



MAZEPPA and ZUMBRO FALLS

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SEPTEMBER, 2023

Volume 18 • Issue 2

Announcements

• **MNTC Adult & Teen Challenge Choir will be coming to South Troy Church on Sunday September 17 at 10:30am.** Everyone is welcome to come and hear the choir and their stories. All are welcome to join us for the cook-out afterward.

• **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: celebratercovery@southtroy@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

New Z-M Superintendent



Ryan Barnick



He served as a principal at the American School of Bangkok, Thailand for six years

Ryan Barnick is the new Zumbrota-Mazeppa school superintendent. Ryan grew up in the Alden, Minnesota area and currently lives near Mantorville with his wife Jessica and their two children. Ryan began his career as an educator teaching middle school special education in Minneapolis before transitioning into school administration.

before returning to the states. Most recently he was the principal with the Austin Public School for four years.

Z-M School Board Approves Activity Fee Increase

Extra-curricular activity fees will be increased this year for Zumbrota-Mazeppa students. The school has approved a contract with Mayo Clinic for a new athletic trainer and the fee increase will help offset the cost of the new expense. The new service will cost \$43,680 for this school year, more than double the previous contract for 2022-23. Fee increases, score board advertising and transportation reductions are expected to make up the \$20,000 difference.

Athletics for 7-8 graders increase from \$80 to \$100 and senior high increase from \$105

to \$125. Gymnastics increase from \$180 to \$200 for the middle school grades and \$205 to \$225 for the senior high grades. Plays and musicals increase from \$35 to \$50 and speech team and math league rise from \$25 to \$50 while robotics jump from \$35 to \$125. The fee for hockey remains at \$650.

School starts this week for over 1,300 Zumbrota-Mazeppa students with grades 7-12 back in the classroom on Tuesday September 5th and the lower grades K-6 starting on Thursday September 7th .

Local Eco-Farm Hosts Bicycle Rider Traveling from San Fran to Maine

Story by A. McGuire-Campbell

“Dude, that’s a logging road!” I say to him, looking at the photo on his smart phone. “I know, right?!” laughs Sam. It’s Sam’s third day here. He rode his bike from San Francisco.

We are pruning my husband’s Grandmother’s Mock Orange tree. It has grown wild and untended for the last 20-plus years and now we must bring it into alignment.

On a busy homestead and working farm this tree is a low priority. Today, I’m taking advantage of the extra hands that are always needed around here.

Sam carefully sorts the stems that have blossomed and works around them with the clippers. He watches what I do. He wants me to be happy with his work.

“Then, I got sick. Could have been bad water.” Based on what Sam is telling me between clipping vines, I think I might know. “Maybe dehydration or sunstroke.” I suggest, helpfully. “Maybe.”

(continued on page 5)



SAINT PETER AND PAUL CATHOLIC CHURCH IN MAZEPPA

Fall Bazaar

Sunday, September 17, 2023

HAM AND TURKEY DINNER 11A.M. TO 1:30P.M.
DINNER PRICE PER PERSON - \$13.00

RAFFLE & COUNTRY STORE!

MNTC Adult & Teen Challenge Choir
will be coming to South Troy Church
on Sunday September 17 at 10:30am

Everyone is welcome to come and hear the choir
and their stories.

All are welcome to join us for the cook-out afterward.



Adult & Teen Challenge
Minnesota

Do You Need a New Attitude?



By Pastor Colleen Hoeft

Murder... that seems to be what good mysteries and drama are made of. Why are we so fascinated by this terrible sin of violence? I have to admit that my favorite books genre for pleasure reading are murder mysteries as well. I like to figure out the puzzle and have justice meted out at the end. Why do people kill another human being? Sadly, this has been a part of human history since the beginning of time.

J. Warner Wallace, a veteran homicide detective and co-founder of the Torrance, California, Police Department's cold case unit, who has been featured on Dateline, says that all homicides spring from financial greed, lust, or the pursuit of power.

When we read the book of Genesis in the Bible, we can better understand sin and its affect on humankind throughout the rest of the Bible. There are vital clues, in chapter 4, the murder of Abel, to what is at the root of the destruction of all relationships between human beings.

We aren't told the exact reasons that God look on Cain's offering favorably- only that He wasn't happy with it. And Cain's response was one of anger and sulking. And God asked Cain, why are you angry and downcast? God is checking the attitude of Cain- and possibly it was his attitude towards giving his tithe- that was the real problem in the first place. God always looks at the heart- when we give with a bad attitude or are jealous of others- God knows.

God can't fully bless disobedient people. It's like when I ask someone to do something- my own child or even my spouse; if the response is groaning and anger, I'll just blow it off and do it myself. I'd rather work alone than with someone complaining the entire time. The same goes with someone giving excuses for why they made the decision they did; especially if they blame someone else. It is so easy to justify our sinful actions, or our choices to disobey God and His word.

Negative Attitudes cause us to turn away from God. God is not only interested in what we do and don't do, but also why we do or don't do. Everything is ignored while our motive is considered, then blessed is the pure in heart, for they shall see God.

Defiance is a major bad attitude that needs to be cut out of our lives. This is one that Cain noticeable brought to his relationship with God and with his brother Able. If you can't stand to be told what to do. If your blood pressure gets high when someone tells you NO. If you see red when someone gives you an order, you might be defiant. Everyone has a natural will to oppose. Everyone wants to be right. We think we have all the answers. Everything would be better if people would listen to us.

Defiance isn't always open and on display. We might seem perfectly pleasant and agreeable on the outside; while inwardly we plot and scheme to get our own way and do exactly as we please. If you won't hear advice, won't accept help, and have all the answers already - you might have a defiant attitude. This sabotages our victory. It undermines our triumph.

Defiance proves immaturity. Like children,

defiant people want the center of attention, and want to have all their needs met immediately or else! Defiant people become angry and resentful when others don't act like they want. Defiant people will blame everyone else for their every problem. Defiant people will spend lots of energy trying to get others to change.

How can we change our stinking thinking? Change our attitude!

- Become aware of needs and deficiencies. "Whoever loves discipline loves knowledge, but whoever hates correction is stupid." Proverbs 13:18, "Whoever disregards discipline comes to poverty and shame, but whoever heeds correction is honored.

- Commit your will/strength to fix. "Commit yourself to instruction; listen carefully to words of knowledge." Proverbs 23:12.

- Act against the wrong and for the right! "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly[a] with your God." Micah 6:8

Do you have an excuse sloshing around in your mind? What lie are you telling yourself today? The Holy Spirit is speaking to again.

We all need to become more aware of ourselves - we do this by becoming more aware of the Lord. We allow Him to do what He has already done.

I am not ashamed to admit my faults and failures because I know that God's Grace is as strong as ever. "being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." Philippians 1:6. You and I can claim victory over sin! His Holy Spirit is at work within us so that we do not have to sin- but to live a new life of victory in Him.

Imagine how different chapter 4 would have been if Cain had heeded God's correction. God told him that sin was crouching at his door- but he didn't have to give in to it. Cain did not have to kill his brother. Cain could have changed his attitude. Cain could have been victorious.

Jesus, is our example, He took responsibility to the point of dying for the sins of the whole of humanity. He redeemed the relationship between people and God and between people with other people. Jesus' life reflected all that we can be in Him. Jesus demonstrated the difference the Holy Spirit can do in every life that chooses to follow Him by faith. When He denied himself, paying the price for you and me, He showed us the best way to live life; Jesus showed us that by dying to ourselves is when we truly can live! Are you ready to change your attitude?

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Deep Sense of Awe

"Now get up and stand on your feet. . . I am sending you to [the Gentiles] to open their eyes . . . so that they may receive forgiveness of sins. . ." — Acts 26:16-18

Consider your own story of faith. One of the ways you can know the awe of God is through your story. Maybe you came to Jesus out of a life of poverty and pain. Maybe you think your story is less than exciting because you grew up in the church and have always been a part of it.

Whatever the case, you have a story to share because it's really about God's story happening through you. In all your struggles, celebrations, griefs, and joys, God has been telling his story of grace in and through you.

When given the opportunity, Paul shared his story. One of the main reasons a personal story is so powerful is that no one can argue against the way God has chosen to work in and through you. Think of moments when you had to trust God with a loved one who was sick, or when you were not sure how to pay a debt and God provided for you. Or maybe you thought your marriage was at the point of no return, but God brought it back.

People can debate theology and doctrine, but they cannot argue against the awesome work of God in and through a transformed life.

May we not lose sight of the power of whom we serve and that we are called to be his people. Let's embrace and celebrate the awe and wonder of God's power each day.

God, undo me today! Soften my heart and bring me freedom so that I may see and know the wonder of who you are. Amen

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www.southtroywesleyan.org • 507-259-1442
 Sunday 10:30a.m.
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 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.

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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
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Marjorie Elizabeth Dahling

Marjorie Elizabeth Dahling of Goodhue passed away August 15, 2023 at the Zumbrota Care Center. She was born September 1, 1934 in Mazeppa, Minnesota to Jack and Ruby (nee Tupper) Frank. Marge attended school in Mazeppa and was married on



July 21, 1951 to Melfred Dahling at the parsonage of St. Peter's Lutheran church in Goodhue. They were blessed with 4 children, loving and raising them on their farm in rural Goodhue. In 2013, two years after Mel passed away, Marge moved to a townhouse in Goodhue and eventually moved into assisted living. Marge was a member of St. John's Evangelical Lutheran church, rural Goodhue. She was an active ladies aid member and a neighborhood home extension group.

After her children were grown, in 1977,

Marge went to school at Rochester vo-tech to obtain her assistant food supervisor license in 1979. Marge worked in the dietary department at the Zumbrota hospital and nursing home from 1977 until her retirement in 2003.

Marge was an excellent baker and loved to spend her time in the kitchen. Her homemade buns and apple and banana cream pie were family favorites. She cherished her 9 grandchildren, 20 great-grandchildren and 2 great-great-grandchildren. They were the light of her life. The farmhouse door was always open and without fail, Marge had coffee ready and would be sure to serve you something to eat. She had a love for music and was a beautiful pianist, until arthritis hindered playing in her later years. One highlight while Marge resided at the nursing home was being crowned the Valentine's Day Queen in 2020, she loved wearing her crown.

Marge is survived by 2 daughters, Deborah (David) Gnotke, Roxanne (Richard) Lodermeier and 1 son, Michael (Robin) Dahling, all from Goodhue. Grandchildren, Heather Tietje, Ross Gnotke, Katie Schafer, Ashley Agenten, Brent Lodermeier, Tyler Lodermeier, Brittney Zorn, Lucas Dahling and Leah Dahling. Also survived by 20 great-grandchildren and 2 great-great-grandchildren and brothers, Sid Frank and Ralph (Norma) Frank of Mazeppa.

