



Mazeppa-Zumbro Falls Messenger™

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APRIL 30, 2026

Volume 20 • Issue 5

Mazeppa Memorial Day Program

Submitted by Wes Voeltz

Poplar Grove Cemetery 9am
Bear Vally Cemetery 9:30am
Mazeppa Cemetery at 10am

Parade will start on Cherry Street and 1st Ave. at 11am and march to the Veterans Memorial.



The program at the Memorial will start at 12:00.

(continued on page 4)

Bloom for the Trail: Community Plant Sale to Support Local Trail

Submitted

This spring, our community is invited to dig in for a good cause. On May 2nd from 8-1:00 PM at the Mazeppa Lion's Park local volunteers will host Bloom for the Trail, a plant sale fundraiser supporting the development of our community trail.

Shoppers will find hardy perennials, a variety of succulents, and a selection of creative

repurposed planters. Rhubarb and raspberries plants will also be available. Whether you're planting pollinators, looking for some fruit plants or just looking to enhance the beauty of your yard or porch, you'll be helping the trail bloom too.

The trail volunteers will also be hosting a kids creative planting activity from 9-11 PM or until supplies run out, whichever happens

first.

If you have any items you are willing to donate, such as old pails, mailboxes, colorful rubber boots, baskets, wash tubs, wagons, flower pots, wheelbarrows, etc.

Please contact Jenny Darcy at 507-251-0979.

*We hope to see you on May 2nd.
Come early for the best selection
and support your local trail.*



Results of the Zumbro Valley Food Shelf Food Drive



South Troy Food Drive Donation

Submitted by Pastor Colleen Hoeft

South Troy: 164#; Zumbro Community: 80#; Grace Community: 74#; St. John's: 69#; Hilltop: 66#. With a total of 461#!!! So good to have this food drive! Thank you all!!

Zumbro Falls Lioness/Lions to host a PLANTING PARTY for KIDS! Submitted

The Zumbro Falls Lioness/Lions are hosting a Planting Party for Kids at Jenny's Greenhouse, Zumbro Falls on May 2, 2026 from 9:00 -11:00am, drop in anytime.

Kids of all ages are invited and will get to decorate a pot, choose a flower, then plant it and a craft available to make too! It would make a great Mother's Day gift!

Kids must be accompanied by an adult (who can shop at Jenny's too!)

Giveaways, cookies and drink provided.

The cost is \$5.00 per pot.

DONATIONS TO ZUMBRO VALLEY FOOD SHELF ARE WELCOME.



Announcements

INTRODUCING THE

Class of 2026
Z-M High School

(pages 9-13)

• The Mazeppa Area Historical Society sends out a "Huge Thank You" for all who attended our Spring Supper - "Hot Turkey Sundae!". It was a huge success with all who came hungry and left "HAPPY!" Thanks for your support in preserving our rich history for the present & future!

• **Mazeppa Clean Up Day Saturday, May 9.** (see ad on page 24)

(announcements continued on page 2)

Mother's Day Brunch

Sunday, May 10th • Serving 9:00a.m.-3:00p.m.

Call 507-645-9992 for Reservations

- Reservations Highly Suggested -

- JOIN US FOR OUR SPECIAL BREAKFAST AND BRUNCH MENU -

Regular Menu Available 3:00-Close



37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
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Amy Lantz

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For All Your Real Estate Needs



Made New/ Not Recycled!



By Pastor Colleen Hoeft

I have painted a lot of things; walls (inside and outside,) furniture, ceilings and floors. I am not a professional painter. I'm more like- I want to get this done today- so... if I can skip priming or scraping- I will. But I have lived long enough to see what happens when I've done that! I love how a fresh coat of paint makes everything look new and clean-

even over dirt, chipped paint and other blemishes- like old wallpaper I couldn't get off my bathroom walls. I am not a perfectionist!

There's a technique to painting and re-painting that is way more complicated than just applying a quick coat of color. First you need to clean the service. Once it's clean, if it's a "refinishing job" the old paint, or finish will need to be removed- strip off all the old... (scrape, apply a stripping solution, or sandpaper).

Once it's down to bare bones- all the old is removed- repair any blemish, sand everything down smoother and then prime it. Many paint brands now advertise that they need no priming. I know from experience- that just means you will have to paint 2 or more coats! So instead of not priming - prime- it makes everything go so much better. And finally, you can apply the final finish!

It's a lot of work- but it is always worth it

to do it right the first time.

God wants that for you and me too. He isn't only interested in slapping a new coat of paint over your past- over your life- make you look good for others- He desires to make you a new person- new in Christ!

So why not just slap on a coat of paint? Paul tells us in Ephesians 4: "I want to go on record as a representative of the Lord" This isn't just an idle suggestion - an optional route, this is God's Word to you. Live no longer like you are/were doing!

Many people think that once you become a Jesus follower then pretty much anything goes. (Nothing really changes.) You've got your "get out of hell free card. And it doesn't matter what you do or how you live, you'll get into heaven so you can pretty much sin all you want. That's crazy! If you truly know Jesus you will want to become like Him.

That doesn't mean you will be perfectly

holy immediately, but the desire in your heart has changed. When you choose to follow Jesus- you want to follow Jesus!

Jesus said, "I am the way, the TRUTH, and the life." John 14:6. Without God there is no real truth. Instead of seeking the truth and wanting to be totally made over- we have hardened hearts, leading to ignorance. Jesus died for us to become new in Him, not just recycled and refinished on the outside with all the same ole stuff on the inside

Paul says: Ephesian believers! Ephesian church! —you did not come to know Christ that way." Christ desires people whose lives are fully committed to Him. He desires followers willing to follow no matter the cost and direction! He desires that you are:

- Made New: coming to Christ makes you

(continued on page 3)

GRAVES ONLINE AUCTIONS

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Online Auction House is Located at
383 1st Ave. N, Mazeppa, MN 55956
Open 10am-5pm Mon.-Fri.; Sat. by Appt.

NO COMMISSION ON ITEMS SELLING OVER \$1000 PER ITEM

South Troy Church wants to invite children age 4 years old-5th grade to join us.

First Wednesday VBS
The first Wednesday of each month from 6-7:30pm.

This is a monthly Vacation Bible School format filled with God's word, some crafts, fun and a meal. January-April the Armor of God:
• May 6: Helmet of Salvation and Sword of the Spirit



Announcements

• **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.

• **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 Bellechester, Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon, Wabasha 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. Please contact Three Rivers at 507-316-0610 or email: oas@threeriverscap.org

Do you have an announcement?

Email: hometownmessenger@gmail.com

Celebrate Recovery
A COMMUNITY OF HOPE
A Christian 12 Step Program
Join us on Sundays at South Troy Church

We meet Sundays at 5 pm
South Troy Wesleyan Church
56817 Highway 63 Zumbro Falls, MN

Schedule for meetings:
• Supper at 5:00 pm
• Large group meeting: 5:45 - 6:30 pm
• Small group meeting: 6:30 - 7:00 pm

Celebrate Recovery is a safe place to find healing for your hurts, hang-ups and habits.
Begin your journey today!

Questions?
(Contact Pastor Colleen Hoeft at celebratercovery@southtroy@gmail.com or 507-259-1442. Visit southtroywesleyan.org for more information.

