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OCTOBER 1, 2025

Volume 19 • Issue 10

Mazeppa Area Historical Society to Host Fall Supper Oct. 16

The Mazeppa Area Historical Society will be hosting a "Fall Supper"-Thursday, Oct. 16- at the Mazeppa Community Center - 5-7 p.m.



Menu: Scalloped potatoes and ham, coleslaw, corn, dessert & beverages. FREE WILL DONATION. COME HUNGRY - LEAVE HAPPY! TAKE OUTS - CALL HELEN AT 507-250-6021.

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.
- 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.

(continued on page 3)

Pumpkins with Spice – Albers Acres Open for Business

By Beth Brekke

Looking to add a little spice to your pumpkin display? Try one in white, pink or turquoise—or maybe one with lumps, bumps, or stripes. You can find them all and more at Albers Acres pumpkin farm located at 60647 413th Ave, Zumbro Falls.

Gavin Albers says he is growing the business based on family tradition. His grandparents have grown pumpkins on the property for about 20 years.

He now has 12 Acres dedicated to the fall favorites. Gavin has gone from hand-seeding in previous years to modifying a 1-row John



Pie pumpkins and decorative pumpkins are plentiful at Albers Acres

Deere 7000 planter that he pulled behind a four-wheeler this spring.

(continued on page 7)

Congratulations to Z-M Homecoming Queen Breanna and King Anders



Courtesy of Z-M Schools

Cat Country Tire

By Kat MacPherson

A new locally owned tire shop has officially opened its doors in Goodhue. Cat Country Tire, located at 102 3rd Avenue, began operations on September 8th and is now serving the community with a full range of tire services.

(continued on page 6)



Mazeppa Community Trail to Sponsor Monster Dash 5k-Walk/Run

The Mazeppa Monster 5K Dash is a fund raiser for Mazeppa Trail and safe routes to school initiatives. This event is being held to raise funds for two matching grants totaling \$750.00 recently awarded from Minnesota Department of Transportation for the proposed trail—Safe Routes to School and the Local Partnership Program grant.

(continued on page 4)





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Come to the Table



By Pastor Colleen Hoeft

You are invited... great words that fill us with anticipation- and excitement- most of the time. Those words are used often enough to invite us to spend our money, to go to yet, one more thing we don't have time for, and then we receive the 'invitation' and it fills us with dread and guilt. The funny part is that if we don't receive the 'invitation' somehow we feel left out- even if we hadn't planned to go! What invitation would you love to receive today? What kind of invitations do you like to receive? Parties... games.... Infomercials... time share presentations? What were you invited to last?

You are invited... anticipation or dread.. joy or confusion. I want to look at the invitation that from Proverbs 9:1-6, "Wisdom has built her house; she has carved its seven columns. 2 She has prepared a great banquet, mixed the wines, and set the table. She has sent her ser-

vants to invite everyone to come. She calls out from the heights overlooking the city. 4 "Come in with me," she urges the simple. To those who lack good judgment, she says, 5 "Come, eat my food, and drink the wine I have mixed. Leave your simple ways behind and begin to live; learn to use good judgment."

Wisdom has her house built and it's ready. She has prepared a great feast. Everything is ready. I can imagine a beautiful table- covered with amazing foods and drinks and all laid out for her company. When I was a kid we would feed the men that came to chop corn or help my dad bale hay. My mom would cook an amazing meal, a couple of roasts, vegetables, mashed potatoes, gravy, possibly a salad, pickles, bread, and of course a really good dessert- either pies or a cake. No one ever left hungry! That's what I see here. Wisdom has prepared her feast- and now to invite the people!

Wisdom sends out her maidens- her servants- she puts it out on social media, "Come in with me," she urges the simple. To those who lack good judgment, she says, "Come, eat my food, and drink the wine I have mixed." She doesn't have a special guest list- she wants everyone to come. Everyone is welcome to attend this banquet- She urges the simple- those that lack good judgement to come and eat and drink- so that they can attain wisdom. Wisdom is available to all that come and partake in the meal that is being prepared and offered. But just like any good meal- it won't do you any good unless you eat it! You have to attend and pick up your fork and knife and eat!

To come to dinner, we are to leave our

'simple' ways behind and learn to use good judgement. It isn't just dropped on us- it is a process. The words here are verbs- leave, live and learn. When we apply those actions to wisdom, we will become wise. We will know the direction that our life, our spirit needs to grow. When we learn the knowledge of God it will result in good judgement. To accomplish the kind of wisdom God desires to fill us with we must read God's Word daily- study it and live it out every single day!

As we continue to grow in knowledge of God, God will grow us! He will stretch us. He will give us hard exercises to work through to grow strong spiritual muscles. He will speak to us through His Word- as we grow, as we believe, as we put it into practice. We are to "Leave, live, and learn."

• Leave the sinful life you are living. Say no to temptations and leave behind those friends and companions that only want you to continue your life with them. "Bad company corrupts good character." (1 Corinthians 15:33.)

• Live: accept the gift of life. The invitation is to live. The truly wise will repent, accept God's free gift, and live. Life and death hang

Got a Great Local News Story?

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Email:

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in the balance of this decision.

Repentance is the necessary prerequisite of salvation. Jesus told the woman caught in adultery- 'neither do I condemn you- go and sin no more.' Peter told the people gathered at Pentecost, "Repent and be baptized" We must accept Jesus gift of salvation to us- we can't earn it and we certainly don't 'deserve' it!

• Learn-who God is. Learn God's Word- Follow His precepts and gain understanding. David states it so well, that we are to hunger to know God and to follow Him. (Psalm 119:33-40.)

Line upon line throughout the Bible the message from God is clear. You must accept His invitation and leave the way of foolishness. The Lord Jesus Christ breaths forth the invitation. Will you come? Will you say yes? God wants you at His table. We have the invitation. Will you come?

Martin's Mums

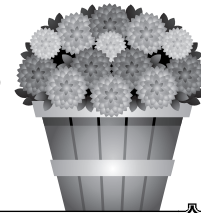
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TRINITY LINCOLN LUTHERAN CHURCH

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

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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.

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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 God's Mission Has Disciples

The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name."
— Luke 10:17

Wally was a church member who had a big heart for mission. He and I led a course for several years about the basics of Christian faith, and we saw a lot of good change in people's lives during that time. I remember thinking sometimes as I drove home, "It doesn't get any better than this!"

It seems that Jesus' disciples sensed something like that in their own context when he sent them out in pairs. Jesus celebrated their success by declaring that through their work, Satan himself was being defeated. What a statement! It truly doesn't get better than that!

This month we have focused on some big mission words: gospel, witness, holistic, and intercultural. These are important words and concepts. But they don't mean a thing if they remain just ideas. They come alive and truly mean something when they describe how we join Jesus in the work of changing lives and renewing communities.

As Wally interacted with the people he met, whether it was in his greenhouse operation, talking to a visitor at church, striking up a conversation at the coffee shop, or hosting our course, he wasn't thinking about those big words. He just wanted to make sure that every person knew they were loved with an everlasting love and that they would meet Jesus. Jesus commissions us, his disciples, with the same call.

Jesus, help me to be available to you. In my interactions with others, may I bring your message of life, healing, and hope. Equip me with your Spirit, Lord. 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 Hwy. Rd. 7, Zumbro Falls
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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

Mark John Stopyro



Mark John Stopyro, 66, of Zumbro Falls, Minnesota, passed away peacefully on July 30, 2025, at home surrounded by his family. He was born March 28, 1959 to John and Irene

Stopyro.

Mark was a true Renaissance man who strived for excellence in all that he did. He engaged in a rich variety of hobbies and interests, including fly fishing, smoking his own meat, raising prairie grass, and obtaining a private pilot's license. He also learned how to play the fiddle and played with various music groups in the area. Although he had little experience in construction projects, he took it upon himself to build a beautiful "writer's retreat" cabin on their property for his wife Sam. Although he said he couldn't

dance, he admitted that he was a "dancing fool" when he danced with Sam.

