# Mazeppa-Zumbro Falls MAZEPPA and ZUMBRO FALLS essenger JULY, 2023

**Postal Customer ECRWSS** 

Volume 17 • Issue 12

## Announcemen

STOP BY THE MAZEPPA HISTOR-ICAL MUSEUM DURING MAZEPPA DAZE & "HAVE A COLD ONE- ICE CREAM!" CONES OR BOWLS-JULY 7TH & 8TH. MUSEUM WILL BE OPEN UNTIL 3 p.m.

• 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 \$4.50 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

 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 lo-

cated 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 choeft52@gmail.com.

• The Mazeppa Area Food Shelf, serv-ing 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

## **Friendship Wagon Train Rolls through Mazeppa**

This past Saturday the Friendship wagon train stopped in Mazeppa for a lunch break. The Friendship Wagon Train is a group of horse drawn wagons and riders who are on the road for a week to raise funds for the Special Olympics. This was their fortieth year and they take a different route each time. There were about 45 in the group including ten wagons and fifteen riders. Most wagons had a couple extra passengers including kids and grandkids.

They were served breakfast in Zumbrota Saturday morning where they kicked off their 2023 tour. This year they will ride about 160 miles on their trip stopping for the evening at Oronoco, Elgin, St. Charles, Lanesboro, Whalen, Rushford and Houston.

(continued on page 6)



## **Back To My Roots**

**By Helen Reiland** 

The Mazeppa Area Historical Society is in hopes of bringing the 1896 man-drawn hose cart back home to Mazeppa to be shared & displayed for all to see.

The hose cart was used by the Mazeppa volunteer firefighters in the late 19th century and continued into the 1900's. It was purchased by the City Council from the Waterous Engine Works Company on April 11, 1896 at a cost of \$70, plus \$4.20 in freight charges.

The Mazeppa Area Historical Society became aware of the cart's existence and cur-

rent location, the Olmsted County History Center through an old newspaper article referring to the cart being donated to the Olmsted County History Center in 1945, and its origin being Mazeppa. At that time no other local history centers were in existence. The man-drawn hose cart is currently being stored in the barn and hasn't been on display since 2010 at the Day's of Yesteryear. (continued on page 16)



### **Mazeppa Daze is right** around the corner

Mazeppa Daze will be celebrated next weekend on July 7 - 9. The event starts off on Friday with a parade at 7pm.

(continued on page 3)

### Share a pic with Your Town

We are starting a contest of the best picture to encapsulate or represent your community and each issue we will be selecting the best submissions for publication in the Messenger and online. All you have to do is send us a picture that you take and you could be a winner. First prize each month will receive a \$25.00 gift card to a local restaurant.

E-mail the picture to hometownmessenger@gmail.com. (see ad on page 3)



## **ZUMBROTA TOWERS** 93 E. 4th Street, Zumbrota AFFORDABLE SENIOR HOUSING

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- 24 hr. on call maintenance.
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## Religion

### - MAZEPPA-ZUMBRO FALLS MESSENGER -





**By Pastor Colleen Hoeft** 

Freedom: Miriam Webster says, "1: the quality or state of being free: such as a: the absence of necessity, coercion, or constraint in choice or action, b: liberation from slavery or restraint or from the power of another, c: the quality or state of being exempt or released usually from something onerous, d: unrestricted use" all belong to the first definition of freedom.

For followers of Christ, we have freedom: freedom from sin, eternal death, guilt, and freedom to choose- as we live the spirit-filled life that Jesus calls us to live. We also have freedom from empty and meaningless traditions and 'rules' that have no bearing on our faith in Christ. Being free in Christ – real freedom - means seeing things clearly. It means knowing who you are and what God has done for you in Christ. It means loving and obeying Him with the full assurance that God will make good on His promise, and you will spend eternity with Him. This kind of freedom doesn't come by living however you want or "picking and choosing" what laws to follow; true freedom comes from believing and obeying the gospel.

Freedom doesn't mean we can do whatever we want- without thinking about others. Freedom in Christ- is freedom to choose that which is best for others and ourselves- choosing to put Jesus first in all things- Loving God and Loving people- not just doing what we



### want because we have freedom.

Paul wrote in chapter 8 of 1 Corinthians. "But while knowledge makes us feel important, it is love that strengthens the church. 2 Anyone who claims to know all the answers doesn't really know very much. 3 But the person who loves God is the one whom God recognizes. . . . 6 But for us, there is one God, the Father, by whom all things were created, and for whom we live. And there is one Lord, Jesus Christ, through whom all things were created, and through whom we live. . . . 9 But you must be careful so that your freedom does not cause others with a weaker conscience to stumble."

Paul addresses the attitudes- the heart issues. The Corinthian church had been struggling with humility and obedience. Proverbs 12:23 says, "The wise don't make a show of their knowledge, but fools broadcast their foolishness." and in Proverbs 26:12 "There is more hope for fools than for people who think they are wise." Paul states, we all know-not just the "most enlightened or most knowledgeable" but all the believers in the faith know that an idol isn't really a god. They've come to believe in the one true God- and Jesus Christ his Son and the person of the Holy Spirit- The one triune God- maker of heaven and earth. The one that redeemed them at a great price. They know that in their hearts- but they may continue to struggle with old habits, old traditions that have been ingrained in them. They must re-train their minds and thoughts to following Jesus Christ and living for Him. It's all new to them- and they are still learning.

Let me give an example: Playing cards

used to be a big 'no no' in the Wesleyan church. I had been brought up Lutheran and I grew up playing cards- I grew up playing 500, rummy, crazy 8, and I learned how to play hearts at church- waiting for confirmation class to begin. So, when we had cards in the youth room at the Wesleyan Church and played games. I never even thought that it could be an issue. Then one Saturday clean-up day- I didn't make it to help clean the church- but some of the older ladies took it upon themselves to clean the vouth room for us. I was surprised to find that all our playing cards had been removed and thrown away! I spoke to the pastor and find out the whys- and not to worry- we had his and the church's permission to have playing cardsso the church purchased us some new ones. After that, I just made sure that I was there on cleaning day from now on!

The ladies were only doing what they thought was right- even if it really wasn't a sin issue. Like Paul said, "some are accustomed to thinking ... this way." That's how they were brought up. We can't always solve every problem with logic. A child who is afraid of the dark is not assured by logical arguments. We need to understand that knowledge can be a weapon to fight with or a tool to build with, depending on how it is used. Our Freedom in Christ must be balanced by Love. As Christians, we are commanded often in Scripture to build one another up. The author of Hebrews said, "...let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." (Heb.

### 10:24-25)

We must be careful so that our freedom doesn't cause a weaker- a newer believer to stumble. Jesus gave us the example to follow- we are to do as He has done. We aren't more enlightened than He was. He is patient with each of us and sees our mistakes, our sins, our screw-ups and instead of telling us how awful or stupid we are- he gently corrects, guides and continues to love us. Paul writes that we are not to be a stumbling block to others. This doesn't mean that we must pamper those who are weaker in the faith, it means that our goal should be to build them up and help them grow rather than demanding our rights. Our Freedom must be balanced by love. We are free in Christ, but we must take care that our spiritual knowledge is balanced by love, and that we do not tempt the weaker Christian to run ahead of their conscience.

