



Mazeppa-Zumbro Falls Messenger™

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APRIL 30, 2025

Volume 19 • Issue 5

INTRODUCING THE Class of 2025

(pages 10-13)

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.

• **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

(continued on page 2)

Wabasha County Dairy Princess Monica Evers



Parents: Jerry & Tammy Evers

Sponsors: Select Sires, Evers Family Farms, Young Milk Transport

Monica graduated from Winona State University with a degree in mathematics & secondary math education. She teaches 2nd grade faith formation at Immaculate Conception, coaches off-season volleyball, and plays co-ed sand volleyball in the summer.

Future Plans are to get a math teaching job in the area while continuing to work on the family farm on weekends and breaks.

Her favorite dairy product is homemade vanilla ice cream because it is a refreshing treat to have any (or every) day of the year.

Her favorite thing about the dairy commu-

nity is the gratitude that farmers have for their lifestyle, the earth, cows, and other farmers. It is full of so many hardworking humble people that love what they do.

Monica decided to run because she has been a dairy farmer her whole life and loves to teach and share about the dairy industry already, so this will be a great opportunity to continue promoting dairy.

(2025 Wabasha County Dairy Princess Royalty pg. 3)

Congratulations to Ann Paukert! Zumbrota-Mazeppa's 2024-2025 Teacher of the Year!



Courtesy of Z-M Schools

Mazeppa Historical Society Spring Supper a Success



By Helen Reiland

The supper was a HUGE SUCCESS! We served 150. People came from Northfield, Rochester, Zumbrota & locals. (additional pictures on page 17)

Mother's Day Brunch

Sunday, May 11th • Serving 9:00a.m.-3:00p.m.

Call 507-645-9992 for Reservations

- Reservations Highly Suggested -

- JOIN US FOR OUR SPECIAL BREAKFAST AND BRUNCH MENU -

Regular Menu Available 3:00-Close



37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
Bar Open Later

507-645-9992 • www.firesidelounge.net



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.



Announcements

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

• **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

Got a Great Local News Story?

Tell us about it today!

Email:

hometownmessenger@gmail.com



Your Mission



By Pastor Colleen Hoeft

Last month we celebrated Easter- the resurrection of Jesus Christ from the dead! He is not here- He is Risen! What happened next? There's 40 days between the empty tomb and Jesus giving His followers their mission. To go and make disciples of all nations. It is the same mission Jesus gave to you and me; To "go."

In Matthew 28:18-20 we discover Jesus "mission" for all who believe in Him. "Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."

Jesus resurrection wasn't a secret that they

were hiding- Jesus made certain to reveal himself to His followers and at one time 500 people were present. That's a lot of witnesses! For 40 days Jesus revealed himself to his followers so that they would know- they would be certain- so that they would be His witnesses! And at the end of Matthew, Mark, John and Luke's gospels Jesus gave His followers the mission!

The message of Matthew 28 remains relevant and impactful. The reality of Jesus' resurrection continues to be the bedrock of Christian faith, inspiring believers to stand firm in the face of doubt and opposition. The Great Commission serves as a call to action for all Christians, urging us to actively engage in evangelism and discipleship, spreading the message of hope and salvation to the ends of the earth. Jesus' promise of His abiding presence offers solace and encouragement to those navigating the complexities of life, reminding them that they are never alone in their journey of faith.

Jesus is calling us to Go- How are we to make that happen? We need:

- To be filled with the Holy Spirit. The disciples weren't to go off in their own power. They were to make sure they were empowered through their faith. When you and I respond to the call- we too need to start with our own faith. When we accept the mission- we must be filled with the Spirit. Too often Christian workers go off in their own strength 'to do God's work' and that is when we see burn out. They want to serve-but they also need to get fuel and direction from God. We don't want to run ahead- nor do we want to lag behind. Before we can go there's some questions we need to ask ourselves:

- Do you have a relationship with Jesus? Have you chosen to follow Him?

- Are you reading the Bible? It's God's Word- it is the fuel you need to grow and know Him.

- Are you taking time to pray?
- Are you a part of a local church?
- Are you obeying God's Word? when you read the Bible are you doing what it says- is there any sin in your life you need to confess?

It is difficult for people to believe that we have a vibrant faith in Christ and He is our strength, and provider if we are always worrying, or overloading ourselves- We exhibit our trust in Jesus when we read the word and do it!

- We are to be His witnesses. A witness is one that shares what they saw- first hand accounts. The disciples were witnesses to the resurrection. They saw Jesus after He rose from the dead. You and I haven't seen the "risen Jesus" in person- but you are a witness. You and I have the witness of a changed life. You can share why a relationship with Jesus has made a difference. You can share the reason for your peace, your hope, your freedom, your joy... You and I can be a witness to the signs, wonders and miracles that continue to happen in our world all around us.

This is your mission if you choose to accept it- to go. When we are filled with the Holy Spirit; and when we are living out our faith we are being witnesses to others.

- Make disciples. Disciples are students-followers and learners. Jesus has 12 disciples that he spent 3 years with. He not only spent time in formal teaching, but He also built relationships - they shared meals, fires, and campouts.

We too are called to make disciples- not ones that will follow us- but ones that will follow Jesus.

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Mazeppa-Zumbro Falls
Messenger

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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)

Pastor Dean Zemple
7134 Highway 246 NE, Elgin, MN
Sunday worship at 9:15 a.m.
(Bible class at 8:15 during the school year)



AREA CHURCH DIRECTORY Thomas

Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came.
— John 20:24

I can understand Thomas' doubt. For whatever reason, he wasn't with the other disciples when Jesus first visited them after his resurrection, so he hadn't seen Jesus firsthand. Maybe he should have taken the disciples' word for it when they told him they had seen Jesus. Maybe he should have had more faith. Or maybe he was just an untrusting sort of person. Whatever the case, Thomas said he just couldn't believe Jesus was alive until he saw Jesus for himself.

When Jesus came again and Thomas could see him, Jesus was patient with Thomas. Jesus even showed Thomas what he said he needed to see in order to believe. But Jesus also noted that all who believe without seeing him will be blessed.

Today that includes you and me. Belief without seeing is the nature of our faith most of the time. We probably won't see Christ in person until we join him in eternity. Until then, though, we believe even though we have not seen.

We are called to have faith in Jesus for who he is, all he has done, and all he has promised. We believe because others have seen, because others have witnessed, and because their testimony is in God's Word to us, along with all of God's promises. We believe because the Spirit of God guides us into the truth of God's Word and gives us faith (see John 16:7-15; Ephesians 2:6-10). And in believing we are blessed.

Lord, help us to believe even though we have not seen. By your Spirit, lead us to know the truth that brings life in you. 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

Pastor Dean Zemple
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*

2025 Wabasha County Dairy Princess Royalty



Dairy Princess- Monica Evers; Dairy Attendant- Lexi Yust; Dairy Attendant- Nicole Hauschildt; Dairy Ambassador- Lily Dittfach; Dairy Ambassador- Abby Fick; Dairy Ambassador- Kaylee Schnell; Dairy Ambassador- Erica Wallerich; Dairy Ambassador- Amelia Young; Dairy Ambassador- Charli Yust

Celebrate Recovery

A COMMUNITY OF HOPE

A Christian 12 Step Program

Join us on Sundays at
South Troy Church

We meet Sundays at 5 pm

South Troy Wesleyan Church

56817 Highway 63 Zumbro Falls, MN

Schedule for meetings:

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

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

Begin your journey today!

Questions?

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

Your Mission

(continued from page 2)

We are to be living examples and witnesses of Jesus to others.

As you begin your mission- start by making a friend- take them out for coffee- don't only talk about the weather or the kids or work- be sure to be a witness and share something about your faith- if it is only a question or praying before you eat- it's a starting point. Always be willing to serve. Jesus best witness of himself to others was when He loved people unconditionally. When He listened and showed compassion.

Jesus' call to all believers is: "Go and make disciples." Go and be my witnesses! Go- and be the church! It's time for you to accept your mission!

March Food Drive: "Breakfast Challenge" Results

South Troy Church in rural Zumbro Falls, along with Hilltop Fellowship of rural Millville, Grace Community Church of Millville, St. John's Lutheran Church of Hammond, and Zumbro Community Church of rural Zumbro Falls, participated in a "Breakfast food" challenge to help the Zumbro Valley Food Shelf located in rural Zumbro Falls. The challenge was to see which church could collect the most breakfast food items for the month of March. This included anything from cereal, to pancake mix and syrup, peanut butter, jelly, and many other foods that people may want for breakfast.

The Zumbro Valley Food Shelf- had a wonderful response!

The results of the Challenge:

*March Food Drive Results:

South Troy Church Zumbro Falls- 268.86#

Zumbro Community Zumbro Falls- 190.60# St. John's Hammond- 103.82#

Hilltop Church, Millville- 75.84#

Grace Community Church, Millville 54.25

The total pounds of food raised was: 693.37 pounds of "Breakfast Foods!"

Thank-you to all that donated and gave so that we can have cereal on our shelves! Zumbro Valley Food shelf is certainly blessed by our local community's commitment to help families in need across Southern Minnesota.

