



# Mazeppa-Zumbro Falls Messenger™

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Volume 19 • Issue 7

## Announcements

• **STOP BY THE MAZEPPA HISTORICAL MUSEUM DURING MAZEPPA DAZE & HAVE A "COLD ONE" ICE CREAM CONES OR BOWLS- JULY 11TH & 12TH.**

• **HOPEFULLY, the new additional building will be OPEN!**

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

• **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: hometownmessenger@gmail.com*

# Mazeppa Daze 2025

Mazeppa Daze is just around the corner. It will be held July 10th through the 13th this year. Thursday July 10th kicks off with the Field of Honor at JayCee park opening ceremony at 7pm presented by the Mazeppa Honor Guard.

On Friday July 11th at 7pm there will be a Parade and a Street Dance from 8:30pm to 12:30am. The live band is "Unhinged." A small Fireworks display is planned at dusk.

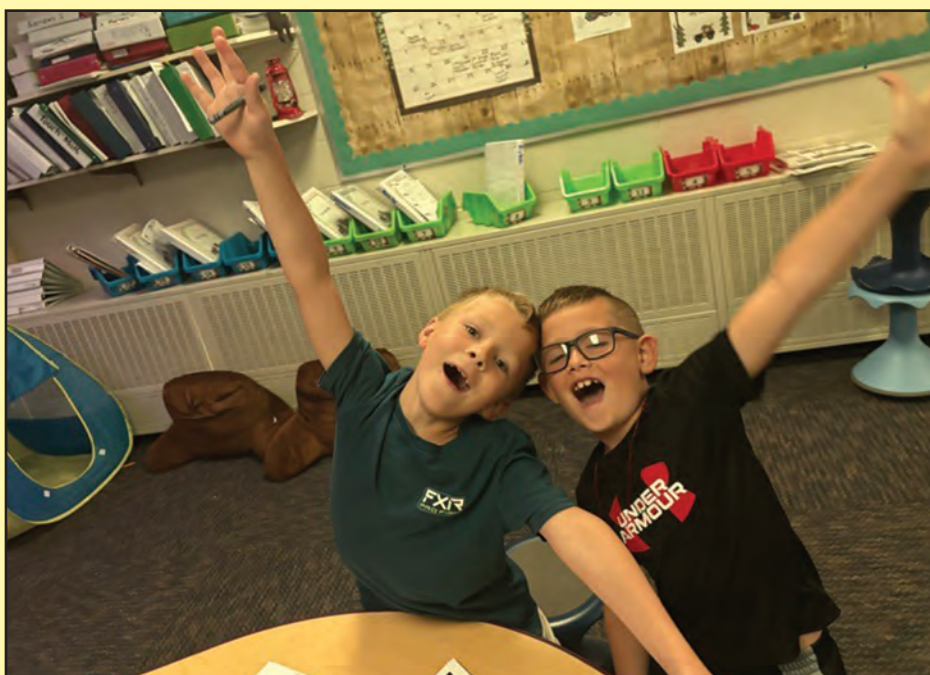
On Saturday July 12th start the day at 6am with a pancake breakfast. Softball tourna-



ments begin at 8am. A Women's Volleyball tournament starts at 8am as well. The 5k Run/Walk will be held at 9:30am. Kid's Games are scheduled from 11am to 3pm on Saturday. At 2pm the Duck races will be held followed by Bingo at 2:45pm.

*(continued on page 6)*

## Who Says Summer School Isn't Fun?



Amusement Park Themed week for Cougar Academy last week! We learned how cotton candy is made, and we got to eat it! Then we were enthralled with learning about chain reactions. We got to make our very own chain reactions and explore with dominoes. Go Cougars! *Courtesy of ZM Schools (additional pictures on page 12)*

## The Circus is Coming to Dennison



Thanks to the sponsorship of the Dennison Lions Club & Fireside Lounge, the Culpepper & Merriweather Circus is coming to

Dennison, MN on Thursday, July 31st, to the lot across from the Dennison Lutheran Church located at 37514 3 Ave. with shows at 5:00 & 7:30 pm.

*(continued on page 8)*



**Open Regular Hours  
July 2 & 3**

**WE WILL BE CLOSED  
JULY 4, 5, 6 FOR  
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Opening Wednesday, July 9 at 11:00am

*Have a Safe & Happy 4th of July!*



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Zumbro Falls Area





## Choose the Wise Path



By Pastor Colleen Hoeft

There are all kinds of roads or paths to take. Some are physical- like yellow bricks, highways, trails in the woods or just the road to grandma's house. Others are more philosophical- the road less traveled- the road to freedom, the road to discovery, the road to your future...

The road we take determines where we will end up. The only way to end up at the right destination is to choose the right road. The metaphor of life as a journey is a familiar one. It is found in the Bible as well as in classical literature. The Odyssey of Homer describes Ulysses' ten-year journey from Troy to his home in Ithaca, and Bunyan's Pilgrim's Progress is an account of Christian's journey from the City of Destruction to the heavenly city. The Wizard of Oz is Dorothy's journey to Emerald City.

The Bible frequently exhorts us to choose the right path, and sadly all around us the cul-

ture we live in thinks there are "many ways to God" and any path you sincerely follow will eventually take you there. No matter someone's sincerity- one can be sincerely wrong.

Jesus made it clear that in this life we can take only one of two ways, and each of them leads to a different destination. Everybody has to choose either the crowded road that leads to destruction or the narrow road that leads to life; "You can enter God's Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. 14 But the gateway to life is very narrow and the road is difficult, and only a few ever find it." Matthew 7:13-14. There's no middle or alternative way.

You can find steps to discover meaning in life from a number of resources. You can read philosophy, or psychology or self-help books. Yet, the best place to seek wisdom and direction is still from the book written by the creator of the world and His Words which are: "God-breathed and are useful for teaching, rebuking, correcting and training in righteousness, 17 so that the servant of God may be thoroughly equipped for every good work." 2 Timothy 3:16-17. As followers of Christ, we are to desire to learn and grow in wisdom.

It is while we walk with God that we learn to enjoy the blessings of God. People have been trying to discover meaning for their lives since the beginning. Sadly, we haven't always made the best choices nor chose to follow God's design for us. Human and scientific studies agree with the truth and wisdom of the scriptures. When we are contemplating the direction of our lives- the

path that God wants us to take we should begin with these 5 areas and include them in our plans. And it's important to consider this for yourself, and if you are married- consider these 5 areas for the trajectory of your marriage as well. As believers- flying by the seat of our pants isn't very honoring to our faith walk with Jesus. Jesus knew His direction, He knew His path and He never turned from it.. even though He knew the ending. For us- we might think that He had it easier- I'm not so sure- I do enjoy the adventure- most of the time- if I knew the ending- I would probably work less and get a bit lazy in my faith and plans for the future. In our lives as we follow Jesus- as we set our paths on the direction He places before us- we will find a life of joy, purpose and passion ! To find that path you need to begin with-

- Self-Reflection Set aside time to examine your priorities, passions, and values. Journaling or meditating on questions like "What makes me feel alive?" or "What legacy do I want to leave?" can spark new realizations about your purpose. Jesus was on a journey- and He still took time every morning, "while it was still dark" he went up a mountain to pray. Mark 1:35. Jesus knew his path- yet He sought guidance too. I desire to live out my faith one day at a time on the path He has laid out for me. Knowing God has a plan- frees me to be in discovery for that plan. Secondly...

- Cultivate Meaningful Relationships Genesis 2:18. Connection is a vital part of human life. Nurturing deep relationships with family, friends, or communities helps create a sense of belonging and can provide emotional and spiritual nourishment. God said in the very beginning, "it is not good for man to

be alone." And that isn't only for married couples; Adam wasn't a complete human until there was another person. Elijah needed a helper- God gave him Elisha, Naomi had Ruth, David had Jonathon, and Jesus had his three and his 12. Who is in your inner circle- what relationships are you cultivating? Don't go your path alone.

- Commit to Personal Growth. Purpose evolves as you grow. Seeking knowledge, challenging yourself, and pursuing hobbies or goals aligned with your values can bring deeper satisfaction over time. We aren't meant to vegetate on the couch- we are to grow and learn. Peter wrote, "For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 2 Peter 1:5-7.

- Serve Others Acts of kindness and service often instill a profound sense of meaning. Whether it's volunteering, mentoring, or contributing to causes you believe in, giving to others enriches both their lives and yours. You were created for this very thing- to serve others.

What is God calling you to do? You are created to serve others- is serving others a part of your future path? We know it is if you are following Jesus. That's what you were created for! Maybe it's mowing someone's lawn or pulling their weeds. Maybe it's just sitting with a shut in and listening and visiting. Maybe you are called to teach students or adults in your church. Maybe God is calling you to begin another ministry or become a pastor or missionary.

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Mazeppa-Zumbro Falls  
**Messenger**

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### TRINITY LINCOLN LUTHERAN CHURCH

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

### ST. PETER AND PAUL CATHOLIC CHURCH

222 1st Ave S., Mazeppa  
507-843-3885  
Sunday Mass 10:00 a.m.

### ST. PATRICK CATHOLIC CHURCH

Hall 507-753-2424, West Albany  
Sunday Mass 8:00 a.m.  
Wednesday Mass 7:00 p.m.

### ST. JOHNS (BEAR VALLEY) LUTHERAN CHURCH

Pastor Dan Reich • 507-753-2576  
Sunday Worship 8:30 a.m.

### IMMANUEL LUTHERAN CHURCH (POTSDAM)

Pastor Dean Zemple  
7134 Highway 246 NE, Elgin, MN  
Sunday worship at 9:15 a.m.  
(Bible class at 8:15 during the school year)



### AREA CHURCH DIRECTORY

#### Light Rising in the Darkness

*If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. — Isaiah 58:10*

The roles of mom, dad, brother, and sister can be broader than traditional definitions suggest. My mom has embodied an expansive view of motherhood throughout her life. She not only raised my siblings and me alongside our father, but she also served as a Christian school principal for 35 years and as an elder in her church. Her influence reached far beyond our home—spending summers in Ukraine, Uganda, and Russia, as well as three years in Bangkok to help establish Christian schools.

When I was a single father with sons ages 7, 4, and 1, my mom stepped in to help me, sharing as a grandmother the same energy and devotion she had shown as a mother. Her love, especially in times of need, reflected God's calling to spend herself on behalf of others. She's always been a square peg in a world that tries to fit people into round holes, and that uniqueness is her strength. The churches, orphanages, and schools she has served have benefited deeply from her gifts—as have we, her family.

