



# Mazeppa-Zumbro Falls Messenger™

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## Mazeppa Area Historical Society's New Additional Building



By Helen Reiland

The MAHS new building is being built by Custom Post Frame of SE Mn., owned by Dan Meyer & Dan Smith. It is a Wick building out of Wisconsin.

The building is 48' x 64' & will house the "1896 Two-Man Hose Cart", huge school display, along with items too big to be in the current building. *(continued on page 16)*

### Announcements

- THE MAZEPPA AREA HISTORICAL SOCIETY SENDS OUT A HUGE THANKS TO ALL WHO HAVE DONATED & SUPPORTED US IN BUILDING OUR ADDITIONAL MAHS BUILDING! "LET'S ROLL IN 2025"!

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

*(continued on page 2)*

## Passing the Torch

By Tyler Weeks

What do you get when you mix two city kids fresh out of college, a 100-acre property, and a dream to turn a \$5,000 down payment into a fully functioning farm? The safest answer would be a disaster waiting to occur, but Hugh and Pat Kramer's decision to do this very thing resulted in much more than youthful ignorance. What began from a simple dream of owning a farm became one of the Midwest fencing industry's greatest revolu-

tions: K Fence. Their initial need to reliably contain their farm animals has since transformed into a 40+ year service to the agriculture community, in which they introduced New Zealand energizers and high-tensile fencing. For farmers across the Midwest, using Hugh's developments has significantly advanced their ability to contain livestock while keeping predators out.

*(continued on page 6)*



## Wabasha County Dairy Princesses Named Princess Kay Top Ten Finalists



Wabasha County Dairy Princesses Monica Evers and Nicole Hauschildt were each named Princess Kay Top Ten Finalists last month in the Minnesota State Dairy Princess competition.

## Graduation Walk with Seniors and 2nd Graders



*(additional pictures on page 12)  
courtesy of ZM Schools*

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## Announcements

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@threeriverscap.org

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

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

*Do you have an announcement?*

*Email:*

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## God Never Said, He Won't Give You More Than You Can Handle



By Pastor Colleen Hoeft

Has this ever happened to you: You try something new/never done before and it's something labeled as "Easy/Beginner" or your friends tell you, 'it's no problem—it's easy! And you quickly find out that it is not so easy? Or you purchase something at Ikea that says- easy to assemble... In January when we went down to Florida to visit our son and his family we brought Christmas gifts. We gave our 4 yr. old granddaughter a Lego kit- which said 6 and up- I thought it would be good for her and her dad to do together. Well- She wanted Grandma to help her put it together! I thought- it's for 6-year-olds, how hard could it be!!!! There were directions and we got started. She eventually took a nap and I kept working on it- about 3 hours later... tada!!! It was done!

It was not easy for me. Even if the packaging says easy to assemble- beware!

Even with 'easy' instructions- sometimes the advice can SOUND great it doesn't mean it IS great. All the directions and advice SOUNDED good...But when push came to shove it was LACKING...

There will be a day when some well-meaning believer tries to help by stepping in and says to you; Not to worry everything is going to be okay because God will never give you more than you can handle. Sounds nice, the problem is that it is NOT TRUE... Scripture never says that anywhere.

The passage that leads to the misconception that "God will never give you more than you can handle is found in 1 Corinthians 10:13. "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

Paul encourages us to remember God is faithful. That He will not tempt us to sin. God never sinned and He will not tempt us to sin. But He will allow temptations to come to us so that we can develop perseverance and grow our faith in Him. This reference is a reference to sin, not a promise to relieve us of our heavy burdens. So why be a Christian if our life won't be any different? I'm not saying that there is no hope or help- I'm not saying that each day will be a terrible drag and burden.

Following Christ is amazing! Following Jesus is spectacular and supernatural! But it's not always easy... Here's a hard truth we need to grab hold of: God will absolutely give you MORE than you can HANDLE. He

does this so that we will turn to Him and seek Him and give Him our burdens.

I want to use the truth of this passage to unpack the lie hurting so many people. The truth is that Life is often more than we can bear. Here are three ideas that will help us unpack this hurtful lie.

• Human Suffering is UNIVERSAL. John 16:33 We will all experience hardship and suffering. It doesn't matter how young or old you are. Everyone at one time or another has or will experience hardship. Often there is a powerful lesson we can learn from our experience. Listen to the advice of some kids I read about who experienced trouble and learned from it:

• "Never hold a dust buster and a cat at the same time." (Sara- Age 9)

• "Felt markers are not good to use as lipstick." (Lauren- Age 9)

• "Don't pick on your sister when she's holding a baseball bat." (Joel- Age 10)

• "Never try to baptize a cat." (Eileen- Age 8)

We all have experienced suffering! Sometimes it is self-inflicted like these kids! For some of us we are experiencing suffering because of the consequences of addiction- and unhealthy lifestyles. The fact is our lives are all affected by hardship. As much as I wish this Christianity thing gave us a free pass from that brokenness it's just not the case.

God doesn't cause all this... I don't have all the theological answers, but I've learned and recognize that we are living in a broken, fallen world. Much of the suffering is a result of the consequences of sin in our world. Think of it like the nuclear fallout after an atomic bomb. -We are suffering from the fallout of the fall.

(continued on page 3)



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Pastor Dan Reich  
507-753-2576 • 35933 Cty. Rd. 17, Lake City, MN  
Sunday Worship at 10:00 a.m.

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(Bible class at 8:15 during the school year)



### AREA CHURCH DIRECTORY

#### I Am God's Chosen Possession

*He chose us in him before the creation of the world to be holy and blameless in his sight.*  
— *Ephesians 1:4*

The Bible explains that believers have been freely and generously chosen by God. This choosing is not based on our appearance, intelligence, personality, status, or anything else. It's not something we earn or deserve. Instead, it's a purely gracious act.

God, in his great love, initiates the process of salvation. By his sovereign will and good pleasure, God has decided to save us, making rescue and redemption possible for all who have been made in his image (Genesis 1:26-27). Even though we were ensnared in sin, Jesus died to deliver us from the curse of sin and death to make us holy in God's sight.

Being chosen by God is an overwhelming blessing that fills us with humility and helps us see that there is no room for pride or boasting. It also instills in us a sense of security and confidence, recognizing that our salvation is not based on our religious performance. Instead, as God's chosen possession, we belong to him. Body and soul—in life and in death—we are his, and nothing can snatch us from his hand (John 10:28-30).

What an exhilarating honor—to be chosen, wanted, and valued by the most significant being in the universe!

*Gracious God, thank you for choosing us. Thank you for being the author, perfecter, and finisher of our faith. May we live with the assurance that you will complete the good work you have begun in us. For Jesus' sake, Amen.*

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### ZUMBRO COMMUNITY CHURCH

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### SOUTH TROY WESLEYAN CHURCH

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

### ST. JOHN'S LUTHERAN CHURCH

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



## South Troy Church Ditch Pick-up May 14



Left to right: Denise Steinberg, Colleen Hoeft (front row), Conner Hoeft, Jarek Mangels, Christopher Morales, Eric Hu and Gary Hoeft

## Del Tupper

Del Lee Tupper, age 80 of Winnebago, passed away Saturday morning May 10th. Funeral services were held at 10:30 a.m. on Monday May 19th at Lutheran Church of Our Savior in Winnebago, MN. Visitation was from 5 -



7pm Sunday evening, May 18th and one hour prior to the service at Lutheran Church of Our Savior. Burial took place at the Public Cemetery in Mazeppa, MN around 3:30 p.m.

Del was born August 5, 1944 to Dorothy and Kenneth Tupper and grew up on the family farm near Mazeppa. He was baptized and confirmed at Grace Lutheran Church in Oronoco, MN. He graduated from Mazeppa High School. Del spent two years in the Army in Mainz, Germany. He then graduated from the University of Minnesota with a bachelor of science in agriculture education.

He taught in St Peter, held various sales positions in agriculture, and worked at Mico as a sales representative in Mankato, MN.

Del volunteered with the Winnebago ambulance for over 20 years, was part of the Mico Emergency Response team for 10 years, and belonged to the American Legion. He held many positions in the church council at Lutheran Church of Our Savior.

Del enjoyed reading, woodworking, watching Twins baseball, and beating his grandchildren at cards.

Del is survived by his wife, Judy, his children Shelly Hector (Larry), Bret Tupper (Gina) and Sean Tupper (Deanna). His grandchildren Sydney Hector, Cosette Tupper, Bret Tupper Jr, Katy Hector, and Lee Tupper. His sister Pat Tupper and many nieces and nephews.

He is preceded in death by his parents, brothers Duane and Neil, and his nephew Phillip Tupper.

Following the burial, friends were invited to join the family and relatives at Mazeppa American Legion for food, fellowship and further remembrance.

## God Never Said, He Won't Give You More Than You Can Handle

(continued from page 2)

Just as a person who smokes 2 packs a day for 20 years probably shouldn't blame God when they get lung cancer. Humanity is living broken lives in a broken place and then we want to blame God when broken things happen.

2. God is FAITHFUL. God not giving us more than we can handle strikes a tone of fairness we instinctually like. We love the idea of the scales being in balance, but there is a glaring problem with this idea: Life isn't fair...and thank goodness God isn't fair either. He does not deal with us as our sins deserve. Instead, God is long suffering and patient. He is gracious and abounding in love. God isn't fair and our salvation depends on that. We are enjoying His grace and love- let's not suddenly ask Him to make life fair or we are all in a lot of trouble.

• You are NOT ALONE. God's design for life is based on COMMUNITY. -Both with Him through redemption and forgiveness and with each other; living in community and friendship. Community provides three things that we all need: -Truth, Accountability, and Identity.

Suffering is universal...Trials come in all shapes and sizes. Overwhelming suffering WILL come our way because we live in a broken world with broken people. Remember this truth: God will absolutely give you more than you can handle but it will never be more than HE can handle.