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
Wednesday Mass 6:00 p.m.; 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)

LANDS LUTHERAN CHURCH

Pastor: David Krinke, Email: pastordavid@landslutheran.org
Pastor: Nikki Rockne, Email: pastornikki@landslutheran.org
P O Box 225/16640 Hwy 60 Blvd, Zumbrota, MN (507) 732-5482
Web Site: www.landslutheran.org
Facebook: Lands Lutheran Church
Sunday services 8:30 am Contemporary Worship
10:30 am Traditional Worship

AREA CHURCH DIRECTORY

Whew!

Timothy has . . . brought good news about your faith and love.

— 1 Thessalonians 3:6

Paul was overjoyed! He had sent his disciple, Timothy, back to the city of Thessalonica to check on the church they had recently planted there. And Timothy had returned with amazing news!

First, the background: Paul had spent only a short time in Thessalonica, establishing a community of Christ-followers, before an angry mob opposed to the gospel chased him off. Paul knew the deep challenges that the new Christians faced there in his absence, living in a culture that was deeply opposed to Christianity. He wouldn't have been surprised if everyone had gone back to their former ways of life in Judaism or Greek tradition.

But Timothy came back with a report that the new Christians in Thessalonica were standing firm despite the challenges. They remained full of faith in Jesus. They even longed to see Paul again!

That doesn't happen by accident. The God who raised Jesus from the dead also brought these people to life in him, and he kept them there. You might say that every standing-firm, new Christian was an ongoing resurrection story, a new creation, proof that God was up to something big: the renewal of all creation.

If anyone is in Christ, as Paul says in 2 Corinthians, there is a new creation. The old has gone. The new has come!

Lord, all of us who are new creations in Christ are glad to have your resurrection power at work in us. Thank you! The old is going away and the new is coming. Help us to see and rejoice. Amen.

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

UNITED METHODIST CHURCH

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

ZUMBRO COMMUNITY CHURCH

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

SOUTH TROY WESLEYAN CHURCH

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

ST. JOHN'S LUTHERAN CHURCH

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.

PRESBYTERIAN CHURCH OF ORONOCO

20 - 3rd St. SW, Oronoco, MN
507-367-4711 • www.aronocochurch.org
10:00a.m. Worship



Mazeppa-Zumbro Falls Messenger

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ADVERTISING INFORMATION

Call 507-649-3327 or email: hometownmessenger@gmail.com

www.mazeppamn.com www.zumbrofallsmn.com

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Results of the Zumbro Valley Food Shelf Food Drive



Hilltop Food Drive Donation



St. John's Food Drive Donation

Made New/Not Recycled

(continued from page 2)

new through and through. "old things have passed away, behold all things have become new." 2 Corinthians 5:17. So instead of relying on man's empty thinking, we rely on the truth of Christ's thinking to change our lives into His image.

Paul puts it very plain- throw off your old sinful nature and your former way of life, which is corrupted by lust and deception." Throw it off! Throw it off! This is a forceful motion- it isn't only shrugging your shoulders and letting something drop- it is a violent shedding of your old sinful nature- your former way of life.

Because of Christ's work on the cross- we can be made new- Jesus doesn't only want to give us good habits, and good philosophies- He desires a new birth- He died so that we could be made new- not made over!

We are to throw off our sinful nature and former way of life-the inward life- we are to be made new from the inside out and that will change us on the outside-eventually! Our former way of life is corrupt- we lived for ourselves, we were deceived into thinking that we were on the right road, that we would have success, that we could be 'happy' without God. But now we have heard and received the truth and now we know- we know that all those things that we once thought so wonderful- were only idols that got in the way of our faith in Jesus Christ.

Put on—action again- put on your new nature! Throw off the old-- strip it down to the bare bones, the new paint, that is Jesus Christ's nature living in you. Through faith you received His nature- His spirit lives in you. You are a new creation- live like it!

Our Lord's Resurrection destiny is to bring "many sons and daughters unto glory." The fulfilling of His destiny gives Him the right to make us sons and daughters of God. We are never in the relationship to God that the Son of God is in; but we are brought by the Son into the relation of sonship. When Our Lord rose from the dead, He rose to an absolutely new life, to a life He did not live before He was incarnate. He rose to a life that had never been before; and His resurrection means for us that we are raised to His risen life, not to our old life.

So, scrape and strip away, (throw off) the old life and put on your new life in Christ! That same power that raised Jesus from the dead – for you followers of Jesus- that same power lives IN YOU!

You are Made NEW!!! Go and Live your New Life!



Zumbro Community Church Food Drive Donation



Grace Community Church Millville Food Drive Donation

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Mazeppa-Zumbro Falls
Messenger



Dwain Bernard Gerken, Sr.

Dwain Bernard Gerken, Sr., 83, of rural Lake City, Minnesota passed away on Saturday, April 4, 2026, at Gunderson St. Elizabeths Health Care in Wabasha, Minnesota.



Dwain was born July 16, 1942, in Red Wing, Minnesota to Bernard and Verna (Grote) Gerken. He grew up in rural Lake City area attending school and graduating in 1960 from Lincoln High School in Lake City. Dwain went on to serve his country in the U.S. Army from February 4, 1961, to August 14, 1962, when he was honorably discharged. On August 22, 1964, he married the love of his life Marilyn Kahn in Potsdam.

Dwain lived his entire lifetime in the Lake City area and farmed the same farm since 1966. He was an avid farm toy collector and started the Corn Shredding Autumn Harvest Festival in 1999, which became an annual event on his farm for several years.

Dwain is survived by his loving wife, Marilyn Gerken of Lake City, their children, Lisa Donaldson of Rochester, Deanna (Rusty) Mathiasmeier and Tom Gerken both of Lake City, and Dewey (Debbie) Gerken, Jr. of Hammond; eight grandchildren, Melissa, Heather, Wren, Amanda, Kristin, Jordyn, Tom

and Kayla; nine great-grandchildren, Brandi, Willow, Jonathan, Kopelynn, Tristian, Andrew, Michael, Javi, and Isaiah; and a brother, Robert (Leslie) Gerken of Bellecheester. He was preceded in death by his parents, and two brothers, Bruce and Curtis, and daughter-in-law, Sandy.

The memorial service for Dwain was held at 2:00 p.m. on Tuesday, April 21, at Trinity Lutheran Church – Lincoln in rural Lake City. Pastor Dan Reich officiated. Burial will be at a later date in Trinity Lutheran Cemetery – Lincoln in rural Lake City.

Arrangements by Schleicher Funeral Homes, Lake City Chapel. Guest register may be signed at [HYPERLINK "http://www.schleicherfuneralhomes.com"](http://www.schleicherfuneralhomes.com) www.schleicherfuneralhomes.com

Albert Rheinhardt Miller

Albert Rheinhardt Miller, 92, of Mazeppa, died on Saturday, April 4, 2026, at Goodhue Living in Goodhue, Minnesota.