God promises his servants: "You will be like a well-watered garden, like a spring whose waters never fail." Is there someone in your life whose faith and service reflect God's light and bless others in remarkable ways? *Lord, thank you for all whose love and service reflect your light. Bless those who give generously of themselves. May their lives be like well-watered gardens, ever refreshing others. Amen.*

### PRESBYTERIAN CHURCH OF ORONOCO

10:00a.m. Worship  
20 - 3rd St. SW, Oronoco, MN  
507-367-4711 • [www.oronocochurch.org](http://www.oronocochurch.org)

### UNITED METHODIST CHURCH

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

### ZUMBRO COMMUNITY CHURCH

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

### SOUTH TROY WESLEYAN CHURCH

Pastor Colleen Hoeft  
56187 Hwy. 63, Zumbro Falls  
[www.southtroywesleyan.org](http://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

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

### ST. JOHN'S MAZEPPA

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

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



## St. John's Church Celebrating 150 Years

By Beth Brekke

St. John's Evangelical Lutheran Church of Goodhue Township is celebrating their 150th anniversary on July 27th, marking the milestone with special services and a catered noon meal. Former pastor, Andrew Krause will be the featured speaker at a 10 am service and Pastor Mark Henrich, son of Reverend Warren Henrich who served the congregation

from 1963 to 1973, will conduct a 2 pm service. Group photos will be taken at 11:30 am.

The congregation's history dates back to the late 19th century. Politics, military threats and religious freedom motivated Germans to leave their homeland, family and friends to seek a better life in America. Later immigrants knew people in the Flower Valley/Hay Creek area thereby settling in the nearby Goodhue area. They joined Immanuel Lutheran church, already established in Hay Creek in 1858. According to historical accounts, members soon found it to be "Quite a little jaunt by horse and buggy for Sunday morning worship services". A more convenient option was for the Immanuel pastor to travel to them, conducting services in Goodhue area members' homes.

On May 28, 1875, a group of 18 men met to organize their own congregation, choosing the name St. John's Evangelical Lutheran

Church. The church's founding fathers had last names that are still familiar in this area and congregation including Matthees, Benidt, Hadler, Reese, Augustine, Diercks and Nibbe. Only three of them were over the age of 40 when they purchased two acres of land from Johann and Catharine Bode for \$80.00 and began erecting a church building. They soon purchased another two acres from the Bodes and four acres across the road. The four-acre parcel cost \$850.00 and included a house which served as the parsonage and later the teacherage.

The new congregation continued some affiliation with the Hay Creek church until 1880 when members of St. John's and nearby Grace recognized that it would be beneficial to share a pastor and also a teacher for their youth. Pastor William Vomhof served the two congregations until his death in 1890. In 1888, Vomhof requested a chicken coop and in 1916 a horse barn was built with each man paying for his own stall.

A grove of trees was planted in 1900 as a spot to host Mission Festival services. These services were an all-day joyous occasion with members visiting neighboring congregations. St. John's spurred the organization of St. Peter's congregation in Goodhue and a tri-parish was served by the same pastor from 1912 to 1918 when St. Peter's became a dual parish with St. John's Minneola.

Grace closed its school in 1966, sending students to St. John's. They continued as a dual parish until splitting into separate congregations in 2016. Today, Grace and St. Peter's are sister congregations working cooperatively with the two St. John's churches. The Mission Festival tradition is now observed at the high school gym with a joint service during Goodhue's Volksfest.

In 1903, St. John's celebrated their 25th year by completing a new church building. A bell that weighed 1200 pounds was shipped from New York and installed in the belfry. The total cost of the church and furnishings was \$7,116.15. The original church was converted into the schoolhouse and used until 1958 when the current building was erected. Most of the classes were taught in German until 1920. Church services were offered in English once a month in 1904, but due to lack of interest were dropped until 1920. German services then became fewer but were not discontinued entirely until 1962.

Physical changes to the church marked its 75th anniversary in 1950. A fellowship hall was added, walls and floors were upgraded and a new organ was installed. The steeple that had been damaged in 1947 was removed and not replaced until 1983 when a pre-built one was bought from Campbellsville, KY for \$19,330.00.

In the early 1950's, a fund was started for new windows in the church. Money donated by the Henry and Anna (Voth) Hadler estate was used to install stained-art church windows with protective storm glass in 1963. Thanks to a generous memorial gift from the Paul and Linda Betcher estate, work to reseal all of the stained glass windows, the outside film having yellowed, began in 2023. Reinarts Studio of Winona was hired for the project.

With restoration work in progress, someone remembered the rose window original to the front of the church. The window that ap-



St. John's Evangelical Lutheran Church Goodhue Township to celebrate 150th Anniversary July 27th



peared in old church photos and many family wedding pictures. The window that was removed when a new, enlarged entrance was constructed to allow wheelchair accessibility. The window that was put into storage in 1985 and forgotten.

The window was retrieved from storage, unfortunately reduced to "A pretty rough pile of pieces", the frame completely rotted and the glass parts unusable. With approval of the Betcher family to allocate more endowment fund money, the round rose window was sent to Reinarts Studio. Duplicating the original design, the all-new window took several months to create. LED lights were added to mimic the sunlight that would have shown through the original exterior placement. On April 5, 2025, the new window was hung inside the church entrance that displaced it 40 years ago.

Looking back at the congregation's past 150 years, many changes have taken place. More land has been acquired through purchase and donation. Old buildings have been removed and new ones built. Membership and school enrollment has both waned and flourished. Eyeing an expansion in the near future, more changes will follow. The one thing that has not changed is the desire to celebrate God's grace and blessings.

Everyone is invited to join the anniversary observance July 27th. For questions or more information, contact Pastor Robbin Robbert at 907-315-3851 or pastrob2@yahoo.com. St. John's Church is a Wisconsin Synod Lutheran congregation located at 36620 County 4 Blvd, Goodhue, MN 55027.

## Choose the Wise Path

(continued from page 2)

You are created in Christ Jesus- to do good Include service to others in your 'path' for the future.

There is always a risk in stepping out in faith. There is always uncertainty in forging into the unknown. That's where faith, God's Word and prayer converge! We must believe that Jesus came for us- that He has a plan and we must step out in faith and walk in it.

God has given each of us a map- His Word- true it doesn't say- go here or go there- but He gives us the truth and the minds to choose. Are you ready to step out in faith? Are you ready to obey whatever He shows you? Only you can choose your path.

## Celebrate Recovery

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### Questions?

Contact Pastor Colleen Hoeft at [celebraterecoveryouthroy@gmail.com](mailto:celebraterecoveryouthroy@gmail.com) or 507.259.1442  
Visit [southtroywesleyan.org](http://southtroywesleyan.org) for more information



## Rediscovering Connection: The Benefits of Family Camp



By Emmarie Moon

In today's fast-paced world, it's not uncommon for families to feel more like a collection of individuals than a unified team. Between work, school, sports, social media, and screens, families are busier than ever—often at the expense of meaningful time spent together. That's why Family Camps are making a powerful comeback as one of the most rewarding investments a family can make in their relationship with one another. More than just a getaway, family camps provide an intentional, immersive experience designed to help families reconnect, reset, and rediscover

joy together.

### 1. Unplugging to Reconnect

One of the most immediate benefits of family camp is the opportunity to unplug—literally. Many camps have limited cell service or intentionally create “device-free” zones to encourage families to focus on what matters most: each other. For parents and children alike, it can be refreshing (and even a little challenging at first) to step away from screens. But once the distractions fade, meaningful conversations, laughter, and real connection begin to take their place.

When was the last time your family sat around a campfire sharing stories, played a board game without interruption, or went an entire day without checking a device? Family camps provide the space and structure to make those moments happen.

### 2. Shared Adventures Build Stronger Bonds

Family camp is packed with activities designed for all ages and skill levels. From canoeing and hiking to zip-lining, archery, or crafting, families are encouraged to participate together in new and sometimes challenging experiences. These shared adventures create memories that last far beyond the final campfire sing-along.

When families try something new as a unit—whether it's a high ropes course or a silly skit night—they grow closer. Accomplishing goals together fosters trust, communication, and a sense of unity. Even the occasional failure or funny mishap becomes a cherished inside joke.

### 3. Intentional Time Strengthens Relationships

Family camp offers something that's in short supply during normal life: intentional, uninterrupted time. Meals are eaten together without rushing, schedules are simplified, and the pace is slower. Many camps include guided family devotionals, reflection times, or parent-child discussion moments that help deepen emotional and spiritual connections.

These moments of intentionality can strengthen marriage relationships, open new lines of communication with teens, or simply allow parents and young kids to delight in being together without distraction.

### 4. Encouraging a Healthier Family Rhythm

Sometimes families don't realize how fast they're moving—or how disconnected they've become—until they experience something different. Family camps often provide a much-needed reset for stressed-out parents and overstimulated kids. The slower pace, natural setting, and wholesome fun help families experience what it's like to live with more balance.

Many parents leave family camp with a renewed commitment to setting boundaries around tech, creating family traditions, or prioritizing Sabbath rest. Camp doesn't just refresh; it reorients.

### 5. Positive Role Models and Supportive Community

Another great aspect of family camps is the chance to interact with other families who share similar values. Camps are often staffed with caring leaders, mentors, and volunteers who model healthy family relationships, spiritual growth, and joyful service. This environment can be especially encouraging for

families navigating challenges, blended families, or those seeking to establish a stronger faith foundation.

Some families find lifelong friends at camp. Others are simply comforted to know they're not alone in the struggles of modern family life.

### 6. Faith and Fun Interwoven

Many family camps are rooted in Christian values and offer families a space to grow in their faith together. Through chapel services, worship nights, campfire devotions, and prayer times, families can draw closer to God and each other. Faith becomes not just something talked about at home or church—but something lived out in everyday moments, shared under the stars or after a morning paddle.

It's these spiritually formative experiences that often stick with kids long after the week is over. For parents, it's a rare and beautiful opportunity to disciple their children in a hands-on, heart-first way.

### In Conclusion

Family camp is more than just a vacation—it's an intentional step toward building stronger family bonds, creating lasting memories, and rediscovering what it means to rest, play, and grow together. Whether you're looking to reset your family rhythms, unplug from the noise, or simply laugh more together, family camp offers a unique and powerful way to invest in what matters most.

So pack up the car, leave the Wi-Fi behind, and head into the woods—you may just come home with more than mosquito bites and souvenir T-shirts. You might come home with a stronger, more connected family.

# Camp Victory

ZUMBRO FALLS, MN

SUMMER CAMP 2025

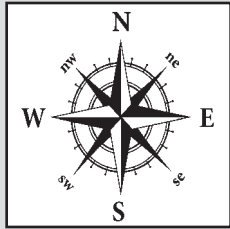
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## Changes in Latitudes, Changes in Attitudes Retirement, heading south and taking it easy



By Terry Campbell

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

I was born to be a farmer, it was in my blood from birth. I probably got that from my father. I couldn't imagine doing anything else for the rest of my life. It was the greatest vocation you could ever aspire to. Farmers were the best people. Most of them stayed farming until they tipped over. It was the thing a man did. You died with your boots on. Leaving the

farm wasn't going to happen for most farmers. So, I never imagined I might ever move south to somewhere warmer.