*Perhaps you sent a lovely card,  
or sat quietly in a chair.  
Perhaps you sent a floral piece,  
if so we saw it there.  
Perhaps you spoke the kindest words  
as a friend could say;  
Perhaps you were not there at all,  
just thought of us that day.  
Whatever you did  
to console our hearts,  
we thank you so much  
whatever the part.*

**THE FAMILY OF  
Lora Luhman  
May 5, 1958-April 14, 2025**



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- Small group meeting: 6:30 - 7:00 pm

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**Questions?**  
Contact Pastor Colleen Hoeft at [celebraterecovery@southtroy.org](mailto:celebraterecovery@southtroy.org) or 507.255.1442  
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## More Than Marshmallows: How Summer Camp Builds Lifelong Friendships



By Sam Smith  
Program Director Camp Victory

For many kids, summer camp is a place of adventure, discovery, and marshmallow-fueled campfires. But beyond crafts, canoe trips, and cabin games, camp offers something even more enduring: friendship. In a world where social interactions are increasingly filtered through screens, summer camps provide kids with a rare and vital opportunity to build deep,

in-person relationships that often last a lifetime.

### A Natural Setting for Connection

Summer camps are uniquely designed to foster relationships. Removed from the pressures of school, extracurricular schedules, and technology, kids find themselves in a setting that encourages authenticity. They eat together, sleep in the same cabins, overcome challenges as a team, and support each other through new experiences. This constant proximity and shared routine naturally lead to bonding.

Without phones and the internet to distract them, campers rely on face-to-face interaction, eye contact, and real conversations. This environment helps kids develop interpersonal skills and emotional intelligence—foundational elements for meaningful friendships.

### Shared Experiences Create Strong Bonds

One of the most powerful catalysts for friendship is a shared experience. At camp, kids aren't just hanging out, they're navigating obstacle courses, working on group skits, competing in friendly games, and maybe even singing off-key in front of an entire dining hall. These moments, big and small, create memories that glue kids together.

Conquering a ropes course or staying up late during cabin night can turn casual acquaintances into trusted allies. These shared adventures often forge connections deeper than those formed in typical day-to-day school life, where academic pressures and social cliques can create barriers.

### Everyone Starts on Equal Footing

Camp is a great social reset. Whether a child is shy or outgoing, athletic or artistic,

every camper begins their experience on relatively equal footing. Most campers don't know each other when they arrive, which eliminates the pre-existing social hierarchies that often dominate school life.

This leveling of the playing field gives kids a chance to be themselves, discover who they are, and be accepted for it. When kids are free to express themselves without fear of judgment, they often find friends who appreciate them for exactly who they are.

### Counselors: Role Models in Friendship

Camp counselors play a huge role in modeling healthy, supportive friendships. These leaders often demonstrate what it looks like to communicate openly, resolve conflicts kindly, and support one another. Their guidance helps kids learn how to navigate the inevitable ups and downs of friendship in positive ways.

Many camps also include specific programming around empathy, teamwork, and inclusion. These intentional efforts teach kids how to be good friends—skills that stay with them far beyond the summer.

### Diversity and Exposure to New Perspectives

Camps often bring together kids from different cities, backgrounds, and cultures. This exposure helps campers develop empathy, respect, and appreciation for people who are different from themselves. When kids spend weeks living and learning together, they realize that deep connections can be formed across all kinds of boundaries.

This kind of early exposure to diversity strengthens social skills and prepares kids to thrive in a global society. And many campers

find that friendships formed in this kind of open-minded environment are more meaningful and lasting.

### A Network That Extends Beyond Summer

Ask any former camper, and they'll tell you: the friendships made at camp don't end with the final campfire. Many kids stay in touch with their camp friends for years, visiting during the school year, connecting through letters, texts, or video calls, and reuniting summer after summer. Some even end up attending the same colleges, becoming roommates, or standing beside each other at weddings.

These relationships, forged in shared experience and sincere connection, often last far beyond the years of bunk beds and bug spray.

### Final Thoughts

In a world where kids are often overwhelmed by academics, sports, and social media, summer camp offers something simple but profound: a space to connect, laugh, grow, and make friends who feel like family. Whether it's a quiet chat in a hammock, a goofy campfire song, or a tearful goodbye at the end of the session, these moments lay the foundation for lifelong relationships.

Camp is more than just a place—it's a community where kids learn that friendship isn't about popularity or perfection. It's about showing up, sharing experiences, and being yourself. And for many, the friendships made at camp become the most treasured relationships of all.

# Camp Victory

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*Changes in Latitudes,  
Changes in Attitudes*

## New Life for an Old Axe Head



**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.*

Tennessee was settled by pioneers about a century before Minnesota, so there is a wealth of historical items to be found. Daniel Boone had first explored this part of the country in 1760. The area we live in was the site of a significant Civil War battle and items turn up from time to time from that era and before.

One morning I was walking at the north-east end of our property and I saw something



metal imbedded in the ground. After kicking the soil away, I realized it was more substantial than just a tin can. I became more interested by the moment as I extracted it from the earth. Even covered in crusty scales of rust and dirt I could identify what it was. Excitedly, I headed for the shop. That is just where a man goes when he has a project to work on. My mind was imagining all the scenarios that the history of this axe head might have included. I had the foresight to take a picture of it on my workbench before the restoration began.

My mind wandered across axe stories as I pondered the direction I would take with this new project. An axe is the tool of a woodsman. Paul Bunyon had a big axe for shopping down trees in the Northwoods. I used a mattock to chop frozen silage off the silo walls in the winter. We always carried an axe when cutting wood to free a pinched chainsaw bar

from a large tree trunk or limb. I remembered a story from the Bible back in 848 BC when a workman had the axe head fly off the handle and out into the river. The prophet Elisha threw a stick out onto the river and the iron axe head floated to the surface for the man to retrieve. (2 Kings 6:1-6) Axe heads always had value.

I started cleaning the axe head up and then polished the rust off using the wire brush on my bench grinder. It was pitted from years in the mud, but I eventually got down to the bare metal. What began as just another day was suddenly exciting and interesting in a way I had never imagined. I love to work in the shop on most any project and this was a most unusual one. It was by far the oldest artifact I had found here on any of our properties in Tennessee. Once the axe head was cleaned up, I began to think of what to do with it.

I already had nice new hatchet for splitting kindling wood. It was shiny and bright, but had been purchased and not discovered on our property. I bought oak slab wood from the Swift Sawmill to burn in our firepit in the evenings. I would split the wood into small pieces for an easy fire. I started thinking that



this new found axe head would be excellent for that job.

I selected a nice slab of oak board from the firewood rack and began to cut it to size. Measuring and cutting and lots of wood chisel work formed the top of the handle to fit precisely into the opening of the axe head. I drove it firmly into place and trimmed off the excess from the top. Was an enjoyable morning in the shop and I had a new tool from an old relic. Quite satisfying.

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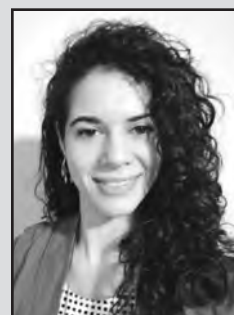


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## A Minnesotan: Outdoor Weather



**By RosaLin Alcoser**

Once again it's summer in Minnesota which means that it's time for all Minnesotans to migrate outside. We all know that the four Minnesota seasons are pre winter, winter, still winter and construction season; otherwise known as summer. Which is the cue for all of us to go outside while we can.

We all know that we have to take advan-

tage of the good weather while we have it. After all, we live where it can snow for about seven months out of the year; so we all have to make the best of it when we can.

For some people this means gardening, going to the lake, or biking. When I was a little kid in rural Minnesota this meant us getting sent out to play in the field until supper time. As an older child and teen it meant running around the woods until it was time to come back.

Now that I'm an adult in the Twin Cities it means my household is going hiking nearly every chance we get. Whether it is through the local nature center or on a trail in a State Park we hike as much as possible. From the time that it gets into the 40's, mainly because I'm a translatplant and can't be pried outside until it's at least 40 degrees, onward we hike.

Easy path, hard path, paved, unpaved, even the occassall not quite a path. We will hike it. Until the winter comes around again and all the Minnesotans go back inside for the winter. Except for those of you that are really into winter outdoors activities. However, I think that the rest of us will leave the cold weather outdoor exursions to you.



# Passing the Torch

(continued from page 1)

After over 44 years of dedication, however, the two will pass the reins onto Billy Krusmark of Mazeppa, who will carry on K Fence's legacy as it merges into Outback Fence & Fabrication.

Explaining this and the details of Hugh's journey in a single paragraph is nearly impossible. The story must start in the 1960s when he and his wife, both students at Hamline University, first weighed the decision to purchase a farm. Deciding to give up his pursuits as a member of the Minneapolis rock band "More-Tishans," Hugh and his wife bought four hundred laying pullets, fifty ewes, and several rams alongside the farm. After realizing the difficulty of containing sheep, however, they quickly saw through the holes of traditional fencing. Fueled by these and other farmers' issues, Hugh started combing through New Zealand magazines to learn about a revolutionary alternative: high-tensile fencing. Compared to traditional wire, it was easy to see that this replacement was much stronger, more durable, and cheaper despite the increased galvanization. Terry Campbell, a longtime customer of K Fence, was among the first to use his premium materials to manage a herd.

"Hugh provided the newest technology in high-tensile fencing and low-impedance electric fence chargers when farmers began rotational grazing in the late 1980s. His equipment allowed cattle farmers to utilize grasslands and previously unused woodlands to efficiently feed livestock. The unstable economic climate of the mid-80s left farmers struggling to survive, and grazing cattle was a solution. It was quite a change from conventional farming of the time."