She is preceded in death by her parents, her mother and father-in-law, husband, daughter and son-in-law, Randi and Charlie Carlson, one brother, Ivan, 4 sister-in-laws, and 2 brother-in-laws.

The funeral for Marge was Saturday, August 19, 2023 at St. John's Evangelical Lutheran Church, 36620 Cty 4, Goodhue, MN. Visitation was from 11am to 1pm at the church with the funeral following at 1pm. The service was live streamed on the church's Facebook page. Christian burial was in St. John's Cemetery. Memorials are suggested to St. John's Ev. Lutheran Church. Arrangements are by the Mahn Family Funeral Home, Larson Chapel.

Carol Ann Friedrich

Carol Ann Friedrich, 82, of Mazeppa, passed away on August 16, 2023, at Pine Haven Community in Pine Island. Carol was born on May 10, 1941, to Alfred and Opal (Bluhm) Miller in Lake City. She grew up in the Zumbro Falls area and was an only child. She attended the Country School District 52 and graduated from Lincoln High School in Lake City in 1958. She married Arthur Friedrich on February 6, 1960, in Zumbrota and they lived in Mazeppa. She went to work for Zumco and then Telex in Rochester for twenty-four and a half years. She enjoyed Bingo, gardening and flowers, and watching Vikings and Twins games.

Carol is survived by her in-laws, nieces and



nephews. She was preceded in death by her parents and husband.

A memorial service was held at 11 a.m. on Wednesday, August 23, 2023, at Christ Lutheran Church in Zumbrota. Reverend Wayne Schoch officiated. Visitation was one hour prior to the service. Burial was at Pleasant Prairie Dale Cemetery in rural Zumbro Falls. Memorials may be sent to Christ Lutheran Church. Arrangements were made by Mahn Family Funeral Home, Larson Chapel in Zumbrota.

Kristen Lael Matthees

Kristen Lael Matthees, 67, of Zumbrota, passed away peacefully at her home on Friday, August 4, 2023. She was born in Zumbrota on February 24, 1956, to Hugh and Dorothy (Matchan) French. She attended Zumbrota High School and graduated in 1974.

She worked for many years as a florist in both Zumbrota and Red Wing. Kristen had a love for gardening and tending to her house plants. She loved to cook for anyone and could often be found listening to oldies music. She enjoyed watching the Minnesota Twins and Vikings, but her favorite past-time was watching the Wheel of Fortune nightly with Joey. She enjoyed going to bingo and meat raffles. Most of all, she adored her grandchildren and spending time with them.

She is survived by two sons, Jace and Shane Matthees; one daughter, Terin (Derek) Olson; six grandchildren, Shelby Betcher, Ethan Baker, Caleb and Carly Matthees, and Skylar and Cayden Olson; one brother, Mike (Jean) French; her dog, Gabi; and many friends that loved her.

She was preceded in death by her parents, Hugh and Dorothy; son, Kristopher; granddaughter, Madison; and brother, Pete French.

A celebration of Kristen's life was from 11 a.m. until 3 p.m. on Saturday, August 19, 2023, at the VFW Post 5727 Stary-Yerka in Zumbrota. A private family burial was held at the Zumbrota Cemetery. Arrangements made by the Mahn Family Funeral Home, Larson Chapel.

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Former Governor Al Quie Passes Away

Former Minnesota Gov. Al Quie, a moderate Republican known for working across the aisle as both governor and as a congressman, has died. He was 99.

Quie died of natural causes late Friday, August 18 at a senior living community in suburban Wayzata where he had lived for the last 10 years, his son, Joel Quie, said Saturday.

While he had been in declining health in recent months, he still enjoyed meeting and greeting people. At a family gathering two weeks ago, he read aloud to his great-grandchildren from their favorite storybook, his son said. He died just a month shy of his 100th birthday.

"His stature and his energy and his enthusiasm for life was there right to the end," Joel Quie said.

Albert Harold Quie was born Sept. 18, 1923, on his family's dairy farm near Dennison in southeastern Minnesota. After serving as a Navy pilot in World War II, he returned home to resume farming. He served a stint in the Minnesota Senate before winning a special election for a vacant congressional seat.

Quie represented southeastern Minnesota's 1st District in the U.S. House from 1958 to 1979, becoming known for his expertise on education and agriculture. He ran for governor in 1978 and unseated Rudy Perpich in what was dubbed the "Minnesota Massacre," a bad year for state Democrats. Voter anger had lingered after Gov. Wendell Anderson arranged for Perpich, then his lieutenant governor, to appoint Anderson to the U.S. Senate seat that Walter Mondale gave up in 1976 to become vice president.

But Quie's single term as governor turned rocky amid a deep budget shortfall in the early 1980s, when Democrats controlled the Minnesota Legislature. Amid the bitter divisions of the 1981 and 1982 sessions, he opted not to seek reelection.

In a farewell address at the University of Minnesota in December 1982, Quie decried the growing partisanship in politics but said he remained optimistic about the future of the state and the nation.

"I entered public life with a strong, though still-developing belief in the sanctity of the individual, the centrality of the family, and the compassion and good sense of people in neighborhoods and local communities. I believed that all people have infinite worth, and that all people possess gifts that can be known fully by no one," he said. "My belief in these ideas gained in strength as the years passed and I better saw their worth, and as they withstood the doubts of skeptics and the strain of great change. Nothing ... has successfully challenged my early — and lasting — belief in them."

Quie, a man of deep Lutheran faith, remained active after leaving office, serving as a local and national leader of the Christian ministry Prison Fellowship.

Joel Quie, a retired Lutheran pastor, said his family used his 99th birthday celebration last year as sort of a dress rehearsal for what they hoped would be his 100th. Current Gov. Tim Walz proclaimed it Al Quie Day. When he turned 97, the former Navy pilot got to fly in an open cockpit plane — albeit with another pilot at the controls. He had been an avid horseman and last rode when he was 1995. His goal was to saddle a horse when he turned 100, his son said.

"God blessed him with incredible resilience and stamina," his son said. "And he embraced it and lived life to the fullest."

Walz, a Democrat who held Quie's congressional seat for 12 years before becoming governor, paid tribute to him Saturday, recalling that he found him "caring, funny, and generous as ever" when he attended his predecessor's 99th birthday celebration.

"A veteran, a man of faith, and a life-long public servant, Governor Quie had a deep commitment to the betterment of our state and a legacy that extends beyond his time in office," Walz said in a statement. "His advocacy for education, eliminating discrimination, and rural development demonstrated his unwavering dedication to creating a better life for all Minnesotans."

His wife, Gretchen Quie, died in 2015. Al Quie is survived by children Fred Quivik of St. Paul; Jennie Coffin of Fairfax, Va.; Dan Quie of Greenfield, Minn.; Joel Quie of Eden Prairie; Ben Quie of St. Paul; 14 grandchildren and 22 great-grandchildren. Quie's funeral will be held at Central Lutheran Church in Minneapolis on September 9 at 1 pm.



South Troy Church Ice Cream Social



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.

Traveling with a carryon (backpack only for 4 nights)!

SEPTEMBER-It's my birthday month, along with Mike's two sisters, and their parents anniversary, so we are headed on a family vacation to Arizona for five days and four nights. I found \$69 flights on Sun Country! We decided since it would most likely be hot (except when we go to Sedona for a couple days), we could travel with a backpack (personal item under the seat) and opt out of the extra charge for a carryon.

So, what to bring?

We will be wearing tennis shoes, jeans, and sweatshirts to save on room in the bag. We always carry-on our luggage, so we already have the toiletries figured out to a small clear travel airplane-safe bag. One swimsuit/pair of swim trunks for the trip and a pair of flip flops each. Years ago, I made Mike wear flip flops because if he had sandals, they would take up too much room! I think he actually likes them when it's hot out now. I usually pack MotoProz t-shirts, so we can both wear them if we need an extra shirt. Mike will have 3 pairs of shorts, and I'll have 3 pairs of stretch tech joggers that literally take up no room along with one pair of shorts. I'll take a book, a small purse, passports, and can't forget my prescriptions. We will have access to a washing machine, so we will be able to wash clothes if need be, but not planning on it.

*Stay tuned for next month's topic: Do it now
There's so much to do, so little time. Bye for now!*

By
Missy Papenfus

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Local Eco-Farm Hosts Bicycle Rider Traveling from San Fran to Maine

(continued from page 1)

Sam explains - while riding the first leg of his 3600-mile bike trek - during the 2200-foot ascent of Grants Pass, Oregon, he simply had to stop.

Abandoned his 100-pound bicycle at the side of the road and crawled, dragging his backpack 50 yards to the tree line. He erected his tent between bouts of vomiting. Spent three days there, huddled inside the tent burning up

with high fever and sweating chills that rattled his teeth. Eventually, it passed.

He's more careful now about clean water and taking rest breaks. After that, he rode at night to avoid the Mediterranean style climate that grows Oregon's gorgeous apricots and nectarines but was (possibly) (probably) detrimental to bike riders.

More Similar Than Different

Grants Pass, Oregon was originally established as a stagecoach stop in the 1860s. Named for the famous General's success at Vicksburg, the apostrophe was jettisoned as dead weight somewhere along the way with no fanfare, just abandoned. Then became a railhead in 1884 when the (now) Southern Pacific Railroad was completed. Originally populated by Hudson Bay Trappers, from whom I am descended, later Gold was discovered in the area. It's safe to say Grants Pass has never been the easy route.

Been There Done That

Now, I have a little bit of experience with

Grants Pass, Oregon as I traversed the Rogue River back when I was a young Adventuress. So, as Sam talks about his travels, I have reactions.

We camped as a family at Crater Lake National Park in the 1970's. I skied the Cascade Mountains in the 80's and 90's. I was way-laid at a Best Western Hotel in 1991 while the Siskiyou Pass was cleared of heavy, wet snow. I found a tire shop willing to put snow chains on my tiny Mazda sports car and still, Troopers did not allow me to proceed for another 72 hours.

I am well-acquainted with the terrain Sam is describing. During my short stays in the area, I realize the entire town population is part of the SAR Community; Search and Rescue being a full-time endeavor for residents. First Responders (most volunteers) outnumber visitors. Her Sister City is Rubtsovsk, Russia; I feel like that says a lot. Today, Grants Pass is most attractive to hikers, runners, cyclists, wilderness aficionados, climbers, rafters, cavers, jet boat and extreme sports enthusiasts. And bears. Lots of bears.