He was born on December 17, 1933, in Chester Township in Wabasha County on the home

farm, one of ten kids, to Matthias and Leona (Arendt) Miller. Albert attended Bellecheester Catholic School and worked for local farmers and his family farm. He served his country during peacetime following the Korean War in 1958. He worked at the Bellecheester grain elevator "GTA" for ten years. He bought his own dairy farm in 1968. On September 23, 1972, Albert was united in marriage to Bette Guenther at St. Mary's Catholic Church. Albert and Bette raised their two children on their farm in rural Mazeppa. He retired from dairy farming in 1995 and worked at the Zumbrota-Mazeppa schools for many years as a custodian. He loved his family, talking with people, and monkeying around with tractors.

Albert is survived by his loving wife of 53 years, Bette Miller of Zumbrota; his children and their families, Deanna Miller of Zumbrota and Cory (Emily) Miller of River Falls, WI; sister, Justine Schei of Rochester; as well as many nieces and nephews. He is preceded in death by his parents; siblings, Lawrence, Lorraine, Mattie, Ronnie, Elmer, Henry, Helen, and Joseph; and daughter, Annie Elizabeth.

Mass of Christian Burial was held at 11 a.m. on Friday, April 24, 2026, at St. Mary's Catholic Church in Bellecheester. Father Thomas McCabe presided. Burial was in the church cemetery. Visitation was for one hour prior to the mass. Arrangements are by the Mahn Family Funeral Home, Larson Chapel.

Mazeppa Memorial Day Program

(continued from page 1)

There will be a potluck at the legion after the Program.

For those of you that want to purchase your Flag for the Field of Honor you are encouraged to Contact Troy Liffbrig at 210-215-2587 or Wes Voeltz at 505-271-8408 or pay at the Legion on Monday nights from 5 to close.

MAZEPPA COMMUNITY MARKET

Now Booking Vendors!

Do you bake something delicious?
Grow something fresh?
Create something beautiful?
Have farm fresh eggs or meat?

Seeking Local:
Bakers • Artists • Crafters • Growers • Farmers

MARKET DATES (Thursdays):

- June 18 | 5–8 PM
- July 16 | 5–8 PM
- August 20 | 5–8 PM
- September 17 | 5–7 PM

Join for one, some, or all dates!

Fun Community Atmosphere!
Grow Your Customer Base!
Support Local!

Email: hann9087@gmail.com
for more information and/or a vendor form!

Small Town. Big Fun.

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507-843-2203 MIKE BEFORT
507-843-4500 EVENINGS

2026 Miss Mazeppa

Crowns and Community!

The Miss Mazeppa Pageant is seeking candidates to represent our beautiful town



Please join our Parent/Contestant Meeting
May 20, 2026 @ 6:00pm at the Mazeppa Fire Hall
See our Facebook Page for more information

ZUMBROTA TOWERS

93 E. 4th Street, Zumbrota

AFFORDABLE SENIOR HOUSING

- Rent based on 30% of household income.
- On-site management office.
- 24 hr. on call maintenance.
- Controlled access entry.

CALL TODAY FOR MORE INFORMATION



507-732-5151



Wabasha County 4-H'ers at State Project Bowl

Submitted

Two Wabasha County 4-H project bowl teams competed at the State Dairy Project Bowl meet on April 11th in Sauk Rapids.

The junior team with only 3 members finished 5th with one win vs Stearns and losses in close matches to the eventual 2nd place team from Goodhue and 1st place McLeod team.

The intermediate team had a busy day ending with a 5-1 record. After a loss to Stearns/Sherburne; the team needed wins from then on in the double elimination bracket. The team was fired up after a win vs McLeod and then two wins vs Stearns/Sherburne to claim 1st place.

Thank you to coach Kayla for helping organize the teams and lead practices.



Intermediate team 1st place: John Peters, Bella Raths, Charleigh Richardson and Dustin Sylvester



Junior team: Ruth Peters, Annde Richardson and Roger Mellgren

Gillford Golden Gophers 4-H Club



Submitted by Roger Mellgren, Club reporter

The Gillford Golden Gophers 4-H club recently held a meeting to make birthday kits for the food shelf. The club meets the second Sunday of each month at 1 PM in Zumbro Falls for those that might be interested in joining.

Wabasha County 4-H Dairy Quiz Bowl

Submitted

The Wabasha County 4-H dairy quiz bowl teams recently participated in the regional contest in Hastings. The senior team had some tough competition with 13 teams in their bracket. Although they missed out on a trip to state this year, they look forward to next year. The intermediate team dominated their division placing first out of seven teams and earning a trip to the state competition on April 11 in Sauk Rapids. The junior team also earned a trip to state by placing third out of nine teams. Kayla Sexton and Sarah Mellgren coach the teams

Project Bowl is a long-standing program in Minnesota 4-H and is the second most attended event of the year.

In Project Bowl, teams of three to six youth members build skills working and thinking together while testing their knowledge in these 4-H areas: dairy, dog, general livestock, horse, llama-alpaca, poultry and rabbit.



Senior team: Ashley Mellgren, Jonathan Raths and Sidney Brown



Intermediate team: Charleigh Richardson, Bella Raths, Halle Kennedy, John Peters, and Dustin Sylvester



Junior team: Wyatt Kennedy, Roger Mellgren, Annde Richardson and Ruth Peters

Kindergarten and First Grade Concerts



Our first graders and kindergartners delivered outstanding performances!
Courtesy of Z-M Schools



Kindergartners Plant Flowers with Help of Grandpa Ken



Students in Mrs. Boyum's kindergarten class had the chance to plant flowers with the help of Grandpa Ken. *Courtesy of Z-M Schools*



Peep-tastic Science Fun!



Courtesy of Z-M Schools

Mrs. Buss' class had a sweet time experimenting with Peeps! Students made predictions about which liquid—water, pop, or vinegar—would dissolve a Peep the fastest. We tallied our guesses and observed the changes throughout the day. The results are in... pop dissolved the Peep the fastest! So much fun learning through hands-on science!

Book Buddies & Open Library Time – 3rd Grade & Up

Courtesy of ZM Schools

Looking for a fun, relaxed space for your child to read, create, and connect with friends? Join us for Book Buddies & Open Library Time!

Share what you're reading, discover new favorites, and socialize with peers. Students are encouraged to bring a book of their choice to talk about with others.

The library will be open for reading, checking out books, puzzles, drawing, and coloring. We'll wrap up each class with a fun craft during the last 30 minutes.

Dates:

Wednesdays, May 6, 20 & 27 | 3:30–4:30 PM

Wednesday, May 13 (Early Release) | 1:00–2:00 PM

Location: ZMES Library (Mazeppa)

Cost: \$15

Instructor: Pam Keller & Olivia Markson

Register online:

https://zmps.cr3.rschoolday.com/.../cat.../18/program_id/2

Or call ZM Community Ed: 507-732-4244

Come for the books—stay for the fun!

Congratulation to the Z-M Class of 2026!



ECFE MAY SPECIAL: Lunch Bunch!

Pack a lunch (or some snacks), a blanket and bring your friends for a fun time at Covered Bridge Park. There will be playtime before lunch and plenty of songs and stories to keep your little one involved while they munch on some food. Children must be accompanied by an adult.

*If it rains, lunch bunch will be canceled.



