



Mazeppa-Zumbro Falls Messenger™

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JUNE 4, 2026

Volume 20 • Issue 6

Mazeppa Honor Guard Field of Flags

Submitted by Wes Voeltz

Mazeppa Honor Guard Field of Flags opening ceremonies is July 9th at 7pm. Time to get your Flag paid for.

You can contact Troy Liffbrig at 210-215-2587 or Wes Voeltz at 507-271-8408 or stop by the Mazeppa American Legion on Monday nights 5pm to close.

By paying in advance, you will keep your spot on the field Flags are still 10 dollars. Thank You



Wabasha County Dairy princess



Dairy Princess:
Erica Wallerich



Dairy Princess Attendant:
Abby Fick



Dairy Princess Attendant:
Amelia Young



Dairy Princess Ambassador:
Kaylee Schnell



Dairy Princess Ambassador:
Sadie Schroeder

Meet **Sadie Schroeder**. She is the daughter of Phil and Jamie Schroeder. Sadie is sponsored by Klein's Cow Palace and Boettcher

Transport. She is a junior this year at PEM and is involved in student council, marching band, and serves as vice president of the PEM

FFA Chapter.

Sadie has been fortunate to experience dairy farming through her grandparents' farm, Klein's Cow Palace. *(continued on page 4)*

Announcements

- The Mazeppa Area Historical Society Museums will be open Saturday, June 13 & 27th from 12-3p.m. Both buildings will be open. Come check us out!

- 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.

(announcements continued on page 2)

Zumbrota/Mazeppa Senior to serve as State FFA Treasurer



Edward Winter

Edward Winter, a Zumbrota/Mazeppa senior was named the Minnesota State FFA treasurer at the annual meeting in April of this year. Here he introduces himself and tells his story.

I have had the opportunity to attend Zumbrota-Mazeppa schools since 5th grade after relocating back to Minnesota from Pennsylvania during my elementary years. This experience allowed me to witness the vast and unique differences within our country and society, including the many unique opportunities that exist within the agricultural industry throughout our country. During my time at ZM I have looked to be actively involved and engaged within the community. This has included being involved in various organizations, including FFA, 4-H, and National Honor Society where I have had the opportunity to give back to the community in various ways.

(continued on page 8)

FFA End of Year Banquet and Awards Program



Courtesy of Zumbrota-Mazeppa FFA

That's a wrap! We capped off the 25-26 FFA year with an awesome end of the year banquet and awards program.

Thank you to everyone who came and supported our members.

(additional pictures on page 9)

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Fallen Heroes



By Pastor Colleen Hoeft

During World War 1 on October 8, 1918, in France, Alvin C York faced machine gun nests alone. A devout Christian and crack shot, he killed 25 enemy soldiers and captured 132 more with just a rifle and pistol. His actions crippled a German regiment and turned the tide near Argonne. York was labeled a hero.

So, what makes someone a hero? According to the dictionary (Miriam Webster) a hero is: an illustrious warrior or soldier, a person who shows great courage or a person admired for achievements and noble qualities.

Sargeant York made it back home to live out his life- but many, many men and women over the last 250 years of United States History did not make it home. That's what Memorial Day – is all about. Remembering those that fought and never made it back. Honoring those that gave the ultimate sacrifice for their country.

The total number of men and women that paid the ultimate sacrifice for their country and fully for freedom according to 2025 statistics are: 1,213,336. What can we say- we can honor and remember them. We can enjoy and be grateful for the freedoms that they died preserve. And coming up in July, we'll celebrate our nation's 250 birthday and it has come with a cost!

Many have given their lives for you and I to enjoy the freedoms we have. This past Sunday was also a day of remembrance in the church- remembering the power of the Holy Spirit and remembering the beginning of the church. The church that Jesus said would be built on the lives of the apostles as they gave their all for the gospel. We often consider Jesus sacrifice, He gave His life as a ransom for many- John 15:13 says, "13 Greater love has no one than this: to lay down one's life for one's friends."

God demonstrated His love for you, His love for me- while you were, while I was still a sinner, a stranger, an enemy, He died for you and He died for ME!!! Our men and women that enter the military take that oath too- to be willing to give their lives for the people they don't know, but it doesn't matter if they know them- it's their duty, and their commitment.

For the early church- for all those that have gone before- many prophets, many apostles,

many men and women of faith since the very beginning of time have paid the ultimate sacrifice of giving their life because of their faith! We are all called to surrender- to die to self- to be ready to let go and let God!

I want to focus on the unnamed heroes of Hebrews 11. The men and women mentioned in Hebrews 11 are what heroes are made of! The men and the women that gave their lives for the gospel. The men and women that persevered, that had wisdom and were good, courageous and selfless. The men and women that were leaders- and gave their very lives to the service of God- for the sake of the gospel of God. Much like the soldiers that went into conflicts and wars knowing the possible cost, so many of the saints in our history also knew the cost and answered the call.

There is a cost in following Jesus. The cost of following God is not a simple nor easy life. Verse 35 of Hebrews 11 begins with: "others were tortured- and still refused to turn from God in order to be free." They did not take the easy way out. They refused to recant their faith. They said- we believe, no matter what the cost! That's courage. That's selflessness. That's hanging on no matter what! They placed their HOPE in a better life after the resurrection. They counted the cost;

C – Courageous – Because God's calling can be unnerving; even daunting. They had courage even in the midst of terrific odds- and they kept their faith in God and took the next step. You and I will never attempt great things for God or see God do great things if we are not courageous.

(continued on page 3)

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.org or 507-259-1442
Visit southtroywesleyan.org for more information

8th Street LIVE

DATE: June 21, 2026

TIME: 5:30pm

LOCATION: South Troy Wesleyan Church

www.8thstreetok.com

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Announcements

• **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

AREA CHURCH DIRECTORY

Fight the Good Mental Fight

I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin. . . . — Romans 7:22-23

It is hard to overstate how much our minds are like battlefields. This is true for all believers in Christ, including the apostle Paul, who describes his own struggles in our text for today.

In this passage Paul says that one set of thoughts in his mind is turned toward God and aims to do good. The other set of thoughts, however, is turned toward evil and wants to sin. Paul thanks God in Christ that he is indeed saved. But in the very next verse he recognizes that he is still of two minds; he is a slave to God's law at the same time that he is a slave to sin. In verse 24 Paul seems to despair of living in this sort of spiritual duplicity. "What a wretched man I am!" he says.

In this way Paul expresses the frustrating way the Christian life goes—we are pulled one way and tugged the other by opposing powers within us. Though we are truly and irrevocably saved through the blood of Jesus Christ, we are at the same time slaves to our sinful old selves.

Thus we are in constant battle. Who will rule our heart and mind today? Who will rule our thinking about our work, marriage, or politics? The inner thoughts that we barely even notice may really be spiritual combat.

Though the battle rages on, we can ultimately say, with Paul, "Thanks be to God, who delivers me through Jesus Christ our Lord!"

O God, you have freed us from the curse of sin and death. But we need your power in our minds each day. Guide us to live by your Spirit. Amen.

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

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
9:00a.m. Worship in Everson Park next to the church

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.oronocochurch.org
10:00a.m. Worship



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**SUPPORT
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BUSINESS**

Scott William Strain

Scott William Strain, 62, of rural Mazeppa, passed away unexpectedly on April 20, 2026. Scott was born to Lloyd and Arlene Strain of Rochester, who preceded him in death. Scott had a strong work ethic and entrepreneurial spirit, which shaped much of his life.

Scott was a co-owner of Strain's Bus Company and School Bus Service, along with his parents and siblings; a proud owner-operator of an 18-wheeler; and pursued many other ventures throughout his years.

Scotty's Farewell Party will be held on Saturday, June 6, from Noon to 3:00 PM at Mac's Park Place in rural Mazeppa.



A private family gathering and internment at Grandview Memorial Gardens will be held at a later date. His sister, Sandy Schwering, is helping coordinate arrangements.

