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ZUMBRO FALLS

Mazeppa-Zumbro Falls Messenger™

DECEMBER, 2022

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Volume 17 • Issue 5

Announcements

• **HO-HO- SANTA IS COMING TO THE "SOUP & CHILI LUNCHEON" on SATURDAY, DEC. 10TH from 11-1 at Mazeppa Community Center.** Hosted by the Mazeppa Area Historical Society. Serving "Soup & Chili" & all the fixings with dessert for a "Free Will Donation". COME HUNGRY- LEAVE HAPPY.

• **Celebrate Recovery meetings every Sunday night at 5pm at South Troy Church,** 56817 Highway 63 Zumbro Falls, MN 55991. Email for questions is: celebraterecoverysouthtroy@gmail.comat.

• **The Zumbro Valley Food Shelf is located at South Troy Wesleyan Church, 56817 Hwy 63, Zumbro Falls, MN.** The hours are Tuesdays 11:00am-5:00pm and Thursdays 11:00am-6:00pm. Donations and volunteers are greatly appreciated. For more information contact Pastor Colleen Hoeft at 507-259-1442 or choeft52@gmail.com.

• **The Mazeppa Area Food Shelf, serving Mazeppa, Bellechester, and Zumbro Falls Area is open the second Thursday of the month from 9:30-11 am and 3:30 - 5:30pm, and the fourth Thursday from 3:30 - 5:30pm.** Food drop off locations are First State Bank of Red Wing, Mazeppa Branch, and Entry way to Mazeppa City Hall.

Do you have an announcement?

Email:

hometownmessenger@gmail.com

United Women in Faith Host Fall Retreat

Submitted

The United Women in Faith (Mazeppa United Methodist Church) hosted an inspirational fall retreat November 19th at the Mazeppa Community Center. The afternoon began with Bluegrass Gospel music played by The Becky Schlegel Band. Becky has performed in Nashville and on The Prairie Home Companion. She and her husband, Heath Loy, operate the popular Loy Show Barn at Oronoco. (Becky and her band are slated to play a Christmas concert at The State Theater in Zumbrota on December 17th.) Other members of Saturday's band in-

cluded Eric Christopher and Clint Birtzer. These two Twin Cities musicians, also of "The High 48s," wowed the crowd with skillful playing of fiddle, violin, and mandolin.

After this exceptional musical introduction, the crowd was blessed by keynote speaker, Cheryl Taylor. Cheryl, a retired teacher and pastor's wife, addressed the question "Where is God When I Feel Alone?" She told about planning a once-in-lifetime trip to Hawaii which was then interrupted by the 2020 pandemic. Cheryl graciously shared excerpts from the journal she kept during this lonely, isolating time.



Keynote speaker, Cheryl Taylor

Following the keynote, participants heard stories from teens about their summer 2022 mission trips.

(continued on page 4)

Mazeppa BP Under Construction



The Mazeppa BP is under construction. New pumps, new concrete and new lines back to the tanks. Per Travis Liffbrig, construction started November 8th and hopefully to be complete by December 9th. The BP remains open, taking the time for an overhaul outside to the pumps.



Mazeppa-Zumbro Falls
Messenger

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Seasons Greetings from Leo's

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11:30a.m. Friday-Sunday

Advent of Hope



By Pastor Colleen Hoeft

Advent: the arrival of a notable person, thing, or event. Hope: a feeling of expectation and desire for a certain thing to happen. We hope and wait for a lot of things. We hope today is better than tomorrow. We hope our favorite team will win the game. We hope we get what we've been hinting at for Christmas- we hope to be noticed by that certain someone – or we hope no one notices us- All sorts of things and events are hoped for. Timex took a survey in September of 2012 on how Americans spend their time- and how much of the time is spent on waiting.

Here are 11 things we hate waiting for – and how long the average person will wait for those things before we take action.

- A car in front of you at a green light – 50 seconds.
- People to stop talking in a movie – 1 minute, 52 seconds
- Parents to quiet down a loud baby – 2 minutes, 41 seconds.
- Late coworkers – 3 minutes, 54 seconds
- Waiting at the doctor's office – 32 minutes
- Waiting at airport security – 28 minutes.
- Waiting for your significant other to get ready – 21 minutes

- Waiting in line at Starbucks – 7 minutes.
- Late blind date – 26 minutes.
- Someone loudly talking on a cellphone to quiet down – 2 minutes, 25 seconds.
- Someone late to an interview – 2 minutes, 6 seconds.

Christmas didn't make the list- but it seems to be a difficult one to wait for. The stores are in such a rush that the Halloween candy was barely put away before the Christmas candy and decorations were out. Thanksgiving is only remembered by sales on Turkey and stuffing in the grocery stores. I do love Christmas- but as you and I get older it seems like it gets here faster and faster- not slower. How about you? Are you one of those that had your decorations up before Thanksgiving? Be honest... There were several people putting the pictures of their trees on Facebook last week already. I must admit the thought did cross my mind to begin to haul out the Christmas decoration from the basement. (But I waited until yesterday!)

The dynamic of waiting is what set up the first Christmas over 2000 years ago.

• It began with a PROMISE. From the very beginning in Genesis and throughout the Old Testament. Isaiah Prophesied, "Therefore, the Lord Himself will give you a sign: Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel." (Isaiah 7:14).

Micah wrote that He would be born in Bethlehem, "But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel, whose origins are from of old, from ancient times." Micah 5:2. There are hundreds

of prophecies about the Messiah in the Old Testament: "He is coming!"

Between the time in the Old Testament and the New Testament there were 400 silent years before Jesus Christ was born. During this time, many people gave up waiting. Waiting 400 years for the Messiah to arrive on the scene seems like a long time- and losing hope- and forgetting about Him would be easy to do. Maybe you've had times where God seems quiet and inactive that you've wondered – why am I doing this? Why am I serving, giving, believing? He is taking too long- maybe I misunderstood- maybe he isn't going to come through after all. Been there? I think we all have.

2. The WAITING: In Luke chapter 1, the stage is set. The first 4 verses are an introduction. The writer, Luke- a physician by trade, has decided that there should be a thorough record of the life of Jesus Christ. He wants to present a well-documented and accurate account of the life of Jesus Christ. He is acting as a reporter; he investigates and reports and then writes his findings.

Luke's account begins at the beginning- rather it begins before the beginning of Jesus birth with the story of Zechariah and Elizabeth. We are introduced to Zachariah and Elizabeth, two righteous believers. They were being faithful even though God hadn't answered their most heartfelt prayer. God seemed silent and distant. They had been praying for a child (verse 13) their entire married life and yet God hadn't answered their prayers.

"For many people, being childless not by choice is a trigger for mental health. ... The women who yearned to be mothers, the men who dreamed of being daddies and watch

their kids play football or walk their daughters down the aisle are all experiencing grief. They feel like their prayers aren't heard.

3.The HOPE: Zechariah sees and hears an angel! Don't miss the significance of this supernatural event! For 400 years, there had been no prophecies, dreams, visions, angels, or heavenly experiences of any kind and now Zechariah sees an angel- an angel with a message! The angel said, "Your prayer is heard." Isn't that awesome? I would like to hear that sometime! What if God just whispered that to you – that would be enough, wouldn't it?