Pulling off this bold task was only possible with a kickstart Hugh found at Iowa's Farm Progress Days. After acquiring an excellent high-tensile fencing guide curated by several leading businesses, he decided to take the next step and order a skid of wire and a pallet of fence hardware. Using these supplies to build personal and client fences was enough

to gather the attention of Koppers and KIWI Fence, who bore responsibility for creating the initial guide. Through a collaboration in 1980, the three changemakers created K Fence. Being one of the Midwest's first businesses to adopt this high-tensile option, they developed a Stay-Tuff woven wire for containing livestock, building solar farm security fences, and several other uses that slowly attracted an audience. By installing and selling fencing equipment and materials, the business put its foot in the ground and slowly carved a name for itself through countless designs and installations.

Hugh Kramer: "We had a field day in 1980 where a New Zealand fence builder created an 800' stretch of high-tensile fence. Farmers tried to stretch the wire by standing on it but could not. In another portion about the low-impedance New Zealand energizers, most farmers doubted the energizer's power and were unhappy about paying four times more. As livestock got out, however, they individually conceded to purchasing them, informing their neighbors of how it contained their livestock. Soon, many farmers valued this new fencing system."

Even after introducing these innovations to the industry, many failed to realize the sheer efficiency of the designs. With a pulse at an astonishing .0003 of a second, these energizers could carry a shock for impressive distances, withstand weed load, and abide by the industry's strict safety standards. As the business expanded into the new millennium, Hugh developed his inventory with 200 psi water pipes and Agri-Fit pipe fittings from Israel. Paired with an expansion into stock tanks and full-flow water valves, they could save clients significant time by effectively dividing water among rotational grazing plots. Staple guns and collated staples incorporated within the last fifteen years also helped like-minded builders and contractors, providing both sides with mutual benefit. The ultimate value of his four-decade journey became apparent when Hugh reflected on his contributions to the fencing community.

"The agriculture fence business is not just about posts, wires, gates, hardware, energizers, and insulators. It is about people. I have enjoyed meeting diverse and interesting individuals over the past 44 years. Our relationships with fence contractors, vendors, government agencies, and farm stores are invaluable. That's what I will miss most about my tenure with K Fence."

At the cusp of his ventures on April 1st,



Hugh Kramer operates a hydraulic post driver for K Fence

Hugh and Pat decided to sell K Fence to Billy Krusmark of Outback Fence & Fabrication. Although this Mazeppa-based company shares many of K Fence's goals, its custom builds and fabrication is made primarily for the commercial district. Years of direct experience since its founding in 2006 have transformed the locally owned and operated fabrication shop into a fencing powerhouse. By continuing his fabrication and welding services while overseeing K Fence, Billy Krusmark aims to uphold the company's

carefully built legacy. Though Hugh will no longer be associated, he looks forward to seeing Billy and his longtime assistant, Jennifer Becker, continue operating in her 24-year role as an office manager. Through the years and countless improvements to the farming community, K Fence has done more than launch the Midwest into a fencing revolution. Although every good thing starts with a dream, their story tells that every good dream continues with a successor.

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**ALSO OPEN IN ROCHESTER AT APACHE MALL THROUGH JULY!**




## Z-M Students Attend Young Authors Young Artists Conference




A group of students in 3-5 grades were selected to attend the Young Authors Young Artists conference at RCTC May 22. They attended specific classes related to art and writing, they had a lot of fun. This conference was arranged by Southeast Service Coop. *Courtesy of ZM Schools*

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Zumbro Falls Area





# Annual Bike Rodeo Held in May



Courtesy of Zumbrota-Mazeppa Community Education

Thank you to SRO Tiedemann for his collaboration on this event, which made it a success! Also, a huge thank you to Mazeppa Lion's Club for their generous donation! Additionally, thank you to Scheels for their donation and our amazing National Honor Society volunteers!



## New Class! Summer Yoga!

Unlock your full potential with Yoga in Mazeppa, every other Friday from June 13 to August 8th at 8 AM at the Community Center. Bring a yoga mat, water & wear light clothing. \$60 for the package for all sessions or \$15 drop in. Certified instructor Deanna Tupper will guide you through traditional yoga & meditation for relaxation & rejuvenation for the mind, body and spirit before the weekend!

Please meet at the Community Center each week.  
Friday's – June 13, 27, July 11, 25, August 8  
Mazeppa Community Center OR Outdoors (depending on weather)  
8:00-9:00AM \$60/sessions or \$15 to drop in the day of class

Register online: <https://zmps.cr3.schooltoday.com/public/home/>  
Questions? Call the ZM Community Ed Office at 507-732-4244



## Patriotic Sunset and or Polly the Panda

**K-12th Grade (2024-25)**

Join Sunshine and Roses Traveling Art Studio to paint and create on canvas. No painting experience needed! (Ages 6 and under must be accompanied by an adult). Classes are back to back and students taking both classes will stay in the room in between. Choose Class 1, 2 or both! Instructor: Penni Kittleson

**Monday, June 16th  
ZMPS Art Room**

Class 1: Patriotic Sunset 1:30-2:30pm \$25

Class 2: Polly the Panda 2:30-3:30pm \$25

Class 1 & Class 2 1:30-3:30pm \$46

Online Registration: <https://zmps.cr3.schooltoday.com/public/home/>  
Questions? Call the ZM Community Ed Office at 507-732-4244





## GOODHUE VOLKSFEST

JUNE 11-15, 2025

GOODHUEVOLKSFEST.COM



### WEDNESDAY, JUNE 11

**Medallion Hunt** | First clue drops  
 5pm | **Pickle Ball Tourn.** | Heritage Park  
 7pm | **Pool Games** | Goodhue Pool

### THURSDAY, JUNE 12

7pm | **Line Dancing** | 2nd St Pub  
 7pm | **Volunteer Kickoff Party** | Corner Bar

7:00pm GATE | 8:00pm MUSIC  
 GA \$30 PRE-SALE & AT GATE  
 VIP \$80 PRE-SALE & AT GATE

### FRIDAY, JUNE 13

4-7pm | **Kids Bounce Party, 12yr ↓** | GHS Gym 3  
 5:30pm | **Tony Cuchetti DUO Live** | 2nd St Pub  
 7pm | **Shawn Ogden Live** | Corner Bar  
 7pm | **Miss Goodhue** | GHS Gym 1 | \$5/Person  
 7pm | **Street Dance** | N 2nd St.

### HAIRBALL

Fire at the Falls



### SATURDAY, JUNE 14

8am-1pm | **Car & Tractor Show** | St. Peters Church  
 8:30-11:30am | **Burrito Breakfast & Quilt Show** | St. Peters Church  
 8:45-10am reg. | **Road Rally** | Goodhue C-Store | \$5/person  
 9am | **Udder Run** | Front of GHS | \$16/ea adv or \$20/ea day of  
 9am | **Volleyball Tourn., Co-ed** | Rosie Park | \$30/team  
 9:30am-2:30pm | **Craft and Vendor Show** | Lion's Community Center  
 10am | **3-on-3 Basketball** | GHS Gym 1 & 2 | \$100/Team  
 10am-2pm | **Touch A Truck** | GHS Parking Lot  
 10am-12pm | **Kids Bounce Party, Toddler ONLY** | GHS Gym 3  
 12pm-2pm | **Kids Bounce Party, 12yr ↓** | GHS Gym 3

6:00pm GATE | 6:30pm MUSIC  
 GA \$40 UNTIL 5/18 | \$50 5/18+ & AT GATE  
 VIP \$105 UNTIL 5/18 | \$120 5/18+

**CRAIG MORGAN**

Wild Bill & Bruisers  
 Jesse Becker & The Neon Revival

11am | **Bean Bag Tourn.** | Rosie Park | \$40/team  
 1pm | **Bingo** | Fire Hall  
 1pm | **Hayden Ashworth Live on Patio** | 2nd St Pub  
 1-4pm | **Gopher State Garden Tractor Pull** | 3rd Ave  
 2pm | **8th Street Bend Live on Patio** | Corner Bar  
 2-6pm | **360 Photo Booth** | Food Court  
 2pm | **Pedal Tractor Pull** | Broadway/2nd Ave  
 4pm | **Brent & Sheena Live** | 2nd St Pub  
 6pm | **Logan Hofschulte Live** | Corner Bar  
 6pm | **Street Dance** | N 2nd St.  
 7pm | **Ledfoot Larry Live** | 2nd St Pub  
 10pm | **Fireworks** | Rosie Park





### SUNDAY, JUNE 15

9am-11:45pm | **Dads Belgian Waffle Feed** | Lion's Community Center  
 5yr ↓ Free | Kids \$7 | Adults \$13  
 9am | **Community Worship Lutheran Service** | GHS Gym 1  
 11:30am | **Memorial Dedication** | Historical Society

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## Zumbrota-Mazeppa Robotics Team Competes at the University of MN

By ZM 7273 Robotics Media/  
Emily Meyers

The Zumbrota Mazeppa Robotics team competed April 3rd, 4th and 5th at the FRC Northern Lights Regional competition at the U of M 3M Arena in Minneapolis, Minnesota.

At the competition the team competed against 47 other teams from as far away as Missouri. In each match they were paired with two different teams to form an alliance. Each match consisted of two alliances competing against each other to score the highest number of points and ranking points.

While there, the robotics team was awarded a check from the Gene HAAS foundation for \$2,750.

The team had an amazing time at competition thanks to the Zumbrota Community Trust Foundation, Karolin Lex & Associates -



Ameriprise Financial, People's Energy Cooperative, and other great sponsors.

The Zumbrota/Mazeppa team was made up of seven youth between 9-12th grade.

The Game for the year was released January 7th to all FRC robotic teams in the world at the same time.

After the reveal, the team must figure out how to complete the task for the year, design and engineer the robot, build the robot, and code the robot.

The youth learned how to use CAD, write code, and work together to get the project done.

We are always looking for more youth to join the Robotics club, grades 7-12 are welcome.



From back left, Kloe Smith, Brandon Brady (coach), Ayden Smith, Emily Meyers, Aidan Rolland, Caden Brady (mentor), Jim Perrotti (head coach), From front left: Niki Reiland, Macy Brady, Norah Groby



## ZMHS Physics Class Visits the University of MN



By ZM School

The ZMHS Physics class visited the Nanotechnology Center at the University of Minnesota in April. On the visit they used a University laboratory to do a photolithography lab, and to tour the Center's clean room where nanoscience research is done. A large "thank you" goes out to the Mazeppa Lions for funding this trip.