Layne "Bing" Edward Bucher

Layne "Bing" Edward Bucher, 89, of Zumbrota, passed away peacefully on May 24th, 2026, at St. Mary's Hospital in Rochester, MN.

Bing was born December 16th, 1936, to Edward and Matie Bucher, and grew up in Berne, MN. He attended country school through the eighth grade before graduating from West Concord High School. He joined



the National Guard for a short time, and was a salesman at Bucher's Implement and Sears. Early on, Bing was a dreamer, someone who showed the people around him what was possible if you never give up.

On September 9th, 1961, he married Kathryn Horky, the love of his life, and together they built a life they loved, 63 years of marriage, raising a family rooted in West Concord, and eventually a life in Zumbrota where they worked to turn a dream into something real, opening the Zumbrota Dairy Queen and running it as a family for nearly 40 years. He was an entrepreneur, an ideas man and his wife was his partner who made his dreams a reality. They traveled around selling mini donuts to put their kids through college, and eventually started Zumbrota Mini Storage as well.

What people who knew Bing will remember most is not what he accomplished, but how he made them feel. He had a rare and genuine curiosity about people and their lives, their stories, where they came from and where they were going. He was the kind of man who could make a stranger feel like a friend within minutes.

He was a member of St. Paul's Catholic Church in Zumbrota, a lifelong fan of Twins baseball, a lover of sweet treats and oldies music, and a man who never passed up a long ride in his Ford Mustang Convertible. He enjoyed many travels with his wife and grandkids all over, especially visiting Florida

each winter to escape the cold and watch spring training games.

One of his greatest gifts was his laugh. Infectious, genuine, and completely his own, it filled every room he walked into. His family will carry that laugh, and his goofy, one-of-a-kind spirit, with them always.

He is survived by his children, Steve (Linda) Bucher of West Concord, Joan (Dan Thoreson) Bucher of Zumbrota, and John (Sandi) Bucher of Kasson; grandchildren, Jacob Bucher, Shelby (Christopher) Schley, Sara (Maclan) Bushlack, Vince Thoreson, Kari Thoreson, Paige (Preston Loyek) Bucher, and Megan Bucher; and great-grandchildren, Adeline Bushlack, Eva Bushlack, Harper Schley, Hadley Schley, and a baby Bushlack and baby Schley on the way.

He was preceded in death by his parents, Edward and Matie Bucher; his beloved wife, Kathryn Bucher; and his siblings, Larry Bucher and Latona Hogle.

A Mass of Christian Burial will be held on Saturday, June 6th, 2026, at 11:00 AM at St. Paul's Catholic Church in Zumbrota with visitation from 9:30-10:30 AM at Mahn Funeral Home. Burial will be at the St. Paul's Catholic Church Cemetery in Zumbrota. Memorials are preferred to the Church of St. Paul, Zumbrota Area Ambulance, and Zumbrota Area Fire Department. Online condolences may be placed at www.mahnfamilyfuneralhome.com. Arrangements made by Mahn Family Funeral Home, Larson Chapel.

South Troy Church Ditch Pick-up Crew



Children Demonstrating their "Armor of God" at South Troy Church



Cora Zerby, Rose Zerby, Kate Mulvihill, Reese Mulvihill Submitted

Fallen Heroes

(continued from page 2)

O – Obedience – Because only God knows the final outcome. You must simply follow in faith.

S – Sacrifice – Because obeying God demands something of us; it requires something from us. Jesus said that we were to love Him with all of our heart, all of our soul and all of our strength. That word ALL is pretty amazing- it's short and sweet and easy to understand "ALL" We are called, to put our faith totally in Jesus Christ! We are to surrender ALL to Him and allow Him to do what He wants with us. We are called to surrender completely to His will and control

Once we surrender and pick up our cross in obedience we need to be tenacious. We have to stick to it. Jesus never said the journey would be short or easy or simple- He only said pick it up and get going!

T – Tenacity – Because obeying God is not easy and leads to service. Once we get our 'marching orders' we've got to keep going. The Christian faith is a marathon- not a sprint.

When we look at our military - we see that same tenacity- keeping going despite the hardship. Saving lives while under fire, taking out machine gun embankments until they all surrendered, going back for the rest of the wounded- many died heroes. They had counted the cost and kept on going! These heroes are our examples.

Our freedom in Christ also came with a COST- the lives of the prophets and apostles and every martyr since.

You are I are to count the COST.

- Courage -live by faith not by sight
- Obedience - follow Jesus
- Sacrifice- pick up your cross
- Tenacity – don't quit! Keep on keeping on!

Are you willing to give your ALL? Will you be counted among the heroes of faith?

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Mazeppa-Zumbro Falls
Messenger



Wabasha County Dairy princess

(continued from page 1)

Some of her favorite childhood memories include helping with calf chores and visiting the barn cats after the work was done. She also spent a lot of time helping her grandma prepare meals for everyone working during harvest. Through these experiences, Sadie has gained a deep appreciation for the hard work and dedication dairy farmers put into caring for their animals and land. Sadie decided to serve as a dairy ambassador this year because she hopes to be a positive role model while supporting and promoting the dairy community.

Meet ambassador **Kaylee Schnell**. She is the daughter of Brad and Amanda Schnell. Kaylee is sponsored by Midwest Livestock. She is a junior this year at PEM. Kaylee is involved in choir, 4-H, and FFA. On the farm, her responsibilities included milking cows and feeding calves, and she enjoyed helping wherever she was needed. Kaylee's dairy story looks a little different now, as her grandparents sold their cows this past winter. She

will never forget the day the cows left the barn for the final time. Kaylee had the honor of serving as the photographer that day and will cherish those memories forever. Her favorite dairy food is ice cream because there are so many flavor options, making it a treat everyone can enjoy. This is Kaylee's second year serving as a dairy ambassador, and she decided to return because of the wonderful experience she had last year and the many memories she made while representing the dairy community.

Meet Princess candidate **Amelia Young**. She is the daughter of Darrin and Heidi Young. She is sponsored by Northern Valley Vet Clinic, and Pettit's IBA Dairy Supply. Her grandparents and father own and operate Emerald Spring Dairy and Whitewater Dairy outside of Plainview. Amelia helps on the farm whenever she can, and her favorite tasks include helping with vet checks and caring for the calves. One of her earliest farm memories is riding around in the golf cart with her grandma, visiting each barn and waving to every cow. Amelia is a senior this year at PEM and plans to begin an electrician apprenticeship after graduating. Her favorite dairy food is cheese because it can be added to so many different dishes to make them even better. Amelia decided to run for Dairy Princess this year after serving as a dairy ambassador for the past two years. She has had a lot of fun advocating for dairy farmers and sharing their story. Her favorite thing about the dairy community is how producing quality, delicious dairy foods brings people together.

Meet Princess Candidate **Erica Wallerich**. She is the daughter of Darin and Tina Wallerich. Erica is sponsored by Interstate Build-

ing Supply of Wabasha. Over the summer, Erica works on her friend Blake Siewert's farm, helping out whenever extra hands are needed. She spent much of her time caring for Blake's dairy show heifers as they prepared for the county fair. Growing up, Erica has also helped on a variety of farms, learning how different operations care for their animals. Erica is a senior this year at Lake City High School and plans to attend the University of Wisconsin-River Falls this fall. She hopes to earn her undergraduate degree in Communication Sciences and Disorders and later pursue a master's degree in Speech-Language Pathology. In school, Erica is involved in tennis, dance, softball, trapshooting, National Honor Society, and serves as president of the Lake City FFA Chapter. Her favorite dairy food is ice cream because, no matter the season, it is the perfect pick-me-up. Erica decided to run for Dairy Princess this year after serving as a dairy ambassador for the past two years. She feels fortunate to represent a dairy community that is supportive of one another and passionate about their livelihood.

