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SEPTEMBER 3, 2026

Volume 20 • Issue 9

2nd Annual Mazeppa Monster Dash

The Mazeppa Community Trail is hosting its second annual Mazeppa Monster Dash! The Halloween 5K fun walk/run will be held on Sunday, October 11th at the Herb Vik Athletic field in Mazeppa.

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Hemp Maze Open Near Zumbrota

The Hemp Maze is open on Highway 52 between Zumbrota and Pine Island.

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Announcements

• **DONATE YOUR ALUMINUM CANS TO THE MAZEPPA AREA HISTORICAL SOCIETY** - The collection bin is in the Mazeppa Community Center parking lot! THANKS FOR YOUR SUPPORT! LET'S ROLL IN 2026 & preserve our rich History for the present & future!

• **We will be having our fall ATV safety training class for kids ages 10-15 on Sunday Oct. 18 in Goodhue.** This is an online course where they have to do the online training and pass that test before they can come take our class. If you would like to register your kids, please email Paula Wagner at operationpaula@gmail.com. Class size is limited. In Minnesota ATV operators born after July 1, 1987 are required to complete an approved safety course before riding on public lands.

(announcements continued on page 2)

Local Landowners Fight Powerline

On August 22nd owners of the Bleed Heart Floral Farm in rural Mazeppa held a benefit to raise funds for legal fees to fight the proposed 765kV Extra High Voltage transmission line crossing their property. Over one hundred friends, neighbors and concerned individuals gathered for pizza, beer and music at the farm. Live music was provided by local bands, Cook County and Honeymoon Madness.

Bleed Heart Floral Farm & Design is a cut flower farm and floral design studio owned by Tony Lenz and Allie Kuppenbender. Situated on fourteen acres, BHF is nestled in the Zumbro River Valley just outside of Mazeppa, MN. During the growing season

here in Minnesota, they offer locally grown and seasonally available flora wholesale to floral designers, and retail via a weekly bouquet subscription, bulk buckets for DIY customers, and wedding & event design work. They service Rochester, the Twin Cities, and the Mississippi River Valley.

The 765KV Extra High Voltage power transmission line is proposed to pass through their farm and the 250' wide easement would completely wipe out their growing area and existing perennials planted on the farm. The easement area cannot be used for growing crops such as Christmas trees or buildings.

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Chuck Schwartau Named to NACAA Hall of Fame



Hall of Fame Presentation: JJ Jones, NACAA President, Chuck Schwartau, Carol Schwartau

At the 2026 national meeting of the National Association of County Agricultural Agents (NACAA) Chuck Schwartau, Goodhue, MN, was one of four members nationwide named to the association's Hall of Fame.

During his 38 years with University of MN Extension, Chuck served various roles. For about 15 years, Chuck was one of the few Extension Educators in the country who focused on dairy labor management. As a result, Chuck has been an invited speaker at several regional, national, and international conferences and written articles and recurring columns in over a dozen ag publications in the U.S. and other countries.

(continued on page 7)

2026 Wabasha County Farm Family of the Year



The Jostock family farm was established in 1942 when Robert and Audrey Jostock began raising dairy cows and operating a farrow-to-finish hog operation on 200 acres overlooking the Zumbro River near Hammond.

(continued on page 6)

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Celebrating Milestones



By Pastor Colleen Hoeft

A lot of Pastors have terrible Sunday afters... Mondays can be very discouraging day for a pastor. I've had those Mondays when I've felt like a failure- and question if God chose the right pastor for this ministry.

On the other hand, Monday can be a day to continue to celebrate an important weekend

and just soak in the wonder and glory that God displayed in His church on Sunday.

This weekend at our church marked a significant milestone. A milestone, according to Miriam webster is: "an important point in the progress or development of something: a very important event." South Troy Church celebrated an important point in the progress of something great that God is doing. South Troy church celebrated 170 years of ministry this past weekend.

God showed up in so many ways- this pastor, has been overwhelmed with emotion and thanksgiving yet today at all the God things she experienced! Celebrating milestones is important to God too. God instituted festivals and times of celebration throughout the Old Testament; the Feast of Booths, Passover, and harvest festivals. We in the church seem to struggle with celebrating milestones in our churches. The feast of booths was for 7 days! Passover was a weeklong as well. Actually, most of the festivals in the Old Testament lasted for a week.

All the people were to come together and remember the graciousness of God towards them and celebrate His continued goodness, forgiveness and remember their history. They were to remember the past and look to the future.

For example- the festival of booths or shelters was to remember their time in the wilderness when they lived in temporary shelters and worshiped at the Tabernacle Tent that went with them wherever they went.

For me, I like history- and with this past weekend I was amazed at what it truly means to be a part of something that has been around for 170 years! South Troy began in

two small schoolhouses with two congregations in 1856. That was before the civil war and even before Minnesota was a state! In 1880 it was determined that they needed a building and one was purchased for \$1000.00 and moved onto its present location in 1882 What an undertaking!

Since that time there have been many changes, many ups and downs, many triumphs and many failures too. We see that in every congregation that has been around for any amount of time. Life changes and churches experience change too. As long as the Word of God is preached, the foundation of our faith, as Jesus followers, never changes. Some things seem to come full circle. I found it interesting in our history, that a pastor in 1898, was active in the temperance movement in the United States. And now over 150 years later this same church has a Celebrate Recovery; helping people find healing from their hurts, hang-ups and habits.

Sunday we heard many testimonies from people young and old that had experienced God's grace, redemption and power in their lives. We heard from those that went to church behind a sleigh and a team of horses, another recounted their old car with holes in the floorboard- and how their families made going to church a priority; no matter what the weather and inconvenience. It was amazing to hear their stories of God's faithfulness to them, which began through the ministry of the church. These stories not only encouraged the older folks, but young people were encouraged and felt like they too were a part of something that God is blessing.

Our stories of faith are important. David

shared that in Psalm 40:3-5, "He (God) has given me a new song to sing, a hymn of praise to our God. Many will see what He has done and be amazed. They will put their trust in the Lord. . . If I tried to recite all your wonderful deeds, I would never come to the end of them!"

This isn't only about the history of one church- this goes for of the 'church' universal. Our faith history is important to remember and celebrate. When we celebrate all that God has done in our lives and in our churches; we are giving God the glory! Each story we hear encourages us. When we are sharing our story with others it will encourage them in their faith journey. You and I are to remember all that the Lord has done and celebrate! We have a 'new song to sing'- Sing it out!

Announcements

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

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

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Bellechester, Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon, Wabasha and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. Please contact Three Rivers at 507-316-0610 or email: oas@threeriverscap.org

*Do you have an announcement?
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TRINITY LINCOLN LUTHERAN CHURCH

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

ST. PETER AND PAUL CATHOLIC CHURCH

222 1st Ave S., Mazeppa • 507-843-3885
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.

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

IMMANUEL LUTHERAN CHURCH (POTSDAM)

Pastor Dean Zemple • 754 Highway 210 NE, Light, 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
FALL SCHEDULE BEGINS SEPTEMBER 13.
Sunday mornings: 8:30a.m. Contemporary Worship Service & on Facebook; 9:30a.m. Sunday School; 10:30a.m. Traditional Worship Service & on Facebook
Wednesday Evenings: 6:15p.m. Confirmation; 6:15p.m. Worship & on Facebook; 7:00p.m. Adult Study

AREA CHURCH DIRECTORY

The Heart Command

I would not have known what coveting really was if the law had not said, "You shall not covet." — Romans 7:7

Most people agree that the commandments we have been discussing lately—about promoting justice, honesty, respect for others and their property, and more—offer clear, practical boundaries for living together in society. Guidelines like these are found in all kinds of societies around the world.

