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OCTOBER, 2023

Volume 18 • Issue 3

Announcements

• **Fall Supper - Hosted by Mazeppa Area Historical Society - Thursday, Oct. 12, 2023 from 5- 7 pm. at the Mazeppa Community Center. Serving Scallop Potatoes & Ham, Cole Slaw, Dessert & Beverage. Good Will Donation. TAKE OUTS AVAILABLE- CALL HELEN 507-250-6021. COME HUNGRY- LEAVE HAPPY- THANK YOU FOR YOUR SUPPORT!**

• **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.**



FIRE & RESCUE

We are excited to share that we were able to officially bring some new Self-Contained Breathing Apparatuses (SCBA) into service! With the help of Minnesota-grantwriter, some dept members, and our city officials, our dept was awarded a FY21 Assistance to Firefighters Grant (AFG) FEMA grant. This grant allowed us to replace all of our outdated air packs, masks, and spare air cylinders. With a price tag of over \$135,000 - the grant was able to help us with over \$123,000 of that. As you can imagine, this helped save allot of taxpayer money and will ensure Zumbro Falls Firefighters have quality, updated, safe equipment to use for years to come.

Thank you to everyone involved!



Region 3 Meeting Held in Mazeppa

The Lions 5M1 District is located in the Southeastern corner of Minnesota. Consisting of 52 clubs with more than 1700 members; it is made up of 8 counties namely; Goodhue, Wabasha, Dodge, Olmsted, Winona, Mower, Fillmore and Houston and is divided into 3 Regions, each containing 2 Zones. The Mazeppa Lions club recently held the Region 3 meeting on September 26th at the Mazeppa Community Center for zones five and six.

(continued on page 4)

Pictured to the left: Left to right - Zumbro Falls Lionesses/Lions attendees: Sandy Hein, Arlys Schmidt, Heidi Davis, Lisa Davis and Lori Windhorst with District Governor Terry Zabel at the Region 3 meeting.

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Do You Hear Me Now?



By Pastor Colleen Hoeft

Do you remember the game of telephone? You get everyone in a circle and whisper a message to the first person and they whisper it to the next and then to the next... and you wait with anticipation to hear what the last person has to say as they repeat what they have heard. Almost always it is different from the message that you began with. Roy T. Bennett says that we should, "Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don't listen to understand. We listen to reply. When we listen with curiosity, we don't listen with the intent to reply. We listen for what's behind the words."

Wouldn't it be great if we could communicate better. We would be able to work together and to accomplish amazing things if we could only understand one another better! Right?! As with so many things, even good things become corrupted and in Genesis 11 we see some great communication among the people of the day; they were planning to build a tower to the heavens. Sadly, we also see the corruption of the mind and culture displayed in that same passage and in their attitudes.

The people saw their capabilities and decided to build a massive structure- a tower- a ziggurat. They wanted to make a tower to God- to become famous- and to keep them

united under this new religion. They were using manmade materials, and they were doing it themselves- they hadn't sought God as they had before. In their arrogance and pride, they thought they could get to God on their own terms. They had lost the awe of the almighty God; they had turned their minds to follow their own version of god and instead were worshipping themselves and their ingenuity. The 'tower' they built was their way of saying we're going to have god on our terms- we are invincible together and we can have god anyway we like- we can even go up to heaven and do it 'our way!'

God created humankind with great intelligence and drive. He also created them with free will- the will to choose to use their gifts and resources in serving and loving Him or in serving themselves. Sadly, by this time in the world, once again the people were all about themselves. God looked at the people and the building and knew it was time to shake things up. Time to disrupt the communication of all the people so that they would struggle to make themselves understood by the others. And with the lack of communication the building stopped- no one understood the other. They dispersed and those that spoke similar languages set off together. God didn't want to destroy them again; He wanted their attention and to protect them from themselves. If they continued the path they were on, they would have left Him totally out of their lives and eventually suffer the consequences of a godless life. (eternity without Him) This happens to us too, when we don't understand each other it is like a huge barrier that prevents us from going any further in our rela-

tionships.

So what makes for good communication? If you would like to improve communication in your relationship with God, with people, with others you need to focus on three things:

First, try to understand and communicate your emotions. Unhealthy communication starts with negative thoughts or difficult emotions. Use I words, not you and no finger pointing!!! Solomon wrote, "Kind words are like honey— sweet to the soul and healthy for the body." Proverbs 16:24.

Second, be aware of your inner lens which is responsible for how you decode a message. We all have life experiences that filter what we hear with our ears and minds. Focus on the facts of the message and use questions to clarify whether you understood what the other person was trying to tell you. Paraphrasing is a great tool when you are unsure whether what you have understood is what the other person was trying to say. Simply use your own words to summarize how you understood the message.

And third, listening is a better skill to practice than talking. God gave us two ears and one mouth— 'nough said! James wrote, "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry." James 1:19.

The people of Babel weren't communicating with God anymore, they were trying to find a short cut to god. They could communicate well with each other but had totally missed communicating with the one who loved them more than anyone else and the one that created them and gave them life. For those in that day- they had lost touch

and their communication lines were down with God. He was there- but they had no interest in speaking to Him or in listening to Him.

Today we too need to be reminded that there is only one way to God and that is through a relationship with Jesus Christ. Jesus said, I am the way, the truth, and the life and no one comes to the father except through me." Jesus spent time in prayer each day with His Father God and He was our example of daily communication with God too.

We listen to God through the reading of His Word, going to church, growing with other believers in small groups. Before anything else- to hear God, we must have a relationship with Him. We can be honest with Him and we need to spend time- not just in passing, not just the leftovers at the end of the week- but quality communication. You may need to set aside time to read the Bible and pray and listen. When we pray God hears us. When we are following Him, He hears us. When we give Him our undivided attention- He is there.

God is reaching out to you, "Come, let's talk this over, says the Lord; no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool!" Isaiah 1:18.

It's time you learned to communicate, with God and with the people in your life. God gave you and I the gift of language and relationship. God calls us to communicate with people so that we will be able to share with them more accurately the truth of God, who He is and that He is for them. The reception is clear and open to all— God always hears you. Can you hear Him now?



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Moses and Monsters

"[Wisdom] was there . . . when [God] gave the sea its boundary so the waters would not overstep his command." — Proverbs 8:27-29

Historically Moses, directed by God, is understood to be the writer of the first five books of the Bible. Growing up as part of the royal family in Egypt, Moses (a Hebrew child adopted by the king's daughter— Exodus 2) would have been taught many myths about the origin of the world. An old Mesopotamian myth, for example, held that Marduk, a warrior god, fought against Tiamat, a monster ruling the chaotic sea. Marduk defeated Tiamat and brought order out of chaos.

Now, let's look at Genesis 1 again. We see powerful waters, but they are not described as a god or a monster; they are simply a part of the world God is creating. God tells the waters where they can go and where they cannot go. (See also Proverbs 8:12-31.) Moses shows that the true God is in control of all things.

In myths about creation there is always uncertainty about whether a people's gods can hold back the forces of chaos. The ancient Egyptians, for example, believed that their sun god Ra had to descend into the underworld every night to defeat the great serpent Apophis, or else the ordered world would be destroyed.

But in the Genesis story, God creates and makes peace not through battle but with a word. No other force or would-be god is there; creation has only one true Lord.

Lord and God, we praise you that no force in heaven or on earth has power over you, and that you hold all things in your hands. Amen.

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Sunday 5:00p.m. Celebrate Recovery - 5pm- meal, 5:45 large group and 6:30 small groups.
Wednesday Kids and Teen worship at 6pm - meal at 6, followed by worship and small groups.

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Obituary

David Charles "Punky" Sibley

David Charles "Punky" Sibley, 65, of Zumbrota, went home Tuesday, September 26th surrounded by his daughters.



David was born December 21, 1957 in Rochester to David Eugene and LaVonne Mae (Fieck) Sibley. He was baptized at Redeemer Lutheran

Church in Rochester and spent his early childhood in the Mazeppa and Minneola area until

the family moved to rural Kenyon in 1965. David was confirmed at Holden Lutheran Church and graduated from Kenyon High School. While in high school, he began employment at Bombay Elevator. Shortly thereafter, he began hauling grain and livestock, and later operated David Sibley Trucking.

In his youth, David developed a passion for raising and driving Belgian horses, and later competed in many horse pulls over the years. He took great pride in being a lifelong member of the Belgian Draft Horse Corporation. He "couldn't remember shit" but he could tell you in great detail about any horse he ever raised or owned. He enjoyed collecting everything - but especially scale models of semi-trucks and tractors, studying the Bible,

playing cards, DQ malts, eating liver and onions, Rocky Mountain oysters, and his daughter Sarah's goulash.

His grandchildren were the light of his life and rules did not apply for them no matter what their mothers said. Life long valuable lessons he taught them include: candy is acceptable for supper, how to drive on black top roads at age 4, and how to Make America Great Again. The kids knew it was "Gramps" they should call if they had questions about the farm animals - especially chickens, horses, and Herefords. He held his siblings in high regard and enjoyed Sunday dinners with them and their families.

Dave's humorous, conversational nature was often entertaining and inspired life-long connections with many long-time friends and family. In true David fashion, he probably asked you "who's the coolest guy you know, and why am I?" And often ended with "glad you had a chance to see me." To know him was to know Peterbilts, Belgians, Harley

Davidsons, Mazeppa, NRA, Fox News, tractors, wit, delegation, on-line auctions, chickens, impatience, and most of all love.

David is survived by his daughters and "the best" sons-in-law. Heather (Jon) Kerr, Sarah (Adam) Bang and Meggan (Nate) Fleming; his pride and joy - grandchildren; Harper and Karlie Kerr, Kendall and Bristol Bang, Siri Loken, and Nori and Oakley Fleming; his siblings whom he was very close with - Debra (Sam) Daly of Northfield, Sterling (Laurie) Sibley of Bombay, Jackie(Jeff) Ladsten of Rochester, Missy (Jack) Duden of Maiden Rock, WI and Charlie (Ricki) Sibley of Mazeppa; his nephews and nieces whom will forever cherish their memories with their favorite "Uncle Punky"; highly regarded friend Richard "Trickster" Nystuen of Bombay, and many other relatives and friends. He was preceded in death by his parents, and infant brother Max.