Abby Fick is the daughter of Troy and Tara Fick. Abby is sponsored by Nutriflex Ag Nutrition Services, Lewison Milk Transport, TNT Dairy, & Stelling Farms. Her family owns and operates TnT Dairy near Lake City. Abby's favorite job on the farm is feeding calves. One of her earliest farm memories happened when she was seven years old while helping scrape the barn, she slipped and fell right on her butt in the manure. Experiences like that taught Abby to laugh things off, get back up, and keep going when things get tough. Abby is a senior this year at Lake City High School and plans to take online college classes next year. She enjoys playing softball and competes year-round. She is also involved in 4-H showing sheep and dairy. Her favorite dairy food is cheese because of its versatility and the many ways it can be enjoyed. Abby decided to run for Dairy Princess this year after serving as a dairy ambassador for the past two years and making many great memories. She especially appreciates how the dairy community is always willing to step up and help each other.

Farm Girl Chatter Sweet Summertime

By McKell Lemmerman

You can always tell when summertime officially hits farm country. The gravel roads get dusty, the tractors start multiplying like rabbits, and every farmer suddenly develops a degree in weather forecasting. One little cloud rolls in and there's already three guys standing outside saying, "looks like rain coming."

Summer on the farm is a different kind of beautiful. The fields turn bright green almost overnight, fresh grass starts growing faster than anyone can keep up with, and the countryside finally wakes up after another long Minnesota winter. There's something about hearing thunder roll through the hills while rain taps on the shed roof that makes everything feel alive again.

The livestock knows it, too. They spend their days belly-deep in fresh grass at what can only be described as an all-you-can-eat gourmet buffet. Honestly, some of them look so relaxed you'd think they booked a spa weekend.

Then there are babies. Calves, foals, kids, lambs—whatever kind of critter you raise—summer is when they discover

speed. One minute they're peacefully standing next to mom, and the next they're sprinting laps around the pasture.

This is also the season of everyone's favorite insect, yup the fly. The livestock stand in the middle of the field acting majestic until a fly lands on them and suddenly, they're performing karate moves.

As the days go on, the farmers are out there sweating through three shirts a day; sweat dripping into places no sweat should ever be. Everyone smells faint of sunscreen and diesel fuel.

Summer evenings make it all worth it though. Sitting outside after chores are done with a cold drink in hand, listening to the frogs sing from the ditch while the sun drops behind the fields. Friends stop by unannounced; lawn chairs magically appear from garages, and conversations last longer.

There's peace in those moments. Just a sweet summertime and the simple kind of happiness you can only find out in the country.



David Edward Tesmer

David Edward Tesmer, 75, of rural Zumbro Falls, Minnesota passed away on Monday, May 11, 2026, at his home with his family by his side.



David was born August 18, 1950, in Lake City, Minnesota to Edward and Lorraine (Hoffman) Tesmer. He graduated from Millville – Elgin High School in 1968. David went on to serve his country in the US Air Force from June 12, 1969, to June 8, 1973, as a Staff Sergeant during the Vietnam War. After his honorable discharge he went back to school and completed an apprenticeship as a journeyman sheet metal worker graduating in 1977.

On June 4, 1983, he married the love of his life Catherine "Kitty" Grutzik in Rochester. They made their home in rural Zumbro Falls where they raised their five children.

David was employed as a sheet metal worker for HiMEC Mechanical, retiring in 2013 after working 40 years in the HVAC industry. In his free time David enjoyed golfing, farming, restoring vehicles, going to auctions, watching mystery movies and British comedies, public radio, and home-cooked meals. He enjoyed sharing his knowledge of golfing, farming, car and tractor repair with his children and spending time with his family, friends, and neighbors. David lived in England while in the Airforce and enjoyed British entertainment along with using terms he picked up while living there including "Ta", meaning thank you. His unique sense of humor and jokes will be missed. A beloved catch phrase commonly used at the dinner table was, "I won't eat it if the cats won't."

David is survived by his loving wife of 42+ years, Kitty Tesmer of Zumbro Falls, his sons, Jacob "Jack" Tesmer of Zumbro Falls, Theodore "Ted" Tesmer of Crystal Springs, PA, his daughters, Joan (Caleb) Diercks of Phoenix, AZ, and Carol Tesmer of Minneapolis; a sister, Donna Golembeski of Huntington Beach, CA, and a brother, Randy Tesmer of Gleason, WI. He was preceded in death by his daughter, Mary Tesmer, parents, Edward and Lorraine Tesmer, and his sister, Susan "Sue" Tesmer.

The Celebration of Life Gathering for David will be held from Noon to 3:00 p.m. on Tuesday, August 18, at the Zumbro Falls VFW in Zumbro Falls. The burial for David will be at Dale Pleasant Prairie Cemetery prior to the gathering at 11:00 a.m.

Family requests live plants instead of flowers as memorials.

Arrangements by Schleicher Funeral Homes, Lake City Chapel. Guest register may be signed at www.schleicherfuneralhomes.com.



Changes in Latitudes, Changes in Attitudes

What is in a Name?



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 wonder how many people dislike their name? An Internet search claims 16% of the population of the United States wish they had been given a different name. I do know some

who have changed their name when they were old enough to do so. As a child I would have happily done just that.

As a child I was not happy with my name. I hated it. Everyone I knew with that name was a girl. Believe me, an eight-year-old boy in 1965 did not want a girl's name.

I was the third child so the novelty of naming a kid was over. I was "baby boy" when I came home from the hospital. I was also the middle child. They didn't even bother to give me a middle name. They had things going on. My mom had two kids already, which I imagine my grandma was watching while she was in the hospital. By the way, I was a cheap child. My mom saved the hospital bill when I was born. It was \$98.00.

My dad had just built a new hog barn and was farrowing the group of sows the night I was born. He told me it was a hot July and the temperature was about 100 degrees in the farrowing barn that night.

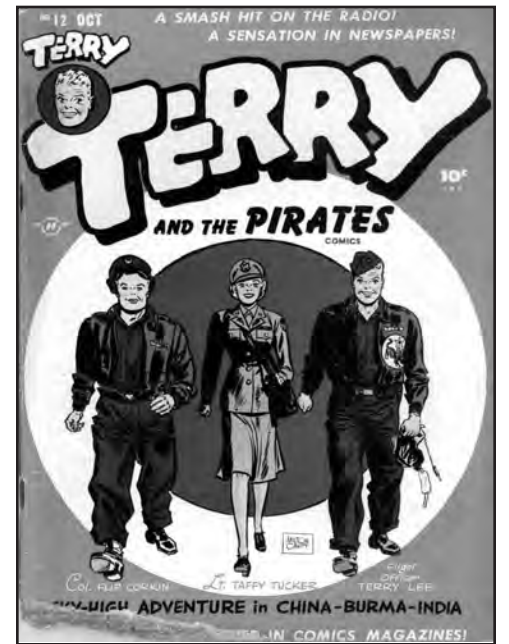
My mom said I was kind of a hefty baby and already had curly hair when I was born. The nurses nick-named me Gorgeous George after a pro wrestler in the 1950's. George Raymond Wagner (Gorgeous George), was quite a celebrity and turned pro wrestling into the showmanship sport it has become today. Muhammed Ali patterned his flamboyant boxing ring antics after Gorgeous George.

A few days after I came home from the hospital I still was "baby boy". It was time for decisions. Years ago, my dad told me how I got my name. It came to him as he read the newspaper while eating breakfast one morning.

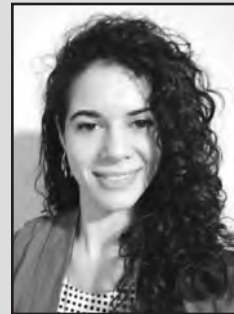
There was a comic strip in the newspaper called "Terry and the Pirates." It was very

popular and was in syndication from 1934 to 1973. It was created by Milton Caniff about an adventurous American boy, Terry Lee, who went on adventures in the far east starting with searching for a lost gold mine in China. With the outbreak of World War 2, he joined the United States Army as a pilot. Milton Caniff was very patriotic and the series then became almost exclusively about World War II with much action centering on a U.S. Army base in China. He even provided a spin off for the Stars & Stripes military newspaper. The cartoon series did win the first cartoonist of the year award in 1946 from the National Cartoonist Society.