This is how the whole Christmas story begins – before Jesus, there was John the Baptist. John's job was to bring people back to God. To help people regain their hope- to prepare their hearts to believe. Without hope – we won't recognize the answers to our prayers.

God calls us to hope. "He has given us both his promise and his oath, two things we can completely count on, for it is impossible for God to tell a lie. . . . This certain hope of being saved is a strong and trustworthy anchor for our souls, connecting- us with God himself behind the sacred curtains of heaven," Hebrews 6:18-19. We have the certain hope that God is for us, He loves us, He has a plan, and He will be with us- we can trust Him- because He never lies!

We may not understand or know the timing of all His promises- but we know Him. When you begin to doubt, when you think God has forgotten- hang on- check the chains on the anchor – they are holding. Trust Him... Wait on Him. You are not forgotten. His promises always come true!



Mazeppa-Zumbro Falls Messenger

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7134 Highway 246 NE, Elgin, MN
Sunday worship at 9:30 a.m.
(Bible class at 8:30 during the school year)



AREA CHURCH DIRECTORY The Family Table

"All peoples on earth will be blessed through you."
— Genesis 12:3

Many years ago a man received a message from God, and God basically adopted this man. Later God gave him the name Abraham, which means "father of many." And yet Abraham had no children. Then God promised to bless Abraham with many children, and somehow, in some way, through Abraham's family, God would bless all the peoples of the earth.

God stayed true to his promises to bless the world's peoples through Abraham, even though Abraham's descendants were quite dysfunctional. And God surprised everyone by keeping his promises through the life, death, and resurrection of Jesus, a descendant of Abraham. It turns out that Jesus was the Savior not only for God's adopted people but also for all other peoples as well. And by faith, by trusting in Jesus, people from all nations, tribes, and languages can be adopted into God's family.

So when we come to the Lord's table, it is a family table. Just as we do not get to choose our families and all our relatives, there may well be people in our church family whom we might not have chosen. But God chose them—and us—to be a part of his family together. So we belong to God but also to each other. And at this family table there is grace.

Father, thank you for accepting us into your family. Just as you have received us in grace, help us do the same for one another. In Jesus' name, Amen.

PRESBYTERIAN CHURCH OF ORONOCO

10:00a.m. Worship
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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.

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Pastor Colleen Hoeft
56187 Hwy. 63, Zumbro Falls
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We have a small group Bible Study meeting on
Monday nights at 7:30pm at the church
Sundays 10:30am in-person & livestream

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Sunday worship at 11:00 a.m.
(Bible class at 12 noon during the school year)

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Pastor Al Horn • 507-843-5302
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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

Obituaries

December, 2022

- MAZEPPA-ZUMBRO FALLS MESSENGER -

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Jeanette Stegemeyer

Jeanette Stegemeyer, 86, of Lake City passed away on Tuesday, November 2, 2022 at Lake City Care Center.



Jeanette was born on November 27, 1935 to Vernon & Lola Dammann in Red Wing. She married Maynard Stegemeyer on April 14, 1957 at St. Peters in Belvidere. Jeanette farmed and did the field work with her husband in Zumbro Falls area until their retirement in 1997. She was a member of Bethany Lutheran Church, Goodhue County Sheriff's Posse. Jeanette and Maynard showed Arabian Horses and she loved horseback riding in the Black Hills in South Dakota. In her later years she enjoyed feeding the cats and birds. She once raised a Great Horned Owl in her home. Jeannette is survived by her son Shawn (Linda) Stegemeyer of Cottage Grove. She is preceded in death by her husband, Maynard, her parents and her brother, Wayne

Dammann.

A Funeral Service was held at Bethany Lutheran Church in Lake City on Monday, November 7, 2022 at 11 am with Pastor Steve Frentz officiating. A visitation was held one hour before at the church. Burial was at St. John's Lutheran Cemetery in Lake City. Online condolences may be sent to the family at www.mahnfamilyfuneralhome.com.

Tammy Gary

Tammy Gary, age 50, passed away at her home in Mazeppa, MN on Tuesday November 15, 2022 surrounded by her loving family, after a lengthy and brave battle against cancer.



Tammy Lee Gary was born on April 4, 1972, in Lake City to Elmer and Dawn (Farnsworth) Gary. Tammy grew up in the Hammond area. She graduated from John Marshall High School in 1990. Following graduation, she lived in South Dakota for a time and her daughter was born in 1995. Tammy moved back to Rochester in 1998 and then moved to Mazeppa in 2014. She was a certified nursing assistant for over 20 years. She cared for many people over the years and worked at Madonna Meadows in Rochester until 2015 when her cancer returned. Tammy loved to camp and canoe, snowmobile and

dance. Her happiest place was near the ocean with her feet in the sand. Time with family and friends meant everything to Tammy.

She will be missed by her companion and fiancé: Peder Quanrud of Mazeppa, her daughter: Desire McCollum (Jullian Tottingham) of Rochester, stepson: Allan "A.J." (Megan) Quanrud of Zimmerman, MN, two grandchildren: Dylana McCollum and Jaxsyn Love of Rochester. Tammy is further survived by her parents: Elmer (Cindy) Gary of Plainview and Dawn Gary of Mazeppa, her in-laws: Allan (Vernetta) Quanrud of Nowthen, MN and her grandmother: Doris Gary of Hammond, one brother: Jason (Amy) Gary of Rochester and one sister: Jennifer Gary of Mazeppa, three nieces, two nephews and many friends.

Tammy was preceded in death by her maternal grandparents, Cecil and Phyllis Farnsworth and paternal grandfather, Ruben Gary.

A memorial service will be held at the Mahn Family Funeral Home-Larson Chapel in Zumbrota on Friday December 2nd at 3:30 PM. The visitation will be from 2:00 until 3:30 on the day of the service. A celebration of her life will be held at the Mazeppa Community Center following services. Burial will take place in the Mazeppa Cemetery at a later date.

Mahn Family Funeral Home-Larson Chapel in Zumbrota is assisting the family with arrangements.

Online condolences can be left for the family at mahnfamilyfuneralhome.com

Roger Wayne Markham

Roger Wayne Markham, 75, of Mazeppa died Monday, November 7, 2022 at Saint Marys Hospital surrounded by his family.



He was born on October 1, 1947 in Rochester to Gordon and Olive (Vanderbosch) Markham.

Roger was in 3rd grade when his family moved from Hammond, MN to Zumbrota where he graduated high school in 1965. He married Gwen Larson and later divorced. Roger met Sara in 1976 and were married on August 26, 1978 at St. John's Lutheran in Mazeppa. He owned and operated Roger's Conoco from 1977 - 1988, worked at Greenway for 17 years and for his son at Berg's Towing and Repair until retirement.

Roger loved fishing, NASCAR, cards, taking car rides, puzzles, going to the cabin at Breezy Point and spending time with the grandkids. Many people will remember him for his love of farming and how funny and witty he was.

He is survived by his wife, Sara Markham; daughter, Michelle "Mickey" (Billy) Peterson; sons, Matthew (Angie) Markham, Todd (Olivia) Markham; grandchildren, Emma Whipple, Allison Yanish, McKenzie Markham, Hailey Kalina, Zach, Dillion, Caleb, Destiny and Devan, Axel, Jedd and Zeke Markham, Wayne Swanson IV; brother, Gary (Sally) Markham;

He is preceded in death by his parents; and sister, Judy.