Mark was also a brilliant man. Pursuing his love of the outdoors, he obtained a master's degree in fisheries biology and began his career as a biologist with the Minnesota DNR. Later, wanting to try something new, he acquired another master's degree in computer science and enjoyed a successful career as an IT specialist at Mayo Clinic. He had a rich and active mind and was able to rattle off the Latin names of the plants in his backyard, explain the importance of the precise tilt of the Earth in its orbit, or tell you exactly how to fix your computer problems.

It was in the midst of his outdoorsy pursuits that he met the love of his life, Sam, while paddling on the river. Mark and Sam married in 2018 and enjoyed their years together cooking, paddling a kayak or a canoe, camping, and spending winters with an assortment of faithful friends at their tiny home community in Tucson, Arizona. They also played

games, read aloud to one another, and hiked together with their wonderful English shepherd dog, Booker. Mark was dearly loved and he will be deeply missed.

Mark is survived by his beloved wife, Sam; siblings Nancy Leon, James Stopyro, Mary McBride (John), EJ Stopyro, Laura Stopyro, and Annie Stopyro; his nieces and nephews; Sam's daughters Angela Lebakken and E. Jannah Ebner; and step – grandchildren Anders and Dominic. Preceding him in death were his parents and his sister, Elizabeth.

Sam would like to express her deep gratitude to the staff of Seasons Hospice for their faithful, compassionate care during Mark's illness.

A celebration of Mark's life was held at South Troy Wesleyan Church in Zumbro Falls on Saturday, August 23, 2025. Rev. Colleen Hoeft officiated. Visitation was from 10–11 a.m. A service followed.

Memories and condolences of Mark may be shared at rochestercremationservicesmn.com

Announcements

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 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

Thank You

Thank you, Zumbro Falls Fire Department. I am grateful for our amazing Zumbro Falls Fire Department who assisted my husband, Mark, in the aftermath of his falls.

They were perceptive about what exactly needed to be done.

They were respectful and courteous to Mark, and to me as well.

A special thank you to Bruce Heitmann and Tim Kennedy.

Our neighborhood up here on the hill "look out for each other", as Pam Kennedy said to me recently. Yes we do.

Thanks,
Sam Lynn Stopyro

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Mazeppa-Zumbro Falls
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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

The Annual Lutefisk and Norwegian Meatball Supper

Vang Lutheran Church

2060 County 49 Blvd
Dennison MN 55018

Saturday, October 4th 2025



Menu:

Lutefisk with melted butter, Norwegian Meatballs with Gravy, Mashed Potatoes, Corn, Cole Slaw, Fruit Soup, Lefse and Norwegian baking's

Join us for our annual supper, buffet style

New for 2025; Continuous seating no reservations needed: 11:00am, thru 1:00pm seating times and 4:00pm thru 6:00pm seating times.

Home or business delivery by reservation

11:00-2:00pm/4:00pm-6:00pm

Please call 507-789-5189 (leave message) or email at vanglutefisk@gmail.com

Ticket price \$26.00 each; payments by check or cash on October 4th

#507-789-5186 vanglutefisk@gmail.com

Mazeppa
Community Trail
to Sponsor
Monster Dash
5k-Walk/Run

(continued from page 1)

We need to raise a total of \$100,000 and are over half way, due to the generosity of many local businesses and groups. We now need community support! Everyone in our communities will benefit, so please come out and

donate/ walk /run and enjoy the day!
It will be held on October 26th at the Herb Vik Park with check in time beginning at 1:00 and the race starting at 2:00.
The Monster Dash Run/Walk will feature a 3.1 mile route. The route will start at the Herb Vik Park and will be multiple laps.
Many post race activities are planned, including pumpkin decorating(until home) , face painting, music, food, and a costume contest(under 18).
Register ASAP to ensure a t-shirt. The deadline for receiving a t-shirt is October 5th. However, you can register anytime, even the day of the race and run, walk or just have fun!
<https://MazeppaMonsterDash5k.eventbrite.com>

Holden Lutheran Church
All Saints Dinner
Sunday, November 2, 2025
Dine In: 12-2 and 4:30-6:30

Meat Balls and Gravy* Pulsa
Scalloped Potatoes * Buttered Carrots
Cranberry Relish * Lefse * Fruit Soup
Rommegrot * Bakings

Cost: \$20/meal • Dine-in: Children 5-12 \$10, 4 and Under Free
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DO YOU HAVE A STORY IDEA?
Email: hometownmessenger@gmail.com

Zumbro Falls Events

Event	DATE	LOCATION	INFO
Lioness Kid's Craft Day	Oct 2025	Cardinal Park	See Zumbro Falls Lioness FACEBOOK
Youth Gun Training	Aug 18, 2025	ZF VFW	See Zumbro Falls Sportsman on FACEBOOK for sign up info
Fall Festival	Sept 27-28	Gerken Farm	
Fire Safety Annual Open House	Oct 2025	ZF Fire Hall	See Zumbro Falls Fire Dept on FACEBOOK for date
Christmas in ZF	Dec 2025	Zumbro Falls	See City of Zumbro Falls on FACEBOOK for events
Lioness Easter Egg Hunt	March 2026	Cardinal Park ZF	See Zumbro Falls Lioness FACEBOOK
BINGO	Dec-April, last Sat of the month	Neptune	See Neptune on FACEBOOK
Wine BINGO	Every Sat at Noon	Zumbro Falls Winery	See Zumbro Falls Winery on FACEBOOK
Lioness Kid's Planting Day	May 2026	Jenny's Greenhouse	See Zumbro Falls Lioness on FACEBOOK
Youth Snowmobile training	January 2026	ZF VFW	See Zumbro Valley Snowmobile Assoc on FACEBOOK for date.
ZF Lioness Meeting	2nd Weds of the month	Varies	See Zumbro Falls Lioness on FACEBOOK for dates, locations and upcoming events
Zumbro Valley Snowmobile club Meeting	1st Tue of Month 7:30pm Sept-April	ZF VFW	See Zumbro Valley Snowmobile Assoc on FACEBOOK for upcoming events
Zumbro Valley Sportsman Club	1st Thurs of month at 7p	ZF Sportsman Park	See Zumbro Valley Sportsman Club for upcoming events
Car Show	June 2026	ZF Park	See Neptune on FACEBOOK for event date
Sucker Fishing Contest	May 2026	Zumbro Falls	See Zumbro Valley Sportsman Club for Dates
All Events			Check ZUMBRO FALLS, MINNESOTA on FACEBOOK or Website: zumbrofallsmn.org

Mazeppa Monster Dash
Run/Walk Event



This 5k event is a fundraiser for the Mazeppa Trail in town!! It will also benefit the safe route for schools initiative. It is being run in coordination with the Trunk or Treat event in Mazeppa. The Trunk or Treat, hosted by the Business Women of Mazeppa, will follow the Monster Dash. Halloween costumes are encouraged. Show us your best costumes!!

Course

The Mazeppa Monster Dash Run/Walk will feature a 3.1-mile route. The route will start at Herb Vik and will be multiple laps.

Time Limit

The course will be set up for 1 hour. Timing will be provided but not for competitive purposes.

Post-Race

Join us for music, free water, bananas and granola bars during and after the race.

For Fun

Face Painting. Costume contest (prizes for the best costumes 18 or under). Pumpkin decorating (until gone). There are other fun events in the works!

Parents/Students

Please be sure to turn in your permission slip ASAP. Deadline is 10/05/2025 for a T-shirt.

Date & Location

Sunday, October 26th, 2025
Herb Vik Field in Mazeppa

Events

Check in Time: 1:00-1:45 P.M.
Start Time: 2:00 P.M. End Time: 3:30
Trunk or Treat: 3:30-5:00 P.M.

Registration

Turn into the school offices only.