So, it seems I was named after a cartoon character. My parents would call me Terry Lee, but the middle name was never official. I would have rather been just Lee. I guess it could have been worse. I have got used to it as time passed. Funny how when one gets older, what is important changes.



A Minnesotan: The Woods



By RosaLin Alcoser

One of the best things about living in Minnesota is how absolutely beautiful our summers are. By far our state has some of the best summer weather—mostly because we don't get baked alive all summer long—but also some of the most lush greenery I've ever seen.

We also have some of the best parks to spend the summers in, on both the city and state level. As someone who grew up in rural Minnesota and now lives in the twin cities I really do appreciate how wonderful the parks are in this state. Since if I want to be in a heavily wooded area for about a half hour to an hour I can easily do that within walking distance from my home. In

contrast if I really just want to be out of the city and back in the woods again we have so many options for doing that as well.

Especially for people who like to hike. I grew up just walking about in the woods, which I now know is basically what hiking is, because it was something to do and it was fun. It was rural Minnesota in the mid to late 2000s going outside to play in the woods is just what we did. And if rural Minnesotan kids don't do that any more they should because it's fun. Now that I live in the city I have become a person who likes to hike, because frankly going outside into the woods is still fun.

About a half hour south west of Cannon Falls is Nerstrand Big Woods State Park. This park is home to the endangered Dwarf Trout Lily, which as we learned from a park ranger only grows in three counties in Minnesota. Funnily enough I did recognize this flower from being a child in one of three counties and I'm fairly certain that I probably picked it at somepoint—so oops.

Aside from being home to an endangered plant, Nerstrand Big Woods State Park is just a beautiful park with so many paths to walk. So if you are someone who likes to go walking in the woods and either doesn't have woods in your back yard or wants different woods to walk in. I would highly recommend going there to walk and to see the Dwarf Trout Lily.

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Regional Math Masters Competition

Submitted

Eleven different schools from Southeast Minnesota brought twenty-six teams of fifth grade math students to participate in the regional Math Masters competition held in Rochester on April 29th. Zumbrota Mazeppa Elementary School had ten fifth grade students competing among the 134 participants.

The day started with 75 fact questions in which the students are given five minutes to complete. All ZMES students placed in the upper 50% in this task with Beau Dilley receiving the 5th place medal, Asher Wills taking 14th place and Henry Hoffbeck the 20th place ribbon.

Then came the story problem phase of the competition with sets of eight problems to be completed in ten minutes. Deacon Merschbrock received the 15th place award of the 134 students for solving these problems.

The final section for these fifth grade math wizards brings the students together to work as teams to solve more complex story problems. The team of Onna Raasch, Josie Klapperich, Harper Klassen, Vivienne Schroeder

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Flight Lab Robotics – 3rd–6th Grade

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Monday, July 13 – Wednesday, July 15

10:00 AM – 12:00 PM

ZMES – IGNITE Room (Mazeppa, door #5)

\$92

he sky is the limit—don't wait!

Register online: https://zmps.cr3.schooltoday.com/.../cate.../3/program_id/2

Or call the ZM Community Ed Office: 507-732-4244

Learn the Classic Game of Cribbage!

Calling all future card sharks! Join our Cribbage for Beginners class for students entering 2nd–5th grade (2025-26 school year). This fun and interactive class teaches kids the basics of cribbage while strengthening math, strategy, and reasoning skills along the way!

Must be able to do simple addition

Register for one session or all 3!

Great for beginners and new players

ZMMS/HS Student Center (Door #1)

Session 1: June 13 & 20

Session 2: July 11 & 18

Session 3: August 8 & 15

10:30–11:30 AM

\$38 per session

Register online: https://zmps.cr3.schooltoday.com/.../getcat.../program_id/2

or call the ZM Community Ed Office at 507-732-4244!



Front row: Bexley Sprick, Onna Raasch, Vivienne Schroeder, Harper Klassen, Josie Klapperich. Back row: Garrison Peens, Henry Hoffbeck, Deacon Merschbrock, Beau Dilley, Asher Wills

and Bexley Sprick earned the 7th place ribbons out of the 26 teams competing. All of the ZMES students participating in this math

competition were well prepared and showed extremely well at this competition.

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SUMMER LEAGUE

PRE-K-2ND GRADE

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Zumbrota-Mazeppa Robotics Team Competes at the U of M

Submitted

ZUMBROTA - The Zumbrota Mazeppa robotics team, ZooM Robotics 7273, partici-

pated in the Minnesota First Inspire North Star Regional competition at the University of Minnesota, held April 2-4. At this competition, the team participated in a challenge that required the robot to shoot dodgeball sized balls into a basket-type structure in the arena. During each round, six robots participated, three against three. Each grouping of three is called an alliance. The alliances are chosen at random meaning each round they are made of different teams. This unique structure of the competition leads to incredible teamwork between all the teams present because they never know who they will be paired with next.

ZooM Robotics 7273 had ten qualifying matches in total and at the end held a 5-5



From left: Aidan Rolland (11), Emily Meyers (12), Landon Frieberg (7), Deacon Schafer (7), Avry Norton(7), Jim Perrotti



From left: Avry Norton(7), Emily Meyers (12), Aidan Rolland (11), Jim Perrotti

record. Out of the 47 teams present, they placed 23rd and served as a backup robot during the final matches in the event in which one of the competing robots broke down. The FIRST INSPIRE program which puts on the competition and runs the entire robotics program is a global network. This means there are teams from all over the world. At the North Star Regional there were teams from several different states and countries including Alaska, Illinois, Minnesota, China, Japan,

and the Czech Republic.

While at the competition the team received a grant for \$3000 from the Gene Haas Foundation to be used towards registration and supplies for the coming year.

ZooM Robotics 7273 was able to attend this competition thanks to help from the Zumbrota Community Trust, as well as some of our larger sponsors, BTD, People's Power Electric, and the Gene Haas Foundation.

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Zumbrota/ Mazeppa Senior to serve as State FFA Treasurer

(continued from page 1)

Some of my favorite opportunities have included being able to help lead community outreach activities surrounding agriculture, including the animal barnyard at the Goodhue County Fair and being able to connect with residents at the Zumbrota Care Center. All of these various opportunities have allowed me to witness the impact that a community can have on people, and the importance of a strong community for everyone.

I didn't originally grow up on a farm or was directly involved with the agricultural community in any major ways at a young age. When I was younger, my dad did own a small herd of beef cattle, but I didn't become more directly involved within the agricultural industry until junior high. This all started with my first beef heifer that I was able to purchase at the end of my seventh grade school year. Since then, I have been able to slowly expand my own herd of South Devon beef cattle and become more involved within the agricultural industry. This has included being involved within the North American South Devon Association and exhibiting my cattle at various shows throughout the country, including at the National Western Stockshow in Denver, Colorado.

Throughout my childhood, 4-H has been an active opportunity that I have taken advantage of for many different areas. Over the last few

years, I have been actively involved within the livestock project areas, including being involved within the beef, sheep, goat, and poultry project areas. Outside of working with and exhibiting livestock, I have also been involved in many non-livestock opportunities. One of the quickest growing opportunities that I have been involved in include the 4-H shooting sports program that has allowed me to explore areas in trap shooting, archery, and wildlife sciences. 4-H has allowed me to explore opportunities that allow me to grow skills within leadership and communication, including being able to serve as an officer for the Goodhue County Federation, which is a council that focuses on being the youth voice within decisions that affect the Goodhue County 4-H. One of my favorite experiences within 4-H has been the opportunity to lead sessions at county-wide officer trainings for club officers in a couple of different counties. This has allowed me to help younger club officers learn more about opportunities to be a youth voice within their club and how they can step up and lead their clubs.