A Celebration of Life was held from 2 p.m. to 6 p.m. on Thursday, November 17, 2022 at the Mazeppa Community Center.



**Christmas Brings Hope,
Love, Joy & Peace**

Celebrate the Season

South Troy Church

56817 Highway 63 Zumbro Falls

Sundays at 10:30

**Christmas Eve
Candlelight service at 5pm**

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Greetings of the Season

The best of wishes and our gratitude too,
as we pause to remember good friends
like you.

Merry Christmas from our entire team!

Rhonda's Hair Care

120 1st Ave. N. Mazeppa

507-843-5912



Community

Winter Driving

By Wabasha County Public Health

Winter has arrived! Driving safely in winter weather can be a challenge, even for the most experienced driver. Whether you or your loved ones are driving for work or leisure, prepare to make it safely through the winter – before the going gets really tough!

Lisa Kons with the Minnesota Safety Council reviews safe winter driving topics such as skidding, black ice, following distance and reaction time in a new Winter Driving webinar.

This webinar is the perfect refresher for drivers at all skill levels. In addition, the Minnesota Safety Council offers these quick tips for safe driving to help you face winter roads with confidence.

- Avoid unnecessary travel
- If you must - leave early and allow time
- Slow down and drive for road conditions
- Increase your following distance
- Put away distractions
- Turn headlights on
- Buckle up

As a reminder, you can sign up to receive MnDOT text messages and/or email alerts during significant winter weather events affecting state roads in southeast Minnesota. You can also check www.511mn.org for road conditions, traffic incidents, weather information, camera footage and more.



United Women in Faith Host Fall Retreat



Musicians left to right: Eric Christopher, Becky Schlegel, Clint Birtzer

(continued from page 1)

Maria Hegland and McKenna Malecha of Northfield told about helping farmers in Puerto Rico. Sami Tierney of St. Paul shared her experiences leading teens in serving those in need here in Minnesota. During the last hour of the afternoon, Tracy Nelson of Mazeppa and Ann Neil of Pine Island led the group in exploring pertinent Bible verses and making homemade sugar scrubs.

It was an afternoon that refilled the soul! The Mazeppa ladies aim to grow this successful afternoon into an annual event.

MISSY'S MESSAGE



MISSY PAPENFUS

SLEEP

Adequate sleep is very important in leading a healthy life. Probably the most important. If you are tired all the time, you can't perform well mentally or physically. The amount of sleep a person needs varies for everyone. I feel like I need about 7 to 8 hours of sleep a night. The older I get, the more sleep I need too. I keep pretty busy typically, and there is no time for a nap for this gal! I do enjoy a nap about once a month or dozing off while watching TV sometimes (like my dad). I go to bed between 9 and 10 PM and wake up about 6AM.

It's those late nights out, or when you wake up in the middle of the night and can't get back to sleep that get you. That's when a nap is called for. I try to get "caught up" on sleep when that happens.

Memo from MotoProz...

We've got 'em in stock! Affordable ATVs and UTVs BOTH NEW and USED. Just add a winch and plow to be ready for snow! Check out our new and used Arctic Cat snowmobiles, Trailers, ATVs, and Side by Sides available online at MotoProz.com!

Missy and her husband Mike own MotoProz in Mazeppa.

Missy's Managing the Manor

A monthly read with tips and tricks (that work for me) on my quest to becoming more organized while decluttering.

Minimalism!



By Missy Papenfus

We hosted Thanksgiving this year, and that set me on a quest to get the house in order. Does my family care if my house is organized? No, I know they do not care at all how clean the house is. It's my excuse to buckle down and get done what I have been wanting to get done, while my husband MIKE is cooking the Thanksgiving Dinner!

I decided my first task was clearing the counters. Sometimes I try doing so many different to-dos at once, so I decided to focus and what could be seen. We have a lot of cupboard space, so if it fits in the cupboards, then I need to leave it for another time. I then kept a running list of what I wanted to do later and areas that are not working for us—like our coat closet in the entry.

Stay tuned for next month's topic: Mission kitchen organization
There's so much to do, so little time. Bye for now!

MotoPhest at MotoProz



Black Friday shopping at MotoPhest Friday, November 25th with something for everyone! MotoPhest runs through Saturday, December 3rd at noon! Don't miss out on the deals. Get all your Christmas shopping done at MotoProz in Mazeppa!

Monty from MotoProz is selling his First Home! \$259,900



Welcome to 522 Nicholas Avenue in Zumbro Falls! This home is clean, in a quiet neighborhood less than 30 minutes from Rochester, built by Med City Builders in 2008. Traveling Highway 63 makes the winter commute a breeze, an added bonus now the road construction in and around Zumbro Falls is now complete. It has vaulted ceiling and fresh paint throughout the main level with a large 3 stall finished garage for a work bench, tools, lawnmowers, snowblowers, extra vehicles UTVs, etc. The LP was filled summer of 2022 and free to the new owner(s). A radon mitigation system was installed summer of 2022. Finish the basement to best suit you while creating more equity in your new property.

This home is move in ready and available for a quick close if needed before the Minnesota winter sets in. Visit [TMRAcompany.com](https://www.tmracompany.com) and click on featured listings to view inside photos, inquire about any questions you may have or set up a showing. Let Chelsie know we sent you!

Chelsie Jech-License Realtor at TMRA 507-421-0351
chelsiejech@tmracompany.com

Three Awards Support Agricultural Mental Health

Three new projects are joining the Minnesota Department of Agriculture's (MDA) Bend, Don't Break Initiative to help Minnesota farmers cope with adversity.

"Agriculture can be a tough profession and Minnesota farmers experience a wide variety of physical, mental, and business stresses day-to-day and season-to-season," Minnesota Agriculture Commissioner Thom Petersen said. "We're proud to work with partners like these to support farmers in meaningful ways."

The following new projects received funding to support these efforts:

- Minnesota FFA Foundation - \$52,000 grant to support student chapters across the

state that create projects and activities in support of mental wellness for youth, farmers, and their communities.

- Latino Economic Development Center - \$50,000 grant to develop and deliver innovative and culturally appropriate ways of providing financial counseling, problem solving, and other forms of enterprise support to historically underserved Minnesota farmers.

- Southern Minnesota Agricultural Center of Excellence - \$25,000 award to provide consultation and coaching to farmers and farm families that are working on a transition or succession plan for their farm operations, and to contribute materials to a new Minnesota farm transition/succession workbook.

These organizations join 11 others in the MDA's Bend, Don't Break Initiative, which is supported by a \$559,605 award (no. 2021-70035-35461) from the Farm and Ranch Stress Assistance Program from the USDA National Institute of Food and Agriculture. For a full list of the Bend, Don't Break Initiative awardees and their projects, as well as more resources for coping with farm and rural stress, visit www.mnfarmstress.com.

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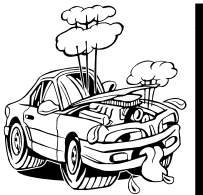
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Christmas in the Village Returns to Dakota City

Dakota City Heritage Village at the Dakota County Fairgrounds in Farmington is preparing to return to an in person, spirited and welcoming holiday event on Saturday and Sunday, December 3, 4, 10, and 11 from 3-8 pm. The past 2 years were drive-through holiday displays due to the pandemic.