THURSDAY

14

MAY

COVERED BRIDGE PARK

10:30AM - 11:30AM

AGES 0-5 / FREE EVENT

REGISTER NOW!

You can also register online at
www.zmschools.us or
scan the QR Code.



SPRING ECFE FIELD TRIP RED WING COLVILL PARK

TUESDAY, MAY 19TH

AGES 0-5 / COLVILL PARK / 9:00 AM - 12:45 PM

\$5 PER PERSON, \$15 PER FAMILY

This field trip is the perfect opportunity for toddlers (and grown-ups) to enjoy the sights and sounds of spring, explore their surroundings, and **take a ride on a school bus!** Bring your little adventurer for a morning of fresh air and fun at Colvill Park in Red Wing, MN! Pack a lunch and we'll all picnic together before loading the bus to return. Please register adults and children. Children must be accompanied by an adult.



REGISTER NOW!

YOU CAN ALSO REGISTER ONLINE AT
WWW.ZMSCHOOLS.US OR
SCAN THE QR CODE.



REGISTER BY THURSDAY, MAY 14TH

2026 FFA Convention a Success



Courtesy of Z-M FFA

What a convention! These kids are truly the best of the best and are the best example of what it means to be leaders!

Results from convention:

The Poultry team placed 12th overall with Ryker placing 9th individually!

Nursery Landscape placed 15th overall

Companion Animal Science as a brand new team placed 42nd

2 Rockstar delegates - Delaney and Josslyn!

Gold ranked chapter for National Chapter

2nd place proficiency award for Eddie and his landscape installation SAE

1 James Tracy Scholarship recipient

1 state degree - yay Morgan!

1 band participant - also Morgan!

And last but not least - the 2026-2027 State Treasurer - Edward Winters!

So proud of all of you!

Thank You to the Zumbrota-Mazeppa FFA for the Spring flowers!



Courtesy of Zumbrota Health Services

ZUMBROTA-MAZEPPA COUGARS SENIOR COMMITS



NOAH SCHAEFER
RCTC • WRESTLING



SVEA GOLDSMITH
U OF MN - DULUTH • DANCE



BRAILEE PETERSON
RCTC • VOLLEYBALL



JENT BEYER
U OF MN - MOORHEAD • WRESTLING



Courtesy of Z-M Schools



You are invited to

PACK 59 CUB SCOUTS 3RD ANNUAL SILENT AUCTION





HELP YOUR LOCAL CUB SCOUTS GO TO CAMP THIS SUMMER!



Zumbrota VFW
25 E 1st Street,
Zumbrota, MN



May 2nd, 2026

Bidding starts at 12p and ends at 3p

Scouts will also be serving a free meal during auction

For more information or if you'd like to donate an auction item

(651)-347-2429 - katie.weidler@yahoo.com

ZUMBROTA-MAZEPPA CLASS OF 2026



Cora Elin Anderson



Ethan Thomas Anderson



Neva Jean Anderson



Courtney Elizabeth Andring



Amelia Mae Angerman



Micah Paul Arendt



Bakster Kody Mark Arendt



Kalib Matthew Askenette



Jent Gabriel Beyer



Carter Michael Bixby



Mason Anthony Boraas



Isabelle Rose Bruns



Blake Andrew Buck



Brooklyn Adrianna Burdick



Dominic Roger Castro



Troy Brian Clemenson



Joseph Matthew Coffey



Christian Joseph Crawford



Nathaniel James Donovan



Noah Frederic Ebertowski



Benjamin Roger Flaaen



Jady Lynne Flynn



Mason Milton Ganrud



HAPPY GRADUATION



Best wishes to all the 2026 Zumbrota-Mazeppa High School seniors!



339 1st Ave. N, Mazeppa
507-843-2855
www.MotoProz.com





Congratulations



to the Z-M Class of 2026

*We know you've worked hard for that diploma,
and we're so proud of
your achievement!*

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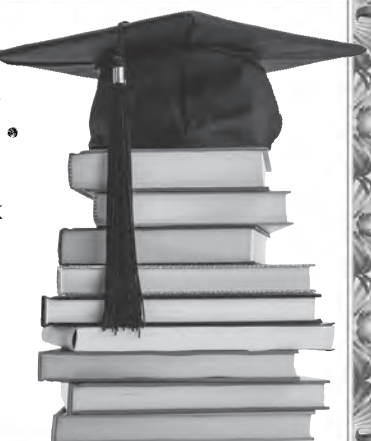
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<i>Emily Joy Meyers</i>	<i>Aaron James Miller</i>	<i>Bria Lily Miller</i>	<i>Ethan Bradley Miller</i>	<i>Kennedy Mae Mix</i>	<i>Olivia Ann Moody</i>
					
<i>Breanna Lynn Moran</i>	<i>Charlee Kathleen Jacobson</i>	<i>Maggie Marie Nelson</i>	<i>Eric Cardon Francisco Nicholson</i>	<i>Xahkota Robert John Novek</i>	<i>Hudson Phillip Ohm</i>
					
<i>Colton James Olson</i>	<i>Mitchell Lee Olson</i>	<i>Luke Johan Parker</i>	<i>Amelia Sue Peterson</i>	<i>Brailee Grace Peterson</i>	<i>Madelena Rose Peterson</i>

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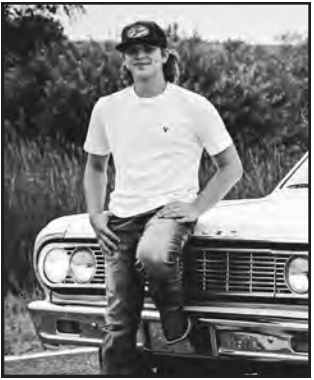
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<i>Olivia Jacqueline Rockne</i>	<i>Wyatt Steven Rostad</i>	<i>Kirt Thomas Rude</i>	<i>Melanie Marie Rude</i>	<i>Antonio Javier Sandoval-Kresal</i>	<i>Noah Mathew Schaefer</i>
					
<i>Mikayla Lynn Scharpen</i>	<i>Jacob Gary Schroeder</i>	<i>Logan Thomas Schurke</i>	<i>Gavin Jonathan Seymour</i>	<i>Jackson Thomas Shane</i>	<i>Isabelle Riley Stensland</i>
					
<i>Evan Paul Stimets</i>	<i>Grady Michael Streit</i>	<i>Jordenne Amaya Sutherlin</i>	<i>Emily Jean Tiedemann</i>	<i>Zakary James Treichel</i>	<i>Ryan Paul Tupper</i>



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Ryleigh Ann Wetzstein



Allyse Ruth Widholm



Jacob Curtis Williamson



Edward Page Winters



Azrael Shane Yennie-West

Not pictured:
Hunter Raunio Appleby



**Zumbrota-Mazeppa
Class of 2026
Commencement
Friday, May 29th
6:00 p.m.**

Flower: Stock
Colors: Blue and Silver

Motto:
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Mac Miller



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State Degree recipient!