As part of the Body of Christ, it is always our goal to strengthen and respect each part of that body that we are a part of. In doing that Jesus will be glorified and that the body (the church) will be built up to unity and strength. As we interact with others, we must balance our knowledge with love so that others might be built up in the Lord.

As believers in Christ- we love God with all of our passion in all areas, and we love people. People get first preference- not our own agenda or our own freedoms. When our freedom crosses over someone else and causes them to get off track- we are abusing our freedom. Our freedom in Christ must be lived out in love. The way we relate carries great weight, so relate in love!



### UNITED METHODIST CHURCH

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

### ZUMBRO COMMUNITY CHURCH

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

### SOUTH TROY WESLEYAN CHURCH

Pastor Colleen Hoeft 56187 Hwy. 63, Zumbro Falls www.southtroywesleyan.org • 507-259-1442 Sunday 10:30a.m. Sunday 5:00p.m. Celebrate Recovery -

5pm- meal, 5:45 large group and 6:30 small groups. Wednesday Kids and Teen worship at 6pm meal at 6, followed by worship and small groups.

### ST. JOHN'S LUTHERAN CHURCH

80 3rd Ave. S., Hammond, MN Sunday worship at 11:00 a.m. (Bible class at 12 noon during the school year)

### ST. JOHN'S MAZEPPA

Pastor Al Horn • 507-843-5302 Sunday School 9:45 a.m. Sunday Worship 10:45 a.m. Wednesday Night Bible Study 7:00 p.m.

Email your church announcements, schedule, etc. to the MazeppaZumbro Falls Messenger at: hometownmessenger@gmail.com

- MAZEPPA-ZUMBRO FALLS MESSENGER -

July, 2023

## Getting **Resources to Remote Areas** of Goodhue and Wabasha **Counties**

While HOPE Coalition is recognized for support and advocacy for victims of violence, we also help where we can with basic needs. Since rural areas in HOPE's service area (Goodhue and Wabasha counties) so often lack transportation, our advocates are packing up a van and reaching out to the people in a brand new Mobile Outreach Initiative.

Once per month, HOPE's Mobile Outreach advocates will be in the parking lot of one of the local food shelfs, offering basic hygiene supplies, infant supplies, simple clothing and common cleaning supplies. Items available will depend on the donations we receive. Ad-

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Mazeppa-Zumbro Falls

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CONTEST

Share Your Picture and Win!

We are starting a contest of the best picture

to encapsulate or represent your community

and each issue will be selecting the best

submissions for publication in the Messenger and online. All you have to do is send us a picture that you

take and you could be a winner!

E-mail the picture and photo description

to: hometownmessenger@gmail.com

<u>Ist Place Prize</u>

Each Month Will

Receive a

\$25.00 Gift Card to a

Local Restaurant!

vocates will also be there for confidential assessments and referrals on sexual assault, domestic violence, or child abuse inquiries. The outreach areas are Wabasha, Lake City, Zumbro Falls, Mazeppa and Elgin. The schedule is below, and most current info is on HOPE's website and Facebook feed.

Since outreach is a clear need in both counties, and this is a brand new initiative to reach more people, we are asking you to consider a news article to share with your readers. For more information, you can contact the Program Director Chasity Steffenhagen or Wabasha Advocate Melissa directly:

chasitys@hope-coalition.org melissad@hope-coalition.org List of dates: Wabasha:

Wabasha Food Share, 142 2nd St. West July 3, August 7 and Sept. 4 • 2-4 PM Lake City:

Lake City Food Shelf, 600 South 8th St. July 20 @9-11 AM, August 8@1-3 PM, Sept. 12@ 1-3 PM **Żumbro Falls:** 

Zumbro Falls Food Shelf, 56817 Highway 63 July 25, August 22, September 26 @ 11 AM-1 PM

Mazeppa:

Mazeppa Food Shelf, 329 1st Ave N July 13, August 10, Sept. 14 @ 9-11 AM

**Elgin:** Elgin Food Shelf, 25 Main St. W July 26, August 23, September 27 @ 10 AM-12 noon

### Mazeppa Daze is right around the corner

### (continued from page 1)

From 8:30pm to 12:30pm there will be street dance featuring Branded Country. A small fireworks display is planned at dusk. The field of honor will have an opening ceremony at 7pm on Thursday evening and remain open all weekend.

Saturday morning there will be a pancake breakfast starting at 6am. Softballl and volleyball tournaments start at 8am and a 5K fun run/walk starts at 9:30am. Duck races will be held at 2pm with Bingo following at 2:30pm. The Lion's BBQ dinner will be served at Lion's Park from 4 to 8pm and a large fireworks display will take place again at dusk. Sunday will start with softball tournaments and a tractor pull at 10am. The water fights will be held at the fire hall at 11am and a classic car show will take place from noon to 3pm.





Enjoy some LIVE MUSIC! Hear Heather Layne's compelling story! 

FREE Concert July 16th, 2023 5:30 P.M. Dinner at 5:00 p.m. Celebrate Recovery South Troy Church 56817 Highway 63

Layne

A Story of Hope, Healing, & Restoration

Seen and heard over Television and Radio, across the U.S. and overseas, Heather Layne's heart for the broken, her soul-stirring voice, music, and story, continue to reach people from all walks of life. "When my life hit bottom nearly 20 years ago, I felt lost, confused, and wondered why I was even breathing. I was suffering from scars and buried pain of severe domestic abuse I endured earlier in my life. As I worked the 12 steps of recovery, God worked in my heart, and my life started to untangle. I realized God wasn't mad at me, and He had a plan for my life." -Heather Layne (www.HeatherLayne.com)

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www.heatherlayne.com

## Goodhue Co. Breakfast on the Farm

- MAZEPPA-ZUMBRO FALLS MESSENGER -

## Goodhue County **Breakfast** on the Farm

Page 4

Goodhue County dairy farmers and the Goodhue County American Dairy Association showcased dairy farming and products at their annual Breakfast on the Farm held Friday, June 16th. The purpose of the Breakfast on the Farm event is to share with the public how the local dairy industry works and contributes to the local economy and way of life.

Events like these provide visitors the op-

portunity to get a first-hand look at where their wholesome and nutritious dairy products come from, and how dairy farmers care for their cows and land.

Approximately 1700 people visited the Mc-Namara Dairy in rural Goodhue where they were able to eat breakfast, tour the farm, participate in interactive activities, and interact with various agricultural business leaders. Besides the visit to the farm, the star of the morning were the delicious and nutritious dairy products served including milk, cheese sticks, yogurt, ice cream, and fresh deep fried cheese curds.