Village Volunteers are busy decorating the buildings inside and outside with holiday lights and decorations. Visitors will experience the sights, scents, and sounds of the season through the village's dazzling lights, Christmas music in the church, the smell of wood burning stoves and the sound of horses and their jingle bells as they pull trolleys through the village. Old fashioned chores will be demonstrated in the Millinery Shop and the Harris House. There will also be old-fashioned candy and goods for sale at the Gift Shop and General Store. Refreshments like hot chocolate, cider and warm soups will be available in the Drug Store.

Children are invited to bring a letter to Santa and leave it at the Dakota City Post office, in a stamped, self-addressed envelope. Envelopes should not be sealed as Santa's



helpers will read the letters and share them with Santa. Children will receive a letter back from the North Pole and Santa in December. Santa will be also visiting with children in the Depot. New this year is a model railroad display with holiday themed trains running around a festive winter scene in the village library, courtesy of the Minnesota Garden Railway Society.

Admission is \$5 with children under 5 FREE.

Tickets are available at the gate, online at www.dakotacity.org or by calling (651) 460-8050 x 1.

Dakota City was established at The Dakota County Fairgrounds in 1978, and is a 1900's era agricultural village and museum. 22 buildings, including an operational blacksmith shop, newspaper office, train depot,



barber shop, family home and more represent the business and rural social life of a rural early 1900's community. Dakota City is a 501(c)3 non-profit organization that strives to preserve rural heritage and connects, through education and interpretation, current genera-

tions to life and agricultural heritage of the early twentieth century. Updated schedules and information are available at www.dakotacity.org, and on their Facebook page.

A legendary musical experience

★ ICONIC FEST ★

EST. 2015

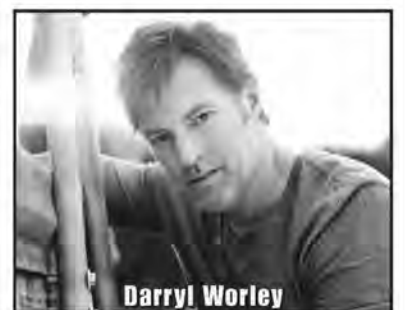
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**Friday,
July 7**

**Saturday,
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**Friday & Saturday
JULY 7 & 8, 2023**

For More Information & to Order Tickets Go To
www.iconicfest.com



2 DAY OUTDOOR MUSIC FESTIVAL!

Held at the Green Lantern 9 miles East of Brainerd on Hwy. 18

Camping and VIP Tickets Sell Out Early! Get Yours Today!



Rewire Your Brain



By Shauna Burshem, D.C.

It was once believed that the brain was incapable of generating new cells. Therefore, the conclusion was that the brain was incapable of healing once it had been damaged, either by injury or by disease. Brain injuries caused by concussions and blows to the head as well as the cognitive degeneration caused

by Alzheimer's, strokes, or tumors, were considered irreversible diseases that were unrepairable by treatment. Currently, much research has been done in the area of brain health. Researchers have conclusive evidence that the brain's cells do heal and repair themselves. The brain's ability to heal is called neuroplasticity.

Neuroplasticity (also called "brain plasticity") can be defined as the brain's ability to change, remodel and reorganize for the purpose of adapting to new situations. Despite the fact that the concept of neuroplasticity is relatively new, it is one of the most important discoveries in neuroscience. In short, neuroplasticity is the brain's ability to rewire itself. The neural pathways in the brain are continually altered and fine-tuned, especially in response to new information generated by learning, life experiences, practicing a skill, exercising, and environmental changes. Neuroscience now views the brain and its neural circuits as flexible and capable of changing throughout the course of a lifetime. The science of neuroplasticity is huge. The

brain's ability to adapt and rewire can have an effect on many conditions. Not only brain injuries from head trauma like sports concussions, but also cognitive diseases like Alzheimer's and dementia. In addition, how the brain works and functions within its neural pathways is directly related to and influences depression and anxiety, sensory issues, OCD, autism and addiction.

At present, the most commonly used therapies to repair the brain are: medications, injections, hyperbaric oxygen treatment (this is a game changer), cognitive therapy, and physical therapy to relearn motor and language skills. But new treatment options are also proving effective.

For instance, With the link between the spine and brain evident (the brain sends neural impulses through the spine), researchers have begun to look at how chiropractic may be used as a tool to help preserve positive neuroplasticity. Clinical studies have already begun, monitoring the effects of chiropractic on patients' abilities to solve puzzles, multi-task, and recall memories.

Some studies are already producing exciting findings, including a 3-year study comprised of 100 volunteers, presented at the International Research Symposium held at Sherman College held in South Carolina. The study monitored the mental activity of participants using electroencephalograms (EEG), comparing readings before and after chiropractic adjustments. In an overwhelming majority of readings, brain function

showed improvements across the board.

In 2016, a study was published in the journal Neural Plasticity. The study revealed that chiropractic spinal adjustments changes brain function. Not only did the study take a documented look at brain function post-adjustment, it was studied and confirmed by an independent medical researcher. The researchers explained that this is solid scientific evidence that adjusting the spine changes the way the prefrontal cortex of the brain is processing information. It demonstrates that chiropractic care can change the way the brain works and shows that spinal function impacts brain function. One of the most interesting things about the changes observed was that the prefrontal cortex is responsible for behaviors, goal directed tasks, decision making, memory and attention, intelligence, processing of pain and emotional response to it, autonomic function, motor control, eye movements and spatial awareness. The study showed a change in brain function by almost 20% on average. This included significant changes in the prefrontal cortex.

More research in this area is being performed every day. It is exciting to know that chiropractic will have a role to play in the brain's ability to rewire itself and help people with brain disorders, depression, anxiety, sensory issues and autism. Chiropractic's positive effect on neuroplasticity will add another benefit to the list of reasons why preventative, maintenance chiropractic care is worthwhile for overall health.

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General Ice Thickness Guidelines

The DNR does not measure ice thickness on Minnesota lakes. Your safety is your responsibility. Learn about the different ways to check ice thickness before heading out.

Temperature, snow cover, currents, springs and rough fish all affect the relative safety of ice. Ice is seldom the same thickness over a single body of water; it can be two feet thick in one place and one inch thick a few yards away.

Our recommendations are based on average equipment weight and assume solid, clear ice. You are responsible for knowing the weight of your vehicle, equipment, and bodies.

Many factors other than thickness affect ice strength, including air temperature, wind, snow, streams, narrow areas or bottlenecks, sun, shade, fish communities, plant decay, and more. When a layer of snow melts and re-freezes on top of lake ice, it creates white ice, which is only about half as strong as new, clear ice. Double the above thickness guidelines when traveling on white ice.

White ice occurs when snow melts on top of a sheet of ice and refreezes. This type of ice is only about half as strong as new, clear ice because it is full of air bubbles and made up of smaller crystals. As a result, the standard ice thickness guidelines should be doubled when traveling on white ice.

The strongest and safest ice is clear ice—sometimes called blue ice—which typically forms at the start of the ice season on top of calm water. The ice is clear but can appear blue or black when looking down into the water. This ice is formed with large crystals and few or no oxygen bubbles, creating very



solid, strong ice.

