



# Mazeppa-Zumbro Falls Messenger™

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OCTOBER 29, 2025

Volume 19 • Issue 11

## Announcements



• The MAHS sends out a "HUGE THANK YOU" to all who attended our Fall Supper & made it a "Huge SUCCESS!" Ran out of food after serving apropx. 175 & turned away many- THANKS FOR YOUR SUPPORT!

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

• 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.

• 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.

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Do you have an announcement?  
Email: [hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)

## Fall Supper a Huge Success

By Beth Brekke

The annual Mazeppa Area Historical Society Fall Supper shut down a half hour early after serving about 175 people.

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### Wandermore to Feature Mazeppa and Zumbro Falls in Upcoming Documentary

Mazeppa, MN

Joseph Fuller,  
Enoch Young, I. O.  
Seely, and C. C.  
Sleeper were the original four men to call the Mazeppa area home, having arrived in February 1855.



Seth and Eliese  
Varner

(continued on page 7)



A larger than usual crowd caused the Mazeppa Area Historical Society Fall Supper to end early due to running out of food.



### Over 1,000 Campers Walked Through the Gates of Camp Victory Ministries

By Sam Smith

Something incredible is happening in the valleys of Zumbro Falls, Minnesota.

This past summer, over 1,000 campers walked through the gates of Camp Victory Ministries—and many of them left completely transformed. Five hundred seventy-six said they grew deeper in their christian faith.

(continued on page 4)



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50th Anniversary

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Bar Open Later

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## When Love Won't Fix the Pain



By Pastor Colleen Hoeft

We all know that whenever you go on social media and you see people posting about their marriage, we typically see "Hey, look how good we are and look at how happy we are and how blessed that we are." You see people on their vacations, you see romantic dinners, you see the matching pajamas at Christmas time. But sometimes, what it is really saying is "We almost killed each other last week, but we're still here. And I'm acknowledging that we're still here." We need to be honest about the posts. There are times when we will experience pain in our relationships. We like to believe that Love makes everything turn out ok. Well, that is not true—there will be seasons of pain, seasons where everything is out of control—and all we can do is 'get through'! There are 3 principles I want to share with you today.

- Families that love God still experience pain, problems, and pressure. Even those that are seeking God and serving God and doing what God would say is right and honorable.

Elkanah was very devoted to God and he loved his first wife Hannah deeply. The problem is she couldn't conceive and give birth to children. The second wife, Peninnah, could and did have children and she used that as leverage against Hannah. And she was not nice. And we can see the heartbreak in 1 Samuel 1.

Just because we love God and serve God, it doesn't mean that we won't have problems. And just because we might have problems doesn't necessarily mean that we did something wrong.

This couple was seeking God, they were serving God, they loved God, and they couldn't conceive a child. And to Hannah, this wasn't just heartbreaking, because she

lived in a culture where, for the most part, a woman's worth would be judged by her ability to have children. And so, infertility wasn't just disappointing, it was devastating. She desperately wants a baby

One of the many things I love about the Bible is it shows things just like they are. God isn't sugar coating what is happening here. We can read it for ourselves in 1 Samuel 1:6. "So Peninnah would taunt Hannah and make fun of her because the Lord had kept her from having children." That's just mean. The Bible says, "Year after year, it was the same. Peninnah would taunt Hannah as they went to the Tabernacle." And each time, Hannah would be reduced to tears and wouldn't even eat. Think about this. Elkanah's taking his family to church. And Peninnah, the other wife, is bullying Hannah. And it wasn't just one time it was year

after year!

Some of you are dealing right now with what might be a year after year issue. Maybe year after year after year, you're praying that God would do something in your marriage, and you haven't seen God do what you're asking Him to do. Or year after year, you're praying for healing for migraines, for healing from depression. Or year after year, you're praying for a child who continues to walk away from God. And year after year, you cry out to God. And year after year, you don't see God doing what you know He can do.

That's where Hannah is. She's doing the right things. And she keeps showing up. She keeps seeking God. She keeps believing for the miracle. Some of you know what it's like to be faithful to God and frustrated at the very same time.

(continued on page 3)

## Announcements

(continued from page 1)

- **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

**South Troy Church wants to invite children age 4 years old-5th grade to join us.**

**First Wednesday VBS**

**The first Wednesday of each month from 6-7:30pm.**

**This is a monthly Vacation Bible School format filled with God's word, some crafts, fun and a meal.**

- November 5: Gratitude (Thanksgiving)
- December 3: God's Greatest Gift (Christmas)

**January-April the Armor of God:**

- January 7: Belt of Truth
- February 4: Breastplate of Righteousness
- March 4: Gospel of Peace
- April 1: Shield of Faith
- May 6: Helmet of Salvation and Sword of the Spirit



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

#### First Table of God's Law

*"Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment.*

— Matthew 22:37-38

My wife and I recently attended a symphony. Seventy-five musicians on the stage gave their best. The star of the show was a young violinist playing a 1699 Stradivarius violin. At the end of the performance, with the crowd on their feet applauding, the young man left the stage. The applause continued, and he reappeared and bowed. The applause increased, and he returned a second time.

Was this violinist an egotistical young man? No. Giving the audience the opportunity to express their gratitude and amazement for a beautiful performance added to the listeners' joy. If the violinist had simply walked off and not returned, the audience would have felt shortchanged. Expressing appreciation is an important part of enjoying a great performance.

The first table of God's law to his people (commandments 1-4) calls them to love the Lord with all their heart, soul, and mind. God wants us to honor and glorify him in all we think, say, and do. The first table of the law is designed to enable us to truly appreciate God's beauty and glory.

Calling for our love and respect in this way is not egotistical. Rather, it is a sign that the utterly amazing and loving God wants us deeply to enjoy the best life, blessings, and hope possible.

*Lord God, thank you for your law, which teaches us to see and enjoy your amazing, beautiful love for us all. Help us to think and act and live in your ways always. In Jesus' name, Amen.*

### PRESBYTERIAN CHURCH OF ORONOCO

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

### UNITED METHODIST CHURCH

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

### ZUMBRO COMMUNITY CHURCH

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

### SOUTH TROY WESLEYAN CHURCH

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

### ST. JOHN'S LUTHERAN CHURCH

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



## When Love Won't Fix the Pain

(continued from page 2)

You are being faithful and you're honoring God, and your motives are pure, and your heart is sincere, and you're also frustrated because you're not seeing what you want to see. You show up to church with a smile and some-

times go home with a heavy heart because you know you're pursuing God and you're still not seeing what you want to see. This is real life. God doesn't always do what we want Him to do, but we still serve Him faithfully and we keep the faith that He is still good even in the middle of our pain.

Elkanah doesn't really get it: 'Hannah, why are you weeping?' 'I mean, I know you can't have kids.

I know it's a desire of your heart and I know society pressures you to have it, and this would make you feel whole, and this is what you've been praying for and believing for since you're a little child. But really why are you crying? Why don't you eat? Why are you so downhearted?' And then we read 'Don't I

mean more to you than 10 sons?' In the middle of her deepest grief, he's like, 'But babe, you've got me. Doesn't that make you happy?' And this raises a thought, lesson number two

• Sometimes your spouse doesn't need a solution. They just need your presence. I still have to remind Gary that sometimes when I am in a difficult spot emotionally or facing some kind of challenge, I don't need him to fix it- but only for him to listen and be there. Even though everything in him- most husbands/guys in general, want to say, 'Here's three steps to fix the problem. Stay there, here I come to the rescue!' And as much as Gary wants to do that and it might even feel right, sometimes it isn't the fixing I need, but the feeling that he understands what I am going through in the middle of the moment.

So, for Hannah, year after year, this was an issue. Hannah takes all of her grief, all of her pain, all of her frustration, all of her disappointment, and she pours it out to God. And in her heartbreak, didn't walk away from God. She didn't shut down in silence, but she stood up and she poured out her heart to God.

Sometimes, the most powerful prayers are not the most polished or perfect, but just the most honest. God, I'm hurting, God. I need You, God. I don't understand, God.

The third principle we see in this story is that

- Godly couples don't avoid the pain; they invite God into it. Godly couples don't avoid whatever hardship or challenge they're facing, but they take it to God, and they invite God into it. If you want more intimacy in any area of your life, get more intimacy with God.

This is real. Are you going through dark, emotional days like Hannah and Elkanah went through. When you step back and look at it holistically, God speaks to you. We see that in the middle of the pain, sometimes we're not called to fix the problem with the people that we love, but just to feel the pain and do life with them. And whenever we're hurting in a relationship, we don't run from the pain, but together we take it to God and cry out to Him in prayer because we need God. When two people choose to stay and choose to pray and choose to seek God, God moves and does what only God can do. He may or may not change the circumstances, but He always change the heart. And When God changes the heart, anything is possible for good.