Throughout my time within the FFA Organization, I have had many opportunities to explore many different areas and aspects of the organization. During high school, I have been able to compete in several different competitions, including the Nursery & Landscaping Career Development Event, Pre-

pared Public Speaking, and Parliamentary Procedure. These contests have allowed me to explore different interests and passions that I have, including horticulture, while also being able to grow personal skills, including public speaking. Besides competitions, I have had several different unique opportunities to also connect and network with people throughout agriculture. These have included being able to attend the Minnesota APEX conference, otherwise known as the Agricultural Policy Experience in St. Paul. I also had the privilege last fall to serve as a National Delegate for Minnesota at the National Convention and Expo. All of these opportunities have allowed me to build connections with many different groups and individuals that will continue to help strengthen the industry and partnerships of agriculture.

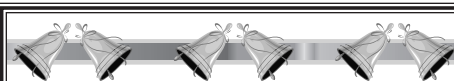
I have had the opportunity to be involved in various activities throughout my high school career. Several of these activities include being involved within FFA, National Honor Society, ZM Trap Shooting, ZM Math League, and 4-H.

I have had the opportunity to be involved within FFA through several different leadership positions. At the chapter level, I have had the opportunity to serve as the chapter

secretary, vice-President, and President during high school. Over the last two years, I have also had the opportunity to serve Region VIII FFA, which encompasses chapters throughout most of southeast Minnesota as the Region Treasurer and President.

The process of choosing the next state officer team is a process that is marked by dedication and motivation of the candidates. The process first begins with an application process that is then followed by a two-day interview process that is hosted at the University of Minnesota in St. Paul. The interview process is a series of 9 different interview rounds that are meant to measure different strengths and knowledge areas of candidates. Some of these include personal interviews, conversations with industry stakeholders, and a stand and deliver. After candidates complete these rounds of interviews, the nomination committee, which is made up of members from throughout Minnesota, deliberates and slates the next officer team. This slate is then announced to the candidates and members of Minnesota FFA at the final session of the State Convention.

After graduation, I will be attending the University of Wisconsin- River Falls next fall to pursue a degree in the major of animal science.



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2026 Bike Rodeo a Success

Courtesy of Z-M Schools

THANK YOU to our amazing sponsors, volunteers, and community members for helping make this year's Bike Rodeo such a fun and successful event!

Participants had the opportunity to practice important bike safety skills including signaling, turning, braking, weaving, stop signs, helmet safety, bike inspections, and more — all while having fun on the course!

A special thank you to the Goodhue County Sheriff's Office, Mazeppa Lions Club, and Scheels for their support and generous donations to help make this event possible.

ZUMBRO FALLS EVENTS

Event	DATE/TIME	LOCATION	INFO
Women's Softball	All Summer except thru July 28th 7PM	Cardinal Ball Field Zumbro Falls	Hot Dogs, Brats Chips and Candy bars for sale by ZF Lioness club at each game.
Sportsman's Campground opening	May 1st	Possibly earlier if weather is good.	See ZUMBRO FALLS SPORTSMANS CLUB for more info
Buckwild 9yr Anniversary Party	May 31, 2026	Buckwild	Live music, DJ, Bean bag tourn., raffles and much more See BUCKWILD on FACEBOOK for more info
Lake City Lakesters Car Club Annual Invitational Cruise	June 6, 2026 (rain date June 7) 10a-2p	Zumbro Falls next to Memorial site	OPEN TO PUBLIC El Samari Food Truck will be serving food See NEPTUNE FACEBOOK for details
Jimmy Buffet Day	July 25, 2026 Noon-4P	Neptune	Food and Drink specials, Ron Bublitz live music See NEPTUNE on FACEBOOK for more info
Meat Raffle	Every Friday at 7PM	Neptune	See NEPTUNE on FACEBOOK for more info
Euchre	Every Monday and Tuesday at 7PM	Neptune	See NEPTUNE on FACEBOOK for more info
Wine BINGO	Every Sat at Noon	Zumbro Falls Winery	See ZUMBRO FALLS WINERY on FACEBOOK
ZF Lioness Meeting	2nd Weds of the month 6:30PM	Varies	See ZUMBRO FALLS LIONESS on FACEBOOK for dates, locations and upcoming events
Zumbro Valley Snowmobile club Meeting	1st Tue of Month Sept-April 7:30PM	ZF VFW	See ZUMBRO VALLEY SNOWMOBILERS ASSOC on FACEBOOK for upcoming events
Zumbro Valley Sportsman Club	1st Thurs of month at 7PM	ZF Sportsman Park	See ZUMBRO FALLS SPORTSMANS CLUB on FACEBOOK for upcoming events
All Events			Check ZUMBRO FALLS, MINNESOTA on FACEBOOK or Website: zumbrofallsma.org

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Z-M FFA / Historical Happenings

June 4, 2026

- MAZEPPA-ZUMBRO FALLS MESSENGER -

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Historical Happenings

Compiled by
Helen Reiland

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

FRIDAY, SEPTEMBER 21, 1956

Thousands Attend Plowville '56

Conservation procedures en masse were demonstrated to more than 7,500 interested spectators Saturday at Plowville '56 north of Mazeppa, in spite of a soaking rain Friday night. Skies cleared during the day, however, and it turned out to be an ideal day for the visitors.

In the plowing contest, two Olmsted county farmers defeated last year's plowing champion. The two who live about 10 miles from each other were Glenn Steiger of Haverhill township, winner of the contour event, and Harold Searles, Jr., won the state level land contest.

Miss Faith Seymour, 18, of Alden, was crowned Queen of the Furrows. She is brown-haired and brown-eyed, weighs 114 pounds and is a graduate of Albert Lea high school. She was presented with a wrist watch. Runner-up was Rose Marie Thomas, 17, of Lakeville and attendants were Shirley Kronemann of Fergus Falls and Shirley Hilbert 18, of Redwood Falls.

Tupper, Bremer New Board Members

Kenneth Tupper of South Mazeppa and Ray Bremer of Zumbro Falls have been appointed as new members of the Mazeppa Board of Education.

These men will fill places vacated by Jack Siems and V.C. Sand who were re-elected at the last election but disqualifies themselves so that two new members from country area could be appointed to the board.

WINNERS ANNOUNCED IN GERKEN'S OPEN HOUSE

H.E. and A.J. Gerken's beautifully remodeled with gift bouquets last week-end in honor of the company's open house and remodeling sale.

Winners of the prizes given away during the event were: Dish washer, Martin Goranson; gun and grease, Jack Cole; fencer, Mrs. Joe Sibley; hot shot battery, Walter Tri; pipe wrench, John Michels of Lake City and pipe wrench, Earl Greer of Zumbro Falls.

Much comment ----all most favorable---was heard from all who attended on the beautiful remodeling job.



Here a bunch of spectators watch with interest the bulldozing of a new driveway on the Donald Dare farm. Background shot gives an excellent view of the headquarters area on the Peter Perrotti farm. photo courtesy of Rochester Post Bulletin

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.

2026 ZM Graduation Buddy Walk



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Sitting Too Much May Lead to an Early Demise



By Shauna Burshem, D.C.

Do you sit a lot? I have spent a lot of time reviewing patient habits, and one thing I always share with our community is that we often underestimate the quiet habits that shape our health. You might think that going to the gym every morning and getting your sweat in is enough to protect your heart, but recent data tells a different story. If you sit for more than 10.6 hours a day, your risk of heart failure jumps by 45%, and the risk of cardiovascular death increases by 62%. What really stands out is that this happens even to people who exercise regularly, meaning that a morning workout simply does not undo the damage of sitting at a desk for the rest of the day. To understand why this happens, we have to look at what sitting does to the body on a functional level. Prolonged sitting severely impairs your blood circulation, causing blood to pool in your legs and making your heart work much harder than it needs to. On top of that, remaining still for hours decreases your body's insulin sensitivity and significantly reduces mitochondrial activity, sending your cell's energy factories into a low-power state. Over time, these combined factors cause chronic inflammation and do real damage to your cardiovascular health. The good news I want to pass along is that breaking up this sedentary time is entirely in your control and makes an immediate difference. You do not need a drastic lifestyle overhaul to protect your heart. Studies show that simply reallo-

cating 30 minutes of sitting time to light activity lowers your risk of heart failure by 7%. Regular movement spread consistently throughout your day is absolutely necessary to protect your heart health and keep your metabolic function running exactly how it should.