Visitation was from 4pm - 7pm on Monday, October 2nd at Mahn Funeral Home in Zumbrota. Funeral Service was at 11am on Tuesday, October 3rd at Holden Lutheran Church in Kenyon with visitation one hour prior. It wouldn't be a true send-off if we didn't include horses. His final ride was a horse drawn wagon to the church at 9:45am. Memorials are suggested to Holden Park, Holden Church, or the Zumbrota Area Ambulance.

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WHEN: 2ND FRIDAY OF THE MONTH
Oct. 13, Nov. 10, Dec. 8, Jan. 12, Feb. 9, Mar. 8, Apr. 12.

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WHERE
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New Changes in Minnesota State Law Expands Workplace Protections for Expectant and New Parents

By Statewide Health Improvement Partnership Wabasha County (SHIP)

New changes in state law provide legal protections for breastfeeding and pregnant workers.

Changes went into effect July 1. Here is a summary of those changes, including a notice employers must post: Pregnant workers and new parents | Minnesota Department of Labor and Industry (mn.gov)

In 2022 there was a change around break time. Employers can no longer require any

breastfeeding parent who may need additional break time to pump or breastfeed to make up the time or use PTO, sick leave, or vacation. The employer may not reduce the employee's compensation in any way.

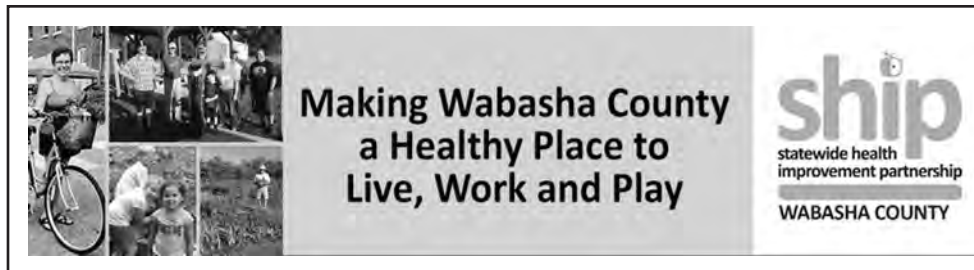
Effective July 1, 2023, workplace protections for expectant and new parents were expanded. Changes include:

Requiring all nursing and lactating employees receive break times to express milk regardless of their child's age without losing compensation.

Requiring workplace lactation spaces be clean, private and secure.

Ensuring all nursing and lactating employees have a right to break times to express milk regardless of whether providing the breaks unduly disrupts the operations of the employer

Ensuring employees can choose when to express milk based on their needs, whether that means expressing milk during an existing paid break, during an existing unpaid break, such as a meal break, or during some other time.



Requiring employers notify all employees of the rights of pregnant and lactating employees when hired, when an employee makes an inquiry about or requests parental leave and in an employee handbook if one is provided. The notice must be provided in English and the primary language of the employee. The Minnesota Department of Labor and Industry (DLI) makes the required notice language available for employers in English and the five most common languages spoken in Minnesota.

Expanding the statutory list of example reasonable pregnancy accommodations to include a temporary leave of absence, a

modification to work schedule or job assignment and more frequent or longer breaks.

Ensuring all employees, regardless of their employer's size or amount of time for which they have worked for their employer, have a right to pregnancy accommodations and up to 12 weeks of unpaid pregnancy and parental leave.

Go to Minnesota Department of Labor and Industry's Pregnant workers and new parents page to learn more.

Wabasha County Senior Action Team has Launched a New Version of Memory Cafe, called Connections Cafe

By Statewide Health Improvement Partnership Wabasha County (SHIP)

Wabasha County Senior Action Team (WCSAT) launches new version of Memory Café with an updated name and location.

Now known as Connections Café, monthly meetings will be held at the United Church of Christ, 317 2nd St. W, Wabasha starting November 10th from 1-2 p.m.

There is no charge and all seniors are welcome. We want to specifically invite caregivers and their loved ones who suffer from cognitive impairment. In September, we will have Kay (Jensen) Kay from Dancing River Blooms as our presenter. She runs a floral business (Farm to Table!) from her cute little truck you may see at farmers markets or restaurants or hospitals around the area. We are talking about using our lovely garden flowers to create smashing bouquets to enjoy the fruit of summer just a little longer!! We hope to learn how she got into this business and what inspired it!

The Café offers laughter, networking, friendship, resources and an enjoyable after-

noon away from the cares of life! Coffee and a treat are bonuses you will find there, as well!!

Please join Connections Café! and bring a friend or two!! If there are any questions, feel free to call 651-564-0351.

THE WCSHAT TEAM works collaboratively to implement Dementia Friendly initiatives as part of the Community Health Improvement Plan and includes representation from Ace Brain Fitness, Elder Network, Gundersen St. Elizabeth's Hospital and Clinics, Southeast Area Agency on Aging, Wabasha County Public Health, Wabasha



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Statewide Health Improvement Partnership (SHIP), Wabasha Public Library, community members, and senior advocates.

SHIP is a state-based program that works at the local level to support healthier communities by expanding opportunities for active living, healthy eating, well-being and commercial tobacco-free living.

If you would like information about partnering with Wabasha County SHIP, please email Tina Moen or call her at 651-565-5200.

(continued from page 1)

Club updates, foundation reports with project displays along with comments from District Governor Terry Zabel were the highlight of the evening.

Celebrating 100 years of service, Lions in District 5M1 and around the world have been changing lives through humanitarian service. Our Centennial Celebration is a time to mark this milestone, celebrate our legacy and look forward to the next century of service.



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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.

Do it now!



By
Missy Papenfus

Why put off tomorrow what can be done today? "Do it now" is a mindset to change procrastination and in turn, to get more organized.

Ten years ago while I was working at Mayo Clinic, I met with our operations manager weekly. He had a stickie note on his computer, "Do it now." This concept intrigued me. He went to a workshop that covered the topic. I make lists, and when I misplace my list, it wrecks my day! I started making lists on my phone, so I don't have to worry about losing a piece of paper.

Do it now means if you can finish a task in 5 minutes or less, just do it now. I do my best work in the morning. I seem to tackle quick jobs just fine, and I feel I am productive, because I finish a bunch of little tasks. I put off getting to the job I really want done, that takes longer. So I need to break the big job down into smaller jobs, so they actually get done!

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

Wabasha County Food Access Network's Rich Discussion Results in a Local Cull Cow Pilot Project

Martha Black is manager of the Wabasha Area Food Share, the food shelf in Wabasha. She also owns and runs Avodah Farm in

Stockholm, WI. She's a regular participant of the Wabasha Food Access Network (WFAN). As a farmer and food shelf manager, she strongly believes food should never go to waste.

In a spring 2023 WFAN meeting facilitated by SHIP Coordinator Tina Moen, SNAP-Ed Regional Health and Wellness Coordinator Susan Draves, brought up "cull cows," or cows who were raised for dairy or as mothers for beef calves, and are no longer able to serve their purpose. These animals are not raised specifically for their meat and cannot be sold as "finished" or ready-for-market beef cows because they're too old, or have the wrong body type with muscles too small to make normal-sized steaks. An animal can

become "cull" for a variety of reasons, almost none of which affect the safety or quality of the meat. They tend to only be suitable for ground beef or hot dogs instead of steaks or roasts, so there is a limited market for cull animals.

As Martha and Susan began talking about how there should be a way to connect these animals with people needing nutritious meat, the seed of a program that doesn't exist was planted. They started dreaming of a state-funded program that could pay farmers and area processors for animals whose meat would then be available for hunger relief. It was one of those connection moments the Food Access Network is so great at providing.

"Suddenly whatever the agenda item we were on was kind of forgotten and we started talking about what an amazing opportunity a cull-cow or cull-animal program could be for food shelves. When you live in farm country and there's so much meat being raised all around you, it's so frustrating when the freezers are empty at the food shelf and there's no meat for families in need. A cull cow can still have hundreds of pounds of flavorful, healthy

ground beef on her. The reason they're culled often has to do with reproductive health, fertility, udder or hoof quality, or other issues that don't affect the meat at all."



- Martha Black

Just a month after discussions began at a WFAN meeting, a cow on Martha's farm was having a difficult start nursing her twin calves. The cow, named Rachel, and she is the only dairy cow in a herd of beef cows. Rachel had originally been the family milk cow when Martha was a stay-at-home mom with two small children. As Rachel got older, she suffered from ongoing issues with her udder that affected milk quality, Martha and her husband stopped milking her, instead letting her raise a calf every year with the beef cows. In the spring of 2023 it became obvious that it was too difficult for new calves to nurse from her.

(continued on page 6)

A Monthly Moment at MotoProz



Wednesday, September 20th I turned 49. My birthday wish was to celebrate with my family. The day before my birthday, I requested my family join me for supper at the Pondy. Last minute plans are always the best plans! I'm now 49 and holding!

MISSY'S MESSAGE



MISSY PAPERFUS

I have really been slacking on my strength training. I keep saying I am going to start doing something, and then never get to it. I made a pact with a friend, that I was getting up at 5:15AM, schedule in time to do a 20-minute strength online workout and go for my walk afterwards, like I normally do. I knew if I didn't do it right away in the morning, it wouldn't get done.

My mom introduced me to the "FitOn app" that has many free workouts on demand. I took a quick look last night, to have a plan what I'd be doing, so I didn't have to think about it when I woke up. I signed up for a strength challenge on the app to complete 5 workouts in 7 days consisting of 20 minutes to 28 minutes long. We leave Monday for vacation and will be gone all week, so I'm hoping to get the other four workouts in by Monday. I'll start back up Friday afternoon when I return!