## Thank You to Lakeside Foods for the Donation to the Zumbro Valley Food Shelf



### 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 Heift at [celebraterecovery@southtroy.org](mailto:celebraterecovery@southtroy.org) or 507-299-1442  
Visit [southtroywesleyan.org](http://southtroywesleyan.org) for more information

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## Zumbrota Fall Craft Fair

**Saturday Nov 8, 2025**  
**Zumbrota VFW 9am - 3pm**

Free Admission

Start Your Holiday Shopping Here!

The men are going hunting!  
Shop the craft and vendor show while they are out!

Hosted By:  
*Events with Jenn*



## Over 1,000 Campers Walked Through the Gates of Camp Victory Ministries

(continued from page 1)

Hundreds discovered that following Jesus isn't just a Sunday morning thing—it's an adventure worth living every single day.

But here's what makes Camp Victory different: we're not just running programs. We're creating space for God to work. Through the High Ropes course and campfire worship. Through late-night cabin talks and early morning quiet times with their peers. Through s'mores, silly games, and soul-stirring moments where kids realize they're loved beyond measure.

These moments remind us why we do what we do.

Our mission is simple: inspire people to trust and treasure Jesus Christ. And we've watched God show up in powerful ways—in the tears of a camper who finally understood grace, in the laughter of new friendships formed, in the courage of a kid who faced their fears and discovered God was with them the whole time.



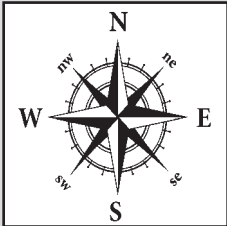
One parent captured it perfectly: "This is a quality program that provides the perfect blend of fun, adventure, excitement, and faith. We love Camp Victory!"





## Changes in Latitudes, Changes in Attitudes

# Hunting Season



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.*

It is that time of year again. Hunting season. When the manly tradition of heading out into

the woods to shoot meat for your freezer arrives. I don't have a problem with hunting. I owned a gun shop for many years and made a living selling firearms and ammunition. But some hunters lack common sense. Like the one who came in opening day to buy a hunting license and slugs for his 16 gauge. I was all sold out of 16 gauge-ammo already. And he thought it was my fault he couldn't go hunting. I made a comment about there being 364 other days in a year to purchase ammo, he didn't think it applied to him.

Being a lifelong farmer, I raised livestock to keep myself in meat all year long, so cleaning game seemed more work than I wished to invest. Being a landowner, I found myself dealing with the hunters who didn't respect private property. We had over 100 acres of woodland which seemed mighty tempting to many people. It was also home to my beef cow/calf herd and I preferred to keep it that way.

We leased the woodland out to a hunter who paid way more in hunting rights than he could ever harvest in meat. But he enjoyed the sport and we could trust him to not shoot our cattle. But outside of that we had some interesting interactions. Anyone who hunts is required to have permission to enter private property. Without that you become a trespasser. Your hunting license becomes rather worthless once you cross that line.

One autumn day in the late 1980's we were cutting firewood deep in the property when one of my friends noticed a guy sitting on a stump above us with a shotgun. I walked up to him and asked what he was doing. He told me he knew Campbell, the owner, and had

permission to hunt. I, with my father's sense of humor, asked what Campbell looked like. His answer was rather evasive until I informed him who I was and requested he leave ASAP.

I often times came down to check the cattle and found the gates left open. We eventually hard wired the electric fence in front of the gates to prevent unauthorized access. Every fall while riding through on my daily herd check I would come across a deer stand. My paid hunter only used a ground blind so we knew it was an interloper. For liability reasons we had to dismantle the trespasser's unit and see if he would show up to claim it. Whoever did it must have had lots of money because they donated a couple stands each year.

One fall I was hauling round bales out of the field and met a pickup coming into the field drive. The driver looked most displeased to see me and waved me out of the way. I looked displeased right back and motioned him to leave. When I returned for another load of bales, I saw that same pickup parked in the corner of my field. I reported it to the sheriff and had him ticketed for trespassing. Another early fall morning while I was plowing, I interrupted a couple hunting pheasants in my cornfield. They were mad I was scaring the birds and I told them to leave immediately.

The funniest story was watching a tree stand being built in my back field one harvest season. I was irritated that no one got permission to do so and it boiled over the night before hunting opener. I took my chainsaw out and cut the saplings off level with the ground. I chained all four trees together and pulled them out of the field. My neighbor told me later that a guy showed up in their barn early



the next morning while they were milking their cows. He was mad as could be, and asked them what happened to his deer stand. They couldn't stop laughing and told him to go ask the property owner. He never did and I assume it was the same guy I had ticketed for trespassing.

## Got a Great Local News Story?

Tell us about it today!

Email:

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# CRAFT SALE

52nd Annual 100 Ladies and Gentlemen Craft Sale 2024

## October 16, 17, 18, 19, 23, 24, 25, 26

## November 1, 2, 6, 7, 8, 9

10a.m. to 7p.m./Closing at 5p.m. last day • (507) 789-6223

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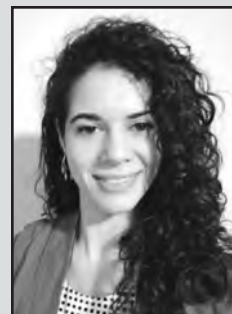
# WINE BINGO!

**EVERY SATURDAY 12-2:30PM**

Large groups are welcomed  
with reservations for 8 or more.

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

## A Minnesotan: Thanksgiving Turkeys



By RosaLin Alcoser

Once again the days are growing short, the nights are growing long, the air is now cold and November has truly rolled around. Which means once again that it's time for Thanksgiving.

The Thanksgiving Day turkey is one of the most icon part of the holiday. Weather he is on your table or only on your TV screen I can assume that a turkey will be present at most of your Thanksgiving celebrations.

While I could go on with story's of turkey cooking mishaps. The many hunting stories of great turkey hunts that could

be collected or about my older sister's confirmation turkey; yes she got a turkey as a confirmation gift. Instead I'm going to tell you about a group of turkeys that my husband often talks about and misses just a little bit.

This summer while my husband and I were vacationing in South Dakota. We encountered a rafter of big old mean Toms right outside of our Air B&B. There had to be about five or six of them out that evening.

At first these turkeys were neck wrestling in the drive way right were we had been parking our car. We slowly rolled towards the turkeys just enough to get them to move. This did work as they did move. They moved all the way to slightly father up the drive way; where they decided to resume their neck wrestling.

After serval minutes of watching these big old Tom Turkeys neck wrestle each other from our car. We finally had to beep the car horn to scare them away so that we could get out of the car.

While this did send them running it did not send them running far.

Once we were safely inside and away form the turkeys my husband, who is from the cities, figured out that if he stood on the deck and called at them they would call back. A lot of time that evening was spent with him yelling 'balalala' at the turkeys to get them to call ack to him. Which much to his delight they did.



## Fall Supper a Huge Success

(continued from page 1)

Those lucky enough to get through the line before the food ran out enjoyed scalloped potatoes and ham, coleslaw, corn and a dessert.

The free-will donation supper raised funds to put heat in the organization's new building.

The larger than usual turnout congregated in the Mazeppa Community Center on October 16th. Preparations began the night before the event and volunteers showed up at noon to make the food for the 5 PM supper. Organizer, Helen Reiland said of the three large roasters of scalloped potatoes, "I make it with love". All eight of the society's board members, their families and other volunteers kept busy cooking, serving, and clearing tables.

In the past 10 years, the supper has been a major reason the society could maintain the old bank building and the collection it contained. Along with some grant money, membership dues and donations, the fundraiser also helped to build a new building. The added space has allowed for new historical displays including the stained glass windows



from the Poplar Grove Church. The church disbanded in 1986 and the windows have been stored by a private party until now.

The museum is open two Saturdays each month. For a complete schedule or more information, contact Helen Reiland, 507-250-6021.

### DO YOU HAVE AN ANNOUNCEMENT?

Email:

[hometownmessenger@gmail.com](mailto:hometownmessenger@gmail.com)



Mazeppa Area Historical Society board members and volunteers served about 175 people at their annual fall fundraiser.

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



## Historical Happenings

Compiled by  
Helen Reiland

**THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas  
FRIDAY, JULY 13, 1956**

### Obituaries

#### MRS. JOHN LEMKE

Mrs. John Lemke, a longtime Mazeppa resident died Saturday at St. Elizabeth's hospital, Wabasha, where she had been confined for two weeks. She was 83 years of age.

Mrs. Lemke, formerly Emma Schultz, was born Jan. 8, 1873 in Germany and came to this country about 55 years ago. Her husband died in 1944.