DENNISON  
DAYS  
June 20 & 21, 2025



RAIN OR  
SHINE  
SATURDAY  
FOOD STANDS  
OPEN AT 11AM!



All You Can Eat  
**PANCAKE BREAKFAST**  
Includes Pancakes, Eggs, Sausage  
& Beverages  
**SATURDAY, JUNE 21**  
**8:00 AM to 11:00 AM**



**SATURDAY, JUNE 21**  
**CLASSIC CAR SHOW**  
**8:00 AM**  
Trophies at 1:00 PM  
**ANTIQUE TRACTOR PULL**  
**10:00 AM**

**SATURDAY, JUNE 21**  
**KIDS PEDAL**  
**TRACTOR PULL**  
**11:00 AM**

**BE IN THE PARADE**  
**SATURDAY at 1:30 PM!**  
*A Kiddie Parade*  
*Leads Off Main Parade*  
*(Ages 12 & under)*  
Sign up at 12:00 p.m. South Main Street  
**\$100.00 Prize for**  
**Best Parade Entry!**  
*Call 507-645-9992*

**Dennison Lions Club**  
**DENNISON DAYS**  
**RAFFLE**  
**1st Prize: \$500 Cash**  
**2nd Prize: \$200 Cash**  
**3rd Prize: \$100 Cash**  
**4th Prize: \$50 Cash**  
**Drawing held at 9:00p.m. at the**  
**Fireside Lounge**  
Need not be present to win.  
Winner is responsible for any taxes or fees.  
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**FRIDAY, JUNE 20 KICK OFF**  
**Gopher State**  
**Garden**  
**Tractor**  
**Pull**  
**6:00 PM**

**LIVE MUSIC**  
  
**ANDY TACKETT**

**SATURDAY, JUNE 21**  
  
*presents*  
**Russ Franek**  
**& The Biscuits**  
**7:00PM-Midnight**  


Saturday Schedule of Events

- 8-11a.m. **All You Can Eat Pancake Breakfast** Under Mainstreet tent. Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church. \$12 for adults, \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk
- 8a.m. **Farmers Market Downtown**  
**Citywide Garage Sales**  
**Classic Car Show on Mainstreet** Presented by Clutchmen Car Club. Registration \$10. Trophies at 1p.m. Contact Jason Aldorfer 612-203-4172
- 8:30a.m. **Euchre at Fireside Lounge** For information, contact Jen Eggum 507-649-0602
- 9:00a.m. **Scavenger Hunt - \$100 Cash Prize!** Meet and sign up at the tent. Hunt will begin at 9am.
- 10a.m. **Antique Tractor Pull Begins on the Hill** Sign up begins at 8:30a.m.  
**Cow Milking Contest** Main Street, hosted by David Flom Dairy
- 11a.m. **Food Stands Open**  
**Kids Pedal Tractor Pull on Mainstreet (At Mainstreet intersection)** Sign up begins at 10:30a.m.
- Noon **Kids Bingo** Under the tent. Presented by Dennison Lions. Ages 3-11  
**Kickball Tournament** Hosted by 625 Bar & Grill. Sign up at 625 Bar & Grill
- 1:00p.m. **Car Show Trophies Awarded**
- 1-3p.m. **Kids Carnival**
- 1:30p.m. **Parade Downtown - A Kiddie Parade Leads Off Main Parade** (Ages 12 & Under)  
**\$100.00 Prize for Best Parade Entry!** Sign up at Noon. South Mainstreet. Call 507-645-9992
- 2:30p.m. **625 Bar & Grill Bags Tournament - Prizes for 1st, 2nd & 3rd Place!** Sign up at 625 or call 507-782-9061
- 4:00p.m. **Purse & Gift Card Bingo** Presented by Dennison Lions & Fireside Lounge
- 6:30p.m. **Key Toss - \$150 Cash Prize!** Across from Fireside Lounge
- 7:00p.m.-12a.m. **Live Music - Russ Franek & The Biscuits** 18+ event. No Cover Charge. 21 to drink.  
Presented by ProBuilt Construction and Fireside Lounge & Supper Club

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For updated info. go to [www.dennisondays.org](http://www.dennisondays.org)



# Graduation Walk with Seniors and 2nd Graders



## SUMMER SAVINGS

<p>2019 Arctic Cat Alterra 700 TRV \$4,495</p>	<p>2013 Arctic Cat Wildcat \$6,995</p>	<p>2012 Polaris Ranger \$8,995</p>
<p>2014 E-Z-GO Freedom Electric \$4,995</p>	<p>2025 E-Z-GO Express S4 Flame Red \$13,975</p>	<p>2023 Argo Frontier 650 6x6 \$11,854.20</p>
<p>2025 Hustler Super 104 \$33,999</p>	<p>NEW 2022 Hustler Raptor XD 42 \$4,500</p>	<p>2019 Hustler Fastrak SDX \$4,995</p>
<p>2025 Marlon Trailer \$3,699</p>	<p>MotoProz Mazeppa, MN 507-843-2855 339 1st Ave. N. Mazeppa, MN 507-843-2855 www.MotoProz.com</p>	<p>2013 John Deere Z930M \$6,449</p>



## Russ Franek and The Biscuits to Headline Dennison Days



Summer festival season kicks off soon as area communities plan their summer events and festivals.

Dennison Days takes place this year Friday and Saturday, June 20 & 21, 2025.

The Gopher State Garden Tractor Pullers will return to Main Street Friday evening in Dennison, hosted by 625 Bar & Grill. More information is available at [www.gsgtp.com](http://www.gsgtp.com).

Following the Pull, 625 will host live music from Andy Tackett.

A full schedule of events will take place Saturday. Kicking off the days will be the annual pancake breakfast, hosted by the Nerstrand Fire Department and Dennison Church. The Farmers Market is scheduled to return along with The Classic Car Show.

Trophies will be awarded for the Car Show at 1 PM.

Eachre will take place at The Fireside at 8:30. New this year is a Scavenger Hunt at 9 AM. Those wishing to participate should sign up at the Mainstreet Tent to learn about the search area. The First person to find the treasure will win \$100.00.

The Antique Tractor Pull begins on the hill at 10 AM. The Cow milking Contest hosted by Flom Dairy will be at 10 AM downtown.

The Kids Pedal Pull will take place at 11 AM, and Kids Bingo under the tent will be at noon. A kickball tournament will be at Noon in the city park area. The kids carnival will be from 1-3 PM, with the parade on mainstreet at 1:30. Be a part of the parade! Best Parade entry can win \$100.00 A Bags tournament will start at 2:30 hosted by 625 Bar & Grill.

Other activities on the afternoon calendar include Purse & Gift Card Bingo at 4 pm, a Pie Eating Contest, with a \$250.00 prize at 6 pm.

The Keg Toss returns at 6:30 across from Fireside, and the day rounds out with local musicians, RUSS FRANEEK and THE BISCUITS playing entertaining for the evening. A Full Schedule is available at [www.dennisondays.org](http://www.dennisondays.org).

Also watch for any updates on the website and on Facebook!



Andy Tackett will perform during Dennison Days Friday, June 20th at 625 Bar & Grill

## Congratulations to our ZM Athletic Award Winners!



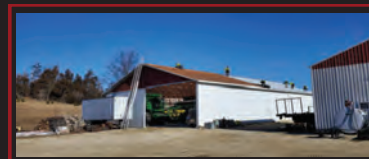
Wilson Nordquist and Elizabeth Winkels were named Senior Athletes of the Year. Austin Jentsch and Paislee Peterson were named COUGAR Award winners.

*courtesy of ZM Schools*



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## Ghost Poops?? Allergy Season, Worst Ever?



By Shauna Burshem, D.C.

What Foods Trigger the Greatest Cravings, Leading to Overeating? Researchers at the German Center for Diabetes Research have found that just five days of overeating ultra-processed snack foods can alter how insulin functions in the brain—even before you notice a single pound gained. Insulin isn't just about blood sugar; it's a hormone that helps the brain manage hunger, satisfaction, and that all-important feeling of self-control after eating. When insulin's signaling breaks down, that gentle nudge telling you "enough for now" goes silent. Suddenly, you find yourself craving more food, regardless of real hunger or need. What really surprised me about this study, published in *Nature Metabolism*, is how the negative effects on the brain outlasted the unhealthy eating itself. After returning to a regular diet, the brain scans revealed lingering disruptions in areas tied to memory, decision-making, and reward—actually resembling patterns seen in obesity. This tells us that even short encounters with ultra-processed foods can leave a mark, echoing long after the bags and boxes are emptied. The environment doesn't help matters. The smell of cookies in the air, a well-placed ad, or even the crinkle of packaging works like Pavlov's bell, triggering the brain to seek out food, hunger or not. All of this manipulates our natural satiety cues, teaching us to eat for reasons other than nourishing our bodies. Even more, these ultraprocessed snacks light up dopamine pathways in the brain, similar to addictive drugs, driving us to crave more—even if the reward fades with each bite. Restoring a healthy relationship with food begins with honest, mindful choices. I've seen it firsthand; swapping out ultraprocessed snacks for whole foods, slowing down to appreciate each meal, and adding some daily movement can reignite your body's natural signals. It's a process that's as much about tuning into your own experience as it is about nutrition science. After all, reclaiming your appetite isn't just about food, but about finding satisfaction and control in the everyday moments at the table. Here are some examples of ultra-processed foods. Ready-to-eat meals and snacks: Frozen pizzas, instant noodles, ready-made pasta dishes, and packaged soups. Sweet and savory packaged snacks: Chips, chocolate, candy, biscuits, and pastries. Breakfast cereals and bars: Often sweetened with additives and preservatives. Processed

meats: Cold cuts, ham, sausages, hotdogs, chicken nuggets, and fish sticks. Mass-produced bread and baked goods: Including packaged breads, buns, and pastries. Carbonated drinks: Soda, energy drinks, and sports drinks. Ice cream and frozen desserts: Often containing numerous additives. Sweetened and flavored dairy products: Such as fruit-flavored yogurts. Sauces and condiments: Ketchup, mayonnaise, and other packaged sauces.