K-12 Student Registration: \$25
General Registration: \$35

Cash or check payable to Mazeppa Trail. The registration fee includes run/walk registration, snacks, water, and a t-shirt! *Only guaranteed if you sign up before October 5th!

<https://MazeppaMonsterDash5k.eventbrite.com>

Mazeppa Monster Dash Run/Walk Entry Form

Full payment due by 10/05/2025 to guarantee a t-shirt!

Turn in to the office or send to Zumbrota-Mazeppa Elementary School ATTN: Ben Sand

Date: _____ Name: _____

Additional Name: _____

Additional Name: _____

Additional Name: _____

Additional Name: _____

Email: _____

T-shirt Size: **SELECT ONE** (or more if multiple people signing up on this form)

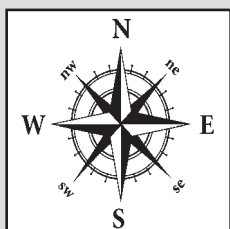
YOUTH Small Medium Large XL **ADULT** Small Medium Large XL 2XL 3XL

Signature: _____

Note: For the safety of all participant skateboards, scooters, and skates of any kind are prohibited in this event. Waiver of Liability: In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations connected with the Mazeppa Monster Dash Run/Walk for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate in this event.

Changes in Latitudes, Changes in Attitudes

The Walking Implement Salesman



By Terry Campbell

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

I grew up on a farm in the 1960's. Farm equipment was intriguing to a young boy. I collected all the farm implement brochures and pored over them. What was even better was the huge selection of Ertl farm toys that mirrored the actual implement they were designed after. Every time we went to the farm dealership, I would head to the toy section while my dad stood at the parts counter or vis-

ited with the salesman.

Quite often the implement salesman would stop by the farm, making his rounds in the country. He knew the machinery we had as he had not only sold it to my dad but also observed the frequency we stopped in for parts, giving him a good idea when we were ready to trade up.

My dad was always trying to save money. In the late 60's he decided we should assemble our own farm machinery. He declared he could do it better than some guy on an assembly line who didn't care if it worked or not. Maybe that was true, but us boys ended up assembling it. We got a 15' Glencoe mounted field cultivator. It came in wood crates and a sheet of instructions. I believe they have air impact wrenches on assembly lines. We did not. The next project was a John Deere side delivery hay rake. I am surprised the thing ever raked hay. Over the years it kept falling apart. I am not sure a 12 year-old boy can torque nuts onto bolts properly.

We welcomed the salesman whenever he stopped by. It was like he was this gate keeper of a wonderful world of new equipment which wouldn't break down. It didn't really matter what logo was on his jacket, he was there to help keep the farm running smoothly. Sometimes they had to use persuasion to convince my dad. His mind set was to keep fixing for the rest of our life. We had an old sickle mower we cut hay with. Harlan Nerson from Center Supply introduced my dad to the New Idea Cut/ditioner. He brought it out for my dad to use. We went out and mowed hay with it once. No amount of talk-



ing could convince my dad like making a round in the field without plugging the sickle section. It sounded like you were grinding ear corn every time you hit a gopher mound, but it kept on mowing hay without stopping.

When I was younger a couple of my neighbors told me about a guy they called the walking implement salesman. No one could recall his name but it seemed he had worked for Brewer Implement in Kasson. Brewer Implement was a family-owned International Harvester dealership which had been serving Dodge County for a century. The story was the original contract for the business had been signed by Cyrus McCormick himself. The dealership was sold in 1968 to Chuck Bishop and Charlie Wacholz.

This salesman would head out each morn-

ing on foot with a shoulder bag filled with equipment brochures and sales forms. He would walk the dusty country roads from farm to farm and visit every place he walked by. In those days a family farm included the whole family and if you showed up close to a mealtime you would be invited to stay for lunch. If it wasn't close to a mealtime you would be invited to stay for coffee or lemonade and a dessert, depending on the season. Sun, rain or snow, he made the rounds and returned each evening with signed sales agreements for the dealership to deliver to the farmer. Everyone stopping by the farm was a welcome visitor and the slower pace of life on the farm seventy-five years ago made time for socializing and enjoying company.

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A Minnesotan: Halloween



By RosaLin Alcoser

I absolutely love Halloween. I love everything about it from the customs and trick-or-treating to the decorations. To the point that I somehow convinced my husband to let me put up all of the Halloween decorations before Labor Day this year. Out of all of it though it's the costumes that are my absolute favorite.

Every year for as far back as I can remember I have worn a costume on Halloween night; and even before that because my mom dressed me up. I have been a pumpkin, a caterpillar, a cat, princesses, characters from books and film, and even creatures from mythology.

I have made customs, taken apart pieces of old dance costumes to make new ones and even gotten creative with random items that I found in the back of my closet

to repurpose into a costume.

A few years ago I even spent the better half of a year working on my Halloween costume. Which admiratively was one of my more excessive Halloween projects. Taking up my kitchen table for months on end to the point that I pretty much stopped using it for anything else.

Over the years though no matter how many customs I put together. Or how much time I spend putting one together. My favorite Halloween costume of all time is still from Halloween of 2002. The year that my older sister and I went out as a pair of puppies.

At the time it was just fun. Running about in a 101 dalmations costume hoodie and sweats with black eye liner on my little face. Saying things like 'trick or throws, smell our paws, give us something for our jaws,' which by the way mortified our mother's friend who took us trick or treating that year.

Looking back on it years later it was really cute that we did that. It was also one of the most fun Halloweens that I can remember having as a child. Which I would like to credit to the costume. Because without the costumes and without being a pair of puppies it wouldn't have worked out in the same way.



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Zumbro Falls Area



Cat Country Tire

(continued from page 1)

The shop is owned and operated by Jon Harvey and Bradley Marking, both of whom were born and raised in nearby Lake City. With over five years of experience each in the tire industry, the duo brings a strong work ethic and small-town values to their new venture.

Cat Country Tire offers services for farm equipment, OTR (Off-The-Road) vehicles, cars, and trucks. In addition to tire sales and installation, the shop provides repairs and on-site service calls, making it a convenient choice for both residential and agricultural customers in the area.

Bradley Marking brings a background in the Sheet Metal Union and extensive tire service experience to the business. Outside of work, he enjoys hill dirt bike climbing, hunting, and spending time with his wife and 3 kids.

Jon Harvey is actively involved in managing his family's 190-acre farm. An avid outdoorsman, he enjoys hunting and fishing, and wrestling — a passion he has pursued at the University of Wisconsin-Eau Claire.



"We're excited to serve the Goodhue community," said Harvey. "Our goal is to provide reliable, honest service — the kind we'd want for our own families and farms."

Cat Country Tire is open Monday through Friday from 8:00 a.m. to 4:00 p.m., and Sat-

urdays from 8:00 a.m. to noon. Customers can stop in, call, or schedule service appointments as needed.

For more information, visit the shop at 102 3rd Ave, Goodhue, MN 55027, or call 651-380-8731.

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Pumpkins with Spice – Albers Acres Open for Business

(continued from page 1)

Harvesting is done manually, taking roughly 30 minutes for 3 to 4 people to pick 100 pumpkins.

Ryan Hanf is one of 6-8 employees that help harvest the pumpkins and watch over the sale lot. He first worked for Gavin's grandfather logging and then Gavin recruited him to pick pumpkins. He now works at the lot after school until 7 pm. Ryan can easily direct customers to what they are looking for saying, "We have pie pumpkins, acorn squash, spaghetti, buttercup and butternut squash. There are small, medium, large and warty pumpkins but mostly big orange ones." They also sell mini pumpkins, large gourds and Indian corn.

This is the fourth year Albers Acres has been doing on-farm sales but the majority of pumpkin sales are to wholesale customers. There are currently 15 places that source their fall specialty items from the farm including local grocery stores, Hy-Vee, Nilssen's and Coborn's. The Lake City and Wabasha Fresh Markets also carry Albers Acres products. A recent college graduate, Gavin grew up in the Alexandria area where he has a network of contacts and delivered 400 pumpkins for distribution.