She formerly resided in Mazeppa and at rest homes in Wabasha and Kenyon. Several nieces and nephews survive.

A daughter Lottie preceded her in death.

Funeral services were held at 2 p.m. Monday at St. John's Lutheran church with Rev. Theo Haar officiating. Pallbearers were Gene Hoffman, Archie Stull, Gordon Otto Lemmerman, Carl Betcher and John Betcher. Burial was in the Mazeppa cemetery.

### Weddings

#### LEMMERMAN - ERSTAD

Nuptial vows were exchanged by Sharon Eloise Erstad, daughter of Mr. and Mrs. Olad Erstad of Zumbrota, and Weston Clarence Lemmerman, son of Mr. and Mrs. Clarence Lemmerman of Mazeppa at 7 p.m. July 6, at St. John's in Mazeppa.

#### Friday, July 20, 1956

#### John Steichen Burned In Explosion at Home

John Steichen suffered two severely burned hands when oil he had heated to treat a pair of shoes was ignited by a gas flame.

Mr. Steichen was on his way outside with the oil Saturday evening, when a gust of wind apparently blew the flame onto the oil. A curtain in the kitchen caught fire, as well as a tablecloth and rug, and he burned his hands severely while trying put out the flames.

He then sat outside, where his step son, Vernie Miller, who lives next door found him and took him to Zumbrota Community hospital for treatment until Monday. His hands are heavily bandaged, and skin grafting may be necessary.

Mrs. Steichen was not in the house when the explosion occurred.

### Weddings

#### ONDLER-O'HAYER

Iris O'Haver of Rochester and Amos J. Ondler Sr. of Oronoco were united in marriage at Mr. Ondler's residence in Oronoco at 4:30 p.m. Friday, July 6 with the Rev. Samuel Stuart of the Oronoco Presbyterian church officiating.

The bride has been employed in the drapery department at Neisner's Store in Rochester, and Mr. Ondler owns Ondler's General Store in Oronoco.

#### Marshall-Wells Store Moves To Gerken Bldg.

Marshall-Wells store, under management of H.E. and A.J. Gerken, moved this week from the Munger building to the building next door owned by Gerkens.

The new building has been completely remodeled with new lowered ceiling, new floor, new entrance remodeled and new fixtures. The outside front will also be changed in the near future.

H.E. Gerken started business in present building in June of 1929 with the McCormick-Deering line of machinery. In 1937, A.J. Gerken joined the business and at that time they bought the Pioneer Hardware from W.A. Munger. Mr. Munger had previously bought this business from W.G. Kingsford who originally started in this building. The Gerkens remodeled this building 1938 and at that time became associated with the Marshall-Wells line of hardware.

A grand opening of the new building will be held soon.

*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.*



## Wandermore to Feature Mazeppa and Zumbro Falls in Upcoming Documentary

(continued from page 1)

Over that next year, John E. Hyde built a store, G. W. Judd became the local blacksmith, O. D. Ford erected a hotel, and a saw and grist mill were raised to harness the power of the Zumbro River. Ivan Mazeppa, a Cosack chief made famous by a Lord Byron poem, became the town's namesake when it came time to name the local post office, and later, the station on the Chicago, Milwaukee & St. Paul line. It was nicknamed the "Bug Line" because of its odd twists and curves as it followed the Zumbro eastward to Hammond and Millville. Over 600 barrels of flour were produced each day at the local mills at their peak, powered by the 26-foot-tall wooden dam and "Mill Pond" that served the community until February 2, 1891, when it was burned. A survey conducted five years later showed that Mazeppa at that time had an elevator, a lumber shed, a stockyard, a public park and bandstand, two churches, and a school, amongst numerous other businesses. A walking bridge for horse-and-buggy traffic over the river was built in 1904, offering spectacular views of the local mill and pond. While many of these original places are now gone, Mazeppa is still home to the historic 1904 Walnut Street Pratt truss bridge, and the 1917-1919 Lake Zumbro Hydroelectric Generating Plant on the northern end of Lake Zumbro. Trains stopped running to Mazeppa in 1952, but the new high school building was still completed in 1958. On December 26, 1975, a conflagration nearly destroyed the building (as it did the elementary school). Keith Ramthun and Joseph Liffrog heroically closed the fire doors between the two buildings, allowing the fire department to arrive and extinguish the blaze. Leonard "Stub" Allison, best known for coaching the 1937 national champion University of California

football program, was born here in 1892.

**Zumbro Falls, MN**

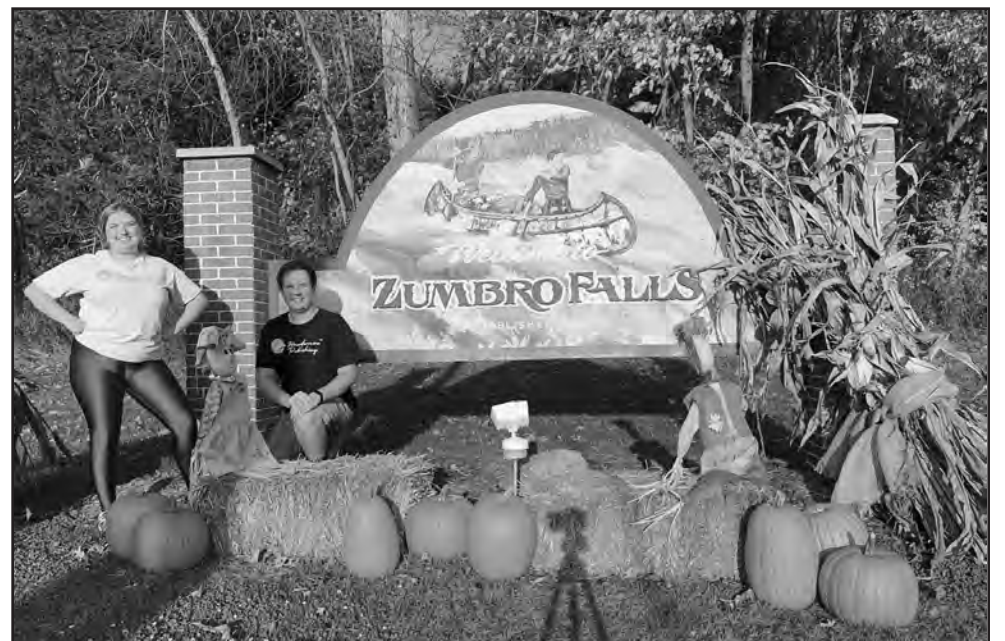
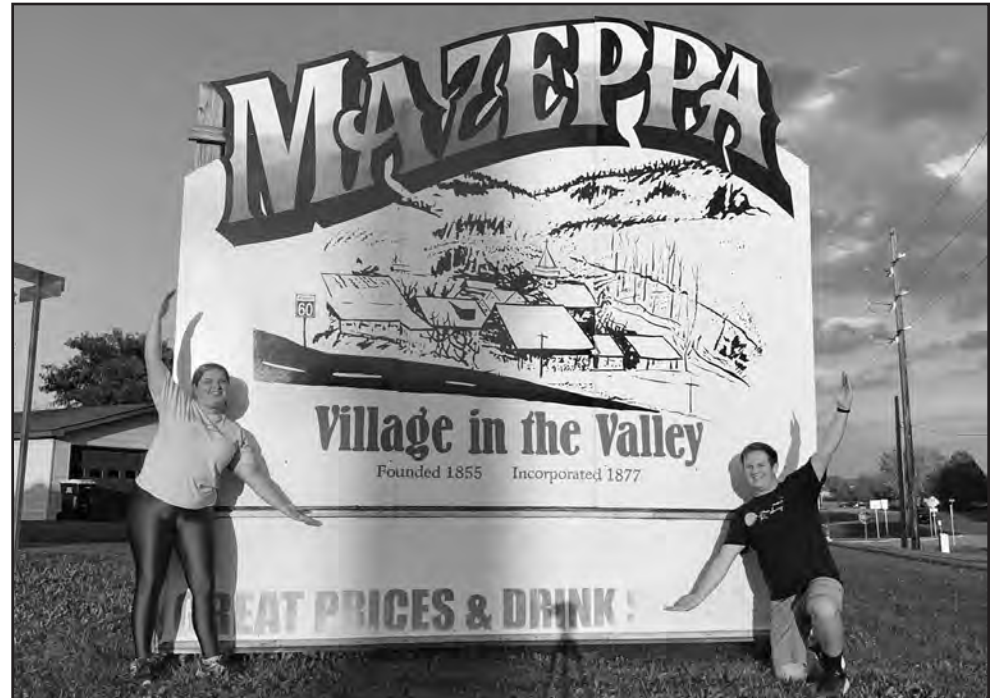
**Population: 155**