Honeycomb ice is one of the most dangerous types of ice and associated with many fall-throughs during the late-ice season. When ice begins to thaw in the spring from the heat of the sun, the water on the surface of the ice seeps through thin cracks and pores in the ice. These cracks form in a honeycomb pattern due to the hexagonal structure of the ice crystals. If you observe a block of honeycomb ice, you will notice the ice has formed into columns perpendicular to the surface. It takes little or no effort to shatter it and break it into pieces.

Ice thickness guidelines do not apply to honeycomb ice. If ice is honeycombed, stay off.

What are gas holes?

Decaying vegetation that releases gas bubbles causes gas holes. When the bubbles rise to the surface, they bring warmer water from the bottom of the lake, which slowly melts a

Ice thickness guidelines for new, clear ice only.	
<u>UNDER 4"</u>	<u>Stay off</u>
4"	Ice fishing or other activities on foot
5" - 7"	Snowmobile or small ATV
7" - 8"	Side-by-side ATV
9" - 10"	Small car or SUV
11" - 12"	Medium SUV or small truck
13"	Medium truck
16" - 17"	Heavy duty truck
20"+	Heavy duty truck with wheelhouse shelter

Minimum ice thickness for stationary/parked loads up to 11,000 lbs*	
<u>Load/Situation</u>	<u>Minimum Effective Thickness (inches)</u>
Person standing	6
Snowmobiles	
(maximum weight machine + rider <1,100 lbs)	10
Loaded vehicle >1,100 lbs but <2,200 lbs	13
Loaded vehicle >2,200 lbs but <4,400 lbs	16
Vehicle >4,400lbs but <6,600 lbs	18
¾ ton 4x4 vehicles (maximum GVW of 11,000 lbs)	22

bell-shaped hole into the ice. These holes can be several feet in diameter at their widest and only a few inches across at the surface. They are often hidden by a thin layer of ice or snow.

Gas holes tend to form in the same areas each year, often near stream inlets where vegetation and debris collect or in shallow water with heavy aquatic vegetation. If you are not familiar with the area, talk to the local experts to learn if there are any known gas holes on the lake.

Frozen lakes are not parking lots

Cars, pickups or SUVs should be parked at least 50 feet apart and moved every two hours to prevent sinking. Stationary loads (longer than two hours) require thicker ice than the standard guidelines. See the table below for stationary loads of more than two hours but less than seven days.

Tip: Make a hole next to the car. If water starts to overflow the top of the hole, the ice is sinking and it's time to move the vehicle.



Possible gas hole in the middle of a frozen lake

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November 29, 2022 ... 10:00 AM
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Randolph, MN
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Case IH 3394 MFWD, IH 1066, JD 730, Case IH 3900 & 4800 FC, White 12 Row Planter, Ford & Gm Grain Trucks, Farmall 400 & Super C, Rite Way Rock Picker, Farm Support Equipment, Tools

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IRS Tax Tips

The IRS and the Security Summit partners warn everyone to be on the lookout for scams and schemes that could put sensitive tax data at risk, especially IRS-themed texting scams aimed at stealing personal and financial information.

So far in 2022, the IRS has identified and reported thousands of fraudulent domains tied to multiple text scams, known as smishing, targeting taxpayers. Recently, IRS-themed

smishing has increased significantly.

Smishing campaigns target mobile phone users, and the scam messages often look like they're coming from the IRS, with fake messages, known as "lures," offering COVID relief, tax credits or help setting up an IRS online account. Recipients of these IRS-related scams can report them to phishing@irs.gov.

In the latest smishing activity, the scam texts ask taxpayers to click a link or call a telephone number where criminals will collect their personal or financial information. The IRS does not send emails or text messages asking for personal, financial information or account numbers.

Taxpayers should continue reporting these scams to the IRS. Their reporting allows the



agency to report the scams to the appropriate service providers for action, protecting other taxpayers who might receive a variant of the same scam.

How to report IRS-related smishing

The IRS maintains phishing@irs.gov to process complaints tied to IRS, Treasury and tax-related online scams. Taxpayers should not report smishing involving other agencies or brands to this email address.

Reporting IRS-themed texts to the agency allows security professionals to track and disrupt these scams.

Here's how people can capture and report the details of IRS related smishing:

Create a new email to phishing@irs.gov.

Copy the caller ID number, or email address.

Paste the number, or email address into the email.

Press and hold the SMS/text message and select "copy."

Paste the message into the email; screenshots can be sent if necessary.

If possible, include the exact date, time, time zone and telephone number that received the message.

Send the email to phishing@irs.gov.

Recipients can also copy and forward scam SMS/text messages to wireless providers and send the text to 7726 (SPAM). This helps the provider spot and block similar messages in the future.

Taxpayers and tax pros can also report IRS-related smishing to the Treasury Inspector General for Tax Administration using their IRS Impersonation Scam Reporting form and the Federal Trade Commission through their Complaint Assistant to make the information available to investigators.

Anyone receiving any scamming incidents, successful and attempted, should also report the incidents to the Internet Crime Complaint Center.

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DNR Grants Help Children Get Outside, Begin a Lifetime of Outdoor Experiences

The Minnesota Department of Natural Resources is pleased to announce another phase of the No Child Left Inside grants. These grants help more children cast a line, study animal tracks, hike or bike, or simply learn more about nature.

"This successful outreach grant program continues to send resources to schools and organizations to help get children outdoors," said Jeff Ledermann, DNR education and skills team supervisor. "These grants help boost outdoor programs and initiatives all around the state and especially in communities with limited opportunities to connect with nature."

Public entities and nonprofit organizations serving youth younger than 18 can apply for No Child Left Inside grants.

Grant funds will help implement the vision of the Minnesota Children's Outdoor Bill of Rights' (link is external) for each and every Minnesota child to experience outdoor recreational activities and discover the natural environment regardless of where they live,

