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JULY 2, 2026

Volume 20 • Issue 7

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



Announcements

- The Mazeppa Area Historical Society will be open July 10-11 & 12th serving ice cream during Mazeppa Daze! Come and check us out! Thanks for your continued support!

- Aluminum can drop-off at the Mazeppa Community Center parking lot. Thank you!

- Mark your calendars and bring your classic cars and pickups to Goodhue Living Monday nights July 13, August 10 and September 14 and enjoy food and music from 5-7 PM.

- 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.

(announcements continued on page 2)

25th Mazeppa Daze next weekend

Mazeppa Daze is just around the corner. July 10th thru 12th will see the celebration in the Village in the Valley. Thursday at 7:00 pm will be the opening ceremony at the Field of Honor in Jaycee Park by the Mazeppa Honor Guard.

Friday will feature a parade at 7pm followed by a street dance, with live music by "Unhinged" from 8:30pm to 12:30am. A small fireworks display occur at dusk.

Saturday starts with a pancake breakfast at 6am and the softball and volleyball tournaments begin at 8am. The 5k Fun Run/Walk starts at 9:30am and there will be a tractor show from 10am to 5pm at Turbo's. There will be kid's games from 11am to 3pm. Duck races start at 2pm followed by Bingo at 2:45pm.

(continued on page 5)



2025 Mazeppa Daze parade

Local Trail Group Announces Summer and Fall Fundraising Events



The Mazeppa Trail fundraising season is in full swing. We have hosted two events this spring, beginning the season with the Blooming for the Trail event and hosting a booth at the Community Market— selling our famous Root Beer Floats and serving hotdogs.

These events were well supported by the community and we are very grateful for all the support shown.

The next opportunity to support the trail will be during Mazeppa Dazes. Volunteers will be serving barbecues at the Flag Ceremony on Thursday, July 9th.

(continued on page 6)

Massey Days Summer Reunion



A new model Massey Ferguson tractor provided by Lodermeier Implement stands amidst an array of older machines displayed across the Joe and Jo-Jo Poncelet farm when they hosted the 2026 Massey Collectors Summer Reunion show.

By Beth Brekke

The 2026 Massey Days Summer Reunion was held June 18th, 19th, and 20th at the Joe and Jo-Jo Poncelet farm East of Bellechester.

(continued on page 7)

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Send Someone Else!



By Pastor Colleen Hoeft

Excuses, Excuses!!! they're not real reasons; they're just ways of avoiding what we really don't want to do. That's why what Benjamin Franklin said is so true: "He that is good at making excuses is seldom good for anything else." So, stop making excuses!

If you want to be all that God has called you to be, stop coming up with so-called "reasons" why you can't do what God has asked you to do. Stop telling Him, "It's too hard" or "What if..." or "I'm not qualified." If you want to be used of God to advance His eternal purposes on this planet, then stop trying to justify your inactivity.

That's a lesson Moses had to learn before

God could use Him in any significant way. God told Moses to lead the Israelites out of slavery in Egypt, but Moses has all kinds of "reasons" why He couldn't do that.

Moses first excuse was- Who am I? I'm just a nobody- you don't want me to do this! Yet, God didn't even try to talk him out of that mindset- because Moses was correct - he was a nobody- without Christ- without grace and mercy through the death and resurrection of Christ- we are all 'nobodies! Moses was a shepherd out in the wilderness. No one knew him, no one gave him a second thought- he was a nobody.

You and I are also nobody!!! In the eyes of the world, you may be 'somebody' but in the eyes of heaven and all the hosts of heaven you are just a small gnat in time!

God's answer instead of a pep talk was short and sweet, "I will be with you." Moses you won't be a lone- I will be there; I am going to lead you—trust me- follow me! But Moses wasn't finished...

Moses' second excuse: I don't know what to say! God gave him the very words to share with the people of Israel, "I Am who I Am. Say this to the people of Israel: I AM, has sent me to you. Now go" Moses I've given you the words and I will be with you- now go...

Moses' third excuse; What if they won't believe me or listen to me? Moses asks the question many of us ask when faced with a real challenge: "What if? What if they don't believe me? What if something goes wrong? What if it doesn't work?"

God's response was: "What is that in your hand?"

God took what Moses had in his hand and demonstrated His power through it. You see,

Moses already had everything he needed to do what God called him to do. He didn't need newer and better equipment. He didn't need more money or more of this or that. He just needed the Lord who would use what Moses already had to overcome the forces of evil. Moses needed to trust in God's power!

It's interesting to note; God didn't even answer Moses excuses- He demonstrated His power to accomplish all that He asked him to do. Trust me Moses- I got this. Instead, Moses threw out excuse number 4:

I can't do this! God said, I know you Moses- I know all about you, I know your strengths, your weaknesses, your abilities and your disabilities and I'm sending you. God asks Moses to trust in His design and to trust in His plan.

Trust in God's plan. You and I must choose to depend on God's design. We need to rely on His wisdom in the way He made us. That's what God tells Moses to do. Not only did God give Moses miracles to perform. God gave Moses his mouth with a message to proclaim. And that's what we need to do if we're going to be all that God calls us to be. You need to trust that God knew what He was doing when He made you the way He did.

An African proverb says, "If you think you are too small to make a difference, try spending the night in a closed room with a mosquito." (Robert Dawson, Lake Park, Georgia.) Trust in God's provision. Even after the demonstration of power and recognizing that God did know what He was doing- Moses had to try to get out of His calling- one more time:

Send someone else! I really don't want to do this God- You don't really want me to do

this God- you've got the wrong guy God! PLEASE send someone else!!! God simply won't take "no" for an answer. God is angry with Moses because of his unbelief. God had said, "I AM," but all Moses could say was, "I am not! They won't believe me. I can't talk." So, God gives him miracles to perform, a mouth to proclaim, and now God gives him a man to prepare for the task ahead.

Moses has finally run out of excuses! He has nothing more to say. God has promised him everything he needs (and more) to lead his people out of Egypt. Moses needs to step out in faith trusting God to supply he needs for the mission ahead. Moses had to take a step of faith and begin the journey to Egypt.

Philippians 4:19 says, "My God will meet all your needs according to his glorious riches in Christ Jesus."

If you want God to supply your needs you need to step out in faith first. You need to begin the journey and start doing what God told you to do. Then, and only then, will God start giving you what you need for the journey. What is God asking you to do?

- Repent of a sin? Or an addiction? 1 John 1:9
 - Serve – find out how you can serve at church, in the community Matthew 20:28
 - Forgive someone, or seek forgiveness-Matthew 5:23-24
 - Take a step of faith in baptism (talk to your pastor)- Acts 2:38
 - Give an offering –commit to give regularly to your local place of worship. 2 Corinthians 9:7, Malichi 3:10.
 - Share your faith with someone. Matthew 28:19-20
- Take the next step. Step into the call-and answer God: Say YES LORD - SEND ME

Announcements

- 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@threeriver-scap.org

Do you have an announcement?
Email: hometownmessenger@gmail.com



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

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507-843-3885
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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
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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

AREA CHURCH DIRECTORY

The Fragility of the Powerful

No sooner are [rulers] planted . . . no sooner do they take root . . . than he blows on them and they wither, and a whirlwind sweeps them away like chaff. — Isaiah 40:24

The powerful people of this world tend to think they are strong and mighty, but they are fragile. They think they have the control of history in their hands, but they do not. Their stability is provisional. Their strength is temporary. Their wealth is volatile.

Their fragility contrasts with the omnipotence of God. Their instability contrasts with the eternity of God. Political rulers are fragile and temporary, but God is all-powerful and permanent. Scripture says people "are like a breath; their days are like a fleeting shadow" (Psalm 144:4), but God is unshakably the same "from everlasting to everlasting" (Psalm 90:2).