Jesus Arrives

(continued on page 6)

A Monthly Moment at MotoProz

MotoProz has Stihl power tools to help get the job done! Are you looking for a "serious saw"? Now in-stock are the MS 500i fuel injected chainsaw, cement saws and shop vacs. If you want a shop vac that lasts, try a Stihl SE122! We have been using the same Stihl vacuum at MotoProz for over 10 years--still going strong! If you want other testimonials, the Falls BP and Valley Bodywerx in Zumbro falls along with Mazeppa BP all have them for their industrial vacuuming. The place to go is MotoProz in Mazeppa! Checkout our preowned snowmobiles online at MotoProz.com and come take a look in person!

MISSY'S MESSAGE



MISSY PAPERFUS

Summer exercise

SUP, waterskiing, water Zumba, paddle boat, canoeing

Man, before I knew it, summer was 1/3 over, and like every year, the past few years, I didn't make the time to do some summer activities I truly enjoy! It was time to schedule in more summertime activity.



I love water aerobics or aqua Zumba. Back in June, I attended a session in Zumbrota at the pool on a Thursday night with my mom. I decided for the month of August it was time to commit to Thursday night Zumba and recruited some gals to come with. The weather cooperated, and we were able to make it every Thursday evening!

Next up, SUP (Stand UP Paddle). I bought myself a SUP one Black Friday shopping day about 10 years ago. I was able to use it at my Uncle's Lake home at the Lake of the Ozarks and now we have the perfect spot at our cabin. The beginning of June, I got it out and took my niece and nephew on it with me. They were chicken, because they didn't think I could balance with all three of us on there. I showed them! I have never fallen off once yet! I had to paddle out to prove to them I could do it myself. I said, "You want to come now?" Tessa went with me and then Benson climbed on too. We all stayed on the SUP and had a great ride.

It had been a few years since we had been canoeing down the Zumbro, so after Mazeppa Daze on Monday, our family went from Zumbro Falls to Hammond. The Zumbro River was crystal clear, and we literally saw hundreds of fish. We planned to go canoeing again, but the weather did not cooperate. The day we scheduled to go, it was 60 degrees and drizzling out, so we opted for some indoor go-carting at Pro Cart in Burnsville instead.

It took all summer last year to get my arm strength up to water ski. I hadn't skied in 30 years. This year, the day after my 30 year class reunion, I decided to give waterskiing a try again. I got up after the second try and plan to get in a couple more times before summer is over!

We also have a paddle boat. When Mike and I go, I usually do the pedaling! We usually take it out to retrieve lost fishing tackle that gets stuck in the cattails. The paddle boat hasn't let us down yet!

Memo from MotoProz...

September 9 and 10, 2023 is Hay Days in North Branch, Minnesota. Hay Days is the official start to the snowmobile season when new product is released and pre-owned snowmobile sales really take off. September 10 at 1 PM, Get ready for Arctic Cat's most powerful news since the launch of the CATALYST platform last year! Check our snowmobile inventory online at www.MotoProz.com or stop in to MotoProz in Mazeppa for the most up to date machine availability. Unlike the past few years, for that little guy or gal in your life, we will have a couple 2024 ZR 120s available to purchase.



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Missy and her husband Mike own MotoProz in Mazeppa.

Local Eco-Farm Hosts Bicycle Rider Traveling from San Fran to Maine

(continued from page 5)

I know Sam only a little bit from his Reviews, a few emails and because he has arrived at our farm on a bicycle. He called from St. Paul; said his ride would be 76 miles. Exactly. He would see us soon. Frankly, I just shook my head and kept working. I expected to get another phone call at about Vermillion, or perhaps even Cannon Falls, asking for a pick-up, but none came. Eventually, around 8 p.m. a helmeted, neon clad figure road into the yard.

Sam departed his home in wealthy Yacht Harbor, San Francisco, where he normally spends summers teaching youngsters how to ocean sail, a few weeks ago. He's tall, well over 6 feet tall. He has longish hair and a beard. He favors natural fabrics and sandals. He may or may not wear an earring. He looks like a modern-day Jesus. Sam is the well born son of a UK Diplomat.

"I like to average about 100 miles per day on the bike" He tells me. He takes the train when no suitable bike route exists. He stays on Organic Farms, Homesteads, and Sustain-

able Collectives along the way. He helps around the farm in exchange for room and board, working half the day and the other half day he spends exploring the area.

Sam is enroute to his buddy's wedding in Portland, Maine. Then, he's heading to Quebec. On the bike. He plans to visit friends in Chicago and has a Farm in Wisconsin lined up, also.

When Sam told the soon-to-be-married Groom he would to ride to the event, the Groom simply sighed and said, "Of course you will". Sam could easily have bought a first-class ticket to his friend's wedding. He consciously chose this method of travel. He wants to make a smaller carbon footprint. I feel it wasn't the first time the friend heard this kind of news. He looks fully recovered and today, Grant's Pass is just a cool story to tell new friends.

Wwoofers, Not Hippies

The organization that brought my family and Sam together is an online platform called World-Wide Opportunities on Organic Farms or WWOOF-USA. Every free country on the planet is represented on the Wwoof website.

Back in the day, the late 1980's and early 1990's for me, this type of organization was called a Work Away stay. Made into a type of Pop Culture by youth of the 60's and 70's who dropped out to travel, to find themselves and out of necessity, participate in working vacations.

Instead of going to college, you could take a gap year between High School and your two-year degree. But you had to carry the (heavy) (thick) paperback travel guide with you and try to telephone the farm (often while

out of country) ahead of your arrival.

The farms were often remote, difficult to get to locations. Sometimes inexperienced people arrived, and the time involved in showing the young adults how to do the work, and making sure it was finished ended up being a negative for the grower. Sometime workers who committed failed to show. Some of the listings were out of date. The process had varying degrees of success, as expected.

Now, all the information one needs to become a Wwoofer is conveniently located on an easily accessed, low-cost website.

The Host Farm and the Wwoofer - as they are known in the community - are united via memberships on the website. Using self-written descriptions, photos and profiles participants may be matched up according to location, farming practices, dietary restrictions, or skills. No money is exchanged between the Farm and the Visitor. A Wwoofer may not replace a paid worker in any circumstance. I think about our current situation. No worries. The only people working here are owners.

In exchange for help, the Host Farm is expected to provide a meaningful but casual educational exchange of ecologically sound farming practices and share daily life with their visitor.

Make no mistake, this is not cheap labor. While in our case Sam craved hard physical work, that is not always the case. A Host may be required to think on their feet if a Wwoofer arrives with less ability than originally promised. There are loads of jobs on a farm that do not require much expertise, just a strong back and knees, so we are good to go.

The Wwoof website requires Hosts and Guests to participate in several hours of ZOOM-type seminars in order to be verified. A peer-to-peer review system (much like Airbnb) allows Host and Guest to 'rate' and 'review' their experience when it's over, just to keep everyone honest.

During the ZOOM Meeting the Instructor tells us "Well, you're dealing with people. Just try to form good relationships. Not everyone is always going to be a great fit. Just be kind. Be honest. Communicate. And let us know if you have any real problems."

As the Host, I was required to provide clean, dry, safe housing for Sam and make sure he had enough food for three meals a day. We were delighted to learn Sam was not a Vegan, and in fact, quickly ate all that was placed in front of him.

Sam worked hard and ate hard, developing a hollow leg every day right around 5 pm. My husband found this comforting in a way; it harkened back to the days when the Wranglers would sit down to dinner with the family.

I think initially my husband imagined we'd be hosting surly young kids, with unusual hair styles and pierced eyebrows, unaccustomed to hard work, and always on their phone. Sam blew that idea out of the water in one meal. We never even saw his phone unless it was to show photos to illustrate an interesting tale.

Finding Yourself

One old-timer quipped, "They work four whole hours a day? All by themselves? For two weeks? Yep, that's a vacation."

(continued on page 7)

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Goodhue Living Celebrates First Year

By Beth Brekke

It has been one year since the Goodhue Living facility opened and a special event is being planned for October 15th from 1-4 PM that will include outdoor activities for all ages, music, refreshments and more. The celebration, like all events hosted by Goodhue Living, is open to the public and everyone is encouraged to attend.

Goodhue Living facility's Life Engagement Coordinator, Susie Matthees says, "We are excited to celebrate our one-year anniversary.

Our community is growing in people, relationships, and activities!"

PEOPLE:

One year after welcoming the first residents to the facility, it is approximately half full and on target to reach capacity within the next year. The building boasts 40 occupant rooms -- 26 apartments ranging from a studio set-up to two bedrooms for either independent or assisted living and 14 studio apartments in the memory care unit. Matthees states that the memory care unit is very secure and while they are able to participate in all of the hosted activities, these residents are never left alone. "We love our staff," said Matthees who added that there is a need for more resident assistants, "people with a passion to love on our

seniors".

Missy Shaleen is the Goodhue Living director. Missy grew up in Hastings and currently lives near Ellsworth, WI. Having worked in the assisted living field since graduating from high school, she is now licensed as a director, having gone back to school for her Bachelor's degree in Healthcare Administration when her 2 sons were teenagers. She says she is passionate about seniors and feels they deserve full attention to detail when it comes to their quality of life and enriching their lives to the fullest.

Healthcare Coordinator, Heidi Taylor schedules things like the upcoming immunization clinic offering COVID-19, flu, Shingles and other vaccines for residents and staff. Other services include a podiatry clinic, mental health, and a Veterans Seminar. Another crucial element for seniors is maintaining a spiritual foundation. All the pastors serving our local congregations offer regular in-house services and communion. Other church groups such as the Rolling Meadows Mennonite choir offer entertainment and socialization.

RELATIONSHIPS:

Familiar faces and traditions can help make the transition to Goodhue Living easier. "We are family, we are building relationships," says Matthees. "Transition is important to our staff." They respect the different personalities and tenants' family members and friends are always welcome to visit and participate in all planned activities. A new calendar and newsletter are available each month and residents can choose to participate in as many-or as few-things as they wish.

Goodhue Living is a community within a community and created a group known as Rooted in Community, or RICy. RICy meetings are held at 5:45 PM the second Tuesday of the month and anyone can attend. The group works to coordinate projects and activities between residents and outside organizations. In August they joined with area daycares to read stories and sing songs. They created cards to send to 2 young boys going through treatments and also gathered back-to-school supplies for Goodhue and St. John's schools. After a lifetime of working and serving others, it's their turn to be served but residents still want to do things for others.