To keep the crop looking its best, Albers and his crew harvest only what is needed to fill orders as they receive them. Any squash remaining at the end of the season are picked up by local farmers to feed livestock.

In addition to the pumpkins, Gavin grows soybeans, alfalfa, sweet corn and field corn.

Four acres of a corn field are dedicated to a corn maze at the farm. The maze is mapped out early and maintained throughout the growing season. The cost to enter the corn maze is \$3.00/person with a \$15.00/family maximum.

A trip to Albers Acres is great way to spend time with family or friends strolling through the displays, taking advantage of photo opportunities, finding your way through the maze and picking up reasonably priced items for eating or decorating. The farm market is largely self-serve although there is usually someone available to answer questions and help customers. The market is open daily from dawn to dusk through October 31st.



Interesting displays, photo opportunities and a corn maze make a visit to Albers Acres a fun fall stop.



Colored pumpkins, winter squash, gourds and Indian corn can all be purchased at Albers Acres.



Albers Acres is easy to find and has a great selection of carving pumpkins for Halloween.

Primary Cougars had a blast celebrating homecoming!

Attending the parade was a great way to wrap up the school week! COUGAR PRIDE!



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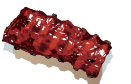


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Inflammation



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Inflammation is a common symptom for every health challenge you experience. Inflammation is the way the body signals something is wrong. Sometimes your body is able to correct the problem with time, such as the healing of a cut, a broken bone, or a virus. At other times, the symptom of inflammation is signaling the need for an outside intervention of nutrients or medicine. As we grow up, we learn some of these signals and how to relieve the pain. Sometimes we need some additional training about what is going on.

Inflammation can be seen in five possible ways: Swelling, Redness, Pain, Loss of function, or Heat. You often see these symptoms related to illness or injury. Inflammation is also described as acute (momentary), or chronic (long-term). Acute inflammation is that injury or illness that takes a day or a week to heal and then you are moving back into regular activity. Chronic inflammation is that long, drawn out pain or loss of function that seems to have no way to end. But many forms of chronic inflammation can be stopped. You just need some additional information on how to make this happen.

Your white blood cells are constantly patrolling your body to address any threat. When a threat is identified the white blood cells will release a warning signal to area cells that something is wrong. This chemical release results in the swelling, pain, and redness associated with Inflammation. Chronic inflammation means these chemical signals are continuing to be made because a change from outside the body is needed. Pain relief medications can provide temporary relief like wearing ear plugs can help reduce the noise,

but pain relief medication does not remove the cause of the chemical signal.

To remove the cause of the inflammation signal specific nutrients should be increased and specific foods should be avoided. Anti-inflammation diets will provide the format for the right balance that will generate healing and reduce inflammation. Specific nutrients to increase include:

Omega-3 Fatty acids, which you obtain through extra virgin olive oil, fish, flaxseed oil, chia seeds, cod liver oil, and walnuts. American culture has a very low intake of Omega-3 fatty acids, which help to reduce pain by creating a healthy balance with Omega-6 fatty acids. A recommendation of three tablespoons of extra virgin olive oil per day is a good starting point.

Vitamin D provides stimulation to the cells of your body to promote healing and improve communication. You may notice that time spent outside in the sunshine during the summer makes you feel better. Your body produces Vitamin D with the exposure to sunlight which helps to reduce inflammation.

Turmeric is an herb from Asia having strong anti-inflammatory properties, which has been used for centuries in Asian culture. Turmeric has active compounds called curcuminoids that directly interact with the inflammation signals and calm the response. Recent research studies have found turmeric to be as helpful or even better than standard over the counter pain relief medicine.

To reduce inflammation, specific foods to avoid include:

Omega – 6 fatty acids, which you find in vegetable oil, corn oil, and deep-fried foods including French fries, potato chips, corn chips, and margarine. The typical American diet contains almost ten times more Omega – 6 than your body needs. The primary sources are processed foods and restaurant foods. When high amounts of omega – 6 combine with sugar, inflammation is the result.

Sugar is abundant in American foods. Back around 1900, the average American consumed about five pounds of sugar per year. Today the average American consumes more than one hundred pounds of sugar a year. Sugar can combine with omega – 6 to produce arachidonic acid, which is a fatty acid associated with pain and inflammation. When clients reduce their sugar intake, they

often observe relief from pain.

Chronic inflammation observed with arthritis, fibromyalgia, obesity, and diabetes can be brought under control with an anti-inflammatory plan using whole foods and nutrient supplements targeting the pain sources. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge is not a result of a medication defi-

ciency.

Contact me to discuss your health goals for the coming year. I can help you create space for decreased pain and natural healing. 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.*

Wabasha County Public Health Spotlight National Breast Cancer Foundation, Inc: Breast Lump 101 - What You Need to Know

By Jennifer Schurhammer, PHN



Public Health
Prevent. Promote. Protect.

About Breast Lumps

Up to half of all women will experience breast lumps in their lifetime.

While finding a breast

lump can be concerning, it is important to remember that not all breast lumps are breast

cancer. In fact, most breast lumps are not cancerous. However, all

breast lumps should be

checked immediately by a healthcare provider.

About Breast Lumps

- A breast lump is a mass, growth, or swelling within the breast tissue.
- Breast lumps are common, affecting up to 50% of women at some point in their lives. [1]

- 60-80% of all breast lumps are benign (non-cancerous). [2]

- There are many conditions that may cause benign lumps in the breast.

Common Types of Benign (Non-Cancerous) Breast Lumps

- Fibroadenoma: The most common type of benign breast lumps that occur primarily in women in their 20s

and 30s, but can occur at any age. Fibroadenomas may feel rubbery to the touch and move around freely.

They are usually painless, vary in size, and can form anywhere in the breast tissue.

- Fibrocystic breasts: Occurs in women with dense breast tissue and refers to changes in the breasts that naturally occur due to hormonal fluctuations during a woman's monthly menstrual cycle. These changes may lead to the breasts feeling lumpy, swollen, and sore right before a woman's period.

- Breast cyst: A fluid-filled sac that grows within the breast tissue. A breast cyst that forms on the surface of the breast may feel like a grape and be soft in texture. A cyst that forms deeper within the breast may feel like a hardened lump because it is covered by tissue.

- Fat necrosis: A non-cancerous breast lump that may form if the breast has been injured. Breast injury may include a biopsy or surgery. This type of lump forms in the fatty breast tissue of the injured area.

- Lipoma: A slow-growing, fatty lump that forms just under the surface of the skin. Some may weigh only a few grams while others can be large enough to produce a visible bulge. Lipomas are soft to the touch and move around freely when touched.

- Mastitis: Inflammation within the breast tissue caused by an infection. Mastitis causes breast pain, swelling, and redness of the skin. Although mastitis doesn't present as a true breast lump, symptoms like swelling can often be mistaken for a lump.

- Breast abscess: A collection of fluid or pus pocket in the breast, most often caused by untreated mastitis.

A breast abscess can be very painful and presents as a red, swollen lump in the breast.

- Milk cyst: A fluid-filled sac, also called a galactocele that almost exclusively occurs in lactating women. A milk cyst is filled with breastmilk and causes a blockage of the mammary duct.

- Intraductal papilloma: A wart-like lump that may develop in the milk ducts of the breasts. Intraductal papillomas, most common in women over 40, often form close to the nipple, but can occur elsewhere in the breast as well.

Breast Lump Warning Signs

Although breast lumps are common and many are non-cancerous, there are several breast lump warning signs to be aware of. See your healthcare provider right away if you notice:

- A new lump, thickening, or swelling of the breast tissue not previously noticed by you or your doctor
- A lump that feels hard to the touch or different from the rest of the breast tissue
- A known lump that begins to grow or change
- A lump that does not go away after menstruation
- A lump that causes pain or discomfort

[1] Cleveland Clinic

[2] National Institutes of Health



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Have trouble sleeping? Try this. Also, Stress and Cortisol Levels



By Shauna Burshem, D.C.