**County: Wabasha**

Repeated flooding has caused many problems for this community on the "Riviers des Embarrass," a.k.a. The River of Difficulties. In 1855, a small settlement began when the Tibbetts brothers built homes on either side of the river and operated a ferry between them. They sold it three years later. In 1866, Benjamin Clark built a gristmill and a dam, which formed a small waterfall known to locals as Zumbro Falls. From 1857 to 1858 and 1869 to 1872, a post office used that name intermittently, before deciding to use it for good beginning in 1873. Uriah S. Whaley platted the original townsite, and the Midland Railroad, ultimately part of the Chicago, Milwaukee & St. Paul Railroad system, came through in the late 1870s and helped spur the development of many businesses, churches, and schools. An 1896 plat shows that the original Zumbro Falls site (home to two churches) was located northwest of the present site. The "present" town of that time had a school, a depot, a hotel, a livery barn, and a stockyard. Zumbro Falls was incorporated by the county commissioners on February 28, 1898, after several townspeople petitioned for that designation. Local NRHP sites in the vicinity include the 1874 Bear Valley Grange Hall, the 1937 double-arch Zumbro Parkway Bridge, and the 1938 Works Progress Administration No. 5827 arch bridge. After the September 2010 flood that decimated many local communities, Zumbro Falls experienced a 25.1%% decrease in population from 207 residents to 155.

### What is Wandermore in Minnesota?

Hey! If you're reading this, congratulations! You've discovered one of my posts on the greatest Minnesota town documentation project in history. My name is Seth Varner, and I'm a 25-year-old travel and history author who's on a mission to document all 856 of Minnesota's incorporated communities throughout 2025. In 2020, I had the idea to visit every incorporated town in my home state of Nebraska. I have since traveled to every incorporated town in Nebraska, Iowa, Kansas, and both Dakotas (over 3,000 communities) in the last half-decade. My project aims to showcase as much as possible about Minnesota's 856 communities (big or small), from their history and architecture to businesses, museums, food, parks, and more. Al-





though I sadly won't be able to capture a picture of every "thing" in every town, I'll try my absolute best to photograph as many businesses, churches, schools, and other points of interest as I can to provide folks with a general sense of what the town looks like in 2025. I would greatly appreciate it if you, the people of Minnesota, could contribute to my posts by captioning the photos and sharing your memories or knowledge of


the locations I have captured for the enjoyment of others. Please feel free to add your own pictures as well if certain places aren't featured in the post!

Once I finish traveling the Land of 10,000 Lakes, I will compile a travel guide, "Wandermore in Minnesota." It will be a travel guide, a history book, and a living photo album all under one cover, and the most comprehensive guide to Minnesota's 856 incorporated towns ever created. If you enjoyed this post, please consider helping me continue to preserve history and promote small-town tourism by donating to the Wandermore travel fund. I freely share my photos/town write-ups on Facebook for your enjoyment, so any contribution to help offset the cost of food, hotels, gas, car repairs, etc., is greatly appreciated. I have enabled a donation portal after a few individuals expressed an interest in supporting my journey by contributing funds. For every \$5.00 donated, I will place one person's name (at the donor's discretion) in the back of the Wandermore in Minnesota book upon its release (\$10 = 2 names, \$20 = 4 names, etc.). You can request to have your name printed, a friend or family member's name (living or "In Memory of"), or even a business name. The names will be printed in every copy and edition of the book forever!

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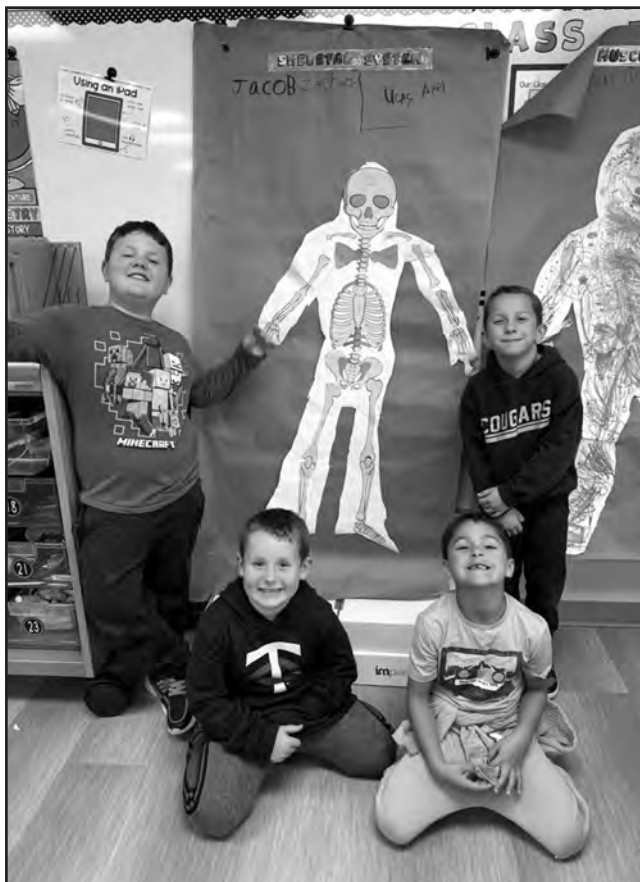
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## Elementary Class Creates Body System Posters



Mrs. Buss' class created body system posters as a culminating activity for Unit 2 The Human Body. They learned all about each system and how it works in the body.

*Courtesy of Z-M Schools*



## Briese Iron Works Donates Scrap Metal for Welding Program



A huge thank you to Briese Iron Works in Rochester for generously donating two pallets of scrap metal for our welding program! These materials will provide our students with valuable, hands-on experience working with thicker metal—just like they'll encounter in real-world welding settings.

A special shoutout to Jen Schroeder for coordinating this great opportunity for our students! *Courtesy of Z-M Schools*

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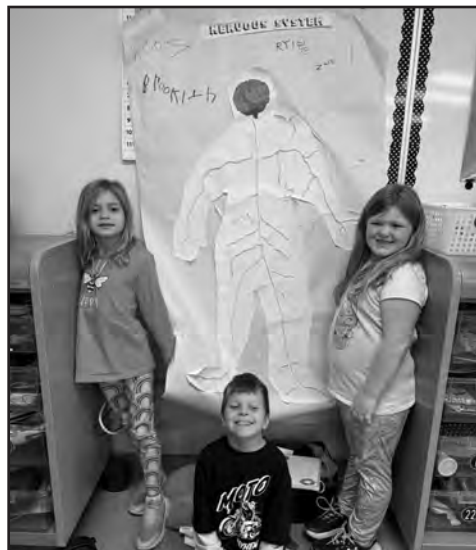
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## Farm Girl Chatter Silent Whispers at Dusk

By McKell Lemmerman

*Hello, my name is McKell Lemmerman and I am from Mazeppa. I have turned my lifelong passion for cattle into a thriving local business. In addition to owning my own beef herd, I offer hands-on cattle services for area farmers, including vaccinating, castrating, de-horning, and implanting. Whether it's a large operation or a small family herd, I approach every job with dedication and care. No job is too big or too small. My commitment to efficiency and strong work ethic have made me a trusted name among farmers in the Southeast area*

*I've always been a small-town girl with big farm dreams. Every sound at dusk tells a story - of care, of rhythm, of a life rooted deep in earth and grace. This column is my way of gathering these moments on the farm.*

### Silent Whispers at Dusk

As I sit here admiring God's creation, the sun begins its slow descent behind the hills, casting long shadows across the fields. The sky is a masterpiece—streaked with shades of gold, rose, and soft lavender. It's the kind of beauty that doesn't need words, just eyes will-

ing to see it and a heart open enough to feel it.

The air has cooled, carrying with it the earthy scent of cut grass, fields being worked, and the fading warmth of the day. I'm perched on the edge of the fence, the work of the day is nearly done, but the land still hums with life.

Cows move slowly, their low moos soft and steady as they make their way out in the pasture. Not loud, not frantic—just little murmurs, like they're saying goodnight. Horses stand quietly under the shade of the old pine trees, offering gentle nickers as the evening settles in. All while a farm dog trots lazily across the gravel, tail swishing, keeping an eye on everything without a rush.

In the distance, the combine finishes its final pass through the field. Its engine groans gently, not with urgency but with satisfaction—like a farmer leaning back in his chair after supper, tired in the best kind of way. Even the tractors, parked by the edge of the field, seem to hum with quiet purpose as the farmhands end their day. Soon, the low rumble of engines joins the symphony—metal meeting earth, machine joining man in this ancient rhythm of harvest and hope. The tractor hum fades as it turns toward home, and the combine leaving behind neat rows and the scent of freshly harvested grain.