Another awesome membership accomplishment awarded at the MN FFA Convention was the State FFA Degree. ZM is honored to have Morgan Proctor represent our chapter as a recipient of the highest degree earned in the state association. Congratulations, Morgan! She was also selected to play in the MN FFA Band. *Courtesy of ZM FFA*



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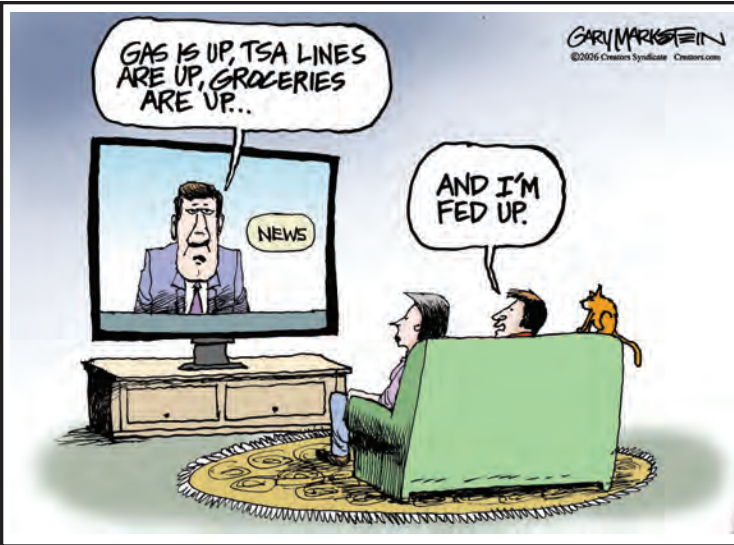

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Z-M Schools

Z-M Robotics Team Competes in Minneapolis



In April, the ZM robotics team competed at the 3M arena in Minneapolis. They demonstrated incredible teamwork and hard work! *Courtesy of ZM Schools*





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Zumbrota Mazeppa Schools

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- SLMH Services are available to all students and are flexible to meet the needs of students and families.
- With added services, students succeed socially, academically, and behaviorally.

Services Available:

- Intake Interview
- Diagnostic Assessment
- Individual Psychotherapy
- Family Psychotherapy
- Group Psychotherapy
- Individual Skills Work
- Family Skills Work
- Group Skills Work

Fee for Service:

Services are typically covered by health insurance. Grant funding may be available if cost is a barrier. Please contact the SLMH Therapist at your school for additional information.

The **GOAL** of SLMH Services is to reduce barriers for students accessing mental health services.

Now accepting referrals for Fall 2026. Contact your school social worker or Fernbrook Family Center to make a referral.

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Farm Girl Chatter April Rain Brings Muddy Boots

By McKell Lemmerman

Spring doesn't politely show up on a farm—it kicks the door in with thunder and says "IM HOME". One day it's kind of winter, kind of not, kind of hot and the next you're standing outside watching lightning crack across the sky while wondering if you left something important out in the rain. More than likely you left the windows down in your vehicle letting the seats in your car get a much-needed drink.

April rain doesn't just fall, it commits. It turns every road, pasture, and "shortcut" into a full-body workout. You step outside thinking you're going to get one quick chore done, and next thing you know you're 6 inches shorter in the swamp. Walking becomes less of a stride and more of a slow, dramatic peel with every step. If you don't lose a boot at least once, were you even outside?



And then there's that smell—fresh green grass finally coming back to life.

The storms themselves are something else. Lightning flashing like you are getting your picture taken every 15 seconds, thunder booming like a toddler playing with a drum set, and the wind doing whatever it wants per usual. You stand there counting seconds between lightning and thunder debating if you should run or just accept your fate.

Meanwhile, the animals act like spring is the best thing that's ever happened to them. Cattle start moving around more, calves get the zoomies like they've been cooped up all

winter, and the horses feeling like they have never been touched before.

Spring isn't neat, and it definitely isn't easy. It's early morning sunrise, longer days, and mud everywhere. But it also means things are growing again, animals are thriving, and life is picking back up—just like you picking up your boot for the third time in one day to scrape the mud off even if your boots will never be clean again.

The month starts off with April Fools' Day, but the real fools are the ones who spend the whole month playing in the mud right?

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MAP NOT TO SCALE* (Google addresses shown)

Shop unique one-of-a-kind gift ideas for Mother's Day Sunday, May 10!

Changes in Latitudes, Changes in Attitudes

Knot Forgotten



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 can remember as a young kid when feed came in feed bags. Big burlap bags, some were softer cotton bags, and we brought live-stock feed home from the feed elevator in them. Sometimes I would get to see them filling the bags with fresh ground feed. The feed came out of a hopper with a slide gate and the man would wrap the top of the bag around the opening and open the slide and the bag would fill with feed, along with the fragrance of grain and molasses wafting out all over. Then he would wrap the top of the bag together and wrap a twine around and pull it tight. It was secure. They would throw it in the back of the

truck and stack them high.

My dad would stack them in the feed room in the barn. I couldn't lift the bag, but I could open it and fill a pail to feed it to the live-stock. One day I built some pallets out of 2 x 4's to stack the feed on. My dad commented that it seemed like a waste of effort. The bags were just as good on the floor. One day when I got home from school, he handed me a \$20 bill and thanked me for building the pallets. Seems like a water pipe leak had flooded the feed room that day. Those pallets saved a lot of feed.

Some of the bags were pre-filled and they had stitching across the top. There was a way to open them. My dad did it so simply. He just found the right string and pulled it and magically the string came apart. It looked so easy. I think it was really algebra because I never got it. It was necessary to open it properly as not to damage the bag. These were valuable and we returned them to the elevator each week to be refilled. I usually resorted to cutting the string with my jack knife until I got the right one or completely removed the offending string holding the top closed. That trick would not be handed down because I could never master it.

I have come across some of these colorful bags around the farm. They bring back memories. A trip to the feed store was always exciting for an 8 year-old farm boy. I remember the jingles on KDHL radio for the feed companies. The Checkerboard song still rings in my mind. Purina Feeds were popular back in the 1960's. Now bags are easier. They have a tab one can pull and usually directions on how to open it quickly. And bags are paper

or plastic and you dispose of them after the first use.

I remember my mom telling me about how housewives would clean the soft cotton bags and make clothes out of them. Feed companies during the depression would dye the bags colorful patterns. I don't imagine the burlap bags were used for clothing. I found a white bag used for oats with a picture of a stallion on it when I was young. It had escaped the mice in the granary and was in great shape. My mom sewed a drawstring in the top and I used it as a gym bag at school.

Another knot I was never good at tying was baler twine. Rolls of baler twine had to be connected every time they were replaced. I was too young to lift bales so I drove the tractor and my neighbor Walt loaded the wagons. He would lift the new twine roll into the compartment on the baler and fish the end out of the center and tie them together. If it wasn't done right, it would jam when going through the knoter on the baler. He



made it look so simple. Many years later when I was in charge, I discovered it was not as easy as it looked.

A Minnesotan: May



By RosaLin Alcoser

Spring has finally sprung in Minnesota. Which means it's finally the point in the year when all Minnesotans emerge from the safety of our homes, where we endured the winter, and finally go outside to enjoy the good weather months. The thing that always wows me at this time of year is how suddenly green everything gets over night.