The Life-Changing Benefits of Working at a Christian Summer Camp



By Emmarie Moon
Director of Discipleship
and Recruiting at Camp Victory

Every summer, my job is to convince young adults to trade traditional internships or seasonal jobs for something more meaningful: working at a Christian summer camp. While camps are known for offering children and teens a place to grow in faith, friendships, and

fun, the staff behind the scenes often experience just as much—if not more—personal and spiritual transformation. Whether you're considering it for the first time or returning for another summer, there are many reasons why working at a Christian camp might be one of the best decisions you ever make.

1. Spiritual Growth

At a Christian camp, faith is woven into the daily routine—through morning devotionals, chapels, small group discussions, and prayer. As a staff member, you're not just facilitating these activities for campers; you're also participating and growing spiritually alongside them. This experience deepens your relationship with God and strengthens your ability to lead others in faith.

Being responsible for the spiritual guidance of young campers is a humbling and formative role. You'll learn how to lead Bible studies, pray publicly, and share your testimony. These are valuable skills that will serve you in church, school, and future leadership positions.

2. Building Lifelong Friendships

The bonds formed at camp are often among the strongest you'll ever make. Living and working in close quarters with like-minded peers—often through late nights, challenging days, and incredible highs—creates a unique environment for authentic connection. Many staff members leave camp with friends who feel like family and a support system that lasts long after the summer ends. This is the most common reason why staff come back to work at Camp. They love the community.

Even after moving states and into my young adult years, I am still friends with people I worked at camp with eight summers ago. From different states, weddings, kids and jobs, the bonds formed at camp are strong.

3. Making an Eternal Impact

Few jobs give you the opportunity to make such a direct and lasting impact on someone's life. As a counselor or staff member, you're a role model, mentor, and spiritual guide to the campers in your care. Whether it's through a late-night conversation by the campfire, a moment of prayer, or simply being a consistent source of kindness and encouragement, your influence could help shape a young person's faith for life. This is the reason many campers return to camp to work on staff, their life was impacted by a summer staff member and they want to give that experience to campers too.

4. Developing Real-World Skills

Christian camps provide hands-on training in areas like communication, conflict resolution, teamwork, time management, and adaptability—the top 5 most sought-after skills in the workplace. From organizing events and leading activities to handling unexpected situations, the job pushes you to grow in confidence and competence. A camp alumni and area school principal says this of camp staff: "When you see camp experience on an applicant's resume you pay attention. Camp staff are energetic problem-solvers, and the ultimate team players. They have an attitude of joy that comes from serving a higher purpose. That skill set raises their ap-

plication to the top of the list."

Plus, many camps offer certifications in areas like first aid, lifeguarding, or ropes course instruction, which can be valuable resume additions for jobs beyond the summer.

5. A Break from the Digital World

Unlike many jobs that revolve around screens and office spaces, working at a camp immerses you in nature and face-to-face interaction. The simplicity of camp life—free from technology and distractions—gives you space to reflect, connect with others, and be fully present.

Final Thoughts

Working at a Christian summer camp is more than just a job—it's a calling and a journey of transformation. It challenges you, grows you, and blesses you in ways few other experiences can. Whether you're drawn by the opportunity to lead, grow in your faith, or serve others, one summer at camp could leave an eternal mark on your life—and the lives of others.

Got a Great Local News Story?

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Mazeppa-Zumbro Falls
Messenger

Camp Victory

ZUMBRO FALLS, MN

SUMMER CAMP 2025

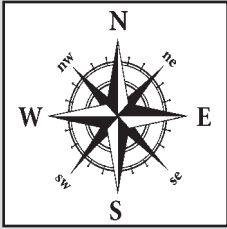
**BE ON STAFF! HIRING 16+ AND
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Changes in Latitudes, Changes in Attitudes

My First Mini Bike



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.

Growing up a farm boy, I was intrigued by anything with an engine. Tractors, combines, swathers, skid loaders, etc. Grease and gasoline smelled wonderful to me. And diesel fuel smoke was the best. So, anything that was not foot powered had my attention. My dad had a Harley-Davidson Type 74 before he had a family, so maybe the idea of a two-wheeler was in my blood.

In the 1960's many companies made mini-bikes. Basically, made of a leftover lawn-mower engine and wheels. But they were fun to zoom around on. I already had horse, but a mini-bike didn't require any feed when not in use. One day I looked at the hardware flyer from Beaver's Hardware in Kasson, and there was a new in box minibike for sale that week. My father took me in and we ordered it. I was so excited and couldn't wait for it to come. I had heard that some people go to the factory to see their vehicle assembled and I got to do the next best thing. I convinced him to let me ride along in the truck to bring it back.

My dad would drive a large cattle truck to the twin cities to haul freight back to the local retailers when he wasn't busy farming. I loved to ride along with him whenever I could. He would load livestock at local farms and deliver the cattle or hogs to the South Saint Paul Stockyards. Next the truck box was blasted clean with a high-volume water

hose at a truck wash. Then he would drive all over the twin cities loading on freight for Kasson and Rochester retailers. It was so much fun to ride from warehouse to warehouse getting the truck filled with huge boxes. Every week there was a shipment hauled back to the hardware stores in Kasson. There was the Gambles Store, Erickson's Our Own Hardware and Beavers Hardware.

The shipment was rather anti-climactic. Except for a small picture on the side, one wouldn't know what was inside the large brown cardboard box. It was partially disassembled and completely in a box. And we still had to bring it home from the store and unpack it. Once the handle bars were installed, oil added to the crankcase and fuel tank filled, it was ready. A couple pulls on the recoil start and it roared to life.

I drove that mini bike all over the farm. In the woods, through the creek and out to the field. It crossed the river and went up every hill just to prove it could be done. My dad was quite the stickler for obeying the law and explained that I must get off and push the mini-bike across the highway. It wasn't street legal and I was expected to abide by man-made rules. At least when he was watching, anyway. But that smooth asphalt road was so much better to ride on. If I looked both ways and there was nothing approaching, I would head right down Highway 57 to the field drive, instead to riding down the road ditch.

Soon I learned a few things about that little gas engine. I still have a scar on my wrist from where I touched the exhaust pipe as I checked the oil on a hot engine. I also discovered that touching the spark plug while the engine was running was a shocking experience. I could override the governor and that little 3 1/2 horse power engine would double the top end speed. I would just put my foot up and push governor over and that thing would fly. I never thought about the little Tecumseh engine flying apart from the high rpm's. Coming back down the field drive I felt like I was flyin'.

One day I was heading back from the hog barn and I realized too late that the electric fence gate was closed at the driveway. I locked up the brake and laid the mini-bike down, sliding right under the wire. To my amazement I came back up on two wheels and continued on. That little blue mini-bike gave me hours of fun as a kid.



A Minnesotan: Mother's Day



By RosaLin Alcoser

May is here which means Mother's Day is once again upon us. I for one am looking forward to spending time with my own mother this Mother's Day.

Now that we're adults my mom generally spends one year with me and the other with my sister. Partly to be fair, but mainly because we live in two different states with Iowa in the middle. So unless one of us travels to the other she only gets to see one of us at a time. And she always insists on coming to us. I think it is mainly a ploy to get us to take her out to different ice cream places then she has where she lives. Which is besides the point.

These days mother's day typically means I take my mother out to brunch if she's visiting me or sending her something I know she'll enjoy if she's with my sister. But

when I was little it meant making cards, little tinkety things that we picked out for mom and homemade gifts. My mom even has a couple of the tissue paper flowers I made for her one year.

However, every once in a while when I was a child we would get her a nice gift. Which often meant doing something with my older sister or our dad getting involved. I was probably about eight the year I decided to get her a really nice gift all on my own.

After months of saving up to buy her something really nice. I managed to talk my dad into taking me into town to buy mom's Mother's Day gift at the JC Penny in Rochester. Where I picked out a pair of tiny opal earrings for her; which she still wears every Mother's Day.

I picked those earrings out from the jewelry counter at JC Penny's. Not from one of the display tables, from the counter. I looked into the case and told the lady working the counter which ones I wanted to buy. Then I paid for them all by myself.

Those earrings cost eight year old me about \$30; which is a lot of money if you're an eight year-old circa 2005. But I was so excited to give them to her, because I bought them myself without any help from my dad or older sister.

While taking my mom out to brunch doesn't have the same thrill of giving her my first big deal gift I had bought her myself. I am still looking forward to getting to spend this Mother's Day with her.

Happy
MOTHER'S DAY!

Share Your Good News!

**Submit your engagement,
wedding or birth announcement.**

Email us at: hometownmessenger@gmail.com



WINE BINGO!
EVERY SATURDAY 12-2:30PM

Large groups are welcomed
with reservations for 8 or more.

507-753-3131
60146 Hwy. 63, Zumbro Falls MN

First Graders Conclude Knowledge Unit on the History of the Earth



Last week Mrs. Buss' first grade class concluded the Knowledge unit on the History of the Earth with a Dinosaur Dig and fossil printing. What an amazing and Fun learning opportunity! *Courtesy of ZM Schools*



Primary Cougars Reach Goal of 4,000 Cougar Paws



Our Primary Cougars reached their goal of 4,000 Cougar Paws. We recognized this accomplishment with our teachers serving lunch, special treat at lunch and tattoos. Good work, Cougars!