We might even think, like many of God's people in ancient Israel did, that keeping these commands is possible. But the law doesn't satisfy God's requirements for our hearts. The apostle Paul painfully realized this when he wrestled with the darkness in his own heart. Though he thought he had been able to keep these commandments through his actions, he was cut to the heart when he read, "You shall not covet." God commands that we show love not only through our actions but also with our hearts. By this standard, we are all guilty of failing to love others.

Thankfully, our heart problem can be solved. "While we were still sinners," Paul writes in Romans 5:8, "Christ died for us." Jesus is the only one who could ever satisfy the demands of God's law for perfect obedience and love. And since we are forgiven through Jesus' sacrifice for our sake, the Holy Spirit gives us new hearts directed toward loving God and our neighbors.

Our new life in Christ moves us beyond mere outward obedience. By trusting Jesus, our restless hearts find true satisfaction in him alone, so that we can truly love others.

Jesus, thank you for rescuing us. By your Spirit, fill our hearts so that we can love others as you have loved us. Amen.

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

UNITED METHODIST CHURCH

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

ZUMBRO COMMUNITY CHURCH

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

SOUTH TROY WESLEYAN CHURCH

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

ST. JOHN'S LUTHERAN CHURCH

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

ST. JOHN'S MAZEPPA

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

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South Troy Church Ice Cream Social and Sunday Morning Celebration



KIDS

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Janice “Jan” Rose (Jansen) McDonough

Janice “Jan” Rose (Jansen) McDonough, 84, of Mazeppa, MN, passed away unexpectedly on August 8, 2026, at her home. She was born April 13, 1942, in Chili, WI and was the 7th child of 9. Her Father operated a Bucyrus Erie dragline digging ditches around SE WI and northern MN, so the family moved often to new job sites. Her Mother raised the kids and worked in many kitchens along the way being known for her delicious bakery items.

Jan moved from Gully, MN to find work and be near her older sister Carol and her family in the Minneapolis/St. Paul area where she met George Beckman. They married, had 3 kids and shortly after the marriage was annulled.

Later the family moved to Rochester, MN to be near her younger sister Ruth and her family and took a job with IBM. She married Howard McDonough in 1983, who owned Mac’s Park Place Campground in Mazeppa,

MN. She worked at IBM and retired after 23 years to work side by side with Howard at Mac’s. The family had several holiday dinners, weddings, and other gatherings at Mac’s because Jan and Howard couldn’t get away and it was large enough for everyone.

Jan and Howard enjoyed spending winters in Donna, TX at Palm Shadows Resort, a tradition they continued for 16 years. She regularly attended Pax Christi Church in Rochester, MN and was the instigator of several family gatherings. She kept her mother’s recipes alive through her cooking and baking. She enjoyed casinos, pull tabs, crossword puzzles, reading and collecting a variety of yard art.

She is survived by her husband, Howard McDonough; 3 children, Cynthia (Neal) Roberts, Chris Beckman (Margie), and Kevin (Nikki) Beckman; 4 grandchildren, Cami (Koty), Skylar (Brandon), Collin and Ally; 5 soon to be 6 great grandchildren, Dominik, Koty Jr, Louis, Violet, Ronin and Kora Rose.; siblings, Harvey (Ida) Jansen, Carol Brusoe, and Ruth (Pat) Baune; 2 stepsons, Roger McDonough and Pat McDonough; 7 step grandchildren; and 9 step great-grandchildren.

Jan was preceded in death by her parents,

Evelyn and George Jansen; and 5 siblings.

Jan and Howard love animals and have had several dogs that got to spend the later part of their lives with them. Bailey just passed a few days before Jan did and that may have been what broke her heart.

In lieu of flowers the family is requesting

donations to Paws and Claws, 3224 19th Street NW, Rochester, MN 55901.

A memorial service took place on Thursday, August 13, 2026 at 2:00 p.m. at Mahn Funeral Home, 1475 Jefferson Drive, Zumbrota, MN. Father Shawn Haremza presided. Burial will be held at a later date.



Dolly Parton

"Global icon and humanitarian, Dolly Parton, known to the world as a beloved singer, songwriter, philanthropist, actress, playwright, and author died peacefully August 25, 2026 in Nashville, Tennessee. She was 80 years old.



Dolly is preceded in death by her beloved husband of 59 years Carl Thomas Dean (1942 – 2025), her mother Avie Lee Caroline Owens (1923 – 2003), and father, Robert Lee Parton, Sr. (1921 – 2000).

A rhinestone life that shone bright enough for the world to see, Dolly will forever stand as an inspiration not only through her timeless music and prolific songwriting, but also her wit, warmth, and kindness that made us all feel like family. Dolly Parton’s legacy is one of love, compas-

sion, and resilience. With a seven-decade career, she inspired multiple generations of artists and fans with her music and an unwavering commitment to making the world a better place. Her songs will continue to resonate with people of all ages, and her philanthropic work will have a lasting impact.

At Dolly’s request, a small, private service was held for immediate family. Dolly’s fans and friends from around the world are encouraged to pay tribute to Dolly on social media by tagging @DollyParton or by leaving a message at www.dollyparton.com

In lieu of flowers the family asks for donations to be made to Dolly Parton’s Imagination Library at www.imaginationlibrary.com"

Credit: Dolly Parton Social Media

2nd Annual Mazeppa Monster Dash

(continued from page 1)

Several new events are planned for this year including a new and improved route! Additionally, there will be face painting, drinks, food, pumpkin decorating, a costume contest and games for the everyone. Several local vendors are participating in the event this year and Halloween Bingo has been added to the list of events, sure to be fun.

What a great way to spend a Sunday afternoon with family and friends.

Registration is currently open-- be sure to register prior to September 16th to guarantee a shirt. The cost is \$30 per participant. Participants registering after September 16th or on the day of the race are welcome.

The days events will begin at 1:00 with check-in, the walk/run starts at 2:00 and other family fun activities will start immediately after the 5K. The event will end at 5PM or until supplies run out.

To register you can find us at the website listed below or by scanning the QR code below which will take you directly to the electronic form. Checks can be mailed or dropped off at Mazeppa City Hall.

[Http://Mazeppatrailconnections.com](http://Mazeppatrailconnections.com)



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A FUN WAY TO PARTICIPATE IN YOUR COMMUNITY!