We can tackle this together by building better rhythms into our daily lives. Simple, everyday strategies like making sure you stand up for just 10 minutes every single hour can completely reset your metabolism and restore your circulation. Finding small ways to integrate more walking into your routine, whether that means pacing during a phone call or taking a quick stroll after lunch, will significantly lower your cardiovascular risks. It is not about perfection; it is about keeping your body in motion and taking care of the heart that works so hard for you.

Sciatica Information: For those that know me, you know I am deeply passionate about helping people understand their bodies and overcome discomfort. Sciatica can hit incredibly hard, stemming from the irritation of your sciatic nerve—the long, powerful nerve running from your lower back down to your foot. When this nerve gets compressed or irritated, it causes sharp, shooting pain, numbness, or a tingling sensation that makes even the simplest daily movements feel like a monumental challenge. The majority of sciatic symptoms come from a pelvic imbalance. Chiropractic care realigns the pelvic joints and relaxes the muscles that irritate the sciatic nerve,

When that sudden bolt of pain strikes, your first instinct is usually to stop moving and rest in bed, but I always tell our community that movement—not prolonged rest—is the true key to your recovery. Staying still actually allows the tissues around the nerve to tighten up even more. By keeping your body moving, you increase crucial blood flow to the area, reduce lingering inflammation, and actively help your nervous system heal much faster than it would if you just stayed on the couch.

You do not need to push through grueling workouts when the pain is intense; instead, you want to focus on gentle, deliberate activities that relieve pressure and prevent stiffness. Short, comfortable walks and swimming are fantastic ways to keep your spine mobile without adding unnecessary stress. Incorporating simple, targeted stretches right at home—like a gentle knee-

to-chest stretch or a prone, cobra-style press-up—can work wonders for decompressing the lower spine and coaxing that irritated nerve to settle down during frustrating flare-ups.

Once you get the immediate pain under control, keeping that sciatica from returning relies heavily on the daily habits we practice. It is extremely important to pay attention to your core foundation by strengthening the muscles in your hips and midsection, which take the heavy lifting off your lower back so your spine isn't overloaded. Limiting how long you sit, correcting your posture so you aren't slouching, and supporting your spine properly with the right pillows while you sleep are simple adjustments that drastically reduce the daily compression on your spinal discs. Periodic spinal pelvic adjustments are

essential for keeping the condition from coming back.

I want to reassure you that while this condition is frustrating, your body is fully capable of healing, and most people recover fully within just a few weeks. The secret is staying consistent with your activity and strategically using a wrapped ice pack during the first few days to calm the initial inflammation, before switching to comforting heat to relax those tight muscles. By staying active and making these mindful lifestyle choices, you are building a strong, resilient spine that is ready to help you get back to enjoying your everyday life pain-free.

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

Fermented Foods



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

There is a myth that has been promoted for decades that bacteria are the source of most of our health problems. The suggested thought is that a bacteria free environment will be a healthy environment. The action step has been promotion of anti-bacteria wipes and hand gels, antibiotic medications, and sterile foods. However, we have not seen a great improvement in health among our communities with these action steps.

The truth is that there are more bacteria cells than human cells living within and on any human body. Our body is outnumbered by millions of bacteria cells that live in community with our body. Most of these bacteria help promote health and fight off the germs that want to cause trouble. I describe the importance of your bacteria community similar to riding a bus. When you get on the bus and see all your friends in the seats, you know this is going to be a great trip. If you get on the bus and see some rowdy thugs, you will not have a great trip. Your goal is to make sure all the bacteria riding with you are friends who want to support you.

There are many probiotic supplement products on the market today. My general recommendation is to look for 1) a product that contains ten to twelve different bacteria names on the ingredient list, 2) a product that is stored in the refrigerator, and 3) a product with at least 25 billion colony forming units (CFU) per capsule. This capsule should be taken in the evening before

bed to allow the bacteria to move through the intestines without a rush of food around.

Probiotic rich foods are an excellent way to regularly support quality bacteria friends for your daily trip. Some of these foods include: sauerkraut, kimchi, kefir, kombucha, yogurt, and cheese. Most any vegetable can be fermented in a simple process in the kitchen. The fermentation process will produce a soured vegetable product similar to pickling but without the vinegar. The vegetable and liquid brine will be rich with bacteria that will stimulate healthy digestion, improved energy, mental clarity, and healthy skin.

A 2021 article in the Stanford Medicine News described a recent 10-week study comparing a high fiber diet with a fermented food diet. At the conclusion of the study, those individuals in the fermented food group had lowered inflammation to nineteen different measures. The participants in the high fiber diet did not see a decrease in any of the nineteen measures. By regularly consuming bacteria rich foods, the “friends on the bus” kept the problems away.

Sources you can access to learn more about fermentation and healthy fermented foods include: www.cuttingedgecultures.com - an online resource providing starter cultures and education, www.culturedfoodlife.com - a website with articles, videos, recipes, and starter cultures for sale. Sandor Katz has a well-known book called, “Wild Fermentation,” and Dr. William Davis authored, “Super Gut.” These sources will start you towards a healthier lifestyle based on quality fermented foods.

Health 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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11 Counties Unite to Inform Adults About Cannabis

By Ella Slade

Across southeast Minnesota, public health educators wanted parents and caregivers to know that the conversation about cannabis can start early and grow over time.

The Regional Cannabis Communication Campaign was created with that goal and is supported by the Cannabis Substance Use Prevention (CSUP) program, a key initiative funded by the Minnesota Department of Health. This program provides grants to local health departments and Tribal health departments to support crucial prevention, education, and policy work related to cannabis and other substance use.

The 11-county partnership was formed to maximize the grant's impact. When all 11 counties deliver the same message, consistency builds trust. This unity strengthens credibility by ensuring residents are less likely to receive conflicting information. The coordinated approach also achieves greater reach and impact, amplifying visibility as people are more likely to notice and remember a message encountered repeatedly across different channels and locations.

"It's essential that we share information in



Staff from all 11 counties pose in Rochester April 14 with window clings for the Speaking of Cannabis campaign.

ways that genuinely reach our communities. The Speaking of Cannabis campaign helps us connect with the individuals who most need to hear our message--cannabis has changed, and understanding the risks is more important than ever," said Grace Pint, Rice County Public Health (her role).

Regional tools and shared messages make it easier for local health departments to reach families, as the collaboration ensures a more

efficient use of local resources. Pooling efforts reduces duplicated work, lowers costs, and allows smaller counties to benefit from shared expertise. By aligning their messages and focusing on facts, the campaign also helps reduce the risk of misinformation.

"Local public health staff wear many hats," said Bri Ceaser, public health educator with Houston County. "We are assessing which issues are affecting our communities, like mental health or substance use, and then work with our partners to address those needs using the funding we have."

Ceaser added that these grants also come with important requirements, including following best practices, creating a work plan, and reporting results.

"But in many smaller counties, one health educator might be juggling five or six different projects at the same time," Ceaser said. "That's why this regional collaboration is

such a clear benefit to all of our residents. We could share the workload and not have to reinvent the wheel."

The Speaking of Cannabis initiative is supported by a grant from the Minnesota Department of Health's Health Improvement Bureau and is featured as part of the Preferred Business sponsored content program. 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.

The Regional Cannabis Communication Campaign is part of the sponsored content program called Spotlight.

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.

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What Do Outdoor Warning Siren Sounds Mean?

By Brenda Tomlinson,
Wabasha County Emergency
Management Director

Outdoor Warning Sirens are pretty common in Minnesota, but what do the different sounds mean and why do they sound at different times?

Many, but not all, communities have the siren sound at noon. Some also sound it at 6 pm. It's just one single cycle of the siren. There are some town's that use it to announce when there is a fire in their community. That sound is the slow high/low sound and it will go on for a while.

We also have a siren near the Lake Zumbro/Rochester Public Utilities Dam that will sound if there is an issue with the dam and we need residents downstream of the dam to evacuate. That sound would be a fast high/low sound and it would continue for a long time.