God controls the nations. He raises up kingdoms and overthrows them. He gives politicians and other leaders positions of power and takes them down. Compared to the Lord, rulers on the earth are barely planted and rooted before they wither. All it takes is a breath from the Almighty to blow them away like chaff.

Rulers who try to defy God do not prevail. The arrogant may try to stand against the righteous God, but they will only be swept away.

Put your trust in God, our only true refuge and strength!

Almighty God, teach us not to trust in fragile human power but in your eternal strength. Humble the proud and uphold the faithful, we pray, in Jesus' name. 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
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Sunday Worship 10:45 a.m.
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20 - 3rd St. SW, Oronoco, MN
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10:00a.m. Worship

Farm Girl Chatter Hayfields, Lake Days, and 250 Years of America

By McKell Lemmerman

There comes a point every summer when farmers start dreaming about two things: rain for the crops and a cold drink at the lake. Unfortunately, those two things rarely seem to happen on the same day.

Hay season is in full swing, and there is something special about the smell of fresh-cut

hay drifting across the countryside. It is one of those scents that instantly says "summer." Unless, of course, you are on your tenth load of the day, covered in dust, sweat, and wondering why every field suddenly looks twice as big as it did yesterday.

The days start early and end late. Tractors hum across the fields, wagons fill up, and weather apps get checked more often than the mail. Nothing gets a farmer moving faster than seeing a rain cloud pop up on the radar when there are still ten acres laying on the ground.

By the time the last bale is stacked, the only thing greener than the hayfield is the thought of heading to the cabin. There is something magical about trading the tractor seat for a pontoon seat. The sound of machinery is replaced by loons calling across the lake, and instead of watching weather forecasts for hay, we're checking them to see if it's warm enough to jump off the dock.

This summer feels a little more special as America celebrates its 250th anniversary. For



generations, farming families have helped build this country through hard work, perseverance, and commitment to the land. While fireworks and celebrations mark the occasion, many farmers will be celebrating in their own way—finishing chores, making hay, and gathering with family and friends at the lake after a long day's work.

Of course, no farmer truly takes a vacation. Somewhere between fishing, swimming, and enjoying a sunset, someone is always looking at the future radar for the next projects to do when they arrive home.

Still, those lake days remind us why we work so hard. The smell of fresh-cut hay, the satisfaction of a field baled before the rain, and a weekend spent at the cabin with family and friends are some of the best parts of summer. It's all about balance—working hard enough to appreciate the break and relaxing just enough to be ready to do it all again next week.

As we celebrate 250 years of America, here's to the farmers who keep it running, the families who keep us grounded, the troops who made the sacrifice, and the lake days that remind us to slow down and enjoy what we have. Because even the hardest-working

farmers need a day to smell something besides diesel fuel and dust.

★ MAZEPPA DAZE ★

— 2026 —

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Humboldt (St. Paul) & Zumbrota-Mazeppa Hosting Agricultural Education Intern

St. Paul, Minn. — Brad Novacheck of Humboldt (St. Paul) & Nikki Flaaen of Zumbrota-Mazeppa are hosting Chloe Hanson as a Minnesota Agricultural Education Intern. The internship is part of a State Teach Ag Results (STAR) program initiative, which is co-ordinated by the Minnesota Agricultural Education Leadership Council (MAELC). Hanson is originally from Hastings, MN and is studying Agricultural Education at South Dakota State University.

During the internship, Hanson will be working closely with Brad Novacheck & Nikki Flaaen to help local students and community members engage in agricultural education

throughout the summer months. “Growing up, I was very active in 4-H and met many great educators who were passionate about educating the world about the importance of agriculture in our everyday lives. I also really enjoy Ag Ed because you get to learn many different skills and gain knowledge in tons of different pathways.” said Hanson.

“The Zumbrota-Mazeppa Ag program is excited to host Chloe Hanson as an intern this summer in partnership with the Humboldt Ag Program as well. Having an intern join our programs is an exciting opportunity and we look forward to having Chloe come hang out with us. Some of the things she will be doing with our programs is meeting our students and FFA members, observing some classes as we finish out the year, assisting with FFA events throughout the summer, and doing some SAE program visits. Thank you, MAELC, for providing these opportunities for future ag teachers!” says Nikki Flaaen.

“The Humboldt FFA chapter is excited to host Chole Hansen this summer along with Zumbrota-Mazeppa. Chloe will get an opportunity to observe and interreact with an urban FFA program. Chloe will get an opportunity to see summer SAE projects, be a part of

Humboldt Ag Day, go on various Ag field trips, be a part of summer officer meetings, and help prepare for an end of summer showcase. We look forward to giving Chloe a meaningful experience as she prepares to become a future Ag teacher.” stated Brad Novacheck.

The purpose of the Agricultural Education Internship is to spark an interest in current collegiate students to consider entering the teaching profession and to provide interns hands-on experience as an agriculture teacher. Six students majoring in Agricultural Education have been selected and paired with current Minnesota agriculture teachers for the summer. The experience will focus on summer programming, such as Supervised Agricultural Experience (SAE) visits, curriculum development, community service events, and FFA leadership activities. One week will be spent at the Minnesota Association of Agricultural Educators (MAAE) summer conference. Interns can also take advantage of optional activities for professional develop-

ment and networking.

This internship was made possible by generous donations from AgCountry Farm Credit Services, CHS Foundation, Christensen Farms, and Compeer Financial. The Minnesota Legislature also provides funding through the Minnesota Department of Agriculture (MDA) to be administered by MAELC.

This internship was made possible through the generous support of AgCountry Farm Credit Services, CHS Foundation, Christensen Farms, and Compeer Financial. Additional funding was provided by the Minnesota Legislature through the Minnesota Department of Agriculture (MDA) and administered by MAELC.

MAELC is a 16-member legislative council that provides leadership to promote and expand agricultural education in Minnesota. The state legislature, agricultural educators, and agriculture industry leaders are all represented on the council.



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ZUMBRO FALLS EVENTS

Event	DATE/TIME	LOCATION	INFO
Women's Softball	WEDS All Summer 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.
Jenny's Greenhouse	July 1-31	Apache Mall Location	End of Summer specials 50% annuals, 20% off perennials and 30% trees
Jimmy Buffet Day	July 25, 2026 Noon-4P	Neptune	Food and Drink specials. Ron Bublitz live music See NEPTUNE on FACEBOOK for more info
National Night Out	Aug 4 5-7pm	Cardinal Park Zumbro Falls	FREE Food, drawings and prizes, kids activities. Firemen and Law Enforcement attending. EVERYONE in ZF AREA WELCOME
Bluff Valley Music Fest	Sept 19th and 20th	Bluff Valley Campground	Food, activities, music and MORE See www.bluffvalley.com for details and ticket 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: zumbrofallsmn.org



TUESDAY, AUGUST 4TH, 2026 5PM-7PM
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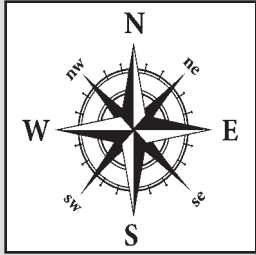


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GOOD TIMES

Changes in Latitudes, Changes in Attitudes

June Vacation



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.

June is a time lots of people take vacations. I came back to Minnesota early this spring on business and planned on heading right back to Tennessee to relax a bit longer. Right back turned into eleven weeks. So, a few days into June I was heading south again.

A lot had changed. The winter wheat harvest was complete and the corn crop had tasseled, silked and was way over my head. I fertilized the lawn before I left. The June rains had made use of the nitrogen in the fertilizer and my neighbor John had been mowing the grass almost weekly. I had to weed whip the dog run to knock back 2' of Switchgrass before letting the dogs in. They found an Armadillo carcass in the yard so they were entertained. I was standing in sandals cutting grass so the dogs wouldn't find any snakes. I figured I

would shred a copperhead with the weed whacker before he could strike me.