2027 MAZEPPA COMMUNITY CALENDAR
Let the Community Help You Celebrate Your Special Days!

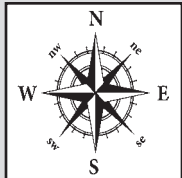
The Mazeppa Trail Committee is excited to launch a community calendar to help raise funds for the Mazeppa Trails Project. Your participation helps create a safer, healthier, and more connected community for generations to come and adds a little fun to your special days! Only \$1 per entry gets your birthday or anniversary listed in the calendar. *Calendars will be available for purchase in November. Deadline to include dates is October 9, 2026.*

Name _____	Date _____	☐ BIRTHDAY ☐ ANNIVERSARY ENCLOSE \$1.00
Name _____	Date _____	☐ BIRTHDAY ☐ ANNIVERSARY ENCLOSE \$1.00
Name _____	Date _____	☐ BIRTHDAY ☐ ANNIVERSARY ENCLOSE \$1.00
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Submitter's Contact Info (if questions) _____ TOTAL ENCLOSED \$ _____

PLACE SLIP & MONEY IN ENVELOPE MARKED COMMUNITY CALENDAR AND DROP OFF AT CITY HALL

Changes in Latitudes, Changes in Attitudes Observations in a Hospital Cafeteria



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.

A year ago, I had an hour to pass waiting for someone at St. Mary's Hospital. I was looking for something to do while they had a test and took the occasion to walk to the patient and visitor cafeteria for lunch. As I sat there with my sandwich and a drink I observed others in the room. It was a rather sobering hour of reflection. A hospital does not catch you at the best in your day.

A family with three teenage kids was sitting

by the wall. They were all focused on talking and eating and sort of ignoring the one child, a boy in his late teens. He just sat there lost in thought not touching his food. The rest seem oblivious to his plight. I sensed that his mind was in a much darker place than his family was aware of. A young person should be filled with plans and dreams of the future and not staring down the dark tunnel of hopelessness.

A woman in her early thirties was sitting all alone at a small round table. She looked haggard and worried and seemed to be shouldering her sadness all by herself. There was a look of trepidation and fear etched in her face. The whole food thing was more of a distraction than a necessity, one was supposed to do it whether you were hungry or not. At noon you found food and then tried to tell your body to consume it because it was needed. Even if your body didn't want it or was ready to reject it.

A couple that looked to be in their sixties were sitting right behind me. While moving a chair to get more comfortable, the man bumped into me and said he was sorry. Then we struck up a conversation. He had been a working man all his life and a diagnosis had brought him to Rochester. They had exhausted all the remedies that the medical community had to offer, and he was resigned to the fate he was facing. His concern was more of how his wife would fare in the future without him. He didn't show any bitterness or remorse for the health problem that he was facing, but just a practical factual assessment of the situation. What was interesting was that he wanted to talk to me about Jesus. He didn't believe that his life was particularly worth holding on to, but that there was some-

thing better awaiting him. He wanted to be sure his wife was cared for after he was gone and also share the comfort that he felt about where he was going.

The fourth couple sat at a small table to the left of me and I deduced that they were an old farm couple. He wore a seed corn hat and she was in a farm wife's house dress. They were finishing the meal and she was concerned that the extra packets of condiments were not wasted but taken home for a future use. A practical woman, being sure that nothing was wasted even though her body was wasting away from something she had no control of. He was uncomfortable in the surroundings, unsure of what he was going to do without her company in the future and completely helpless in the current situation.

I felt a sense of somberness looking around because I had lived through these age groups



in my life. I had stopped at this cafeteria to pass an hour of time during my busy day and now I was witnessing four lives possibly watching what little time they had left slip through the hour glass of life. It is good to look at others through a different lens and feel empathy for what they may be going through. And take the time and effort to be kind because you never know what their life may actually be like.

A Minnesotan: Pumpkin Spice Monsters



By RosaLin Alcoser

cialty seasonal items coming in pumpkin spice that should not come in pumpkin spice that have been made in recent years. I am happy to report that so far I have not seen any pumpkin spice soap, cat products, or trash bags this year. It could still happen, but it hasn't yet.

I do enjoy pumpkin spice in my coffee or in a baked good. I just rather have it in the fall and not before Labor Day when they come out. However, with that being said I do typically get one when it first comes out to guarantee that I get one from the coffee shop. Since the pumpkin spice monsters exist and it might not still be there when I'm ready to enjoy it in mid September. Once that happens I make a small batch of pumpkin spice syrup at home for coffee and call it a day.

This year I got one from Caribou on the first day it was out. In the middle of August. I walked in at 8 AM on a Thursday and the store was crazy busy with people ordering pumpkin spice coffee drinks in such profuse. To the point that one of the people working behind the counter looked me dead in the eye and said "people gotta have their pumpkin! Pumpkin! Pumpkin! Pumpkin!" with the franticness of someone over run by a title wave of people.

Now all there is for me to do at least, is wait until mid to late September to see if there is any left or if the pumpkin spice monsters have consumed it all before October this year. In which case I will buy a can of pumpkin and make it myself.

The longer I live in the Cities I have become more and more aware of what my husband likes to call the pumpkin spice monsters. A pumpkin spice monster is one who goes crazy for pumpkin spice as soon as it is out and consumes as much as is humanly possible before it goes out for the season or the store runs out.

I have probably noticed this due to the fact that I am now around more coffee shop and large box stores then I was in my younger days. Due to the amount of spe-

LANDS "Through You I See..."

Join us for worship in person or on Facebook.

The fall schedule begins on September 13th.

8:30 Praise Service

9:30 Treat Time

10:30 Traditional Worship

Lands Lutheran Church

16680 Hwy 60 Blvd, Zumbrota MN 55992



Martin's Mums

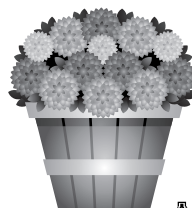
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Farm Girl Chatter Behind the ears, Keeping Cattle in the Landscape

By McKell Lemmerman



There's something about learning life from behind the ears of a horse that you can't learn anywhere else.

There's no steering wheel, gas pedal, or button you can push to make a horse do exactly what you want. You have to learn to

communicate. You have to learn how to feel. You have to learn when to ask and when to simply let the horse do its job.

And then there's cattle.

Working cattle from horseback is an art. It isn't simply sitting in a saddle and steering. You have to understand the horse underneath you and the cattle in front of you. You learn how a cow moves, where they want to go, and how your horse needs to position itself to move them there.

A shift of your weight.

A turn of the reins.

A change in your horse's feet.

Sometimes, it's nothing more than putting yourself in the right place at the right time.

Your body controls the horse, and your horse helps control the cattle.

That is where the magic is.

Ranch rodeos, sorting, penning, cutting, and roping have carried pieces of that old Western way of life into today. The equipment may have changed, and the work may look different, but the partnership between



horse, rider, and cattle remains.

There is grit in it.

There is patience in it.

And there is a whole lot of humility.

A good horse will teach you that you don't know as much as you think you do. A good cow will humble you even faster.

But that's why I keep coming back.

Because horses aren't just about riding. They're about learning a language without words. They're about trusting something with a mind of its own. They're about getting dusty, getting frustrated, making mistakes, climbing back on, and trying again.

They're about carrying forward a piece of the West that could easily be forgotten.

So, as the combines get ready for another harvest and the fields begin to turn, I find myself appreciating both sides of agriculture—the modern machinery that keeps our farms moving forward and the horses that remind us where we came from.

Maybe that's why, when someone asks me "Why horses?", I don't have just one answer.

Because no matter how much the world changes, there will always be something worth learning in the saddle.

2026 Wabasha County Farm Family of the Year

(continued from page 1)

In 1991, their son, Edwin, and his wife, Lynn, purchased the farm while raising their four children, Katie, Samantha, Alan and Rebecca. In 2015, they sold the dairy herd and transitioned to a crossbred beef herd with a focus on Red Angus cattle.