On the first Wednesday of every month at 1 pm, the outdoor warning siren sounds a long, steady wail for 3 minutes. This is known as the Civil Defense Siren Test.

Occasionally, you might hear a short whir of the outdoor warning sirens. This is called a Growl Test. It's just a quick test to be sure the sirens are working. Each siren sends a report back to the County Sheriff's Dispatch Center to let them know whether or not the siren is working.

Lastly, the actual reason Wabasha County has outdoor warning sirens is to alert people who are outside when a tornado either has been spotted by a trained weather spotter OR when conditions are right for a tornado to develop. This sound is the long, steady wail of the siren. The head of most sirens slowly



spin so it may vaguely sound like a high/low siren sound. It will continue to sound until the threat is over, meaning the tornado has dissipated, or weather conditions have changed for the better.

Since the sirens are outdoor warning sirens, you should always have another way to hear what the weather is doing when you are inside. We recommend purchasing a NOAA Weather Radio or downloading a weather app to keep well informed of the weather in your immediate area. Local television and radio stations will also have up to the date information. Wabasha County also has

CodeRED Weather Warning which sends a text, an email, and/or calls your cell or land-line telephone when there has been a severe thunderstorm or tornado warning within the county. You'll need to sign up for this free service by texting WabashaCoAlert to 24639 or going to the county website www.co.wabasha.mn.us/community/public-safety and clicking on Emergency Management then CodeRED.

If you have questions, feel free to call me at Wabasha County Emergency Management at 651-565-3069.

Wabasha County Public Health Spotlight 25th Annual Lightning Safety Awareness Week June 21 – 27, 2026

The National Weather Service (NWS) is celebrating its 25th annual National Lightning Safety Awareness Week June 21 through June 27, 2026. Lightning is an underestimated killer. People think of trees being dangerous because they're tall but many deaths and injuries occur frequently in open fields, including ballparks and playgrounds, because then people are the tall objects.

Use the 30-30 rule, when visibility is good and there isn't anything obstructing your view of the thunderstorm. When you see lightning, count the time until you hear thunder. If that time is 30 seconds or less, the thunderstorm is within six miles of you and is dangerously close. Seek shelter immediately. The threat of lightning continues for a much longer period than most people realize. Wait at least 30 minutes after the last clap of thunder before leaving shelter. Don't be fooled by sunshine or blue sky!

Lightning Facts

- The odds of becoming a lightning victim in the U.S. in any one year is 1 in 1,735,000. The odds of being struck in your lifetime are roughly 1 in 21,700.
- Lightning can kill people (492 deaths were recorded in the U.S. between 2006 and 2024) or cause cardiac arrest. Injuries range from severe burns and permanent brain damage to memory loss and personality change. About 10 percent of lightning-strike victims are killed, but 70 percent of survivors suffer serious long-term effects. About 400 people survive lightning strokes in the U.S. each year.
- Ice in a cloud may be key in the development of lightning. Ice particles collide as they swirl around in a storm, causing a separation of electrical charges. Positively charged ice crystals rise to the top of the thunderstorm, and negatively charged ice particles and hailstones drop to the lower parts of the storm. Enormous charge differences develop. A moving thunderstorm also gathers positively charged particles along the ground that travel with the storm. As the differences in charges continue to increase, positively charged particles rise up tall objects such as trees, houses, and telephone poles—and people.
- Most lightning deaths and injuries in the United States occur during the summer months, when the combination of lightning and outdoor activities reaches a peak. People involved in activities such as fishing, bicycling, golfing or working outdoors all need to take the appropriate actions quickly when thunderstorms approach.
- Victims of lightning do not retain the charge and are not "electrified" so it's safe to help them.
- Even inside homes people must avoid activities that put their lives at risk from a possible lightning strike. As with the outdoor activities, these activities should be avoided before, during, and after storms. In particular, people should stay away from windows and doors and avoid contact with anything that conducts electricity.

For interesting survivor stories and lightning photos, go to www.weather.gov/safety/lightning.



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WEDNESDAY, JUNE 10

Medallion Hunt | First clue drops
5pm | **Pickle Ball Tourn.** | Heritage Park | \$30/team
7pm | **Pool Games** | Goodhue Pool

THURSDAY, JUNE 11

7pm | **Bar Olympics** | 2nd St Pub
5-7pm | **Volunteer Kickoff Party** | Corner Bar

7:00pm GATE | 8:00pm MUSIC
GA \$25 PRE-SALE & AT GATE
VIP \$60 PRE-SALE & AT GATE

SATURDAY, JUNE 13

8am reg. | **Udder Run** | Front of GHS | \$20/ea adv or \$25/ea day of
8am-1pm | **Car & Tractor Show** | St. Peters Church
8:30-11:30am | **Burrito Breakfast & Quilt Show** | St. Peters Church
8:45-10am reg. | **Road Rally** | Goodhue C-Store | \$5/person
9am | **Volleyball Tourn., Co-ed** | Rosie Park | \$30/team
9am-3pm | **Craft and Vendor Market** | Lion's Community Center
10am-Gone | **Minnow Shirts** | 2nd St Pub
10am | **3-on-3 Basketball, 11yr** | GHS Gym 1 & 2 | \$100/Team
10am-12pm | **Kids Bounce Party, Toddler ONLY** | GHS Gym 3

6:00pm GATE | 6:30pm MUSIC
GA \$50 UNTIL 5/15 | \$60 5/15+ & AT GATE
VIP \$110 UNTIL 5/15 | \$130 5/15+

SUNDAY, JUNE 14

9am-11:45am | **Dads Belgian Waffle Feed** | Lion's Community Center
5yr ↓ Free | Kids \$7 | Adults \$13
9am | **Community Worship Lutheran Service** | GHS Gym 1
11am | **Kids Coin Quest, 4-12yr** | Rosie Park
1pm | **Parade**

FRIDAY, JUNE 12

1pm | **Pedal Tractor Pull** | Broadway/2nd Ave
4-7pm | **Sharp Sound DJ** | 2nd St Pub
4-7pm | **Kids Bounce Party, 12yr** ↓ | GHS Gym 3
6pm | **Miss Goodhue** | GHS Gym 1 | \$5/Person

7pm | **Street Dance** | N 2nd St.



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11am-1pm | **Touch A Truck** | GHS Parking Lot
11am reg. | **Bean Bag Tourn.** | Rosie Park | \$40/team
12pm-2pm | **Kids Bounce Party, 12yr** ↓ | GHS Gym 3
1pm | **Bingo** | Fire Hall
1-4pm | **Gopher State Garden Tractor Pull** | 3rd Ave
1-3pm | **Emma Marie Live** | 2nd St Pub
3-6pm | **Ron Bubnitz Live** | Corner Bar
3-7pm | **360 Photo Booth** | Food Court
4-7pm | **Hayden Ashworth Live** | 2nd St Pub
6pm | **Street Dance** | N 2nd St.
10pm | **Fireworks** | Rosie Park



DAVID NAIL

Wild Bill & The Bruisers

2-5pm | **Hayden Ashworth Live** | Corner Bar
2-5pm | **Tim Emmons Live** | 2nd St Pub
2:30pm | **Fire Dept. Water Fight** | Fire Dept.
4:30pm | **Monty's Traveling Reptile Show** | Rosie Park Pavillion

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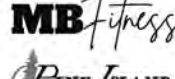






















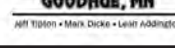












Regular Meeting of the Mazeppa City Council Meeting Minutes

Wednesday, May 13, 2026

The regular meeting of the Mazeppa City Council was called to order at 6:05 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

Present: Mayor Chris Hagfors.
Council Persons: Mike Hammes, Dustin Wiebusch, Crystal Hughley, and Steve Liffri.

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs from Bolton & Menk, Wabasha County Sheriff-Rodney Bartsch, Denise Bartsch, MLS Manager Todd Ihrke, Sara Bertschinger, Bill Hayes, Josh Skattum, Bill Hedin, Deputy Clerk-Erica Young, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: Luke Lunde from WBS and Holly Galbus from the News Record.