ACTIVITIES:

One resident donated his late wife's piano to the community room. This has proven to be a very special gift and is used often by those who volunteer to share their musical talents. Among those providing entertainment are Debbie St John, Mick Benrud, and local piano students. Marty and Marie Dicke also play, sing and share history with the residents. They are especially fond of Patriotic and religious music that brings their past into the present and makes them feel at home. Other popular entertainers include Calvin Ryan who plays guitar and sings country tunes and Colby and the Shakers-the shakers being dried fruits and vegetables that the residents "play" along with the music. Cindy Wilson, a Goodhue High School graduate living in Zumbrota, will return with her accordion on September 11th at 4 PM.

Following the Goodhue County Fair, 4-H kids brought in both animal and static proj-

ects to share with the residents. The kids showed off their ribbons and did a great job explaining their creations and left one resident to exclaim,

"Today was a great day...because all the kids came to show us their projects and we had so much fun and had so much to do!" Residents also received a visit from the Mayor of Goodhue and Miss Goodhue royalty on National Senior Citizens Day.

Each month the facility creates a theme for their activities. The theme for August was "Journey to the Wild West" which included "Gold Diggers Euchre", "BINGO Rodeo Roundup" and "Happy Trails to August", a make-your-own trail mix buffet. The culinary staff always gets in on the fun and will create a picnic lunch and a Kansas BBQ during September when the theme is "Fall-ow the Yellow Brick Road". Other theme related activities will include watching The Wizard of Oz and other movies, sunflower craft projects and an "over the rainbow" happy hour. "Laughter in the building is our favorite sound," Matthees said.

Stop in the building at 108 County 9 Blvd any time to pick up a newsletter and calendar and join in the fun. Keep up with the activities and see more pictures on the Goodhue Living Facebook page and learn more on their website, www.goodhueliving.com. Watch for more information on the first anniversary celebration and be sure to attend on October 15th.



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Local Eco-Farm Hosts Bicycle Rider Traveling from San Fran to Maine

(continued from page 6)

His friends at the counter laughed.

As a Gen Y or Millennial, Sam finds himself living in a world he had no hand in creating and it's frustrating for him. He eschews Cable News and Syndicated Newspapers, as he knows they have incentives to build hype into a story. Sam just needs the facts. He can make up his own mind. For news, he uses Twitter. He keenly follows the weather.

He is a digital native; one who uses the Internet, mobile devices, and social media, exclusively. He can work from anywhere with a fast WIFI connection.

Sam has never lived in a world where he was not digitally tracked 24/7. Not for security reasons. But because where he is and what he does may indicate what his next purchase may be. As his phone caught up to his travels, he was bombarded with ads the Algorithm thought he might appreciate.

"Water purification tablets" He holds his phone up so I can see the ad.

"Bit late" I say. We laugh at his phone.

"Privacy? I don't think I've ever had privacy, not really." He does not remember a world without TSA, and consciously decides whether he really needs books with paper pages. He does not know where he was when the 2nd Tower was hit on 9/11. Sam was born in 1995. He is a year older than my daughter. I suspect Sam's mom knows where

he was that day, too.

He knows current farming practices are unsustainable; he just doesn't know what to do about it. He decided to approach it in a "boots on the ground" kind of way. He wants to see it for himself. Close up. Make his own determinations.

Sam's Gen is more civic-minded than we give them credit for; they have a real desire to connect locally and globally. They are seeking transparency above all, and experiences. Their currency is not money or houses; they're not interested in acquiring material items like us; The Boomers and Gen Xers. Which is good, because wealth and security is hardly accessible to those of us who have worked a lifetime, already.

They want Freedom. It's all about flexibility with these guys. Freedom to go, to stay, when to work, when not to work. Work/Life Balance. For them, there is no reason to work until the day you tip over, never enjoying the fruits of your labor. They're taking retirement early. I can't really fault them; I know folks who did their time, and two weeks after the Retirement Party, discovered they had a terminal illness.

A recent text from Sam says he is leaving Quebec and headed for Vermont. He plans to spend Labor Day with friends, relaxing.

For more info contact: www.wwoof.org

An Apple A Day



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented a solution to the increasing health challenge of Metabolic Syndrome. In that article, eight specific steps were recommended for beginning the process of reversing Metabolic Syndrome. The final step listed was "Eat an apple each day."

You probably have heard the rhyme, "An apple a day keeps the doctor away." But what does an apple really do for you? Does any apple work, or only certain kinds? Let's dig a little deeper.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a day required less prescription drugs. Those

who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

Heart Disease - A 2017 study published in Molecular Nutrition Food Research by Bon-donno et al compared apples high in flavonoids, which are found in the apple skin, with apples low in flavonoids and observed improved blood flow through the brachial arteries when the high flavonoid apples were eaten. In other words, these apples improved the blood flow through the body. The apples with high flavonoid content will typically be darker red apples that are not too sweet.

Cholesterol - The healthy control of cholesterol has also been improved with an apple a day. A 2017 study in the Journal of the Science of Food and Agriculture by GC Tenore compared modern apples with the Annurca apple and observed that two small Annurca apples a day significantly lowered the bad cholesterol and increased the good cholesterol. The Annurca apple is known for its higher flavonoid content. Older, heritage apples typically have high flavonoid and polyphenol content.

Blood Sugar - Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was reported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the

sugar absorption ability of the intestines by closing the primary "door" that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in Molecular Nutrition and Food Research.

Colon Health - The ability of the polyphenols of apples to "close the door" on sugar transport to cells is one of the pathways to stop the growth of cancer cells in the colon, as observed in a 2016 study by Lin et al in the Journal of Agriculture and Food Chemistry. A cancer cell has many more "doors" to bring in sugar to accelerate growth, so polyphenols help to close these doors and inhibit the growth of cancer cells. The peeling of the apple contains the highest content of effective polyphenols with antioxidant activity, anti-bacterial activity, and anti-cancer activity, which was documented in a 2016 study by Lin et al in the Journal of Food Science.

The older apple varieties that have high polyphenol content include - Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have been bred for increased sugar content and size.

An apple a day is the eighth guideline followed in the Metabolic Balance Program®, a program developed 20 years ago in Germany. This program provides a personalized meal plan based on your unique blood chemistry. Those who have followed their personal Metabolic Balance Plan have observed blood sugar levels become controlled, cholesterol levels improve, inflammation decreased, acid reflux disappear, and the body shifts to a healthy weight.

If you would like to learn more about the

foods that help you thrive, join me for a LIVE event series planned for September 11, 18, and 25. I will be presenting "PRIORITY FOODS: Protein, Fats, and Carbohydrates" at FiftyNorth in Northfield at 6:30 pm each Monday evening. You can register by calling the Front Desk at (507) 664-3700.

In this seminar series, we will talk about:

- What proteins are the efficient proteins and how much you need
- What fats are good fats and what fats are bad fats
- What Carbohydrates (sugar) is good for you and what to avoid
- How much of each category should you consume
- What foods will bring real satisfaction in a meal

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FEAR



By Susan Hinrichsen, CHC, CLC, MC

Fear can be in many different aspects of our life. It can be a fear of trying or doing something new or fear of not having enough money, time, new places, job loss, or failing relationships. We are in different places and seasons of life so the fears may change as we enter different stages of life for each individual. Fear can be difficult to work through on our own if we do not understand what is underlying the fear and where the fear is originating from.

We have been taught to conform to rules or act a certain way as a child which also can shape our beliefs about the world, others, and ourselves. Most times the underlying issue of fear relates to a lack of love and belonging.

A very common fear is fear of failure or not being enough to step into a fearful situation and meet it head on. By not confronting our fears we put limitations on our

personal growth and life experiences. This in turn prevents us from achieving our life purpose and personal evolution.

The best way I've been able to describe our purpose on earth is to think of our time here as a school. We are all spiritual beings having a temporary human experience. This is the place where we get to have experiences that we learn and grow from, and it is these experiences that guide our path in life to our purpose. I hear so many people say that things always happen to them but in fact, they happen for you to help you learn whatever you need to learn from the experience to move onto your next lesson.

When I find myself feeling fearful around a situation or issue is to ask myself, what is it about the situation that is causing me to feel fearful around the situation or issue, and to ask myself what about the situation is causing me to feel fearful. I tell myself that it is okay to feel fearful and acknowledge the feeling. I then approach the feelings with curiosity and look inward to see what is causing the fear, acknowledge that reasoning and try to replace that reasoning with an updated thought that is at minimum neutral or positive. After all, we will not be eaten by a wild animal so death should not be a factor. (I hope you are smiling by now).

If you are interested in reaching out and scheduling your complimentary discovery session to help you move past fear or whatever is keeping you from being your best self, visit my website susanhinrichsen.com and while you're there download my 7-Day Workbook at no cost to you.

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LOCATION: From Meriden, MN 1 mile north on 92nd Ave. Or 8 miles west of Owatonna, MN on Crane Creek Rd.

Please Note: Bruce has sold his property and has decided to hold a public auction on his personal property items. Only a partial list of items. Tracy Holland

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13
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Restaurant & Bar
Kasson, MN