I close my eyes for a moment and listen.

It's not silent, not really. But it's a different kind of sound. A sacred kind. The kind that seeps into your bones and slows your heartbeat. The kind that makes you grateful without needing a reason. I listen to the sounds—not loud, not sharp—but layered



and rich. The quiet moos, the whisper of wind through the corn stalks, the clink of metal as tools are set down for the night. It's not silent. It's harmony. A lullaby of work well done.

The sunset wraps everything in gold, like heaven's own blanket tucking in the farm for sleep. It reflects off the tin roof of the barn

and dances on the surface of the land, where the livestock roam and the farmers work.

I breathe it all in.

Out here, gratitude doesn't need to be spoken; it's lived. It's dust on your boots, and in the ache of your shoulders after a long day. It's in the knowledge that even if no one sees the work, God does. And that's enough.

I realize how much life there is in stillness. The kind of life that doesn't scream for attention, but quietly hums along, working, moving, breathing—alive in every sense. Sometimes, I think people forget about places like this. Places where time doesn't demand attention but simply passes, like clouds across the sky. Where the work is hard but honest, and joy is found in the simplest things.

In the quiet harmony of this land, I am reminded that sometimes, the most beautiful songs are sung in whispers. As the light fades, I sit a while longer, not needing anything more than this moment. A quiet place, a full heart, and the soft song of the land saying goodnight.

Nightfall whispers through the fields I call home,  
McKell

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Zumbro Falls Area





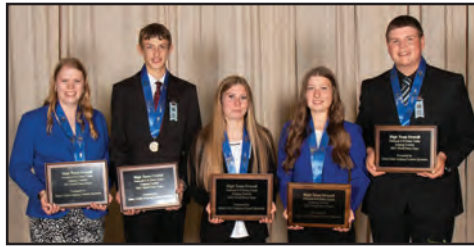
## Wabasha County 4-H Dairy Judging Team Places First at World Dairy Expo

Submitted

Minnesota 4-H took top honors at the 103rd National 4-H Dairy Judging Contest at the World Dairy Expo on Sunday September 28th in Madison Wisconsin. The MN team was comprised of Wabasha County 4-Hers Blake Siewert, Ashley and Emily Mellgren, and Nolan Kruger. The Minnesota team edged out the 2nd place team from Wisconsin by 5 points. 84 youth from 23 teams across the nation judged 10 classes and gave 5 sets of oral reasons.

### Results below for the MN team.

1st overall team  
4th place team reasons



Coach Kayla Sexton, Nolan Kruger, Emily Mellgren, Ashley Mellgren and Blake Siewert

1st place team placings  
1st place team Jerseys  
1st place team Holsteins  
3rd place team Brown Swiss  
Blake: 3rd reasons, 5th overall, 10th Holstein, 3rd Jersey  
Emily: 5th reasons, 4th overall, 7th Guernsey, 6th Holstein, 8th Jersey  
Ashley: 7th reasons, 28 overall, 9th Ayrshire, 3rd Guernsey  
Nolan: 9th placings, 21 overall  
*Special thanks to Kayla Sexton for coaching.*

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Sleep



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Sleep is an essential part of maintaining a healthy life. Though we may resist it sometimes due to workload or social events, we quickly experience the consequences of those missing minutes of sleep. There is an increasing trend for using sleep aids to help achieve a good night of sleep. Sleep aids like Ambien, Benadryl, Tylenol PM, Zopiclone, or Z-Quil are popular choices for helping the body to move into a sleep cycle. Both the American Academy of Sleep Medicine and Statista predict an annual increase of 6% sales of over-the-counter sleep aids. With this growing trend across our society, let’s look at the consequences of these sleep aids and the natural options for pursuing quality sleep.

While these sleep aids can help a person fall asleep, the sleep aids do not help the brain to acquire restful sleep and renewal. The sleep cycle is a time for your brain to be able to remove useless proteins and garbage that have built up during the day. Your brain is very active throughout the day processing information at one quintillion calculations per second.

All this processing will generate some garbage during the daytime, so a key purpose for sleep is to give the brain a chance to move out the garbage during quiet time. This natural cleaning process, called glymphatic flow, only happens during the deep sleep cycles. Sleep aids like Ambien help a person to reach the light sleep cycle but disrupts the ability of the brain to reach the deep sleep cycle where the garbage clearing can take place. A 2025 research article published by the Sleep Research Society found sleep aids decreased the amount of time in the deep sleep cycle. The sleep aid may help a person achieve a quantity of sleep, but the quality of sleep is greatly reduced.

The quality of sleep is measured by the amount of deep sleep achieved where the excess proteins from the normal day activities can be removed. These excess proteins in the brain are associated with symptoms of Alzheimer’s and dementia. A 2023 research article in the Journal of Alzheimer’s Disease studied over 3000 healthy senior adults for 15 years and discovered that White participants who used sleep aids were almost twice as likely to develop dementia compared to those who did not use sleep aids. The Sleep Research Society found that individuals with insomnia who did not use sleep aids had better brain wave patterns than those who did use sleep aids for insomnia. Therefore, drugless ways of promoting quality sleep need to be

considered.

Specific habits you can start that will help to reduce those sleepless nights include:

- Sleep in a completely dark room. Reduce

as much light as possible.

- Aim to be in bed by 10 pm. Sleeping before midnight is critical for circadian rhythms.

- Adjust the temperature of the sleeping area to 65 degrees, no higher than 70 degrees

(continued on page 13)

Wabasha County Public Health Spotlight

Be Alert to Carbon Monoxide (CO) Poisoning in Your Home as the Weather Gets Colder

By Tisha Bergner, PHEPC



Carbon monoxide (CO) is an odorless, colorless gas formed by the incomplete combustion of fuels. When people are exposed to CO gas, the CO molecules will displace the oxygen in their bodies and lead to poisoning.

The problem with CO since CO has no odor, color or taste, it cannot be detected by our senses. This means that dangerous concentrations of the gas can build up indoors and humans have no way to detect the problem until they become ill. Furthermore, when people become sick the symptoms are similar to the flu, which can cause victims to ignore the early signs of CO poisoning.

The CDC estimates that approximately 400 people die from unintentional CO exposure in the United States every year. Data specific to Minnesota show that an average of 14 people die due to unintentional CO poisoning each year. Approximately 300 people visit emergency department each year for treatment of symptoms linked to unintentional CO exposure.

The good news is that carbon monoxide poisoning can be prevented with simple actions such as installing a CO alarm and maintaining fuel burning appliances.

CO is produced whenever a material burns. Homes with fuel-burning appliances or attached garages are more likely to have CO problems. Common sources of CO in our homes include fuel-burning appliances and devices such as:

- Clothes dryers.
- Water heaters.
- Furnaces or boilers.
- Fireplaces, both gas and wood burning.
- Gas stoves and ovens.
- Motor vehicles.
- Grills, generators, power tools, lawn equipment.
- Wood stoves.
- Tobacco smoke.

Carbon monoxide leaks from appliances can cause poisoning. Detection is required in new construction and when installing boilers and water heaters (under fire and boiler codes).

Protecting your family from CO poisoning is easy:

**1. It is important to know what appliances in your home are fuel-burning and make sure that they are maintained properly. All of these appliances should be vented to the outside. You should have your fuel-burning appliances (ex. furnace) checked by a qualified heating contractor every year to look for potential problems. It is also a good idea to know the signs of a potential CO problem:**

- Streaks of soot around fuel-burning appliances, or fallen soot in a fireplace.
- Absence of an upward draft in your chimney.
- Excess moisture and condensation on windows, walls and cold surfaces.
- Rusting on flue pipes or appliance jacks.
- Orange or yellow flame in combustion appliances (the flame should be blue).
- Damaged or discolored bricks at the top of the chimney.

Never use appliances intended for outdoor use inside. Examples include barbecue grills, camp stoves, portable generators or gas-powered lawn equipment. Do not use an oven to heat your home. Not only is it a fire risk, it is also a carbon monoxide hazard. Do not run or idle your vehicle in an attached garage. Instead, back your vehicle out right away. Check that your vehicle’s exhaust pipe is not blocked, for example, by snow during the winter

**2. Identifying CO poisoning can be difficult because the symptoms are similar to the flu. CO is often called the “silent killer” because people will ignore early signs and eventually lose consciousness and be unable to escape to safety.**

For most people, the first signs of exposure include mild headache and breathlessness with moderate exercise. Continued exposure can lead to more severe headaches, dizziness, fatigue and nausea. Eventually symptoms may progress to confusion, irritability, impaired judgment and coordination, and loss of consciousness.