I need to change it up to stay accountable, and 'll report back next month!

Memo from MotoProz...

We received a new order of MotoProz "Ode to hunting clothing" I'd call it. Orange and camo, antlers, new logos. Caps, hats, and shirts! Get ready for fall and come take a look! If you're in the market for new or used ATVs, Hustler lawn mowers, and Arctic we have a pretty good selection. Stop in or check us out online at www.MotoProz.com!

Missy and her husband Mike own MotoProz in Mazeppa.



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Missy Papenfus

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Wabasha County Food Access Network's Rich Discussion Results in a Local Cull Cow Pilot Project

(continued from page 5)

"We spent three solid days working from dawn to late at night trying to teach Rachel's calves how to nurse. We bottle fed them, intubated one of them, checked on them constantly trying to help them learn the basic thing a calf is born knowing how to do. We were successful in the end with both calves surviving, but we said never again. Rachel would have to be culled or her next calf could end up starving even though his mother has plenty of milk, just because the calf wouldn't be able to find the teat and nurse."

- Martha Black

Donations will help defray the processing cost

Often farmers like Martha are willing to donate a cull animal or sell them for a much reduced price. The animal is a write-off for the farm. What gets in the way of getting meat from farms to food shelves is the cost of paying the slaughterhouse the processing fee to cut, grind and package the meat. Meat processing businesses need these fees to support

jobs in the community and provide farmers with the essential agricultural infrastructure of processing facilities for their animals.

With the cull cow, Rachel is ready to be donated to a good cause and with a slaughter date of December 19, the only piece missing is money to pay the processing fee at J.R. Watkins in Plum City, Wisconsin, a small locally owned slaughterhouse. Watkins charges \$0.90 per pound of hanging weight for processing cattle. With a cull cow typically weighing 500 to 800 pounds, the processing fee will be \$450 to \$750.

"During the pandemic, we saw farmers with animals they couldn't sell to their regular markets and people who wanted to buy local meat. What was missing was enough processing facilities to turn those animals into meat people could buy—there is a huge shortage of slaughterhouses in the Midwest as many small ones have closed. Processors shouldn't be asked to donate their time and labor. The State Department of Agriculture or even the USDA could eventually develop a program to pay for processing cull animals. In the meantime, we plan to fundraise to pay for the processing costs to get Rachel to the Food Share and locally raised ground beef onto the plates of families in need."

- Martha Black

Your help is needed!

Make a donation to Rachel's fund. Mail a check to Wabasha Area Food Share, PO BOX 174 Wabasha MN 55981 with "Rachel's Fund" in the memo line, or donate online and send Wabasha Food Share using the contact form to let them know your donation is for Rachel's fund.



Rachel the family milk cow, her twins and Martha's husband

SHIP is a state-based program that works at the local level to support healthier communities by expanding opportunities for active living, healthy eating, well-being and tobacco-free living, thereby helping to reduce the leading causes of chronic disease and

death. For information on what it means to partner with Wabasha County SHIP on healthy eating, physical activity, and/or tobacco-free environment projects, please email Tina Moen or call her at 651-565-5200.

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Grant Money Available to Minnesota Livestock Owners for Prevention of Wolf Attacks Applications due January 5, 2024

New money is available to Minnesota livestock producers to help prevent wolf attacks. A total of \$95,000 will be awarded by the Minnesota Department of Agriculture (MDA) through the Wolf-Livestock Conflict Prevention Grants. Applications are due January 5, 2024.

The grants provide reimbursement for costs of approved practices to prevent wolf-livestock conflicts. Only costs incurred after entering into a grant agreement with the MDA are eligible for reimbursement. Eligible expenses for the grant program will include:

- Purchase of guard animals**
- Veterinary costs for guard animals**
- Wolf-barriers which may include pens**
- Fladry and fencing**
- Wolf-detering lights and alarms**
- Calving or lambing shelters**

Eligible producers must live within Minnesota's wolf range, as designated by the Minnesota Department of Natural Resources, or on property determined by the Commissioner of Agriculture to be affected by wolf-livestock conflicts. Any animal species produced for profit and documented to have been killed by wolves in Minnesota in the past is eligible. This includes bison, cattle, chicken, deer, donkey, duck, geese, goat, horse, llama, mule, sheep, swine, and turkey.

The funding also requires an 80:20 matching cost-share, meaning 80% of eligible project costs will be reimbursed by the grant and the remaining 20% will be paid for by the grantee.

The grant application must be emailed or postmarked by 5 p.m. on January 5, 2024. Work for this grant must be done and expenses reported by August 31, 2024. The application and more information can be found at www.mda.state.mn.us/wolfgrants.

This round of funding for the Wolf-Livestock Conflict Prevention Grants is made possible by monies appropriated by the Minnesota Legislature and funding awarded by the U.S. Fish and Wildlife Service to the MDA for grant distribution.



Special Golf Event to Support Domestic Violence Awareness Month

LAKE CITY, MN – The Jewel Golf Club in Lake City is hosting a special golf event to raise awareness about domestic violence and thank first responders for their service to the public on Friday, October 13, 2023. This is a 4-player scramble with a 10 AM shotgun start. Entry fee is \$100 per player (\$75 for Jewel members) and includes 18 holes of golf, golf cart, range balls, on-course contests with prizes and donation to HOPE Coalition. The public is invited and proceeds benefit HOPE Coalition's domestic violence office in Wabasha County. Reservations are available through the Jewel Golf Club. A large community bake sale is part of the event.

The golf tournament is specifically in October, Domestic Violence Awareness Month. According to the National Institute of Health, 1 in 4 women and 1 in 9 men are victims of domestic violence. The event aims to shed light on the traumatic effects of domestic violence, which can have generational repercussions. The golf event is also expressing gratitude to first responders for their unwavering dedication to the public. In 2022, 23 people in Minnesota lost their lives from domestic violence according to Violence Free Minnesota. Sergeant Bill Weist of the Lake City MN Police Department shares, "We have experienced first-hand the profound impact of domestic violence with the loss of Officer Shawn Schneider in 2011. His loss was devastating to his family."

The tournament will have live on-course scoring using the Golf Genius App. Brett Bergschneider, representative from The Jewel shares, "We are honored to host this golf fundraiser in support of Domestic Violence Awareness Month. Together we can raise awareness, foster change and build a safer community." Reservations can be made directly through the Jewel Golf Club, 651-345-2672, Ext. 3. <https://www.golfgenius.com/pages/9416043186951848804>



HOPE Coalition is an advocacy organization helping people in crisis rebuild their lives from domestic violence, sexual assault, child abuse, or lack of basic needs. HOPE serves people in Goodhue and Wabasha Counties, plus western Pierce County, WI. The Wabasha outreach office is at 251 W. Main St., and is available at 651-565-4112. HOPE has a 24-hour crisis line for those experiencing domestic violence or sexual assault at 800-369-5214.

The Jewel Golf Club in Lake City offers a unique golf experience. The course winds throughout 800 acres of the picturesque Mississippi River Valley, overlooking the river town of Lake City. The tournament date in October offers spectacular fall foliage of the river bluffs and valley. The Jewel features a three-stage practice facility, golf shop and full service restaurant and bar.

Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: Is it illegal to honk your car horn in Minnesota. My friends and family members drive by our house, giving their horn a little honk and waving; is this illegal? What if you're behind someone at a stoplight who hasn't noticed the light turned green—is it illegal to tap your horn to alert them? And what about those car alarms that start honking if they sense an intruder? Please explain. Thank you.



Answer: Minnesota state law says, "Every motor vehicle when operated upon a highway must be equipped with a horn in good working order and capable of emitting sound audible under normal conditions from a distance of not less than 200 feet. However, the horn or other warning device must not emit an unreasonably loud or harsh sound or a whistle. The driver of a motor vehicle shall, when reasonably necessary to insure safe operation, give audible warning with the horn, but shall not otherwise use the horn when upon a highway."

As stated, a motor vehicle's horn is to be used to "insure safe operation." I believe it is worded as this to help prevent and reduce the unnecessary honking to help avoid annoyance and harassment. By using the horn for potential safety issues it can help keep people alert and safe. As you mentioned being behind someone at a stoplight and they don't notice the light turning green. Does sounding the horn help with safety? Another thing to be aware of is a number of "road rage" incidents start from honking the horn.

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

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

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Ask the Nutritionist



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the benefits of eating an apple each day. In my clinical practice, I love to present the ways that

food can be used as medicine. Nutrition is designed for healing. Nutrition is the original health program. When you recognize what foods will provide the nutrients your body needs, you are on your way to managing your health well.

But where do you start? First, consider the current health symptoms that you are managing. How long have you had these symptoms? Have you considered that your symptoms may be related to what you are eating?

For example, many clients will mention they have acid reflux. Acid reflux is also called GERD or "heart burn" because of the burning sensation located near the heart, especially following meal time. Many medical doctors will recommend antacids such as TUMS or Rolaids, or will prescribe a medication to reduce stomach acid. However, too much stomach acid is not the problem. Not enough stomach acid is being produced. How can this be?

The problem is with the special muscle that

connects your stomach with your esophagus. This muscle squeezes shut when stomach acidity gets high. If the stomach acidity is not high enough, it will resist closing. So the problem is not too much acid in the stomach, but not enough. Additional reasons this muscle may not close properly include: a hiatal hernia, H. pylori infection, obesity, smoking, some medications, and some foods like chocolate, onions, or alcohol, which relax the muscle that is supposed to close.

When prescription medications are taken to stop the production of stomach acid there are side effects. The chemical pathway to make stomach acid will be reduced, and the chemical pathway that makes energy for muscles can also be reduced. The energy pathway is affected by the same medication that slows down stomach acid production. In addition, lower stomach acid will increase the risk of bacterial infections coming through the digestive system. When the digestive system is working well with quality stomach acid then most bacteria are killed in the acidic stomach. A report from 2021 stated a 77% increased risk of dying from COVID infection among those who were taking prescription medication for acid reflux. Your digestion system has great defenses to keep you protected. You do not want to reduce these defenses.