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UPCOMING 2023 AUCTIONS
Saturday Sept. 9, • 9:30 A.M.
Kubota B3200 Compact tractor, 4x4, w/loader - 2008 - Dodge 1500 Pickup, 4x4 - Guns - Shop - Tools - Outdoor items
Bruce I. Born - OWNER
Owatonna, MN
Sun Sept. 10, • 9:30 A.M.
Lund 17' fishing boat - 30+ Guns - Hunting + Fishing Equipment - Antiques - Collectibles
Household - Portable Fish House
Vic + Gail Salvick - OWNERS
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AUCTION CALENDAR
September 10, 2023
Bidding Begins: ... Sept. 2, 2023
Starts Closing: ... Sept. 10, 2023
Zumbro Falls, MN
ONLINE ONLY MOVING AUCTION FOR RON & SHIRLEY ANDERSON
John Deere LX277 Mower, Pressure Washer, Metal Saws, Power & Hand Tools, Engines & Parts, Farm Primitives, Antiques, Furniture, Household Items and More
September 14, 2023 1:00 PM
Mapleton, MN
LIVE & ONLINE FARM MOVING AUCTION FOR ROBERT & KAREN SCHULL
John Deere 4720 MFD w/Loader, JD Z425, Z375R & S25E Mowers, (3) Arctic Cat 550 & 650 ATV's, PJ 20' Trailer, Snowblower, Brush Mower, Firearms, Red Wing Stoneware, Antiques, Collectibles, Farm Primitives, Power & Hand Tools
October 8, 2023
Bidding Begins: ... Sept. 28, 2023
Starts Closing: ... October 8, 2023
Northfield, MN
ONLINE ONLY ESTATE AUCTION FOR THE LES SANDFORD ESTATE
(3) Farmall Tractors, Antique Gas Hit & Miss Engines, Tractor Parts, Large Amount of Farm Primitives, 1 Hand & Power Tools, Antiques, Furniture
October 11, 2023
Bidding Begins: ... Oct. 2, 2023
Starts Closing: ... Oct. 11, 2023
Randolph, MN
ONLINE ONLY FARM ESTATE AUCTION FOR RANDY THOMPSON ESTATE
Massey Ferguson 271EX MFWD w/ Loader, Hobby Farm Equipment, Flatbed, Tool Boxes, Good Power & Hand Tools, Lawn & Garden Items, Antiques, Furniture, Collectibles, Farm Primitives, Garden Art
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Auction Location: 11531 576th Ave. Mapleton, MN 56065
Thursday, September 14, 2023 • 1:00 p.m.
LIVE ONSITE & ONLINE BIDDING AT:
www.maringauction.com
John Deere 4720 MFW Loader, Hobby Farm Equipment, JD Z375R, Z525E & Z425 Mowers
'07 JD 4720 MFW, Open Station, E-Hydro, 400CX Loader, 1435 Hrs, 540PTO, 3pt., 2 Hyd., 72" Bucket, ROPS, Clean; Frontier 48" Pallet Forks; Buhler Allied YC6010 Snowblower, 3pt., 540PTO, Hyd. Spout, Like New; Woods Pull Type 72" Brush Mower, 540PTO; 3pt. 72" Carrier; Schweiss 5HP Trailer Wood Splitter; (2) 5' Spike Tooth Drag Sections; JD Z425 Zero Turn, 370 Hrs, 23HP B&S, 48" Deck; JD Z375R Zero Turn, 39 Hrs, 25HP V-Twin, 48" Deck; JD Z525E Zero Turn, 54" Deck, 227 Hrs, 22HP; JD 185 Garden Tractor, Hydro, 42" Deck; B&S 2800 PSI Gas Pressure Washer; Generac XP800E Gas Generator, 25.7 Hrs; JD 251 Chain Saw; Stihl HT107 Gas Chain Pole Saw; Earth Quake 6.5HP Front Tine Tiller
Terms: Cash, Check Credit Cards, All Sales Selling AS-IS, All Items Must Be Paid In Full On Auction Day. For Online Bidding Terms Go To www.maringauction.com

(3) Arctic Cat ATV's, 2012 PJ Trailer, Power & Hand Tools
'14 Arctic Cat 550EFI ATV, Auto, 4WD, 1347 Miles; '13 Arctic Cat 550 ATV, Auto, 4WD; '06 Arctic Cat 650 ATV, Auto, 4WD, 4600 Miles; '12 PJ Tandem Axle Flatbed Trailer, 20'x83", Ramps; (2) Aluminum Ext. Ladder; (2) 3HP Single Phase Electric Motors; Come-A-Long; Chain Binders; Log Chains; Campbell Hausfeld Air Compressor; 3/4" Socket Set; Lincoln 225 Stick Welder; Hand Tools; Power Tools; Tap & Die Set; Fence Post
Antiques, Farm Primitives, Collectibles
(2) Antique Farm Steel Wheel Milk Can Carts; Well Pumps; Cistern Pump; Barn Rope; Hand Scythe; Implement Seats; Old Metal Lawn Chairs; Seed Sacks; Barn Lanterns; Milk Cans; Milk Buckets; Wooden Barn Pullies; Sausage Press; Platform Scale; Miniature Fanning Mill; License Plates; Canning Jars; Hot Wheels & Matchbox Cars; 1960's Tonka Toy Trucks; Tru-Scale Farm Toys; Oak Victrola; Marlboro Collection; (2) Sets Of Snowshoes; Kiss "End Of The Road Tour 1978" Jean Jacket, Medium; Heavy Metal T-Shirts 70's - 90's; Winchester 1200 12ga. Pump, Scope; Ruger Semi Auto Pistol 22LR; Glenfield Model 25 Bolt 22LR; Central Arms Model 1929 16ga.; Daisy 99 Champion BB Gun
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HOLLAND AUCTION
LUND BOAT - TRAPS - DECOYS - GUNS
FISHING LURES - ANTIQUES - MISC.
OUTDOOR ITEMS - HOUSEHOLD
Auction
SUNDAY, SEPT. 10, 2023 9:30 A.M.
LOCATION: 704 Lakeshore Drive, Freeborn MN 56032
Please Note: Only a partial list of the many items to be sold. If you're an outdoor sporting enthusiast you'll want to be sure to attend this auction. Hope to see you auction day.
Tracy Holland
BOAT - TRAPS - DECOYS - GUNS - FISHING LURES - MISC. OUTDOOR ITEMS - COLLECTIBLES - HOUSEHOLD - ANTIQUES

• 2004 Lund 1700 Explorer SS Fishing Boat, 17', 2-Live wells, Minnkota trolling motor w/ foot control, 2-Depth Finders • Suzuki 115 HP motor (Approx. 100 Hrs on motor) w/ 2009 - Shorelander trailer. To sell at 12:30 p.m. • Yamaha 8 HP Boat motor, Four Stroke • Minnkota powerdrive spot lock trolling motor, 24 volt, 70 lb thrust w/ Hand fob • 200+ traps various sizes #1 - #1 1/2 - #2 - Double Coil - Canibear, everything you can imagine • 100+ Duck and Geese Decoys • 100's of fishing lures of all types and makes • Fishing equip. for Muskies, Walley's - pan fish • Many antique lures • Lots of ice fishing rods • Fishing reels • Tackle boxes • Antique fishing poles • Hide stretchers • Deer antlers • Cabin tent • 7 wood duck houses • Camping tent and cot • Two man saws • Buck saws • Collection ice tongs • Hay knives - scythe • 7-buzz saw blades • Collection of Brass scales • 2 - Old child's wagons • Apple baskets • Many ducks unlimited Jim Beam bottles • Bird feeders • Yard bird/ plant hangers • Misc. hand tools • Small drill press • Agri-Fab 42" lawn sweeper • Aluminum ladders • 20 lb L.P. tanks • Misc. household items • Pink depression glass • Lanterns • Wood gun cabinet • 2 - Gun safes • Muzzleloader accessories

37 GUNS TO SELL AT 11:30 A.M.
• Knight Vision Black powder 50 cal. w/ 3x9 scope • Winchester 1300, 12 ga. 2 3/4 + 3", rifled slug barrel w/ Nikon scope • Remington 270 rifle w/ Bushnell scope • Winchester 70xTR sporter magnum, 7mm w/ Leupold scope • Remington 7600, 30-06 Springfield w/ Leupold scope • Winchester 94 AE, cal. 444 marlin (never fired) • Winchester super X3, 12 ga., 2 3/4" + 3", Invector plus choke (never fired) • Winchester super X3, 12 ga., 2 3/4" + 3" + 1/2", Invector plus choke (never fired) • Winchester super X3, mossy oak, duckblind 12 ga., 2 3/4" + 3" + 1/2", Invector plus choke (never fired) • Winchester 12 ga., 2 3/4" + 3" + 1/2", Invector plus choke (never fired) • Winchester Super XP - pump, 12 ga. 2 3/4" - 3", 28", Invector plus choke (never fired) • Winchester Super XP - pump, 12 ga. 2 3/4" - 3", 28", Invector plus choke (never fired) • Winchester Super X2, 12 ga., 2 3/4" + 3" + 1/2", Invector plus choke (never fired) • Weatherby - Ducks Unlimited Edition, 12 ga., 2 3/4" + 3" (never fired) • Winchester Super X2, 12 ga., 2 3/4" + 3", Invector plus choke (never fired) • Winchester Super XP, pump, 12 ga., 2 3/4" + 3", Invector plus choke • Browning AI - full choke made in Belgium 12 ga. • Winchester 1912 full choke 12 ga. • Winchester 1300, 12 ga., 2 3/4" + 3" • Winchester 1300 speed pump, 12 ga. 2 3/4" + 3" • Winchester 9422M, 22 Win. Mag. • Winchester 94, 30-30 • Ruger 10/22, 22 long rifle cal. • Winchester 74 repeating arm co. made in USA - Newhaven CT, 22 short • SB made by CBC, 12 ga., 3" modified • Gamo Whisper fusion mock I, 1420 velocity, 177 cal. Pellet gun • Winchester Ranger 120, 12 ga., 2 3/4" + 3" • Winchester 12, 12 ga., 2 3/4" full choke • Winchester 12, 20 ga., 2 3/4" modified choke • Winchester 25, 12 ga., 2 3/4" full choke • Springfield 120 Savage arms, 22 cal, short-long, single shot • Springfield 1884 Savage arms whitfield - MA, 22 cal. • Stevens 940, 410 cal., 3" • Westernfield SB-100A, 20 ga., full choke • Daisy BB gun, 177 cal, powerline 880 • Winchester 1897, 12 ga., Mod. choke • Schilling 12 ga., Dimascus Barrel

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Midcentury Modern bedroom set
Buyang 2007 110 CC 4 wheeler
Permobil F3 Corpus- Power Wheelchair
Craftsman 21" self propelled mower
Werner 24' 300 lbs. fiberglass ladder

Important notice:
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September 12 Field Day on Advancing Soil Health

ROCHESTER, Minn. – Cover crops, small grains, and soil health will be the focus of a free Dodge Soil Water Conservation District (SWCD) and Olmsted SWCD field day on Tuesday, September 12, 2023 from 3 - 6 p.m., with a burger dinner to follow. Local farmers and crop producers are invited to the event taking place at Tom Pyfferoen's farm at 53249 275th Avenue, Pine Island.

The event's presenters include farmers Martin Larsen, Landon Plagge, and Tom Pyfferoen; Saddle Butte Ag representative TJ Kartes; and Soil Scientist Steve Lawler. They will share experiences and provide a firsthand look at soil-building methods. Highlights will include:

Looking at a root soil pit.

Cover crop seeding equipment.

The profitability and future of oats in our region.

Olmsted SWCD will further share details about how other local producers can get involved in soil health practices through the Olmsted County Soil Health Program. Farmers can use the cost-share program to implement new management practices that protect

Olmsted County's water and soil.

"Hearing from local farmers will guide other producers to embrace progressive practices," said Olmsted SWCD Manager Skip Langer. "We hope with our soil health program, producers have the tools to implement practices to safeguard our county's resources."