Visitors were able to get a close-up look at the farm's cattle, view various calf and cow housing facilities, name a calf, and test their driving skills in a combine driving simulator. Areas were staffed by volunteers and local business partners who explained milking practices, farm safety, cow care, and answered questions. The Goodhue FFA chapter



McNamara Dairy owner Rich McNamara welcomed many of his family members to the June Dairy Month celebrations including the following: (seated) Barbara Hinck, (standing L-R) Rich McNamara, Karen Richardson, Joanne Carter, Don McNamara, and **Dorothy Riedell** 



Goodhue FFA chapter members show baby farm animals to the public in the farm's calf barn. Seen with the chapter are Goodhue and Red Wing Royalty representatives.



Goodhue County Dairy Princesses (L-R) Nalalie Clemenson, Emma Eggenberger, Kelsey Holst, Evelyn, Scheffler, and Karyn Miklaus greet the public with the current Minnesota Princess Kay of the Milky Way Rachel Rynda

assisted with interactive activities for children including a farm baby animal petting zoo and tractor train rides. Area 4-H dairy project members shared information about feeding practices. Minnesota's Princess Kay of the Milky Way, Rachel Rynda led Goodhue County's dairy princesses in greeting and interacting with guests.

The Goodhue County Breakfast on the

Farm committee is led by local dairy producers Ann Buck, Kristin Schrimpf, and Shannon Dicke, with the assistance of many other local producers and business volunteers. KCUE Radio of Red Wing produced their morning broadcast live on the farm sharing information and talking with the many contributors to the dairy industry.



A place for everything and everything in its place It's a daunting task at hand, but it makes sense (and it works). When you have a home for something, you tend to put it away, because you know where it should go. When you are finding permanent homes for items, think "Where would I look for this?" and that's your answer on where to put it.

I have a lot of clothes. It's a trait I inherited from my mom (who definitely got the love of shopping from her mom). Now that I no longer have a use for "professional clothes" because I work full-time at

Missy Papenfus

MotoProz which means t-shirts, jeans and tennis shoes. No more buying sweaters, dress pants, or dress shoes. I kept a few dress clothes for special occasions, but I really downsized the dress clothes in my closet. We have a hot tub at home and swim often in the lake or while on vacation, so I gave myself permission to buy all the jeans and swimsuits I want. I have a place for them, if the space is getting too full, it's time for something to go!

I try to keep countertops clear. It is hard to keep the kitchen counter clean and clear and ends up being the catchall. It's constantly a work in progress. I try to tidy up a little each night, and every week or two I file papers and empty food out of the fridge we didn't use. I also pick a short task (usually something I've been putting off) to complete in the morning before work. I feel like I accomplish more if I tackle a task right away in the morning.

Stay tuned for next month's topic: Tips to keeping your vehicle clean! There's so much to do, so little time. Bye for now!

July, 2023

## Goodhue Co. Breakfast on the Farm & MotoProz

July, 2023

- MAZEPPA-ZUMBRO FALLS MESSENGER -



Breakfast on the Farm committee members L to R Michaela Gadient, Makiel Schmalfeldt, Ann Buck, Shannon Dicke, Kim O'Reilly, Carrie O'Reilly, & Kristin Schrimpf

## **A Monthly Moment at MotoProz** SUMORS 310 Hours LIGHT anll apm Sam-

Rumors Bar and Grill in Mazeppa (formerly Leo's Sports Bar) opened Monday June 19th. Jason Klein owner of Turbo's Repair in Mazeppa was their first customer for breakfast! See Rumer's kitchen hours above, and don't forget to try one of the many flavors of cheesecake!



6AM. I like to exercise right away in the morning participating in a class on the internet (strength endurance or yoga), walking with a friend, or walking on my treadmill. Now that the weather is cooperating, I try to take a short walk before work in the morning with Monty's dog Maisy. I call Monty and say, "Can Maisy go for a walk"? We walk by the Veteran's memorial, past the walking bridge and make a loop around the park.

We've even taken a few walks after work. Trying to keep active and getting in extra steps when we can along with enjoying the beautiful weather.

MISSY PAPENFUS

### Memo from MotoProz...

Spring is here...Tis' the season! We have a great supply of new and used side by sides, new EZGO Golf carts, and new Hustler zero turn mowers! Financing available! Stop in to check them out or take-a-look online at www.motoproz.com! The place to go is MotoProz in Mazeppa!





Goodhue County's breakfast on the farm event draws a large crowd from around the area. The weather was perfect for congregating on the farm lawn and enjoying great food and socializing.



such as a 50-horsepower engine, an upgraded suspension for enhanced comfort, the boundaries even further, providing twice come along for the ride. It is equipped with an aggressive new bumper with integrated -spoke

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812cc Liquid-Cooled 3 Cylinder EFI Engine



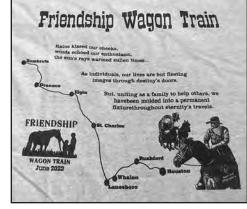
- MAZEPPA-ZUMBRO FALLS MESSENGER -

## Friendship Wagon Train Rolls through Mazeppa

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(continued from page 1)

The Mazeppa Lions Club served the group lunch in the park at noon. The horses and mules were rested and watered while everyone had a chance to stretch their legs and relax. Some of the dedicated participants have made the trek nearly every year. A truck follows the group to provide water for the horses at each stop and a trailer with a porta-potty provides facilities as well. The locals stop to



see the horses and wagons and there are tshirts and assorted items for sale as an additional fund raiser. Most riders get pledges from sponsors and as a whole they hope to raise \$25,000 for the Special Olympics through this trip.











- MAZEPPA-ZUMBRO FALLS MESSENGER-

## What Is Your Soul Calling



By Susan Hinrichsen, CHC, CLC, MC

Over the last few articles, we talked about how science is now finding that we are more than what we have been told about who we are and what we are capable of doing and/or accomplishing in our lives. The research in quantum science is showing that our health and wellness is more than just diet. That our thoughts, feelings, and emotions contribute to our health and that everything is connected, and you are connected to everything.

We live in a world that is rushing around, scrambling to get our kids to school, get to work, driving through construction, watching the clock, all to get to work on time. Whether it is an office job, or a service job, we live under stress and pressure every day of our life. This stress and pressure builds up within our body and this in turn makes our body work harder and expend more energy to rejuvenate our cells while sleeping. Some people may not sleep very well and that compounds the ability of your body to do its job of healing and rejuvenating.

Since the pandemic, everything in our lives has turned upside down, and this has brought to the surface, along with the stress and pressure, fear. Everything around us has a narrative of fear built into it. Fear of our economic system, fear of our place in society, fear of the future, fear of the past or change, fear of what humanity has been through and fear of what is next. Our lives are wrapped in fear. Society has been conditioned to believe we are insignificant, powerless, and helpless, and that there is nothing significant about life, but life is creation at its finest and it is divine. We were not designed to live in fear, nor were we designed to be separate from one another. Fear can be paralyzing to the point where you don't even associate together that the issues you may be having around things, experiences, change, your career, relationships and the environment have been almost normalized into our daily lives.