What Ghost Poops Say About Your Digestion and Gut Health. Ghost poops, also known as "no wipers," are those rare, deeply satisfying bowel movements that leave no residue behind when you wipe and sink straight to the bottom of the toilet. To me, that's not some fluke of nature; it's a sign your gut is truly thriving. Experts like Dr. Ira Leeds and Julia Barten actually describe these as "nirvana poops"—the kind of thing we should all strive for, not dread. It's about what you don't see or feel after using the bathroom. No endless wiping. No evidence left on the bowl. Just a clear sign your digestive system is firing on all cylinders. It's not as simple as luck or genetics, though. Over the years, I've seen people struggle with their gut because of stress, dehydration, lack of movement, or a diet that doesn't quite suit their needs. These factors can all disrupt the gut microbiome, making the elusive ghost poop almost impossible to achieve. Gut health, I've learned, is about much more than just how often you go; it's about how well your body processes what you eat and drink. A surprising insight? Many people try to fix their digestion by piling on the fiber, but if your gut's already out of balance, that can make symptoms worse. From personal experience and plenty of research, I've found that increasing digestible carbohydrates (usually 200 to 350 grams per day) helps heal the gut more effectively. And don't underestimate the power of posture; using a footstool or leaning forward can open up the colon and lead to more complete, easy elimination. Signs like floating or sticky stools are red flags—that your body isn't absorbing fats properly or that there's gut inflammation. But hitting those regular ghost poops? That's the body's way of telling you everything is humming along just as it should. For anyone seeking a clear gauge of gut health, skip the fancy tests and look for what's not left behind.

As we've seen, our gut health has a huge impact on our overall well-being.

And while there are many factors that can affect it, maintaining regular and healthy bowel movements is one of the most important things we can do for our digestive system.

But beyond just physical health, having a happy gut also means feeling more energized, focused, and emotionally balanced. It's no coincidence that the phrase "gut feeling" exists – our gut is often referred to as our "second brain" because of the strong connection between the two. So next time you're experiencing bloating or discomfort in your stomach, remember that it's not just about finding temporary relief. It's about taking care of.

Allergy season is now longer and more in-

tense due in part to our milder winter weather. Warmer weather and higher carbon dioxide levels help plants produce more pollen for longer periods, which means spring allergies start earlier and last into fall. Pollen counts in North America have jumped more than 20% in the past 30 years, and the season itself is about two weeks longer than it was two decades ago.

Doctors recommend beginning allergy precautions like saline nasal sprays, before symptoms hit. Keeping your room pollen-free, shutting windows, and changing clothes after being outdoors can also help manage symptoms like sneezing, itchy eyes, and congestion. Chiropractic care may offer notable benefits for individuals dealing with allergies. By focusing on the alignment of the spine and the functionality of the nervous system, chiropractic adjustments can help reduce stress on the body, which in turn may support a more robust immune response. Since the nervous system plays a key role in regulating the immune system and its reactions, enhancing its function through spinal adjustments may help the body respond more effectively to allergens. Additionally, chiropractic care can alleviate tension in the neck and upper back, where sinus drainage and nasal passages are often affected, potentially reducing symptoms like congestion and sinus pressure. While it's not a direct cure, chiropractic care can be a helpful part of a comprehensive strategy to manage allergy symptoms.

COVID-19 Treatment News: J. Hatfill, a seasoned virologist with a history of advocating for hydroxychloroquine (HCQ) as an

early treatment for COVID-19, has stepped into a major public health role as the special adviser for pandemic prevention at the U.S. Department of Health and Human Services (HHS). For those who followed his previous tenure as a White House adviser during the Trump administration, you might recall his controversial—but steadfast—defense of using HCQ based on thousands of peer-reviewed studies, some of which he personally referenced in a recent interview. Hatfill points to the fact that even President Trump took the drug under doctors' guidance, standing by its safety when administered appropriately.

Hatfill is now just beginning his work at the Administration for Strategic Preparedness and Response (ASPR), where he's eager to join forces with other experts. The agency operates several centers focused on tackling pandemics—including those on biomed research and our national stockpile. This new role, as he expressed, isn't just about COVID or influenza but encompasses preparedness for emerging global threats of all kinds. Throughout his career, Hatfill has advocated for thoroughness and awareness in pandemic science; it appears he's bringing that same mindset to HHS as he helps our country brace for whatever comes next. Dr. Mary Talley Bowden, an ear, nose and throat specialist in Houston, Texas, reported, "I treated over 6,000 COVID-19 patients during the pandemic, a large number of those patients took hydroxychloroquine."

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

**Clutchmen Inc. Presents...**

**Dennison Days**

**CAR and BIKE SHOW**

**JUNE 21, 2025 • \$10 registration**

**Registration begins at 8:00AM until 10:00AM**  
**at the Judge's Booth by the Fire Hall.**

**Judging begins at 11:00AM - Awards at 1:00PM**

**FREE ADMISSION FOR SPECTATORS**

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## Brain Food



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

In The Wizard of Oz tale, the scarecrow laments that he does not have a brain. How

could he think about not having a brain without having a brain to think? By the end of the tale, we see the scarecrow does have some "smarts" and he is capable of learning new things. Your brain is an amazing structure allowing you to read this article and remember old stories without having to think about monitoring heartbeat, breathing rates, and nutrient levels. One area we should think about more is the food we eat that supports a healthy brain.

Diseases of the brain are increasingly discussed as more individuals are diagnosed with these challenges. A 2025 article published in Nature Medicine predicts 42% of adults over 55 develop dementia by age 95. A 2023 article in the Alzheimer's and Dementia Journal reported a 145% increase in deaths from Alzheimer's between 2000 and 2019. The Anxiety and Depression Association of America reports that 40 million Americans are affected by various anxiety disorders. With all the suggested advances in modern health care, why is this problem with brain health happening?

Brain health can be reviewed from three levels: the structure, the function, and the energy of the brain. Each of these levels requires specific nutrients which are available from specific types of foods. Brain health can be supported by choosing the right foods.

Your brain is seventy percent fat. The one hundred billion neurons within your brain are each made of millions of fatty acid molecules that make up the cell membrane and the myelin sheath. The myelin sheath is an extra insulation layer wrapped around each neuron to keep the electrical signal contained so that the energy flows in the right direction

and does not get lost. Quality fat sources that enhance this insulation layer include coconut oil, butter, lard, olive oil, and flaxseed oil. These sources of fat contain the electrical charges of the neurons more effectively than the vegetable oils common in the grocery store. Trans-fats and seed oils high in omega-6 easily breakdown in the cell membrane resulting in early cell death or dysfunction. A 2017 research paper from the Temple University Health System linked canola oil with worse memory. Canola oil is a seed oil high in omega-6 fatty acids. A 2024 paper in JAMA Network reported that consuming 7 grams of olive oil each day was related to a 28% decrease in dementia related death. To support the brain structure of neurons, consuming quality oils is essential.

The function of the nerve cell is to pass information on to the next nerve cell. The speed of this transfer of information has been recorded to be as fast as 250 miles per hour. Another evaluation has noted the brain performs one quintillion calculations each second. A quintillion is one million trillions. Information is passed from one nerve cell to another by a variety of chemicals called neurotransmitters. Adrenaline, dopamine, serotonin, and histamine are just a few of these neurotransmitters. A group of foods that can significantly improve nerve activity are fermented foods which contain health-promoting bacteria. Fermented foods like plain yogurt, fresh mozzarella cheese, and sauerkraut, in addition to fresh fruits and vegetables will promote a healthy bacteria community that produces butyrate, a short chain fatty acid related to brain health. Scientific Reports Journal published a 2023 ar-

ticle showing that butyrate producing bacteria are associated with a lower risk of Alzheimer's. A June 2022 article from Frontiers in Immunology reported butyrate helps fight against Parkinson's disease. Improving the quality of the bacteria community in your gut has a direct result in healthy brain function.

The energy for your entire body is produced within tiny structures called mitochondria. Your brain has a high energy requirement consuming twenty percent of all the energy your body produces each day. Just as fuel is needed at the energy plant to make electricity, so your mitochondria need the right fuel to create the energy your body needs. The most efficient source of fuel is sugar that comes from long-chain carbohydrates. Those long-chain carbohydrates are fresh fruits, fresh vegetables, and whole grains. These carb sources do not create unbalanced blood sugar levels and do provide dietary fiber for the bacteria in the gut to produce butyrate, so you get an extra bonus when you eat these foods.

Adding quality fats, fermented foods, fresh vegetables and fruits can make a significant difference in your brain activity. According to the Brain Health and Alzheimer's Prevention Program at Loma Linda University over ninety percent of Alzheimer's cases can be prevented with simple changes in diet and lifestyle. Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. You can contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net).

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

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# Friday & Saturday JULY 11 & 12, 2025

For More Information & to Order Tickets Go To

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## Friday, July 11



Rumbleseat 7:00 PM



Diamond Rio 9:00 PM

## Saturday, July 12



Wade Hayes 7:00 PM



Noah Alexander Music 3:00 PM



Leavin' Page Town 5:00 PM



The Bellamy Brothers 9:00 PM

## 2 DAY OUTDOOR MUSIC FESTIVAL!

Held at the Green Lantern

9 miles East of Brainerd on Hwy. 18





## Mazeppa Area Historical Society's New Additional Building

(continued from page 1)

The first historical item was installed on May 29th, by Dan Meyer, Denny O'Brien,

Dan Smith & Mike Holtorf. "Holtorf Airport" was owned by Mike's dad, Victor Holtorf from 1946 to 1956. In 1956, a big wind storm came & destroyed the hanger, which 3 planes were lost. No insurance was held on that building. Where the Holtorf Airport was & is now Steeplechase. The runway ran west to east.