OPEN HOUSE

Friday, Saturday & Sunday
May 2, 3 & 4

REFRESHMENTS!
DRAWING FOR PRIZES!

Get Your Mother's Day Gift at Jenny's Greenhouse

Hours: Mon.-Fri. 10-6; Sat. 9-5; Sun. 11-4
Jennysgreenhouse.com
Like us on Facebook!
2.5 miles north of Zumbro Falls on Hwy. 63
507-421-7257

JENNY'S GREENHOUSE

ALSO OPEN IN ROCHESTER AT APACHE MALL THROUGH JULY!

\$5.00 OFF
purchase thru
Mother's Day
One per customer, not
valid with any other offer.

Elementary Students Celebrate Earth Day



Mrs. Nelson's Class celebrated Earth Day and had fun making Insect Hotels. We 3D printed hexagonal shapes then filled them with materials from nature and set them up around the playground for homes for insects. We will be checking on them periodically. Also, Mrs. Liebenow's Class took a break to pick up trash around the school grounds!

Courtesy of ZM Schools



*Wishing This Year's Graduates
Great Happiness & Success*



www.vsgmi.com

**COMMUNITY GROWN
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Trust in Tomorrow.

**Goodhue
Agency**

209 2nd Street
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Email: info@lakeshoreins.com

**Sviggum
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Email: agent@svigguminsurance.com

**Kalass
Agency**

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Zumbrota, MN
Phone: 507-732-7614
Email: kalassagency@kalassagency.com

KENYON Spring Boutique

You're sure to find unique hand crafted gifts
for someone special or yourself!

**MAY 2, 3, 4,
MAY 9, 10, 11
2025**

10 am - 7 pm

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Morrow's Gifts

Mother's Day
May 11

Birthday

Father's Day
June 15

Wedding

Senior/2nd Grade Buddies



Our 2nd graders are paired with a senior and had several activities planned, including walking the halls with their “big buddy” during the senior clap out. Awesome experience for all! *Courtesy of ZM School*



GOODHUE VOLKSFEST

JUNE 11-15, 2025

GOODHUEVOLKSFEST.COM



WEDNESDAY, JUNE 11

Medallion Hunt | First clue drops
5pm | **Pickle Ball Tourn.** | Heritage Park
7pm | **Pool Games** | Goodhue Pool

THURSDAY, JUNE 12

7pm | **Line Dancing** | 2nd St Pub
7pm | **Volunteer Kickoff Party** | Corner Bar

7:00pm GATE | 8:00pm MUSIC

GA \$30 PRE-SALE & AT GATE
VIP \$80 PRE-SALE & AT GATE

FRIDAY, JUNE 13

4-7pm | **Kids Bounce Party, 12yr ↓** | GHS Gym 3
5:30pm | **Tony Cuchetti DUO Live** | 2nd St Pub
7pm | **Shawn Ogden Live** | Corner Bar
7pm | **Miss Goodhue** | GHS Gym 1 | \$5/Person
7pm | **Street Dance** | N 2nd St.



HAIRBALL

Fire at the Falls

SATURDAY, JUNE 14

8am-1pm | **Car & Tractor Show** | St. Peters Church
8:30-11:30am | **Burrito Breakfast & Quilt Show** | St. Peters Church
8:45-10am reg. | **Road Rally** | Goodhue C-Store | \$5/person
9am | **Udder Run** | Front of GHS | \$16/ea adv or \$20/ea day of
9am | **Volleyball Tourn., Co-ed** | Rosie Park | \$30/team
9:30am-2:30pm | **Craft and Vendor Show** | Lion's Community Center
10am | **3-on-3 Basketball** | GHS Gym 1 & 2 | \$100/Team
10am-2pm | **Touch A Truck** | GHS Parking Lot
10am-12pm | **Kids Bounce Party, Toddler ONLY** | GHS Gym 3
12pm-2pm | **Kids Bounce Party, 12yr ↓** | GHS Gym 3

11am | **Bean Bag Tourn.** | Rosie Park | \$40/team
1pm | **Bingo** | Fire Hall
1pm | **Hayden Ashworth Live on Patio** | 2nd St Pub
1-4pm | **Gopher State Garden Tractor Pull** | 3rd Ave
2pm | **8th Street Bend Live on Patio** | Corner Bar
2-6pm | **360 Photo Booth** | Food Court
2pm | **Pedal Tractor Pull** | Broadway/2nd Ave
4pm | **Brent & Sheena Live** | 2nd St Pub
6pm | **Logan Hofschulte Live** | Corner Bar
6pm | **Street Dance** | N 2nd St.
7pm | **Ledfoot Larry Live** | 2nd St Pub
10pm | **Fireworks** | Rosie Park



6:00pm GATE | 6:30pm MUSIC

GA \$40 UNTIL 5/18 | \$50 5/18+ & AT GATE
VIP \$105 UNTIL 5/18 | \$120 5/18+

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SUNDAY, JUNE 15

9am-11:45pm | **Dads Belgian Waffle Feed** | Lion's Community Center
5yr ↓ Free | Kids \$7 | Adults \$13
9am | **Community Worship Lutheran Service** | GHS Gym 1
11:30am | **Memorial Dedication** | Historical Society

1pm | **Parade**
1pm | **Ron Bubnitz & Hayden Ashworth Live on Patio** | Corner Bar
2pm | **Emma Marie Live** | 2nd St Pub
2pm | **Fire Dept. Water Fight** | Fire Dept.
3:30pm | **National Eagle Center** | Fire Dept.

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Brenden Michael Beaudion



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Tyler Warren Bromeling



Logan David Buck



Mackenzie Ann Cash



Ella Jean Chandler



Bodey Mathew Counsell



Dane Joseph Damson



Colby Lee Dohrn



Miley Rae Durow



Kalie Jade Evers



Autumn Samantha Finstuen



Owyn Michael Fitzgibbons



Frank Henry Flicek



Carson Timothy Frank



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Molly Ann Grobe



Kendale Armando Guest



Jerry Martez Guider

Congratulations,

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At this exciting time, we'd like to offer our congratulations to all of this year's hardworking graduates.

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Kathryn Anna Hennig	Joseph Robert Herges	Owen Frederick Hoefs	Taylor John Hofschulte	Christian Nathaniel Holm	Gavin James Hostager
					
Kaila Rose Huneke	Arianna Lynne Jackson	Austin Lee Jentsch	Kira Mae Johnsen	Izabella Barbara Johnson	Logan Quinn Kevan
					
Conner Duane Klein	Gabrielle Marian Knowlton	Chase Bradley Knutson	Logan Arthur Lee	Finley Donald Leuning	Carmine Jon Lucio



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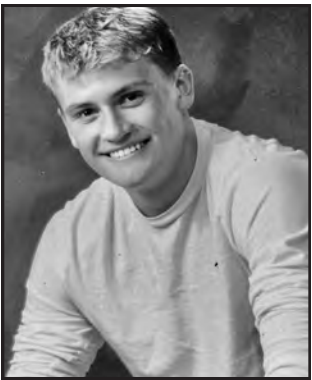
Aurelia Meredith McBroom



Vanessa Isabella Minter



Tate Eugene Ness



Wilson Scott Nordquist



Zoi Bea Rose Novek



Tessanna Ray Olsen



William Isaac Ottem



Martin Pascacio Villa



Zachary David Petersburg



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Sydney Briann Preston



Taite Darin Raasch



Reagan Carol Rasmussen



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Rachael Marie Roble



Colby Lee Schroeder



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Valerie Elise Shores



JaNoah Anthony Siewert



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Jaylon Lee Shawn Stanton

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William Jon Stene

Destiny Ann Tesmer

Dylan Randall Udenberg

Wyatt Michael Warweg

Joshua Adam Wedde



Elizabeth Abigail Winkels


Michael John Winkels

Kira Ann Wobig



Paul Dereke Woods






*Zumbrota-Mazeppa
Class of 2025 Commencement
Friday, May 30th
7:00 p.m.*

Flower: White Rose
Colors: Blue and Silver

Motto:
*"You will never know the value of a
moment until it becomes a memory."*
Dr. Seuss



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Best wishes to all the 2025 Zumbrota-Mazeppa High School seniors!



Congratulations!
YOU DID IT
We wish you all the best as you embark on the exciting journey ahead.
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Mark Your Calendar for Dennison Days June 20 & 21

Garden Tractor Pull Returns Friday Night and Russ Franek & The Biscuits to Perform Saturday

The annual Dennison Days Festival takes place Friday and Saturday, June 20 & 21, 2025.

The Gopher State Garden Tractor Pullers will return to Main Street Friday evening in Dennison, hosted by 625 Bar & Grill. More information is available at www.gsgtp.com. Following the Pull, 625 will host live music.

The Kids Pedal Pull returns Saturday morning this year and will take place on Main Street at 11 AM Saturday morning as part of a full day of events during the festival.