Sleeping troubles and the gut health connection: Insomnia affects up to half of all adults at some point, leading to restless nights and groggy mornings. Beyond the immediate effects of fatigue and irritability, chronic sleep disruptions are linked to serious health risks, including heart disease, diabetes, depression, and even suicide. Research from the U.S. highlights the alarming connection between insomnia and mental health, showing that persistent sleep problems increase the likelihood of suicidal thoughts and attempts by more than fivefold and sevenfold, respectively. This creates a vicious cycle where poor sleep exacerbates anxiety and low mood, further disrupting rest.

Traditional treatments for insomnia, such as prescription sleep aids, often come with risks like dependency, while cognitive behavioral therapy remains inaccessible for many due to cost or availability. As a result, researchers are exploring natural alternatives, with probiotics emerging as a promising option. Probiotics, which are live beneficial bacteria, influence the gut-brain axis—a communication network between the digestive system and the central nervous system. By regulating brain chemicals, probiotics can help sta-

bilize mood and promote healthier sleep patterns.

Recent studies have shown that probiotics can significantly improve sleep quality and reduce symptoms of depression in people with insomnia. A systematic review and meta-analysis published in *Frontiers in Microbiology* analyzed six randomized controlled trials involving 424 participants with insomnia. The findings revealed that probiotics reduced Pittsburgh Sleep Quality Index (PSQI) scores by an average of 2.1 points, indicating fewer sleep disturbances and better rest. Additionally, depression symptoms, measured by the Hamilton Depression Scale (HAMD), dropped by 7.72 points, reflecting a meaningful improvement in mood.

The effectiveness of probiotics in improving sleep and mood is linked to their ability to support gut health. Probiotics strengthen the gut lining, reduce inflammation, and enhance gut-brain communication, all of which play a role in calming the body's stress response. However, for probiotics to work effectively, it's essential to first heal the gut. Introducing probiotics into an unhealthy gut can feed harmful bacteria, potentially worsening symptoms. Therefore, addressing gut health before starting probiotics ensures better out-

comes.

Pairing probiotics with good sleep habits further enhances their benefits. Practices like keeping the bedroom dark, getting morning sunlight, and avoiding blue light at night not only improve sleep quality but also support gut health. Together, these strategies create a holistic approach to breaking the cycle of insomnia, improving both rest and overall well-being.

Stress and Cortisol: Chronic stress keeps cortisol, the body's stress hormone, elevated far beyond its intended emergency function. While cortisol is designed to help you react quickly in dangerous situations, modern life's constant pressures—like deadlines, poor sleep, and emotional stress—keep it switched on 24/7. This prolonged activation disrupts your metabolism, weakens your immune system, and leads to issues like stubborn belly fat, poor sleep, and constant fatigue. Over time, your body adapts to this survival mode, leaving you feeling drained, inflamed, and unable to recover properly.

The effects of high cortisol often go unnoticed at first, manifesting as subtle symptoms like feeling "wired but tired," irritability, or sugar cravings. However, beneath the surface, elevated cortisol wreaks havoc on your hormone rhythms, metabolic function, and immune defenses. This imbalance can lead to weight gain, particularly around the midsection, slowed digestion, and muscle loss, even if you're trying to stay active. The longer this cycle continues, the harder it becomes for your body to reset and recover. Fortunately, there are simple, science-backed habits that can help your body naturally flush out excess cortisol and restore balance. Techniques like slow breathing, early morning sunlight exposure, and eating healthy carbs can reset your cortisol rhythm and support recovery from stress overload. Breathwork, in particular, is a powerful tool to lower cortisol quickly. Practices like the "parasympathetic sigh," which involves a deep inhale followed by a second sip of air and a slow exhale, signal your nervous system to relax and shift into a restorative state. In my office, I use a supplement called Adrenal Dessicated that supports the adrenal gland and helps with high cortisol levels. Lifestyle adjustments can also make a significant difference in managing cortisol levels. For instance, timing your caffeine intake is crucial—having coffee on an empty stomach in the morning can spike cortisol and keep you stuck in a stress cycle. Instead, it's better to wait until after breakfast or reduce your intake if you already feel overstimulated. Similarly, gentle, consistent exercise like walking is more effective at reducing cortisol than high-intensity workouts, which can sometimes exacerbate stress. Low-impact activities are especially beneficial for individuals with conditions like PCOS or adrenal imbalances. Finally, enjoyable activities like laughter, spending time with pets, and engaging in hobbies aren't just mood boosters—they also trigger biochemical changes that lower cortisol and signal safety to your brain. Additionally, natural progesterone is highlighted as a safe and effective way to block cortisol and restore calm. By incorporating these simple habits and lifestyle changes, you can help your body recover from chronic stress, reset its natural rhythms, and regain energy and resilience.

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

The Savvy Senior Cutting Through the Noise: A Senior's Guide to Fall Vaccines



By Jim Miller

compared with younger, healthy adults.

For people age 65 and older, there are three different FDA approved flu vaccines (you only need one) that are recommended over traditional flu shots. These include: the Flu-zone High-Dose Quadrivalent, Flublok Quadrivalent (recombinant, egg free vaccine), and Fluad Quadrivalent.

These vaccines are formulated to create a more robust immune response, helping the body produce more antibodies, which makes the vaccine more effective in preventing the flu.

All flu vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

RSV Shots

In addition to the flu shot, the CDC also recommends a single-dose of RSV (respiratory syncytial virus) vaccine for all adults age 75 and older, as well as to high-risk adults between ages 50 and 74. These are people who have chronic heart or lung disease, weakened immune systems, diabetes with complications, severe obesity, or who live in long-term care facility.

RSV is responsible for 6,000 to 10,000 deaths and up to 150,000 hospitalizations each year.

The three RSV vaccines approved and available in the U.S. — Arexvy, Abrysvo and mResvia — are all covered under Medicare (Part D) prescription drug plans. But note that if you got an RSV shot last year, or when it first became available in 2023, you do not need to get a second dose this year. For now, only one dose of RSV vaccine is recommended.

Covid Booster

If you haven't had a Covid booster shot lately, the Food and Drug Administration recently approved the 2025–2026 Covid-19 vaccine, which has been updated to target the dominant strain.

This vaccine was recommended for all adults 65 and older and younger people that have a health condition that makes them vul-

nerable to severe Covid. But the new, CDC Advisory Committee on Immunization Practices just announced that they are no longer recommending Covid shots. Instead, they are recommending seniors 65 and older and younger people (6 months to 64 years) should make a shared medical decision with a doctor or another health care provider.

Covid still causes at least 40,000 hospitalizations and approximately 47,000 deaths in the U.S. each year. Covid shots are covered by Medicare Part B.

Pneumonia Vaccines

If you haven't been vaccinated for pneumonia, you should also consider getting the pneumococcal vaccine this fall. These vaccines are now recommended by the CDC to adults age 50 and older, instead of age 65, which was the previous recommendation.

Pneumonia causes a whopping 1.2 million people to visit medical emergency departments in the U.S. each year and causes roughly 50,000 deaths.

If you've never been vaccinated for pneumonia, the PCV20 (Pneumovax 20) or PCV21 (Capvaxine) are the top choices because they cover the most common serotypes.

Medicare Part B covers pneumococcal shots, and you only need to get it once.

Side-Effects and Safety

You should be aware that all these vaccines can cause mild side effects like pain or tenderness where you got the shot, muscle aches, headache, fever or fatigue.

Also note that it's safe to receive these vaccines at the same time, but it may be best to spread them out a week or two because multiple vaccinations on the same day may cause increased side-effects.

You can find all these vaccines at most pharmacies, medical clinics and health departments, or you can do a search at [Vaccines.gov](https://vaccines.gov).

Amid all the noise & confusion surrounding vaccines, here's a rundown of the different shots seniors need to get this fall.