With the great progress, the building should be open for Mazeppa Daze, July 11, 12 & 13th.



## Mazeppa Historical Society Fundraiser



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

# Historical Happenings

Compiled by  
Helen Reiland

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

**FRIDAY, MAY 25, 1956**

**Obituaries**

**GEORGE L. KRINKE**

George L. Krinke, former Mazeppa resident, died early Monday morning at Olmsted Community hospital, after a short illness. He was 73 years of age.

Mr. Krinke was born May 9, 1883, at Cavalier, N.D. and in 1892 the family moved to Mazeppa. He later worked in the bank here and then moved to Lake City and then to Minneapolis, where he resided until six months ago when he moved to Rochester.

Mr. Krinke was employed as stationary engineer in Minneapolis, and was a member of the Masonic Lodge.

In 1910 he was married to Gertrude wood, who passed away several years ago. In November, 1946, he married the former Mrs. Grace Sutton of Minneapolis, formerly of Mazeppa, who survives.

Other survivors are two daughters, Mrs. John (Annette) Nei of Zumbrota and Mrs. Woodrow (Maxine) Wilson of Philadelphia; two step-children, Mrs. Edward L. Williams and Carol Sutton both of Kansas City, Mo.; nine grandchildren, two brothers, Edwin Krinke of Bay City, Wis., and Alfred Krinke of Minneapolis, and a sister, Mrs. Emil Freiheit of Rochester.

Funeral services were held at 2 p.m. Wednesday at the Mazeppa Methodist church.

**MRS. NETTIE MCGRAY**

Funeral services were held recently for Mrs. Nettie McCray, former Carrington resident, who died Friday, May 11, at a Vienna, Va. Nursing home.

A daughter of Ezra and Emma Tupper, she was born at Mazeppa, Dec. 3, 1872. She was married to Arthur L. McCray. They made their home in Carrington many years and Mr. McCray died here in 1932. For the past 12 years, Mrs. McCray had been with her son-in-law and daughter, Mr. and Mrs. L.J. Bolger at Falls Church Va.

Mrs. McCray was a school teacher in Olmsted County for 10 years and Mr. McCray operated a cream station in Mazeppa 40 years ago.

**MRS. HALVOR HAUGEN**

Mrs. Halvor Haugen, 81 years old died at St. Mary's hospital Sunday afternoon following a stroke suffered Friday. She was the mother of Mrs. Bernard Marx of Mazeppa. Funeral services were held at 2 o'clock this Thursday in Holden Lutheran church north of Kenyon, with burial in the church cemetery.

**PETER D. CLEMENS**

Peter D. Clemens, 91-year-old Rochester man and a lifelong resident of southeastern Minnesota, died Saturday morning at the Samaritan Nursing Home and Convalescent hospital after an illness of several months.

He was born Oct. 7, 1864 at Mazeppa and when 10 years old his parents moved to a farm west of Rochester. Mr. Clemens later farmed for many years in what is now known as the Manley Addition in Rochester. Before retiring he also worked with Martin Heffron and Garfield Schwartz, contractors, in Rochester.

On Feb. 24, 1887 in Rochester, he married Alvina Priebe. She died in 1953. Their home was at 115 5th Ave. NW. Also preceding him in death was a son in infancy and a daughter, Mrs. Louise Greenwood on May 18 this year.

Survivors are a daughter, Mrs. Lena Brown of Rochester; a sister Mrs. Anna Schabo of Reynolds, N.D., six grandchildren and 16 great grandchildren.

**MRS. ALBERT E. MALCERT**

South Troy- Funeral services for Mrs. Albert. Malchert of Dallas, Texas, formerly of South Troy area, was held Monday in Dallas. Mrs. Malchert 76, died May 19.

*Historical Happenings are taken directly from the archives of the original papers as printed. Any discrepancies need to be taken up the Editor and Publisher of the said papers, who are deceased.*



## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question:** I read your last article about road construction and work zones. Can you talk about the zipper merge? It seems like a lot of people don't know what it is or can't figure it out. Thank you.

**Answer:** The "Late Merge - Zipper Merge" is a driving strategy that requires drivers to change their mindset about merging. Traditionally, drivers have been taught to merge early when a lane is ending. Early merging leads to longer backups, more crashes and road rage incidents.

### Zipper Merge Procedure

- When you see the "lane closed ahead" sign and traffic is backing up, stay in your current lane until the point of merge.
- Take turns with other drivers to safely and smoothly merge into the remaining lane.
- When traffic is heavy and slow, it is safer to remain in your current lane until the point where traffic can take turns merging orderly.

### Benefits of the Zipper Merge

- Reduces the difference in speeds between two lanes, making lane changes easier and safer.
- Reduces the overall length of traffic backups by up to 40 percent.
- Reduces congestion at freeway interchanges, especially in metropolitan areas.
- Creates a sense of fairness when all lanes are moving at the same speed.
- Reduces incidents of road rage.

**Question:** I drive truck for a living. Can you write about people that cut us off? These big rigs can't stop on a dime. It's frustrating because when they do that it can cause a wreck.

**Answer:** Changing lanes and cutting in too close in front of another vehicle is always dangerous, but it's especially dangerous to cut off a commercial bus or truck. If you move in quickly from either side, you're likely to be in a blind spot, so the driver may not see you in time. Even if you're visible, the vehicle may not be able to slow down quickly enough to avoid a crash because of the time it takes to stop.

Commercial vehicles need more stopping distance than cars.

- Stopping Distance: An average passenger car traveling at 55 mph can stop within 130 to 140 feet. A fully loaded tractor-trailer may need more than 400 feet to stop completely.
- Safe Following Distance: Following a commercial vehicle too closely reduces your ability to see the road ahead. Maintain a safe following distance and position your vehicle so the driver can see you in their side mirrors. This will also give you time to react if the commercial vehicle stops suddenly.
- Headlights at Night: Commercial vehicles

have large side mirrors that can reflect light. When following a commercial vehicle at night, always dim your headlights to avoid blinding the driver.

- Merging: When a commercial vehicle merges into traffic, it needs more time than a car to accelerate and reach normal speed. Be prepared to slow down or change lanes to allow the truck to merge safely.
- Stopping on an Upgrade: If you stop behind a commercial vehicle on an upgrade, allow space for the truck to roll back slightly when it starts to move. Position your vehicle on the left side of your lane so the driver can see you in the side mirror.

**Question:** I have been receiving text messages about an "E-Z Pass Final Reminder." It's something about having an outstanding toll and submitting payment. I was told it was a scam. Can you get me more information on this?

**Answer:** Here is information from the Minnesota Department of Transportation E-ZPass page. <https://www.dot.state.mn.us/ezpassmn/news.html>

Scammers are sending fake messages pretending to be MnDOT, E-ZPass or other tolling agencies. These messages claim you owe money and direct you to a payment link. This is a scam! We will never text or email you asking for payment or personal information. If you receive a suspicious text or email message, delete and do not respond. Don't set up an account due to a text or email scam.

**Scam information:**

- Minnesota E-ZPass (MnDOT) will never email or text you for payment or personal information.
- Text numbers and email addresses are chosen at random, and they are targeting everyone—not just E-ZPass users. There is no data breach.

- Delete and don't click on anything that seems off or suspicious. Report as "junk" or "spam" if your device has this option. This helps your device recognize spam.

- Do not set up a new or different E-ZPass account due to a text or email scam.

- If you clicked on a link or provided information, take efforts to secure your personal information and financial accounts.

- You can report fraud activity to the FBI's Internet Crime Complaint Center or the Federal Trade Commission.

If you have questions or concerns, check your account through the secure customer portal, or contact us (MNDOT E-ZPass) directly.

Sometimes scam artists send what looks like an invoice in the mail. Scam letters will include a bogus or questionable URL link and will often have a sense of urgency. Minnesota E-ZPass, MnDOT, or other agencies may send a letter in the mail, but it will look official including agency letterhead, detailed information, and multiple methods for contacting and/or remitting payment to the agency. If you receive a letter in the mail, confirm it is legitimate and always verify information directly with the agency.

**Question:** I caught part of the news the other night and heard something about the 100 deadliest days. Can you get me more information on that?

**Answer:** I certainly can. Here is some information we shared on the Minnesota Department of Safety blog.



The Minnesota State Patrol is urging drivers to make smart, safe decisions as the state enters what is known as the "100 deadliest days" on the road.

This stretch, from Memorial Day through Labor Day, is the most dangerous time of year to travel in Minnesota. It coincides with peak travel nationwide and a troubling spike in fatal crashes.

In 2024, Minnesota saw 151 traffic deaths during this period. By year's end, at least 479 people had died on the state's roads.

"Our troopers work hard every year to keep fatalities down, but last summer was especially hard," said Minnesota State Patrol Col. Christina Bogojevic. "These are not just statistics — they are lives, families and communities forever changed."

The four main contributors to fatal crashes remain consistent: speed, alcohol, lack of seat belt use and distraction. Last year, each played a major role in Minnesota's traffic deaths:

- Speed: 138 fatalities
- Alcohol: 124 fatalities
- Unbelted: 108 fatalities
- Distraction: 29 fatalities

"These are the leading killers on our roads," Bogojevic said. "And we see the consequences play out every day — in the Twin Cities and rural counties across Minnesota."

She said troopers continue to encounter drivers making dangerous choices — speeding down highways, texting behind the wheel, not buckling up and driving impaired.

The state patrol and more than 300 agencies across Minnesota plan to increase enforcement over the summer. Expect more patrols, targeted campaigns and greater coordination with local agencies.

"If you're speeding, driving impaired, unbelted or distracted, expect to see us," Bogojevic said.

But law enforcement says it can't turn the tide alone. They are asking all Minnesotans to do their part.