Quality stomach acid is produced from foods that are rich in hydrogen. Fresh fruits and vegetables will provide much of what your body needs. Hydrogen and chloride will combine to make stomach acid that will be effective to digest your food. Good sources of chloride include – sea salt, rye, lettuce, cel-

ery, and olives. If you notice an event of acid reflux coming on, eat some stalks of celery, some olives, or drink some celery juice and notice if this resolves the event. If you do improve quickly, you know that your body needs more chloride to produce the necessary stomach acid.

Some additional ways to address acid reflux may include:

- 1 Tablespoon of Apple Cider Vinegar mixed in a large glass of water with a meal
- Eat some sauerkraut or drink some cabbage juice with a meal
- Eat some papaya with a meal
- Eat fresh pineapple with a meal
- Take a digestive enzyme supplement such as Betaine HCl with a meal

As we get older, the body decreases its production of enzymes. Digestive aids from various foods or supplements will help to keep the digestion strong. In order to get all the nutrients from your food, you need to have quality digestion.

I welcome your questions and enjoy the opportunity to discuss healthy options with those who reach out to me with questions.

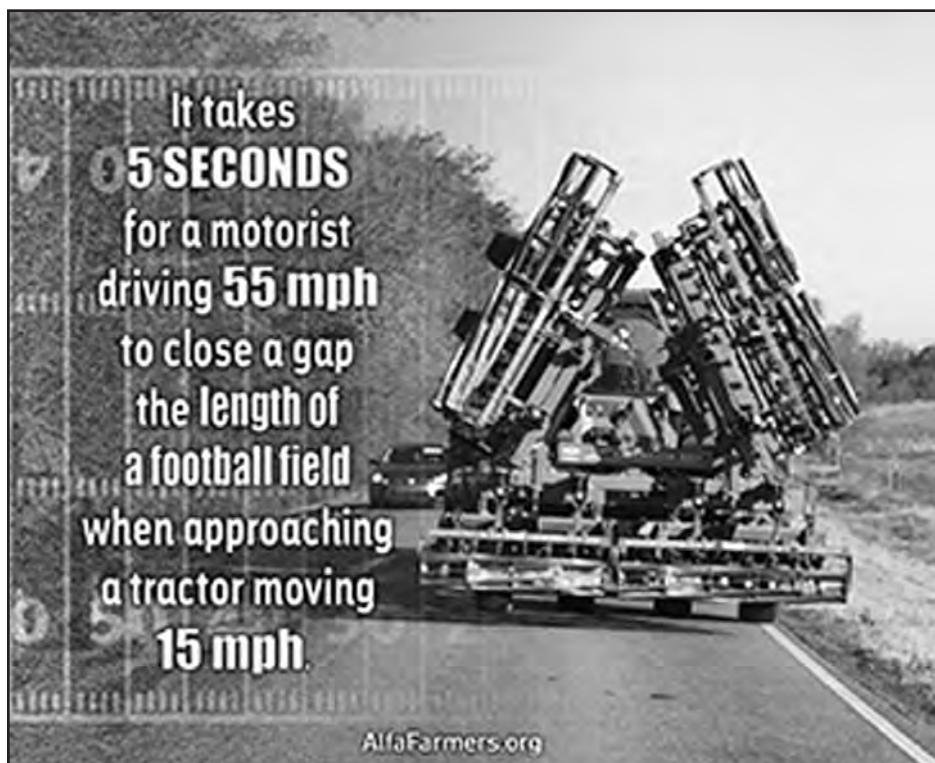
If you would like to present a question for a future article please write to:

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

or send an email to: nutritionproportion@gmail.com

If you would prefer to meet for a personal consultation, you can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

Fall Harvest



Fall is in the air and with the cooler weather comes changing leaves, shorter days and harvest season. It's a busy time of year on the road with more farm equipment and the hustle and bustle of students returning to school and afterschool activities. It can be easy to become distracted when juggling work and kids, but it is important to stay alert behind the wheel to be sure that everyone makes it home safely.

Motorists:

Slow down and use caution when approaching farm equipment. Don't assume the equipment operator can see you.

Watch for debris dropped by farm equipment.

Wait for a safe place to pass.

Drive with headlights on.

Farm equipment operators:

Use lights and flashers to make equipment more visible.

Use slow-moving vehicle emblems on equipment traveling less than 30 mph.

Avoid encouraging or signaling motorists to pass. Pull over when safe and let traffic pass.

Consider using a follow vehicle when moving equipment, especially at night.

Pick up any debris left on the highway by the equipment.

Please remember to watch for slow-moving farm equipment. Be patient, be kind and share the road. Together, we can drive Minnesota toward zero deaths.

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Estate of Chuck Holen
27975 Thomas Ave. South, Webster, MN 55088


J.D 3 Cylinder DieLel zero turn 72" mower (nice), Mitsubishi L.P. No. 35 7,000 Lift Cap with side shift model FG35A serial, No. AF35A 800 hrs. (Like New), 1988 Mercedes Benz Kit Car Convertible, 1939 J.D H NF Tractor, complete Restoration (New Tires), 2 I-H Hit & Miss Eng. (as is), Ford 300 Eng, pallet of batteries, Rooster Weather Vane, pallet racking, deer horns, Bombardier Quest 4 wheeler, Approx. 10 assorted long guns, ammo, 8 Steel livestock gates, 2 lg. gun safes - 6ft. moose antlers, 11 ft. x 8 ft. storage building to be moved, Wickman index metal lathe, Lg. press, 4 ft. x 12 ft. trailer, Torch set, Lg. collection of good tools, Cash register, Graco grease pumps, Cub van for scrap, I-H Toys, Mounted pheasant in glass, peanut machine, School lockers, tool cabinets, some high end household furniture, machine shop items.

Viewing Friday 9AM till 6PM.

Auctioneers Note: Chuck was a businessman his whole life, lots of interesting items. No lunch wagon at this sale, lots of good parking available.

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Samsung SE210 Excavator, 2003
Chevy Duramax Pickup, 1987 Chevy
Pickup, 5th Wheel travel Trailer,
Dump Trailer, (3) 40' Semi Van Trailers,
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Bus, Wooden Wheel Buck Board
Buggy, Dr. Buggy, 50+ Livestock
Gates, Everlocking Pin Gates, Feeders,
5 Hoop Tents, 2 Buildings on Skids
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November 4, 2023
Bidding Begins: .. Oct. 14, 2023
Starts Closing: Oct. 24, 2023
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MICHAEL (MIKE) WEYDERT ESTATE
2015 Chevy Colorado, 2022 John
Deere 325G Loader, (10) Skid Loader
Attachments, John Deere 3046R
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MK5, 2012 Polaris XP800, John Deere
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Embracing Unity: Exploring the First Universal Law of Oneness



By Susan Hinrichsen
CHC, CLC, MC
susiecoaches@gmail.com

In the tapestry of existence, there exists a profound principle that transcends boundaries and connects every facet of our reality—the First Universal Law of Oneness. This fundamental concept invites us to explore the interconnected nature of the cosmos and the potential impact it holds on our lives.

Understanding the Law of Oneness:

At its core, the law of oneness posits that everything and everyone in the universe is intricately interconnected. It's a perspective that goes beyond the surface of individual experiences, emphasizing the idea that we are all threads in the same cosmic fabric. This in-

terconnectedness extends beyond the tangible world, delving into the realms of spirituality, science, and philosophy.

Spiritual Perspectives:

Many spiritual traditions across the globe embrace the concept of oneness. Whether it's the idea of a universal consciousness, a divine energy, or a collective soul, the essence remains the same unity. Recognizing this interconnectedness can lead to a profound shift in perspective, fostering compassion, empathy, and a sense of shared responsibility.

Practical Applications:

Beyond the spiritual realm, the law of oneness finds resonance in practical aspects of life. Systems thinking, an approach that considers the interdependence of elements within a system, mirrors the principles of oneness. From ecological balance to social dynamics, acknowledging our interconnected existence opens doors to holistic solutions and a deeper understanding of cause and effect.

The Ripple Effect:

Every action, thought, or event creates ripples that reverberate through the fabric of existence. Understanding the law of oneness implies recognizing the profound impact our choices have on the collective experience. It encourages mindfulness and a sense of responsibility for the energy we contribute to the interconnected whole.

Embracing Harmony:

As we delve into the First Universal Law of Oneness, we discover an invitation to em-

brace harmony. This isn't just a theoretical concept but a practical guide to living in balance with ourselves, others, and the world around us. It encourages a shift from individualism to a more collective consciousness, fostering a sense of unity that transcends borders and differences.

In conclusion, in a world often characterized by divisions, the First Universal Law of Oneness serves as a timeless reminder of our interconnected existence. Embracing this principle offers not only a spiritual awakening but also a roadmap for creating a more harmonious and compassionate world—one where the threads of oneness weave a tapestry of unity.

If you find yourself inspired to deepen your

connection with this universal truth and integrate it into your daily life, consider the transformative power of personalized guidance. As a life coach, I specialize in helping individuals navigate the journey of self-discovery, aligning their actions with the profound principles of oneness. Together, we can explore practical strategies to embrace harmony, unlock your full potential, and create a life that resonates with the interconnected rhythm of the universe.

Ready to embark on this transformative journey? Contact me at susanhinrichsen.com for a complimentary discovery call to explore how life coaching can be the catalyst for your personal evolution in alignment with the First Universal Law of Oneness.