In 1964 my dad took the family on a trip south over Christmas vacation. He made the decision after he had survived a helicopter crash, with a desire to spend more time with the family. We traveled through Tennessee. I was mesmerized by the state. It wasn't bitter cold in December like Minnesota. And there was interesting history there. And it was beautiful. Tennessee had rivers, lakes and pine trees. You would think you were in northern Minnesota, without the winter. Those trips as a young child put the bug in me to vacation in the south. Just about every winter after that included the family heading south.

Years of raising livestock through a Minnesota winter takes it out of a guy. Many times, I have been stuck in a snowdrift with a tractor hauling manure into the field, froze my fingers crawling up a silo to fix an unloader, thawed out countless outdoor water fountains for cattle, fought with barn cleaner chains buried in ice and been so cold I couldn't feel my extremities while cutting and splitting firewood to keep the house warm. These memories are permanently imbedded in my mind.

I think of these things over the last eight years that I have spent the winters down south. I wrote this the first week of February while relaxing on my porch where we live on Kentucky Lake. Kentucky Lake is the Tennessee River where it is about a mile wide. The Tennessee River starts in the east of the state and meanders all the way to the west




View of Kentucky lake from Lodge dining room

where it eventually makes its way into the Mighty Mississippi.

Back to the first week in February in Tennessee. It is sunny and well into the 70 degree range. A perfect day by any standard. But even better in contrast to a February day in Minnesota. I went for a walk with the dog along the road by the river. Then we sat on the front porch together and relaxed, the dog snoring while I dozed off. Then I picked up my neighbor, Harry, and we drove to the Paris Landing Lodge Restaurant. This is a great place to eat and is only a few miles from our house. We sat by the window over-looking the lake enjoying a burger and talking for over three hours. He grew up on a farm in Indiana and operated heavy equipment all his life. We have a lot in common and enjoy

doing things together, even though he is more than ten years older than me. Funny how the age difference doesn't mean anything when one gets old.

When I am not on the farm, I do not have the constant call of things to do. No fences to tear down or build, no barns or buildings to maintain, nothing to feed or clean, no mowing, tilling, planting or fixing. Somedays down here I sweep out the shop and organize the tool bench, just because there is nothing else pressing to do. Many an afternoon I have fallen asleep in the porch chair on the front deck with my dog laying their head on my lap. I never saw this coming. But it is hard to beat having lots of spare time and not much to do with it.



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## A Minnesotan: Fair Season



By RosaLin Alcoser

We've hit the point in the summer when things start to turn hot and sticky. Which also means that we've hit the beginning of the county fair season.

While the people living in the cities tend to only care about the state fair at the end of the summer. The rest of us know that to get there first we have to go through all of the county fairs.

When I was a kid I clogged at the Goodhue county fair every year until I left for college; right over in the small entertainment tent across from the beer garden. Every year before and after I clogged I spent my time wandering in and out of all

of the fair exhibits.

Now that I'm grown I pretty much do the same things no matter which county fair it is. Because we all know that you have to hit up the 4 H building, all of the barns, plus the craft and agriculture buildings. After all, how else would we know which locals would be going onto state at the end of the summer?

Personally I think that the barns are always some of the most interesting to visit. After all you have wide variety to go to. You have the dairy barn, the goats, the pigs, the rabbits, the poultry, and of course my mother's favorite, the horses. Every year my mother has tried to use the county fair as a means to get us interested in one of her childhood interests. Horses.

This includes this year's visit to the county fair. When we were in the horse barn looking at all of the horses participating this year she was excited about me correctly identifying a Shetland pony. It was once she started pointing out all the reasons that I could tell it was a Shetland pony that I had to admit that I knew none of that. I was doing what I often do when telling people about whatever is right in front of me and was reading the sign telling what I was looking at.

Needless to say she was less impressed with me upon my admittance of this. However, this was soon remedied with the Minnesotan fair staple of cheese curds and a turn around the poultry barn.



## Taste of Summer at Cannon Valley Ranch

Cannon Valley Ranch is presenting an experience at their annual Taste of the Ranch this Summer!

Bruce, LeeAnn, & Taylor Waugh are owners of Cannon Valley Ranch. Their son Aaron manages the event details & activities. Community members are welcome to come out to

enjoy the high quality beef burgers, hot dogs, and fries made with beef tallow, as well as participate in ranch activities, music, games and fun for all ages. The Waugh Family raises registered Angus and Akaushi (Wagyu) beef cattle, conduct an annual bull auction, and provide USDA inspected beef for the general public. Cannon Valley Ranch is located on 390th street a 1/2 mile off of county road 7. Come out and enjoy your time at the farm & ranch this summer!

Cannon Valley Ranch - 14495 390 Street, Goodhue MN 507-298-0820

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## Mazeppa Daze 2025

(continued from page 1)

The Lion's Club BBQ dinner will be held at Lion's Park from 4 to 8pm. There will be live music by the band "Smokin' Coyotes" from 8pm to midnight. A Large Fireworks Display is scheduled at dusk followed by drawing for golf cart. In event of rain the fireworks will be held Sunday, July 13th.

On Sunday July 13th, softball and co-ed volleyball tournaments will begin at 8am. A tractor pull will start at 10am. At 11am the Fire Departments will hold the water fights in front of the Fire Hall. A Classic Car show will be held from noon to 3pm.

# WINE BINGO!

**EVERY SATURDAY 12-2:30PM**

Large groups are welcomed with reservations for 8 or more.

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## Taste of the Ranch

presented by

### CANNON VALLEY RANCH

*Invites You to an  
Experience the Ranch this Summer*

**June 12th Thursday**  
Open at 4:30; Food served from 5-8 p.m.  
Musician 5:30 -7:45

**July 10th Thursday**  
Open at 4:30; Food served from 5-8 p.m.  
Musician 5:30 -7:45

**Sunday Funday July 27th**  
Sunday 12-4

**Aug 14th Thursday**  
Open at 4:30; Food served from 5-8 p.m.  
Musician 5:30 -7:45

**Aug 28th Thursday**  
Open at 4:30; Food served from 5-8 p.m.  
Musician 5:30 -7:45

**Sept 13 Saturday 5-8**  
Bleu Duck Kitchen Dinner Event

**Fall Festival Oct 5th**  
Sunday 11:30-4

Enjoy a beautiful wagon ride touring  
the property, fun music,  
and food for purchase

LeeAnn Waugh  
Cannon Valley Ranch  
14495 390 Street  
Goodhue MN  
507-298-0820



## Minnesota State Parks, Recreation Areas and Trails Offer Fourth of July Fun; Camping Reservations Still Available

Minnesota state parks, recreation areas and trails are great places to celebrate the Fourth of July holiday. There is an abundance of recreational opportunities for individuals, friends and families to enjoy for an hour, a day, or a full weekend.

“We encourage everyone to spend time outdoors during Fourth of July weekend,” said Ann Pierce, director of the Minnesota Department of Natural Resources’ Parks and Trails Division. “Minnesota’s state parks, recreation areas and trails offer welcoming places to relax, connect with nature, and celebrate the holiday in a peaceful setting. Whether you’re hiking, paddling, camping or simply enjoying a picnic with family and friends, it’s a great way to make meaningful memories.” Did you know most Minnesotans live within 30 miles of a state park or recreation area? The ParkFinder tool can assist visitors in finding a location with the recreational opportunities

they’re looking for.

**Some ideas for outdoor Fourth of July fun:**

**Walk, pedal, roll and ride on Minnesota state trails**

Minnesota offers more than 1,500 miles of state trails. Many state trails are paved, making them a great option for cyclists, in-line skaters, and people using mobility devices or strollers. Find trail maps on the state trails website.

**Paddle your way through Minnesota’s waters**

Many Minnesota state parks have lakes or rivers to paddle on, and there are more than 4,500 miles of paddling along Minnesota’s 35 state water trails. To learn about state water trails for a paddling trip, visit the Minnesota State Water Trails website.

If you don’t have a watercraft of your own, 32 state parks offer rentals, including canoes, kayaks and stand-up paddleboards. Life jackets are included. Use the ParkFinder tool to find parks with rentals.

**Stay overnight – but make your reservation soon!**

Campgrounds for the nights of July 4-5 are 90 percent full. People interested in camping over the holiday weekend can see current campsite availability at the DNR’s camping reservation website. Locations with 20 or more drive-in sites available include Lake Bronson, Minneopa, Myre-Big Island, Sakatah Lake, St. Croix and Zippel Bay state parks. Red River State Recreation Area is the only location with more than one drive-in site with electric hook ups available. All lodging in state parks is full for the nights of July 4-

5.

**Learn through programs and tours**

Minnesota state parks offer a variety of outdoor education opportunities. Naturalist-led programs are offered at many parks, and most are free to attend. There are 48 naturalist programs scheduled from July 4-6; visit the Parks and Trails division’s event calendar to find details.

Three state parks offer tours—Blue Mounds, Forestville/Mystery Cave and Lake Vermilion Soudan Underground Mine. At Blue Mounds, visitors can tour the prairie and bison range to learn about the prairie ecosystem and the Minnesota Bison Conservation Herd. There are multiple types of tours available at Mystery Cave, including the one-hour scenic tour, the two-hour geology tour, and the one-hour lantern tour. Surface mine tours and interpretive exhibits are available at Soudan Underground Mine, but underground tours remain paused while mine repairs are underway following last year’s flood damage. Learn more or make tour reservations from the Tours in Minnesota state parks website.

**Enjoy the outdoors fireworks-free**

One thing visitors to state parks and recreation areas won’t experience during the Fourth of July weekend – or anytime – is fireworks. Minnesota rules prohibit the use of fireworks within state park and recreation area boundaries.

**No matter the activity, be prepared!**

The DNR encourages those participating in outdoor recreation to keep safety in mind as they celebrate the holiday outdoors with fam-



ily and friends.

**Pack smart:** Be sure to bring sunscreen, insect repellent, a first aid kit and plenty of water for all the people and pets in your group.

**Be BearWise:** The presence of a bear in the area is not a threat to your safety, but having a bear in camp can lead to problems. Visitors should properly store food inside vehicles or in storage boxes where provided, and dispose of trash. See the DNR’s bear safety website for tips to avoid an unwanted bear encounter.

**Fun boating is safe boating:** Always wear a lifejacket, and make sure children wear theirs. For more boating safety tips, check out the DNR’s boat and water safety webpage.