Live Music Saturday evening from local band RUSS FRANEK & THE BISCUITS taking the stage with his full band Saturday evening.

A full schedule of events will be available soon at www.dennisondays.org and will appear in The Messenger and websites soon.

Other events making a return this year are the Clutchmen Classic Car & Bike Show, Antique Tractor Pull, Bingo, Pancake Breakfast, Bags Tournament, Kids Bingo, Purse & Gift Card Bingo and more.

Anyone with questions or suggestions for



events for the 2025 festival should contact Lions Club President Diane Ruddle.



Andy Tacket

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	 2022 Kawasaki KX250 Dirtbike \$5,599	

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Arctic Cat SOLD!

Cat's out of the bag! (Pun Intended)

It's the news we've been waiting on for months, Arctic Cat is SOLD! The best possible outcome and the future of Arctic Cat looks brighter than EVER!

Former Arctic Cat executive, Brad Darling, and an Investment Group acquire the Thief River Falls-based manufacturer of snowmobiles, ATVs and Side-by-Sides.

Newly appointed CEO and President of Arctic Cat, Brad Darling is eager to start moving the brand forward, stating "The pursuit of the checkered flag is in Arctic Cat's DNA. It's what we were built on.

Like anyone who has ever grabbed the throttle – it's a relentless drive that pushes us forward and sparks our passion. Today is the start of a new chapter, one where Arctic Cat returns to the race, but with a powerful understanding: this race is never-ending, and our intent is to lead."

Stay tuned for an upcoming model year 2026 Arctic Cat snowmobile launch!

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FINALLY FRIDAY All You Can Eat Fish Dinner
SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib
SUNDAY Enjoy Our Sunday Breakfast Beginning at 9a.m. and Sunday Pasta Features

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ZM Students Witness Mock Crash Scenario



On April 23, 2025, ZM 10th through 12th grade students had the opportunity to witness the potential grim outcome of distracted driving in a Mock Crash scenario. We would like to thank the following people and organizations that made this event possible: Goodhue County Sheriff's Office; Zumbrota Police Department; Minnesota State Patrol; Zumbrota Area Ambulance Association; Zumbrota Fire Department; Berg's Towing; SEMN Regional Medical Examiners Office; Mahn Family Funeral Home; North Memorial Air Care; ZM Student Government; ZM EMR Class; ZM Intro to Law Class; Goodhue County Health and Human Services; Tiffany Stensland

Mazeppa Historical Society Fundraiser

Drop-off bin at the Mazeppa Community Center parking lot.

THANK YOU for donating!

A sign for the Mazeppa Historical Society fundraiser. It says "Donate Aluminum Cans to Support MAZEPPA Historical Society" and includes a "Thank You!" message.

A Traxler 77501 Time Cutter MAX lawnmower. It is a riding mower with a large deck and a Kawasaki engine.

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Registration begins at 8:00AM until 10:00AM at the Judge's Booth by the Fire Hall.

Judging begins at 11:00AM - Awards at 1:00PM

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A classic car.

Mazeppa Historical Society Spring Supper a Success



Historical Happenings

Compiled by
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas
FRIDAY, MAY 11, 1956

U. MINN. RESEARCH BALLOON BEING SOUGHT IN THIS AREA

The University of Minn. Research Dept. Balloon Project called this office Tuesday evening and asked The Journal to announce that a balloon from this project had been lost and was believed in the Mazeppa area.

According to Berton M. Atkinson, project engineer, the balloon was launched from Minneapolis, Monday evening at 9 and landed in this area about 6 a.m., Tuesday. It was a 12 ft. orange nylon parachute and attached to it was a package 12 x 12 in. square, 6 in. high covered with aluminum foil. On the bottom of this package is a black painted window covered with transparent material which holds a camera lens—no value to anyone. Also hanging outside the package, is a plastic cylinder, 8 inches long with a 3 inch diameter which holds a radio transmitter.

The package and the plastic cylinder are the objects the research department wishes to recover and a reward is offered the finder. Anyone that finds it is asked to phone collect the following number; Federal 28158, Extension 224, night or day.

Just One of Those Things

Some days it surely doesn't pay to get out of bed, but we had a whole week like that----and we still haven't recovered.

The cesspool at our place has been there longer that I can remember—and we took it for granted. We had troubles last week, for the first time, and didn't even know where the thing was. Well, the boss dug for a couple of days, found a piece of pipe shot and everybody figure that was it. However, it wasn't so this week we're in the cesspool business---jus when it looks like village sewers will become a reality. (School protestors, please note!)

Then, in rapid succession, our roof sprung a leak, and an essential piece of plumbing had to be replaced. Everything was completed when the youngest came down with an ear infection and cried, every morning because she couldn't go to kindergarten.

Postscript: Climax came when Randi, watching her father dig like a mote about six feet down, asked; "Are you digging angleworms, Daddy?"

FRIDAY, MAY 18, 1956

Obituaries

NILE A. REDDING

Marion- Nile Redding, Rochester area and Marion resident for the past 23 years, died Sunday at St. Mary's hospital after a 10-day illness. He was 62 years old.

Mr. Redding was born Aug. 27, 1893, at Mazeppa. He married Thyrsa Jones, Nov. 26, 1918, at Mazeppa. The couple resided in Marion the past 11 years. Mr. Redding was a truck driver.

Surviving are his wife, sons, Harry, Earl and John of Rochester and Shirley of Oronoco; a daughter, Mrs. Milo Berndt of Rochester; a brother George of St. Paul; a sister, Mrs. Mayme Hilger of St. Paul; 10 grandchildren. A daughter preceded him in death.

Funeral services were held at 9:30 a.m. Tuesday at St. Francis Catholic church, Rochester, with burial in SS Peter and Paul cemetery at Mazeppa.

DRIVING ROADE-0

Want to give Recognition to a group of students that represented Mazeppa at the Driving Roade-o in Rochester, April 28. The annual event is sponsored by the Rochester Jaycees.

Students who tried for the prize were Emery Bremer, Glenn Anding, Dean Majerus, Florian Reding, Harold Wobschall, Bernard Reiland, Larry Windhorst, Barbara Prokasky, Melinda Sommerfield and Patsy Tupper.

In the morning written tests were taken to qualify the students for the driving test.

Mazeppa can justly be proud of its young drivers because out of the 10 who went, three qualified for the driving test. Melinda, the only girl to qualify, placed seventh, Harold Wobschall placed 14th and Larry Windhost placed fourth. Larry just missed third place and a trophy by two points.

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.

Dependent



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

There is a strong drive within many of us to be able to do an activity without the assistance of another. Perhaps this started when you discovered how much more of the world you could explore when you learned to walk, or maybe when you learned to ride a bike without someone holding on to you. As we move into May, many young people will graduate from school and take on new responsibilities and new adventures. We use phrases like "spreading their wings" and "gaining independence." While it cannot be denied that knowledge and practice lead to new abilities, some reflection will note there are things we are dependent on that should not be forgotten.

Being dependent on something is not a sign of weakness. Recognizing what we are dependent on can give us greater clarity and wisdom on the essentials of life. For example, you are dependent on oxygen. We take

this for granted until we get "the wind knocked out" of us, or when we find ourselves in a hospital bed with an oxygen mask. You are dependent on pure water. When you were born, your body was 70% water. How important that you keep pure water flowing through so that you do not become a "stagnant pond" growing all kinds of unhealthy things. The general guideline is half your body weight in fluid ounces, so a 200 pound individual should be drinking around 100 ounces of water a day, which is about 12 cups.

You are also dependent on vitamins and minerals. Most of the vitamins were discovered in science observations during the first part of the 1900s. They were first described as "vital amines" noting the vital role these nutrients played in providing health and vitality. With each vitamin there is a list of deficiencies noted when the vitamin is absent in a person's regular diet. Deficiencies point to our dependence on these essential nutrients. When Vitamin A is absent, you may notice night-blindness, or some kinds of skin disorders like eczema or psoriasis. When B vitamins are absent, you will notice mood swings, fatigue, or mental health challenges. When Vitamin C is absent, illness increases and sores develop in the mouth and on the skin. When Vitamin D is absent, illness increases, weight can increase, and insomnia can increase. These are just the beginning of the ABCs and Ds of vitamins.

Minerals are essential for a healthy immune response, promoting energy, and helping the body muscles to function properly. Most Americans do not consume enough magne-

sium each day. Magnesium is essential for helping you to relax as well as helping the body to produce energy. Zinc is used in more than 300 different reactions in the body, aiding the proper activation of the immune system and helping the digestive process. Iodine is the key mineral for the hormone produced by the thyroid that keeps your metabolism in balance. This mineral tends to be deficient in many clients living in the Midwest region. Minerals and vitamins work as a team to complete the perfectly designed function of your body.

Knowing you are dependent on vitamins and minerals for healthy living should help you to consider the best way to acquire these nutrients each day so that you can be more independent on other activities. Will taking a multi-vitamin or mineral tablet work best for you? Can you identify those foods that are the best source for these nutrients and make sure to eat them regularly? You will note our great grandparents were strong and lived active lives without supplements, so getting your nutrients from food is possible. In today's world of convenience foods and fast eating, the nutrient value has significantly declined requiring us to take a closer look at the sources of our food.