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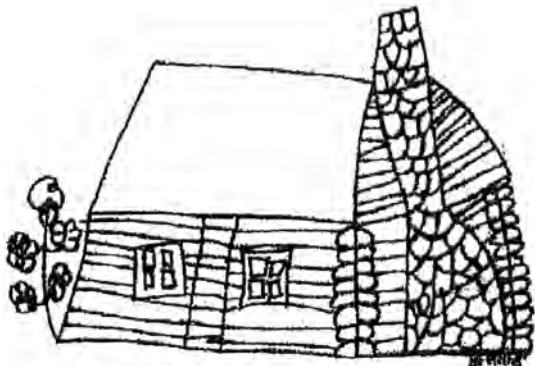


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Talking Adult ADHD with U of M

ADHD is one of the most common neurodevelopmental disorders among children. Among the 10% or more of children ages 6-17 in the U.S. who are diagnosed with the condition, nearly half carry this diagnosis into adulthood. However, there are many people that don't receive a diagnosis until their adult years. Diagnosing ADHD in adults can be a challenge—diagnostic criteria may present differently in adults than children, and is highly comorbid with other psychiatric conditions in adults.

For National ADHD Awareness Month in October, Lidia Zylowska, MD, with the University of Minnesota Medical School and M Health Fairview discusses adult ADHD — what it is, how it is diagnosed and treated — and how both those with adult ADHD and those in their lives can create an environment of support and understanding.

Q: What is ADHD?

Dr. Zylowska: ADHD — or Attention Deficit Hyperactivity Disorder — is an umbrella term that is used in scientific and professional contexts to describe the condition. In such contexts we also use additional terms to specify the most common ADHD symptoms someone has such as:

ADHD, Predominantly inattentive presentation

ADHD, Predominantly hyperactive/impulsive presentation, and

ADHD, Combined presentation

Q: What are the signs and symptoms of ADHD in adults?

Dr. Zylowska: ADHD has two common buckets of symptoms: inattention/disorganization and hyperactivity/impulsivity. Some people have mostly one type of symptoms and some have a combined presentation. The combined type and the inattentive/disorganized presentation are the most common for adults. The typical struggles include trouble focusing, procrastination, forgetfulness and missing out details in a conversation. Hyperactivity can show up as inner restlessness with consequent trouble sitting through meetings, conversations or an inability to relax easily.

We also often talk about ADHD and executive function deficits, such as poor skills with planning, starting or finishing tasks, time awareness and management and managing emotions. In this way, ADHD can affect most aspects of someone's life, including productivity at work, being a partner or a parent and taking care of daily responsibilities. Many adults with ADHD also suffer from indecision, self-doubt and self-criticism.

Q: How is ADHD diagnosed?

Dr. Zylowska: ADHD is typically diagnosed by taking a careful and thorough history of symptoms as a child and as an adult. Being a developmental condition, we look for evidence of behavior and difficulties consistent with ADHD in childhood or adoles-

cence. It is helpful to have input from the adult with suspected ADHD as well as those who know them well. School history and school reports can be very helpful in this process, however, it is also true that some adults may do well in school and struggle mainly when they have to manage regular life.

A careful evaluation will also look at other factors such as depression, anxiety, lack of sleep or physical conditions to make sure these other factors are not affecting focus and productivity. At the same time, it is also important to recognize that ADHD in adults is often present alongside other mental health conditions and may also be the driver of poor sleep, increased anxiety, mood fluctuations, irritability or substance use disorders. The diagnostic process is not always straightforward, as other behaviors can mimic ADHD or be part of ADHD. Finding a psychologist, psychiatrist or other clinician familiar with adult ADHD is important in getting the right diagnosis.

Q: How can the people in the lives of adults with ADHD support them?

Dr. Zylowska: The best way to support an adult with ADHD is to educate yourself about ADHD and how it can affect one's functioning in the world. Just as parents of children with ADHD need to understand how to interpret the behavior of their child through a lens of ADHD and not see it as a willful way of being difficult, people in the lives of adults with ADHD need to do the same. Strategies that can be helpful to adults with ADHD are setting up a system to get tasks done and be accountable, gentle reminders, meetings to review progress and dividing responsibilities to complement the adult with ADHD's

strengths and weaknesses. Lots of mutual appreciation, empathy, a sense of humor and forgiveness about ADHD mishaps can also go a long way.

In addition to the work in mindfulness, I am passionate about increasing awareness of ADHD in women. Many women with ADHD have inattentive symptoms which are often overlooked in childhood. Yet, ADHD can create a lot of difficulties and underachievement, often leading to increased risk of other mental health conditions. It is not uncommon for women with ADHD to receive mental health treatment, but their ADHD is still not recognized. Recently, I have also been emphasizing the so-called Whole Person Approach to ADHD. This highlights how ADHD can influence many aspects of a person—from lifestyle, diet, self-care to relationships—and conversely, how improving those aspects can also improve ADHD. Through speaking about these subjects, I hope to raise awareness in both patients and clinicians so that ADHD is considered as part of a complex clinical presentation.

Lidia Zylowska, MD, is an associate professor in the Department of Psychiatry and Behavioral Sciences at the University of Minnesota Medical School and a psychiatrist at M Health Fairview. She specializes in both adult ADHD and mindfulness-based interventions. Through her research, she pioneered the application of mindfulness in ADHD and developed the Mindful Awareness Practices (MAPs) for ADHD program. She is a co-founding member of the UCLA Mindful Awareness Research and an author of award-winning books "The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals" and "Mindfulness for Adult ADHD: A Clinician's Guide."

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Save Your Brain, Prevent Dementia



By Shauna Burshem, D.C.

Save your brain, prevent dementia. The more you eat a diet based on whole healthy foods the more you can improve brain power and brain function. Certain foods can delay or prevent age related cognitive decline and other brain disorders. For instance, anchovies, sardines, mackerel, herring and wild caught salmon are full of omega 3 fats that have neuroprotective properties for the brain. Cruciferous vegetables (broccoli, cauliflower, asparagus, brussels sprouts) and leafy greens also contain brain protecting nutrients like folate, vitamin E, K, lutein and beta carotene. Free range, grass fed eggs, particularly the yolks contain choline which is needed for your body to make acetylcholine which is involved in maintaining your memory.

Women with the highest cardiovascular fitness had an 88% lower risk of dementia than those with moderate fitness. Cardiovascular fitness can be used as measure of how well blood is circulating to your heart and your brain.

Tomatoes and fruit have been shown to improve lung function. A recent study showed that former smokers who consumed tomatoes and fruit improved lung function and even restored damaged lung tissue. The two main compounds responsible for helping the lungs were the flavonoids contained in fruit and the lycopene contained in tomatoes.

The federal government has rebranded the covid boosters as a new annual vaccination.

Sadly, Pfizer's testing of the new formulated booster only involved 10 mice. Moderna's version was only tested on 50 adults. The updated mRNA injections were developed to correspond to the Omicron variant, which now only accounts for 3.1% of the circulating strains currently out there.

46% of American adults suffer from high blood pressure. High blood pressure is affected by circulating blood volume and blood vessel constriction, both of which are regulated by the kidneys. Research data demonstrates high levels of uric acid, cleared through your kidneys, may increase your risk of gout and kidney stones and raise your blood pressure. Vitamin D helps protect against early kidney disease and therefore helps prevent high blood pressure.

Chiropractic and neuroplasticity: Neuroplasticity is defined as the brain's ability to change, reorganize or grow neural networks. Neuroplasticity is a common talking point when discussing degenerative brain conditions, such as Alzheimer's or dementia. Memory loss, brain fog, and mental exhaustion are symptoms of neuroplasticity degeneration. The spine – specifically the cervical spine – plays a very direct, very integral role in maintaining brain function. The spine houses essential nerve bundles and lymphatic delivery systems, which are charged with feeding the brain. Nerve bundles housed in the cervical spine carry critical messages to and from the brain, facilitating both unconscious and complex functions. Likewise, blood supplied to the brain provides oxygen, amino acids, electrolytes, hormones, and more, for healthy operation. With the link between the spine and brain evident, researchers have begun to look at how chiropractic may be used as a tool to help preserve positive neuroplasticity. Clinical studies have already begun, monitoring the effects of chiropractic on patients' abilities to solve puzzles, multitask, and recall memories. A 3-year study comprised of 100 volunteers, presented at the International Research and Philosophy Symposium held at Sherman College of Straight Chiropractic. The study monitored the mental activity of participants using electroencephalograms (EEG), comparing read-

ings before and after chiropractic adjustments. In an overwhelming majority of read-

ings, brain function showed improvements across the board.

Talking Fall and Winter Allergies with U of M

By University of Minnesota

As the crisp autumn air ushers in a new season, many people look forward to the beauty of changing leaves and the cozy comforts of fall and winter. However, for those prone to allergies, seasonal changes can bring a different set of challenges.

John Moore, MD, with the University of Minnesota Medical School and M Health Fairview, shares an introduction to fall and winter allergies, including their causes, common symptoms and effective management strategies.

Q: Can you explain the difference between fall and winter allergies? What are the common triggers for each season?

Dr. Moore: In the fall, the typical allergens are weeds and mold. The most common weed is called ragweed. This usually starts in August and peaks in September, and sticks around until it gets really cold, usually in November or December. The amount of mold in the air can change depending on the weather. If it's rainy, humid or windy, the mold levels can go up. Even thunderstorms can make it worse.

In the winter, when everything outside is frozen, we tend to have allergies to things inside our homes. This includes pets — like cats or dogs — dust mites and cockroaches. Not everyone has to worry about cockroaches—it depends on where you live, though some apartment buildings or schools may have them regardless of your location.

Q: What is the connection between fall and winter allergies and other respiratory conditions, such as asthma? How do these conditions interact and affect each other?

Dr. Moore: The connection between allergies and asthma is called the "one airway hypothesis." This means when the nose is inflamed from allergies, it can also inflame the lungs, which can then trigger asthma symptoms. These symptoms might include coughing, feeling out of breath or wheezing. In general, exposure to more allergens makes asthma symptoms worse.

In my work, I aim to manage both allergies and asthma symptoms. If we only address one and not the other, it can still trigger asthma, which is why it's important to acknowledge the connection between them. About 40% or more of allergy patients also have asthma. When people come in for a diagnosis, we often ask about both conditions because they're often linked.

Q: How can you tell the difference between allergies, colds and COVID?