During these post-pandemic months, people are now finding that they have an inner drive or push and are feeling they should be doing something different in their life, career, or for others. They have an inner knowing that there is more they are supposed to accomplish. I call this a "soul calling." Maybe you know what it is that you want to do or have an idea about it, or maybe you are not sure. This "soul calling" is very strong. As you start to look for the answers you come across something, a video, a podcast, a person, an article that brings a spark of light into your heart. You follow along and want to make a change or a move forward, but you don't do anything. You sit and contemplate. You feel you have good reasons for not doing what it is you want to do but yet you are still having that "soul calling" that says do it, or just try it. Fear stops you from moving forward because it requires you to "do" something different or to "be" something different, and this is frightening. We start to think of ourselves as not worthy of being more. Who would want to hear what I have to say, I'm a nobody?" "Who would want what I have created or want to create?" We start to have thoughts that say we do not have what it takes, we are not enough of a mom, or artist, to do, or be, what our soul is calling us to create. I want to encourage you to follow your "soul calling" even if it is baby steps. You can create, and be anything in this life that you want, you just have to believe you can. ("Where your thoughts go, energy flows," past article.)

If you look at your limiting beliefs and figure out what they are, what holds you back from being the best version of you, these beliefs usually have something to do with love, safety or belonging. These limiting beliefs can also be beliefs of others that you have accepted as your own, maybe they came from our parents, or an experience you had when you were a child and could also be subconscious beliefs.

The more we look within ourselves we will find the answers to what we need to know.

The more we look within, the more we can find who we really are and what we know to be true of ourselves. By answering the question of "who am I," enables a person to stand in their own sovereignty no matter what comes their way. I am not saying it is going to be easy, but you will be able to stand in your own truth and knowing.

We live in a time that is evolving and expanding at a fast pace and this is difficult to process and understand. The better we know ourselves the more empowered we feel, and by feeling more empowered, we become even more clear of who we are. The more you are in alignment with who you are and your beliefs about life and yourself, the healthier you become and the more joy you have in your life. Right now, the world is shifting into a new age and needs YOU and everything that you have to offer. You are the bridging generation for the new generation because you are living in both generations. "You" are important!

If you are wanting to find "You" again and overcome what is holding you back from creating the next best chapter in your life, schedule your complimentary "Seeking Your Next Chapter Discovery Session" at susanhinrichsen.com and while your there download your copy of my "7-Day Workbook" at no cost to you. If you have any questions, you can email me at susiecoaches@gmail.com.

After your complimentary discovery session if you choose to continue to work together, I am offering a 50% discount, use coupon code FREEDOM.



## Health & Wellness

- MAZEPPA-ZUMBRO FALLS MESSENGER -

## Dr. Shauna's **Health News**



By Shauna Burshem, D.C.

As I sit down to write my monthly health tip newsletter, my thoughts turn to the overall theme of my health tips. The past few years my newsletters seem more about bad news than health tips. I enjoy giving you information that can be used to help make your life healthier. That being said, a lot of what I write about is all the scary bad things that are going on in our foods, environment and medicines. The biggest issue I have and this is not a bad thing, is that I read a lot about health topics. I subscribe to medical journals and I am privy to much information that the general public would never see, as these types of articles and research papers are rarely reported on in the popular press. The bottom line is that I come across "bad" health related news that I feel people should be made aware of. I am all about informed consent. Give me as much information on a topic as possible and I will make my own decision as to what I do with that information. I do not like the idea of facts being hidden from me. I want to be aware. For example, If I eat Buffalo chicken wings all the time and there is an ingredient in the chicken wings that can cause health issues. I want to know about it. If I know about it, I can then make my own educated decision as to whether I stop eating the wings, cut my consumption down or not care and continue to eat the wings as usual. It's my choice. My choice comes from having informed consent, not from having the wool pulled over my eyes.

So, as much as I would like to just write about healthy advice to make your life healthy, I will continue to report the "bad" news so that you too can have informed consent and use the information or not use the information anyway you see fit. As long as we are aware, in my mind, it's all good.

With that being said... let's go:

83% of households use disinfectant wipes at least one time per week and 29% use them daily. Disinfectant wipes contain quaternary ammonium compounds (QACs). Researchers have found that these chemicals contribute to antibacterial resistance, pollute the environment and are linked to several health issues.

Watermelon season is here and it is a good thing that it is. Only 6.8% of U.S. adults have optimal cardiometabolic health. While an estimated 47 million people have cardiometabolic disorders. Watermelon contains L-citrulline and L-arginine which are nitric oxide precursors. Nitric oxide relaxes

blood vessels and widens arteries. Eating watermelon juice helps heart rate variability. Low heart rate variability is associated with increased risk of heart disease and death. If you are interested in losing weight, eating watermelon led to greater satiety (being full), lowers hunger and desire to eat. In addition to water melon, beets, spinach, carrots and broccoli can also boost nitric oxide.

Omega 3 fats are not only good for you heart and your brain but can also help with weight loss. Eating omega 6 fats high in DHA raises your metabolic rate 15% and increases fat burning capacity during exercise by 30%. Even at rest, your fat burning increases by 20%.

Covid mRNA shots have been discovered to have DNA contamination. Microbiologist and former MIT Human Genome project researcher Kevin McKernan has discovered that simian (monkey) virus 40 (SV40) has contaminated covid vaccines. SV40 has been linked to cancer in humans, including mesotheliomas, lymphomas and brain and bone cancers. The finding of this DNA means that the covid shot may have the ability to alter human genes.

Fennel is a perennial plant in the carrot family. Fennel bulbs are low in calories and are high in fiber. Anethole, which gives fennel its unique flavor has anti-inflammatory, anti-

Email:





Embrace your Preferred Lifestyle in Assisted Living Without Services

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cancer, anti-blood clot and neuroprotective

properties. Fennel seed has been used to help

with digestion, conjunctivitis and respiratory

problems like pneumonia, bronchitis and

Iron levels and Alzheimer's disease. The

human body has a limited ability to excrete

iron. This means that iron can build up in

your organs, including your brain. Too much

iron in the brain causes a degenerative effect

which, according to research appears to play

a role in the progression of Alzheimer's dis-

ease. Normal iron levels in the body should

be between 40 and 60 ng/ml. If adult men

and non-menstruating women have high iron

levels, donating blood two to three times per

year will normalize iron levels.

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# (1.5 mi. S of MN Hwy 60) on Waseca Co. Rd. 3 Farm and other misc. antiques (almost all 30 – 100 years old), parts, tools, toys, cans, household. Many items suitable for crafting, decorating and repurposing. Also large quantity of ephemera including farm, automobile, petroliana, catalogs, calendars, posters, etc. Snowmobile, 8' pickup camper, 3 bottom IH plow. Sure to be of interest to collectors, antique dealers, curiosity seekers. Watch Mankato Craigslist for photos.