You can tell the difference between CO poisoning and the flu with these clues:

- You feel better when you are away from home.
- Everyone in the home is sick at the same time (the flu virus usually spreads from person to person).
- The family members most affected spend the most time in the house.
- Indoor pets appear ill.
- You don’t have a fever or body aches, and you don’t have swollen lymph nodes that are common with the flu and some other infections.
- Symptoms appear or seem to get worse when using fuel-burning equipment.

**3. Install and maintain CO alarms in your home**

Minnesota state law (MN Statute 299F.50) requires that every home have at least one operational CO alarm within 10 feet of every room legally used for sleeping. All CO alarms should conform to the latest Underwriters Laboratory (UL) Standards. Please follow the manufacturer’s instructions for placement of your CO alarm, and take note of the suggested replacement date. These will vary depending on the manufacturer.

Don’t ignore a CO alarm if it is sounding. If people in the home are exhibiting symptoms of CO poisoning, immediately leave the building and call your local fire department. In cases where residents are feeling fine, call your local gas utility company or a qualified technician to help identify the cause of the problem.





## Eggs Do Not Cause High Cholesterol? Colon Cancer Prevention and More!



By Shauna Burshem, D.C.

Colon cancer often develops silently, so prevention through daily habits matters. Diet is a powerful lever you control. It shapes the gut environment, supports detoxification, and can help prevent mutations that lead to tumors. Among the most effective foods are cruciferous vegetables—broccoli, cauliflower, cabbage, and Brussels sprouts—which supply bioactive compounds that protect DNA, strengthen the colon lining, and support a healthier microbiome.

A large analysis in BMC Gastroenterology pooled 17 studies with 639,539 participants and found that higher intake of cruciferous vegetables was linked to a 17% lower risk of colon cancer. Notably, the “sweet spot” was modest: about 40–60 grams per day—roughly half a cup of cooked broccoli—offered the strongest protection. Eating beyond that didn’t add much benefit, suggesting a saturation point and making prevention realistic without drastic dietary changes.

The protective punch comes from glucosinolate-derived compounds like sulforaphane and indole-3-carbinol, released when you chop or chew these vegetables. They activate detox enzymes that clear carcinogens, trigger apoptosis in damaged cells, and slow cell-cycle progression to prevent runaway growth. These mechanisms hold up under rigorous

sensitivity analyses, reinforcing that the link isn’t a fluke or a product of publication bias.

Cruciferous vegetables also improve gut barrier integrity by tightening the junctions between colon-lining cells, which helps keep toxins and harmful bacteria from stoking inflammation. This shift favors beneficial microbes and amplifies the anti-cancer effect. Make a simple, consistent habit: include a moderate serving of cruciferous vegetables on most days, and pair it with smart lifestyle choices—like limiting seed oils and environmental toxins, choosing quality carbohydrates, and exercising—to build a reliable, daily shield against colon cancer.

Walking is one of the simplest, most accessible ways to care for your health. It requires no special gear or gym time and fits naturally into daily life—around the neighborhood, on errands, or during short breaks. Every step supports whole-body wellbeing, from better blood sugar control and stronger bones to improved mood and immune resilience.

While we often focus on minutes or step counts, emerging evidence shows pace may matter even more. A large U.S. study following nearly 80,000 adults for close to two decades found that walking speed offered sharper insight into health outcomes than time alone. Participants reported whether they walked at a slow or brisk pace, allowing researchers to compare real-life habits with long-term results.

The findings were striking: brisk walking—even just 15 minutes a day—was linked to nearly a 20% reduction in overall mortality, with the strongest protection for cardiovascular health, including ischemic heart disease and heart failure. Benefits held regardless of other exercise and were especially pronounced for people with conditions like high blood pressure, diabetes, or obesity. Slow walking still helped, particularly for heart health over longer durations, but the advantages were more modest and less consistent than with a faster pace.

So what counts as “brisk”? Think of a deliberate pace that elevates your heart rate and deepens breathing—you can talk but not sing—typically around 2.5 to 3 mph. To level up your routine, try interval walking (alternating easy and fast bouts), add a weighted vest or Nordic poles, invite a walking buddy, and choose outdoor routes for sunlight and stress relief. Even small daily doses, done briskly, can deliver outsized benefits.

For years, eggs were painted as “cholesterol bombs” that would clog arteries and



raise LDL, but newer research shows that story was oversimplified. A recent American Journal of Clinical Nutrition study cut through the confusion by testing how cholesterol and saturated fat interact, and the results were clear: the context of your diet matters far more than the cholesterol in eggs themselves.

In the trial, adults followed three diets for five weeks: high saturated fat (foods like fatty meat, lard, tallow, cheese, butter, cream, palm oil, and cocoa butter) with high cholesterol, high saturated fat with low cholesterol, and high cholesterol with low saturated fat. Only the third group—eating two eggs daily but keeping saturated fat low—reduced LDL cholesterol. The groups with higher saturated fat saw LDL rise, underscoring that saturated fat, not egg cholesterol, is the bigger driver of “bad” cholesterol increases.

Mechanistically, saturated fat burdens the liver and slows LDL clearance, leaving more LDL circulating. Eggs deliver cholesterol without that saturated fat load, so the liver can keep doing its job, helping prevent the artery buildup tied to heart disease and stroke. In other words, cholesterol doesn’t act

in a vacuum—what you eat with it changes the outcome.

The bigger picture backs this up: in older adults, weekly egg intake was associated with a 29% lower risk of heart disease deaths and a 17% reduction in all-cause mortality. The takeaway isn’t “eat unlimited eggs,” but rather that thoughtful, moderate egg consumption within a balanced diet can be not just neutral, but protective.

Food quality and pairings amplify the benefits. Choose pastured eggs, avoid industrial vegetable oils, and build meals around nutrient-dense whole foods to minimize omega-6 linoleic acid intake. Simple swaps—think eggs with greens, avocado, and olive oil instead of bacon, sausage, and fried sides—shift your lipid profile in the right direction.

Bottom line: eggs weren’t the problem—outdated guidance and high saturated fat meals were. With the right context, two eggs a day can fit squarely in a heart-healthy pattern, supporting LDL management rather than sabotaging it. It’s time to retire the cholesterol myth and focus on the full dietary picture.

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

## Sleep

(continued from page 12)

- Remove electronics and electromagnetic fields (EMFs) from your sleeping area. These forces disrupt your body’s natural production of melatonin and serotonin.
- Practice relaxation techniques in preparation for bedtime including breathing exercises, relaxing stretches, meditation, or massage.
- Stop eating food at least three hours before bedtime, especially grains and sugars.
- Stop drinking water two hours before bedtime.
- Stop using computers, cell phones, or TVs at least an hour before bedtime. The blue light from these devices stimulates wakefulness.
- Avoid alcohol
- Avoid caffeine

Additional natural supplements are available to assist the transition to deep sleep cycle. Melatonin and GABA supplements have been effective for some individuals. Supplements containing valerian root or passionflower have also been helpful to increase relaxation and quiet the mind. Magnesium threonate is a targeted magnesium supplement that delivers magnesium to the brain and helps promote rest. These recommendations are not replacements for establishing a consistent, quality bedtime routine as outlined above.

Protecting your brain involves more than just wearing a protective helmet on fast rides. You can protect your brain every day by providing opportunity for quality sleep. The result will be greater mental clarity and improved quality of life. Make healthy sleep a priority in your personal health care this coming year.

Contact me to discuss your health goals for the coming year. I can help you create space for improving sleep and natural healing. Contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com), check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net), or follow me on Facebook at Nutrition Proportion USA.

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

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## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question:** Hello, I want to work for a farmer during planting and harvest season driving a semi. I have a valid Class D driver's license but no Commercial Driver's License. Can I cross a state line while working for the farmer, Minnesota into North Dakota?

**Answer:** Yes, as long as you stay within 150 air miles of the farm. If you have additional questions regarding commercial motor vehicles please contact [cmvinfo@state.mn.us](mailto:cmvinfo@state.mn.us)

Motorists need to be especially alert when they share the road with farm equipment that is often so large and heavy that accelerating, slowing down and stopping take more time and space than other vehicles. These vehicles also have large blind spots for operators and make wide turns and sometimes cross over the center line. All these factors can and do result in serious crashes.

**Motorists are urged to:**

- Slow down and use caution when approaching farm equipment. Don't assume the operator can see you.
- Watch for debris dropped by trucks. It's

safer to brake or drive through debris than to veer into oncoming cars or off the road.

- Wait for a safe place to pass.
- Farm equipment operators should:**
  - Use lights and flashers to make equipment more visible.
  - Use slow-moving vehicle emblems on equipment traveling less than 30 mph.
  - Consider using a follow vehicle when moving equipment, especially at night.
  - Properly secure your load.
  - Ensure all lights are clean and fully visible.
  - Ensure all safety equipment, including brakes and tires, are well maintained.