Dr. Moore: To start, allergies usually bring about itchy eyes, a runny nose, congestion and sometimes a cough. They shouldn't cause a fever. If you have a fever, it's more likely a sign of a viral illness like COVID or a cold. The extreme tiredness that can come with COVID or the flu is uncommon with allergies. While allergies can make you feel a bit tired, it's not the same overwhelming exhaustion you get from viruses. Muscle pains and aches are another sign more associated with viral illnesses like COVID, colds or the flu.

Loss of taste and smell is not something typically seen with allergies. Allergy symptoms also stick around for months if you're consistently exposed, whereas most viral illnesses usually last a week or two before getting better.

Q: What are some strategies for preventing or treating fall and winter allergies? Are there any lifestyle changes or precautions individuals can take?

Dr. Moore: Dealing with fall allergies can be challenging, especially concerning pollen. In the allergy clinic, we suggest using air conditioning instead of opening windows at home and keeping car windows up. If you spend a lot of time outdoors during the fall, it's a good idea to rinse off in the shower before bed to wash away any pollen you might have picked up.

As for winter allergies, they mainly come from indoor irritants. If you're allergic to dust mites, there are unique covers for mattresses and pillows that can help keep them away. Lowering humidity can also make a difference, as dust mites thrive in humid conditions. Regular cleaning, like vacuuming and using air filters — especially if you're allergic to dust mites or pets — can be beneficial.

There are medications available, many of which you can get over the counter. For example, antihistamines, nasal steroids and eye drops can provide relief. For a more long-term solution, there's allergy immunotherapy — like allergy shots — which work on the root of the problem rather than just easing the symptoms.

Q: What do you find most fulfilling about your role as a doctor and a University of Minnesota faculty member, and how does it contribute to improving your outpatient outcomes?

Dr. Moore: One of the great things about working at M Physicians is the fantastic teamwork among healthcare providers. Thanks to our electronic medical record system, we can easily communicate with multiple providers caring for the same patient. This is especially beneficial for patients with overlapping health issues, as we can tap into the expertise of various specialists. I've been fortunate to receive responses to my messages on the same day, allowing me to make immediate adjustments to their care.

The collaborative effort among specialists, general practitioners and internal medicine providers is truly valuable. Being able to update them on any unexpected findings or changes in a patient's condition helps ensure smooth ongoing care. It can be quite challenging when you're not within the same system, but having a messaging system that allows timely responses has been highly beneficial and rewarding.

Dr. John Moore is an allergy and immunology physician at the University of Minnesota Medical School and M Health Fairview. His clinical interests include asthma, atopic dermatitis and eczema, cough, drug allergy, environmental allergies, food allergies, hives and urticaria and chronic sinusitis.

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Working Session Meeting of the Mazeppa City Council

Meeting Minutes

Wednesday, August 30, 2023

The Mazeppa City Council Working Session was called to order at 6:05 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Engineer Matt Mohs, Project Engineers Roberta Cronquist and Brady Nahkala, Public Works Director Scott Ellingson, and Administrator Clerk Karl Nahrgang.

Absent: Councilperson Steve Liffriig.

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

Council chose to hear the 4th Ave. NE matter first, so that representatives from the City's engineering firm could leave after the discussion of 4th Ave. NE.

Administrator Clerk Karl Nahrgang said he had talked with former Valley View Manufactured Home Park owner Rick Bazille about the extension on 4th Ave. A synopsis of the conversation will be included with this meeting. He said that he had receive a Freedom of Information Act request from Lemmons and Kelly Attorneys at Law for information regarding 4th Ave. NE. Nahrgang said that he would be sending all information that had been gathered for Mr. Sveen in the

past and any additional items and send it to the Lemmons and Kelly.

City Engineer Matt Mohs said that the overview of what Mr. Sveen had verbally proposed would be viable for stage one of squaring off a private drive between 4th Ave. NE and the original farm driveway. He also said that if Mr. Sveen intended to add a storage facility between the proposed driveway and the property to the south, it would require a drainage plan and control basin the hold runoff due to the increased non-permeable surfaces associated with the storage facility.

Administrator Clerk Nahrgang said that he had emailed Mr. Sveen asking for a simple concept drawing showing what his proposal would entail.

Mr. Mohs spoke about the overall watershed study in the area and some of the options to relieve runoff problems. The proposal to add in storm sewer pipe from 6th Ave. NE to the river to be done with the Sanitary sewer project would be at minimum \$700,000, not including the excavating to get a portion of the water along 6th Ave. watershed to flow south to enter the underground storm pipe. Mr. Mohs said that if the land to the east were to be developed in the future, excavating could be done at that time to split the watershed and move a portion of the runoff to the south along 6th Ave. NE and allow the runoff to move along Highway 60 to an existing culvert and continue flowing south. Construction of a road for Chestnut Estates would also need to have plan to move

runoff from that area into the 4th Ave. NE watershed and to a future 6th Ave. drainage area. One more factor to consider is that Wabasha County does have plans to update County Road 54 (Chestnut St.). Depending on the scope of the road update, there may be additional drainage factors to consider with the project. The projection for such an update is 2028 and is subject to change.

Mr. Mohs, Roberta Cronquist, and Brady Nahkala went through the flood plain calculations for the wastewater treatment plant site. The Minnesota DNR had no objection to their new calculations, but the Army Corps of Engineers rejected the new calculations. The design group will hold a meeting to discuss changes and cost for final plant design that this obstacle will present.

Administrator Clerk Karl Nahrgang went through a new replacement schedule that Public Works staff and City Hall developed. They agreed that it was not set in stone, and could be altered to address changing needs, but it does help to show that the streets and parks equipment budget is underfunded and will need to be built up moving forward.

Most budget specifics were in the Streets and Parks fund. Mr. Nahrgang, Mr. Ellingson, and the Council felt that some urgent needs would be in that fund. Mr. Ellingson said to the Council that he would like to have more coordination between Public Works and committees that help direct funding to projects.

Mr. Nahrgang said that he figured the costs

and was trying to stay at a 3% levy increase. He said that he had done that but would like to get to 3% to add a bit more funding to the Streets and Parks budget.

Mr. Nahrgang discussed the Sewer Fund budget. He had consulted with Mr. Mohs as to how to budget for the project. There is not an accurate way to know how much of the project would be done and must be financed during 2024, but if the project looks to be done over a 2-year period, using 50% of the total would be a reasonable rule of thumb.

Mr. Nahrgang said that he would make small changes to the 2024 budget before presentation and not exceed a 3% levy increase.

Motion by Young, second by Wiebusch to adjourn the Council working session. All in favor, none opposed. Carried.

Meeting adjourned at 8:46 PM. Next meeting, September 13, 2023 at 6:00 PM.

Administrator-Clerk

Regular Meeting of the Mazeppa City Council Meeting Minutes Wednesday, September 13, 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 Liffriig, Michael Hammes, Erica Young, and Dustin Wiebusch.

(continued on page 17)

Historical Happenings

Compiled by
Helen Reiland

THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas
FRIDAY, OCTOBER 28, 1955

Erwin Post Herd Tops Month Report

Marlyn Klindworth, Supervisor of the Central Wabasha Cow Testing Association has submitted his report for that association for the month of September.

Erwin Post, Mazeppa, 18 cows (6 dry), 30.9 fat, GH; and Alfred Oelkers, Mazeppa, 19 cows (8 dry) 22.2 fat, GH.

Five high cows: Dean Hassig, 68.5 fat, GH; Alfred Oelkers 65.5 fat GH; Erwin Post, 64.1, 59.6 fat GH.

Business Changes Announced This Week

One of Mazeppa's leading businessmen, Albert Oelkers, stepped aside in semi-retirement, Wednesday of this week, when he sold his Conoco Bulk Service dealership to Harold Von Bargaen of this community.

Mr. Oelkers, a resident here for the past 38 years started in the oil business with Pioneer Oil Co. about 25 years ago. This company sold out to Conoco about 20 years ago and since then he has been a dealer for them. During this span of years, Mr. Oelkers has been active in civic affairs, made a host of friends and has given his patrons exemplary service.

The Conoco Company, in recognitions for his many years of service honored him with a dinner at Rochester this Wednesday evening.

Harold Von Bargaen, the new owner, formerly was in the milk hauling business for Mazeppa Farmers' Coop Dairy Association for about three years. He sold his milk route and truck to Gerald Reding, the first of this month. The latter operated the two milk trucks plus managing his "66" service station.

The Journal extends its congratulations and best wishes to the two new owners, Von Bargaen and Reding, and a "well-done" to Mr. Oelkers.

FIRE DEPARTMENT CALLED

The Mazeppa Fire Department was called Tuesday afternoon to the Chester Lother farm where they put out a grass fire. Being in a field of new seeding, the prompt action of local firemen held damage to a minimum.

The Town Will Miss Him

I never met Art Hernlem, Jr., of Red Wing, formally, but like all on Main Street, felt that I knew him well---that was the kind of personality he had. The 39-year-old salesman for Friedrich and Kempe of Red Wing, died Oct. 14 at Rochester, after a brief illness, at the age of 39. He called on most business places here for many years. Surviving are his wife and six daughters.

40-Hour Devotions at Catholic Church

The annual observance Forty Hours of Adoration in honor of Our Lord in the Blessed Sacrament will be held at S.S. Peter and Paul church, October 30, 31 and Nov. 1, opening with High Mass Sunday morning at 7:25 a.m. as announced by the pastor, Father F.J. Felten. The Devotion will be conducted by Father R.A. Kilbridge of St. Peter Priory, Winona, Minn.

Along The Side

Daydreaming

I can almost forgive Minnesota for that horrible summer, when we have an Indian summer like this ...it's just like the spring---when there are so many chores to do around the place, and the weather is too nice to make yourself do them...the weather has been made to order for storm window put-onners, tho'---got yours done? Our congratulations to F.W. Kingsley, who celebrated their 60th wedding anniversary...the pheasant hunters had fair luck last week-end, considering the weather---it was a little on the stormy side and not too many of the birds were flying---and where all the birds were flying---and where were all the birds Saturday, that all the eager hunters witnessed the day before the opener?...have everyone else's mums been so slow in opening up?...now it's Hallowe'en costumes to worry about for the kids---and it's really something to worry about when you're an unhandy with the needle as I...I've decided to sew a few Christmas gifts this year---so if I suffer a nervous breakdown you will konw the reason why....