## University of MN

- MAZEPPA-ZUMBRO FALLS MESSENGER -

July, 2023

## Talking Burn Safety with U of M



OFFICE: 507-753-2180 CELL: 507-273-2489 \* 507-251-8150 Excavating and Grading Contractor Summer is officially here, and it brings two popular activities that embody the joy and celebration of the season: grilling and fireworks. While these activities add excitement to outdoor gatherings and events, it is essential to prioritize burn safety to prevent accidents and ensure the well-being of everyone involved.

Andrew Zinkel, MD, MBA, with the University of Minnesota Medical School, talks about proper grilling techniques, firework safety guidelines, burn types and how to treat them.

*Q:* How can I prevent potential burn hazards this summer?

Dr. Zinkel: The most common safety risks with fireworks and grills are minor to severe burns, but there are ways to mitigate these risks. For both scenarios, always use them outdoors, away from homes, decks or hanging branches, and designate a safety perimeter for pets and kids. This should be at least three feet for grills and up to 35 feet for fireworks.

### For fireworks:

Have easy access to water in case of accidents.

Supervise children with sparklers; these can ignite clothing and burn at 2,000 degrees Fahrenheit.

Soak spent and unused fireworks in water before discarding them.

Never hold a firework in your hand when lighting.

Only light one firework at a time. **For grills:** 

Never leave your grill unattended.

For propane grills, use a mixture of soap and water to look for bubbles (a sign of a leak) the first time you use your grill for the season. It should be applied to the entire hose connection between the propane source and the grill. The line should be tested each season.

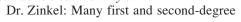
If you use a starter fluid, use only charcoal starter fluid; never add charcoal fluid or any other flammable liquids to the fire.

*Q*: What are the differences between firstsecond- and third-degree burns?

Dr. Zinkel: Burns are described in degrees that correlate with skin layer depths based on a clinical diagnosis. First-degree burns are described as red, painful and tender without blister formation. Second-degree burns are divided into superficial and deep partialthickness burns. In superficial partial-thickness burns, there is blistering of the skin.

The exposed dermis is red and moist at the blister's base and is painful to the touch. In deep partial-thickness burns, the skin may be blistered, the exposed dermis is pale white to yellow and the burned area is absent of pain sensation. Third-degree burns are full-thickness burns in which the skin is charred, pale, painless and leathery. Pain is absent and skin grafting is necessary for treatment, resulting in significant scarring.

*Q*: What should I do if I burn myself—can I can do to treat it on my own?





partial-thickness burns can be treated at home. Partial thickness refers to a layer preceding a full-thickness burn, and it can be categorized into superficial and deep. The goals are first to control the pain. Cleanse the burn with mild soap and water or dilute with an antiseptic solution. Blisters may be left intact or drained, depending on size and location. Keep the wound covered with a clean, dry bandage and change it twice daily to prevent infection. Burns to your limbs—such as your hands or feet—should be elevated for 24-to-48 hours to prevent swelling.

(continued on page 14)





## University of MN

- MAZEPPA-ZUMBRO FALLS MESSENGER -



Page 14

(continued from page 13)

Q: When do burns warrant a hospital visit? Dr. Zinkel: Burns that warrant a hospital visit include those that are second-degree deep partial-thickness, third-degree full-thickness burns or pain that is not being controlled by over-the-counter medicines. Hospitalization is necessary for burns affecting the hands, face, feet, perineum and major joints, as well as circumferential wounds encompassing areas such as fingers, toes, hands, feet, arms, legs, neck, chest or abdomen. These wounds can result in scarring that can reduce blood flow to areas further away from the central body. Additionally, it can result in devastating consequences, including amputation and difficulty breathing, if not treated appropriately and followed closely in the clinical setting.

Q: How can I reduce scarring from a burn? Dr. Zinkel: Burns can cause skin discoloration and scarring. The first thing you can do to prevent the progression of skin damage for minor burns is to wash the area with lukewarm water for 10-20 minutes. Apply aloe vera gel and a clean, dry bandage. Change the

bandage twice daily and reapply the aloe vera. Once a scar has formed, there are treatment options, such as laser therapy, which can help improve the change in pigmentation of the skin to make the scar less noticeable. Dr. Zinkel is the senior medical director of emergency medicine at the U of M Medical School. He oversees the clinical practice and administration of the M Health Fairview University of Minnesota Medical Center's emergency departments, UMMC's East and West campuses and Health Fairview Masonic Children's Hospital. As the past president of the Minnesota Chapter of the American College of Emergency Physicians, he has been a fervent advocate on behalf of the specialty

and our community patient population.



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July, 2023

SHHD





- MAZEPPA-ZUMBRO FALLS MESSENGER

### **Regular Meeting of the Mazeppa City Council Meeting Minutes** Wednesday, June 14, 2023

Page 16

Council was called to order at 6:03 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Attorney Luke Lamprecht, Wabasha County Sherriff's Department Captain

Curt Struwe, Mike Bubany from David Drown Associates, Public Works Director Scott Ellingson, MMLS manager Todd Ihrke, City Engineer Matt Mohs, Darik Rude, John Clemens, Tara Gullickson, Myra Schuck, Jason Stein, Miranda Ihrke, Jordan Robinson, Phil Olson, and City Administrator Clerk Karl Nahrgang.

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

Absent: Councilpersons Steve Liffrig and Erica Young.

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

Motion by Wiebusch, second by Hammes to approve the May 10, 2023 regular City Council meeting minutes. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to close the regular meeting and open the Public Hearing. All in favor, none opposed. Carried. Regular meeting was closed and the Public

Hering was opened at 6:04 PM. Public hearing was held to hear comments

about a variance application submitted for the property at 1432 Cherry St. E. Property owner requested a variance from the 25' set back from 14th Ave, NE.

Motion by Hammes, second by Wiebusch to close the Public Hearing and re-open the Regular City Council meeting. All in favor, none opposed. Carried.

Public Hearing closed and Regular Council meeting re-opened at 6:13 PM.

Motion by Wiebusch, second by Hammes to approve the setback variance at 1432 Cherry St. E. All in favor, none opposed. Car-

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ried.

Wabasha County Sherriff's Department Captain Curt Struwe presented the May Incident Command Report.

Public Works Director Scott Ellingson gave the Public Works report. Councilperson Wiebusch asked for an update on the equipment replacement schedule.

Administrator Clerk Karl Nahrgang read the Fire Department report.

MMLS manager Todd Ihrke gave the

Mazeppa Municipal Liquor Store report. City Engineer Matt Mohs reported on in process engineering projects.

Motion by Wiebusch, second by Hammes to move forward with the process with Minnesota Department of Natural Resources to swap City Park land to build the new Wastewater Treatment Plant and swap the area now occupied with the area now occupied by the current treatment facility once it has been razed. All in favor, none opposed. Carried.

(continued on page 17)

July, 2023

### (continued from page 1)

The man-drawn hose cart will be in the Mazeppa Daze Parade on Friday, July 7 at 7 p.m.