**Question:** Can you explain what the lines on the highways and streets indicate? I feel like a lot of people can't figure it out. Thanks.

**Answer:** Pavement markings direct and regulate traffic.

White lines separate lanes of traffic traveling in the same direction.

- White dashes: You can change lanes where this marking is present.
  - Shorter and thicker white dashes: The lane is ending.
  - Solid white line: You should not change lanes. Solid white lines also mark crosswalks, stop lines at intersections, parking stalls and the edges of a roadway.
  - Double solid white lines: You must not change lanes.
  - Solid white line with bicycle insignia: This area is for bicycle or electric-assist bicycle traffic only.
  - If you are on a bicycle, you must travel in the same direction as adjacent traffic.
- Yellow lines separate traffic moving in opposite directions.

• Solid yellow line: You must not pass. Passing in a no-passing zone is illegal.

- Yellow dashes: You may pass.
- Mixed lines (solid and dashes): A solid yellow line may appear on one side of the roadway while a line of dashes appears on the other side. You must obey the marking in your lane of traffic.
- Double solid yellow lines: You must not pass, regardless of which side of the line you are driving.

**Question:** In your last article you wrote about "pavement markings." Could you talk about "turn lanes" as I think there are quite a few people who get confused by this?

**Answer:** Turn lanes near intersections separate left-turning or right-turning traffic from through traffic. White arrows, sometimes accompanied by the word "only," indicate that drivers must stay within a designated lane while turning onto the cross street. If your vehicle is in this type of lane, you must turn. Some turn lanes have multiple arrows, allowing you to turn left or right, or to go straight. To discourage drivers from changing lanes near an intersection, turn lanes are separated from through traffic lanes by solid white lines.

A center lane between lanes of traffic traveling in opposite directions may be designated for left turns only. This type of lane is marked by parallel solid and dashed yellow lines. These lines are sometimes accompanied by white arrows on the pavement. Vehicles traveling in either direction can use these lanes to make left turns onto another roadway or a driveway.

**Question:** I feel like I see so many vehicles tailgating and following too close. I remember people talk about a so-many second following tip. Can you remind me and others what that is?

**Answer:** Applying the "Three-Second Rule" helps you keep a safe distance between your car and the vehicle ahead of you. This rule is for standard-length vehicles driving in ideal conditions.

1. Choose a fixed reference point at the side of the road ahead, such as a telephone pole, signpost, tree or bridge.
2. When the vehicle ahead of you passes the reference point, begin counting: "One-thousand-one, one-thousand-two, one-thousand-three."
3. If you pass the reference point before you finish counting, you are following too closely.
4. Gradually slow down until you reach a safe following distance and speed.

When road conditions are poor, or if you are driving a vehicle longer than the standard length, increase your following distance to a four- or five-second count.

If the vehicle behind you is following too closely, slow down slightly and allow it to pass.

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](mailto:Troy.Christianson@state.mn.us))

## Holly Thyme Craft Show

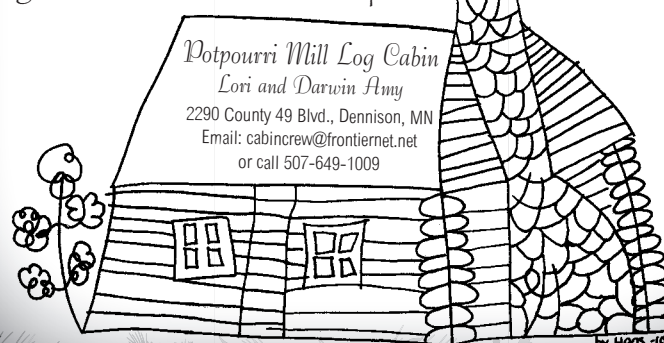
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### Kalass Agency

242 Main Street  
Zumbrota, MN  
Phone: 507-732-7614  
Email: [kalassagency@kalassagency.com](mailto:kalassagency@kalassagency.com)



## Rep. Steven Jacob

DISTRICT 20B



Hello from the State Capitol,

The Minnesota Supreme Court ruled that males who consider themselves a different gender have the right to compete on female teams.

This decision will be nothing but problematic for female athletes in our state.

Is it fair or safe for a girl to get clobbered by a biological male on the basketball court? Would it be OK for the fastest girl in Minnesota to finish seconds behind a boy at the state track meet? Girls should not be forced to participate against boys in female athletics. It's not just common sense, it's federal law.

The federal Title IX law guarantees women and girls the right to compete on a level playing field. However, the Minnesota Supreme Court ruled that preventing a transgender athlete from competing in USA Powerlifting's women's division is "facially discriminatory" under Minnesota's Human Rights Act.

8 out of 10 Americans believe girls sports should only be reserved for girls, including 67% of Democrats, according to a New York Times poll.

The legislature must pass the Preserving Girls Sports Act next session in order to right this wrong. The proposal specifically states that only students of the female sex may participate in an elementary or secondary school athletic team or sport that an educational institution has restricted on the basis of sex to women or girls. If there is a dispute, a student must present a signed physician's statement indicating the student's sex is based solely on the student's internal and external anatomy, natural occurring level of testosterone, and an analysis of the student's chromosomes.

With the Minnesota House in a statistical tie between Republicans and Democrats, one Democrat will need to break ranks with their party bosses and put girls' interests first if the bill is to gain approval.

In my opinion, Minnesota's all-liberal Supreme Court got this one very wrong. The legislature now must make it very clear that girls should not be forced to play against boys in female athletics.

KEEP IN TOUCH

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

Have a good weekend,  
Steve

## Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, October 8, 2025

The regular meeting of the Mazeppa City Council was called to order at 6:04 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, MMLS Manager Todd Ihrke, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: Holly Galbus from the News Record and Wabasha County Sheriff's Chief Deputy Jim Warren.

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

Motion by Young, second by Liffbrig to approve September 10, 2025, regular Council meeting minutes, All in favor, none opposed. Carried.

(continued on page 16)

## NOTICE OF PUBLIC HEARING AND INTENTION TO ENACT REVISIONS TO WABASHA COUNTY TOBACCO ORDINANCE

A public hearing will be held, on Tuesday, November 4th, 2025 during the Wabasha County Board of Commissioners Meeting at approximately 9:15am at Wabasha County Board of Commissioners Room, 625 Jefferson Ave, Wabasha Minnesota, prior to consideration of enacting revisions to the existing Tobacco Ordinance. The purpose of this Ordinance is to regulate the sale of tobacco, tobacco products, tobacco related devices, electronic delivery devices, and nicotine or lobelia delivery products for the purpose of enforcing and furthering existing laws, to protect minors against the serious effects associated with the illegal use of tobacco, tobacco products, tobacco related devices, electronic delivery devices, and nicotine or lobelia delivery products, and to further the official public policy of the State of Minnesota in regard to preventing young people from starting to smoke as states in Minnesota Statute Sec. 144.391. The proposed revisions would provide for compliance with both State and Federal Law and to align with T21. For more information, please contact the Wabasha County Public Health Director at 651-565-5200. Copies of the proposed ordinance are available at [www.co.wabasha.mn.us](http://www.co.wabasha.mn.us) Public Health webpage. Comments may be submitted at the public hearing or sent to the following by Monday, November 3rd, 2025:

tfiedler@co.wabasha.mn.us or

Tammy Fiedler

Wabasha County Public Health Director

411 Hiawatha Drive E.

Wabasha, MN 55981

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November 23





MAZEPPA CITY COUNCIL  
*(continued from page 15)*

Wabasha County Sheriff’s Chief Deputy Jim Warren gave the ICR for the month of September. Councilperson Wiebusch asked if Wabasha County was going to be getting electronic license plate readers. Chief Deputy Warren said that Wabasha County had been presented with the capabilities of such a system but chose not to participate.

Administrator Clerk Karl Nahrgang gave the Public Works report. Councilperson Wiebusch said that anyone that had new concrete installed during this project should get a letter explaining that no road/sidewalk salt should be used on the new concrete this winter season.

Administrator Clerk Karl Nahrgang gave the Fire Department report. Councilperson Wiebusch added at the request of the Fire Department that they will be presenting information to the Council about a Training Recruitment Program aimed at young people to promote interest for future volunteers.

MMLS Manager Todd Ihrke gave the Liquor Store report.

Motion by Young, second by Wiebusch to accept the resignation of Lisa Nance, with thanks for her years of service. All in favor, none opposed. Carried.

Motion by Young, second by Liffbrig to approve hiring Sawyer Sheridan as staff at the Mazeppa Municipal Liquor Store. All in favor, none opposed. Carried.