Today, Alan and his wife Betsy represent the third generation on the Jostock farm. Their daughters, Gracelyn and Alexa, are also involved in the operation. The family manages a 60-head cow-calf herd, finishing all steers hormone-free and raising their own replacement heifers.

The family also operate a 25-sow farrow-to-finish hog enterprise focused on Berkshire and Duroc genetics, raising hogs humanely and sustainably without hormones or antibiotics. Approximately 30% of their beef is sold directly to customers.

The Jostocks farm 250 acres of corn, soybeans, oats, barley and hay, utilizing no-till practices and cover crops on some acres. They have diversified in recent years by adding pumpkins, squash, popcorn and 80 laying hens, with eggs marketed directly to customers. In 2025, they were honored as the Wabasha County Conservationists of the Year.

The family is deeply engaged in their community. Edwin and Lynn previously served on the board of directors for the Minnesota Milk Producers Association. Edwin currently serves as chair of the Zumbro Township Board, president of the Wabasha County Minnesota Farmers Union and treasurer of the Wabasha County Pork Producers. He is also a past advisor for the Riverland Community College Farm Business Management Program. Lynn served as president of the Plainview Milk Products board and was a key leader for her children's 4-H clubs. The family are members of the Wabasha Cattlemen's Association.

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Chuck Schwartau Named to NACAA Hall of Fame

(continued from page 1)

He was instrumental in developing the Farm Beginnings® program to help young farmers get started with practical knowledge of ag production and management (utilized now by at least fourteen states).

Use of tools he helped develop to assess a dairy's management, grew into the MN Dairy Initiative. Chuck organized more than fifty dairy farm advisory teams in his region, and he helped write and teach an extensive 12-hour dairy labor management curriculum.

Chuck's survey of all Minnesota dairies with over 150 cows was instrumental in developing labor management programs.

Chuck wrote and delivered a farm safety program emphasizing dairy farms and worked

with University of Wisconsin-River Falls on a similar program for Wisconsin. The program was delivered to over two hundred farm units and morphed into a similar program for pork producers and certified custom manure applicators.

Chuck also wrote parts of a UMN beef correspondence course, reaching four Midwestern States, and conducted extensive research among dairy farm families in a four-county area about stresses on the dairy farm. He also worked with farm mediation, managing initiation of over two hundred requests for mediation by creditors and following through with over one hundred farms that requested mediation.

Chuck was a NACAA National Search for Excellence presenter four times, and had 3 National finalists, 6 Regional finalists, and forty-four state-winning communications entries.

Chuck's service to NACAA is extensive, serving as the National Treasurer, NC-Regional Director, NC Region and National Communications Committee Chair, NACAA representative to the Education Foundation Board of Trustees, NACAA Education Foundation Trustee (currently), NACAA representative and NACAA program chair for JCEP's Galaxy III, and Chair of Joint Council of Extension Professional's Galaxy IV in Pitts-



Chuck Schwartau speaking to NACAA banquet following Hall of Fame presentation

burg, PA (2013). He served as President of Minnesota Association of Extension Ag Professionals, consistently attended NACAA Annual Meeting /Professional Improvement Conferences, and was a NACAA Achievement Award (1989) and Distinguished Service Award (1994) recipient.

Chuck's humanitarian activities are extensive. Of note, Chuck was elected as a lifetime member to the MN State Agricultural Society (MN State Fair), a prestigious honor in recognition of his over 50 years of work with the fair.

He has served on numerous community advisory boards and committees, often in leadership positions. Among those are several terms on the church council for First Lutheran Church, Red Wing, 32 years on the Goodhue County Fair board of directors and over 40 years of multiple positions working at the Minnesota State Fair.

Over his 38-year career with the Extension Service, Chuck served in Dakota, Winona, Wabasha, and Goodhue Counties plus the Rochester Regional Office as a livestock educator and Regional Extension Director.

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Education



WELCOME NEW STAFF TO ZUMBROTA-MAZEPPA PUBLIC SCHOOLS

Courtesy of Z-M Public Schools



MEET CHRIS KIRCHNER

HS VISUAL ARTS

PAST EXPERIENCE
My first teaching assignment was in a small rural community in Northern MN. I taught at a high school art teacher for 7 years at Warren Alverio Dole High School. I then taught in Park Rapids as a middle school and elementary art teacher for 5 years. I'm going into my 13th year of teaching at Zumbrota-Mazeppa Public Schools.

HOBBIES / INTERESTS
I've run a couple marathons in my running career. Crossroads and Fargo. I enjoy hardshell and waterfowl fishing, and going on big fishing trips up into Canada with teacher friends. I like pheasant, waterfowl, turkey and deer hunting in the fall. I have two motorcycles and enjoy touring around the Midwest. This summer I completed my first Saddle Soar 1000 - a motorcycle challenge of doing 1000 miles in 24 hours. I drove my Goldwing to Omaha, NE, Des Moines, IA, and back to Northern MN. I ended up riding 1050 miles in 173 hours.

FUN FACT
I still change my opinion on my cars. I don't do it to save money, I just hate the inconvenience of scheduling an appointment.

LOOKING AHEAD
I'm excited to be part of this wonderful community and create a thriving visual arts culture at the high school. I look forward to meeting students, parents, staff and community members.

#COUGARPRIDE

Not Pictured:

New Para's - Jennifer Jeanson and Becky Aarsvold

MEET OUR New Staff!



TALON KRUMMEL-WALTER

8-12 BAND TEACHER

We're so glad YOU'RE HERE!

#COUGARPRIDE

WELCOME TO ZUMBROTA-MAZEPPA PUBLIC SCHOOLS!

PAST EXPERIENCE
Long-Term Sub for band in Waconia and White Bear Lake.

CONNECTIONS TO ZM SCHOOLS
Prior to my interview I have never been to Zumbrota or Mazeppa. However, I have since learned that I have extended family here so I am excited to meet them soon!

FUN FACT
I have lots of pets! You name it; dog, cat, fish, hamster, bunny, snake, tarantula, gecko, I've probably had it.

LOOKING AHEAD
I'm so excited to form connections with students and get to know this great band program! Pep band is really fun so I am looking forward to that as well!

Meet Monique Goins

SPECIAL EDUCATION TEACHER



What is your position/role/title at ZM schools?
Special Education Teacher

What is your past employment in a similar role or is this a new role for you?
My previous position was at KW. This is going to be a new role for me.

What do you like to do outside of work? Hobbies / Interests?
I just bought a house in Zumbrota, and I am very excited about joining this community.

What is one non-teaching/education related fun fact about yourself?
In my free time I love to spend time with family and friends and doing things outdoors.

Looking ahead, what are you most excited about for this upcoming school year?
Building relationships with my students and colleagues.

#COUGARPRIDE

Meet TYLER UPHAM

ELEMENTARY & MIDDLE SCHOOL BAND TEACHER



PAST EXPERIENCE:
I have experience with middle and high school band at Kasson-Mantorville. I also have experience with elementary general music which I had the most fun with!

CONNECTION TO ZM:
I don't have any previous connection to ZM, which makes this an exciting new chapter in my life. I'm looking forward to being in a new environment and getting to know and work with so many amazing people.

FUN FACT:
I play disc golf, traditional golf, pickleball, and bowl in leagues and tournaments. I'm also a huge Marvel fan!