Not having to deal with farm chores allows me to sleep late every morning. I kind of like it. I had a number of small projects to do around the cabin. Enough to stay busy but not get exhausted. We planned to spend the nice days on the river and rest up on the other ones.

Sundays are the same routine. Go to church and stop for groceries at the Piggly Wiggly on the way home. The first week was VBS at Big Rock Baptist Church. They had the assembly hall decorated with lights and posters, the staff had matching t-shirts and there were three inflatable bounce houses outside for the Sunday night kick-off. The kids got up and sang while dancing to songs, VBS is a big exciting thing in Tennessee. They had a record of over 160 attend the Wednesday evening session this year. Church is never boring in Tennessee.

I went in to the Sirloin Stockade one evening for steak. Not much beats a buffet with ribeye. The nice kids working the counter gave me the senior discount with-out even asking. One great thing about the youth in Tennessee, is how friendly and helpful they are. Everyone is "ma'am" or "sir" and they will take time to stop to carry on a pleasant conversation with anyone.

In the evening I sit on the porch and watch the sun set in the western sky, with a dog on each side of me. I look out over the trees to the Tennessee River and soak in the beauty. The crescent moon is hanging in the horizon with three planets lined up. They say they are Venus, Jupiter and Mercury. I see fireflies rising into the night sky like sparks from a camp fire. I doze off and the dogs are sound asleep on the cushion beside me.

I think about coming through Tennessee as a child in the mid 1960's with my parents. Never dreamed I would live down here someday. I remembered the Appalachian



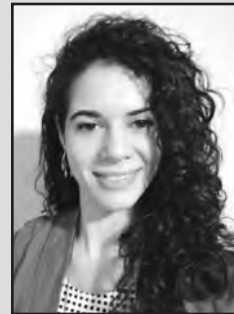
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Mountains, Civil War battle sites, stories about Daniel Boone, and other explorers who lived down here two centuries ago. Wondered about how rugged the wilderness was back then. Imagined what the Cherokee, Chickasaw and Shawnee Indians life was like in those days.

It is summer in Tennessee, every day hit 85 degrees. Air conditioning is a wonderful

thing. Had to be unbearable in a teepee or a log cabin in the old days. But I enjoy it now. And being in the boat on the river on a hot day is much more bearable than almost anywhere else. The cool river breeze and a Bimini boat top make it a perfect day. As I head back, I experience the one certain shock. Gas was \$3.35 when we left Tennessee, \$3.85 back here in Minnesota.

A Minnesotan: Hotdish



By RosaLin Alcoser

If I had to name one food that is distinctly Minnesotan I would say Hotdish. Then I would probably go on to explain that it's usually meat, with canned or frozen vegetables, combined with a can of soup and often topped with some sort of potato—the one I've seen the most is tater-tots. Now depending on your region of Minnesota is the real determiner of the salt and pepper ratio in the dish. However, that is really

what makes up the dish.

The most common one I've had is the tater-tot hotdish, but I do know that there are other kinds of hotdish.

After all there must be since there are competitions on who makes the best hotdish.

My family never makes hotdishes. No, for us is something that we only had if someone else had made it and it was at church. Since we are Minnesota transplants we did not make hotdish nor had we heard about it until we moved here. However, my husband is a born and raised tru Minnesotan. He and his family are Minnesotans who make and consume hotdish.

In fact my husband loves hotdish to the point that he desperately wants to go to Oronoco to get a flight of hotdish. When I told him that I had seen it on a menu while there without him two years ago he wanted to have a flight of four types of hotdish desperately. The only problem is every time he's been down in the area since it's been a Monday and they've been closed. At some point we will be there when it's open and hopefully it's still on the menu.

25th Mazeppa Daze next weekend

(continued from page 1)

The Lion's BBQ dinner at Lion's Park will be held from 4 to 8pm and the "Smokin' Coyotes" will be playing from 8pm to midnight. A large fireworks display is planned for dusk on Saturday evening followed by the drawing for the golf cart. Alternative date for fireworks will be Sunday night if rained out.

Sunday the softball and volleyball tournaments will start at 8am and the tractor pull will begin at 10am. The Fire Department water fights will begin at 11am at the fire hall. The weekend will close out with a classic car show from noon to 3pm on Sunday afternoon.

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Local Trail Group Announces Summer and Fall Fundraising Events

(continued from page 1)

We encourage residents and visitors to stop by, enjoy a meal and help support this important community project.

Additional fundraiser events will be held during the Community Market, where the trail group will be selling root beer floats and hot dogs.

Dates of these events are:

- July 16
- August 20
- September 19

Heading into fall the trail group is planning their second annual Monster Dash on October 11th. The event was well received last year and a big success. Plans are underway for an-

other successful event filled with fun for people of all ages.

The final fundraiser of the year will be our Porch Pot event, giving community members a chance to support the trail while preparing for the holiday season. The trail group will provide most of the items needed to create your own beautiful holiday arrangement, greens, bows, and a variety of different em-

bellishments which will surely brighten your home for the holidays.

All funds raised through these events are supporting the future of the Mazeppa Trail. We appreciate the generosity of our community and look forward to seeing everyone at the upcoming events.

Thank you for your support.

Calling all young detectives!

Join us for Super Sleuths! — a fun, hands-on mystery class where kids work together to crack the case! Students will follow clues, solve riddles, and use teamwork to uncover “who done it!” Along the way they’ll build math, reading, science, art, and problem-solving skills while having a blast.

Register for one session or both!

Super Sleuths! – 2nd-5th Grade (2025-26)

Instructor: Sadie Neigum

- Session 2
- Saturday, July 25th
- 10:00 AM – 12:00 PM
- ZMMS/HS Student Center (Door #1)
- \$69

Register online here: <https://zmps.cr3.rschoolday.com/public/home/> or call the ZM Community Ed office at 507-732-4244!

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Massey Days Summer Reunion

(continued from page 1)

The annual show celebrates the Massey Ferguson farm implement brand and all of its 19th-century companies dating back to 1847. Over 100 Wallis, Massey Harris, Ferguson, and Massey Ferguson tractors, along with numerous farm implements and other branded items, were on display across the property.

The Poncelets are members of the Massey Collectors Association and have hosted the travelling event four times beginning in 2006. In 2011 the show traveled to their farm and two others in Minnesota, and in 2020 the Poncelets hosted a delayed summer show in the fall when state COVID restrictions were lifted. This year's show was a huge success seeing nearly 100 visitors on Thursday, over 150 on Friday (mostly Massey folks), and over 150 on Saturday (mostly friends, neighbors, and family). Hosting the show is a major undertaking and while the Poncelets seem to have perfected it, they claim it will be their last. Jo-Jo says, "It's 20 years since our first and hopefully all had an amazing time."

The brand has a dedicated following around the world with the reunion drawing folks from as far away as England and Canada. United States visitors came from Minnesota, Wisconsin, North and South Dakota, Iowa, Ohio, Missouri, Illinois, and Indiana.

Previously attending Massey Days in South Dakota and Kansas, Jim Meagher, Pembina, North Dakota came to Bellechester saying, "It's closer than most for me". He arrived on Thursday with his Massey-Harris Twin-Power 101, his most recent restoration. Jim has collected and restored many Masseys since 1990, having grown up around his dad's collection. He keeps all restorations as part

of his own very large collection.

Meagher's story is similar to Joe's, whose father was a local Massey dealer. Poncelet's collection includes a total of 145 tractors in various states of restoration. He had 18 of his 34 Massey Harris GP 4-wheel-drive tractors out and running and 16 of his total Wallis collection scattered across the yard. Many of Joe's tractors were labeled with signs describing their unique contribution to the show including information on how many were manufactured and how many are known to still exist. Humorous signs such as "Wallis in need of repair waiting area" or "Always needing just one more wheel/rim/tire" were also found on some projects-in-progress. His 1919 Wallis K3 is considered the most rare in his collection, with only 380 ever made. It had been shedded and unseen for 60 years.