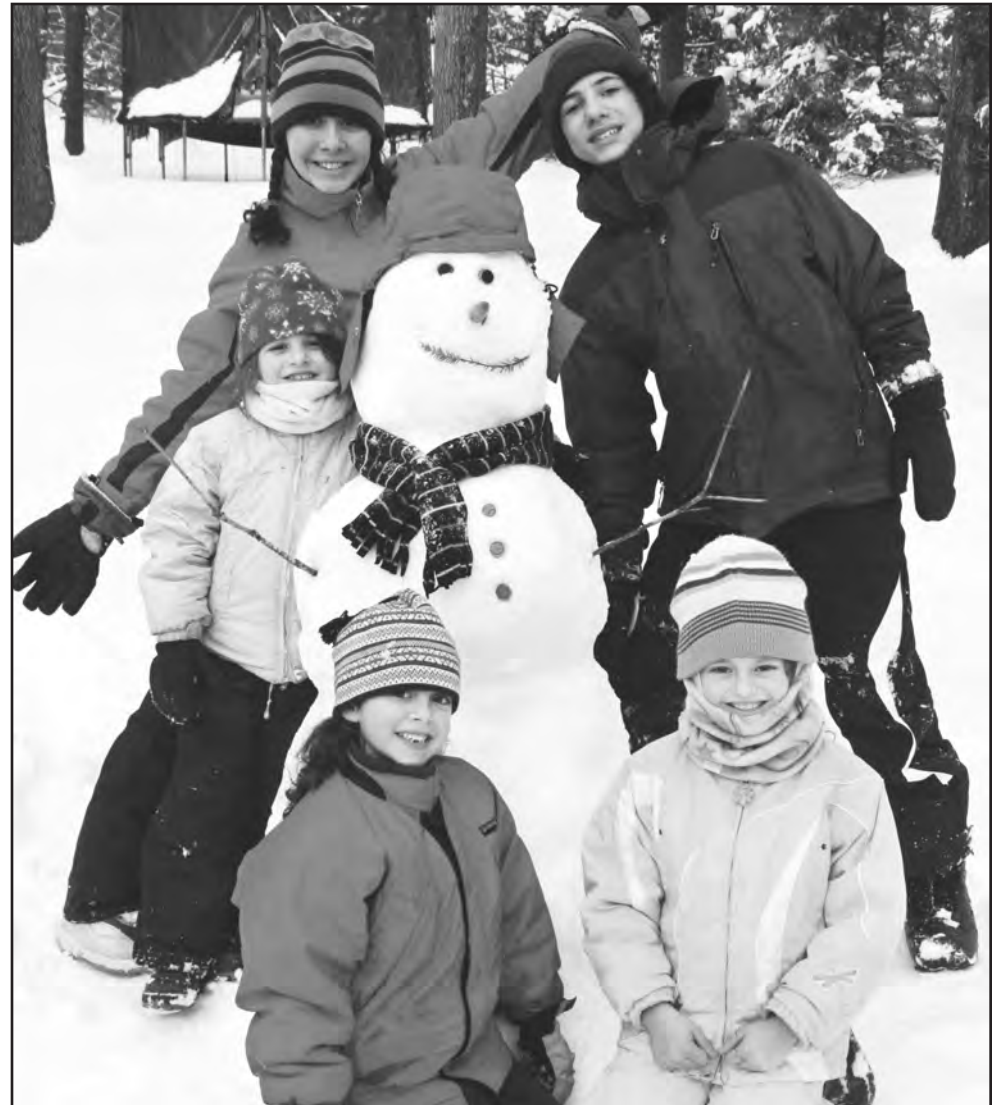
learn, or play

The DNR is accepting applications for both mini grants (less than \$5,000) or larger grants (\$5,000-\$25,000). The request for proposals will be available on the DNR website. Applications will be accepted through 2 p.m. Wednesday, Dec. 7.

Mini grant awards will be chosen by lottery, while larger grant awards will be selected using a competitive review process. Funding can be used for outdoor recreation equipment, transportation, and related natural resource education expenses.

The 2021 Minnesota Legislature appropriated \$900,000 from the state's General Fund and the Heritage Enhancement Account of the Game and Fish Fund to continue the work of the No Child Left Inside grants program. Half of those funds were awarded to 44 mini grants and 16 larger grants in 2022, and this current application process will distribute the remaining funds available under this appropriation. For more information about the grant program, instructions for how to apply, and a link to the application or informational webinar registration, visit the No Child Left Inside grants page of the DNR website. Questions about these grants or the application process should be emailed to outreach-grants.dnr@state.mn.us (link sends email) with "Grant Questions" in the subject line. People may also call 888-646-6367.

The DNR extends its thanks to the Connecticut Department of Environmental Protection for the use of the "No Child Left Inside" name.



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Mazeppa City Council Working Session Meeting Minutes Tuesday, November 1, 2022

The working session and special meeting of the Mazeppa City Council was called to order at 6:00 PM by Mayor Chris Hagfors. Pledge of allegiance was said. Present: Mayor Chris Hagfors. Council Persons Michael Hammes, Dustin Wiebusch, and Erica Young. Others Present: City Administrator Clerk Karl Nahrgang, City Engineers Matt Mohs, Jeremy Tri, John Betcher, Adeline Betcher, and Mike Bubany from David Drown Associates. Absent: Councilperson Steve Liffbrig. Motion by Hammes, second by Young to approve the agenda. All in favor, none opposed. Carried. Mike Bubany of David Drown Associates gave a financial comparison to other communities in our area in the areas of cost of services, tax rates, and rates for services (water and sewer). OF the comparison communities, Mazeppa carries next to the lowest public debt per capita, has the 3rd lowest tax rate and 3rd lowest water/sewer rates. The City also has the 3rd lowest cost of services of the communities compared. The communities compared were of similar population size and distance from larger communities. The community of Zumbrota

was included also because of its proximity to Mazeppa, even though it has a greater population and a more varied tax base. Mr. Bubany demonstrated the amount of funds needed over time to maintain the status quo, make improvements, and pay for future projects. The requirements of the USDA RD loan/grant program requires that the City build a reserve over time in addition to loan payment for a new WWTP plant. The City would be looking to set aside \$50,000 per year for future funding of maintenance and operation. With the City's current reserves, we may be able to use that amount to act as the first 10 years of building the reserves, thus allowing rates to be raised in a more gradual fashion. Alternate plans using a combination of tax dollars and water/sewer rates were discussed to fairly distribute the cost of project among households and businesses. An agenda item will be added to the next regular meeting to set a hearing explaining the rate increases. Mr. Bubany will send rate suggestions at a combination level for discussion at the November 9, 2022 Council meeting. Motion by Wiebusch, Second by Young to adjourn the meeting. All in favor, none opposed. Carried. Meeting adjourned at 8:20 PM.

Next meeting will be 6:00 PM, November 9, 2022. Administrator-Clerk Regular Meeting of the Mazeppa City Council Meeting Minutes Wednesday, November 9, 2022 The regular meeting of the Mazeppa City Council was called to order at 6:05 PM by Mayor Chris Hagfors. The Pledge of Allegiance was said. Present: Mayor Chris Hagfors. Council Persons Steve Liffbrig, Michael Hammes, Dustin Wiebusch, and Erica Young. Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Wabasha County Sherriff Deputy Trevor Schmidt, Jason Hughley, Tracey Beyers, Matt Murray, and City Administrator Clerk Karl Nahrgang. Present via electronic meeting: Robert Josselyn, and Holly Galbus of the News Record. Motion by Young, second by Hammes to approve the agenda and the addendum. All in favor, none opposed. Carried. Motion by Young, second by Liffbrig Young to approve the meeting minutes for the October 12, 2022 regular Council meeting and the November 1, 2022 Council working session. All in favor, none opposed. Carried. Wabasha Count Sheriffs Department Deputy Trevor Schmidt presented the Inci-

dent Command Report for October. No new information on what sounded like automatic weapons fire near town. No Public Works report was filed. City Administrator Karl Nahrgang did mention that Public Works had been getting ready for winter and moving the winter equipment into position. City Administrator Clerk Karl Nahrgang read the Fire Department Report. Motion by Hammes, second by Liffbrig to replace the Fire Department weather station equipment at a cost of \$1200. All in favor, none opposed. Carried. Motion by Young, second by Liffbrig to approve new Mazeppa Volunteer Fire Department members Tracy Stencil and Jordan Wadewitz and as members of the Mazeppa Fire Relief. All in favor, none opposed. Carried. City Administrator Clerk Karl Nahrgang gave the Municipal Liquor Store report. City Engineer Matt Mohs gave an engineering update. Administrator Clerk Karl Nahrgang gave the City Hall activity report. Motion by Young, second by Liffbrig to approve building permit MZ22-35, 568 Oak St. NE -antenna equipment replacement. All in favor, none opposed. Carried. (continued on page 17)