LOOKING FORWARD TO:
I'm most looking forward to meeting new people, building relationships with them, and watching my students grow!

#Cougarpride

ZM MEET OUR NEW STAFF!



ALICIA LAMPHEAR-WILLETTE

SOCIAL WORKER

I'M EXCITED TO BE PART OF THE ZM COMMUNITY!

PAST EMPLOYMENT
I was a school social worker for Rochester & Pine Island Public Schools.

OUTSIDE OF WORK
Spending time with my kiddos, exploring new places, enjoying the outdoors during all MN seasons! Ice fishing is the best :)

FUN FACT
Camping! I love to camp at county, state & national parks.

LOOKING AHEAD
I am most excited about the opportunity to get to know and connect with students, staff, families and our community this upcoming school year.

#COUGARPRIDE

ZM

JONAH JOHNSON

8TH/9TH GRADE SCIENCE TEACHER



PAST EMPLOYMENT
This is my first teaching position out of college.

OUTSIDE OF WORK
Playing sports (football, basketball, baseball) and listening to lots of music.

FUN FACT
I am a diehard Detroit Lions fan!

LOOKING AHEAD
Building positive relationships with students and families and becoming part of the ZM community.

#COUGARPRIDE

MEET OUR NEW STAFF!



GABI BENIAK

SPECIAL EDUCATION TEACHER AT ZUMBROTA MAZEPPA ELEMENTARY

PAST EMPLOYMENT
I worked as a special education teacher in the Alexandria Area School District the last five years. Previous to Alexandria, I taught special education in the Seattle area.

OUTSIDE OF WORK
I enjoy spending time with my family, running, cooking, and reading.

FUN FACT
I have two boys who will be entering kindergarten and second grade at Zumbrota Mazeppa Primary School.

LOOKING AHEAD
I'm looking forward to building positive relationships with students, staff, and the community.

"I'M EXCITED TO BE PART OF THE ZM COMMUNITY!"

#COUGARPRIDE

Page 9

Local
Landowners
Fight
Powerline
(continued from page 1)

Also, the electro-magnetic field generated by the Extra High Voltage transmission line has potential health risks, especially to children. The survival of their business and health concerns have them fighting to protect their property.

The 765kV transmission lines carries, 6x the energy as the 315kV transmission lines currently in the Highway 52 corridor. The 765kV EHV transmission line is carrying power from South Dakota to Wisconsin. It starts down the I-90 corridor but turns and heads north, skirting Rochester passing Mazeppa and heading into Pine Island. This coincides with the location of the proposed Data Center in Pine Island which has been in the news in the past year.

Their concerns are for the future of their business as well and destruction of their livelihood and value of their property. A 765 kV high-voltage transmission line produces extremely low-frequency (ELF) electromagnetic fields (EMFs) and, in overhead configurations, audible corona discharge. While regulatory bodies like the U.S.

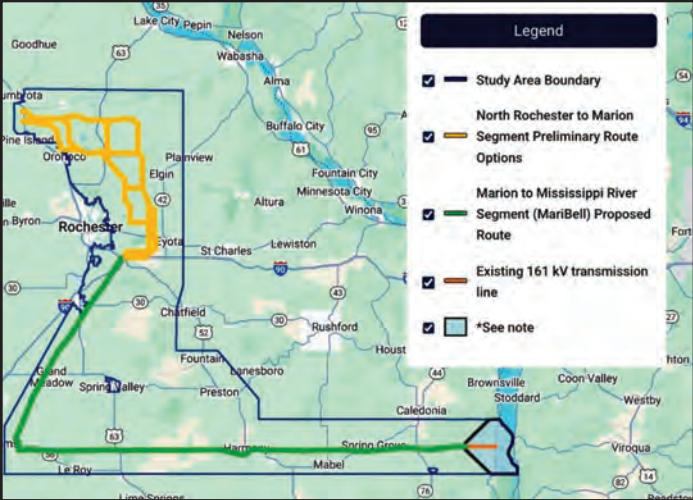
EPA and ICNIRP set exposure limits, some experts and medical professionals have raised concerns about possible health and environmental impacts.

Electromagnetic Field (EMF) Exposure Risks include Childhood leukemia: The International Agency for Research on Cancer (IARC) classifies ELF magnetic fields as possibly carcinogenic to humans, with some studies showing a statistical association between long-term exposure above ~0.3–0.4 μT (3–4 mG) and a higher risk of childhood leukemia. Some epidemiological studies suggest possible links to other cancers, but evidence is less consistent

Neurological effects, reports include sleep disturbances, headaches, and possible contributions to neurodegenerative diseases like Alzheimer’s, though causality is not proven. Research indicates chronic EMF exposure may cause cellular stress and oxidative damage

Corona Discharge and Acoustic Effects. Overhead 765 kV lines can produce continuous corona discharge, especially in wet or humid conditions, generating a low-frequency hum (around 120 Hz) and audible crackling. This “acoustic trespass” can penetrate walls and affect sleep, potentially disrupting brain waste-clearance cycles. Some medical experts, such as the cardiologist in the Minnesota case, argue that the energy from corona discharge can perform “mechanical work” on tissues, though this is not supported by mainstream physics or medical consensus.

Environmental Impacts on Wildlife: EMFs



rupting brain waste-clearance cycles. Some medical experts, such as the cardiologist in the Minnesota case, argue that the energy from corona discharge can perform “mechanical work” on tissues, though this is not supported by mainstream physics or medical consensus.

Environmental Impacts on Wildlife: EMFs

and corona discharge can interfere with navigation, foraging, and reproduction in birds, bees, and other pollinators. Some studies report altered growth or stress responses in plants near high-voltage lines

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Hemp Maze Open Near Zumbrota

(continued from page 1)

The address is 47385 Hwy 52 Blvd, Zumbrota. The Hemp Maze is a fun walk through a field of hemp, much of which is ten feet tall. They get the plants to grow that tall by adding supplemental lighting during two months during the summer to trick the plant into continual growing. Lights on photosensitive plants keep the plants from maturing. This in turn keeps the plants focusing on growth. These fiber plants will grow 12-15 feet tall by the end of September. It takes at least ten minutes to navigate the hemp maze. There is also 13 hole disc golf course. Pet are welcome if kept on leash. The maze paths were cut in prior to the August 22nd open, and the cut plants are left laying on the path to provide material to walk on. The store on the farm sells and promotes a variety of hemp products.

Hemp is the oldest agricultural crop on our planet, one that has long been used by a number of great civilizations. It is misunderstood and almost always mistaken for cannabis. In a quote from an article published in Popular Mechanics in 1938: "American farmers are promised a new cash crop and it will provide thousands of jobs for American workers throughout the land." Hemp was

once claimed the New Billion-Dollar Crop. With such an extremely wide range of potential applications. Still, it took the government not even a year after this publication to pass harsh restrictions on cannabis and hemp that essentially buried the entire industry down in the ground. For almost a century, hemp has been forgotten and stigmatized due to the sea of misconceptions spread by the Reefer Madness propaganda.