**Be weather aware:** Check the weather forecast so a storm doesn’t sneak up on you.

**Practice campfire safety:** For a safe campfire, use dedicated fire rings in campgrounds and picnic areas. Always supervise your fire, keep it small, not tall, and make sure it’s fully extinguished before leaving. For more tips, visit [mndnr.gov/campfiresafety](http://mndnr.gov/campfiresafety).

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Sept 4-7pm

June 19 | July 17 | August 21 | September 18

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# Neighbors

## The Circus is Coming to Dennison

(continued from page 1)

C&M Circus has been providing quality, local family entertainment for 40 years.

This authentic One-Ring, Big Top Circus has been featured on the A&E Special: Under the Big Top, Nick News: On the Road with Circus Kids and most recently OETA's Big Top Town.

This year, we're very excited to bring you our brand new 2025 performance featuring Big Cats presented by Trey Key, our Aerialist Extraordinaire Simone on the trapeze, the Perez Daredevil Duo on the Tight Rope and Wheel of Destiny, the high energy Macias family hand and foot juggling, and everyone's favorite Circus Clown Leo Acton.

### Circus Day Schedule

#### 9:30 a.m. - Tent Raising & Tour

Everyone is invited to watch the Big Top rise! You'll also get a chance to tour the

grounds and get a behind-the-scenes look at our show! Learn about life on the road and the care our animals receive.

#### 4:00 p.m. - Midway Opens

Pony Rides, Moon Bounce, Giant Slide, Face Painting, Concession Stand and Box Office open up for some extra fun!

#### 5:00 & 7:30 - Circus Performance

Get ready for an amazing show the whole family will love! Each show lasts about 90 minutes.

### Tickets

#### Advance Tickets Prices

Adult Ticket - \$13 Child (2-12) or Senior (65+) - \$8 Advance tickets can be purchased BEFORE Circus Day from these locations:

**Heritage Bank - Dennison**

**Dennison Depot**

**Fireside Lounge & Supper Club**

**Parkside General Store - Nerstrand**

A higher percentage of advance tickets goes back to the sponsor, meaning more money back into your community! You'll also save money and can skip the lines at the box office!

#### Box Office Prices

Adult Ticket - \$16 Child (2-12) or Senior (65+) - \$9 Box office tickets go on sale at the Circus grounds starting one hour before each show.



## Cannon Valley Fair July 3-6, 2025

The Cannon Valley Fair kicks off Thursday July 3rd at the Fairgrounds in Cannon Falls. Open Calss and Exhibit Entry Day is Wednesday July 2nd.

Gold Star Amusements will be on the midway during the fair starting at 1 PM July 3rd. Advance discount unlimited ride-wristbands are available for \$25.00 each at Altoff Hardware, Cannon Specialties and Cannon Belles Coffee & Ice Cream Shoppe until June 30th.

The Goodhue County Commissioners meeting will take place Thursday July 3rd at 10 AM. . Friday is Veterans & Senior Citizen Day and Free Grounds Admission Day. The 4th of July Grand Day Parade will be at 11 AM on Friday with the annual fireworks display at dusk on the 4th. This years grandstand highlights include the Demo Derby Thursday July 3rd, Harness Racing will be at 2 PM with Free Admission on Friday, July 4th. . Auto Cross will take place at 5 PM on Saturday July 5th and Sunday afternoon July 6. The kids pedal pull will also take place at 11:30 am near the grandstand on Sunday.

Live music will round out each days events at the fair. Check out the schedule in this issue of the Messenger and watch for any updates on the fairs website, [www.cannonvalleyfair.org](http://www.cannonvalleyfair.org) along with their facebook page.

The Circus is coming to...



One Fun Day!

DENNISON

★ Thursday, July 31 ★


Across from Dennison Lutheran Church - 37514 3<sup>rd</sup> Ave.

Showtimes: 5:00 & 7:30 pm

Sponsored by: Dennison Lions Club & Fireside Lounge

Advance Adult - \$13  
Advance Child/Senior - \$8


Circus Day Adult - \$16  
Circus Day Child/Senior - \$9



Get Tickets

Buy before circus day at...

- Heritage Bank - Dennison
- Dennison Depot
- Fireside Lounge & Supper Club
- Parkside General Store - Nerstrand



\$1.00 off  
Pony Ride

\*one per customer\*



**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**

# CANNON VALLEY FAIR ★ JULY 3-6, 2025

## Cannon Falls, Minnesota

### 2025 SCHEDULE

#### June 28th

9 am 5pm 4H, FFA & WSCA Open Horse Show – Horse Arena

#### July 2nd – ENTRY DAY

2-7 pm – Open Class Exhibit Building Entry  
2-7 pm – 4 H Building Exhibit Entry and Judging

#### July 3 – KIDS DAY

9 am – 5 pm – Livestock Entry  
9 am – 12:30 – Girl Scouts Art Project – LEGION PAVILION  
10 am – Goodhue County Commissioners Meeting – PAVILION  
10 am – Noon – Wanda the Clown – STROLLING THE GROUNDS  
11 am – 11:30 am – Zeko & Vito Show – FREE STAGE  
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special  
1 pm – 3 PM – Wanda the Clown – STROLLING THE GROUNDS  
1:30 PM – 2 pm – Zeko & Vito Show – FREE STAGE  
2 pm – DEMO DERBY Pit Gates Open  
3 – 5 pm – Cannon Valley Youth Jackpot Market Sheep Show Weigh-In and Check-In  
6 pm – Cannon Valley Youth Jackpot Market Sheep Show  
**6 pm – DEMO DERBY Starts**  
**9:00 – Midnight – THE BOOZE CRUIZERS – FREE STAGE**

#### July 4th – VETERAN & SENIOR CITIZEN DAY – FREE GROUNDS ADMISSION DAY!

11 am – Grande Day Parade Starts  
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special  
2 pm – Harness Horse Racing – GRANDSTAND – FREE Admission  
3 pm – 4-H Dog Project Demonstration – ARENA  
**8:30 – Midnight – CURSED BY LIGHTNING – FREE STAGE**  
**Dusk – Fireworks Show**

#### July 5th

8:30 am – 4-H & FFA Dairy Show – ARENA  
10 am – 4-H & FFA Goat Show – SHEEP ARENA  
10:30 am – 11:30 am – Dr. Street Magician – STROLLING THE GROUNDS  
11 am – 1 pm – Caricatures by Jen – PAVILION  
Noon – DR.Street Magic Show – FREE STAGE  
Noon – District VI Holstein Show  
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special  
1 pm – Auto Cross Pit Gate Opens  
2 pm – 3 pm – Dr. Street Magician – STROLLING THE GROUNDS  
2 pm – 4 pm – Caricatures by Jen – PAVILION  
3 pm – 6 pm – Cannon Valley Youth Jackpot Beef Check-In and Weigh-In  
3:30 pm – DR.Street Magic Show – FREE STAGE  
**5 pm Auto Cross Starts – GRANDSTAND**  
6 pm – 4-H & FFA Beef Show – ARENA  
7 pm – Cannon Valley Youth Jackpot Beef Show  
**8:30 – Midnight – THE DAD'S BAND – FREE STAGE**

#### July 6th

9 am – 4-H & FFA Sheep Show followed by Open Class Sheep Show – SHEEP ARENA  
10 am – 4-H & FFA Rabbit Show followed by 4-H & FFA Poultry Show  
11 am Auto Cross Pit Gate Opens  
1 pm-11 pm – Gold Star Amusements OPEN – All Day Wristband Special  
2 pm – 4-H Demonstrations – 4-H BUILDING  
**3 pm – Auto Cross Starts- GRANDSTAND**  
6 – 8 pm – Livestock Released & Building Exhibits Released  
**7 pm – 10 pm – Mark Perkins – FREE STAGE**

Admission to the fairgrounds is  
\$7.00 per person daily  
(5 and under Free)  
or Season Pass  
available  
for \$15.00.

**PARKING  
IS  
FREE!**

Demo  
Derby &  
Auto Cross grandstand admission  
per event is \$15.00 per person  
or \$5.00 for those under  
12 years  
and under.  
Pit Pass is available  
for \$25.00.

Harness Racing  
GRANDSTAND  
Admission  
is FREE.

### AUTO CROSS

#### SATURDAY & SUNDAY, JULY 5 & 6

Pit gate open at 11:00  
Grandstand Ticket Gates Open 1:30 P.M.

- Compact Car 4 cyl
- Compact Car 4 cyl AWD
- Mid Size Car 6 cyl
- Mid Size Car 6 cyl Powder Puff
- Mini Vans
- Full Size Car
- Full Size Car Front Wheel Drive
- Full Size Car Rear Wheel Drive
- Compact Truck/SUV No V8
- Compact Truck/SUV V8
- Full Size Truck 2x4
- Full Size Truck 4x4



ADULTS: \$15 – CHILDREN 12 & UNDER, \$5 • PIT PASS: \$25  
For rules and regulations go to: [www.cannonvalleyfair.org](http://www.cannonvalleyfair.org)

#### SATURDAY JULY 5 SUNDAY, JULY 6



Mark Perkins

### DEMOLITION DERBY

#### THURSDAY, JULY 3 – 6 PM

Pit gate open at 2:00 P.M.  
Grandstand Ticket Gates Open 3:00 P.M.

- Mega Stock Mid Size Car (Youth)
- Mega Stock Mid Size Car (Adult)
- Mega Stock Mini's
- Mega Stock 80's & Newer
- Mega Stock Full Size Truck
- Limited Weld Mid Size Car
- Limited Weld Mini's
- Limited Weld Full Size Car
- Limited Weld Full Size Truck



ADULTS: \$15 – CHILDREN 12 & UNDER, \$5 • PIT PASS: \$25  
For rules and regulations go to: [www.cannonvalleyfair.org](http://www.cannonvalleyfair.org)

### HARNESS HORSE RACING

#### FRIDAY, JULY 4 – 2 PM



8:30 PM – Midnight



**Fireworks**  
July 4 – Dusk


FREE ADMISSION & FREE PROGRAMS

**WWW.CANNONVALLEYFAIR.ORG**





The Spanish department's high school trip to Costa Rica is off to a great start! Last week the group started their journey in Guanacaste and traveled to San Carlos. Courtesy of ZM Schools



Free!

SUMMER MEALS

For All Kids Ages 18 & Under

Zumbrota-Mazeppa Public Schools

Food & Nutrition Department

Breakfast: 7:30 a.m.-8:30 a.m.

Lunch: 11:00 a.m. - 12:15 p.m.

Weekdays, starting June 2nd-August 22nd

705 Mill St., Zumbrota - through door #1 (High School Parking Lot)

Questions P: (507) 732-1419 or E: brentl@zmsch.k12.mn.us

Menu subject to change due to product availability.