There has been a lot of confusion about vaccines this fall, with Health and Human Services Secretary Robert F. Kennedy Jr. publicly expressing skepticism about the efficacy of shots on children and pregnant women.

But when it comes to those over 65, the protocols for getting a variety of vaccines have not changed much, with exception of the Covid shot.

Here's a rundown of the different fall vaccines that are still recommended for seniors and how they are covered by Medicare.

Flu Shots for Seniors

Just as they normally do, the CDC recommends a seasonal flu shot to everyone 6 months of age and older, but it's especially important for seniors who have weaker immune defenses and have a greater risk of developing dangerous flu complications

Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: My husband and I are wondering if it is true that emergency vehicles can change a light from red to green, if they need to proceed through an intersection. Is this true, or is it just a myth that people now believe to be true? Also, if this is true, how is the light triggered? Is it triggered by the flashing lights of the emergency vehicle or is it triggered through some other method?

Thank you for your column! We read it every time and we appreciate the helpful and accurate information.

Answer: Emergency vehicles can change traffic lights using a system called Opticom. The device on the vehicle emits a specific light or signal, which is detected by a receiver on or near the traffic light. The receiver then triggers the traffic light to change, giving priority to the emergency vehicle.

Question: I know the distracted driving law has been around for a while now, but can you please talk about it some more?

Answer: Driver distraction or inattention is a leading factor in crashes in Minnesota, accounting for at least 25 percent of all crashes annually. Distracted drivers fail to recognize potential hazards on the road and react more slowly to traffic conditions, decreasing their margin of safety.

Types of driver distraction:

- Visual: Looking away from the road.
- Mechanical/physical: Taking hands off the wheel.
- Cognitive: Being "lost in thought."

Distractions inside the vehicle

Distractions inside the vehicle can include activities such as: using a cell phone, using a GPS, reaching for items, eating and drinking, adjusting the radio, talking to other passengers, and reading maps and other materials. Even when you are watching the road, behaviors such as looking at a crash scene or daydreaming can divert attention from your driving responsibilities. For safety, give the task of driving your full attention at all times.

Illegal driver behaviors in Minnesota

Certain driver behaviors are illegal on Minnesota roads. These include using a cell phone or wireless computer device for text messaging, emailing or accessing the internet while driving, including while stopped in traffic. Drivers under age 18 with an instruction permit or provisional license are prohibited from using a cell phone, whether handheld or hands-free, except to call 911 in an emergency. It is also illegal to wear headphones or earphones in both ears simultaneously to listen to a radio or other sound-producing device.

Question: With school back in session, can you talk about school bus safety and what motorists need to know?

Answer: School buses have yellow and red lights that flash alternately to warn drivers they are stopping to load or unload students.

Bus drivers will activate flashing yellow lights at least 100 feet before a school bus stops in a speed zone of 35 mph or less. They will activate the lights at least 300 feet before it stops in a speed zone of more than 35 mph. It is against the law to pass on the right side of a school bus while it is displaying red or yellow flashing lights.

Flashing red lights warn drivers that the school bus is loading or unloading students. When you see a school bus that is stopped with its red lights flashing and its stop arm extended, you must stop your vehicle at least 20 feet from the bus.

Regardless of whether you are facing the front or back of the bus, you must remain stopped until the stop arm is retracted, and the red lights stop flashing. If you don't, you can be charged with a misdemeanor. If convicted, you must pay a fine of at least \$500

and lose your driving privileges.

Question: I read your last article about school buses and flashing lights. Can you do a reminder on passing a school bus?

Answer: It is illegal to pass a school bus when its red lights are flashing and its stop arm is extended. If you are driving on a divided roadway, you do not need to stop for a school bus with red lights flashing if it is on the opposite side of the divider. A law enforcement officer with probable cause to believe you have violated this law may arrest you within four hours of the violation.

When your vehicle is used to violate the school bus stop arm law, you are guilty of a petty misdemeanor if you own or lease the vehicle. However, if you can prove that another person was driving the vehicle at the time, the driver will be charged with the violation.

When you apply for a driver's license, you must certify, by signing the application, that you understand the requirement to stop for a school bus and are aware of the penalties for violating this law.

Question: My grandkids get to be on their school's "School Patrol." I am so happy they get to help but can you talk about this? I want people to be aware to help keep them and everyone safe. Thank you for all you do.

Answer: Congratulations to your grandchildren! You should be proud as it is quite an honor to be serve on those School Patrols.

A little history lesson on the School Patrol. The idea of the School Patrol originated with Sister Carmela of the Cathedral School in St. Paul on Feb. 21, 1921 when the first patrolmen were stationed at the intersection of Kellogg Boulevard and Summit Avenue in Saint Paul. Adopted citywide by the City of St. Paul in 1922 as a part of the program of the School System and the St. Paul Police Department, it was also adopted as a statewide program by the Minnesota State Patrol. Generations of children for over 100 years have served on the School Patrol all across Minnesota.

When you see a student safety patrol helping schoolmates cross a street or highway, you must come to a complete stop. You must also stop for adult crossing guards displaying a stop sign or flag. It is illegal to drive through a line of children crossing the road, even if a school safety patrol is not present. Violating this law is a misdemeanor. A second violation within a year is a gross misde-



meanor.

Question: I seem to encounter a fair amount of emergency vehicles running in emergency mode (lights and sirens.) I also can't help but notice how many people don't pull over and yield to them. Can you bring some attention to this?

Answer: Great topic for conversation. When an emergency vehicle (such as an ambulance, fire truck or police car) with flashing red lights and sounding a siren or bell approaches your vehicle on a two-way road, you must pull to the right and stop.

On a one-way road, pull to the nearest side and stop. If you are in an intersection, proceed through it before stopping. Remain stopped until all emergency vehicles have passed.

A law enforcement officer with probable cause to believe you have violated this law may arrest you within four hours of the violation.

You do not need to stop if the emergency vehicle is separated from your lane of traffic by a physical barrier like a fence, wall or median strip.

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.

A recent survey conducted by the National Highway Traffic Safety Administration released the top four reasons a driver may have commit a stop-arm violation. 30.5% driver did not care, 25.5% being in a hurry, 24.3% did not know the law, 12.2% distracted.

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)

Ted Foss Move Over Law

This year marks the 25th anniversary of the tragic passing of Minnesota State Patrol Trooper Ted Foss. Cpl. Foss was conducting a routine traffic stop on the shoulder of I-90 in Winona County on Aug. 31, 2000, when he was hit and killed by a passing vehicle. His story is a powerful reminder of why we must move over and slow down for vehicles on the shoulder.

In his honor and to save lives on Minnesota roads, on Sunday, August 31, law enforcement across the state will be actively enforcing the Ted Foss Move Over Law. Failing to change lanes or slow down endangers other drivers and emergency professionals and can leave you facing a fine of more than \$100.

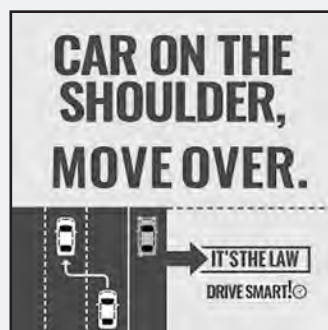
Drivers need to remember:

Move Over. On a road with two or more lanes going the same direction, you must move over one full lane from stopped emergency and maintenance vehicles as well as any vehicle with its hazards on.

Slow Down. If you can't move over safely, you must slow down.

Watch for People. The law also applies to people who are outside their vehicles.

Let's all do our part to keep each other safe on the road. When you see flashing lights, stalled vehicles or people on the side of the road, slow down and move over a lane to keep travelers safe and to give roadway workers room to do their jobs safely. Working together, we can drive Minnesota toward zero deaths.



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We've filled the barn again for another great market!
We have 8+ vendors this year and they've made so many beautiful handmade items for you to find and fall in love with!