Hemp is one of the oldest crops cultivated by humans. It was once praised for having thousands of different applications. Considering that, it seems beyond reason that it didn't even take 100 years for hemp and marijuana opponents to completely destroy the agricultural heritage of the United States. Fortunately, with the passing of the Industrial Hemp Act in 2014 (also known as the Farm Bill), U.S. farmers have been granted the right to cultivate hemp again in the country after 77 years of harsh prohibition. As the awareness and U.S. hemp supplies continue to grow, the plant will, sooner or later, cause the snowball effect, and innovation will only go further.

Today, the vast majority of people assume that hemp is the same thing as marijuana. While these two are, indeed, connected, they are distinct cousins. Sadly, modern society has never got the chance to experience the incredible benefits that come with using hemp. Fortunately, as times are changing, more and more people become aware of how hemp can improve the quality of our lives.

During World War II, the US government was in great need of more raw material to make solid, durable ropes. This material had been severely limited during their battle with

Japan. This is when the government came up with a campaign named "Hemp For Victory", encouraging US farmers to start cultivating hemp to support the United States in the war. The United States Department of Agriculture (USDA) even promoted a public commercial to underline the benefits of hemp as an industrial material.

There is a huge promise in using hemp for building homes in the future. Hemp concrete, or hempcrete, offers plenty of benefits, including amazing thermodynamic insulation, being hypoallergenic, and absorbing CO2 as it ages. As a result, hempcrete becomes stronger over time, unlike mainstream materials, let alone the reduction of your carbon footprint.

When it comes to durability and construction, hempcrete homes produce zero construction waste. It turns out even more huge when you consider that 55% of the world's energy consumption is associated with construction waste.

Unlike other cars, you don't need to buy a new vehicle to start using hemp biofuel, because it can be used in cars that used to run on regular oil. Thomas B. Reed, a chemical engineer at Colorado School of Mines, has stated that an acre of hemp can produce as much as a thousand gallons of gasoline. It's no wonder that the industry experts estimate that this sustainable fuel will sooner or later put regular oil out of business.

Hemp is actually a decent clothing material, superior to its counterparts in almost every aspect? Hemp is more porous and breathable. Even materials like cotton won't let your skin breathe as easily as hemp. Hemp excels at durability. Hemp fiber is the most durable of



all plants. Hemp-made clothes tend to last much longer than their counterparts. Hemp is eco-friendly and sustainable. As much as we prefer cotton over other mainstream clothing materials, we cannot be indifferent towards its water insensitivity. It requires 50% more water to grow than hemp, not to mention that it uses 25% of the world's pesticides. Hemp, on the other hand, requires no use of pesticides.

The popularity of hemp seeds has been well deserved by their nutritional value. Commonly used by vegetarians and athletes, hemp seeds are often mentioned among chia and flax as superfoods. Eating hemp seeds comes with the following health benefits:

Hemp seed flour is gluten-free, packed with nutrients, and serves as a superior source of energy. The flour contains 33% protein and is second to soy in terms of protein content. Moreover, the protein that comes from hemp seed flower is more easily digested by the body, making it perfect for those with dairy, gluten, wheat, or nut allergies.

Hemp extracts consist of cannabinoids found in the leaves of hemp.

(continued on page 13)

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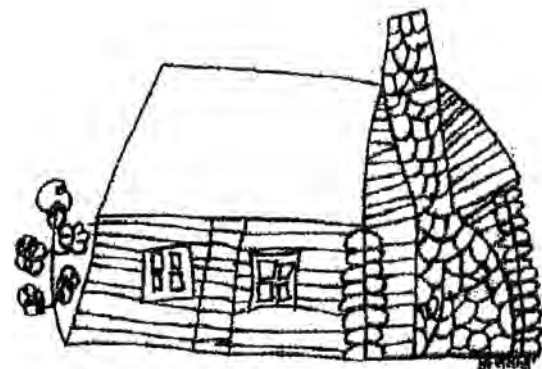
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An Inconvenient Study



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Science is a powerful tool. A tool can be used for good, or it can be used improperly, which can result in significant harm. True science is the observation of causes and reactions in a controlled setting, or in a setting carefully described to understand probable cause. We have grown up in the age of science. We are familiar with the idea of looking for clues as we watch our favorite detective shows and murder mysteries on TV. However, many of us do not take the time to look for clues ourselves, but we trust others to tell us what the evidence is. There is no shame in asking questions. When evidence is presented, questions should be asked, just like questions are asked in TV shows. When it comes to science and your body, you need to be the one to ask the questions.

Questions have been asked for many years regarding the effectiveness of vaccinations. To evaluate the evidence, the United States government established the Vaccine Adverse Events Reporting System (VAERS) (<https://vaers.hhs.gov/>) in 1990 as a database for reporting adverse events directly related to a vaccination. Since 1990, more than 2.5 million adverse events have been reported.

This number of adverse events certainly justify asking questions, but how to answer those questions is more challenging.

The gold standard, or “ideal” situation, for scientific study is to have a control group and a test group. In asking the question, “Is this vaccine safe to give to a child?” – how do you have a control group and a test group? Would a parent volunteer their child to be the test subject of an untested substance? Typically, the answer is “no.” So, how do we evaluate the safety of a vaccine? Since vaccines have been around for more than 50 years, there are records that can help bring clarity to this question. Those documents are now becoming part of public record.

A new documentary titled “An Inconvenient Study,” (available on YouTube) presents the recent history of an important research project designed to evaluate the safety of childhood vaccinations. The study completed by the Henry Ford Health Systems of Michigan reviewed the health history of 18,000 children. Sixteen thousand were vaccinated and two thousand were unvaccinated. The results showed a 250% increased risk of chronic health problems among vaccinated children compared to unvaccinated children. The complete study was published on the US Senate website by Senator Ron Johnson because the original researchers were not willing to publish the results. This documentary provides access to the resources for each of us to be able to ask more questions.

In a follow-up podcast (<https://www.westonaprice.org/podcast/>) #555, Del Bigtree noted there are additional studies that have been done that show increased risk related to vaccinations. A 2017 science article authored by Mawson evaluated vaccinated vs. unvaccinated children in Mississippi and found increased rates of chronic illness among the vaccinated. Another study authored by Lyons-Weiler in 2020 looked at children in Oregon and those who were vaccinated had more doctor visits and illness compared to those unvaccinated. Another 2020 study authored by Hooker and Miller observed increased risk for asthma, ear infections, or developmental delay with in-

creased number of vaccinations received. Science is providing an answer to the question, “Is this vaccine safe to give to a child?” The answer raises even more questions and a lot of intense emotions.

Another important question to ask is, “What additional ways can I help my child have a strong immune system and be as healthy as possible?” Nutrition is designed to support a healthy body. The immune system cannot do its job without the right vitamins and minerals. A vaccination never provides vitamins and minerals to help the immune system get stronger. When you feed the body what it needs to grow strong and respond quickly, then you will have less illness and chronic disease. While this article focused on the impact of vaccinations on children, the same question must be asked about

vaccinations at any age. There is no shame in asking questions.

As a nutrition specialist, I can help you learn how to strengthen your immune system using the whole foods and vitamins your body needs. Finding the resources for true health can be located right in your local grocery store. Contact me to discuss your health goals for the coming year. A No Charge Consultation is available for you to ask your questions and begin to get some answers. Nutrition is designed for healing. 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.*

Wabasha County Public Health Spotlight School Bus Safety Zone ~ Avoid the Danger Zone

By Tisha Bergner, PHEPC

The thought of a child getting hit by a vehicle as they’re getting on or off the school bus is terrifying. Yet we see it all too often – drivers recklessly passing buses when they’re stopped for students. Legislators updated the school bus stop arm law to close a dangerous loophole.