Historical Happenings Compiled by Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas Friday- July 1, 1955 "continued" Farmers Union Formed In Mazeppa Years Ago by Richard Reuter

For some years, farm prices had been falling and some farmers were thinking about a way to re-establish higher farm prices and they realized the need for a good farm organization. After some discussion, they decided the Farmers Union had done a very good job representing the farmers in both St. Paul and Washington, so it was decided to organize in this community on the evening of June 4th, 1954. An organization meeting was held in the community room of the new municipal building with Clint Hess, assistant secretary of the Minnesota Farmers Union presiding at the meeting. That evening, a local was set up and named Mazeppa. Officers elected were Richard Reuter, president, Louis Befort vice-president and Frank Heppelmann secretary-treasurer. There were 20 members in 1954 and now the membership has grown to 85 in the Mazeppa area. Bright Family Raises Bees for 100 Years May 15, 1819, Aquila H. Bright was born in New York state. His father, a Dutch sailor, brought him some skeps of bees from Holland and gave them to him when came west as a young man. Little did he know he was starting his family in a century-long bee industry. On his westward journey he stopped at Green Bay, Wis., and there married Catherine E. Poole. About 1860 he loaded his wife and family in an ox cart, with the bees in the rear, and moved to the farm where John Roland lived. There he started a water power saw mill and bee supply factory on Trout Brook. Two of his children, William, and Albert F, born Nov. 3, 1857, carried on his business. As nature supplied basswood for honey and material it served a dual purpose in that virgin valley. The business grew and prospered. A station was built on the narrow gauge railroad, near the factory and mill, and was called "Bright's Station". In the spring of 1907 the factory was destroyed by fire and never rebuilt. Albert continued with the bees and William moved to Canada. Albert's sons, Vernon, Verle, Allen, Wilbur and Gordon, continued with the work, although not on such a large scale. In 1939 Allen Bright reorganized "The Bright Apiary," using modern methods and equipment. In 1950 his daughter, Margery, became interested in bees and has a large apiary at her home. Thus four generations of progress in the apiary field has gone on under the Bright name. Little did Aquila H. Bright, as a young man with his skeps and cracker boxes of bees, on an ox cart realize he was starting a 100 year industry.

History of County and Mazeppa Farm Bureau by Daisy Pfeiffer In Wabasha county charter memberships had been sold in Mazeppa township as early as 1917. Fred Busse, Jr., and Will Judd were two of the charter members. For a few years the group remained dormant in the county, but it was revived in the depression years of 1932-33. Cyril Grieve was elected first county president and he was present at the first township organization and election of officers in 1934. C.D. Nelson, county agent, also was present at the meeting held in the old village hall in Mazeppa. George O'Brien was elected president; J.S. wild, vice-president; William Jerry, secretary-treasurer, and Mrs. Gordon Bright home and community chairman. During the first years, Mr. Wild had a big part in getting the new group underway. From the first president, many farmers have held that position. Winfred Larson is the current unit president. Cyril Grieve was the county president for 16 years, and was followed by John ring and Lester Christison who is now in his third year. The Farm Bureau is a Christian organization---not a fraternity, not secret, and non-partisan. It has taken a stand in opposition to communism. Its policy is developed by members in the units, county and state. It is financed by membership dues, which have increased from \$2.50 to \$10. The Farm Bureau also was instrumental in promoting REA. Along The Side- CENTENNIAL CHIT-CHAT June 17, V.C. Sand and Mrs. Ernest Hoefs appeared on KROC-TV, on the "From Carol's Desk" program to very capably publicize the centennial.

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.

Mazeppa City Council

(continued from page 16)

Tracey Beyer requested approval for a Z-M Wrestling Booster raffle. Since the total purse is less than \$5000 no State approval is needed.

Motion by Wiebusch, second by Young to grant permission to the Z-M Wrestling Boosters to hold a raffle drawing in the City of Mazeppa. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve engineering proposal for final design plan at a cost of \$990,000 for Wastewater Treatment Plant project. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve Resolution 2022-24 designating a polling place for 2023. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve Resolution 2022-45 Rescinding an Easement Agreement with Troy and Shannon Liffriq. All in favor, none opposed. Carried.

1st Reading of Ordinance 45-1.23 Establishing City fees for 2023.

Motion by Wiebusch, second by Liffriq to hold a public hearing on future rate and tax proposals needed to pay for the Wastewater Treatment Plant project on November 30, 2022 at 6:00 PM. All in favor, none opposed. Carried.

The 2022 City election abstract was read.

Motion by Wiebusch, second by Hammes to approve the 2022 election canvass for the City of Mazeppa. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve transfer of \$23,624.97 from Mazeppa

Liquor Store to City of Mazeppa Operating account as early principal payment on remodeling interfund loan. All in favor, none opposed. Carried.

EDA Chair Jason Hughley laid out plan to purchase tax forfeited lots. Requesting an inter-agency loan from City.

Motion by Wiebusch, second by Young to approve loaning \$80,000 to Mazeppa EDA for purchase of tax forfeited commercial lots, contingent on purchasing lots. Four in favor, Hammes abstained. Carried.

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

Councilpersons Young and Wiebusch congratulated the new firefighters on their acceptance onto the Fire department and Fire Relief and recognized the efforts by management and staff of the Mazeppa Municipal Liquor store for early repayment of the remodeling loan.

Councilperson Steve Liffriq congratulated the candidates that retained their seats on the Council and Councilperson Mike Hammes congratulated the Mayor on winning a second term.

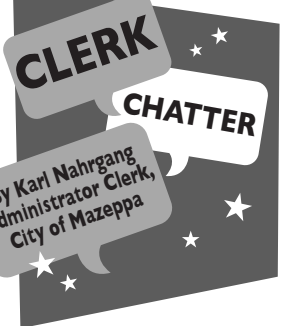
Motion by Wiebusch, Second by Liffriq to adjourn the meeting. All in favor, none opposed. Carried.

Meeting adjourned at 7:46 PM.

Next meeting will be a Public Hearing at 6:00 PM, November 30, 2022.

Administrator-Clerk

The City of Mazeppa did a study of water/sewer rate and tax rate study. This is a tool that the City is using to see how best to pay for a new wastewater treatment plant. This study is a comparison to 10 other communities. The comparison communities were chosen by population size and proximity to Mazeppa. Our community is in the bottom 3 for water sewer rates and tax rates. One of the reasons is because we have not had to replace our treatment facility or had major collection system issues. The City has also been very frugal in scheduling other projects and paying for those projects with current taxes and user fees collected. Councils past and present have chosen to levy at a rate needed to maintain current infrastructure and put modest amounts of funds into City reserves. We now need to replace the facility as it nears its end of life. Facility repair costs go up with every year of age. One option was to replace the obsolete and worn items. We may gain 10 years on the current facility, but the cost per year would be greater than paying for a new facility. This decision was not arrived at without a great deal of discussion and thought. On November 30, 2022 the City will have a Public Hearing to discuss different combinations tax and rate increases to pay for the facility. The Council wants to have input from the community to try to achieve a fair and equitable way to pay for this infrastructure. No one likes to see an increase in their taxes or their user fees, but this is needed infrastructure and the City is trying to get the maximum possible grant funding and determine the best way to pay for the rest of the project.