		Monday	Tuesday	Wednesday	Thursday	Friday
<div>Week 1</div> <div>June 2nd - 6th</div> <div>June 16th - 20th</div> <div>June 30th - July 3rd</div> <div>July 14th - 18th</div> <div>July 28th - Aug. 1st</div> <div>Aug. 11th - 15th</div>	Breakfast	Mini French Toast OR Assorted Cereal Fruit Selection Milk	Breakfast Round OR Assorted Cereal Fruit Selection Milk	Cinnamon Roll OR Assorted Cereal Fruit Selection Milk	Breakfast Pizza OR Assorted Cereal Fruit Selection Milk	Muffin OR Assorted Cereal Fruit Selection Milk
	Lunch	Bosco Sticks w/Marinara Green Beans Fruit Selection Milk	Crispy Chicken Nuggets Vegetable Selection Fruit Selection Milk	Deli Sandwich Dorito's Vegetable Selection Fruit Selection Milk	Crispy Chicken Sandwich Vegetable Selection Fruit Selection Milk	Cheese OR Pepperoni Pizza Fresh Salad Fruit Selection Milk
	Breakfast	Banana Bread OR Assorted Cereal Fruit Selection Milk	Maple Turkey Corn Dog OR Assorted Cereal Fruit Selection Milk	Breakfast Round OR Assorted Cereal Fruit Selection Milk	Mini Waffle OR Assorted Cereal Fruit Selection Milk	Mini Cinni OR Assorted Cereal Fruit Selection Milk
	Lunch	Power Pak Vegetable Selection Fruit Selection Milk	Cheeseburger on Bun Baked Wedge Fries Fruit Selection Milk	Chicken Tenders Sweet Potato Fries Fruit Selection Milk	Mac & Cheese Vegetable Selection Fruit Selection Milk	Cheese OR Pepperoni Pizza Fresh Salad Fruit Selection Milk

No Meal Service on June 19th and July 4th. Last day for summer meals is Aug. 22nd.

This institution is an equal opportunity provider

Menu's available online at <https://zmschools.nutrislice.com/menu>

Adult Breakfast and Lunch Meals may be purchased through the Kitchen!

Adult Breakfast \$3.25 and Adult Lunch \$5.50



# The ZM Cougars have arrived in Panama!




This week, our students explored the historic Panama Canal, discovering its incredible engineering and global significance. *Courtesy of ZM Schools*

## Sports Physicals Required to Participate in MSHSL Events



*Courtesy of ZM Schools*

Sports physicals are required in order to participate in MSHSL events beginning in 7th grade or first year participating, and must be renewed every three years (typically entering 10th grade). Attached is information from OMC. We will share info from Mayo Clinic when available.

### 2025 Sports Physicals



OLMSTED  
MEDICAL  
CENTER



**Date/Time:** Wednesday, July 16, 2025  
12:00 - 7:00 PM

**Location:** OMC Athletic Performance  
5155 55 Street NW, Rochester, MN

**Cost:** \$25

**Call 507.535.1977 for an appointment.**

#### Sports physicals billed to insurance:

Olmsted Medical Center provides scheduled, nondiscounted well-child visits during which the sports physical requirements will be reviewed and necessary forms completed. These are available at all clinic locations, except OMC FastCare®. These will be billed to your health insurance as a "Well-Child Visit." It will be the responsibility of the parent to contact their insurance company to determine coverage under their insurance plan.

#### Required paperwork:

The parent and patient sections of the **MSHSL Sports Qualifying Physical Examination Form must be fully completed and signed prior to the examination.** We require that a parent or guardian be present at the time of the exam.

Bring the following to the appointment:

- The student's immunization record,
- Glasses or contact lenses, if the student wears them. These must be worn or brought to the appointment.





# Z-M Summer School



## 2025 MotoProz & Mazeppa Daze

### JULY 11-13, 2025

FRIDAY	SUNDAY
7:00pm 8:30pm - 12:30am DUSK	8:00am 10:00am 11:00am 12:00pm - 3:00pm
Parade Street Dance "Unhinged" Fireworks (Mini Display)	Volleyball Tourney (Co-Ed) Tractor Pull Water Fights (Fire Hall) Classic Car Show (Presented by The Lions in conjunction with the Fire Deptx)

### SATURDAY

6:00am  
8:00am  
8:00am  
9:30am  
11am-3pm  
2:00pm  
2:45pm  
4pm-8pm  
8pm-12am  
DUSK

Pancake Breakfast  
Softball Tourney  
(Drawing for Golf Cart Afterwards)  
Volleyball Tourney (Womens)  
5k Fun Run/Walk  
Kid's Games  
Duck Races  
Bingo  
Lions BBQ Dinner at Lions Park  
Smokin Coyotes  
Fireworks (Large Display)

Mazeppa, MN  
507-843-2855

Come See Us  
Friday, July 11th  
in the  
Mazeppa Parade!

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2024 Arctic Cat  
Prowler Pro Crew XT  
\$19,899

2023 Hustler  
Turf Raptor X 42"  
\$4,299

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# Z-M Summer School

July 2, 2025

- MAZEPPA-ZUMBRO FALLS MESSENGER -





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## Multiple Sports Improve Children's Health



By Shauna Burshem, D.C.

A study published in the Journal of Sports Science followed 627 children in Finland over three years to explore how early physical activity influenced their coordination and movement skills by age 11. Researchers examined two types of physical activity: organized sports, such as team sports or lessons, and unstructured outdoor play. The aim was to understand how these different forms of movement impacted motor coordination, balance, and overall movement abilities in the long term.

The children underwent assessments that measured jumping, throwing, running, and balance using standard physical skills tests and a jumping test. These tools are commonly used to evaluate basic motor functions. The study categorized movement into four areas: locomotor skills like running and hopping, object control skills such as throwing or dribbling, a combined score of these two, and dynamic balance, which was tested by counting how many side-to-side jumps a child could complete in 15 seconds. Findings revealed that children who participated in multiple sports showed greater improvements in motor skills compared to those who played just one sport or none at all. Specifically, children involved in two or more sports achieved 10.1% higher jumping scores and up to 14.5% better coordination than their peers who did not engage in sports. While playing a single sport still provided benefits, the improvements were less pronounced, particularly in tasks involving jumping and running.

The study highlights the significant advantages of engaging in diverse physical activities during childhood. Participating in multiple sports appears to enhance a broader range of motor skills, including coordination and balance, more effectively than focusing on just one sport. This suggests that varied physical experiences may better prepare children for physical challenges and activities later in life. Overall, the research underscores the importance of encouraging children to explore multiple sports and forms of physical activity. By doing so, they can develop stronger coordination and movement skills, which are essential for their physical development and overall well-being.

Florida has become the second U.S. state, after Utah, to ban water fluoridation, with the law taking effect on July 1, 2025. Governor Ron DeSantis described fluoridation as "forced medication" without informed con-

sent. Public water systems must cease adding fluoride, and state regulators will enforce the ban. A National Toxicology Program review of 72 studies found consistent evidence linking fluoride exposure to lower IQ scores and impaired cognitive development in children. Research also associates fluoride with thyroid dysfunction and neurological harm, even at doses as low as 2 to 5 milligrams daily. While fluoride was introduced in 1945 to reduce cavities, mounting evidence suggests the risks, including neurodevelopmental and endocrine issues, outweigh the benefits. Many European countries rejected fluoridation decades ago, with 98% of Western Europeans now drinking non-fluoridated water. Other states, such as Ohio and Texas, are considering similar bans, and federal agencies are reevaluating fluoride recommendations. Currently, 63% of Americans drink fluoridated water, but this policy shift may prompt widespread reassessment of its safety.

Sitting too long many decrease your life span: Prolonged sitting has quietly become a major risk factor for heart health, even for those who regularly exercise. Research reveals that sitting more than 10.6 hours daily increases the risk of heart failure by 45% and cardiovascular death by 62%. This underscores the urgent need to break up sedentary time, as reallocating just 30 minutes of sitting to light activity can reduce heart failure risk by 7%. Sitting still for too long impairs circulation, decreases insulin sensitivity, and hampers mitochondrial activity, progressively damaging cardiovascular health over time.

The detrimental effects of sitting aren't offset by regular exercise alone. Movement throughout the day is critical to protecting heart health and metabolic function. Even active individuals who meet the recommended weekly 150 minutes of moderate-to-vigorous exercise remain at risk if they spend prolonged hours seated. The key lies in shifting how we perceive movement—not just as a scheduled task but as a consistent practice integrated into daily life.

A study involving over 89,000 participants, tracked using wrist-based activity monitors, reinforced this point. It revealed that people who sat for over 10.6 hours daily faced significantly higher risks of heart-related conditions compared to those sitting less than 9.4 hours. Importantly, participants who incorporated small breaks in their sitting patterns by standing or walking benefited from observable reductions in heart health risks. Even minimal changes, like standing for 10 minutes every hour, have meaningful health payoffs.

The bottom line is simple yet powerful. Our daily routine, often centered around desks, cars, and screens, may be undermining our health without obvious signs. By incorporating regular movement into our days and breaking up sedentary periods, we can safeguard our cardiovascular health and overall well-being. The solution doesn't require monumental changes but rather mindful action to stand, stretch, or take light walks consistently throughout the day. Small steps can lead to life-changing improvements.

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

## Wabasha County Public Health Spotlight Stay Safe in the Water: How to Prevent Recreational Water Illnesses

By Brittney Ender, PHN

As the temperatures rise and people flock to pools, lakes, and water parks, it's important to stay vigilant about recreational water illnesses (RWIs). These illnesses, caused by germs and chemicals in contaminated water, can lead to skin infections, gastrointestinal issues, and even respiratory problems. Fortunately, taking a few simple precautions can help keep your swim safe and enjoyable.

### What Causes RWIs?

Recreational water illnesses are commonly spread when people swallow, breathe in, or come into contact with contaminated water. Some of the main culprits include:

- Bacteria and viruses like E. coli, norovirus, and Giardia
- Chlorine-resistant parasites such as Cryptosporidium (Crypto)
- Chemical irritants from improperly maintained pools

The most common symptoms of RWIs include diarrhea (sometimes bloody), vomiting, stomach cramps, loss of appetite, weight loss, and fever. Other RWIs can cause skin, ear, eye, respiratory, or neurologic symptoms.

### How are RWIs spread?

When people are ill with diarrhea, even a speck of their stool can contain millions of germs. Swimming while ill can easily contaminate the water – even if you don't have an accident. Also, lakes and rivers can be contaminated by animal waste, sewage spills, and water runoff following rainfall. If you swallow water that has been contaminated, you may become sick.

Other non-diarrheal RWIs are caused by germs that live naturally in the environment (water, soil). If disinfectant is not maintained at the appropriate levels in a pool or hot tub, these germs can increase to the point where they cause illness when swimmers breathe or have contact with the water.