Almost 75 of Joe's tractors were out and about with more than 30 brought in by others. Jo-Jo arranged to have Lodermeier's bring a new Massey Ferguson tractor which sat next to Joe's two Wallis Cub models, showcasing the difference over 105 years.

While the show mainly focused on the antique tractor, there were also Massey branded bicycles, chainsaws, snowmobiles, signs, advertisements, toy tractors, and manuals. Representatives from Steiner Tractor Parts Inc. of MI gave out some freebies. Other vendors from WI and IA were on site selling crafts and memorabilia and commemorative shirts designed by S&S Miller of MN were available to purchase. Also of interest were demonstrations by Betty Beltz churning butter and Diane Franke weaving rugs.

A Food truck from either Don's Crumble Beef, Fiesta Mexicana, or the Goodhue Lions was available each day. Sloppy Joe's made with burger from Goodhue Market headlined the Thursday evening meal. A Friday night banquet catered by Lake City Fresh Market took place at the Bellechester Community Center and Saturday evening's pulled pork came from Huettles.

After the event wrapped up with dancing and live music by the band, County Line Drive—which features the Poncelet's



The weight may counter a load on the front bucket of this tractor, but does not provide the most comfortable seating.

nephew, Brandon Stanek on lead vocals and guitar—Jo-Jo reflected, "We could not have done it without my son and his wife, Joe's brother and partner, and my sister and

hubby."

Next year's show is in Viroqua, WI. For more events and information, visit www.masseycollectors.com.



Jim Meagher brought his most recent Massey restoration project from his home in Pembina, ND.



Inside a shed on the Poncelet farm, Massey branded chainsaws, bicycles, toys, and memorabilia were on display. Below the signs decorating the wall is a row of tractors in Joe's collection.

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Questions? Contact Kallie Reinhardt: 651-565-5168 or rein410@umn.edu

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Goodhue County Holstein Breeders Event to Celebrate 80 Years

By Beth Brekke

The Goodhue County Holstein Breeders held their annual meeting on March 2, 2026, something they've been doing since 1946. As they look ahead in their 80th year, they're looking back on a lot of memories, familiar names, and industry changes.

The Goodhue County club is a subdivision of the national organization, Holstein Association, USA, Inc. and the Minnesota Holstein Association. The purpose of these groups is to unite and encourage dairy enthusiasts, promote the industry and curate information on the Registered Holstein breed. The first Holsteins were imported from Holland in 1852. Impressed by their milk production, breeders soon added Holsteins to their farms and in 1885 the national association was founded to track ancestry and maintain pedigree information. An application for registration is submitted for each animal who is then assigned a unique identification number and a registration paper that provides legitimacy to lineage and production information. Currently, there are more than 22 million animals registered in the Holstein Association's herdbook, most of which can be traced to animals originally imported from the Netherlands.

Goodhue County has a long and impressive history of Registered Holstein ownership. One notable breeder was H. August Lohmann, who purchased his first Registered Holsteins in 1913 and 1914. He farmed near Zumbrota and built his entire herd on these few animals, receiving recognition as the top production herd in the state in 1954. This lineage formed the base of herds owned by his sons, Martin and David, and son-in-law, Lloyd Tangen. The Tangen herd is still producing milk in the Wanamingo area.

The Larry and Barb Lexvold herd earned the top spot among Minnesota herds in 1997. They were pictured with two of their Holsteins on the October 1998 front cover of the breed's national magazine, Holstein World. The Lexvolds' high producing cows and successful embryo transfer program brought visitors from overseas to their Goodhue area farm. Their herd's genetics allowed them to sell bulls to artificial insemination companies, influencing the breed across the world.

Jerry Mahoney and his son, Keith, built an award-winning herd of high type and production cows on their farm near Cannon Falls.

Both Jerry and Keith served multiple terms on the Minnesota Holstein Association board. Greg Mahoney branched out with Ziggy-View Holstein farm near Pine Island. Greg was recently recognized as a 40 year member of the national association.

Bruce Heydmann of Zumbrota attained 50 year member recognition. William Heydmann introduced his young son to the Junior Holstein Association. Bruce exhibited the Grand Champion Registered Holstein in the 1972 Minnesota State Fair 4-H show and the 1974 FFA dairy show. The same cow earned top honors in the District Holstein show and Minnesota State Junior Holstein show. Bruce went on to serve as the Goodhue club's secretary for 30 years and continues to be active in the organization and dairy farming.

Like Bruce and then his children, many area youth participate in the junior association. Goodhue County youth have won numerous state awards including their highest honor, Minnesota Distinguished Junior Member. They are active in conventions, knowledge bowl and working with sale and show animals. As adult advisor, Pat Irrthum (Wanamingo) organized and implemented the first club-sponsored youth show in 1985. The popular show is held during the Goodhue County Fair and is currently managed by Pat's grandson, Clint Irrthum and his wife, Erica.

This is just a small sampling of memories as it would be nearly impossible to list all of the influential members, top herds and special awards of Goodhue County breeders through the years. One known fact is the charter members of the organization had the vision to gather dairy enthusiasts and take advantage of all the things membership had to offer. Fourteen years after organizing, they began operating as a non-profit with official articles of incorporation dated October 26, 1960. Yearly meetings were held in various locations including the Edgewood restaurant by Cannon Falls, the Covered Bridge restaurant in Zumbrota, Sawyer's Inn in Goodhue and Bridgett's Café in Zumbrota.

The January 27, 1986 meeting held at the Goodhue Lion's Community Center celebrated the 40th anniversary of the club. There were approximately 80 people in attendance. Speaking at the event were Dick Kunau, county agent at that time, and charter board members, Carl Kunde (president), Donald Lohmann and Martin Lohmann (directors). Others on the original board of directors were, Arnold Weibusch (vice president), H. August Lohmann (secretary/treasurer), and J.E. Korsten and Ernest Johnson (directors).

The club began hosting a dairy animal sale in 1948, holding one or two sales almost every year until 1993. A summary of the 1956 sale shows the top animal sold to Francis Maas of Medford for \$385.00. Advertised as Goodhue County Fair's champion male, Blu-Vue Ike Salo Follow On was consigned by C.J. Vangsness of Kenyon and Robert Lexvold of Zumbrota. The annual sales were a social event and raised money for club activities.

In 1994 the club turned to holding a raffle to raise funds. Members gathered at the Covered Bridge Park Pavilion in Zumbrota for a picnic and the prize drawing. Holder of the winning ticket received either a calf or cash.



Clint and Marcus Irrthum of Wanamingo showing a dairy heifer in the 2006 Goodhue County Junior Holstein show at the county fair. The show was established in 1985 by their grandmother, Pat Irrthum and is currently managed by Clint and his wife, Erica. The show operates under their parent organization, Goodhue County Holstein Breeders, which is holding an 80th anniversary celebration on July 14th.

Variations of the raffle ran for about 10 years. Other popular fundraising events include cowpie BINGO and silent auctions. Money raised by the club is used to support the junior Holstein show, donate to other youth dairy activities, sponsor awards and host the district dairy show held during the Cannon Valley Fair. They have also helped promote the dairy industry and dairy products by sponsoring Goodhue's Udder Run and creating a parade float.

The number of dairy farms across the country has been on a steady decline for decades. The rural population had already decreased by 16 percent in the 1940's. Even so, the Goodhue County Holstein club believed in the dairy industry, the Registered Holstein cow and the people that cared for them when they held that first meeting in 1946.