**Back To My Roots** 

The Mazeppa Area Historical Society recently purchased an empty lot east of their current building. Working with the Mazeppa Fire Dept. both are hoping to build a building to house the "HOSE CART & a 1953 Fire Truck," along with other displays from our crowded current building.

The estimated cost for a new building would be approximately \$70,000 or more. The MAHS are currently looking for any tax-deductible donation, doing fundraisers & applying for grants.

The mission of the Mazeppa Area Historical Society shall be the collection, preservation and dissemination of knowledge about the history of Mazeppa & surrounding area's The MAHS wishes are to bring the hose cart home to be seen & displayed & not be in

a barn. An anonymous donor giving \$5,000 in March towards a new building that has insti-

gated our desire to proceed!

Any donations can be sent to Faye Gabrielson (treasurer) at 64605 County Road 68, Lake City, Mn. 55041. Any questions you can call Helen Reiland at 507-250-6021

### LET'S BRING THE HOSE CART HOME TO IT'S ROOTS

Bappeni

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas FRIDAY, OCTOBER 14, 1955

### Paper Smells? Sniff This Sale

To you who have said, "Your newspapers smells," we can only add a resounding "Amen!"

Yes it does smell. And nice, too, don't you think?

The makers of Cashmere Bouquet bar soap supplied us with the perfume which we mixed with the ink in printing Oelkers ad on page 4. The reason for all the fuss? Oelkers, is giving away beautiful three-orchid corsages FREE this week-end with the purchase of Cashmere Bouguet soap.

### Legal Technicality Slows Consolidation

Mazeppa school consolidation receives a temporary setback, Tuesday that a legal technicality concerning the approved plat had been found and challenged.

The point in question stems from the farm of Lenus Miller which was on the plat at the time it was originally sent to the state department of education for approval. During the long delay gaining approval, this farm was set out of Dist. 73 through action of the county commissioners last summer. At the time the plat was approved this farm was apparently overlooked by all concerned.

### Eldred Kuehn Awarded District Butter Trophy

Eldred Kuehn, local creamery manager and operator received honors of his district at the creamery Managers and Operators convention last week in Minneapolis,, and returned home with a beautiful trophy commemorating the honor.

Mr. Kuehn's entry of butter in his district received a score of 99.33 for the top award.

Congratulations are extended to him on the achievement, and the community takes pride in the top quality products manufactured under his leadership.

### Agnes Tri Killed In Auto Accident

A tragic accident Sunday morning killed a 66-year-old Mazeppa area woman and injured four others in a two-car collision four miles north and east of here.

Killed was Miss Agnes Tri, a passenger in the car driven by her sister, Mrs. Louie Liffrig of Mazeppa. Miss Tri, who lived most of her life in this immediate area, was thrown through the rear-window of the car when it was struck by a car driven by Phillip Arendt, Mazeppa farmer.

E.B. Wise, Wabasha county coroner, said Miss Tri died shortly after of a fractured skull. No inquest was held.

Mrs. Liffrig sustained cuts and a bruise, Janice, her 11-year-old daughter, received a broken collarbone and was operated on Monday morning at St. John's hospital, Red Wing. Another daughter, Irene, suffered a sprained wrist and received cuts about the mouth, and was bruised. Arendt received sever fractured ribs. Fortunately, both girls were riding in the front seat.

The accident occurred about 9:20 a.m. at the intersection of County Aid Road and township road. The intersection is partially obscured by a grove of trees.

Miss Tri was born Dec. 27, 1888, in Chester Township, Wabasha County. She resided with her parents, Mr. and Mrs. Frank Tri, most of her life. Following their death, she lived with Liffrigs and a brother, John at St. Paul.

Surviving are two sisters, Mrs. Liffrig and Mrs. Leo Reding of Mazeppa; four brothers, George of Zumbrota, John of st. Paul, Fred of Kallspell, Mont. and Andrew (Bootz) Tri of Williston, N.D.

Orchids to You- FREE!! A BEAUTIFUL THREE-ORCHID CORSAGE FLOWN TO US DIRECTLY FROM HAWAII-FOR YOU WITH 2 BATH CASHMERE @ 29c-WHILE 500 CORSAGES LAST!

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.

# The regular meeting of the Mazeppa City

## Local Government

MAZEPPA-ZUMBRO FALLS MESSENGER

### Mazeppa City Council

July, 2023

(continued from page 16)

Motion by Hammes, second by Wiebusch to move forward with grant application to inventory lead service lines. All in favor, none opposed. Carried.

Administrator Clerk Karl Nahrgang reported on City Hall activities.

Nahrgang asked if the City should be observing the Juneteenth Holiday because the State of Minnesota recognized Juneteenth as a Holiday. It was pointed out that Wabasha County and local governments are observing the holiday.

City Attorney Luke Lamprecht summarized Minnesota Statute saying that subordinate governments are not allowed to conduct public business on a recognized holiday except for pertinent functions. The Council determines if this would be a paid or unpaid holiday for eligible staff. A municipal liquor store may be allowed to conduct business if the City Council votes to do so.

Motion by Wiebusch, second by Hammes to approve Juneteenth as a paid holiday for fulltime City staff. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to approve the liquor store conducting business for the Juneteenth holiday. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve Building permits: MZ23-08, 177 Maple St. NE - Re-side. MZ23-04, 1067 Valley Heights Ln. NE - Basement re-model. MZ23-06, 342 14th Ave. SE - New Home. All in favor, none opposed. Carried.

Mike Bubany of David Drown Associates

updated the Council on the interim financing for the wastewater treatment plant engineering. A Temporary General Obligation Utility Revenue Note has been issued and purchased by Frandsen Bank of Zumbrota, MN. Expedient action by the City allowed the City to secure a lower interest rate before the current rate increase. This debt would be paid as part of the next interim financing from Minnesota Rural Water Association that would be incurred at the beginning of the construction phase of the project.

Motion by Hammes, second by Wiebusch to approve Resolution 2023-29 Providing for the Issuance and Sale of a \$2,272,000 Temporary Obligation Utility Revenue Note, Series 2023A, and Pleading Net Revenues for the Security thereof. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to open a checking account at Frandsen Bank Zumbrota, MN to use to process loan proceeds. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to table discussion of reimbursing for sidewalk repair in front of Gruhlke's Laundromat. All in favor, none opposed. Carried.

City Attorney Luke Lamprecht gave an update on the 15th Ave. NE driveway easement agreement.