A very rare but often fatal brain infection can be caused by *Naegleria fowleri*. This amoeba infects people by entering the body through the nose.

Recreational water illnesses (RWIs) are caused by germs and chemicals found in the water we swim or play in, including swimming pools, water parks, hot tubs, splash pads, lakes, rivers, or oceans. They are spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water. Chlorine doesn't kill germs instantly which means germs can spread even in properly maintained pools, splash pads, or water parks. Each of us needs to do our part to help keep ourselves, our families, and our friends healthy.

Improper disinfectant and pH levels are more likely to spread germs. Check with the pool operator to make sure pool chemical levels are being checked regularly.

### Do NOT use a facility if you notice the following conditions:

- Strong chlorine smell. You are probably smelling chemical irritants called chloramines
- Cloudy water or you can't see the bottom of the pool.
- Foam or a scum line around the pool or hot tub.

These are signs of a maintenance problem. Notify the pool operator, maintenance person, or lifeguard immediately.

### Tips to Prevent Recreational Water Illnesses

#### Shower Before and After Swimming

Rinsing off helps remove bacteria and contaminants from your body before you enter the water and washes away any germs you may have picked up after swimming.

#### Don't Swim if You're Sick

If you or your child has had diarrhea recently, it's best to avoid swimming. Germs can easily spread in the water, even if it looks clean.

#### Avoid Swallowing Water

Even well-maintained pools and natural water sources can harbor bacteria. Try to keep your mouth closed while swimming, and think about getting a nose plug.

#### Be Cautious in Lakes and Rivers

Natural water bodies can contain harmful bacteria, especially after heavy rain or near areas with pollution. Avoid swimming in water that looks murky, foamy, or has a strong odor.

#### Change Out of Wet Clothes Promptly

Lingering moisture can contribute to skin infections, rashes, and ear infections. Dry off and change into clean clothes after swimming.

#### Keep Bathrooms and Diaper Areas Clean

For parents with young children, frequent bathroom breaks and proper diaper changes away from the water are essential to preventing contamination.

#### The Bottom Line

Swimming is a great way to stay active and cool off, but it's essential to practice good hygiene and be mindful of water quality. By following these simple tips, you can reduce the risk of recreational water illnesses and enjoy a fun, safe swimming season!



## Sunshine Vitamin



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

As we enter the summer season and experience the longest daylight hours of the year, this is a good time to consider our dependence on the sun for daily life. Our modern conveniences of electricity, natural gas, and supermarkets can distract us from recognizing how important the sun is. The sun is the source of all energy on the planet from coal to oil and natural gas, to the fresh food in the market place, all the chemistry involves energy input from the sun. In addition, the sun provides another critical chemistry creation in your body with the formation of Vitamin D, the true sunshine vitamin.

Have you noticed how fewer people have flu symptoms and colds during the summer months? A key reason for this is the increased exposure to sunshine. Sunshine is the necessary energy boost your body uses to convert cholesterol into Vitamin D. The ultraviolet light from the sun is a powerful energy packet that transforms cholesterol in your skin into Vitamin D. This is the only vitamin the human body has the ability to construct and it can only be made with the ultraviolet rays from the sun.

Vitamin D is an essential fat-soluble vitamin that has steroid strength in your body. Vitamin D is able to start actions in the nucleus of your cells that no other vitamin can turn on. Bone strength and immune cell response are two key areas of health dependent on stable levels of Vitamin D. This vitamin is essential for a healthy pregnancy and can pass through the placenta to the baby as well as moving through the placenta back to the mother. Vitamin D is essential for a healthy start to life as well as sustaining through all the stages of life.

A healthy level of Vitamin D in the human body is between 40 – 80 ng / ml. According to Grassrootshealth.net, the average American has a measure of about 30 ng / ml. During the COVID pandemic, those individuals who were placed in Intensive Care Units at the hospital typically had Vitamin D levels lower than 30 ng / ml. Contrast with those who work outdoors for a living, such as landscapers, construction workers, and lifeguards, whose average measure is around 50 ng / ml. The sun is not to be avoided as some might suggest, for it is our source of life.

Healthy exposure to sunshine includes timing and quality foods. Sunburn is a result of overexposure and some unhealthy food sources. Spend time in the sunshine before 11 am and after 4 pm to avoid the intensity that can burn. In addition, increase intake of Omega 3 fatty acids like extra virgin olive oil and flaxseed oil while reducing intake of Omega 6 fatty acids, which are found in vegetable oil, corn oil, and deep-fried foods. The high consumption of Omega 6 fatty acids increases the chance of sunburn because Omega 6 fatty acids are unstable in ultra-violet light. An individual who consumes healthy oils can spend more time in the sunshine without concern of getting sunburn.

For those who do not get outside frequently, a quality supplement for Vitamin D is cod liver oil. This supplement is available with lemon or orange flavoring, so it is easy to take with food. I recommend taking cod liver oil with your meal. Cod liver oil is a wonderful combination of Vitamin D, Vitamin A, and omega 3 fatty acids, so you are getting a quality supplement with every



spoonful.

Ask your doctor for a Vitamin D test or go online to grassrootshealth.net to request a simple kit to be mailed to your home so you can test where your Vitamin D level is. The common lifestyle of many Americans involves staying indoors out of the sunshine doing office work and sheltered in air-conditioned settings. A test of your Vitamin D level can provide you with a good evaluation of the next steps you need to take in lifestyle and healthy food choices.

Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully addressed with a quality nutrition plan. 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, or check out my website at 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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## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question: I heard something about kids needing to ride in the back seat if possible. What is the age on that?**

Answer: Back on August 1, 2024 there were new car seat guidelines put in place along with this. The back seat is the safest place in most vehicles. Children under 13 must ride in the back if it is available.

- Children under 2 years of age must ride in a rear-facing car seat until they reach the weight or height limit of the car seat. If they are too heavy or too tall for the car seat, they must switch to a front-facing car seat. Once they turn 2 years old, if they are under both the height and weight limits, they must stay in the rear-facing car seat until they are too tall or heavy for the seat.

- Children older than 2 who exceed the rear-facing height or weight limit of the car seat must sit in a forward-facing car seat until they reach the height or weight limit (typically 40-60 pounds, depending on the manufacturer).

- A child from 4 to 9 years old must use a booster seat and be secured with a safety belt if they are too tall or too heavy for the car seat.

- When a child is 9 years old, or they exceed

the weight or height limit of the booster seat, they must sit without the booster and be secured with a seat belt.

**Question: I thought I heard something about a new law in regards to caretaker information included on driver's license or identification card record. Do you have any information on this?**

Answer: You can now use your Driver and Vehicle Services (DVS) records to let law enforcement know if you're the caretaker for someone else. That way, if you are involved in a crash, law enforcement officers will know that there is someone at home who depends on you. They can quickly respond and ensure that the people you care for are not left alone. The new law gives you reassurance that your loved ones will be taken care of if something happens, reducing your anxiety and stress about leaving them alone.

**Question: I was just talking with someone the other day and they mentioned there is an age requirement for operating an "e-bike." Can you get me more information on this?**

Answer: When it comes to E-bikes, a driver's license or permit is not required. However, the minimum operator age is 15 years old. E-bikes are primarily regulated in the same manner as bicycles and nearly all bicycle laws apply.

Riding a bike, walking or using a wheelchair on your neighborhood sidewalks can be a safe and convenient way to get around, but only if everyone follows the laws. Whether you are on the sidewalk or driving near a bicyclist or pedestrian, always be aware of your surroundings and keep the state laws in mind.

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



Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Troy Christianson –

Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. or reach him at, Troy.Christianson@state.mn.us.

## Slow Down, Pay Attention. Do it for Them.

The Minnesota Network of Employers for Traffic Safety (MN NETS), Minnesota Safety Council and State Farm are calling on drivers to think of the lasting consequences of risky driving behavior. Their newest statewide campaign "Slow Down. Pay Attention. Your Driving Matters. Do It for Me" encourages all of us to think about the real, lasting impact of our driving choices — not just for ourselves, but for the people who care about us most.

### The campaign includes:

Two new videos highlighting everyday distracted driving risks.

Shareable social media messages.

5-Minutes for Safety talks and workplace reminders.

Fact sheets and conversation starters for families and coworkers.

Let's be the example, both at work and on the road. Together, we can protect one another, reduce crashes, support a culture of safe, intentional driving, and drive Minnesota toward zero deaths.



## Know the Sign. Save a Life.

Trains can't stop quickly. A freight train going 55 mph can take a mile or more to come to a full stop — that's the length of 18 football fields. In Minnesota, from 2020 to 2024, there were 178 rail crossing incidents resulting in 12 deaths and 58 injuries — most of which could have been prevented.

Emergency Notification System (ENS) Sign Awareness Day! The campaign is dedicated to shining a spotlight on the lifesaving importance of the Blue and White ENS Signs posted at railroad crossings. The ENS signs provide a phone number and location information needed to quickly report emergencies or safety concerns around tracks and trains directly to the railroad. These signs can help you save a life, but only if you know where to find them and how to use them.

### As a safety refresher, here are key tips:

Always expect a train. Trains can come at any time from either direction.

Slow down, look both ways, and listen. Don't rely only on signals.

Never stop on the tracks. Make sure there's space to fully cross.

Obey all signs, signals, and gates. Never try to beat a train or drive around lowered gates.

At multiple tracks, check each direction. Another train may be coming.

If your vehicle stalls on the tracks, exit immediately and move away in the direction the train is coming from. Look for the blue Emergency Notification System (ENS) sign or call 911.

Stay alert, stay safe to help prevent crashes before they happen. Together, we can drive Minnesota toward zero deaths.



## Keep Grass Off the Road. Keep Riders Safe!

Yard work season is in full swing, and as we fire up our mowers and tidy up our lawns, it is important to keep in mind that grass clippings on the road can be deadly for motorcyclists. Even when they look dry, grass clippings are still about 85% water, making them as slick as ice. Add a little rain, and they become even more dangerous, especially on curves or during sudden stops.

### Preventing this is simple:

Mow with intention: Make your last pass the one closest to the street, so clippings stay on your lawn.

Aim wisely: Position your mower to blow clippings back into the yard. They naturally fertilize and hydrate your lawn as they decompose, so it's a bonus!

Most people don't intend to create a dangerous situation, so with a little extra care, we can make our roads safer for everyone during motorcycle season.

Thanks for doing your part as we work together to move Minnesota toward zero deaths.