A lot has changed since that first meeting, including computerized records, the semen freezing process and artificial insemination, genetic testing that analyzes the DNA of an animal to determine what genes they actually possess, economics, and herd size and numbers. What hasn't changed in 80 years is a desire to improve and carry on a legacy, honor member accomplishments, and enjoy fellowship with each other.

The annual Twilight Meeting is a long-

standing tradition of fun on the farm. A dairy judging contest, entertainment, and cake and ice cream are part of the family-friendly evening that's open to the public. The date and location change yearly depending on which member volunteers to host the event. Finding a host is becoming increasingly difficult with the current county membership standing at just 22. Not all members are actively dairying and not all dairy farmers are members, although all are welcome to join, whether they own Registered Holsteins or not. Interested non-farm individuals and county businesses are also encouraged to support the club.

Current and former members, Jr members and interested area residents are invited to a special edition of the annual Twilight Meeting on Cow Appreciation Day, July 14, 2026. The event begins at 7 PM, hosted by the Jeff and Heidi Miller family at 28908 County 16 Boulevard, Goodhue. Planned activities include a history display and presentation, local Princess Kay finalist, Natalie Clemenson's butterhead on display, a silent auction, and cake and ice cream.

Questions may be directed to Dean Opsahl at 651-380-2773 or opsahl94@sleepyeyetel.net.

4 Holistic Health Tips Worth Bringing Into Your Life!



By Shauna Burshem, D.C.

I have been around the wellness world long enough to remember when "holistic health" sounded like something only the granola crowd talked about. These days? It is everywhere, and honestly, I love that! We have circled back to ideas our grandparents seemed to know instinctively, only now we have the science to back them up. Below are four tips I keep coming back to, both for myself and for the patients and friends I care about. Pull up a chair. Let's talk health like the fellow enthusiasts we are.

Start From the Inside Out: Your Gut Knows More Than You Think

I'll be honest with you. For years, I treated my stomach like an afterthought, something

that only mattered when it growled or grumbled. Then I started paying attention, and what a difference it made. Your gut is often called your "second brain," and there's real truth to that. Trillions of tiny bacteria live in your digestive system, and they influence everything from your mood to your immune system to how much energy you have to get through the day.

The good news is that supporting your gut doesn't require anything fancy. Start by adding more fiber-rich, whole foods to your plate. Think leafy greens, beans, oats, and colorful vegetables. Fermented foods like yogurt, kimchi, and sauerkraut bring in beneficial bacteria that help keep everything balanced. I like to tell people that every meal is a chance to either feed the good bacteria or starve them. Small, consistent choices add up faster than you'd expect.

Here's the part that ties beautifully into chiropractic and whole-body wellness: when your gut is happy, your whole system tends to follow. Many people notice less inflammation, steadier energy, and even better sleep once they clean up their gut health. It is all connected, and your body works best when each piece is supported. So if you've been ignoring your digestion, consider this your gentle nudge to start listening.

Make Peace With Your Nervous System

This one is close to my heart. So many of us walk around in a constant state of low-grade stress, and we barely notice it anymore. Tight shoulders, shallow breathing, a racing mind at bedtime. Sound familiar? Your nervous system is running the show behind the scenes, and when it's stuck in "fight or flight" mode, your whole body pays the price.

The beautiful thing is that you have more control over this than you realize. Simple practices can shift your body out of stress mode and into rest-and-repair mode. Try slow, deep breathing where your exhale is longer than your inhale. Even a few minutes can calm a frazzled mind. A short walk outdoors, a warm bath, or simply unplugging from your phone for an hour can work wonders too. These aren't luxuries. They're maintenance for the system that controls everything.

This is also where chiropractic care fits in so naturally. Your spine houses and protects your nervous system, and gentle, personalized adjustments can help your body communicate more clearly with itself. I've watched patients soften and exhale right there on the table, like their bodies finally got permission to relax. When your nervous system feels safe, healing happens. It's not magic, it's just how we're built.

Treat Sleep Like the Foundation It Truly Is

I remember a time when running on little sleep felt like a badge of honor. We bragged about it. What a mistake that was. Sleep isn't downtime, it's when your body does its most important repair work. Muscles recover, your brain clears out the day's clutter, and your nervous system resets. Skimp on it, and you feel the effects in everything from your mood to your aches and pains.

If your sleep has been rough, start with the basics. Keep a consistent bedtime, even on weekends, so your body knows what to expect. Dim the lights in the evening and put the screens away at least an hour before bed. Your bedroom should be cool, dark, and quiet, almost like a little cave built for rest.

These changes sound simple, and they are, but they make a genuine difference over time.

I'd also encourage you to think about how you sleep, not just how long. The right pillow and a supportive mattress matter more than most people realize, especially if you wake up stiff or sore. Poor sleeping posture can pull your spine out of alignment night after night. If you're waking up hurting, that's worth a conversation with your chiropractor. Good sleep and a healthy spine go hand in hand, and addressing both can change how you feel from the moment you open your eyes.

Keep Moving, Because Motion Is Medicine

Here's something I say all the time: your body was made to move. We've engineered so much movement out of modern life, sitting at desks, scrolling on couches, driving everywhere. And our bodies feel it. Stiffness, weakness, and nagging pain often trace back to one simple culprit, which is that we just aren't moving enough or in enough variety.

The fix doesn't mean you need to become a marathon runner overnight. In fact, I'd argue that gentle, consistent mobility work beats the occasional intense workout for most people. Stretch in the morning. Take walking breaks during your workday. Try yoga, swimming, or simply playing with your kids on the floor. The goal is to move your joints through their full range often, because joints that don't move tend to get stuck, and stuck joints lead to discomfort down the road.

This is where I get a little passionate, so bear with me.

When your joints move well, your whole body functions better.

(continued on page 12)

Historical Happenings

Compiled by
Helen Reiland

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

FRIDAY, SEPTEMBER 28, 1956

Obituaries

MRS. CHARLES HOWARD

Mrs. Charles Howard, 55, who lived near South Troy, died Wednesday of last week in St. Mary's hospital, Rochester, after having been in ill health for some time.

The former Ava Leota Lord was born May 16, 1901, in Zumbro Township, Wabasha county and lived there all of her life. She was married to Charles A. Howard on May 15, 1922. He survives.

Other survivors include her mother, Mrs. Walter C. Lord, Zumbro Falls, and a sister, Mrs. Edward Meyer, also of Zumbro Falls.

Pallbearers were Harry Koepsel, Joyce Gruhlke, Dallas Adams, Merle Atkinson, Walter Wood and Robert Lortscher.

TWO MEN LEAVE WABASHA FOR INDUCTION INTO ARMY

Harry F. Lachelt, Jr., of Wabasha and Donald H. Musty, a volunteer of Mazeppa, left for Minneapolis by bus Monday, September 24, for induction into the Armed Forces.

Home Economics Teacher Hired for School Year

Good news was received this week.

A home economics teacher, Miss Mary Epple of New Ulm, has been hired and will begin teaching here Oct. 1.

Temporary quarters for home economics classes will be set up as quickly as possible, Supt. F.G. Eimmermann announced this week. It will be offered to all girls in grades 7 through 12 this year.

Miss Epple is a 1956 graduate of St. Catherine's college, St. Paul.

Improvement Club Donates Silverware

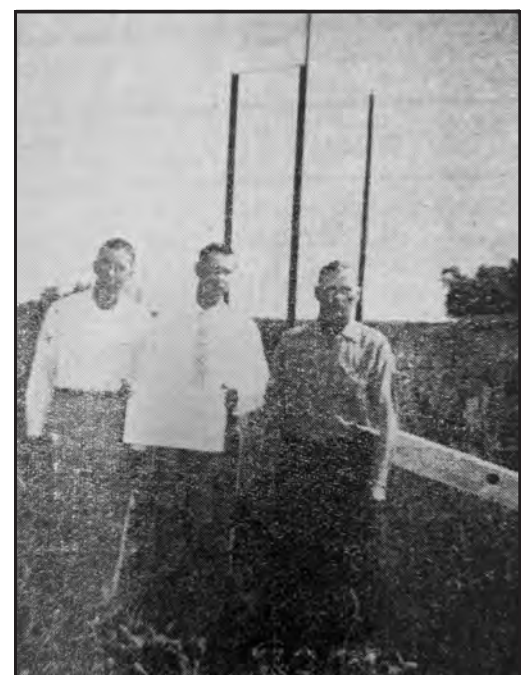
The Woman's Improvement club has been doing some little-known but very worthwhile work for the community rooms recently.