About the presenters

Pyfferoen has been using no-till and cover-crop practices since 2013. Pyfferoen will share his journey into soil health and the equipment that has helped him be successful. Kartes will also provide information on using cover crops and practical guidance for first-time users.

Larsen and Plagge have been growing oats for more than three years, finding financial gains and operational resiliency in corn and soybean rotation. Plagge has also invested in a grain cleaner and bins to support a growing local market in Iowa.

Steve Lawler is a resource specialist with the Mower SWCD. He is currently responsible for developing a soil health initiative and providing local research on implementing soil health best management practices and the impact on soil resources. He runs a farm near Rochester incorporating no-till and cover crop practices for commodity crop production and rotational grazing for cow-calf production.

"Our presenters bring a wealth of invaluable insights to local producers, spanning from practical advice to groundbreaking practices shaping the landscape of sustainable agricul-

ture," said Langer.

Those interested in attending the field day should RSVP by Sunday, September 10, 2023. Contact Olmsted SWCD Soil Conservation Technician Shona Langseth at 507-328-6905 or visit the Olmsted Soil Health Program webpage to register and learn more.

About Olmsted County

Olmsted County is the seventh largest county in the state of Minnesota with eight cities (Rochester being the largest), 18 townships, and approximately 163,440 residents. The county is governed by seven individuals elected to serve on the Olmsted County Board of Commissioners, and county services are supported by nearly 1,300 Olmsted County government employees working to provide the foundation of a vibrant commu-

nity. For more information, visit www.olmstedcounty.gov.

About Olmsted Soil and Water Conservation District

The mission of the Olmsted Soil and Water Conservation District (SWCD) is to promote more sustainable resources utilization and protection of natural resources in the county. The SWCD assists farmers, communities, watershed planners, and landowners in developing and implementing conservation and resource management systems and practices including tree sales. The SWCD also serves as a source for conservation and resource information and provides environmental education for county residents.

Field Day on Advancing Soil Health September 12



Cover crops, small grains, and soil health will be the focus of a free Dodge and Olmsted Soil Water Conservation District (SWCD) field day on Tuesday, September 12, 2023 from 3 - 6 p.m., with a burger dinner to follow. Local farmers are invited to the event taking place at Tom Pyfferoen's farm at 53249 275th Avenue, Pine Island.

The event's presenters include farmers Martin Larsen, Landon Plagge, and Tom Pyfferoen; Saddle Butte Ag representative TJ Kartes; and Soil Scientist Steve Lawler. They will share experiences and provide a firsthand look at soil-building methods.

**FREE
FIELD DAY!**

Highlights will include:
Looking at a root soil pit.
Cover crop seeding equipment.
The profitability and future of oats in our region.

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Elvis & Johnny, Bingo & More

The popular Vegas Style Tribute Show featuring the music of Johnny Cash, Elvis, and Neil Diamond returns to Dennison Saturday September 16th, Under the big top.

For fans young and old, if you have ever been to the popular Breezy Point Resort up north in Minnesota, you may have caught The Memories of Elvis Show (www.espking.com) with Chris Olson.

You may have seen their show on the dockside bar at Breezy Point or if you have been to Dennison on Labor Day weekend, Chris Olson performs this entertaining tribute of The King, and will be bringing his talents and show back to DENNISON, MINNESOTA on Saturday, September 16th. Show time will be at 7:30p.m.

This will be a rain or shine event under the big top at the Fireside.

Doug Allen Nash will again join the show this year with is tribute to Neil Diamond and also his "Johnny Cash Tribute - American Icon". (www.dougallennash.com)

It is in this production, Nash includes one of his own songs "June" co-written and co-produced with Jeff Silverman in Nashville, TN. Engineering mix by Grammy Award Winners

John Carter Cash and Chuck Turner at Cash Cabin Studio in Hendersonville, TN.

You can see both of these great artists in Dennison Saturday, September 16th.

Advance tickets are just \$25.00. \$30.00 day of show. Call Fireside at 507-645-9992 during normal business hours, or e-mail them at firesideloungedennison@gmail.com to order tickets.

You can also make dinner reservations that evening ahead of the show. Space is limited, so make your reservations early. This years event will be a part of a weekend celebration in Dennison. As Fireside Lounge celebrates 20 years of Amy Family Hospitality, Friday, September 15th, music will be provided by popular variety band, The Look. Music will start around 7 PM Friday night to kick off the weekend. Also this year, under the tent Saturday afternoon, Fireside Lounge & The Dennison Lions Club will host Purse & Gift Card Bingo.

Watch the Fireside Facebook page & website for up to date information.

(see ad on page 20)



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Health Tips by Dr. Burshem



By Shauna Burshem, D.C.

Snoring (hated by wives around the world & some husbands, LOL) is a common sign of sleep apnea. Sleep apnea is when your body stops breathing for a short amount of time,

while sleeping. Obstructive sleep apnea (OSA) is the typical form. OSA comes from the airway being blocked during sleep. Untreated OSA is linked to heart disease and neurological brain function complications as well as an increased risk of early death. Untreated sleep apnea also increases your risk of diabetes, high blood pressure, irregular heart beat and stroke. A medical study found that 1 in 5 people with sleep apnea had OSA, but only 3.5% of the participants were ever treated for it. 37.2% had severe snoring and 14.6% also had excessive daytime sleepiness. Non-surgical treatments include Continuous Positive Airway Pressure (CPAP), positional therapy, use of oral appliances, nasal resistors, oropharyngeal exercises, and behavioral measures, including weight loss when indicated, frequent physical exercise, avoidance of alcohol and sedative medication before bedtime. Chiropractors that are trained in the use of Nasal Release Technique

can check the nasal passages for obstruction and restore proper nasal pathways.

Vaping has been marketed as healthier alternative to cigarette smoking and a way to help people quit smoking. Sadly, the e-cigarette marketing has misled thousands of people that vaping is a healthier option. Chemical analysis has found that e-cigarettes contain liquids, aerosols, cartridges and heating coils that contain many toxic and carcinogenic ingredients. The chemical polonium-210 is one of the reasons that tobacco causes cancer. Polonium-210 is also found in e-cigarettes and can cause lung cancer as well. E-cigs also contain toxic metals like lead, aluminum, arsenic, cobalt and tin. In addition, when the chemicals in e-cigs are heated they produce toxic formaldehyde as well as other toxic aldehydes.

One of the most common childhood surgeries is tonsillectomy. Tonsils used to be thought of as useless tissue, but in reality they are integral to the development of the immune system. The surgery is recommended for treatment of reoccurring, chronic or severe tonsillitis. There are risks associated with the surgery which include increased risk of childhood asthma, frequent flu infections and chances of pneumonia. An alternative to tonsillectomy is a partial removal. Partial removal reduces post operative bleeding and

pain. Leaving a portion of the tonsils may help to prevent chronic respiratory conditions.

An estimated 40 million Americans, about 18% of the population struggle with anxiety. While many factors contribute to anxiety, recent research suggests that anxiety is inherited from your parents. Animal research shows that two brain regions involved in processing fear and anxiety can be passed down to your children. Another factor in the increase of anxiety is the rise in chronic microwave radiation exposure from wireless technology. Research shows that exposure to this type of radiation from cell phones, I-pads, laptops and video gaming and other blue tooth technology can have a direct influence on your mental health.

90% of sea salt sold worldwide contains plastic. This makes perfect sense as our oceans are full of plastic from garbage dumping, storms and run-off from streets. Researchers feel that most people consume 2,000 particles of plastic in sea salt per year. This fact coincides with a recent study that I reported on stating that plastic was found in 100% of human stool samples of people tested. Your best option is to avoid regular sea salt and only use "real" Himalayan sea salt. Himalayan sea salt was created long before the environment was polluted by plastics and chemical toxins.

Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: What is the Ted Foss law in Minnesota?

Answer: The law got its name from a tragedy. Trooper Ted Foss was conducting a traffic stop Aug. 30, 2000, on the shoulder of Interstate 90 when he was hit and killed by a passing vehicle. He left behind his wife, Andrea, and two kids.



Emergency responders working on the shoulder of the road have got your back. Do you have theirs? Minnesota's Ted Foss Move Over Law was named in honor of the State Patrol Trooper who was killed while on a traffic stop on the shoulder of I-90 near the Lewiston exit in 2000.

The law states:

- When traveling on a road with two or more lanes, drivers must keep over one full lane away from stopped emergency vehicles with flashing lights activated — ambulance, fire, law enforcement, maintenance, construction vehicles and tow trucks.
- Reduce speed if unable to safely move over a lane.
- Failing to take these actions endangers personnel who provide critical and life-saving services.

Fines can exceed \$130.

Moving over not only helps protect the lives of emergency workers, but also helps protect you.

Hitting a vehicle on the side of the road can result in injury or death for you or those in your vehicle.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson – Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us) Twitter: MSPPIO_SOUTH

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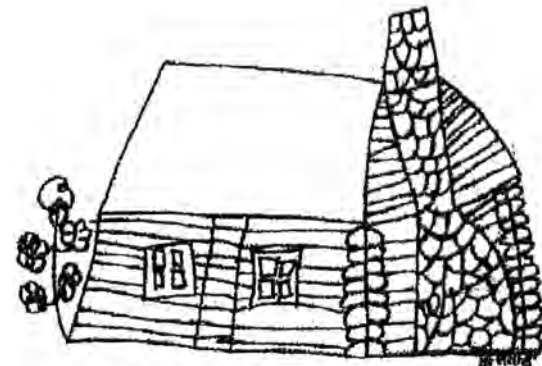
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Saturdays: September 30, October 7, 14, 21, 28

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Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, July 12, 2023

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

The Pledge of Allegiance was said.

Present: Mayor Chris Hagfors. Council Persons Steve Liffriq, Michael Hammes, Dustin Wiebusch and Erica Young.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, John Clemens and Administrator Clerk Karl Nahrgang.

Present via electronic meeting: Wabasha County Sherriff's Department Chief Deputy Jim Warren, Monica Hauser from Hawkins and Ash, and Holly Galbus from the News Record.

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

Motion by Young, second by Liffriq to approve the June 14, 2023 regular City Council meeting minutes. All in favor, none opposed. Carried.

Wabasha County Sherriff's Department Chief Deputy Jim Warren presented the June Incident Command Report. He also com-

mented that Mazeppa Daze was well ordered and there were few incidents associated with the celebration.

No Public Works report was given.

Administrator Clerk Karl Nahrgang read the Fire Department report.