As someone who is not from Minnesota, but has lived most of their life here it is different then other places I have lived before. When I was attending college in the Ozarks the world would gradually become green somewhere between mid February

and mid March. When things that are not quite blooming here yet, such as tulips and daffodils are starting to come out. Whereas every year living in Minnesota I feel like we can go straight from the heart of winter to full on green some years.

And as we all know when that happens just depends on the year. I remember back in 2012 I went to junior prom the same weekend as Mothers day and we had a May blizzard that same weekend.

There are two things I still vividly remember about that May weekend in 2012. The first thing being my mother being woefully upset that it had snowed in May; despite that it was not the first year of us living here that it had done this. The second was that my prom date's mom had us stand in front of a dormant lilac bush in the snow, with no coats on in 30 degrees, for pictures. With the reasoning that it had been in bloom that weekend the year before and it was where she had planned to take the pictures. Needless to say we were cold.

My friends who went that same weekend remember having a snowball fight in formal wear and I remember being cold in front of a dead bush. At the end of the day it is still one of my favorite childhood memories where it snowed in May. Partly due to the fact that I'm able to tell it to people who haven't lived here long enough to know that this has happened.

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Wabasha County Announces Partnership with CredibleMind, Expanding Access to Convenient and Confidential Mental Wellbeing Resources for Community Members

Using the CredibleMind platform, community members will receive 24/7 access to more than 10,000 science-backed mental health resources, personalized to their needs



April 2026 – Wabasha County today announces its partnership with CredibleMind, an intuitive platform offering local, wellness-oriented digital content that enables employees, healthcare providers, and community organizations to support consumer-centric engagement and provide personalized mental health resources. The partnership will make CredibleMind an accessible digital resource to Wabasha County’s approximately 21,000 community members.

Founded in 2018 by Deryk Van Brunt and Marcos Athanasoulis, CredibleMind provides a complete population-based mental health ecosystem, including analytics reporting on service needs, use, and outcomes. Focusing on early intervention and prevention around mental health issues, CredibleMind contains over 10,000 evidence-based and science-backed resources in an effort to provide

users with credible self-care options to improve their overall wellbeing without medical intervention.

Kayla Hall, Wabasha County Social Services Manager, said, ‘Mental health remains a top priority for Wabasha County Social Services, Wabasha County Public Health, and our community partners, now more than ever. We are seeing an increased need for support across all populations and are committed to responding with innovative, accessible, and high-quality resources. Through strong partnerships and creative use of funding, we continue to expand services that meet people where they are. We are excited to partner with CredibleMind as we advance our mission to ensure the safety, stability, and wellbeing of all Wabasha County residents. We encourage community members to remember that mental health support and resources are only one call away. Please contact Wabasha County Social Services at (651) 565-3351 for assistance in navigating the mental health system.’

“We are facing a mental health crisis in our country and the demand for mental health services is higher than ever,” said Deryk Van Brunt, CEO of CredibleMind. “We are

thrilled to partner with CEWW Health Insurance Consortium and provide on-demand, reliable self-care and mental health resources to help its district employees improve their overall wellbeing and flourish.”

For more information about Wabasha County visit <https://www.co.wabasha.mn.us/index.php> and for more information about CredibleMind, visit <https://www.crediblemind.com>. To access the Wabasha County CredibleMind website, visit <https://wabashacounty.crediblemind.com>.

About CredibleMind

CredibleMind enables payers, public health departments, employers, insurers, healthcare providers, and community organizations to provide their constituents with a comprehensive and holistic ecosystem for the prevention and early intervention of mental illness. Complete with assessments, education, and interventions that empower users to engage in mental well-being, each customized platform offers connections to local community resources and population-level analytics. For more information visit www.crediblemind.com.

Understanding Cannabis and Cannabinoids

Cannabis is a group of flowering plants that includes both hemp and cannabis (sometimes called marijuana). The cannabis plant contains more than 125 different cannabinoids, or chemicals that may affect the body. Hemp is used in foods, personal care products, fabrics and more. Hemp itself is not mind-altering due to its low THC content, but some hemp-derived products (e.g., delta-8 or delta-10) can be mind-altering if they contain added or concentrated THC. Cannabis (marijuana) is mind-altering and is used for medical or recreational reasons.

When people think of cannabis, many may think of its mind-altering (psychoactive) properties. The main mind-altering cannabinoid in cannabis is THC (Tetrahydrocannabinol). Cannabis may also contain Cannabinol (CBN), which can be mind-altering, or Cannabidiol (CBD), which is not. Cannabis has more THC, whereas hemp generally has more CBD. Cannabis-based products are available with a variety of differing cannabinoid combinations. Some of these cannabinoids are found naturally in the plant, while others can now be manufactured and added to products. The health effects of manufactured or synthetic cannabinoids are not yet well understood.

According to Tina Moen of Wabasha County Public Health, “Cannabis is available in many textures, flavors, and shapes. It also smells less strong than before. These features contribute to it being potentially more appealing to youth.”

Cannabis products are now available in a variety of formats. Cannabis can be consumed by smoking, vaping, eating, drinking or applying it to the skin. The way cannabis is consumed, the amount taken, the THC potency and prior experience of cannabis use all play a role in how it impacts the body and brain. For example, cannabis edibles can take a while to kick in and last a longer amount of time compared to a smoked product.

These products are also available with higher levels of THC. Between 1995 and 2022, the delta-9 THC potency (strength) in illegal cannabis products seized by law enforcement quadrupled from 3.96% to 16.14%. Cannabis flower and concentrates in dispensaries can have THC concentrations of more than 40%. Higher THC concentrations have been associated with a greater likelihood of cannabis use progressing to cannabis use disorder, among other health concerns.

Local residents can find more information by visiting Goodhue County Health and Human Services.

Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona Counties are partnering to inform adults through the website, speakingofcannabis.org.

This activity is made possible by a grant from the Cannabis and Substance Use Prevention program of the Minnesota Department of Health’s Health Improvement Bureau.

If you would like to connect with our Wabasha County Cannabis and Substance Misuse Prevention Collaborative, please reach out to Tina Moen, Wabasha County Coordinator at tmoen@co.wabasha.mn.us.



Courtesy of the Regional Cannabis Communication Campaign

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Preventing Dementia



By Shauna Burshem, D.C.

Prevent dementia with movement and proper sleep: A recent study published in PLOS One highlights the significant role of regular exercise and adequate sleep in protecting long-term brain health. The research found that simple lifestyle changes, such as breaking up long periods of sitting and getting seven to eight hours of sleep per night, could reduce the risk of late-onset dementia by up to

25%. Conversely, prolonged sedentary behavior and poor sleep habits were linked to increased dementia risk. For example, sleeping less than seven hours raised the risk by 18%, while sleeping more than eight hours increased it by 28%. These findings emphasize that maintaining a balanced and active lifestyle can be as effective as some medications in reducing dementia risk.

The study analyzed data from 69 studies involving nearly 3 million participants over eight decades, focusing on how sleep, physical activity, and sedentary behavior starting at age 35 impacted dementia risk later in life. It revealed that sitting for more than eight hours a day increased dementia risk by almost 30%, while even moderate physical activity, such as daily walks, reduced the risk by an average of 25%. Researchers stressed that physical activity offsets dementia risks even when other factors, like cardiovascular disease or diabetes, are present. However, they cautioned that exercise alone cannot fully counteract the negative effects of prolonged sitting, underscoring the importance of combining multiple healthy habits.