The ladies have purchased two dozen place settings of stainless steel silverware. A year ago they donated two dozen silver-plate teaspoons. The club also made a contribution toward the stove when it was installed.

Financing was done by the use of coupons. \$1.00 projects, pie sales, etc.

The club has 10 members at present. Mrs. Marlyn Gerken is president and Mrs. Frank Almeter, secretary.

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.



Pictured above are Farm Bureau members, Winfred Larson, Milford Klindworth and Howard Reeve who have partnered in erecting signs which read: "Farm Bureau Welcomes You To Wabasha County." These signs have been erected, through sponsorship of Wabasha County Farm Bureau, on all roads leading into the county.



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SATURDAY

6:00am
8:00am

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

SUNDAY

8:00am

Volleyball Tourney (Co-Ed)

10:00am

Tractor Pull

11:00am

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Food Noise



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Does it seem like you are always thinking about food? You want to focus on other things and you know that constantly grazing contributes to excess weight and health issues, but you cannot seem to help yourself. This is the description of “food noise.” There seems to be a constant nagging in your mind for more food even when you really do not have a need for it. In recent years, thousands have been turning to medication to help reduce this “food noise,” but the results of the medication have some concerning side effects, as I wrote about last month. With every medication there is a natural alternative when you look more closely at what is happening. “Food noise” can be reduced naturally when you rebuild your eating habits.

The key to reducing “food noise” is to understand how your body generates fullness and satisfaction signals and then how to increase those signals. There are at least three significant areas to change in order to increase satisfaction with your meals – timing, protein, and fiber. Focusing on these three areas has helped thousands of individuals to improve their quality of life and reduce the distraction of “food noise.” So, let’s take a

look at these three areas.

Timing – refers to the importance of a routine. We are creatures of habit. Habits are what help us get through the day. Food noise can be related to some negative habits that have formed over the years and need to be changed. However, simply determining to eat at specific times and not between meals is easier said than done. Ideally, you will focus on three meals a day with at least four and a half hours between meals. In a 2022 national survey asking health practitioners about their eating habits, those doctors and nurses who ate three meals a day with no snacks between meals had a lower risk of death and lower heart disease risk than those who snacked throughout the day or those who did intermittent fasting. The timing and consistency of eating was important, but this would not be possible to maintain without the next two areas of protein and fiber.

Protein – is an essential component for every meal of the day. Your digestion process responds with satisfaction signals when protein is eaten in the first bites. Notice the first foods placed on the table at a restaurant – chips, bread, salad, drinks – all carbohydrates, very tasty, but no protein. Notice the trend of the ketogenic diet or the Atkins diet that promote high intake of protein and many people lose weight. The satisfaction signals are greatly increased with protein and the food noise decreases. The Atkins or ketogenic plan is not a balanced diet but demonstrates the power of protein to reduce the food noise. A healthy protein portion should be selected for breakfast to help start the day on a positive trend. Eggs, full fat Greek yogurt, full fat cottage cheese, smoked salmon, or chicken sausage are just some examples of protein options for breakfast. Replace the cold cereal, muffin, pop tart, or fruit juice with a protein for breakfast and you will begin to move toward a routine that will stimulate satisfaction.

Fiber – is another essential component that

promotes satisfaction and reduces food noise. Quality fiber at each meal is provided through fresh vegetables and fruits. Lettuce and cabbage may seem to have little nutrition value but much of the benefit comes from the fiber in these foods. Fiber is undigestible to humans but becomes a feast for the bacteria in our intestines. When the bacteria in the colon feast on fiber, they produce fatty acids that feed the colon cells lining the large intestine. The colon cells produce glucagon-like peptide 1 (GLP-1) which signals satisfaction to your brain and reduces food noise. Americans are recommended to consume at least 35 grams of fiber each day. Great choices for increasing daily fiber intake include apples, pears, berries, avocados, broccoli, carrots, cabbage, brussels sprouts, artichoke, black beans, navy beans, lentils, and squash. As you increase fiber intake with each meal, you will achieve a greater signal of fullness that will sustain you for hours.

When you select a protein for each meal and a fiber source to go with that protein you are beginning to construct a healthy meal that

will satisfy your body needs for hours. As you build these quality meals, you will be able to start reducing snacks and separating your meals up to five hours. As you build this daily routine, begin to drink water between meals which will help to make sure you are well hydrated, which will also reduce snacking signals.

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.*

4 Holistic Health Tips Worth Bringing Into Your Life!

(continued from page 9)

Chiropractic adjustments can help restore motion to areas that have become fixated, and pairing that care with daily movement gives you the best of both worlds. Think of it as a partnership between you and your body. You keep things moving, your chiropractor helps keep things aligned, and together you build a body that feels good for years to come.

None of these tips require a complete life overhaul. That’s the beauty of holistic health, it’s the small, steady choices that build into something powerful. Pick one to start with this week. Your body has been waiting for you to pay attention, and trust me, it’ll thank you for it.

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11 Southeast Minnesota Counties Partner to Protect Children from Accidental Cannabis Exposure

By Ella Slade

Edible cannabis products often resemble candy, snacks, or beverages, which have caused an increased risk of accidental consumption in youth.

From 2018-2022, there was a 648% increase in calls to the Minnesota Poison Control for ages 0-5, according to the Minnesota Baseline Marijuana Assessment done in 2024.

Cannabis products should be stored up and out of reach of children, and in their original packaging with labels, placed in child-resistant or locked containers.

That's why 11 counties in southeast Minnesota have partnered to educate on the risks of cannabis in the home by promoting the Speaking of Cannabis campaign.

"Community health boards were created 50 years ago under Minnesota's Local Public Health Act of 1976. In our region, each county

operates its own local public health department, except for a few smaller counties like Houston and Fillmore that share a joint board. We all have the same state mandates and receive many of the same grants, but each county still has local control," said Michelle Hansen, Freeborn County public health educator.

New Cannabis and Substance Use Prevention grants to community health boards were approved by the legislature in 2023 when adult-use cannabis was legalized. The participating counties signed a formal agreement to use these new grant funds, allowing them to hire vendors who run digital and out of home advertising across the region.

"Public health staff across southeast Minnesota work closely together already. We share ideas, coordinate programs, and support one another's work," Hansen said. "For this campaign, we decided to take that collaboration even further. All 11 counties signed a formal interagency agreement and combined funds from our Cannabis and Substance Use Prevention grants to bring the Speaking of Cannabis campaign to our region."

The boards operate as legally separate entities, maintaining local control under the Local Public Health Act of 1976. Despite this separation, they have united in a unique collaboration to address the shared concern of accidental cannabis consumption by children.

The resulting "Speaking of Cannabis" campaign informs adults on key safety measures, such as storing cannabis products up and away, in their original, labeled, child-resistant



Photo courtesy of The Regional Cannabis Communication Campaign

or locked containers, completely out of reach and sight of children and pets.

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

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 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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Facts from the Speaking of Cannabis Campaign

By Ella Slade

Cannabis is a species of plant that contains chemicals that can affect the brain. The plant contains over 125 different cannabinoids, which are chemicals that may affect the body. Hemp and "marijuana" both come from the cannabis family, but they have different amounts of cannabinoids. The plant contains over 125 different cannabinoids, which are chemicals that may affect the body.