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FRIDAY, OCTOBER 10 • 10am-5pm
SATURDAY, OCTOBER 11 • 8am-4pm

55241 201st Ave. West Concord

Community as Classroom



By Benya Kraus
President & CEO Southern
Minnesota Initiative
Foundation

The flurry of back to school excitement, nerves and relief are upon so many families across our region.

At Southern Minnesota Initiative Foundation (SMIF), we have the privilege of working directly with hundreds of child care

providers and other Early Childhood professionals across our 20 counties. As I shared at our most recent provider training in Owatonna, child care providers are not only the essential economic development engine for addressing the growing workforce shortages in our region, but they also help shape the character, psychological safety and brain development of our next generation of talent. Studies show that a child's brain is 90% developed by the age of five. Our child care providers, other Early Childhood professionals and caregivers are therefore critical influences in a child's mental and social development. In a world with increasing vitriol and violence, it is such a gift to have people who nurture kind and caring children who can become kind and caring adults, and who help build a more kind and caring world. But they cannot do it alone.

I had the privilege of meeting with the leaders of The Honoring Dakota Project (HDP) from the Prairie Island Indian Community the other week, where I was introduced to the concept of "Community as Classroom." Their director of education described how they worked with the Red Wing School Dis-

trict to establish an American Indian Parent Advisory Committee with the school board. Today, hundreds of Native and non-Native students can participate in indigenous life ways and cultural practices through after-school extracurriculars. They learn teamwork from drumming circles and mindfulness from bead work. This fall, HDP is organizing a psin cinca (rat potato) and arrowhead harvest along the riverbanks in Winona, fostering an understanding of the interconnectedness between humans and nature. Especially for Native students, learning the Dakota language, teachings and history foster a sense of self-confidence and pride in knowing that where you come from matters. Their work reminds us that there is wisdom to be found beyond the four walls of a classroom – that important truths and values are passed down from our ancestors, relationships and the world around us.

These are universal values that even those of us who are non-Native can know intrinsically. Think of the virtues and cultural knowledge that 4-H students learn when they are taught how to show their livestock: patience, humility and attention to the needs of a living creature beyond yourself. Or what students who participated in Spring Grove's community design lab to co-design how the newly revitalized Spring Grove cinema should be

used: creativity, responsibility and empowerment through shared decision-making. Students even worked together to paint a community mural in this space with the support of a Paint the Town Grant from SMIF.

Community as Classroom is not just for children, but also those caring for kids. Byron Community Education used an Early Care and Education Grant (opening Oct. 8!) to teach staff, parents and children how to manage strong emotions. Sharing mental health resources helped caregivers create calm learning spaces for children, teaching the virtues of perseverance, discipline and compassion for oneself and others.

From Prairie Island to Spring Grove to Byron it takes a community of caring adults and an embrace of learning through community to shape a healthier, more hopeful and resilient next generation. As our Dakota relatives teach us, it requires us to think of community as a classroom.

As always, I welcome your comments and questions. You can reach me at benyak@smifoundation.org or 507-455-3215.

About Benya Kraus

Benya Kraus is the President & CEO of Southern Minnesota Initiative Foundation. Benya is the co-founder of Lead for America and served as the Network Advancement Director at Resource Rural.

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Historical Happenings

*Compiled by
Helen Reiland*

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas
FRIDAY, JUNE 29, 1956
MILKING CONTEST

One of the less esthetic but most enthusiastic events was the milking contest held across from the gym at 3:30, by county editors Ray Young of Wabasha, Bob Mack, Jr. of Plainview, Carol Law of the Lake City Graphic with publisher Larry Oberg, at the halter and Reider Tommeraas.

The latter has been walking in the clouds all week by putting four pounds of milk in his pail in four minutes, winning handily over the other who did not boast a farm background.

Ray Young had quite a pail full of milk, but the eagle-eyed crowd saw him empty a quart of milk in his pail from a pocket of his hospital gown. He was disqualified immediately by consent of the crowd, but was a vision of loveliness in cherry red Bermuda shorts and loud sport shirt. Bob Mack drew a lot of attention with his beautiful goatee grown for the Plainview centennial, and Mrs. Law was roundly applauded for being such a good sport.

All agreed it was a lot of fun---all that is, but the poor, patient suffering cows furnished by Henry Thiele and Mrs. Henry Betcher.

Tuesday morning Janet Cravath, Wabasha county dairy princess and Eldred Kuehn took the cookies entered in the contest and served them, with milk, to post-polio ward patients at St. Mary's hospital. This was particularly appropriate as Miss Cravath was treated there for polio in 1952.

FRIDAY, JULY 6, 1956
Obituaries

JOHN W. ALMETER

John W. Almeter of St. Cloud, longtime Mazeppa resident, passed away at the St. Cloud hospital at 5:15 a.m. June 27, following a stroke. He had been in poor health for several years, and was 62 years of age at the time of his death.

Mr. Almeter was born Sept. 13, 1893, in Mazeppa. He attended school here and was a resident until 1945. He was a partner in the family business, Almeter Motor Sales. After leaving here, he resided in Minneapolis and St. Cloud.

He was a member of the American Legion and Veterans of Foreign Wars, and served in France in the First World War.

He is survived by a son, James K. Almeter, Champaign, Ill.; a daughter, Mrs. Galvin Uhlenhopp of Minneapolis, his mother Margaret Almeter of St. Cloud; two brothers, Frank N. Almeter of Mazeppa and Louis L. Almeter of LaCrosse, Wis.; and two sisters, Miss Mary A. Almeter of St. Cloud, and Mrs. Helen Heaney of Beloit, Wis.

MRS. CATHERINE BARTHOLOME

Mrs. Catherine Bartholome of St. Cloud, former Bellechester resident, died Sunday at the home of her son, Bishop P.W. Bartholome in St. Cloud.

She was born in Luxembourg May 4, 1853, and came to this country with her family at the age of 11. They settled near Wabasha. In 1871 she was married to Nicholas Bartholome and they farmed at Bellechester for 32 years. He died in 1918.

Three of her children and her husband preceded her in death. Her surviving children in addition to Bishop Bartholome, are Msgr. John Bartholome, Dominic of Bellechester, Nicholas of Crookston, George of Crookston, George of Regent, N.D., Mrs. Anna Hart of Mazeppa, Mrs. Elizabeth Lippert of McVillie, N.D., and Mrs. Justine Dobner of Faribault.

Mrs. Bartholome visited here often at the home of her daughter, Mrs. Hart, and was loved by all.

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.

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Regular Meeting of the Mazeppa City Council Meeting Minutes Wednesday, September 10, 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: Steve Liffbrig, Mike Hammes, Erica Young, and Dustin Wiebusch.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs from Bolton & Menk, Public Works Director Scott Ellingson, Wabasha County Sheriff's Deputy Paul Kruger, MMLS Manager Todd Ihrke, Rhonda Sand, Helen Reiland, and City Administrator-Clerk Karl Nahrgang.

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

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

Motion by Young, second by Liffbrig to approve August 13, 2025, regular Council meeting minutes, All in favor, none opposed. Carried.

Wabasha County Sheriff's Deputy Paul Kruger gave the ICR for July.

Public Works Director Scott Ellingson gave the Public Works report.

Administrator Clerk Karl Nahrgang gave the Fire Department report.

MMLS Manager Todd Ihrke gave the Liquor Store report.

City Engineer Matt Mohs gave the Engineering update.

Motion by Wiebusch, second by Young to approve WWTP project pay application #10 to Wapasha Construction for \$376,991.28. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve WWTP change order #3 totaling \$6116.78. All in favor, none opposed. Carried.

Motion by Young, second by Liffbrig to approve Street Utility project pay application #3

to Schumacher Excavating for \$282,418.46. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Street Utility project change order #2 for approximately \$55,000.00, not to exceed \$60,000.00. All in favor, none opposed. Carried.