Exercise benefits brain health by improving blood flow and oxygen delivery, which supports the brain's small capillaries and pre-

vents atrophy. Physical activity also releases brain-derived neurotrophic factor (BDNF), a protein that enhances cognitive function, promotes neuron growth, and strengthens neural connections, particularly in the hippocampus. Additionally, exercise reduces chronic inflammation and beta-amyloid buildup, both of which are linked to Alzheimer's disease and dementia. While mentally stimulating activities like puzzles or knitting can also support brain health, they provide different benefits than physical activity, making a combination of both essential for optimal cognitive protection.

Sleep plays a critical role in brain health by allowing the glymphatic system to clear

waste, such as beta-amyloid, that accumulates during waking hours. Proper sleep also supports memory consolidation and helps regulate other healthy behaviors, such as managing stress, eating well, and staying active. Experts suggest that consistent, moderate physical activity and prioritizing quality sleep are more sustainable and impactful than intense exercise or elaborate health hacks. Together, these habits create a foundation for long-term brain health and reduce the risk of dementia, offering a practical and accessible approach to aging well.

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

Hunger and GLP-1



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

duce GLP-1, which signals satisfaction to the rest of the body.

There has been increasing popularity in medications that mimic the GLP-1 signal. These medications produce the signal that reduces hunger and results in a decreased desire to eat. These medications were first developed to aid those managing diabetes but have now become popular as a weight loss method as well. However, the original hunger signals that were suggesting nutrient deficiencies are now being ignored because of the artificial GLP-1 signal from the medication. The person may be losing weight and increasing nutrient deficiencies as well.

A report in the February 2026 issue of Clinical Nutrition presented recent cases of brain damage resulting from a depletion of Vitamin B1 following the use of GLP-1 medication. Thirteen cases were found in the FDA Adverse Event Reporting System.

All cases reported significant digestive issues related to taking the medication. While the digestive issues are a well-known side effect with GLP-1 medication, the nerve damage in the brain was a surprise. The damage was the result of significantly lower Vitamin B1 intake because of decreased hunger promoted by the medication.

Within clinical practice, I have seen many clients who are using GLP-1 medications continue to struggle with adopting healthy lifestyle choices that would promote satisfaction naturally. When nutrient rich foods are made a priority for each meal, natural GLP-1 will be produced and greater balance achieved. Without healthy lifestyle choices, a lifelong dependence on medication is the outcome. GLP-1 medications were designed as a lifestyle drug to be used for the rest of an individual's life. The current research reports are beginning to show the negative results.

A healthy weight is the result of healthy choices. A supportive community is needed to help make these healthy choices become a lifestyle. I have written in previous articles about healthy weight and continue to provide resources to support healthy lifestyle choices that can help you reach your health goals. Contact me to discuss your health goals for the coming year. Nutrition is designed for healing. I can help you reach greater health freedom in 2026. 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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Wildland Grass Burn Training in Zumbro Falls

Courtesy of Zumbro Falls Fire Department

Things got a little smokey in town on April 20th. Just in case you missed it, in collabora-

tion with our local DNR, we conducted a wildland grass burn training last night in town. Thank you to the Minnesota Department of Natural Resources for the great training. Many great tips and tricks were learned!

Please be mindful of the conditions anytime your starting a fire, big or small. And ALWAYS remember to get a burn permit and ACTIVATE it the day you plan to burn. The burn permit must be activated on the day you plan to burn or it is not valid. Please visit https://apps.dnr.state.mn.us/burning.../admin_areas/68/map for more information and to get a permit started in Wabasha County. Be smart and be safe!



Historical Happenings

*Compiled by
Helen Reiland*

**THE MAZEPPA JOURNAL, Editor and Publisher: Barbara and Reider Tommeraas
FRIDAY, SEPTEMBER 14, 1956**

Welcome To Plowville 1956-Mazeppa, Minn.—Sept. 14-15

The weather is the big topic of discussion among soil conservation workers these days.

That's not too surprising for Friday and Saturday, Sept. 14 and 15, will find the two-day program of Plowville '56 in full swing on a five farm layout on the Donald Darcy, Peter Perrotti, Florian Reding, Neil Arendt and Clarence Arendt farms north of here.

"We're hoping for a real break in the weather," commented Vincent Sand, general chairman of the event "Rain would cut attendance of course."

Nearly a hundred volunteer workers from all parts of southeastern Minnesota gathered at the Plowville site Saturday to complete preparation for the big event this Friday and Saturday.

Gov. Orville Freeman and Congressman August H. Anderson of Red Wing will deliver addresses during the noon hour Saturday. Their talks are expected to be non-political in nature but will stress the value of soil conservation.

Visitors will find an interesting "machinery row." Farm equipment manufacturers have rented a number of lots to display their new machinery.

Flying farmers will come to the farms in their own planes, a special landing site having been prepared Saturday. People who want a birds-eye view of how some farmers have actually applied soil conservation practice to their land may take a special air tour both days.

Obituaries

SUSAN LIFFRIG

Miss Susan Liffrig, longtime Mazeppa resident died at 10:30 Sunday evening at St. Mary's hospital, Rochester, following an illness of three months. She was 75 years of age.

Miss Liffrig was born March 30, 1881 in Wabasha county, near Bellechester, the daughter of Nicholas and Anna Liffrig. She moved to Mazeppa in 1909 and lived here since except for ten years at Pasadena, Calif., from 1920-1930.

Miss Liffrig brought up two nieces, Rose Liffrig of Washington, D.C. and Mrs. Edwards (Mary) Hassey of Methuen, Mass., and a nephew Nicholas of Fort Riley, Kans., all of whom survive together a brother, Peter Liffrig of Charlotte, N.C.

Pallbearers were Wilbur Bright, Louie Tri, Sylvester Tri, Steve Befort, George Oelkers and Gilbert Schafer.

Susan Liffrig will be greatly missed in Mazeppa. She was unfailingly cheerful and friendly, and always ready to help those in trouble.

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.

Additional Children's Photos Published Below



Here are the final pictures, taken by Woltz Studios in a national photo contest. Top row, left to right, are: Darrel, two years old; Danny, six years old and David, four years old sons of Mr. and Mrs. Robert Mohler, Zumbro Falls. Bottom row, left to right, are: Mary Jo, daughter of Mr. and Mrs. Arthur Reiland, Mazeppa; Leon, seven, Wayne, four, Timmy, two and one-half and Candice, one year old, children of Mr. and Mrs. Walter Mehrkens of Mazeppa; and Kathy, six years old, daughter of Mr. and Mrs. Arthur Reiland of Mazeppa.

Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I just purchased a pull behind camper. I have never owned or pulled one before. I have been doing some research so I know what to do and expect. I thought it would be helpful as I know I am not alone in this situation. Can you write about this?

Answer: If you pull a camper or trailer with your vehicle, you must maintain at least 500 feet of following distance from other vehicles.

When loaded, 10 to 15 percent of the trailer's weight should be balanced on the hitch between the trailer and vehicle. When correctly loaded, the trailer's floor should be level. After the first few miles, stop and check

the hitch, tires, lights and load. Repeat this process at all rest stops.