Hemp is a cannabis plant used to make things like fiber, seeds, and hemp seed oil and contains much lower amounts of THC, the part of the plant that causes a "high." Hemp is often used in products like foods, personal care items, and fabrics. However, hemp-derived THC edibles and THC beverages can be intoxicating and may have mind-altering effects similar to cannabis products. In contrast, cannabis (marijuana) is mind-altering and is used for medical or recreational reasons.

The primary mind-altering cannabinoid found in cannabis is THC. Cannabis typically contains more THC, while hemp contains more Cannabidiol. CBD is a chemical in the cannabis plant that does not cause a "high."

Cannabis-based products are available with differing cannabinoid combinations; some cannabinoids occur naturally, while others are manufactured and added to products, the health effects of which are not yet fully understood.

Today's cannabis products are often much stronger than in the past. Between 1995 and 2022, the delta-9 THC potency in illegal cannabis products quadrupled from 3.96% to 16.14%, and cannabis flower and concentrates in dispensaries can have THC concentrations of more than 40%. Today's products can possess over three times the THC potency compared to thirty years ago, which increases the risk of addiction.

Regular cannabis use during the teenage years and early twenties, when the brain is still developing, can cause physical alterations to the brain and negatively affect memory, concentration, and learning. It is also linked to mental health issues, with approximately one in ten users becoming addicted, a

rate that increases to one in six if use begins before age 18.

Cannabis comes in many forms, which is why people use different names for it. Each form affects the brain and body differently, and some are much stronger than others. The consumption method, amount taken, THC potency, and prior experience all play a role in how cannabis impacts the body and brain.

The Speaking of Cannabis campaign aims to empower trusted adults with facts and communication tips to discuss these risks with youth. Adults are encouraged to:

- Understand how cannabis can affect the developing brain.
- Talk with teens about not using cannabis.
- Store cannabis products safely in their original, labeled, child-resistant or locked containers, placed high up and completely out of reach and sight of children and pets.

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

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



Speaking of Cannabis can help you explore additional resources to stay informed, along with trusted tools and guides.

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

Wabasha County Public Health Spotlight

Food and plastics: How do we stay healthy?

By: Paula Weisenbeck, PHN

There is a lot of talk about plastic these days. Some plastics have been found to leach toxic chemicals into our food, which can affect long-term health. Microplastics (tiny plastic particles that are released into our food/beverages and then ingested) can be dangerous too. This article will provide some guidance on the do's and don'ts with food and plastics.

Food-safe plastics, or food-grade plastics, are FDA-approved materials that do not leach harmful chemicals into food. The safest, most common types are HDPE (#2), LDPE (#4), PP (#5), and PET (#1), often used for storage, water bottles, and containers. These materials are generally non-toxic, durable, and chemically resistant. These plastic containers are usually labeled with a coinciding number.

- #1 - PET or PETE (Polyethylene Terephthalate): Clear, strong plastic used for water bottles, soda bottles, and peanut butter jars.
- #2 - HDPE (High-Density Polyethylene): Considered one of the safest plastics; used for milk jugs, butter tubs, and food storage buckets.
- #4 - LDPE (Low-Density Polyethylene): Flexible plastic used for cling wraps,

sandwich bags, and squeeze bottles.

- #5 - PP (Polypropylene): Tough, heat-resistant plastic ideal for hot food containers, yogurt cups, and microwave-safe items.

Plastics to avoid or use with caution:

- #3 - PVC (Polyvinyl Chloride): Contains toxins that may leach, generally not recommended for food contact.
- #7 - Other (Polycarbonate): May contain BPA. However, many modern #7 plastics are BPA-free and safe, but they should be verified.
- #6 - PS (Polystyrene): Often used for take-out containers; generally not recommended for long-term storage or high-heat.

Key Tips for Safety

- Look for the Symbol: Always check for the "spoon and fork" symbol to confirm it is food-grade.
- Recycled Materials: "Virgin" (non-recycled) plastics are usually safer than recycled plastics for long-term food contact.
- Microwave Safety: Look for "microwave-safe" labels, but generally, PP (#5) is the safest for heating.

Key Findings on Microplastic Release:

- Microwaving: Reheating food in plastic bags poses the highest risk, with studies suggesting billions of plastic particles can be released into food in minutes.
- Freezing: Freezing and thawing cycles cause structural degradation of the plastic, leading to microplastic release.

Controversy:

Although marketed as safe for these uses, lawsuits allege these products are fundamentally unfit for freezing or microwaving due to this leaching.

- Alternative Recommendations: Consider using glass, silicone, or stainless-steel containers for storing and heating food to reduce microplastic ingestion.

Microplastics can be partially removed from the body through natural excretion (feces and urine), but there is no proven, in-

stant "detox" method to remove them once they accumulate in tissues. While some plastics pass through the system, others can embed in organs, requiring prevention of exposure as the primary management strategy.

Natural Elimination and Support

- High-Fiber Diet: Consuming fiber helps bind toxins and aids in the excretion of microplastics through stool.
- Hydration: Drinking filtered water assists the kidneys in flushing out waste materials.
- Exercise:

Regular physical activity promotes the elimination of substances via sweat and improves gut motility.

Reducing Accumulation

- Avoid Heating Plastic: Avoid microwaving food in plastic containers, as heat releases particles.
- Filter Water: Use high-quality water filters to reduce ingestion of microplastics from tap or bottled water.
- Choose Natural Fibers: Wear clothes made from materials like cotton or linen, as synthetic clothing sheds microfibers.
- Use HEPA Filters: Use vacuums with HEPA filters to reduce household dust containing microplastics.

Current Research and Emerging Methods

- Probiotics: Certain probiotic strains may assist the gut in breaking down or excreting microplastics.

Therapeutic Apheresis: Studies are exploring techniques like double filtration apheresis to remove particles from the blood, but this is not yet a standard, widespread treatment.

Follow these guidelines to minimize your risk of chemical toxins and microplastics affecting your overall health and wellness.

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As the weather warms up, we've noticed more electric bikes, electric scooters, and other motorized recreational devices being used around our community. They're a great

way to get around—but they also come with important responsibilities.

We've recently observed several young riders traveling at high speeds, ignoring stop signs, riding against traffic, carrying passengers when not designed to do so, and riding without helmets. These behaviors greatly increase the risk of serious injury.

Parents, please take a few minutes to talk with your children about riding safely.

Here are a few important reminders:

- Obey all traffic signs and signals.
- Ride in the same direction as traffic.
- Slow down and watch for pedestrians.
- Wear a properly fitted helmet every ride.
- Stay alert—no headphones or distracted riding.
- Use lights and reflectors when riding after dark.
- Never carry passengers unless the vehicle is specifically designed for it.
- Ride responsibly and respectfully around others.

Our goal isn't to keep kids from enjoying these vehicles—it's to help ensure everyone gets home safely. A simple conversation today can prevent a serious injury tomorrow.

Thank you for helping keep Mazeppa safe!

DO YOU HAVE AN ANNOUNCEMENT?

Email: hometownmessenger@gmail.com

STREET PATCHING PROJECT - JUNE 2026

Please be advised street patching is currently in progress within the city limits. The following locations will be part of the project starting Monday, June 29 continuing through Wednesday, July 1st, 2026:

Cherry Street NW from 1st Ave NW to 2nd Ave NW

Oak St from 2nd Ave NE to 3rd Ave NE

Walnut Street Alley Intersection between 3rd Ave and 4th Ave NE

Possible patching is also scheduled for 2nd Ave between Walnut & Chestnut Streets, 3rd Avenue at the Walnut Street Intersection, and 4th Avenue near Valley View Mobile Home Park. If you have any questions please contact city hall at 507-843-3685.