Motion by Young, second by Liffbrig to approve Task Order 8, a cultural survey along the bike/walking trail phase 1 route for \$12,000.00. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffbrig to approve an amount not to exceed \$5000.00 to complete a Local Road Improvement Grant application for 4th Ave. NE. All in favor, none opposed. Carried.

Administrator Clerk Karl Nahrgang reported on City Hall Activities.

Citizen Needs:

Helen Reiland from the Mazeppa area Historical Society announced that the Historical Society would be holding an open house on September 13, 2025, Noon until 3:00 PM displaying the new building and new exhibits.

Rhonda Sand requested an update from Council on the cleanup and inspection at the property at 140 Cherry St. E. The City Hall report had already discussed issues with the property owner representative and that he had cancelled the building inspection on advice of counsel. Discussion of next steps to ensure property is safe.

Motion by Wiebusch, second by Hammes to approve legal fees to Lamprecht Law for services not provided in monthly retainer. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve building permits 28-18-0022, 1532 Cherry St. E – accessory building, 28-18-0024, 1678 Cherry St E. – re-roof. All in favor, none opposed. Carried.

Motion by Young, second by Liffbrig to approve Resolution 2025-30 Accepting a donation from Mazeppa Fire Relief for Mazeppa Daze Expenses. All in favor, none opposed.

Carried.

Motion by Young, second by Liffbrig to approve Resolution 2025-31 Accepting a donation from the Mazeppa Lions Club for the Walking/Biking trail phase 1. All in favor, none opposed. Carried.

Motion by Young, second by Liffbrig to set the Truth-in-Taxation hearing for December 10, 2025, at 6:00 PM. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffbrig to approve the 2025-26 snow hauling contract with Turbo's LLC. All in favor, none opposed. Carried.

Motion by Young, second by Liffbrig to approve Resolution 2025-33 approving an off-site temporary liquor license for Rumors Bar and Grill. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Preliminary Levy for Taxes payable in 2026 for \$445,196.00. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-32 approving work on County Road 1 to be completed withing the City of Mazeppa. All in favor, none opposed. Carried.

Motion by Hammes, second by Liffbrig to approve the 2026 preliminary budget. All in favor, none opposed. Carried.

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

Council members asked everyone to remember that the final Community Market on Thursday, September 18, 2025, 4:00 PM to 7:00 PM and that a Melinda's Snack Shack, a favorite from Mazeppa Daze, would be the featured food vendor. The trail committee is putting on a Halloween themed 5K walk-run on October 25, 2025, at 2 PM called the Mazeppa Monster Dash. Council also recognized the work being done by the City's part-time public works staff, Steve Meerkens.

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

Meeting adjourned at 7:42 PM.

Administrator Clerk

Next Meeting: October 8, 2025

Zumbro Falls City Council Minutes - August 6th, 2025

Zumbro Falls City Council met at City Hall on Wednesday at 6PM. The meeting was called to order by the mayor. Absent from the meeting was council person, Sara Anderson and Fire Chief Scott Kenedy.

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

Treasurer's report followed and accepted with a motion from Benson, seconded Winters, all in favor, carried.

A Snowmobile Club representative was present at the meeting and was seeking approval to sell fund-raising tickets for a spring raffle. A motion was made by Benson to allow the sales, second Winters, all in favor, carried.

Council agreed on playground equipment for the Hills of Zumbro Park and council anticipates installation in the next few weeks. A motion was made by Winters, second Benson, to purchase the equipment, all in favor, carried.

Mayor Heitmann explained the reasons for delays related to the basketball court concrete and hopes to see progress in August.

Blake Hanson proposed an address assignment for his property (Lot 24) to be known as 653 School Drive and Cherie Smith's property (Lot 23) to be known as 692 School Drive. The council approved the proposal with a motion from Benson, seconded Winters, all in favor carried. This will be Resolution 25-3.

Council reviewed the city's Schedule of Fees. Changes will be voted on and implemented at September's council meeting. These changes will include fees related to building permits.

Council would like to recognize the success of the town's Nation Night Out gathering. Thank you to everyone who helped and to all of those that attended.

The meeting was adjourned at 7:20 PM with the clerk to pay bills presented by a motion from Winters, seconded Hanson, all in favor, carried.

The next council meeting will take place at 6pm, September 10th at City Hall.

Submitted by,
Blake Hanson, Clerk

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Mazeppa-Zumbro Falls
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Construction season is still going on in our fair City. The residents have taken this in stride and soon the bulk of the work will be completed. The underground has been completed on Cherry St. and reshaping the road has started. Over the next 3 weeks, roadbed, concrete, and pavement portions of the project will be in process. The area around Elm St. and County Road 1 will have a portion of the sewer main and manhole replaced yet this fall. Pavement work in that area won't be done until Spring of 2026. This is to coordinate with Wabasha County for road work that will be done on County Road 1 in Summer, 2026.

I know that the residents will be relieved once road closures, water shutdowns, and the noise from heavy equipment is complete. The City thanks you, the residents of Mazeppa, for your patience during the construction in the community. We will be getting a reprieve from the noise and inconvenience. There are a few more areas that will be getting upgrades, but those are minor projects that will affect the community far less. In Spring/Summer 2026, a second layer of pavement will be put on the roads that were under construction this year. Keep watching the City's website for weekly updates.

CLERK CHATTER

By Karl Nahrgang
Administrator Clerk,
City of Mazeppa



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THEME: PERIODIC TABLE ELEMENTS

ACROSS

1. *The Big Bad Wolf: "I'll ____ your house down"

5. Edgar Rice Burroughs' Kerchak or Kala

8. Cosine's buddy

12. Target of grand theft

13. Influencer's journal

14. Food-grinding tooth

15. Bear's hang-out

16. Like a maxi skirt

17. Get up

18. *Robert McCloskey's "Make Way for ____"

20. March Madness org.

21. Expenditure, in the olden days

22. *"Four and twenty blackbirds baked in a ____"

23. Turn pale

26. Lachrymatory agent (2 words)

30. Swimmer's distance

31. Rinse and ____

34. Consequently

35. Join forces

37. Bruin legend Bobby

38. Jury duty event

39. Per person

40. Hockey player, e.g.

42. Approximated landing time

43. What naughty children do

45. Fortification made of wagons

47. Preceding month

48. Unnecessary embellishment

50. Customs document

52. *He had a terrible, horrible, no good, very bad day

56. Popular pie nut

57. Not final

58. Just a little

59. Choice dish

60. ____-do-well

61. Sudden and brilliant success

62. Doofus

63. Is, in France

64. Fail to mention

DOWN

1. Like a certain eagle

2. Oahu shindig

3. Related to ear

4. Exert persuasive powers (2 words)

5. Jennifer Aniston's movie "____ Came Polly"

6. *Canine father in Dodie Smith's "The Hundred and One Dalmatians"

7. *Dr. Seuss: "I do not like green ____ and ham"

8. *Philosopher in American edition of "Harry Potter and the Philosopher's Stone"

9. Hipbone

10. U.S. space agency, acr.

11. *"I heard him exclaim, ____ he drove out of sight, Merry Christmas..."

13. Not serious

14. Bipolar disorder phase

19. Filthy cabbage

22. Favorite student

23. Protected steel from rust with coating

24. Hawaiian veranda

25. Long stories

26. *The Queen of Hearts baked more than one of these

27. "In the Hall of the Mountain King" composer Edvard ____

28. Popular gemstone

29. Type of renewable energy

32. *Janette Sebring Lowrey's "The ____ Little Puppy"

33. Pitcher's stat

36. *"One ____ and One Nights"

38. ____-la refrain

40. Group of exercise reps

41. a.k.a. philosopher's stone

44. Flavorless

46. Aluminum-nickel-cobalt, magnetic alloy

48. What time does

49. Button on electrical outlet

50. Bride's cover

51. International Civil Aviation Organization

52. *Green Gables resident ____ Shirley

53. Gloom's partner

54. Evening purse

55. Wholly engrossed

56. Pipe material, acr.

SUDOKU ANSWERS

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