carried. Next meeting is scheduled for March 12th, 2025.

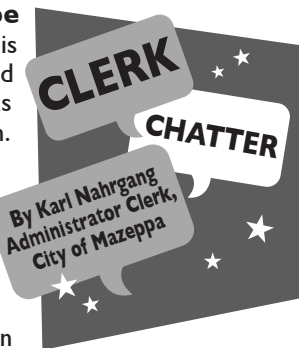
Submitted by,
Blake Hanson, Clerk

The annual Mazeppa Cleanup Day will be 9:00 – 11:00 AM, April 26, 2025. This event is paid for by a \$15.00 fee on the utility billing at the end of April. City residents can bring items such as appliances and furniture that normally fit into the trash. There is a limit on some items. Check the information sheet that will come with the utility billing that will be mailed at the end of March. The City will be providing item pickup for senior citizens on Friday April 25, 2025.

Be sure to call City Hall at (507)843-3685 to sign up for pick up. This is a good opportunity to get a start on spring cleaning.

Also, contact City Hall if you would like to volunteer to be a part of the Saturday event as part of our Cleanup Day crew, or if you would like information on limits on items, what is eligible, and prices for extra items. No construction materials or hazardous waste materials (such as automotive batteries, paint, or chemicals) will be accepted.

The officials and staff of the City of Mazeppa look forward to seeing you at the event.



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2. Jasmine of "Aladdin," e.g.
3. Olympic cast-out
4. Smack
5. Anatomical sac
6. Overthrow by argument
7. Marketing creations
8. Wild onion
9. Clever tactic
10. Spanish sea
12. Evening party
13. See-through
14. *Eggs+milk+sugar
19. Old _____, or unpopped popcorn kernels
22. Be, singular past tense
23. Uses a fishing reel
24. Like beer at a kegger (2 words)
25. Round openings
26. Cabbage, in France
27. "The House at Pooh Corner" author
28. African chieftain
29. Ancient Greeks' harps
32. Socket counterpart
33. Bar bill
36. *Filo dough+nuts+honey
38. Book opener
40. Uniting conjunction
41. Robin Hood in Disney's "Robin Hood" (2 words)
44. Keys
46. Mecca to Medina exodus
48. Type of lily
49. Happily ever when?
50. *Make Alaska
51. Gossamer
53. Vinegar or lemon juice, to a chef
54. Communicated
55. James Bond's "For Your Eyes _____"
56. Asian cuisine pan
57. Astern

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An advertisement for Safe Step Walk-In Tub. On the left is a black and white photograph of a walk-in shower stall with a curved glass door and a showerhead. To the right of the photo, the text reads: "Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**". Above this text, a diagonal banner says "SPECIAL OFFER". Below the text is the "SAFE STEP WALK-IN TUB" logo, which includes a stylized icon of a person stepping into a tub. To the right of the logo is the phone number "1-855-576-5653". At the bottom, a small line of text states: "With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445".

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