Travel at a slower speed. Many trailers have smaller wheels that turn faster than your car wheels, causing heat buildup that can lead to trailer wheel bearing failure.

Remember that the brakes on your vehicle were probably not designed to handle heavy trailer loads. A sudden stop at high speed could flip both the trailer and the car.

Speed up carefully, using a lower gear if necessary. Maintain enough following distance to prevent the need for sudden stops. When passing other vehicles, remember the additional length of your trailer and be aware that your ability to accelerate is reduced.

Wind and rain will affect your ability to handle and control a vehicle pulling extra weight. When towing a trailer or camper in wet or windy conditions, slow down more than you would normally do in such weather.

Allow plenty of room for turns. Long trailers will swing closer to the edge of the road than your vehicle.

Pay extra attention to your vehicle's cooling system when towing extra weight. Your engine will overheat more easily in warm weather, at high speeds and in hilly areas.

Question: In your last Ask a Trooper article, you provided some information on pulling trailers. Can you talk a little more

about trailer requirements?

Answer: Here is some additional information on trailer requirements:

- Maximum length — 45 feet
- Maximum width — 8 feet 6 inches
- Maximum height — 13 feet 6 inches
- Tail lamps — two red
- Reflectors — two red
- Rear license plate lamp — one white

The 102-inch width limit (8 feet, 6 inches) for recreational vehicles does not include attachments that do not extend beyond the vehicle's exterior rearview mirrors if the recreational vehicle is self-propelled.

The width of a trailer may not extend beyond the exterior rearview mirrors of the towing vehicle.

Type A, B or C motor homes may not be longer than 45 feet. The general length limit for single-unit vehicles is 40 feet.

All trailers with a gross vehicle weight of 3,000 pounds or more must be equipped with brakes.

All recreational trailers must have a clearly visible plate with current registration.

A safety chain must be permanently attached to the trailer and fastened to the vehicle used for towing.

Question: We are starting to see a lot more fog with spring time. Can you provide some advice for driving in those types of conditions?

Answer: This is a great topic. Here is some information from the National Weather Service for driving in fog. If you must drive in foggy conditions, keep the following safety tips in mind:

- Slow down and allow extra time to reach your destination.

▪ Make your vehicle visible to others both ahead of you and behind you by using your low-beam headlights since this means your taillights will also be on. Use fog lights if you have them.

▪ Never use your high-beam lights. Using high beam lights causes glare, making it more difficult for you to see what's ahead of you on the road.

▪ Leave plenty of distance between you and the vehicle in front of you to account for sudden stops or changes in the traffic pattern.

▪ To ensure you are staying in the proper lane, follow the lines on the road with your eyes.

▪ In extremely dense fog where visibility is near zero, the best course of action is to first turn on your hazard lights, then simply pull into a safe location such as a parking lot of a local business and stop.

▪ If there is no parking lot or driveway to pull into, pull your vehicle off to the side of the road as far as possible. Once you come to a stop, turn off all lights except your hazard flashing lights, set the emergency brake, and take your foot off of the brake pedal to be sure the tail lights are not illuminated so that other drivers don't mistakenly run into you.

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

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

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Safe Actions Save Lives

With construction season kicking off and "spring fever" in the air, it's time for an important reminder to motorists to slow down and stay alert behind the wheel. This week marks National Work Zone Awareness Week (NWZAW), and this year's theme, "Safe Actions Save Lives," serves as a vital reminder that together, we can drive Minnesota toward zero deaths. The annual campaign is held at the start of construction season to encourage safer driving through work zones and to remind road workers of the importance of staying alert.

The stakes are incredibly high — in 2023 alone, nationwide, nearly 900 people died in work zone crashes. Notably, the vast majority of those killed were the drivers and passengers themselves. To drive this message home, the Minnesota Department of Transportation's Office of Maintenance is partnering with the Office of Traffic Engineering and Construction to set up a powerful, visual display on I-35. They placed 54 barrels, each one representing a fallen MnDOT worker, along a mile-long stretch on the right shoulders between Forest Lake and Faribault. The display also includes message boards that read: "Each Barrel Equals One Worker Fatality, Drive with Care, We Rely on You."

Share these work zone safety tips with friends and family to help them understand the dangers road workers face every day. Understanding that the risks are real can change the way people drive.

Eyes up, phone down: Distracted drivers are the biggest threat; maintain constant 360-degree awareness and face traffic whenever possible.

The "Exit Plan": Always have an escape route in mind and stay alert for screeching tires and horns.

Be seen: Ensure your high-vis PPE is clean, in good condition and worn correctly.

Park smart: Use work vehicles as a buffer between the crew and traffic and keep all activity and equipment within the designated work zone whenever possible.

Whether you earn a living on the roads or travel them to get home, it is vital to stay focused — especially in work zones. Your life and the lives of others depend on it. Together we can drive Minnesota toward zero deaths.



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1. Take of a hat, e.g.
2. Traditional October birthstone
3. Puerto follower
4. Opening, colloquially
5. #55 on periodic table
6. Part of an eye
7. *"Married with Children" mom
8. Investor's asset
9. Hold as a conviction
10. Unit of land often featuring a home
11. Load sixteen tons, e.g.
12. Geometry calculation
15. Divert from course
20. Between washes and styles
22. Casino's pull
24. Foot rest
25. *"Stranger Things" mom
26. Throat dangler
27. Mosaic artist
29. *"Friday Night Lights" mom
31. Tug-of-War gear
32. List entries
33. Like anchor aweigh
34. *"Schitt's Creek" mom
36. Martin of Rat Pack
38. 3-handed card game
42. Bring character to life
45. Response to stimulus
49. Ctrl+Alt+_____
51. Lemony cream dessert
54. Right-hand page
56. Academy Award
57. Orchid garlands
58. Forearm bone
59. Cow charm, pl.
60. "Beware the _____ of March"
61. *"The Handmaid's Tale" mom
62. Letter before kappa
63. Nile dweller, for short
64. Writer Rice
67. -D.M.C.

SUDOKU ANSWERS

S	A	S	S		O	N	E		T	R	A	C	E		
I	N	D	E	X		T	U	N		E	A	T	O	N	
L	E	U	D	E		G	R	U		S	S	C	O	R	N
U	C	I	L	L	E		J	E	S	S	I	C	A		
						F	E	R	N		T	O	O		
E	A	R	N	E	D		A	T	O	P		S	P	A	
C	L	E	A	R			I	M	A	M		E	M	I	R
Y	U	L	E			S	M	O	K	E		P	E	R	I
V	I	D				E	A	T	S		L	O	T	O	
U	T					M	I	T			M	I	R	I	A
						O	U	R			K	R	A		
F	L	O	R	I	D		C	A	R	M	E	L	A		
F	A	C	T	S		E	G	O			E	R	R	I	E
P	I	N	E			V	E	T			D	E	C	O	R
O	R	I	C			U	P	S			D	A	T	A	

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	8	9		2		3	6	
		2						
	5			3	4			
	9				3		8	
		8	1	6	9	7		
	7		4				9	
			2	7			3	
						2		
	3	6		4		1	7	

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

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