Mazeppa City Council Meeting Minutes

(continued from page 16)

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs, Municipal Liquor Store Mager Todd Ihrke, Wabasha County Sherriff Rodney Bartsch, Fire Chief Bryce Dohrn, Public Works Director Scott Ellingson, WSB Project Engineer Luke Lunde, and Administrator Clerk Karl Nahrgang.

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

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

Motion by Wiebusch, second by Young to approve the August 9, 2023 regular City Council meeting minutes and August 30, 2023 Council working session minutes. All in favor, none opposed. Carried.

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

Regular meeting closed at 6:01 PM.

Public Hearing opened at 6:01 PM.

This public hearing was held for comments to do a minor subdivision within the River Bluff subdivision. The proposal would create 3 lots of .66 acres each out of parcels R23.00339.00 and R23.00340.00 which are approximately 1 acre each. Lots of less than 1 acre but more than 1/2 acre are allowed in R-3 Zoning. It was pointed out that River Bluff is a covenanted subdivision. The covenant does have language in place requiring 1 acre lots. The requestor would have to abide by the covenant unless he can have the covenant changed.

Motion by Young, second by Wiebusch, to close the minor subdivision public hearing and open the public hearing on the Cannabis dispensary moratorium. All in favor, none opposed. Carried.

Minor subdivision hearing closed at 6:06 PM.

Cannabis dispensary moratorium public hearing opened at 6:06 PM.

Purpose of the public hearing was to get public input on the proposed cannabis dispensary moratorium. The State of Minnesota has passed an enabling law to create the Office of Cannabis Management. As a part of this law, units of local government can initiate

local ordinance temporarily halting any dispensary from starting business in the community until such time that zoning ordinance and other provisions can be drafted, discussed, and voted into ordinance by local City Councils.

City Attorney Luke Lamprecht and Sherriff Rodney Bartsch said that taking the extra time to get guidance from professional organizations that advise cities and law enforcement on best practices would be wise to ensure that a business of this type would not create disruption within the community.

The question of what level of business would this be considered if someone were to inquire about having a dispensary as a home-based business. Councilperson Wiebusch said that if Minnesota's law regarding dispensaries is anything like other states that have legalized dispensing cannabis, the security requirements would not be feasible as a home-based business.

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

Public hearing closed at 6:17 PM.

Regular meeting re-opened at 6:17 PM.

Sherriff Rodney Bartsch presented the monthly Incident Command Report. He also gave an update on updating of policing costs by Wabasha County and that the correct costs have not been charged properly to cities within Wabasha County that uses the Sherriff's Department as primary law enforcement provider within the community. The Wabasha County policing contract is undercharging the participating cities by approximately \$22 per service hour, for Mazeppa that is approximately \$21,000 per year. Wabasha County Sherriff's Office will present the new contract to the City Attorney for review before presentation to the Council.

The City will be receiving a 1-time grant for Public Safety that would cover the bulk of the increase for the first 2 years.

Mazeppa City Council will hold a working session meeting on September 27, 2023 at 6:00 PM to discuss the increase and options.

Public Works Director Scott Ellingson gave the monthly Public Works report.

Fire Chief Bryce Dohrn gave the Fire Department report.

Municipal Liquor Store Manager Todd Ihrke gave the liquor store report.

Motion by Hammes, second by Young to

approve hiring new liquor store staff members Sam Sheridan, Jessica Schumacher, and Ryan Liffri. All in favor, none opposed. Carried.

City Engineer Matt Mohs gave an engineering update.

Riverbank restoration project engineer Luke Lunde from W.S. Beng updated the Council on the Riverbank project. The project has been completed. There is a 2-year period vegetative replacement and maintenance that is included in the project. The upper part of the bank will naturally reshape itself and not cut further bank into the property due to the structures created at the water's edge. The in-channel structures placed on the northern portion of the project at Herb Vik park will use the river's natural flow to remove some of the sediment and improve aquatic habitat in that portion of the river and still allow canoe and kayak traffic. There are still some unused allocated funds available. Mr. Lunde will present a couple of proposals for this project to use the remaining funds.

City Administrator Clerk Karl Nahrgang distributed the City Hall activities report and thanked Councilperson Dusty Wiebusch for leading the effort to install the fire escape at the Mazeppa Municipal Liquor Store.

Motion by Wiebusch, second by Liffri to approve building permits; MZ23-13, 1176 Chestnut St. NE – agricultural building. MZ23-11, 1252 Riverbluff Rd. SE – deck. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to loan funds from City reserves to the Mazeppa Economic Development Authority in the amount of \$120,000 at 3% annual percentage rate, to be amortized over the period of 5 years for the purchase of lots in the Chestnut Estates subdivision. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffri to approve preliminary 2024 City budget totaling *\$9,523,061. All in favor, none opposed. Carried.

*This amount includes the expected costs of the new wastewater treatment facility that may be incurred during budget year 2024.

Motion by Wiebusch, second by Liffri to approve preliminary 2024 Tax levy request of \$405,045. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to approve replacement of the Hustler lawn mower on program for \$3132. All in favor,

none opposed. Carried.

Motion by Liffri, second by Wiebusch to approve replacing the snowplow on the 1-ton Chevrolet truck. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to schedule the Truth-in-Taxation hearing for December 13, 2023 at 6:00 PM. All in favor, none opposed. Carried.

First Reading of Ordinance 2023-03, No Cannabis Use within Public Property and Public Spaces.

First Reading of Ordinance 2023-04, Interim Ordinance Prohibiting Operation of Cannabis Business.

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

Motion by Wiebusch, second by Young to transfer funds from WWTP interim loan account to City operating account to pay for WWTP project engineering. All in favor, none opposed. Carried.

City Attorney Luke Lamprecht asked if the Variance request considered at the August 9, 2023 Council meeting had been signed by the property owner and if the chickens had been removed from 348 Chestnut St. NE.

City Administrator Karl Nahrgang replied that the property owner had not signed the variance request, and that he did not know if the chickens had been removed at 348 Chestnut St. NE, but he would make the necessary inquiries and report back.

Councilperson Erica Young thanked the volunteers who erected the fire escape stairs and railing at the Municipal Liquor Store and inform everyone that the final market at the park for 2023 would be September 28 from 4:00 PM to 7:00 PM, and that the Parks and Rec committee would be hosting a golf cart parade starting at Herb Vik field on October 14, 2023 at 1:00 PM.

Councilperson Dusty Wiebusch thanked Corey Klein, Jordan Wadewitz, Karl Nahrgang, Chris Hagfors, Jamie Rowe, Dan Nelson, and others that helped assemble and erect the fire escape at the Municipal Liquor Store.

Motion by Hammes, second by Wiebusch to recess the meeting until the Council working session on September 27, 2023 at 6:00 PM. All in favor, none opposed. Carried.

Meeting recessed at 8:01 PM.

Administrator-Clerk

Autumn is upon us. Cooler weather, Halloween displays, pumpkin spice, and the beginning of the fall colors are the nature of the season. This season is very busy at the City's brush/compost site. Residents respect the rules of the compost site, but during this busy season sometimes our staff see that people may forget the procedures. Please remember these rules to keep the site safe and orderly.

- 1) Brush dump is for branches and yard waste only.
- 2) Yard waste such as leaves, grass clippings, and plant material should be deposited on the south side of the area (to the left of the entrance gate) and branches are to be dumped on the west/center of the area (straight in from the gate).
- 3) Do not leave any bags or debris. Check to make sure you have not accidentally dragged any cans, bottles, or other items from the back of your truck or trailer.

The City provides a place to dispose of yard waste as a convenience. Please help us to keep it clean and usable.

CLERK CHATTER

By Karl Nahrgang
Administrator Clerk,
City of Mazeppa

Zumbro Falls City Council Minutes - August 9, 2023

Zumbro Falls City Council met at City Hall at 6PM. Absent were Sara Anderson and Paul Bankers.

The meeting was called to order by the mayor. Clerk read to council the July minutes that were accepted as read with a motion from Benson, seconded Heitmann, all in favor, carried.

Treasurer's report followed with acceptance by a motion from Benson, seconded Heitmann, all in favor Carried.

Fire Department updates were made by Fire Chief, Scott Kennedy. New Air Packs have been delivered and paid for by the grant received along with balance owed paid by the Fire Department funds.

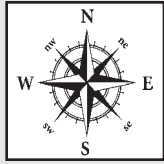
Donations accepted with a motion from Benson, seconded Eischens, all in favor carried. \$200.00 from Kathy Solomonson and \$200.00 from Milt Solomonson, both to be used for memorial engraving.

Road repair project on School Dr. and Wagon Wheel Dr. has been completed.

A motion to adjourn the meeting and the clerk to pay bills presented was made by Benson, seconded Heitmann, all in favor, carried.

Submitted by, Susan Eischens, Clerk

Changes in Latitudes, Changes in Attitudes **Memories of my Great Grandfather Norman**



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.

My grandmother told me stories of my great grandfather Norman Campbell. His parents homesteaded our farm in the 1850's before Minnesota was granted statehood. When he was just a small child, the Dakota Indian uprising of 1862 took place. The story was that during this time in August of 1862, his parents kept the horses hitched to the wagon at all times fearing that they would have to flee to Rochester if news that the Indians were approaching. The horses remained harnessed with the buckboard packed and ready to leave at a second's notice if necessary.