Motion by Wiebusch, second by Hammes to approve Resolution 2023-20 Temporarily closing certain streets within the City of Mazeppa to accommodate Mazeppa Daze events. All in favor, none opposed. Carried. Motion by Hammes, second by Wiebusch

to approve Resolution 2023-32 Issuing a Temporary off site liquor license to Rumors



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Bar and Grill for Mazeppa Daze. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to approve Resolution 2023-30 Requesting closure of portions of County Roads 1 & 54 for the Mazeppa Daze Parade. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to approve Resolution 2023-31 Extending Park Hours for Mazeppa Daze events. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve fireworks provisions for Mazeppa Daze fireworks show. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2023-33 Approving charitable gambling at Rumors Bar & Grill at 276 Walnut St. NW. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes award contract to replace sidewalk on the east side of 1st Ave. S in front of 1st State Bank. Maple St. NE, and 2nd Ave. NE from the church to Cherry to Next Level Excavating. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to award contract to complete MMLS patio, repair on 1st Ave. S near Lion's Park and the ADA ramp at 1st Ave. S and Pine St. to Creative concrete. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to contract Durst Outdoor Services for street patches totaling \$16,764.63 at: 1st Ave. S across from Lion's Park, South St. and 1st Ave. S, 2nd Ave. S and Birch St., 2nd Ave. S and Cedar St., raise the manhole at 9th Ave. SE and Cherry St., and the washout at Cherry St. W in front of the entrance to Jaycee

Park/Field. All in favor, none opposed. Car-

### ried.

Motion by Wiebusch, second by Hammes to table discussion of sharing cost of dog park fence with neighboring lot owner at border of properties. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to approve Resolution 2023-34 Accepting donations to the City. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2023-35 Certifying delinquent utility billing amounts to be assessed to 2024 property taxes. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to file the 2022 Financial Audit to the State of Minnesota ahead of approval. All in favor, none opposed. Carried.

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

Motion by Wiebusch, second by Hammes to deny a minor subdivision request by Darik and Minde Rude to combine 2 lots in Scenic Heights and Replat 6. All in favor, none opposed. Carried.

Councilperson Dustin Wiebusch commended the Parks and Recreation committee for their commitment, hard work, and ideas to make the Community Market nights a success

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

Meeting adjourned at 8:10 PM.

Next meeting will be July 12, 2023 at 6:00 PM.

Administrator-Clerk

### Zumbro Falls City Council Minutes - May 10, 2023

The Zumbro Falls Council met at City Hall at 6PM. Absent was Phil Dennison. Guests were Tracy Schommer, Darla Meyer, and Darla Oelkers.

The Meeting was called to order by the mayor. The clerk read to council the minutes of the April

meeting which were accepted as read with a motion from Benson, seconded Anderson, all in favor, Carried.

Clerk reported to council the treasurer's report that was accepted by a motion from Bankers, seconded Anderson, all in favor, carried.

Scott reported to council that the Fire Department is still waiting to receive the new Air Paks. Jordon Meyer is back on the department as an active member. A donation from the Zumbro Falls Fire Relief Association in the amount of \$2,143.00 was accepted with a motion from Anderson, seconded Bankers, all in fav or, carried. This is to be used for a bench at the memorial.

Tracy Schommer questioned the council on how to address making the house she rents into a duplex. Council told her to contact Wabasha County to get her answers.

Bruce told council the new John Deere Zero turn lawn mower is now in use. He also stated that new flags have been placed at the park and at the Memorial. A motion was made by Benson, seconded Anderson, all in favor, carried, to name the lots across from City Hall, Memorial Park.

The Clerk asked for a motion to renew all Liquor licenses for the year June 1, 2023 to May 31, 2024. Motion followed by Benson, seconded Bankers, all in favor, carried.

Council agreed to let the Neptune use the City adjoining lot for their bean bag tournament on May 20th. Darla agreed to provide the City with liability insurance coverage for the event which excludes the City from all liability during the event. A motion to allow the event was made by Benson, seconded Bankers, all in favor, carried. She also mentioned the Lake City Lakesters Car Show is to be held in Zumbro Falls on June 3rd or it rain June 4th. The City agreed to supply the construction toilet and pay Bruce Carlstrom, the DJ, for the event.

Motion for the clerk to pay all bills presented and the meeting to adjourn was made by Anderson, seconded Bankers, all in favor, carried.

Submitted by. Susan Eischens, Clerk Changes in Latitudes, Changes in Attitudes

## **Model Rockets**



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

Most of us who grew up in the 50's and 60's were fascinated with rockets. From the sci-fi shows and movies, to JFK promising to put a man on the moon, it seemed like such an exciting future.

Somewhere in the late 50's model rockets became popular. They consisted of a cardboard tube and a dry fuel rocket engine. A balsa wood nose cone at the top and three or four fins on the base that you could paint to look really cool. The nose cone was attached to the main rocket body and a parachute. When the rocket engine was done burning it would ignite a charge that blew the nose cone off and a parachute allowed it to float back to earth gracefully. In theory you could repack the chute, replace the spent engine and launch it again for hours of fun. That was the point where, theory and practice parted ways.

My friend Jim Engvall was the first I remember to get into model rockets. One day in Mr. Wavra's science class we all hiked out to the football field and set up the rocket launcher. It was a textbook launch. A lantern battery was connected to the launch button and the launch pad. A small gauge wire was folded in half and inserted into the rocket engines with alligator clamps to energize the ignitor. A second or two after the launch button was pressed a flame shot out of the tail of the rocket and away it went. Straight up until it flamed out, and then a poof of smoke and the chute deployed. It slowly drifted back to earth. Unfortunately, there was a strong wind out of the west a few hundred feet above terra firma and we all watched the rocket come back to earth and disappear somewhere to the east of the rail road tracks, at least a half mile from where we were standing. Mitch Frederick and I got permission to take the next hour, which was our study hall, to go looking for the wayward rocket. We never found it but we did get to skip an hour of school, so that was a definite plus for us.

I was hooked so I ordered some model rocket kits and engines from Estes Model Rocket company in Colorado. They had a great catalog of every style of rocket one could imagine. This was the year of the moon landing and they sold a great Saturn V rocket, complete with three stages. At halftime during a bowl game at the Houston Astrodome on December 31, 1969 they launched one of



these in front of a sold-out college football crowd. It was perfect, the rocket performed flawlessly and deployed the chute right under the top of the dome, slowly returning to earth buoyed by the parachute.

My mother wasn't quite as keen to the idea of me launching rockets though. I built and painted the rockets and stored them in my bedroom. Most of my rockets were single use, never surviving their maiden flight. I recall we found one hanging from a tree in the wood while we were squirrel hunting in the fall. My mom finally told me I had to store the rocket engines outside in the farm shop. I guess she had trepidation about me storing rocket fuel in my bedroom.

So, one day my friend Gary Runner was over and we were thinking up things to do for fun. Launching a rocket seemed like the thing to do. We thought if we launched it out in the field, we could avoid any trees on reentry. But we discovered that model rocket engines were sensitive to humidity in the farm shop and the little lantern battery would not ignite the engine. So, I got the John Deere with a 24volt battery system and enough amps to fry anything. We stuck a 17gauge electric fence wire into the engine and connected directly to the tractor battery terminals. Model rocket engines which have been impacted by moisture do not burn as uniformly as intended and when that bird took off it was not tracking the way I expected. In fact, before it got fifty feet in the air the rocket made and arc and headed back toward us like a boomerang. Gary and I dove for cover. The rocket hit the dirt and burned out before our eyes. My space dreams were crushed and I figured it would be safer if I stuck with farming.