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Search: Bicycle & E-bike Laws

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Regular Meeting of the Mazeppa City Council

Meeting Minutes

Wednesday, June 10, 2026

The regular meeting of the Mazeppa City Council was called to order at 6:02 PM by Mayor Chris Hagfors.

The Pledge of Allegiance was said.

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

Others Present: City Attorney Luke Lamprecht, City Engineer Matt Mohs from Bolton & Menk, Wabasha County Deputy Sheriff Joe Schneider, MLS Manager Todd Ihrke, Reiland Eichorst, Peter Grimsrud, Deputy Clerk-Erica Young, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: None.

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

Motion by Liffriq, second by Wiebusch to approve the regular Council meeting minutes for May 13th, 2026, and Special Meeting minutes for May 27th, 2026. All in favor, none opposed. Carried.

Wabasha County Sherriff Deputy Joe Schneider gave the ICR for the month of May.

Public Works Director Scott Elingson gave the Public Works report.

Administrator-Clerk Karl Nahrgang gave the Fire Department report.

Motion by Wiebusch, second by Liffriq to accept Stephaney Nelson's resignation from the MFD with thanks. All in favor, none opposed. Carried.

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

City Engineer Matt Mohs gave the Engineering update.

Motion by Wiebusch, second by Hammes to approve WWTP Contractor Pay Application #19 for \$348,692.75. All in favor, none opposed. Carried.

Motion by Hammes, second by Hughley to

approve Street Utility Contractor Pay Application #7 for \$73,771.22. All in favor, none opposed. Carried.

Administrator-Clerk Karl Nahrgang gave the City Hall report.

Reiland Eichorst from the Zumbro Watershed Trail project presented and spoke to council about potential river access updates within the city.

Motion by Wiebusch, second by Liffriq to approve building permits 26-18-0008 and 26-18-0009. All in favor, none opposed. Carried.

Motion by Hughley, second by Wiebusch to approve quote from Aslakson's in the amount of \$19,811.96 for street repairs. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffriq to approve Resolution 2026-24 moving monies to the City Equipment fund. All in favor, none opposed. Carried.

Motion by Hughley, second by Liffriq to approve Resolution 2026-25 granting temporary On-Sale offsite Liquor License for MMLS at the MCC. All in favor, none opposed. Carried.

Motion by Hughley, second by Liffriq to approve Resolution 2026-26 granting temporary On-Sale offsite Liquor License for MMLS at the Community Market nights in Lion's Park. All in favor, none opposed. Carried.

Motion by Liffriq, second by Hammes to approve Resolution 2026-27 accepting donation from Mazeppa Lion's Club toward Mazeppa Daze parade costs. All in favor, none opposed. Carried.

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

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

Meeting adjourned at 6:57 PM. Deputy Clerk

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Sometimes parking can be the existential pain of travel. You arrive at a destination only to find that you will find that the parking situation at a store or an event is limited or chaotic. IN a small community with narrow streets, it is prevalent. Many communities have a 66-foot right-of-way that will include 5 feet of sidewalk, 3 feet of boulevard, curb, 10 feet dedicated to parking and still have room for 30 feet of traffic area. That makes parking easy. Our community has 66-foot rights-of-way with a 25-foot traffic area. So property owners groom their yards to the pavement. No one likes to put two wheels into anyone's grass, but in no way should you be blocking other vehicles from getting though. Emergency vehicles can be 96 to 102 inches wide, much wider than cars and pickups. Our biggest concern is access in case of emergency but we also want those that drive larger SUV's and pick-ups to be able to get through also. This happens during sporting events at parks in town and only gets worse during Mazeppa Daze.

Please be courteous and have safety in mind when parking. Respect people's property, but leave clearance so that emergency response vehicles can pass on the streets if needed.

Have a safe and enjoyable Independence Day and be sure to enjoy upcoming Mazeppa Daze facilities.



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1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
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64						65	66			67				68
69						70				71				
72						73				74				

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- © StatePoint Media
- THEME: DECLARATION OF INDEPENDENCE
- ACROSS
1. Last name behind Waldorf Astoria

6. Hawaiian flower garland

9. What beanstalk did

13. Pack animal

14. Charged particle

15. Lacking guile

16. Lumen per square meter, pl.

17. Crime scene evidence, acr.

18. Roast host

19. *Unalienable ones in the Declaration of Independence

21. *Colony that originally abstained from voting on inde-

23. Baba of "One Thousand and One Nights"

24. Parsley or basil, e.g.

25. Mountain peak

28. *Four Declaration signers were alums of this CT Ivy Lea-

30. Most mature, as in fruit

35. It must go on?

37. Small brook

39. "...to assume among the powers of the ____"

40. Cap and gown accessory

41. Where there's trouble

43. Rani's dress

44. Useful quality

46. Volcano off Sicily coast

47. State on Old Glory

48. Dionysus' follower

50. Dems' opponents

52. Not divisible by two

53. Like certain people's glasses

55. Australia's flightless bird

57. *First Declaration of Independence signer

61. *Self-evident ones

64. Not a minor

65. "____ it or lose it!"

67. Songs for two

69. Formally surrenders land

70. *Last name of the only brothers to both sign the Declara-

71. Last Supper cup

72. "If you only ____!"

73. Boy

74. Item in diary
- DOWN
1. * ____ men are created equal

2. Talk like a drunk

3. Fare ride

4. Opposite of alpha

5. In a foolhardy manner

6. Jar covers

7. Long, long time

8. Stupid or silly

9. Risque

10. Puerto ____

11. ____ and anon

12. 168 hours

15. Rookie

20. Beauty pageant winner's headgear

22. Make a blunder

24. Serfdom, archaically speaking

25. Indian black tea

26. Capital of Tibet

27. One's entourage

29. *Liberty's partner

31. Permission to leave

32. Muse of love poetry

33. Nickname for a certain violin

34. *Certain George, with The

36. *"...in the course of human events..."

38. Like TV's famous ranger

42. Candle shape

45. Fortune teller's deck, pl.

49. Who is Bugs Bunny talking to?

51. Blemish

54. Cranial bones + facial bones

56. Driver's 180

57. Bypass firewall, illegally

58. Yemeni port

59. Classic art subject

60. Ball of yarn

61. Started during the Ryder Cup, e.g.

62. Miami basketballer

63. Cookbook direction

66. Shining one in "America the Beautiful"

68. Sylvester Stallone's nickname

SUDOKU

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

SUDOKU ANSWERS

Y	R	T	N	E		L	A	D		W	M	N	K
L	I	A	V	A		G	R	A		L	E	S	C
S			D	U	E		S	E		T		U	D
	S		H	S		T	R	U		C	O	C	H
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R			S			T	A			E	T		A
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	4			8		3	2	

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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.



MAZEPPA DAZE

JULY 10th-12th, 2026

THURSDAY, JULY 9th

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

FRIDAY, JULY 10th

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

DUSK - FIREWORKS (MINI DISPLAY)



****Presented by The Lions in conjunction with the Fire Dept.****

SATURDAY, JULY 11th

6:00a.m. **PANCAKE BREAKFAST**
8:00a.m. **SOFTBALL TOURNEY**
8:00a.m. **WOMEN'S VOLLEYBALL TOURNEY**
9:30a.m. **5K FUN RUN/WALK**
10a.m.-5p.m. **TRACTOR SHOW**
@ TURBO'S QUICK LANE
11a.m.-3p.m. **KID'S GAMES**
2:00p.m. **DUCK RACES**
2:45p.m. **BINGO**
4p.m.-8p.m. **LIONS BBQ DINNER AT LIONS PARK**
8p.m.-12a.m. **"SMOKIN COYOTES"**
DUSK - FIREWORKS (LARGE DISPLAY)
Drawing for Golf Cart after (Sunday, July 12th rain date)

SUNDAY, JULY 12th

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

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