- Slow down and give yourself time to get where you're going

- Stay off your phone
- Buckle up — everyone, every time
- Never drive impaired, by alcohol or drugs

"If every driver made those choices, we could flip the script," Bogojevic said. "This summer doesn't have to be deadly. It can be the safest."

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

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

## Buckle Up: A Simple Click Can Save a Life

A seat belt is one of the simplest and most effective ways to protect yourself in a crash — and it only takes a second to click.

In 2024, 106 traffic fatalities involved unbelted drivers or passengers in Minnesota. These deaths were 100% preventable. If you won't buckle up for yourself, do it for the people who count on you.

Child passenger safety is equally critical. From 2019 to 2024, only 68% of children ages 0 to 9 involved in crashes were properly secured. Of those who were, most (87%) were not injured, and the rest had only minor injuries. Morgan's Story is a powerful reminder of why properly securing a child in a car seat matters. On June 3, 2024, she buckled her three young daughters in before leaving her mom's house in Lamberton. Just 12 minutes later, a crash took Morgan's life. Her daughters survived without a scratch — thanks to her care in securing them properly.

Minnesota's updated child restraint law includes these key points:

- Rear-Facing: Keep your child rear-facing for as long as possible, at least until age two, AND until they've outgrown the seat by weight or height according to the manufacturer. This is the safest position for your child's head, neck, and spine.
- Forward-Facing: Once your child has outgrown their rear-facing seat and is at least two years old, they can transition to a forward-facing seat with a 5-point harness. They should stay in this seat until at least age four AND until outgrown by height or weight.
- Booster Seat: Children must use a booster until at least age nine or until they've outgrown the booster AND can pass the 5-Step Test.
- Back Seat: Kids under 13 must ride in the back seat whenever possible.
- Restraint Requirement: All children under 18 must be properly restrained in a car seat, booster, or seat belt, depending on their size and age.

For more info and safety tips, visit:

- [BuckleUpMN.org](http://BuckleUpMN.org)
- [BuckleUpKids.dps.mn.gov](http://BuckleUpKids.dps.mn.gov)

Let's work together to keep ourselves and each other safe — one click can save a life. Buckle up — every trip, every ride, front seat and back seat. Together, we can drive Minnesota toward zero deaths.





## Minnesota DNR Invites Public Comment on Muskie Plan Update

*DNR manages Lake Zumbro for muskie, including stocking muskie there*

The Minnesota Department of Natural Resources is inviting people to share their thoughts on a draft update of the state's long-range plan for muskellunge.

"Public input, stakeholder discussions and conversations with our Tribal partners have been critical in shaping the draft plan," said Leslie George, northeast region fisheries manager. "Before finalizing the plan for muskie management moving forward, we want to ensure that we consider the perspectives and opportunities desired by our constituents."

The draft plan will be used to guide muskie management in Minnesota for the next 15 years. It includes management goals, objectives and strategies centered on improving existing muskie populations, shifting approaches in the production of muskies to be stocked, continuing hybrid (tiger) muskellunge management in the metro area, and broadening research and education efforts. Although there was interest in adding new waters to the statewide muskie stocking program, public input focused on first improving existing lakes, especially the key muskie fisheries of Mille Lacs Lake, Lake Vermilion and Lake Minnetonka.

Comments may also be submitted by:  
Emailing [mmuskieplan2025@state.mn.us](mailto:mmuskieplan2025@state.mn.us)  
Using the online survey available on the Minnesota DNR's muskie page

Writing to Kelly Wilder, Minnesota Department of Natural Resources – FAW, 500 Lafayette Road, St. Paul, MN 55155

The DNR is accepting comments on the draft plan update through Thursday, June 12.

### Muskie background

Muskies are a large, popular predator fish native to Minnesota. The Minnesota DNR manages muskies by protecting critical habitat on native muskie waters, stocking them into select other waters, setting harvest and season regulations, population monitoring and research, and outreach and education about muskies.

Minnesota has 101 waters managed for muskies, comprising 2% of the state's fishable lakes and rivers and 22% of the total surface area that is fishable. Muskies have been introduced in 48 lakes and are maintained in these lakes through stocking. The state record muskie for catch-and-release length is 58.25 inches, caught on Mille Lacs Lake in 2022.

Recent Minnesota DNR research on muskie diets show that, on a population level, pike and bass consume much more food than muskies in the lakes where they are present. The research also found that muskies consumed a wide range of prey, but the primary makeup of muskie diets are yellow perch, white sucker, bullheads, invertebrates and northern pike. Cisco can also be important in those lakes where their populations are abundant. Walleye were not an important component of muskie diets. The DNR will continue to manage muskie populations in a way that

maintains fish community balance.

More information about the species is

available on the Minnesota DNR's muskie page.

## House Democrat Start of Session Holdout Proves Costly



**Rep. Pam Altendorf (R)**  
**District: 20A**

At the beginning of the 2025 session, I wrote that this was going to be yet another "historic" session.

Boy, was it.

With the House tallying 67 Republicans and 67 Democrats, most of us knew compromises were going to be necessary in order to move any bills forward. The problem was we couldn't make any compromises for weeks as House Democrats refused to show up for work for 23 days, collecting their legislative paychecks that entire time.

In hindsight, those 23 days of nothingness have proven to be very costly now that the 2025 session has ended, and a good share of our budget work remains unfinished.

If there's any good news to come from this, it's that we won't be entering a special session starting from scratch. Late last week, legislative leaders and Governor Walz announced that an agree-

ment had been reached on a state budget framework.

That framework will provide the largest cut to government spending in state history. It will eliminate nearly half of the projected budget deficit Democrats created when they grew government by 40% and raised taxes by \$10 billion two years ago. In fact, no Minnesota family will see a tax increase from state government this year.

With leadership having agreed on the broad parameters of our next budget, joint House/Senate conference committees worked on the specifics within their respective areas within government. During the final weekend of session, we approved several of these compromise finance proposals, such as public safety, agriculture, and state government. But others, like the health and transportation conference committees, came close but did not finalize agreements before adjournment, which means a special session is needed to finish things up.

I believe the governor will only call a special session when agreements have been reached on all of the outstanding budget bills and am expecting that will happen before the end of May.

I will be sure to keep you updated on the progress we make and will provide you with some highlights next month once special session concludes.

**Gold Star Amusements on the midway!**  
Rides will run from 1:00pm-10:00pm

**It's Fair Time!**

**JULY 4th GRANDE DAY PARADE 11:00am**  
**FIREWORKS SHOW! Dusk**

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**JULY 3rd: CHICKEN RANCH DUO 8:30 PM**  
**JULY 4th: DAVE CARPENTER BAND 2:00-5:00 PM**  
**BRYAN ANDERSON 8:30 PM**

**JULY 5th: THE CHUBS 8:30 PM**  
**JULY 6th: BLYND EYE 8:30 PM**

**WWW.CANNONVALLEYFAIR.ORG**



## Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, May 14, 2025

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 Michael Hammes, Dustin Wiebusch and Erica Young.

Others Present: City Attorney Luke Lamprecht, Municipal Liquor Store Manager Todd Ihrke, Public Works Director Scott Ellingson, Helen Reiland, Phil Olson, Rhonda Sand, Matt Sveen, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: Wabasha County Chief Deputy Jim Warren, Holly Galbus from the News Record.

Absent: Councilperson Steve Liffbrig, City Engineer Matt Mohs

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

Motion by Wiebusch, second by Young to approve April 9, 2025, regular Council meeting minutes and April 21, 2025, Council Working Session meeting minutes. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Young to close the regular Council meeting and open the Public Hearing for Olson Scenic Heights Minor Subdivision 7. All in favor, none opposed. Carried

Regular meeting closed at 6:02 PM.

Public Hearing on Phil Olson Scenic Heights Minor Subdivision 7 opened at 6:02 PM.

Mr. Olson is asking the Council to approve a minor subdivision of Parcel R23.00413.00. The intent is for these newly created parcels to be added to properties at 391 14th Ave. SE and at 1659 River Bluff Rd. SE.

City Attorney Luke Lamprecht asked if a Minor Subdivision application had been submitted, if all necessary documents had been submitted, if Planning and Zoning had passed P&Z resolutions approving proposed minor subdivision met all requirements for a City lot, and if the proper fees had been paid.

Administrator Clerk Karl Nahrgang asked if a deed restriction could be added so that these properties could have the restriction stating that these parcels could only be sold as a part of the property they are being sold to.

No other comments were heard.

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

Public Hearing closed at 6:13 PM.

Regular Council meeting re-opened at 6:13 PM.

Wabasha County Sheriff's Chief Deputy Jim Warren gave the ICR for April. He said that as the weather warms, the officers are busier. Chief Deputy Warren also said that patrol officers wrote more tickets and gave fewer warnings for routine traffic stops to emphasize the need to pay attention to traffic laws. He also thanked the organizations that donated funds for police equipment to assist in the purchase of a drone. Mazeppa Fire Relief was one of the organizations that contributed.

Public Works Director Scott Ellingson gave the Public Works report.

Administrator Clerk Karl Nahrgang gave the Fire Department report.

Municipal Liquor Store manager gave the Liquor Store report.

Councilperson Dustin Wiebusch read the City Engineer report.

Motion by Young, second by Wiebusch to close the regular Council meeting and open the public hearing on LaRoche Lookout minor subdivision. All in favor, none opposed. Carried.

Regular Meeting closed at 6:31 PM.

Public Hearing opened at 6:31 PM.

Timothy LaRoche is asking the Council to approve a minor subdivision of Parcel R23.00446.00. The intent is to create two parcels to be used for residential homes at 171 15th Ave. NE.

City Attorney Luke Lamprecht asked if a Minor Subdivision application had been submitted, if all necessary documents had been submitted, if Planning and Zoning had passed P&Z resolutions approving proposed minor subdivision met all requirements for a City lot, and if the proper fees had been paid. This minor subdivision will also require the property owner to sign a driveway agreement with the City of Mazeppa.

No other comments were heard.