If you choose to take vitamin supplements to help maintain a healthy life, make sure to identify a quality supplement that obtains its vitamins from fruits and vegetables. There should be ingredients listed that mention fruits and vegetables on the nutrition label. A simple test on the quality of the supplement is to place a tablet in a glass of water and return one hour later. If the tablet has

fallen apart in the water then it is a tablet your body can easily absorb. If the tablet has not fallen apart and remains whole there is a chance you are not getting any nutrients from that vitamin.

I am available to review your questions about supplements, testing, and food plans. 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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Dangers of Chewing Gum



By Shauna Burshem, D.C.

Sun Exposure: Natural sunlight plays a vital role in supporting overall health. Sunlight-derived vitamin D remains in the bloodstream two to three times longer than supplements, making it a more effective and sustainable way of maintaining optimal levels. When the sun's rays touch your skin, a cascade of benefits begins. Your body produces beta-endorphins, which are natural pain relievers and mood enhancers, helping to reduce stress and boost mental well-being. At the same time, sun exposure triggers the release of nitric oxide, a compound that lowers blood pressure and improves circulation, ultimately reducing

the risk of heart disease. It's amazing how something as simple as a few minutes of sunlight can make such an impact on both your mood and your body.

However, the benefits of sunlight do come with a caveat—strategic and safe exposure is key. Overuse of sunscreen, for example, can block up to 97.5% of UVB rays, limiting your body's ability to synthesize sufficient vitamin D. While all natural sunscreen is essential for preventing sunburn and reducing the risk of skin cancer, it's important to balance its use with safe, unprotected exposure during low-UV hours, such as early morning or late afternoon. Experts recommend spending around 10–20 minutes in the sun a few times a week—just enough for your skin to kick-start the production of vitamin D without causing damage. Simple practices like this allow you to reap the benefits of the sun while staying safe.

The importance of sunlight becomes even clearer when considering longevity. Research shows that people who actively avoid sunlight often have a shorter lifespan compared to those who incorporate sensible sun exposure into their routine. Sun avoidance has been equated with the health risks of heavy smoking, serving as a stark reminder of how critical natural sunlight is for our bodies. Beyond physical health, the psychological impact cannot be overstated—whether it's the calming warmth of sunlit mornings or the sense of renewal that comes from a sunny afternoon, the sun has a way of nurturing both body and mind.

While soaking up the sunshine does wonders, remember that balance is crucial.

If you're fair-skinned or live in an area with intense sunlight, consider wearing hats or lightweight, protective clothing to prevent overexposure during peak UV hours. For deeper skin tones, slightly longer exposure may be necessary to achieve the same vita-

min D benefits. The sun isn't just a source of light—it's a natural healer. Learning how to use it wisely not only enhances your health but also strengthens your connection to something that's been a part of life since the beginning.

Chew Gum? Recent research has revealed that chewing gum could be far more concerning than we previously thought, acting as a significant source of microplastic exposure. A study soon to be published in the *Journal of Hazardous Materials Letters* found that each piece of gum may release hundreds to thousands of microplastic particles into our mouths during chewing, placing it among the top contributors to microplastic exposure in everyday life. Microplastics, defined as tiny fragments of plastic smaller than a sesame seed, are all around us—in the water we drink, the air we breathe, and now, potentially, in something as routine as chewing gum.

The study, conducted by researchers at UCLA, observed that both synthetic and natural gum bases can release microplastics, especially in the first eight minutes of chewing. While the exact health implications of ingesting these tiny plastic particles remain unknown, the findings highlight another unsettling way microplastics infiltrate our bodies. It leaves us questioning whether this seemingly harmless habit could carry unforeseen consequences and sparks concern over what else we might unknowingly ingest as part of our everyday routines.

These findings underscore the urgent need for closer regulation of materials used in consumer products like chewing gum, as well as a broader discussion about microplastic pollution and its pervasive role in our lives. While the full health impact is still unclear, studies like this remind us of the ongoing challenge of living in a world where plastic has become so deeply embedded in our daily experience. It's not just about chewing gum; it's about taking a step back and looking at how intertwined plastic is with the choices we make every day.

Chiropractic and Knee trouble: Chiropractic care for knee problems is often overlooked yet can be incredibly effective in addressing not just the symptoms but the underlying causes of discomfort. When the knee functions improperly, it isn't always just the knee that's to blame—it can stem from areas like the hips, lower back, or even foot alignment.



Chiropractors focus on realigning the body to promote proper joint mechanics and reduce stress on the knee. I've talked to countless patients who initially thought their pain was "all in the knee," only to discover that subtle imbalances elsewhere in their bodies were the culprits.

One of my favorite aspects of chiropractic care is its ability to provide relief without invasive procedures. Techniques like gentle manual adjustments, soft tissue therapy, and targeted exercises work together to restore mobility and alleviate inflammation in the knee. I've seen patients walk out with smiles after realizing they could move more freely after months of being hindered by stiffness or pain. What's more, many report improved overall posture and balance, which further reduces strain on the knees in their daily lives. It's amazing how a few adjustments can make such a difference.

Of course, every knee problem is unique, and that's what makes chiropractic care so personal and effective. I've worked with athletes recovering from ACL injuries as well as people in their golden years simply looking to stay mobile and active. Each plan is carefully tailored to the individual's needs, ensuring long-term support for their lifestyle. For me, it's about helping patients feel heard and cared for while guiding them toward a better quality of life—something that keeps me passionate about this field every single day.

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



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CarFit Event Helps Improve Comfort and Safety "Fit" for Senior Drivers

*May 6th, 2025 at
Faith Lutheran Church
905 Hiawatha Dr. E Wabasha
from 1:30pm – 4:30pm*

To help the 10,000 Americans turning 65 every day and all senior drivers find a better "fit" with their cars for comfort and safety, mobility experts are hosting a safety program designed to help older drivers and their families. CarFit is a national program developed by AARP and the American Occupational Therapy Association (AOTA) which is designed to give a quick, yet comprehensive check on how well an older driver and their vehicle fit together.

As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel. CarFit provides adults with the tools to understand and apply the safety features of their car.

We invite you to join us to at the next CarFit event being held on:

May 6th 2025 at Faith Lutheran Church ~ 905 Hiawatha Dr. E Wabasha, MN 55981 from 1:30pm – 4:30pm

At a CarFit event, trained volunteers complete a 12-point checklist with each driver. Among the items checked:

- A clear line-of-sight over the steering wheel;
- Adequate space between the front air bag/steering wheel and the driver's breastbone; properly adjusted head restraints;
- Proper positioning on gas and brake pedals;
- Proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots.

Occupational therapists are on hand also to provide a consultation, if needed, that will teach drivers how to maintain and improve aspects related to their driving health. The therapist can also provide information to participants addressing individual needs, including information about local community resources on exercise, nutrition and other programs to help keep them safe on the road.

It is critically important that mature drivers make safety a personal priority. Driving today is more difficult than ever because of increased traffic congestion, longer commute distances, new technology and faster speeds. All drivers can take important measures to mitigate the stress associated with driving.

Older drivers can also check the AARP website at www.aarp.org/findacourse to take

CARFiT

Helping Mature Drivers Find Their Safest Fit

AOTA American Occupational Therapy Association

AARP

a driver safety refresher course for older road users or look into occupational therapy driving evaluation programs for individualized assessments and recommendations. CarFit represents an extension of those classroom programs, and an opportunity for older drivers to make sure their personal vehicles are adjusted to their needs.

You can attend our event listed above by calling and registering for a time slot so that you can have a trained technician can you get car fitted appropriately.

To register, please call:

Wabasha County Public Health at 651-565-5200

Wabasha County Public Health Spotlight E-cigarettes are not safe for youth.

By Tina Moen, MS, ACSM EP-C, CHWC, LCI



Nearly all e-cigarettes contain nicotine. Nicotine is highly addictive and can harm the developing adolescent brain. Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning. No amount of nicotine is safe for youth.

Over one in five of Minnesota high school students who has tried e-cigarettes has never tried any conventional tobacco products, like cigarettes or chew. Recent evidence suggests that, compared to youth who have never used them, youth who have tried e-cigarettes are much more likely to start smoking in the future.

Talk to your kids about the dangers of e-cigarette use.

Parents, know the risks of tobacco use and the different types of products kids are using. E-cigarettes are the most commonly used commercial tobacco product among youth, and nearly all e-cigarettes contain nicotine, which is highly addictive. Talk to your kids about these risks and set firm expectations that they do not use any type of commercial tobacco product, including e-cigarettes and vapes. Understand that e-cigarette use, commonly called vaping, is not harmless. Read more on Minnesota Department of Health's webpage: E-cigarettes and Vaping: Resources for Parents, <https://www.health.state.mn.us/communities/tobacco/ecigarettes/parents.html>

My Life, My Quit™ is the free and confidential way to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a coach. We are here for you every step of the way. Explore the My Life, My Quit™ webpage: <https://www.mylifemyquit.com/en-us/>

Read more on Wabasha County SHIP's webpage: <https://wabashacountyship.org/tobacco-free-strategy/#ecigyouth2025>

Healthy students are better learners and people with higher levels of education are more likely to be healthier and live longer. If you'd like to learn about partnering with Wabasha County SHIP, email Tina Moen, SHIP Coordinator at tmoen@co.wabasha.mn.us or call 651-565-5200.