City Engineer Matt Mohs gave the Engineering update. Administrator Clerk Karl Nahrgang asked if any guidelines had been issued for getting pay applications approved during the shutdown of the Federal Government. Mr. Mohs said that none had been issued and that if there was an alternate way to keep the funding coming at regular intervals, the City should contact the representative from Minnesota Public Facilities Authority, the State agency providing a portion of the funding if there is a way to keep moving forward.

Mr. Mohs asked that 2 representatives from the City be involved in a committee to implement the ADA requirements for City Hall as part of the sewer and water improvements.

Motion by Wiebusch, second by Young to approve WWTP project pay application #11 to Wapasha Construction for \$558,400.50. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffbrig to approve Street Utility project pay application #4 to Schumacher Excavating for

\$319,678.47. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve amend Street Utility Change Order #2 not to exceed \$65,000.00. All in favor, none opposed. Carried.

Administrator Clerk Karl Nahrgang reported on City Hall Activities. Attorney Lamprecht suggested that the City contact the County Health Department and speak to their attorney about options to encourage a property owner to agree to a home inspection.

Motion by Young, second by Wiebusch to approve building permits 28-18-0023, 576 4th Ave. NE Lot 23 – windows. 28-18-0026, 556 1st Ave. N – re-roof. 25-18-0027, 907 River Bluff Rd. SE – re-roof. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffbrig to approve Resolution 2025-34 issuing a temporary off site liquor license to the Mazeppa Municipal Store to cater an event at the Mazeppa Community Center. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-35 issuing a temporary off site liquor license to the Mazeppa Municipal Store to cater an event at Herb Vik Park. All in favor, none opposed. Carried.

Motion by Young, second by Liffbrig to approve Resolution 2025-36 closing a portion of 1st Ave. S for the Fall Fun Run event. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Resolution 2025-37 approving the reactivation and transfer to W.D.z 2 a liquor license for the facility at 217 1st Ave. N. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch table the acceptance of Larry Liffbrig’s resignation from the Mazeppa Economic Development Authority. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffbrig to approve Resolution 2025-38 accepting donations totaling \$19,000.00 from the Mazeppa Lions Club. All in favor, none opposed. Carried.

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

Attorney Luke Lamprecht said that due to changes in MN FMLA leave rules, the City will need to change its employee handbook and to prepare for additional payroll costs.

Councilperson Young thanked the Park and Rec volunteers for making the Market in the Park events successful this year and the Trail

Committee for their fundraising efforts.

Councilperson Wiebusch expressed the need to create an administrative fine schedule that would be applied to zoning usage ordinances.

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

Meeting adjourned at 7:24 PM.

Administrator Clerk

Next Meeting: November 12, 2025

\*\*\*

Zumbro Falls City Council Minutes  
September 10, 2025

The Zumbro Falls City Council met at City Hall at 6PM. Absent from the meeting was council members Bob Benson. Scott Kennedy, Fire Chief, and all other council members were present.

The meeting was called to order by the Mayor. The clerk read to council the minutes from the August meeting which were accepted as read by a motion from Winters, seconded Anderson, all in favor, carried.

Treasurer’s report followed with acceptance by a motion from Anderson, seconded Winters, all in favor, carried.

It was agreed that the City would prepay for 3000 gallons of LP with Lawler Gas Co. A motion of approval was made by Winters, seconded Anderson, all in favor, carried.

Matt Fick was contacted and agreed to fa-

cilitate the spreading of fresh lime on Cardinal Field. The City agreed to fund the lime purchase and its delivery with a motion by Anderson, seconded Winters, all in favor.

Mayor Heitmann addressed the council with updates which included progress on the Hills of Zumbro Falls Park improvements. The playground equipment and basketball court are now installed and pea rock is expected to be delivered in the next few days. Tree removal services for around town has been scheduled to fell roughly a half dozen dead trees this fall. Mayor Heitmann also reiterated the importance of keeping grease out of the city wastewater system to avoid further back-up issues.

The council reviewed the 2026 budget and it was decided to raise the Levy by 4% to cover inflation and anticipated road construction projects around the city. A motion to move forward with this increase and approve the General City budget along with the Sewer and Water budget, was made by Winters, seconded Anderson, all in favor, carried. A motion from Winters, seconded Anderson, all in favor, was made to roll over the soon-to-mature CD plus interest for another 6 months.

Meeting then adjourned around 9PM with all bills presented to be paid by a motion from Winters, seconded Anderson, all in favor, carried.

Submitted by,  
Blake Hanson, Clerk

Zumbro Falls Events

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	2 <sup>nd</sup> Weds of the month	Varies	See Zumbro Falls Lioness on FACEBOOK for dates, locations and upcoming events
Zumbro Valley Snowmobile club Meeting	1 <sup>st</sup> Tue of Month 7:30pm Sept-April	ZF VFW	See Zumbro Valley Snowmobile Assoc on FACEBOOK for upcoming events
Zumbro Valley Sportsman Club	1 <sup>st</sup> 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



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It has been a beautiful autumn season so far, but winter is right around the corner. Every winter has the expectation of snow fall. The City wants to remind all property owners that the City sidewalk next to your property is your responsibility to clear. Downtown business or residential the walkway is of no matter; sidewalks must be cleared within 24 hours of a snow event. City Ordinance allows for the City to charge back to you the time involved in clearing your sidewalk if City personnel must clear the walk.

The City also wants to remind residents that there is also no overnight street parking from November 15 to April 15. The Public Works staff begins work on snow removal days between at 2:00 AM to clear streets so residents can commute to work. Cars parked along streets are a hindrance and may be towed. Public Works will work 10 – 12 hours to clear accumulations, starting on 1st Ave., the Fire Department, and the school. It is followed up with most of the major streets, side streets, with the alleys being done last. You can help Public Works get the town cleaned up faster by making sure you are not parking on the streets during snow removal.

**CLERK CHATTER**

By Karl Nahrgang  
Administrator Clerk,  
City of Mazeppa



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Our kitchen is not open yet, but watch for "Pop Up" kitchen features coming soon!

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 Attorney

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- © StatePoint Media
- THEME: IN THE WOODS
- ACROSS
1. Flows' partners

5. "When Harry \_\_\_\_ Sally..."

8. Sound of laughter

12. "Hide" behind the bush

13. BEBÉ's mother

14. \*Age units in the woods

15. Rum cake

16. Placido Domingo's solo, e.g.

17. Concluded

18. "Into the Woods" star Anna

20. Come clean, with up

21. Terra \_\_\_\_

22. Urge Spot to attack

23. One of seven gnomes

26. Prior to the present (3 words)

30. FEMA provisions, e.g.

31. Erratum, pl.

34. Int. org. in Brussels

35. Merge

37. Time frame

38. Right-hand page

39. 1920s art style

40. Cause of wheezing

42. Like The Hot Chili Peppers

43. \_\_\_\_ God we \_\_\_\_," on U.S. currency

45. Some vipers

47. Clairvoyant's gift

48. Source of chocolate

50. Form of payment

52. \*Edible fungus

55. Multi-layered cake

56. MElange

57. Utah's national park

59. Bake an egg

60. Plural of #22 Down

61. "\_\_\_\_ the Woods" play and movie

62. Prefix for multiple

63. Japanese honorific

64. Barely got by

- DOWN
1. Singular of #1 Across

2. \*Woodpecker's pecker

3. \*One lost in the woods

4. Posture

5. Boy Scout's badge

6. "Fear of Flying" author \_\_\_\_ Jong

7. \*Furniture wood

8. \*Conifer's dropping

9. Peters out

10. Def Leppard's "Rock of \_\_\_\_"

11. Psychedelic drug, acr.

13. St. Valentine, e.g.

14. Equip again

19. One of Seven Dwarfs

22. Rejuvenating spot

23. \_\_\_\_ Arabia

24. Wrinkle-prone fabric

25. Declaration of Independence, e.g.

26. 2002 Winter Olympics state

27. Mother-of-pearl

28. Weasel's cousin

29. \*Golf's great

32. Catch one's breath

33. A in MOMA

36. \*Scientific study in woodlands

38. Meteorologist's tool

40. Nile reptile

41. Masculine one and proud of it, pl.

44. Theater greeter

46. Something extraordinary

48. "Mea \_\_\_\_," or "my fault"

49. Hailing from the East

50. Type of salmon

51. \*Seed covering

52. \*Trunk growth

53. Sty cry

54. Speck

55. Recipe amt.

58. Go-ahead

SUDOKU

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

SUDOKU

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.





# HAPPY thanks giving

**Your year-round support means the world to us,  
and we thank you for your business.**

We will be closed Thursday, November 27th so our employees can enjoy the Thanksgiving holiday.

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