MMLS manager Todd Ihrke gave the Mazeppa Municipal Liquor Store report.

Administrator Clerk Karl Nahrgang reported on City Hall activities.

City Engineer Matt Mohs reported on in process engineering projects.

Monica Hauser from Hawkins and Ash CPAs reviewed the 2022 City financial audit with the Council. The audit has already been submitted to the State of Minnesota.

Motion by Hammes, second by Liffriq to approve the 2022 financial audit as presented by Hawkins and Ash CPAs. All in favor, none opposed. Carried.

Council considered request from local business owner to pay for 100% of materials used in replacing the City sidewalk in front of his property. The City has paid the property owner 33% of the materials per ordinance.

Motion by Hammes, second by Young to deny paying for 100% of sidewalk materials in front of 281 1st Ave. N. All in favor, none opposed. Carried.

Dog park fence along Graves property was

raised. Parks and Recreation committee has not discussed. No action was taken.

Resolutions 2023-36 and 2023-37 were done as motions during the June 14, 2023 meeting and should not have been included on the July 12, 2023 agenda.

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

Councilpersons Young, Wiebusch, Liffriq, and Hammes thanked the Fire Department, Lions Club, Mazeppa Daze committee, their volunteers, and everyone else that helped organize, operate, and cleanup of the Mazeppa Daze activities.

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

Meeting adjourned at 7:33 PM.

Next meeting will be August 9, 2023 at 6:00 PM.

Administrator-Clerk

Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, August 9, 2023

The regular meeting of the Mazeppa City Council was called to order at 6:01 PM by

Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Municipal Liquor Store Mager Todd Ihrke, Wabasha County Sherriff's Department Patrol Sargent John Schneider, Jeff Sommerfield, Marla Sommerfield, Wes Voeltz, Larry Vandewalker, and Administrator Clerk Karl Nahrgang.

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

Absent: Councilperson Erica Young.

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

Motion by Wiebusch, second by Liffriq to approve the July 12, 2023 regular City Council meeting minutes. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to close the regular meeting and open the public hearing. All in favor, none opposed. Carried.

Regular meeting closed at 6:03 PM.

Public Hearing opened at 6:03 PM.

(continued on page 17)

Historical Happenings

Compiled by
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas

FRIDAY, OCTOBER 21, 1955

Consolidation News

Mazeppa's consolidation program which had a temporary setback last week through a challenged legal technicality is on the move again with a new plat being drawn.

The legal technicality arose when the farm of Lenus Miller was set out of District 73 during the time the original plat was being considered by the State Department of Education. This move was done last summer and the fact was overlooked when this plat was approved.

At the present the new plat is being drawn by Mrs. Verna Olin, and is expected to be completed sometime next week.

Congratulations

To Bellechester upon its recent incorporation as a village. A lively interest is being demonstrated in the first election to be held next Thursday.

Bellechester Vote Set for Thursday

Next Thursday, October 27, Bellechester will hold its first village election, with a complete state of officers scheduled.

Recently incorporated by a 50 to 10 vote, the village has filings for every office. Judges of the election will be Tony Huneke and John Delva, and Howard Schafer, clerk.

Filings are as follows; Mayor- Adam Poncelet and John Delva; Clerk-W.N. Majerus; Treasurer- Anton Poncelet and Willis Kahl; Assessor- John Mahoney; Justice of Peace Marvin Bystrom and Nick Delva; Trustees- Tony Huneke, Howard Schafer, Quentin Majerus, Lawrence Majerus, Art Majerus, Walter Arendt and Mrs. Vincent Majerus; Constable-Koven Richter and John E. Haas.

The number of filings listed above would be credit to a town ten times the size of Bellechester and The Journal extends hits humble congratulations to this civic minded community.

Obituaries

MRS. WILLIAM HOFSCHULTE

Mrs. William Hofschulte, a long time Mazeppa resident, died Sunday at her home following an illness of about five years. She was 78 years old.

The former Susanna Weber was born in Bellechester May 3, 1877. On Nov. 22, 1899, she was married to Mr. Hofschulte at Bellechester. They farmed at Harvey, N.D., several years before moving to Mazeppa 45 years ago.

Surviving are her husband; two sons, William and Matt Hofschulte of Rochester; five daughters, Mrs. Elwin Williams, Mrs. Tom Campbell, Mrs. Ted Rosener and Mrs. Henry Smith all of Rochester, and Mrs. Orville Johnson of Sargeant; three sisters, Mrs. Anna Hofschulte, of Hammond, Mrs. Mike Conrad and Mrs. Catherine Schmitt of Harvey, N.D., 24 grandchildren and three great grandchildren. One daughter preceded her in death.

DAVID EDWARD WHALEY

David Edward Whaley, longtime Mazeppa area resident, passed away at 3:30 a.m. Wednesday at Zumbrota Community hospital, at the age of 84.

Mr. Whaley, who was born Feb. 14, 1871, is survived by his sister, Mrs. Josephine Jerry, with whom he made his home on a farm near Mazeppa for 73 years.

Pallbearers named are John Gruhlke, Wm. Gruhlke, John Frank, George Oelkers, Laverne Windhorst and Earl Lemar.

LOCALS

Mrs. Herman Behm entertained a birthday party Monday afternoon in honor of the 13th birthday of her nephew, John Gruhlke, Jr.

The Methodist Aid will serve lunch to the public Thursday, Oct. 20th. The Martha Stull circle is serving. Menu is; baked beans, barbecues, pickles, cherry, apple or pumpkin pie, and coffee.

Prices are 50c and 35c.

Too Close To Home (Wall Street Journal)

A housewife was sitting at the breakfast table after devouring her 10 morning cups of coffee, wondering whether to get dressed, iron, or maybe watch TV. She heard a rap on the door, and it was the garbage man. She asked, "Can you wait a minute?" The collector, noting her unmade face, curlers and wrinkled old bathrobe, answered. "Sure lady, just hop in."

Regular Meeting of the Mazeppa City Council Meeting Minutes Wednesday, August 9, 2023

(continued from page 16)

This public hearing was held for comments on a requested variance on parcel R23.00231.03 along 2nd Ave. SE. Mr. Sommerfield is requesting a variance to allow a garage only on this parcel in an R1 residential district. Mr. Sommerfield explained that it is a small lot with a drainage issue that was not large enough to build a home on and still allows the natural drainage in the area to occur. The Sommerfield family owns 2 homes in the area and would like to build a garage on this property for storage of maintenance items and extra vehicles that may be associated with these other properties.

Attorney Lamprecht brought up the issue of ownership. Mr. Sommerfield stated that he would not purchase this property from the current owner unless a variance to place a garage only could be obtained.

No other comment was heard.

Motion by Wiebusch, second by Hammes to close the public hearing. All in favor, none opposed. Carried.

Public hearing closed at 6:17 PM.

Motion by Wiebusch, second by Hammes to re-open the regular council meeting. All in favor, none opposed. Carried.

Regular meeting was re-opened at 6:18 PM.

Attorney Lamprecht discussed variance criteria with the Council. The Council felt the variance request met the criteria for issuance. The intended use is for storage for residential items for properties located across the street. The type of building would be like extra storage garages that exist in the neighborhood. It would put an undersized, unused lot to use. The lot has been split in the past and has a drainage issue. The planned use would not change the character of the locality.

Motion by Wiebusch, second by Liffri to approve the variance for parcel R23.00231.03 pending presentation of a signed purchase agreement by September 10, 2023. All in favor, none opposed. Carried.

Wabasha County Sheriff's Department Patrol Sergeant John Schneider presented the July Incident Command Report. He commented that Mazeppa Daze crowds were well behaved, and Sheriff's department staffing is getting back to normal levels after some departures and retirements.

No Public Works report was given.

Administrator Clerk Karl Nahrgang read the

Fire Department report and a resignation letter from Mazeppa Volunteer Fire Department member Brent Lexvold.

Motion by Wiebusch, second by Liffri to accept the resignation of Brent Lexvold from the Mazeppa Volunteer Fire Department. All in favor, none opposed. Carried.

MMLS manager Todd Ihrke gave the Mazeppa Municipal Liquor Store report.

City Engineer Matt Mohs reported on in process engineering projects. Mr. Mohs also asked that the Council approve and sign the right-of-way and easement maps for the work on the sewer collection system.

Motion by Wiebusch, second by Liffri to approve the sewer right-of-way and easement maps. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve for AET to do soil borings in the areas of sewer collection system replacement. All in favor, none opposed. Carried.

Administrator Clerk Karl Nahrgang presented the City Hall activity report.

A Council working session will be held on August 30, 2023 at 6:00 PM to review the 2024 budget.

Larry Vandewalker from the Mazeppa American Legion informed the Council on the Purple Heart Cities program.

Motion by Wiebusch, second by Liffri to approve Resolution 2023-39 Adopting Standards Necessary to be Designated as a Purple Heart City. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve building permits; MZ23-10, 322 Oak St. NE – main floor home addition. MZ23-09, 217 1st Ave. N – commercial building. MZ23-12, 155 2nd Ave. NE – re-roof. MZ23-14, 146 4th Ave. NW – furnace/AC. All in favor, none opposed. Carried.

No motion was offered to replace the plow on the large snowplow truck.

A replacement schedule will be created for all City equipment.

Motion by Wiebusch, second by Liffri to approve Resolution 2023-38 Accepting donations to the City. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to approve the 2023-2024 road maintenance agreement with Wabasha County. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve a \$120,000 loan to the Mazeppa Economic Development Authority to be

amortized over 5 years, making annual payments, at 3% interest. All in favor, none opposed. Carried.

City Attorney Luke Lamprecht will draft a loan agreement to be signed by Mazeppa EDA.

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

City Attorney Luke Lamprecht suggested that the Council consider issuing a moratorium on Cannabis businesses as allowed under State of Minnesota Statute to allow ample time to research and consider zoning ordinance changes and allow time to review Office of Cannabis Management guidelines and create proper regulatory structure.

Motion by Wiebusch, second by Hammes to direct Planning and Zoning to study ordinance changes to regulate cannabis dispensaries. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to

direct the City Attorney to draft a moratorium on allowing cannabis dispensaries until January 1, 2025 as allowed under Minnesota Statute. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to set a public hearing on a cannabis dispensary moratorium on September 13, 2023 at 6:00 PM. All in favor, none opposed. Carried.

Councilperson Dustin Wiebusch thanked the volunteers and organization that helped make Mazeppa Daze a success and thanked the Parks and Recreation committee for managing and promoting the Market/Music in the park events.