SHIP is a state-based program that works at the local level to support healthier communities by expanding opportunities for active living, healthy eating, wellbeing, and commercial tobacco-free living.



Wabasha County Public Health Spotlight Rabies Prevention and Control

By Tammy Fiedler, BSN, RN, PHN & Dr. Sarah Fries, DVM



Rabies is a fatal neurologic disease caused by infection with Rabies Lyssavirus. In the U.S., people can be exposed to rabies by coming into contact with wild animals carrying the virus or through their pets, if the pet has encountered a rabid animal. All warm-blooded animals and humans of all ages are susceptible to rabies. Rabies infection is transmitted by the saliva from a bite of an infected animal, by aerosol (inhaled) in caves populated by bats, and rarely from the scratch of an infected animal. People who are exposed to rabies should seek medical care immediately.

In the United States, cats are the domestic species most frequently reported to be rabid, with 200 to 300 cases per year. Worldwide, dogs are the predominant domestic animal to be infected by rabies. Wildlife is the main source of human infection in developed countries. Common carriers in the U.S. include raccoons, skunks, bats, and foxes. The best way to avoid rabies in the U.S. is to keep your distance from wildlife. Never approach injured animals; instead, contact animal control for assistance.

Pet owners can lower their risk by keeping pets up to date on rabies vaccines. For cats and dogs, the first rabies vaccine is given at 16 weeks of age. The rabies vaccine is then repeated one year later. After these first two rabies vaccines, dogs and cats are usually vaccinated for rabies every two to three years. Large animals can also be vaccinated for rabies. To reduce risk of rabies exposure, keep your pets away from wild animals and unfamiliar pets as much as possible. Pets that are exposed are quarantined for ten days to six months or euthanized and sent for testing. Testing to detect rabies infection is always done post-mortem. If you have questions regarding rabies exposure and your pet, call your veterinarian.

If you suspect you have been exposed to rabies or if you have been bitten or scratched by an animal, wash the wound immediately with soap and water, then call your health care provider. You must wash and seek medical help right away. Mammals infected with rabies typically die with 10 days of onset of clinical signs.

Your healthcare provider will be able to guide you on whether you need treatment. The treatment after rabies exposure is called post-exposure prophylaxis (PEP). This treatment is highly effective if it's given as soon as possible after exposure. Delaying PEP can lead to an untreatable rabies infection and death.



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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Are trailer hitch load extenders legal? Occasionally I haul some lumber that sticks out beyond my tailgate and would like to know if I can use this.

Answer: Yes you can. Note that when the load upon any vehicle extends to the rear four feet or more beyond the bed or body of such vehicle there are some requirements. At the extreme rear end of such load a red, yellow or orange flag or cloth not less than 16 inches square shall be displayed.

At the times when lighted lamps on vehicles are required, a red light or lantern plainly visible from a distance of at least 500 feet to the sides and rear shall be in addition to the rear light required upon every vehicle.

Another good reminder is to always make sure any and all items you are transporting are properly secured.

Question: The other day I came across a railroad crossing sign with the word "EX-EMPT" placed on it. What is that all about?

Answer: An X-shaped sign identifies a railroad crossing. If there is more than one track, a sign below the crossbuck indicates the number of tracks.

Warning signs, pavement markings, gates and flashing red lights are positioned at most railroad crossings. Pavement markings include a stop line, an "X," and the letters "RR" painted on the pavement in front of the crossing.

An "exempt" sign means that bus and truck drivers, who are usually required to stop at railroad crossings, may proceed without stopping. However, drivers still need to look in both directions for trains.

Question: In one day, Monday I had three incidents where cars did not yield right of way when they had a flashing left turn arrow. I have observed several other incidents involving other drives as well. It seems of late people seem to think the flashing arrow gives them the right of way.

Answer: A flashing yellow light or arrow means "caution." Proceed through the intersection with caution. Yield the right of way to vehicles and pedestrians already in the inter-

section. If you are turning left or making a U-turn, you must yield to oncoming vehicles that are close enough to be an immediate hazard.

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)



Stay Focused: Share the Road Safely

Distracted driving is dangerous for everyone — especially motorcyclists, who are harder to see. Drivers: Even a quick look at your phone can mean missing a motorcycle or not stopping in time. Motorcyclists: Distractions make it harder to react to drivers who don't see you. These tips will help riders and motorists safely share the road and prevent deadly crashes.

Drivers:

Look twice before turning or changing lanes — motorcycles can be hard to spot.

Avoid distractions like phones, food or adjusting controls. Stay focused.

Give space — allow at least 3 seconds of following distance. Check blind spots carefully before merging or switching lanes.

Use your signals and be predictable on the road.

Motorcyclists:

Stay alert — assume drivers may not see you.

Wear full protective gear, including a DOT-approved helmet.

Avoid distractions — don't use phones or other devices while riding.

Ride sober and keep your speed in check.

Be visible — use lights, wear bright clothing and ride defensively.

We all share the road. Let's make sure we're sharing it distraction-free. Together, we can drive Minnesota toward zero deaths.



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Mazeppa-Zumbro Falls
Messenger

The Paper Advantage: Why Reading Print Is Better for Your Brain

By Eric Kube

Your brain on screens is not the same as your brain on books. Neuroscience now shows that when we swap pages for pixels, it's not just a convenient change of format—we are altering how our brains process and retain information, with significant implications for readers of all ages.

Children with just one book at home are nearly twice as likely to meet literacy and numeracy standards as those without, regardless of income, education, or geography. Beyond developing basic literacy, physical books foster crucial parent-child interactions that build social-emotional and cognitive skills.

These early advantages compound over time. Children growing up with access to books complete an average of three additional years of education compared to those without—potentially the difference between a university education and a high school diploma.

If books build better brains, a question emerges in our increasingly digital world: Does how we read matter as much as what we read?

As home and school environments change through technology, the assumption that “reading is reading” now faces scientific scrutiny.

Findings from a paper published in the Social Psychology of Education show that while the number of print books in a home strongly predicts academic achievement, the number of e-books shows no similar correlation.

These results point to what researchers have termed the “screen inferiority effect.”

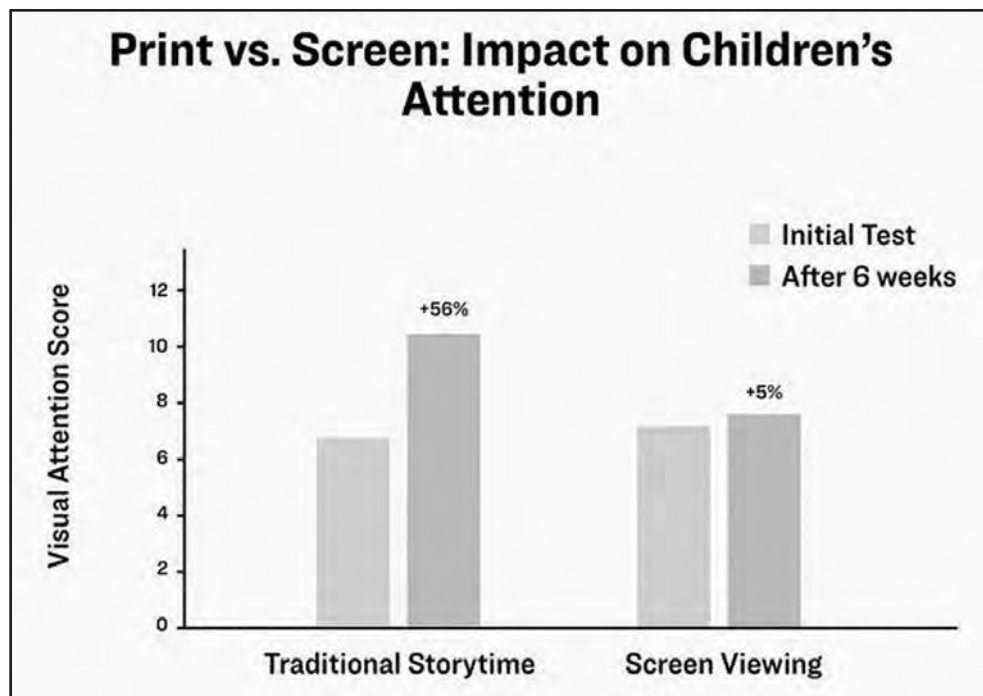
This effect was comprehensively demonstrated in a 2024 meta-analysis of 49 studies involving thousands of readers from elementary school through college. The findings show that individuals who read on screens reliably score lower on comprehension tests than their peers reading the same text in print.

Results highlight that the benefits of reading depend, at least in part, on the reading medium itself.