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

Motion by Hammes, second by Liffri to approve the regular Council meeting minutes for April 8th, 2026, Special Meeting minutes for April 29th, 2026, and working session minutes for April 29th, 2026. All in favor, none opposed. Carried.

Wabasha County Sherriff Rodney Bartsch gave the ICR for the month of April. He informed council about his retirement beginning in June. Council wished him the best and thanked him for his service to the city and county.

Administrator-Clerk Karl Nahrgang gave the Public Works report.

Administrator-Clerk Karl Nahrgang gave the Fire Department report.

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

City Engineer Matt Mohs gave the Engineering update.

Motion by Hammes, second by Wiebusch to approve WWTP Contractor Pay Application #18 for \$387,093.86. All in favor, none opposed. Carried.

Administrator-Clerk Karl Nahrgang gave the City Hall report.

Luke Lunde from WBS gave an update to the ongoing Zumbro Riverbank project. Construction bid well under project funding that was awarded.

Motion by Wiebusch, second by Hughley to approve construction bid from Barth in the amount of \$86,303.75 for Zumbro Riverbank project end phase. All in favor, none opposed. Carried.

Sara Bertschinger addressed the council to introduce herself and announced candidacy for the House 20B seat up for election in fall.

(continued on page 16)

Mazeppa City Council Meeting

(continued from page 15)

Motion by Wiebusch, second by Liffrig to approve building permits 26-18-0005, 26-18-0002, and 26-18-0008. All in favor, none opposed. Carried.

Bill Hayes and Josh Skattum addressed concerns about the ongoing trail project phase slated to begin this fall. City Engineer Matt Mohs explained and addressed questions and concerns with Phase 1 that were presented.

Motion by Wiebusch, second by Hughley to approve Resolution 2026-17 accepting donation from Mazeppa Fire Relief Association toward the Mazeppa Fire Department Appreciation Dinner. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffrig to approve 2026 Auditor Engagement Letter. All in favor, none opposed. Carried.

Motion by Liffrig, second by Hammes to approve Resolution 2026-19 closing 1st Avenue for Memorial Day Parade. All in favor, none opposed. Carried.

Motion by Hughley, second by Wiebusch to approve Resolution 2026-23 Street Closures during Mazeppa Daze. All in favor, none op-

posed. Carried.

Motion by Liffrig, second by Hammes to approve Resolution 2026-21 Granting Temporary Liquor License during Mazeppa Daze to Rumor’s Bar & Grill. All in favor, none opposed. Carried.

Motion by Hughley, second by Wiebusch to table the street patch quote from Aslakson. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffrig to approve Resolution 2026-18 Accepting Donations from Mazeppa Lions Club for music in the park during Mazeppa Community Market. All in favor, none opposed. Carried.

Motion by Hughley, second by Hammes to approve Resolution 2026-20 Extending Park Hours during Mazeppa Daze. All in favor, none opposed. Carried.

Motion by Liffrig, second by Wiebusch to approve Resolution 2026-22 Closing 1st Avenue & Chestnut streets during Mazeppa Daze Parade. All in favor, none opposed. Carried.

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

Council thanks volunteers for a successful City Clean-up Day, Monty Papenfus for his donation of a picnic table for the Mazeppa Dog Park, and the Lions Club for sponsoring music during the Community Market again this year.

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

Meeting adjourned at 7:55 PM.
Deputy Clerk

Special Meeting of the Mazeppa City Council
Meeting Minutes

Wednesday, May 27, 2026

The special meeting of the Mazeppa City Council was called to order at 6:03 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Engineer Matt Mohs, Clerk-Erica Young, and City Administrator-Clerk Karl Nahrgang.

Absent: Councilperson Steve Liffrig.

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

Carried.

Motion by Hammes, second by Hughley to approve Storm Water and Street upgrade plan for Consolidated Fuel Terminal. All in favor, none opposed. Carried.

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

Meeting adjourned at 6:17 PM.
Deputy Clerk

Zumbro Falls City Council Minutes – April 8, 2026

Zumbro Falls Council met at City Hall. Present at the meeting were all council members and Gilford 4H club members.

The meeting was called to order by the mayor at 6PM.

Clerk read to council the minutes from the March meeting that were accepted as read with a motion from Winters, seconded Benson, all in favor, carried.

Treasurer’s report followed with a motion to accept as reported by Anderson, seconded Winters, all in favor carried. The 2025 Audit requirements have been completed and submitted to the state. Lastly, the city’s Certificate of Deposit has been renewed for an additional 6 months at 3.3%.

Members of the Gilford Golden Gophers 4H Club presented the council with details on a proposed Life Jacket Station to be placed at the boat launch. Life jackets (in good condition) are currently being accepted for this effort and can be dropped off in the grey bin by City Hall. The project was accepted with a motion from Winters, seconded Benson, all in favor, carried.

Mayor Heitmann is getting bids to repair Water St. and the curbs on Whaleys Ave. Additionally, bids are being considered to replace the city zero-turn lawn mower.

Clerk Hasnon noted that liquor licenses have been distributed to local businesses and council

approval is pending the return of payments and liability forms for submission to the state. Also, portable toilets and garbage bins have been ordered for May 1st at various park locations for the summer.

A motion for the meeting to adjourn and the Clerk to pay bills presented was made by Anderson, seconded Winters, all in favor, carried.

Submitted by,

Blake Hanson, Clerk

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CLERK CHATTER
By Karl Nahrgang
Administrator Clerk,
City of Mazeppa

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- © StatePoint Media
- THEME: GREETINGS
- ACROSS
- Shapeless masses
 - RFK's brother
 - German card game
 - "The Wolf in Sheep's Clothing" author
 - Ancient Chinese dynasty
 - Top of a steeple
 - Ice house
 - Not outs
 - Gustatory sensation
 - *What's cooking, good ____?"
 - *Greeting aimed at a king
 - Like a fox
 - Easy run
 - "Harper Valley ____"
 - Off-limits
 - Daryl Hannah/Tom Hanks movie
 - Snaky swimmers
 - Coal unit
 - Vigorous fight
 - Done before dealing
 - Walk leisurely
 - Like certain food trend
 - Raccoon's South American cousin
 - Dano or Rudd, e.g.
 - Deep-red variety of chalcedony
 - Straying, as in baseball
 - FBI agent, slangily
 - It's the limit?
 - Alex Honnold's "Free ____"
 - Long Island iced ____
 - *Military greeting
 - *____ greetings, in December
 - Last test
 - Had a meal
 - Ilya Rozanov to Shane Hollander, e.g.
 - Take puppy from a pound
 - Hemingway's "____ Whom the Bell Tolls"
 - Bodily swelling
 - Hibernation stations
 - Pampering spot
 - Extend subscription

- DOWN
- Leave without farewell, slangily
 - Kids' construction set
 - Capital of Norway
 - Amazon offerings, originally
 - Spoiled, in U.K.
 - Nest material
 - Even, poetically
 - 70s dance joint
 - Capone's shoe cover
 - *Twice-done greeting move, in Italy
 - Creative
 - PGA peg
 - Bacterial throat infections
 - Spiral-horned antelope
 - FedEx competitor
 - Lower back pain, in the olden days
 - *Salaam, in English
 - Operatic voice
 - Hitching post?
 - *Bro fist motion
 - Smaller in amount
 - Road-tripping guide
 - Baby carrier?
 - *Cowboy's greeting
 - Bristle
 - Little Jack Horner's treat
 - Fill with happy spirit
 - Injury's painful partner
 - Toddler
 - Closer
 - Toronto Maple ____
 - Comment to the audience
 - Fries, e.g.
 - At another time, to Romeo or Juliet
 - Swimming lengths
 - Doris Day's "Que ____..."
 - Kitchen appliance
 - Given at birth
 - Cabbage dish
 - Temporary craze
 - *"____ of the morning!"

4	8	6	3	1	6	7	5	2
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SUDOKU ANSWERS								

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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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Left to right: Kaylee Schnell, Abby Fick, Erica Wallerich, Amelia Young, Sadie Schroeder

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