- Previously, the law required drivers to stop for a bus’s red flashing lights and extended stop arm. Alarming, this could create a situation where some drivers might pass the bus when the lights were flashing but the stop arm wasn’t extended.

- The updated law closes the loophole and improves the safety of children across Minnesota. There’s no more trying to beat the stop arm at the last minute when students are getting on and off the bus.

The updated law is already in effect to improve student safety. When a school bus driver activates the red flashing lights, vehicles MUST stop at least 20 feet away from the school bus, regardless of whether the stop arm is extended or not.

- Drivers cannot always see every part of the road, and children can behave in unpredictable ways. This is why it is necessary to follow all signals from the bus and stop.

- Office of Traffic Safety stop arm camera grants equipped approximately 8,000 school buses with cameras around the state to hold drivers accountable who don’t respect the law.

- Safety of the students must always be the top priority of educators, parents and everyone on the road when a school bus is present.

Drivers, parents and students:

Know the law and follow safety guidelines to prevent potential tragedy.

- Red flashing lights on buses indicate students are either entering or exiting the bus. Motorists must stop at least 20 feet from a school bus that is displaying flashing red lights, regardless of whether the stop arm has been extended. This applies when approaching from behind the bus and from the opposite direction on undivided roads.

- Motorists are not required to stop for a bus if the bus is on the opposite side of a separated roadway (median, etc.) — but they should remain alert for children.

- Motorists should slow down, pay attention and anticipate school children and buses, especially in neighborhoods and school zones.

- The best way to be aware of your surroundings at all times is to put the distractions away.

- When waiting for the bus, be patient, stand back from the road and no running or rowdy behavior.

- When on the bus, stay seated, listen to the driver and use quiet voices.

- When getting off the bus, look to be sure no cars are passing on the shoulder.

- Wait for the bus driver to signal that it’s safe to cross.

- When crossing the street to get on the bus or to go home, make eye contact with motorists before proceeding.

Consequences

- Drivers who violate the law face a \$500 fine.

- Drivers can face criminal charges for passing a school bus on the right, passing when a child is outside the bus, or injuring or killing a child.

So, next time you’re behind the wheel and you see a school bus light up red, don’t inch forward. Don’t try to squeeze by.

JUST STOP!

Those flashing red lights likely mean there’s a child nearby. Maybe they’re paying attention. Maybe they’re not. They’re counting on you, the driver, to do the right thing.

You can find more information and resources on the Minnesota State Patrol's school bus safety page.

Hemp Maze Open Near Zumbrota

(continued from page 12)

CBD, short for Cannabidiol, is one of the better-researched compounds, with a plethora of documented health benefits. The patent held by the US Health and Human Services says:

“Cannabinoids have been found to have antioxidant properties, unrelated to NMDA receptor antagonism. This newfound property makes cannabinoids useful in the treatment and prophylaxis of a wide variety of oxidation-associated diseases, such as ischemic, age-related, inflammatory, and autoimmune diseases. Cannabinoids are found to have particular application as neuroprotectants, for example in limiting neurological damage following ischemic insults, such as stroke and trauma, or in the treatment of neurodegenerative diseases, such as Alzheimer’s disease, Parkinson’s disease, and HIV dementia.”

Using hemp hurds for animal bedding can prove beneficial in many aspects. First of all, hemp is extremely absorbent and it can hold 4 times its own weight, not to mention that it can last much longer than straw or pine bedding. Moreover, hemp bedding doesn’t tend to catch dust, which is great for horses with heart issues. It also prevents the odor better than wood or straw shavings. All animal owners who care about their wellness should consider switching from the aforementioned materials to hemp.

When you clean up your soil with conventional crops, such as soy, corn, or wheat, you need to come to terms with the fact that they will deplete the nutrition of your soil, causing it to dry out and eventually erode. Hemp is much different than its more commonly used counterparts. Its deep roots help stabilize the soil structure, not to mention that they also naturally shade out weeds. Growing 6-16 ft tall in 110 days, hemp can be a natural solution for farmers who don’t want to use costly and toxic herbicides. As the plant absorbs heavy-metal pollutants from soil, it is, slowly but surely, purifying the earth.

Eat Sauerkraut for Good Health!



By Shauna Burshem, D.C.

The Wonders of Sauerkraut: When it comes to supporting your body from the inside out, sauerkraut is one of those humble foods that quietly does a lot of good. Its biggest gift lives in raw, unpasteurized versions, which are loaded with live probiotics. These friendly bacteria help balance your gut flora, and that matters more than most people realize. The fermentation process also breaks down fibers and natural sugars, so your body can absorb nutrients far more easily. Add in the active enzymes that support your gastrointestinal function, and you have a food that genuinely helps digestion run smoothly. On top of that, sauerkraut delivers a solid dose of vitamin C, vitamin K1, and iron, giving your body real

nutritional value with every bite. Since a healthy gut microbiome strengthens your natural barrier against harmful pathogens, this simple fermented cabbage becomes a quiet ally for your immune defenses too. And here is the part I love: it offers plenty of dietary fiber with very few calories, so you get all these benefits without the guilt.

The good news does not stop at digestion and immunity. Sauerkraut contains vitamin K2, which plays a fascinating role in directing calcium into your bones rather than letting it settle into soft arterial tissues, supporting both bone strength and heart wellness. It also delivers antioxidants that help combat cellular damage and reduce inflammation, something anyone focused on holistic health can appreciate. If you want to enjoy the full range of these advantages, reach for the refrigerated, unpasteurized options, since those preserve the live probiotic cultures that pasteurized versions lose. Just keep one thing in mind: fermented cabbage can be high in sodium, so enjoy it thoughtfully as part of your overall wellness routine. A little goes a long way toward feeling your best!

Chiropractic care for neck and back pain:

If you have been living with neck or back pain, you already know how much it can steal from your day. Chiropractic care offers a natural path to relief by focusing on the root of the problem rather than just masking it. When the bones of your spine become stuck or shift out of their proper position, they can irritate nearby nerves and create real discomfort. Through gentle, precise adjustments, a chiropractor helps guide those joints back into alignment. Many patients feel a noticeable difference after just a few visits, and the beauty of it is that your body does much of

the healing on its own once the pressure is eased.

Pain relief is wonderful, but the real gift is getting your life back in motion. When your spine is aligned and your joints move the way they should, everyday activities become easier, whether that is picking up your kids, hitting the gym, or simply turning your head to check your blind spot while driving. Over time, consistent care helps restore mobility and supports long-term function, so you are not just feeling better today but building a stronger foundation for the years ahead. Think of it like tuning an instrument: small, regular adjustments keep everything working in harmony, helping you stay active and comfortable.

What draws so many people to chiropractic

care is that it is a safe, drug-free approach that treats you as a whole person, not just a set of symptoms. Instead of reaching for medication that only covers up the pain, chiropractic focuses on helping your body heal naturally and function at its best. Your care can include posture guidance, stretches, and wellness habits that prevent problems from creeping back in. Suitable for all ages and gentle enough for the whole family, this holistic approach is about more than easing neck and back pain today. It is about supporting your overall wellness and keeping you feeling your best for the long run.