Tzipi Horowitz-Kraus, an associate professor at the Technion Israel Institute of Technology and the Kennedy Krieger Institute at Johns Hopkins University, sought to uncover the neural reasons underlying the “screen inferiority effect.”

In one study, Horowitz-Kraus recruited 19 children ages 8 to 12 to undergo an MRI scan to assess connectivity in brain regions involved in language processing and cognition.

She found that children who spent more time reading books have greater connections between brain regions involved in language



processing and cognitive control. In contrast, the children who spent more time using screen-based media demonstrated fewer connections between these same regions.

These cortical alterations from screen exposure start early and may lead to underdevelopment in brain regions that underlie higher-order processes like attention, memory, and social skills.

“As developmental cognitive neuroscientists, we are afraid that certain abilities—like attention, processing speed, and inhibitory control—will not develop as they should,” Horowitz-Kraus told The Epoch Times,

commenting on the impact of screens in early childhood.

One of her studies compared two groups of preschoolers who followed along as a book was read to them. One group enjoyed traditional story time—sitting with an adult who read to them from physical books while interacting with them. The other group watched a video of the same story, seeing the book's pages on screen accompanied by audio of the book being read by the same adult.

(continued on page 23)

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The Paper Advantage: Why Reading Print Is Better for Your Brain

(continued from page 22)

Six weeks later, the children watching the screen performed significantly worse on tests of attention and showed brain wave alterations similar to those of children with ADHD. Reading from screens—even at this young age—makes it harder to pay attention to what’s being read.

Researchers have a few theories for why we see these effects.

Tami Katzir, a researcher and professor at the University of Haifa, said that screen-based reading increases “cognitive load”—the amount of strain we place on our brain when completing a task.

“Unlike traditional reading, [digital] readers must simultaneously manage content comprehension while navigating through the text, making constant decisions about scrolling, and maintaining their place in the material,” Katzir told The Epoch Times. “This ‘split attention’ effect means our working memory juggles multiple tasks at once, potentially reducing our capacity for deep comprehension.”

Interestingly, these disparities in attention can be traced back to differences in reading strategies between digital and print texts.

Picture yourself reading your favorite novel. Do you find yourself flipping back a few pages to revisit an important detail? This natural tendency to reread might explain why reading on paper still has advantages over digital reading, as shown in a study published in Reading and Writing.

Researchers equipped 50 university students with devices that tracked their exact eye movements as they read a six-page science article. Half read the “traditional way”—on paper. The other half read on tablets.

Although both groups spent the same amount of time with the material, what their eyes were doing told a completely different story.

Eye-tracking showed that print readers approached the text carefully—first skimming and taking in the broader landscape, then returning to examine areas of interest. Digital readers, in contrast, moved through the content like travelers on a one-way path, rarely backtracking even through more challenging sections.

Both groups were then tested on comprehension.

Despite spending equal time with the material, print readers scored 24 percent higher in their understanding of the content. Such a disparity could mean the difference between an A- and a C+ on an exam.

Part of the reason for these differences in reading style comes from the qualities of the printed medium itself. Katzir said that reading a physical book leads to what she calls “embodied reading.”

“The tactile experience of holding a book, feeling its weight, and turning pages supports spatial memory and helps readers create a mental map of the text, aiding comprehension and recall,” Katzir said.

“Screens tend to encourage what researchers call a ‘shallowing effect’ in our reading behavior,” Katzir added. “Instead of sustained, focused reading, we tend to skip between sections more frequently and engage in surface-level scanning rather than deep analysis. This leads to weaker memory formation, particularly for sequential details, as readers often resort to spotting keywords rather than processing the text thoroughly.”

Diane Mizrahi, a research librarian at the University of California, Los Angeles, regularly encounters the effects of “embodied reading” in students around campus and movie actors in Los Angeles.

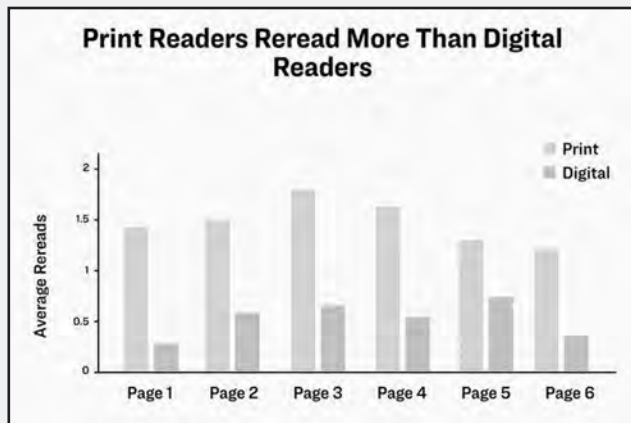
“With the actors, they talk about how they learn their roles through movement and mobility. And so, a huge reason for preferring print is the tangibility and the quality of the text being physical and real,” Mizrahi told the Epoch Times.

“For them, it’s really an absorption of the text into their bodies and their souls.”

Even with these findings, researchers have yet to conclude that screens are all bad—more research is necessary to fully determine their effects.

The illustrator Arthur Radebaugh imagined a future in which technology would revolutionize education: teachers would be computerized, students would learn by pushing buttons, and screens would overtake the classroom.

These predictions may have seemed optimistic when he made them in the 1950s, but life today paints a more complex picture.



Rep. Steven Jacob DISTRICT 20B NEWS



Hello from the State Capitol,

One of the reasons Minnesota is facing a projected budget deficit during the next budget cycle is due to the skyrocketing cost of the state providing free health insurance to illegal immigrants.

The premise that we’re funding anything for illegal aliens when we don’t have the money to properly fund rural emergency services and nursing homes in this state is unreal.

In 2023, a Democrat-led legislature and Governor Walz expanded MinnesotaCare eligibility to illegal immigrants. MinnesotaCare is a health coverage program for low-income individuals and families who do not have access to employee-sponsored health insurance and do not qualify for Medical Assistance (MA).

According to the Minnesota Department of Health, 17,396 illegal immigrants are now enrolled in MinnesotaCare, more than twice the original estimate of 7,700. This means a program that was projected to cost \$196 million over four years is now costing an estimated \$550 million and counting.

The federal government typically pays 90% of the costs for enrollees in MinnesotaCare with the state covering the other 10%. But illegal immigrants don’t qualify for federal matching funds, meaning Minnesota taxpayers are being forced to cover 100% of these benefits.

No one should be surprised that illegal aliens are taking advantage of this government freebie, and that numbers are jumping as more learn of its availability. This misplaced priority is part of the reason we are projected to see a \$6 billion deficit in our next budget cycle.

FIGHTING TO KEEP NON-PUBLIC SCHOOL PUPIL AID

I’m hearing from a number of constituents who are concerned with Governor Walz’s plan to cut non-public school pupil aid, which would obviously devastate private schools who are receiving some state funding. I am aware of the situation and am hopeful we will be able to bring relief from the governor’s proposal.

GOVERNOR WALZ RETURNS TO MINNESOTA TO DELIVER PARTISAN STATE OF THE STATE ADDRESS

Governor Walz gave his annual State of the State address in the House chambers on Wednesday.

Mentioned plenty: his hatred of President Trump. Not mentioned at all: his role – along with a Democrat-led majority – in turning an \$18 billion surplus into a \$6 billion deficit in just two years.

Clearly, the governor is stinging from losing to President Trump and not dealing with the state budget realities the rest of the legislature is frantically dealing with on a daily basis. I suppose this is understandable as the governor is spending more time holding partisan rallies in other states than he is dealing with the budget catastrophe he helped created here in Minnesota.

OMNIBUS BILLS MOVING FORWARD

This week, the House debated budget bills relating to agriculture, as well as public safety

and judiciary finance. Most days I am spending the majority of my time reviewing these bills and determining how they benefit our district as well as our state, so I can vote appropriately. I am very concerned about defending the taxpayers, and its important to learn about the priorities in each of these budget bills.

ATTORNEY GENERAL ELLISON IN HOT WATER?

Minnesota Attorney General Keith Ellison owes Minnesotans some answers after an audio recording found Ellison in conversation with criminal defendants involved in the federal "Feeding Our Future" trial.

As stated in the link above, Ellison “can clearly be heard pledging his support to individuals who would soon become his family’s campaign donors and later Feeding Our Future criminal defendants.

His recorded statements flatly contradict his contemporaneous public statements and raise uncomfortable questions about the intersection between political fundraising and constituent services.”

You’ll recall Minnesotans lost \$250 million in the Feeding Our Future fraud, and its executive director was recently found guilty of her participation in this scam.

Attorney General Ellison needs to come clean and release all public documents and correspondence related to his meetings and conversations with these individuals and explain to the public why he felt it was necessary or appropriate to meet with them, let alone offer the support of his office.

NO CHARGES IN HENNEPIN COUNTY FOR DAMAGING TESLAS

If you’ve been paying attention to national news, you know people who are upset with Elon Musk have taken to damaging or destroying the Tesla cars his company produces. Why criminally damaging another person’s property has become an acceptable form of protest is a topic for another day, but in Hennepin County you won’t even go to jail for committing the crime if you’re caught.