## The Next Generation of Leadership at SMIF



**Tim Penny**  
So. MN Initiative Foundation

After 18 years of sharing stories with southern Minnesota readers, this is my last op-ed as President and CEO of Southern Minnesota Initiative Foundation (SMIF). As I prepare to retire, I do so with immense gratitude and pride. For nearly two decades, I've had the privilege of working alongside passionate individuals, dedicated partners and visionary communities all unified by a common goal: to build a stronger, more vibrant southern Minnesota. Together, we've championed small towns, nurtured early childhood development and empowered rural entrepreneurs – creating a legacy that will continue to grow and evolve far beyond my tenure.

This journey has been deeply personal and much more than a career – it's been a calling. Growing up near Kiester, and later serving southern Minnesota in Congress, I've long believed in the power and promise of rural places and the people who call them home. At SMIF, I've seen that spirit in action every day. It has been an incredible honor to help lift up those stories, support those dreams, and be part of a shared journey that continues

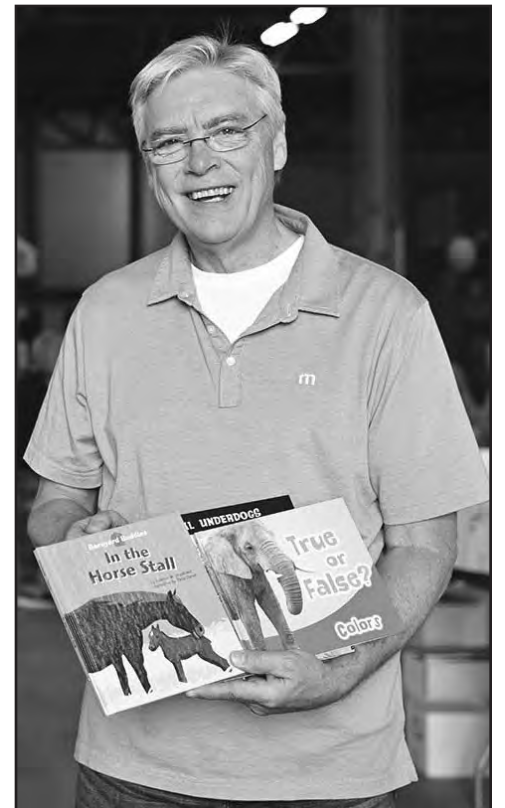
to inspire me.

As SMIF approaches its 40th anniversary, I couldn't be more confident in the road ahead. The Foundation is in exceptional hands, guided by a remarkable team and bolstered by strong community partnerships.

I am so proud to pass the torch on to Benya Kraus, who will be starting as SMIF's next President and CEO in mid-June. Benya has deep family roots in Waseca County, going back six generations. More importantly, she brings with her a fresh perspective and an inspiring track record as a rising leader in rural development, earning national recognition for elevating the value of rural living. Benya represents the next generation of leadership in our region, and I have every confidence that she will bring energy, vision and purpose to the role.

Benya's work is grounded in both lived experience and a deep commitment to community. As a co-founder of Lead for America, she has led efforts to reconnect young people with their hometowns and invest in home-grown leadership. Her values and approach align beautifully with SMIF's mission, and I know she will honor the Foundation's legacy while charting bold new paths. Southern Minnesota is fortunate to have her, and I look forward to cheering on her success as she helps shape the future of this region we all love.

While I am turning the page on this chapter, I will always be a champion for southern Minnesota, and going forward I will gladly volunteer some time to assist SMIF where appropriate. In fact, I am excited to share that



a new endowed fund has been established in my name to support small towns across our region – ensuring this work will flourish.

I am deeply grateful to all of you for your friendship, your trust, and the chance to serve a place I will always proudly call home.

If you are inclined to donate to the Tim Penny Small Towns Fund, visit [smifoundation.org/smalltownfund](http://smifoundation.org/smalltownfund).

**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, JUNE 1, 1956**

**Fr. Felten To Be Honored on Silver Jubilee**

The Silver jubilee of Father F.J. Felten's ordination to the Holy Priesthood will be observed with a Solemn High Mass of Thanksgiving at 10:30 a.m. Sunday with Father Felten as the celebrant.

Father Felten was ordained to the Holy Priesthood at St. Paul Seminary June 4, 1931. After supplying in several parishes in the diocese, he was appointed administrator of St. Mary's Parish, Waseca, and St. Joseph's at Waldorf in September of 1931. In May, 1932, he was appointed assistant pastor at St. John's in Rochester, serving until November, 1939, at which time he was appointed supply for three months at All Saints, Madison Lake, Minn.

In March of 1940 he was appointed pastor of St. Wencelaus church at Jackson, serving until July 1, 1954 when he was appointed Pastor SS. Peter and Paul church here.

**FRIDAY, JUNE 8, 1956**

The "American Dairy Princess," Ruth Marie Peterson of near Austin, Minn. will be in Mazeppa to participate in the parade and crown the Wabasha County Dairy Princess during the county Dairy Days celebration in Mazeppa, June 23-24.

**Dissolved Districts Attached to Mazeppa**

At a regular meeting of county commissioners held at Wabasha Tuesday, nine school districts were dissolved and attached to District No. 50 of Mazeppa.

Districts attached were 13, 14, 51, 54, 66, 76, 91, 100, and 105. Approximately one-half of District 73 was attached to Mazeppa as were five farms, namely Leslie Graves, Fred Westendorf, Percy Jarrett, Freda Carlson and Nettie Cliff of District No. 53.

Another district, 109 in Goodhue County, will come up for dissolution at the Goodhue county July meeting.

The above actions were direct results from several years' effort at consolidation for this area, and the dissolution of these districts will insure a high school for this area at Mazeppa.

**MRS. RICHARD SCHMITT ESCAPES SERIOUS INJURY**

Mrs. Richard Schmitt miraculously escaped serious burns Sunday at the parish hall of SS. Peter and Paul Catholic church. She was taking food from the oven of a gas stove, when flames shot out and burned her face, neck and arm. She received prompt medical attention at Zumbrota, and Tuesday it was determined the burns were not of a serious nature.

**Band Concerts to Begin Next Wednesday Evening**

The annual summer band concerts will begin Wednesday, June 13, at 8:15 p.m. The concerts this year will be varied and interesting, as several outside acts have been scheduled.

Thus far, two accordion bands have been arranged for the concerts, as well as vocal solos, duets, trios, quartets, dancing acts, baton twirling, and many others.

Jack Moses, Don Webster and John Webster have a good start on the new band wagon. Framework has been assembled for a rubber-tired 26 x 16 platform. It will be equipped with electric lights and top can be added anytime. It will be a vast improvement over the old one, as it can be used for concerts and a speakers' platform for Dairy Days, Plowville, etc.

**Nineteen Graduated From Mazeppa High**

One of the biggest crowds ever to honor graduates appeared at the 57th annual commencement exercises at the high school gymnasium last Thursday evening. Nineteen seniors were members of the graduating class.

The address of welcome was given by Charles Robinson, and the farewell address by Linda Maas. Honored students recognized were Linda Maas, Corrine Musty, and Richard Liffbrig.

*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.*



## Courageous Listening



**By Benya Kraus**  
President & CEO Southern  
Minnesota Initiative Foundation

My Grandma Vivan Zimmerman was one of Tim Penny's earliest and most emphatic supporters during his initial run for Congress — so much so that she convinced my Grandpa Jim, an active member of Waseca County's Republican Party, to vote for Tim despite the "D" behind his name.

This traversing across political identities seems almost miraculous in today's eyes. But I am told that it was Tim's willingness to listen, his commitment to knock on the doors of every house in the district, to see national problems with the specificity of a local context, that won my Grandpa over. Tim brought these virtues to his role as President of Southern Minnesota Initiative Foundation (SMIF) for nearly two decades. As I now step into the role of the next SMIF president, I can't help but feel my Grandma's pride and hopefulness that I, too, may carry forward Tim's legacy of service and courageous listening.

It is a courageous thing to listen.

In light of the recent acts of violence that have shaken our state, I've found myself reflecting on what it means to truly listen — especially in difficult, divided, and uncertain times. These moments test our belief in the goodness of our neighbors and the strength of the communities we call home. And yet, I come to my first week in my new role with a deep sense of gratitude and knowing that this spirit of connection and care still defines who the vast majority of Minnesotans are — thanks in large part to the civic institutions, like SMIF, that model the virtues of empathy, trust and shared responsibility. Our work to foster belonging across our programs and region feels all the more urgent. I'm grateful to step into this role with all of you, to live out our values more boldly, and to keep listening

— one of the most powerful tools we have to build community — as we move forward together.

Listening requires us to temporarily suspend our own judgments and ways of thinking of the world, in order to make space for another's story to take shape in our mind — and potentially, to take hold of our heart. We may find that when we listen, we see problems and uncover new solutions we didn't see earlier. Or maybe we listen, and the stories we hear don't change our minds at all and instead, give us a perspective on why others may see things differently. However, sometimes when we really listen, we are called to hold two opposite things true at the same time. Living in paradox runs almost counter to the very human, biological desire to sort and categorize the world around us.

Yet, I am no stranger to paradox.

For one, I am both native and newcomer. I was born in Bangkok, Thailand where I spent most of my childhood and high school years, but I also enjoyed summers on the family farm in Waseca County, where my dad's side of the family has farmed for six generations. As the daughter of a first-generation Thai immigrant and a blonde-hair, blue-eyed Minnesota farm boy, I've had the gift of seeing southern Minnesota through the eyes of both parents. Since moving back six years ago, I feel connected to a family history tied to this prairie land, yet still miss the taste of lemon-grass and scent of jasmine flowers from my childhood home.

I am a social entrepreneur who co-founded a national nonprofit that encourages young people to return to their rural hometowns, embracing fresh perspectives and new ways of building community. And yet, I'm also a Rotarian and a Catholic who loves tradition and the wisdom found in faith institutions and having friendships with people older than me. I'm a humanities student who also earned her master's in business administration, energized by private sector solutions while also attentive to community needs that arise from market failures. I worked to redirect national philanthropy toward rural America, and also believe that the most innovative investment strategies are forged at the local level.

Living in paradox takes courage because very often, you don't feel "enough" of either identity. And when one part of myself gets territorial of the other, it takes courage to remind myself that all the parts of me need each other.

I believe this is true for us as a region, too. We need all of each other.

At SMIF, we are a funder, convener and ca-

capacity builder for southern Minnesota. Our issue areas focus on Entrepreneurship, Early Childhood Education, and Community Vitality — and while almost all of us can agree that these are important factors for a thriving community, we likely have different, perhaps paradoxical, ideas on how to get there. Rather than see paradox as a peril, I see it as a promise. It is a promise to listen deeply and courageously, to build a region that is resilient because of its dynamism and diversity, to strive for a culture that balances the needs between old and young, newcomer and native, private and public, small and large.