The Minnesota Indian War of 1862 caused the greatest loss of civilian life of any one incident until the terrorist attack of September 11, 2001 in New York. The corruption of Indian agents withholding payments to the Dakota tribe was the catalyst for the uprising. Trading post owners would take the funds to be distributed to the Indians per the treaty agreement, and claim as payment for past debts. Some years they withheld nearly all the money. When desperate Indians tried to buy food on credit, one trader told them to eat grass. He was one of the first killed in the

uprising of August 17, 1862. Little Crow the Dakota chief advised against the uprising but young braves were not dissuaded. Over the next couple weeks more than 800 settlers were killed in the New Ulm area as Indians attacked settlers farming there, before troops arrived and over powered the Indians. Thirty-eight Dakota braves were hanged in Mankato in December of 1862 for their part in the killings. Many of the settlers had been friends with the native Indians in western Minnesota and blamed the government for the war more than the Dakota Indian tribes.

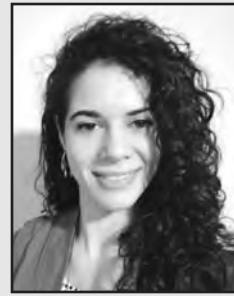
There were more dangers lurking on the homesteaded farm one hundred and fifty years ago. One evening Norman brought the horses into the limestone barn which was cut into the hillside. As he went to scoop some oats out of the burlap bag sitting on the floor, he held the lantern up and saw there was a rattlesnake coiled up in the bag. Fortunately, he looked before he reached or I may not be telling this story here today. One afternoon in the late 1880's, Norman found a number of rattlesnakes sunning themselves on the rocks along the bluff on the north end of the farm. He took a stout oak branch and cudgled eighteen of the reptiles to death that day. His hunt must have been complete because I heard of no other rattlesnake stories on the farm. Never the less this story made quite an impression on me as a young boy and I explored the woods with a snakebite kit and my trusty .22 rifle.

My father also told of a story about Norman later in his life. He took the buckboard and horse to Mantorville one day for supplies and the hired man asked him to bring him back a plug of chewing tobacco and a bottle of whisky. One the way home Norman stopped by a number of the farms on the way and talked with the farmer and gave his horse a drink at the water trough under the windmill. As he visited, he would offer the farmer a nip from the bottle. After three or four such stops, he noticed the bottle was getting empty, so at the last farm he refilled the bottle from the hand pump and put the cork back in. The next time he went to town, the hired man asked him to buy the whiskey somewhere new because the last bottle was quite weak.



My great grandfather Norman with his four hitch team of horses

A Minnesotan: Trunk-or- Treat



By RosaLin Alcoser

With the exception of 2020, every Halloween since I graduated from college I have participated in Trunk-or-Treat in the church parking lot. Which I absolutely love taking a part in, mainly because I really love Halloween.

For those of you who might not know what Trunk- or- Treat is, it's when children go trick or treating in a parking lot, often at a church, during the day by going from car trunk to car trunk to get candy.

Ideally the people who set up a car trunk for the kids to go to have decorated said trunks for the children. Much like some people used to do to their yards or garages when I was a kid going out on Halloween night.

Even though I can't go over the top with a trunk like I remember some people doing with their houses I still try to get really into

the decorating part. Last year I had bats and ghosts hanging all over my hatch back. This year I'm turning it into a 90's Halloween movie grave yard. Which completely isn't just an excuse to buy a plastic skeleton and dress it up.

It is completely an excuse to buy a plastic skeleton and dress it up. His name is now Gary.

The first couple of years I was really just helping out a family member with their trunk but last year I started doing my own. Which is one of the real signs that you're moving up in the world is when you have to start doing or bringing our own thing to the event instead of being tagged onto someone else's.

I love helping at this event and the people running the event love me coming to help because I usually know or can guess what the kids are dressed up as. I for one remember that it was super important to me as a kid, and now, for the adults to know what my costume was when I was a child. Even in the event when I was the only one who knew what I was for Halloween it was still super important to me that people knew what I was without me explaining it to them.

It is starting to get harder for me to know what some of the character costumes from the newer shows meant for preschool and kindergarten aged children are as Halloween is slowly becoming the only time that I interact with children of that age. Anything that is a classic costume though I can identify nearly every time.

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Email resume and sample of work to: hometownmessenger@gmail.com

or call Terry at 507-951-7417



Mazeppa-Zumbro Falls
Messenger

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 THEME: THE 2000s

ACROSS

1. Interest in a venture
6. Hundredweight, acr.
9. Med. sch. requirement
13. ____ the tail ____ the donkey
14. Duran Duran's 1982 hit
15. All plants and animals
16. Part of an eye, pl.
17. Go for the bull's eye
18. Reduction/oxidation portmanteau
19. *Best selling author of the 2000s
21. *Billboard's music artist of the 2000s
23. Chicken ____ king
24. From a thrift store
25. Class-conscious grp.
28. Formerly, once
30. Marine mammal in famous Beatles' song
35. Fabled fliers
37. Jealous biblical brother
39. Averse
40. *"He's Just Not That ____ You" (2009)
41. Acrylic fiber
43. Arabian chieftain
44. Apartments, e.g.
46. *Friendster or Facebook, e.g.
47. 5,280 feet
48. Metal detector, e.g.
50. Goose egg
52. Cry of horror in comics
53. Made a basket
55. *Frodo Baggins and Samwise Gamgee or Nemo and Dory, e.g.
57. *Name for 2000s
60. *Popular social network of the 2000s
64. K-pop country
65. Woody creeper
67. Teletype machine, for short
68. Picture within a picture, e.g.
69. *"____ Smart" (2008)
70. Make a canyon, e.g.
71. Furniture wood
72. Utmost degree
73. Financing values

DOWN

1. Horse prod
2. *Popular DVR device
3. All over again
4. Eucalyptus-eating marsupial
5. Store in a silo
6. Mountain goat terrain
7. *Xbox competitor
8. Libraryful
9. Dignified manner
10. *"The Da Vinci ____," best selling book of the 2000s
11. A-bomb particle
12. Levy
15. Like "something new" boutique
20. Beginning of sleeping disorder
22. Feline sound
24. Put to work
25. *Toyota Hybrid introduced worldwide in 2000
26. 1,000 kilograms
27. Play a part (2 words)
29. *2002-2004 zoonotic epidemic cause, acr.
31. Rich soil
32. China grass
33. Handy
34. *First ever recipient of Oscar for Best Animated Feature
36. Chronic drinkers
38. Post-it slip
42. Like #59 Down
45. *Pink's 2008 hit (2 words)
49. Break down
51. Dismissal or ejection
54. *"Peace" with fingers
56. "Madame Butterfly", e.g.
57. First rate (2 words)
58. Sky's Major one
59. *Like Best Buy's Squad
60. Urban legend
61. Tons (2 words)
62. Relinquish, as in property
63. *Jennifer Aniston and Brad Pitt, after 2005
64. *American Girl ____ Kittredge
66. Doctor Dolittle, e.g.

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Creating a Sense of Belonging



Tim Penny
So. MN Initiative Foundation

which are dedicated to making southern Minnesota a welcoming place for all. We were excited to see many of our partners in our region celebrating the nationwide Welcoming Week in early September. One of the organizations that was very active during this time was B.E. Welcoming based out of Blue Earth. SMIF has supported the organization with two Small Town Grants. They organized a number of programs throughout the week, including a community bonfire, a story walk and inclusive yard signs to celebrate the people who make Blue Earth what it is.

Many of the inclusive programs that SMIF supports are focused on children in our region. SMIF's Early Care and Education Grant, which is currently open, helps fund early care and education services for children birth to age five, including initiatives which support underserved and diverse populations. During the previous grant round, Healthy Community Initiatives in Northfield used their grant for community outreach to promote local programming that helps low-income and BIPOC families prepare young children for kindergarten. The Rochester Montessori School used their grant to design weekly lessons for small groups using culturally relevant stories and activities for diverse classrooms. To learn more about this grant, visit smifoundation.org/earlycaregrant and apply by October 2.

We are also excited to open up a special round of SMIF's Inclusive and Equitable Communities Grant in late October. This grant supports initiatives which will build inclusive, welcoming entrepreneurial environ-

ments and opportunities, especially for BIPOC individuals and/or immigrants or refugees. Earlier this year, the Council of Churches Refugee Services in Mankato was awarded an IEC Grant to support small business leadership skills and engage in cross-cultural learning. The Owatonna Public Schools is using their IEC Grant to provide immigrants and BIPOC adults the opportunity to learn more about how to successfully launch a small business. Look for details about this grant on our website in a few weeks at smifoundation.org/inclusive.

Belonging begins with us. We can all help make southern Minnesota a welcoming place for all.

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



Creating a sense of belonging in rural Minnesota can enhance the overall quality of life for everyone who lives there. By embracing different perspectives, cultures and ideas, rural Minnesota can build stronger, more thriving communities. At Southern Minnesota Initiative Foundation (SMIF), we offer several grant opportunities to support inclusive initiatives in the communities of our 20-county region to help make everyone feel welcome.

Several years ago, SMIF became a member of Welcoming America, joining many other organizations and communities in our region

PRIME RIB and SHRIMP

Saturday, October 14th

5:00PM until gone



**BREAKFAST
BUFFET**
Sunday,
October 29th
8:00AM to Noon



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Fish Platter
\$13.00



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**10 TAP BEERS!
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The Fireside
LOUNGE AND
SUPPER CLUB



Celebrating 20 Years of Amy Family Hospitality

Steaks - Seafood - Burgers
Sandwiches - Salads
Full Bar - Off Sale

DAILY FEATURES

WEDNESDAY Enjoy Our Pasta & Jumbo" Wings Specials!
BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)

THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks!
Taco Specials! Fajita Specials! 16oz. Margarita Special

FINALLY FRIDAY All You Can Eat Fish Dinner

SATURDAY Hand Battered Jumbo Shrimp or
Slow Roasted Prime Rib

SUNDAY Enjoy Our Sunday Breakfast Beginning at 9a.m.



Reservations Strongly Suggested
Call 507-645-9992
or email:
firesideloungedennison@gmail.com

Plan Your Holiday Parties Today

37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-2:30 PM
Bar Open Later

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