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Christmas in Zumbro Falls Celebrations Sponsored by Zumbro Falls Lioness Lions December 10, 2022



8am - 10am Breakfast with Santa @ VFW

8am - 10am Kids Activities @ VFW

10am - 2pm Craft Fair @ VFW

10am - 12pm Wreath Making @ City Hall

10am - 1pm Deb's Family Salon

11am - 1pm Chili Meal @ City Hall \$5.00

11am - 3pm Vintage Snowmobile

1pm - 3pm Bingo @ The Neptune

3pm Lioness Lions Annual Raffle (after bingo)

3pm Christmas Puzzle Party @ Buck Wild (Sign up parties of 4)

6:30pm Stamp Card drawing for Prizes @ Neptune

8pm to Close DJ @ Buck Wild also Ugly Sweater Party

9pm Best Grinch Contest @ The Neptune

Weather permitting Ice Skating

Stamp Cards for going to local businesses

(Need all stamps to be eligible for drawing) (Need not to be present to win)

(People present for the drawing get first selection, others will get items that are left or not chosen)

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A special Thanks to all the Business, Sponsors and the ZF Lioness Lions for helping make this happen for our community.

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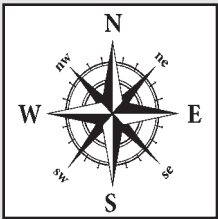
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Changes in Attitudes*
**Steve Keel,
the mystery**



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 met Steve Keel when I was looking for an electrician to wire the meter box and the main service panel in my new house. I had been building the house for two years using a portable generator to run the power tools. But as the time approached to connect to the grid, I needed an electrician to do the required install. I asked at the local Hardware store and the owner Andy gave me Steve's number. Steve was a quiet and very likable guy and we became friends quickly.

As I was running behind schedule for my completion date, I ended up hiring Steve to help finish the interior wiring. I set boxes, pulled wire and located where all the switches, outlets, ceiling boxes and appliance hook-ups went. I had designed the house from the ground up and the blueprint was mostly in my head. We would work all morning and then drive up to Esha's Country Restaurant for lunch. It was enjoyable to discuss many topics as we worked together. We wrapped up the project by the end of July and

I headed back to Minnesota while Steve had a caribou hunt in Alaska planned for August.

Steve and his hunting partner flew in to Fairbanks, Alaska on August 20th and then drove five hundred miles north to Deadhorse where they planned to hunt. On August 27th, Steve left the campsite to retrieve some supplies where they stored the caribou meat. It was less than a mile hike, although the rough terrain took about an hour to cover the distance. He never returned, and a missing persons report was made. The two hunters had been in daily contact with their wives with a special satellite phone since there is no cell phone signal in the Alaskan wilderness. Steve was a lifelong outdoorsman with survival skills military experience and had no medical conditions that were known.

Steve's two adult sons, immediately flew up to the area to search for their father but with no luck. Four friends from Tennessee also formed a rescue team and flew up to Alaska to help look. They had military special forces and search and rescue experience, but after two weeks not a sign had been found. The family had requested that North Slope Search and Rescue unit deploy their RECCO device which is placed in a helicopter and can ping off a cell phone even if its battery is dead. Air support for two additional groups was requested because the terrain of the arctic steppe is a spongy one to four foot thick mat on top of the permafrost. Still not a sign of Steve anywhere was found.

During the short summer the Arctic tundra slopes are lush with vegetation supporting some of the largest herds of wild animals in the world. The caribou migrate there to bear their calves. Migratory fowl travel from Florida and Mexico for the summer as well. Wolves, polar bear and grizzly bear also hunt the land. But winter sets in by November and high winds with six or more feet of snow and temperatures down to 70 degrees below zero will be the norm until the end of March.

**A Minnesotan:
Christmas**



By RosaLin Alcoser

Not all but many holidays over the course of my childhood are marked with some kind of minor disaster. Like the Thanksgiving table fire, or the Christmas Eve were my sister and I accidentally did a 360 on the highway in between the fifth and sixth Christmas Eve service of the night. No one ever gets hurt in these minor disasters but they make the holiday memorable and make for a good story. One that came to me this year was the Christmas that the dishwasher shorted out. It was the Christmas of 2004, I was eight-years-old that year. Honestly, I cannot for the life of me remember what I got for Christmas that year. What I can remember is the events of the day. It was a typical Christmas of my childhood. We got up had breakfast and did stockings before Dad went off to work to do Christmas day services at the Medical Center in Rochester. The family would be coming over that evening for dinner and

presents; in the meantime, we watched Christmas movies and worked on Christmas dinner.

I think it was a pretty normal Christmas that year... or at least it was until the dishwasher shorted out before dinner causing it to fill up with water. It was all going to be OK though because Grandpa, who had been a Navy Electrician, was going to fix it. All he needed to do was cut off the power to the dishwasher and take care of the problem.

Now the breaker box was in the garage, and I do not remember exactly how but the wrong breaker got turned off. So instead of turning off the power to the dishwasher the power to the oven got turned off instead. Which not only left Grandpa working on a live dishwasher, where thankfully nothing happened but stopped the oven.

The oven where the Christmas ham, that my mother had rubbed down with brown sugar and poured Coca-Cola over, had been baking. The oven that no one noticed was off until after the dishwasher had been taken care of.

I was eight that year so I don't rightly remember if we even ended up eating the ham that day once the power mixup was noticed. But I will never forget the Christmas dishwasher disaster of 2004.



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1. Nile denizen, for short
2. *Like Duke brothers in "Trading Places"
3. *New Year's Eve option: ____ Spumante
4. Title-holder
5. Take for ransom
6. On one's guard
7. ____-Wan of "Star Wars"
8. K, in Greek
9. *Rose Bowl field, e.g.
10. Kachina doll maker
11. Answer from the flock
12. Drink for John Glenn
15. Fervent
20. Giving the once-over
22. *""Mele Kalikimaka" strings
24. More sordid
25. Trig function
26. Insect in adult stage
27. *Number of candles in Kwanzaa's kinara
29. Sacrifice for gain
31. Eighty-six
32. List components
33. *Holiday song offering
34. Lament for the dead
36. Scotland's famous loch
38. Eagle's aerie
42. Lid or lip embellishment
45. Go to bed (2 words)
49. *Yule tradition
51. Pirate's "Yes!"
54. Savory jelly dish
56. English county
57. London art museum
58. Hipbones
59. *It's sometimes ignored in face of holiday treats
60. Wading bird
61. Displeasure display
62. Biblical birthright seller
63. Backgammon predecessor
64. Prong of a fork
67. Column's partner

An advertisement for Safe Step Walk-In Tub. The background is a black and white photograph of a walk-in bathtub with a showerhead and a person sitting inside. The text is overlaid on the image. At the top right, a diagonal banner reads "SPECIAL OFFER". In the center, large bold text says "Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF". Below this, the "SAFE STEP WALK-IN TUB" logo is displayed, featuring a silhouette of a person sitting in a tub. To the right of the logo is the phone number "1-855-576-5653". At the bottom, a line of small text provides details about the offer: "With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445".

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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.



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and to wish you the best in the year to come.**

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from all of us at First State Bank!*

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