In my first 100 days in this role, I'll be hit-

ting the road to every corner of our region, eager to listen with the same courage and persistence as my predecessor, Tim Penny. I look forward to hearing your stories and weaving together the paradoxes of our region as we craft a shared path, and shared identity of who we are, together.

I welcome your comments and questions. You can reach me at [benyak@smifoundation.org](mailto:benyak@smifoundation.org) or 507-455-3215.

*About Benya Kraus*

*Benya Kraus is the President & CEO of Southern Minnesota Initiative Foundation. Benya is the co-founder of Lead for America and served as the Network Advancement Director at Resource Rural.*

## Tribute to Speaker-Emerita Melissa Hortman



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

It has been just over a week since we learned that Speaker-Emerita Melissa Hortman and her husband were murdered, and State Senator John Hoffman and his wife had been shot in their homes by a lunatic.

The following days were filled with mostly shock and sadness.

This is an unthinkable tragedy for the State of Minnesota. Politics should not operate this way. Sometimes it's difficult for people to remember that lawmakers are human too. We all have families. We all have feelings. No sane person would wish this catastrophe on anyone.

Representative Hortman sat roughly 10 feet away from me on the House floor and no matter our party differences she always had a genuine smile and greeting. It was apparent she was a woman of grace and kindness. I appreciated her quick sense of humor, which is a great tool to possess when politics get tense.

Melissa was a highly intelligent and gifted legislator. The Democrat House caucus tragically lost a great leader.

As many now try to process this horrific event, there is one thing we all agree on and that is there is no place for political violence in Minnesota.

I want to thank law enforcement agencies from across the state for working day and night to find and arrest this assassin. I'd also like to thank the Goodhue County Sheriff's Office who had a squad car in our driveway and have been patrolling the area by our home. Their presence meant a lot to my family!

This month I was set to give you an update on special session, but instead, I'd like to use my column this month to share the words given by the Hortman children, Sophie and Colin, after learning their parents had lost their lives. Hopefully, you will be moved by their message as much as I was. Please pray for them, for the continued healing of the Hoffmans, and pray for our state and for our country!

"We are devastated and heartbroken at the loss of our parents, Melissa and Mark. They were the bright lights at the center of our lives, and we can't believe they are gone. Their love for us was boundless. We miss them so much.

"We want everyone to know that we are both safe and with loved ones. We are grateful for the outpouring of love and support we have received, and we appreciate your respect for our family's privacy as we grieve.

"Our family would like to thank law enforcement for their swift action that saved others and for the coordination across communities that led to the arrest of the man who murdered our parents. We especially would like to thank the officers who were first on the scene to our parents' home and their heroic attempts to rescue our mom and dad.

"Our parents touched so many lives, and they leave behind an incredible legacy of dedication to their community that will live on in us, their friends, their colleagues and co-workers, and every single person who knew and loved them.

"If you would like to honor the memory of Mark and Melissa, please consider the following:

Plant a tree.

Visit a local park and make use of their amenities, especially a bike trail.

Pet a dog. A golden retriever is ideal, but any will do.

Tell your loved ones a cheesy dad joke and laugh about it.

Bake something — bread for Mark or a cake for Melissa, and share it with someone.

Try a new hobby and enjoy learning something.

Stand up for what you believe in, especially if that thing is justice and peace.

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## Regular Meeting of the Mazeppa City Council Meeting Minutes Wednesday, June 11, 2025

The regular meeting of the Mazeppa City Council was called to order at 6:11 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Attorney Luke Lamprecht, Wabasha County Sheriff Patrol Sargent Joe Schneider, and City Administrator-Clerk Karl Nahrgang.

No one was present via electronic meeting.

Absent: Councilpersons Steve Liffbrig and Erica Young.

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

Motion by Wiebusch, second by Hammes to approve May 14, 2025, regular Council meeting minutes and May 27, 2025, Council Working Session meeting minutes. All in favor, none opposed. Carried.

Wabasha County Sheriff's Patrol Sargent Joe Schneider gave the ICR for May. Administrator Clerk Nahrgang asked if Sargent Schneider could put out a request to all patrol deputies to keep extra watch Herb Vik Park. The construction site has been broken into, and several acts of vandalism have occurred to grounds, existing sewer infrastructure, and portable restrooms. These events are happen-

ing after sporting events at the ballfield.

Administrator Clerk Karl Nahrgang gave the Public Works report. Council asked if the doors could be painted on the Public Works garage before Mazeppa Daze.

Administrator Clerk Karl Nahrgang gave the Fire Department report.

Motion by Wiebusch, second by Hammes to approve new firefighters Justin DeLong, Katylin DeLong, and Justin Dahl as members of the Mazeppa Volunteer Fire Department. All in favor, none opposed. Carried.

Administrator Clerk Karl Nahrgang gave the Liquor Store report. Council suggested that the old doors on the MMLS building need to be repainted.

City Engineer Matt Mohs gave the City Engineering report.

Motion by Hammes, second by Wiebusch to approve allowing the Street Utilities Project contractor to begin working at 6:30 AM during this project. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve WWTP project pay application #7 to Wapasha Construction for \$299,845.65. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve A.E.T. for materials testing on the Street Utilities Project not to exceed \$17,287.50. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Street Utilities Project change

order #1, for \$40,018.64, to add 200 feet of watermain on 3rd Ave. NE between Elm St. and Chestnut St. All in favor, none opposed. Carried.

The Mazeppa Trail committee would like permission to put a pop machine in front of the Mazeppa Community center. Profits would go to help fund walking/biking trails in the City of Mazeppa.

Property owner of vacant lot at 342 Oak St. NE asked if City would consider cost share to get water and sewer service stubbed to edge of the Oak St. right-of-way during the street construction project.

Motion by Wiebusch, second by Hammes to approve transferring the proceeds of the sale of the retired lawn mower (\$7000) to the City's savings account. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to approve Resolution 2025-18 Approving and Offsite Gambling Permit for Mazeppa Fire Relief. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-19 Approving Temporary off-site liquor license for Rumors to cater Mazeppa Daze events at Herb Vik Park. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-20 Extending Park Hours to Accommodate Mazeppa Daze Events. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-21 Requesting Closure of portions of County Roads 1 and 54 for the Mazeppa Daze parade. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes

to approve Resolution 2025-22 Closing Certain Streets within the City of Mazeppa to Accommodate Mazeppa Daze events. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-23 Issuing a Temporary off-site Liquor License to Rumors to serve alcohol at 217 1st Ave. N for promotion of the new facility. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hammes to approve Resolution 2025-24 Accepting a Donation from the Mazeppa Lions Club for \$5000 to be used on the Lions Park Building improvements. All in favor, none opposed. Carried.

City Attorney Luke Lamprecht stated the Resolution 2025-25 was not needed because the original loan agreements with the Mazeppa EDA allowed for interest-only payments, but the amortization schedule showed regular principal payments. Attorney Lamprecht provided the Council with an updated amortization schedule.

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

Attorney Lamprecht told Administrator Clerk Nahrgang to follow up with the County Health Department on the property at 140 Cherry St. E.

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

Meeting adjourned at 7:50 PM.

Administrator Clerk  
Next meeting: Regular Council Meeting,  
July 9, 2025, 6:00 PM.



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The Mazeppa Daze Festival is here again. From the beginning of summer to Mazeppa Daze is a very busy time, and it moves by quickly. A great deal of planning and coordination happens to put on this celebration. Community Service organizations, the City, event vendors, event sponsors, donors, volunteers, and public safety agencies are all coordinated by the Mazeppa Daze Committee. This group of volunteers puts in countless hours of site prep, financial management, appointing event coordinators. You will see them during the festival; they will be the people with the event staff shirts. Please allow them to do their work, but if you have the chance give them a hearty "thank you". They are doing this for the feeling of community they have for this place, and to give the opportunity to others strengthen bonds with their fellow community members. They also enjoy the joy and pride others get from attending this festival.

Please do your part to make the job of putting on these events easier for everyone. Pick up trash, follow parking rules, be kind to others enjoying the festival, and be cautious while walking and dealing with traffic. Please enjoy yourself during the festivities.



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1. Staff symbol
2. Zoo sound
3. Gumbo pod
4. Separate grain from chaff
5. Model-building wood
6. Smart ones?
7. 100 centavos
8. Refrigerate
9. Commits a faux pas
10. Mont Blanc, e.g.
12. a.k.a. meditation in motion (2 words)
13. Ranch grazer
14. \*Bette Midler's 1981 Grammy winning song (2 words)
19. Dungeness one and snow one
22. \*Poppy's seed container
23. Banned camera setting, in a museum
24. Falcon's home
25. Boreal forest, in Russia
26. Ma tre d's list
27. Raccoon's South American cousin
28. \*2024 Grammy winner for "Flowers"
29. Hop-drying kilns
32. \*Lis in fleur-de-lis
33. \* \_\_\_\_ Goo Dolls of "Gutterflower" fame
36. \*"Flowers in the Attic" author V.C. \_\_\_\_
38. One of journalism's Ws
40. Declare
41. Costing nothing
44. Want to
46. \_\_\_\_ Beach, SC
48. Belonging to duke
49. Miuccia Prada's homeland
50. Like traditional storytelling
51. Lose skin
52. Tea servings
53. Tobacco
54. Strong desire
55. Standard's partner
56. Govt. property org.

**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.**





# MAZEPPA DAZE

## JULY 11<sup>th</sup>-13<sup>th</sup>, 2025

### THURSDAY, JULY 10<sup>th</sup>

7:00p.m. **FIELD OF HONOR** at JayCee Park  
Opening Ceremony  
*Presented by Mazeppa Honor Guard*

### FRIDAY, JULY 11<sup>th</sup>

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



### SATURDAY, JULY 12<sup>th</sup>

6:00a.m. **PANCAKE BREAKFAST**  
8:00a.m. **SOFTBALL TOURNEY**  
8:00a.m. **WOMEN'S VOLLEYBALL TOURNEY**  
9:30a.m. **5K FUN RUN/WALK**  
11a.m.-3p.m. **KID'S GAMES**  
2:00p.m. **DUCK RACES**  
2:45p.m. **BINGO**  
4p.m.-8p.m. **LIONS BBQ DINNER AT LIONS PARK**  
8p.m.-12a.m. **"SMOKIN COYOTES"**  
**DUSK - FIREWORKS (LARGE DISPLAY)**  
Drawing for Golf Cart after (Sunday, July 13<sup>th</sup> rain date)

### SUNDAY, JULY 13<sup>th</sup>

8:00a.m. **SOFTBALL TOURNAMENT**  
8:00a.m. **CO-ED VOLLEYBALL TOURNAMENT**  
10:00a.m. **TRACTOR PULL**  
11:00a.m. **WATER FIGHTS (Fire Hall)**  
12p.m.-3p.m. **CLASSIC CAR SHOW**

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