## A Minnesotan: Fireworks



Fireworks are my favorite part of the 4th of July celebration. The large burst of glittering colorful explosions soaring up into the sky are always breathtaking; and extremely loud.

I've watched fireworks displays in a couple of different ways over the years. I've had years where we've watched them go off over the lake. One where they were set off on the porch while we were on that same porch. And others where I saw the whole display through the lens of my camera which was a lot less exciting than watching them without looking through the small viewfinder.

Back when I lived in southern Missouri I was able to watch fireworks while driving home . Mainly because unlike Minnesota Missouri has much looser laws around fireworks. Meaning that people in the city could just set off as many of whatever kind that they wanted off in their yards; including some that if seen in Minnesota would have come from Wisconsin.



Driving through people setting off fireworks left and right is both really cool and really scary at the same time. It's amazing because you're just surrounded by a massive display of explosions causing the sky to be constantly lit by colorful sparks. Which is also scary because you are surrounded by a massive display of explosions that can make it hard to drive as the sky is in a constant state of being blindingly bright then suddenly dark for half a second. This is an experience that I have only ever experienced in Missouri.

The last two years I have watched the fireworks from my Twin Cities apartment which is definitely a different experience. Mainly due to there being far less on official firework displays going on in the middle of a Minnesota city then there are in the middle of one in Missouri. There were a couple of people setting them off at home far off in the distance that I could kind of see from my window and a couple glimpse from the official displays in the park.

# FREELANCE WRITERS WANTED

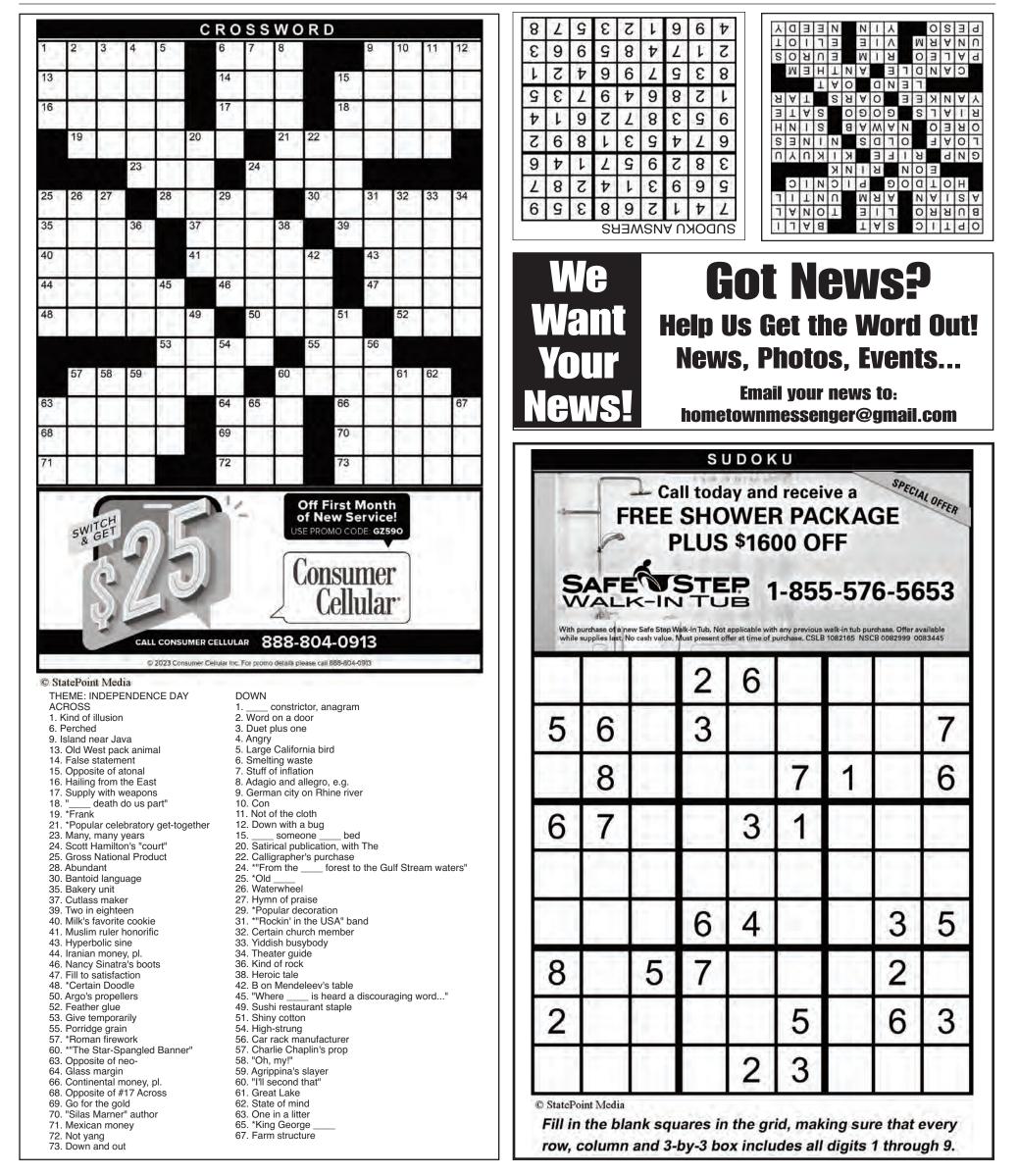
Duties include covering feature and human interest stories and upcoming events in the Messenger coverage area. Will also work with content production for future on-line distribution.

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- Enjoy small town atmosphere
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Email resume and sample of work to: hometownmessenger@gmail.com or call Terry at 507-951-7417



# FRIDAY

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BUSCH

LIGHT

7:00p.m. PARADE Call City Hall to Enter 8:30p.m.-12:30a.m. -STREET DANCE: "BRANDED COUNTRY" No Carry Ins DUSK - FIREWORKS (MINI DISPLAY)

NO BARRY-INS

# SATURDAY

6:00a.m. PANCAKE BREAKFAST 8:00a.m. SOFTBALL TOURNEY 8:00a.m. VOLLEYBALL TOURNEY (Womens & Co-Ed) 9:30a.m. 5K FUN RUN/WALK 2:00p.m. DUCK RACES 2:45p.m. BINGO 4:00p.m.-8:00p.m. LIONS BBQ DINNER AT LIONS PARK DUSK - FIREWORKS (LARGE DISPLAY) Drawing for Golf Cart after

# DAZE JULY 7<sup>th</sup>-8<sup>th</sup>-9<sup>th</sup> SUNDAY

SOFTBALL TOURNAMENT 10:00a.m. TRACTOR PULL 11:00a.m. Water Fights (Fire Hall) 12:00p.m.-3:00p.m. Classic Car Show Presented by The Lions in conjunction with the Fire Dept.

celebrate

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MAZEPPA

# FIELD OF HONOR

All weekend by: Mazeppa Honor Guard

Opening Ceremony: Thursday, July 6, 7p.m. Jaycee Park

Rain Out Sunday Night Fireworks

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