Motion by Wiebusch, second by Young to close the Public Hearing on re-open the regular Council meeting. All in favor, none opposed. Carried.

Public hearing closed at 6:45PM.

Regular meeting re-opened at 6:45 PM.

Motion by Young, second by Hammes to

approve WWTP project pay application #6 to Wapasha Construction for \$361,945.25. All in favor, none opposed. Carried.

Administrator Clerk Karl Nahrgang gave the City Hall activities report and budget summary.

Helen Reiland reported to Council that the new Historical Society Building was at the correct setback and a variance was not needed as the Administrator had told her previously.

Rhonda Sand asked if more could be done to encourage the cleanup of the vacant property at 140 Cherry St. E. She said she had contacted Wabasha County Health.

The City has been in contact with a representative of the owner asking for progress. The City attorney discussed different options allowed by Minnesota Statute to make sure the structure is safe and not a public health hazard.

Motion by Wiebusch, second by Young to direct the Administrator Clerk to contact the City's Building Inspector and Wabash County Health to get more information and to schedule inspections if option to do so complies with Minnesota Statute. All in favor, none opposed. Carried.

Matt Sveen of M-B Sveen properties asked Council if more has been decided on moving 4th Ave. NE into the platted right-of-way. Mr. Sveen has been in contact with the City Engineer to ask questions about the City's plan for stormwater and options that Mr. Sveen can present to his engineering firm to coordinate the watershed plan. He wants to establish a timeline.

(continued on page 20)

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## Mazeppa City Council

(continued from page 19)

The City will hold a working session to take the necessary time to discuss options, timelines, and plan the funding.

Motion by Wiebusch, second by Young to set a Council working session meeting to discuss 4th Ave. NE for 6:00 PM, May 27, 2025. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve Building Permits: 25-18-0010, 378 Walnut St. – Re-roof. 25-18-0009, 133 Walnut St. NE – New commercial storage building. 25-18-0011 180 2nd Ave. NE - re-roof. 24-920-099 240 Summit St. SW - WWTP. All in favor, none opposed. Carried.

Second Reading Ordinance 2025-01 Changes to Article IV, Section 17 of Mazeppa Land Management Ordinance.

Motion by Wiebusch, second by Young to approve Ordinance 2025-01 Changes to Article IV, Section 17 of Mazeppa Land Management Ordinance. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-13 Recognition of Potential Conflict of Interest with SCDP grant program. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve Resolution 2025-14 Approving Mazeppa Honor Guard Exempt Gambling Permit. All in favor, none opposed. Carried.

Motion by Hammes, second by Young to approve Resolution 2025-15 Accepting Donation from Mazeppa Lions Club. All in favor, none opposed. Carried.

Motion by Hammes, second by Young to approve quote of \$24,810.66 from Aslakson's Services for black work at the Maple St. Bridge, Chestnut St., Pine St. at 1st Ave., 2nd Ave. NW., and the MMLS parking lot. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve the minor subdivision of parcel R23.00413.00 pending signatures of owners, surveyor, provision of Mylar Copies for Wabasha County, submission of the filing fee, within 30 days. All in favor, none opposed. Carried.

Motion by Young, second by Hammes to approve the minor subdivision of parcel R23.00413.00 pending signatures of owners, surveyor, provision of Mylar Copies for Wabasha County, copy of receipt of 2025 property taxes paid, submission of the filing fee, within 30 days. All in favor, none opposed. Carried.

Motion by Young, second by Wiebusch to approve the minor subdivision of parcel R23.00446.00 pending signatures of owners,

surveyor, provision of Mylar Copies for Wabasha County, copy of receipt of 2025 property taxes paid, submission of the filing fee, and signed shared driveway agreement within 30 days. All in favor, none opposed. Carried.

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

Council thanked the Lion's Club for the donation for Music in the Park on Market at the Park events.

Council thanked the volunteers on the trail committee for their work in researching and writing the grants for the SRTS and LPP grants that were awarded to the City of Mazeppa for extending the walking trail.

Council also asked if any compliance warning letters have been sent to certain properties in the communities.

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

Meeting adjourned at 7:59 PM.

Administrator Clerk

Next meeting: Working Session May 27, 6:00 PM.

\*\*\*

## Zumbro Falls City Council Minutes - March 12, 2025

The Zumbro Falls City Council met at 6pm at City Hall with all council members present. The meeting was called to order by the mayor.

The Clerk read the minutes from the February meeting which were accepted as read by a motion from Winters, second Anderson, with all in favor - carried.

Treasurer's report, given by the Clerk, was accepted with a motion from Anderson, seconded Benson, all in favor - carried.

The city audit is due June 16th, 2025 and the Council has selected a Hemann Grover in Zumbrota to complete the work.

Fran Graves was present to request a tobacco license for Zumbro Liquor. The request was accepted with a motion from Benson, seconded Winters, all in favor, carried. Application and fee to be collected.

Wabash County – Hazard Mitigation Plan sent out a draft for city review and council approved the plan as resolution 25-02 with a motion from Winters, seconded Benson, all in favor, carried.

Three bids have been requested for the heating/cooling system in the well house by the water tower.

Tom Wiener attended the meeting to represent CMS (Construction Management Services). Tom provided an overview of contractor services available for the city planning and zoning office.

Motion for the meeting to adjourn and the Clerk to pay all bills presented was made by Winters, Second Anderson all in favor, carried. Next meeting scheduled for April 9th, 2025.

Submitted by Blake Hanson, City Clerk

\*\*\*

## Zumbro Falls City Council Minutes - April 9, 2025

The Zumbro Falls City Council met at 6pm at City Hall with all council members present. The meeting was called to order by the mayor.

The clerk read the minutes from the March meeting which were accepted as read by a motion from Anderson, seconded Benson, all in favor - carried.

Treasurer's report was given and was accepted with a motion from Winters, seconded Anderson, with all in favor - carried.

Kathy Solomonson was present at the meeting and expressed her interest in retiring as Web Content Manager along with Website Administrator Mike Flores also expressing his interest in resigning. The city will be seeking replacements for both positions and will be evaluating the current state of the city's web content. The website has recently been renewed for an additional 3 years. A big thank you to Mike and Kathy for all the work they have done over the past 16 years!

The council had a discussion on whether to

continue to maintain the city garden. There was a motion by Benson to discontinue the city garden and look to sell related equipment (tank, tiller and blade), the motion was seconded by Anderson, all in favor - carried.

Comments from Mayor Heitmann included: The city will be requesting bids to repair potholes on Water Street. The lift station heater and lift fan have been repaired. On June 7th, the Car Club will be hosting their annual event with June 8th as a replacement day in case of rain. Finally, new Flags for the city have been purchased and will be in place soon.

Clerk's comments included: Liquor Licenses have been distributed to local businesses and council approval is pending the return of payments and liability forms for submission to the state. The city received an asset appraisal from a contractor hired by LMCIT Lakeshore Agency related to the city's insurance renewal in July. The 2024 Drinking Water Consumer Confidence Report has been received and is available upon request for viewing. Portable toilets and garbage bins have been placed at various park locations for the summer. Lastly, the city's Certificate of Deposit has been renewed for an additional 6 months at 4%.

Donations were accepted by the council which follow: \$1,000 from Gayle Deobald, \$350 to the memorial fund and \$50 from Jim Komisar.

Motion for the meeting to adjourn and the clerk to pay all bills, motion was made by Anderson, seconded Winters, all in favor, carried. Next meeting scheduled for May 14th, 2025.

Submitted by Blake Hanson, City Clerk

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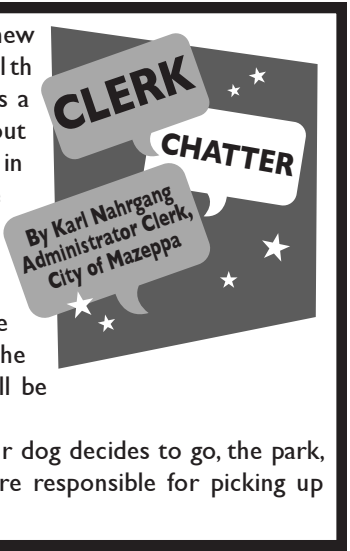


Mazeppa-Zumbro Falls  
**Messenger**



Summer is here and the City has completed a new facility in the community. The Dog Park at 579 11th Ave. NE is now ready for use. The dog park allows a person's dog to be off-leash and able to run without violating City ordinance, however, all the rules of in town pet ownership do apply. You are responsible for your pet's behavior toward other pets and pet owners. Just as in other parks or public places, you are responsible for picking up after your dog. The City recommends that you bring your own waste bags, because despite timely re-stocking of the dispenser, the heavy use could mean that none will be available when you need them.

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1. 100 lbs.
2. Elders' teachings
3. Kind of history
4. Widower's feelings
5. Forest spirit
6. Worked over with scythe
7. UN labor org.
8. Sun-dried brick
9. Exclamation, with Louise
10. Palm tree berry
11. \_\_\_\_ Mall, London
12. Ensign, for short
15. a.k.a. Lighthouse of Alexandria
20. \*Provide with shin guards, socks and uniform, e.g.
22. Drake's genre
24. Playing roulette
25. \*FIFA Women's World Cup current champion
26. Rome's Colosseum, e.g.
27. Singular of cornua
29. Kill (2 words)
31. "By \_\_\_\_ of" or "by means of"
32. "The \_\_\_\_," Dostoyevsky's novel
33. U in UV
34. \*Lionel \_\_\_\_
36. Coloring substances
38. Teenager's breakout
42. Relating to blood
45. Dwell
49. African National Congress
51. Central American wildcat
54. Get \_\_\_\_ of someone
56. Highway patrolman's gun
57. "Germinal" author mile \_\_\_\_
58. Desire
59. \* \_\_\_\_ Madrid
60. \*C in AFC Richmond
61. Puff of marijuana
62. Spin, past tense
63. The Herm s Kelly, e.g.
65. Itty-bitty
67. Invoice qty.

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



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