A state employee with the Department of Human Services allegedly vandalized multiple Teslas in Minneapolis over the span of a week and a half in late March. The vandalism amounted to over \$21,000 in damages to at least six vehicles. He was allegedly recorded committing the crime and apprehended. The case information was brought to Hennepin County Attorney Mary Moriarity, who promptly declined to press charges, and sent him into a “diversion” program. If he completes the program, the felony won’t even be noted on his record.

Once again, this is more evidence from Democrat leadership of defending criminals and not supporting law enforcement. With the video evidence, this case appeared to be a slam dunk. Instead, the alleged criminal will receive a slap on the wrist, and the message is sent worldwide that if you want to destroy Teslas, come to Minneapolis where criminal activity in the name of social justice will be completely tolerated.

Have a good weekend,
Steve

Regular Meeting of the Mazeppa City Council Meeting Minutes
Wednesday, April 9, 2025

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

The Pledge of Allegiance was said.

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

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Wabasha County Sherriff Rodney Bartsch, Municipal Liquor Store Manager Todd Ihrke, Public Works Director Scott Ellingson, Fire Chief Bryce Dohrn, Nate Arendt, Helen Reiland, Linda Klassen, Bruce Klassen, Matt Sveen, Barb Sveen, and City Administrator-Clerk Karl Nahrgang.

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

Absent: Councilperson Erica Young.

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

Motion by Hammes, second by Liffri to approve March 12, 2025, regular Council meeting minutes and March 18, 2025, Special Council meeting minutes. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to close the regular Council meeting and open the Public Hearing on Ordinance 2025-01 Amending Article IV, Section 17 of Mand Management Ordinance. All in favor, none opposed. Carried.

Regular meeting closed at 6:01 PM and Public Hearing opened at 6:01 PM.

Purpose of Ordinance change was presented. No public comment was given.

Motion by Wiebusch, second by Liffri to close the Public Hearing on Ordinance 2025-01 and re-open the regular Council meeting. All in favor, none opposed. Carried.

Public hearing closed and the regular meeting re-opened at 6:06 PM.

Wabasha County Sherriff Rodney Bartsch gave the monthly Incident Command Report. He also said that the Sherriff’s Department will have its normal staffing for Mazeppa Daze, citations had been written to individuals involved in ongoing complaints in the community.

Public Works Director Scott Ellingson gave the Public Works report.

Fire Chief Bryce Dohrn gave the Fire Department Report. He also asked for Council guidance on policy regarding a Fire Department Volunteer’s health status.

Motion by Wiebusch, second by Liffri to approve restricted duty for a member of the Mazeppa Volunteer Fire Department Duty for 60 days to allow for a doctor’s confirmation of duty fitness. All in favor, none opposed. Carried.

Council will be updated to decide to extend restricted duty or request resignation.

Motion by Wiebusch, second by Liffri to approve new Mazeppa Volunteer Fire Department member Mitchell Dahl. All in favor, none opposed. Carried.

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

City Engineer Matt Mohs gave an engineering update.

Motion by Wiebusch, second by Liffri to approve Wastewater Treatment Plant project Pay Application #5 for \$584,872.25. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Wastewater Treatment Plant project change order #2 to extend original substantial completion and final payment dates by 24 days correcting an error in the original construction contract. All in favor, none opposed. Carried.

Helen Reiland approached the Council to see if anything could be done to speed up the variance process so the MAHS building project can begin. She also expressed her feeling that City Hall had not managed the request in a timely fashion.

Matt Sveen of MB Sveen Properties requested gave the Council a proposal to consider for the future of the disputed portion of 4th Ave. NE.

The Council will meet with Mr. Sveen on the proposal at a Council Working Session on Monday, April 21st, 2025, at 6:00 PM.

Motion by Wiebusch, second by Liffri to approve building permits: 25-18-0007, 1483 Grandview Lane SE – New Home. 25-18-0008, 383 1st Ave N – Partial Re-roof. All in favor, none opposed. Carried.

1st Reading Ordinance 2025-01and Ordinance Article IV, Section 17, subsection 17.2 regarding accessory building locations.

Motion by Liffri, second by Wiebusch to approve Resolution 2025-09 Issuing a Temporary off-site liquor license to the Mazeppa

Municipal Liquor Store to cater an event at the Mazeppa Community Center on April 26, 2025, from 11:00 AM to 10:00 PM. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-10 Accepting Donations to the City of Mazeppa. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve Resolution 2025-11 Temporarily closing Walnut Street April 26, 2025, from 08:00 AM – Noon for the Clean Up Day event. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve the 2025 Fire Contracts between the City of Mazeppa Fire Department and Chester Township, Mazeppa Township, Pine Island Township, and Zumbrota Township. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve quote from Next Level Excavating & Contracting to replace sidewalks on the south side of Maple St. between 3rd Ave NE and 4th Ave. NE and on the northside of Walnut St. between 3rd Ave. NE and 4th Ave. NE. An allowance will be paid for installa-

tion of sidewalk on the north side of Walnut St. between 1st Ave. and 2nd Ave. SW when the cement work is done on the private property at that location. All in favor, none opposed. Carried.

Motion by Hammes, second by Liffri to approve Resolution 2025-12 Issuing a temporary one-day off-site gambling permit to the Mazeppa Lions Club for July 12, 2025. All in favor, none opposed. Carried.

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

City Attorney Luke Lamprecht updated the Council that the quiet title action on a portion of Herb Vik Park is moving forward.

No Council comments were made.

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

Meeting adjourned at 7:24 PM.

Administrator Clerk

Next meeting: Working Session April 21, 2025, 6:00 PM.

Politics and Coffee, Take 2



Rep. Pam Altendorf (R)
District: 20A

The political scene, both at the national and state levels, is getting ugly. Like dangerously ugly.

There was a time when a Republican and Democrat could respectfully disagree with one another on a topic and move on with life. That no longer seems to be the case.

Let’s review just a handful of things we’ve seen in the past year. We watched as President Trump was called “literal Hitler” and labeled “a threat to democracy,” and was eventually shot.

We’ve watched Teslas set on fire at dealerships because a certain segment of society hates Elon Musk. People who own the vehicles are also being targeted, as their Teslas are being keyed or spray painted, and at times, the drivers are cornered, berated and bullied.

Nationally, well known conservative journalists have been “swatted” (which is when a fake 911 call is made and directs law enforcement to their house believing that a terrible crime is happening – creating a situation potentially dangerous for the person living at the house as well as putting police at risk).

And before I get calls and emails, I am fully aware that this goes both ways. Most recently, Democrat Governor Shapiro from Pennsylvania woke up at 2:00 a.m. to find out an arsonist set fire to his mansion while he and his family were sleeping.

At what point did violence and criminal behavior become acceptable responses to personal and political disagreements? We are a divided country and a divided state, and we’re not going to agree on every topic. But it wasn’t all that long ago where we could debate something without people raging at one another.

I think it’s time we turned the political temperature way down.

Two years ago, I wrote about my coffee and conversation with “Democrat Dave.” He contacted me a lot when I first took office, and it was clear from his emails we weren’t aligned politically. Rather than continue the written back-and-forth, I asked if he’d go to coffee with me and have a nice, civilized conversation.

While there, I told Dave we probably agreed on 80% of life’s topics. At first he disagreed, but by the end of our conversation, he told me “Pam you were correct, I do think we agree on 80% of things.”

I think this country has become so polarized that many believe people from the opposite political party are truly “evil” or “crazy.” I believe if more people on both sides just sat down and talked with each other, they’d find they have much more in common than they don’t.

As I’ve said before, we all want the same things: safe communities, good education for our children and the opportunity to work and make a decent living, but how Republicans and Democrats get to these goals may be slightly different.

With all of that in mind, I am once again reaching out to local liberal residents. Join me in trying to turn down the political temperature. Please email me at rep.pam.altendorf@house.mn.gov and let’s get coffee and have a respectful conversation. Be warned, my next month could be a bit hectic with the end of session coming up, but we will find a time as I’m serious about making local connections and having open and honest discussions. I am convinced that if we have the goals of seeking truth, and that moving forward to a better future is a priority, then we will see that we have more in common than not.

I do hope that people have noticed the progress on the wastewater treatment plant. Every time I travel County Road 1 towards Oronoco, I look to see what is happening with the new facility. I had a closer look when speaking about sign placement for the site with the construction crew. It is amazing how much concrete and steel are used to make these structures. If you walk along 1st Ave. you can get a good view of the new facility. Please do not drive along Summit past the plant, there is no outlet from the park. Driving on the bike path or on the grass next to the path is not allowed. The new seeding we are trying to establish is not going to grow with people driving on it.

The next phase will be starting soon. The construction along Cherry St. and 3rd Ave. NE will create some problems getting around the community. We hope to keep the inconvenience to a minimum. We look forward to having the street phase complete and resurface those areas, which will be a nice change from the current condition of those streets. The officials and staff of the City may not say it often enough, but we do appreciate the patience from the community while these projects are occurring.



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