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



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Regular Meeting of the Mazeppa City Council
Meeting Minutes
Wednesday, August 12, 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 Wiebusch, Crystal Hughley, and Steve Liffbrig.

Others Present: City Engineer Matt Mohs from Bolton & Menk, Wabasha County Deputy Sherriff Jason Lorenzen, MLS Manager Todd Ihrke, Charlotte Muenzenberger, City Attorney Luke Lamprecht, Deputy Clerk-Erica Young, and City Administrator-Clerk Karl Nahrgang.

Present via electronic meeting: None.

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

Motion by Hughley, second by Hammes to approve the regular Council meeting minutes for July 8th, 2026, and Special Meeting minutes for July 21st, 2026. All in favor, none opposed. Carried.

Wabasha County Sherriff Jason Lorenzen presented the ICR for the month of July.

City Administrator-Clerk Karl Nahrgang presented the Public Works report.

City Administrator-Clerk Karl Nahrgang presented the Fire Department report.

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

City Engineer Matt Mohs presented the Engineering update.

Motion by Wiebusch, second by Liffbrig to approve WWTP Contractor Pay Application #21 for \$375,865.50. All in favor, none opposed. Carried.

Motion by Hammes, second by Liffbrig to approve WWTP Change Order #6 for

\$31,419.76. All in favor, none opposed. Carried.

Motion by Hughley, second by Wiebusch to approve Street Utility Contractor Pay Application #9 for \$152,582.31. All in favor, none opposed. Carried.

Motion by Hughley, second by Liffbrig to approve Mazeppa Trail Phase 1, Amendment 1 to Task Order #9 for \$1,000. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Hughley to authorize Mayor Chris Hagfors to provide necessary signature on incoming MCC ADA Project Change Order once received. All in favor, none opposed. Carried.

Administrator-Clerk Karl Nahrgang presented the City Hall report.

Motion by Wiebusch, second by Hughley to approve formation of temporary budget finance review committee for 2027 budget. All in favor, none opposed. Carried.

Motion by Liffbrig, second by Hammes to nominate Councilpersons Wiebusch and Hughley for temporary budget review committee. All in favor, none opposed. Carried.

Motion by Wiebusch, second by Liffbrig to approve building permits 26-18-0018, 26-18-0019, and 25-18-0017. All in favor, none opposed. Carried.

Motion by Hughley, second by Liffbrig to set a public hearing on September 9th, 2026, at 6pm to consider variance request for 585

3rd Ave NE. All in favor, none opposed. Carried.

Motion by Hughley, second by Wiebusch to set a public hearing on September 9th, 2026, at 6:30pm to consider Data Center Moratorium/Ordinance 2026-01. All in favor, none opposed. Carried.

City Attorney Luke Lamprecht and City Engineer Matt Mohs updated council on Flood Plain ordinance progress.

Trail Committee 2026 Monster Dash 5k was discussed and will be voted on at September meeting.

Motion by Wiebusch, second by Hammes to approve Resolution 2026-35 Closing a portion of 1st Avenue S for Mazeppa Community Market on August 20th, 2026, from 5pm-8pm. All in favor, none opposed. Carried.

Motion by Hammes, second by Wiebusch to allow Mazeppa American Legion to install flagpole at Herb Vik Park to be located near left field foul pole. All in favor, none opposed. Carried.

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

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

Meeting adjourned at 7:50 PM.

Deputy Clerk

The City of Mazeppa had the opportunity to host the Under Secretary of the Department of Agriculture Glen Smith to tour our Wastewater Treatment Facility project. As a newly sworn official, he is checking out examples of projects that the United States Department of Agriculture funds under its Rural Development program. Our project used a combination of Federal, State, and City funds to pay for this needed infrastructure project. Under Secretary Smith was impressed with the teamwork between State of Minnesota, USDA Rural Development, the City's engineering firm, City staff, and the contractors to bring the project to fruition, and to perform all the necessary work to qualify for grant and loan funds. A small community like Mazeppa would not be able to do such a project without the aid of higher levels of government. Nearly 2/3 of the project will be done with grant funds from the State and Federal Governments.

It is expensive, but this is a facility that will be in place for 50 years. This is an investment in future growth of the City and in protecting the environment. We appreciate the visit from Under Secretary Smith, Representative Steve Jacob and the host of USDA officials touring our project. They had the opportunity to see that the funds are being spent responsibly and see the benefit this brings to our community.

CLERK CHATTER

By Karl Nahrgang
Administrator Clerk,
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Zumbro Falls City Council Meeting - July 8, 2026

The Zumbro Falls City Council met at City Hall at 6PM. Present at the meeting was Mayor Bruce Heitmann, Clerk/Treasurer Blake Hanson, council persons; Sara Anderson and Eric Winters, along with Fire Chief Chirs Conrad. Absent from the meeting was council member Bob Benson. The meeting was called to order by the Mayor.

Clerk read to council the minutes from the May meeting which were accepted as read by a motion from Anderson, seconded Winters, all in favor, carried. The June meeting was canceled and minutes were not read.

Treasurer's report followed with acceptance by a motion from Anderson, seconded Winters, all in favor, carried.

Chief Conrad addressed the council informing that Scott Kennedy was retiring from the department. Conrad passed along results from recent CPR classes held at city hall. Additionally, 4 department members have completed EMR training.

Updates were given by Mayor Heitmann on the upcoming road construction still planned for Water St. later this summer. Banners have been placed around town to fundraise for new ball field lights. The decision was made to continue to use the current town flags for the remainder of 2026 and will look to replace about half of them which are becoming weathered. Discussion took place regarding brush cutting by the bridge and boat landing and quotes are being requested.

The filing window for candidacy is open and the city will be posting 3 positions in the upcoming election this November (Mayor and 2 council seats).

A donation to the city was received in the amount of \$700.00 from the VFW Post 1802 which was intended to help cover the flower pots around town. This donation was accepted by a motion from Anderson, seconded Winters, all in favor carried.

The meeting was adjourned at 7:20 PM with the clerk to pay bills presented by a motion from Winters, seconded Anderson, all in favor, carried.

The next council meeting will take place at 6pm August 19th at City Hall (One week later than normal).

Submitted by Blake Hanson, Clerk

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1. It would
2. Master of ark
3. Buffalo Bill's last name
4. In conflict (2 words)
5. Coach-and-four
6. Type of leaf cabbage, pl.
7. *Reason for Mars' redness
8. Kind of palm
9. Author Murdoch
10. Sandwich with acronym name
12. Snow mover
13. Flash of light
14. *Farthest planet from sun in our Solar System
19. Make awake
22. Opposite of vend
23. Gets ready for a trip
24. Dark
25. Indian restaurant yogurt staple
26. ____ Zhen in "Fist of Fury"
27. *The Solar System spans roughly 1.6 ____-years
28. Uniate church member
29. Impudent
32. ____-friendly
33. *Center of the Solar System
36. *The smallest planet
38. Per ____, or yearly
40. Vigor
41. Approved
44. 4 years for a U.S. President, pl.
46. Daisies
48. Bench in Mexico
49. Larger key on the right
50. Pas in ballet
51. Between trot and gallop
52. Effect of pain?
53. Mussolini, with II
54. Not counterfeit
55. Relaxation location
58. Ornamental pond dweller



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