Motion by Liffri, second by Wiebusch to recess the meeting until the Council working session on August 30, 2023 at 6:00 PM. All in favor, none opposed. Carried.

Meeting recessed at 7:52 PM.

Administrator-Clerk

Zumbro Falls City Council Minutes - July 12, 2023

The Zumbro Falls City Council met at 6PM at City Hall. Members present were Bruce Heitmann, Phil Dennison, Susan Eischens, Paul Bankers, and Bob Benson. Sara Anderson was absent. Guests present were Barb Kennedy and Lori Windhorst.

Clerk read the minutes of the June meeting with acceptance as read by a motion from Benson, seconded Bankers, all in favor, carried.

Treasures report given by Phil with acceptance by a motion from Bankers, seconded Benson, all in favor, carried.

Lori Windhorst, President of the Zumbro Falls Lioness/Lions, addressed council with a proposal for a concrete slab to place a bench near the library stand located on the city lot next to City Hall. Their project will be joined with the Fire Department as they plan to move the bell to that location along with a flag pole. She also mentioned that they would like to hold a Fall Festival with details to be worked out.

Toni Leonard contacted Bruce and stated she did not want to clean City/Fire Hall anymore. Barb Kennedy has agreed to take her place which was approved with a motion by Benson, seconded Bankers, all in favor, carried.

Discussion on the lighting bill for the Memorial was decided to be paid by the City moving forward. This runs roughly around \$300.00 a year. Motion for this made by Bankers, seconded Benson, all in favor, carried.

Motion for Bruce to get bids for a couple dead tree removals was made by Benson, seconded Bankers, all in favor, carried.


Resolution 23-02 was put in place with a motion from Benson, seconded Bankers, all in favor, carried. This is the agreement between the State of Mn., acting through its Depts. Of Public Safety on behalf of the Bureau of Criminal Apprehension, and the City of Zumbro Falls on behalf of its Prosecuting Attorney. The BCA and the City of Zumbro Falls may be referred to jointly as "Parties."

Donations were accepted as follows: \$200.00 from Valley Bodywerx and \$300.00 from Daryl and Linda Bluhm for the Memorial. Motion for acceptance made by Bankers, seconded Bankers, all in favor, carried.

Street repairs for School Dr. and Dreamwald Blvd. are tentatively set for July 31 or August 1st. Clerk will contact residents for these upcoming repairs and where they can park their vehicles during the project.

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

Submitted by,
Susan Eischens, Clerk



Time and Money. These are the two commodities we speak of most in our interactions at City Hall. Our staff discusses how long a project or task may take and how long a durable item will last. We are always looking for ways to make something more efficient, meaning how can we do the things we need to do with less time, allowing us to move on to the next item faster. We look at what equipment and procedures might help us to do that, and ask if the cost of equipment or setting up a new procedure going to be cost effective.

There are some things citizens can do so the City can run more efficiently. Simple items like paying the sewer and water utilities in a timely fashion, securing a building permit before doing a project, or shoveling the sidewalk in front of your residence/business after a snowfall will save time for City staff, and ultimately money for the City.

CLERK

CHATTER

By
Karl Nahrgang
Administrator Clerk,
City of Mazeppa

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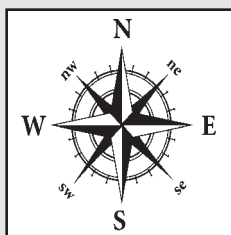
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Mazeppa-Zumbro Falls
Messenger



Changes in Latitudes, Changes in Attitudes



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 found this Minneapolis Moline tractor replica at a garage sale I took my wife to. I don't intentionally do garage sales but occasionally an interesting item pops up. I am at that age where I do not try to accumulate anymore worldly treasures. Just seems like more junk to leave to someone to dispose of after they dispose of me. But this one just called out to me.

It really isn't much of a tractor replica, more of an abstract collection of parts and could be many things if not painted that iconic yellow/orange with the Minneapolis Moline logo on the side. It started out life as a Singer sewing machine and was repurposed for some nostalgic antique tractor buff.

When I was a very small kid, I remember my grandfather's Minneapolis Moline Z tractor. I do not believe it ever ran during my lifetime. Just sat in the grass on the north side of the hog barn. My sister and I used to climb up on it and pretend we were driving tractor when we were very young. There were lots of levers that moved back and forth with a satisfying clunk while we shifted gears and engaged the power on our imaginary adventures.

One day my activity aroused a bumble bee which had taken up residence under neath the

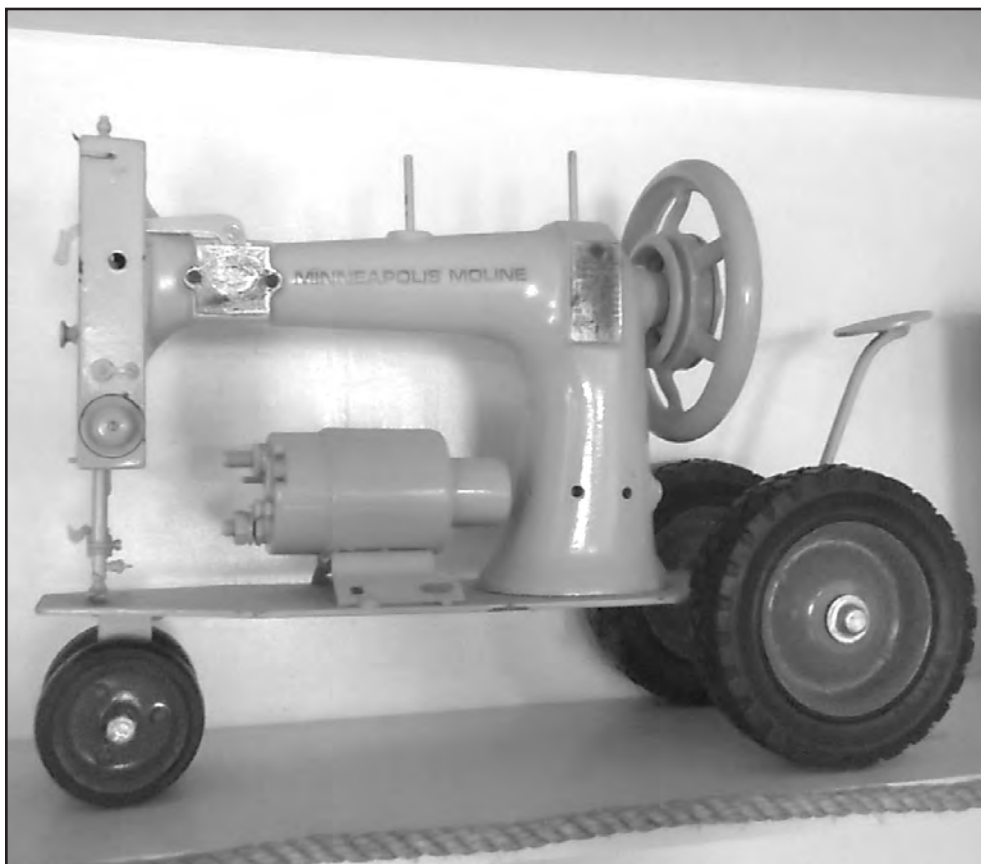
metal cowl of the tractor. He proceeded to sting me on the arm and I ran to the house howling for my mom. She put salve on my wound and soothed my pain but told me not to play on it any more. That was her standard advice when I did something she felt could harm me. I climbed the silo. She told me not to. I went up in the hay loft, she told me not to. Eventually I learned to not tell her what I did. My dad just figured what didn't kill me, made me stronger. That is why young boys hang out with dad more often.

It had a great history on the farm though. I believe it was the first rubber-tired tractor that my grandfather owned. They were made between 1949 and 1953. The Z was rated at 36 horsepower on the belt and 32 horsepower at the drawbar. My neighbor Richard Matti told me once about how proud my grandfather was of it and they used it to power a threshing machine in the early years.

One story related to me was how one fall it was very cold when they were doing fall plowing and my grandfather would drive the farm pickup along-side the tractor in the field. The hired man would drop the plow in the ground and tie the steering wheel with a rope and then ride in the warmth of the pickup to the other end of the field. It went slow enough with a two-bottom plow that he could easily climb on and off while it was moving. He would climb aboard, untie the rope and raise the plow out of the ground at the end of the field in time to turn it around and then get back in the warm pickup as the tractor lumbered along turning over the soil.

The kind of activity we all learned not to tell mom about until much later.

We live in the house where my grandparent's spent their final years. My wife suggested putting it in the room where my grandmother kept her sewing machine. One piece of history to remind me of both my grandparents. It seemed worth it to bring home this treasure. Although now I know the real treasure are the memories about two wonderful people that it brings back to me.



A Minnesotan: Down at the Riverside



By RosaLin Alcoser

Wade in the water, wade in the water children. Wade in the water, God's going to trouble the water. Well it's Labor Day and this marks the start of school and the end of summer activities. Which also means that churches that are going to hold outdoor Baptism have reached the end of being able to do so for this year.

After all there's no better way to end the summer then to go down to the river for a good old fashioned outdoor Baptism. Which if truth be told is a lot more exciting than the indoor ones done during the rest of the year. This is because normally even if your church normally does Baptism by sprinkling when it takes place at the river it will normally be done by immersion.

Personally I was Baptized during outdoor Baptism back in 2004. Except it was done outside in a turned off hot tub. This was done mainly because the church was next

to the Zumbro River in a place where the current was way too strong to safely hold a Baptism in. Great part to go tubing in not so much for safely dunking people in and out of the water.

My father is a pastor, who currently works for two little Methodists churches out in western Minnesota. Now the thing to know about my Belize pastor father is that while he might work for the Methodist he's an acuity Southern Baptist. Which is one of the denominations that baptize by immersion.

One of his churches held an outdoor Baptism by the river the weekend before Labor Day this year. Their plan was to go out into the river, which water levels have been pretty low this year, and sprinkle just like they would do inside of the church building except while standing in the river. Practical but unexpected right?

Which is what it would have been if anyone else except maybe my father had been the one doing all of this. Because the day of, he changed the plan and decided that he was going to baptize everyone who was getting baptized that day by immersion in the low creek levels.

My mother sent me a video about an hour after my father, wearing his fishing wader under his robe, lowered a parishioner into the water, bringing them back up and then both of them immediately falling back into the water. Which made the whole thing a lot more executing then the original plan.

Luckily for my father, I know him, and remind my mother to send him with a spare change of clothing. Because I knew somewhere in the back of my mind that baptism at the river would result in something existing enough to need a dry change of every.

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