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OCTOBER, 2023

Volume 21 • Issue 2

Spooktacular Family Fun Night

Courtesy of Randolph School

The Randolph Music Department is hosting a Halloween Spooktacular on Friday, October 27 from 6:00 p.m.-8:00 p.m. for 6th grade and below as one of our fundraisers. Kids do not need to attend Randolph to attend! So bring your friends, grandchildren, children, and any other munchkins you know to this event. We will have many Halloween themed carnival games, a haunted house, Halloween themed bake sale, concession stand, malts, candy, prizes, dancing, bounce houses, and fun! It is going to be SPOOKTACULAR!



Announcements

• **Randolph Food Shelf located at St. Mark's Church 28595 Randolph Blvd.** Monthly Open Hours: 1st Tuesday 8:00 - 9:30 am; 2nd, 3rd, 4th Tuesdays 4:30 - 6:00 pm. Questions call (507) 263-9182.

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

Farm Rescue, Serving Others

By Cheri Roshon

We all have our trials and tribulations as we traverse this experience called Life. Once when I was struggling mightily with issues seeming to be beyond my control, my mother gave me a poem called Don't Quit. I would like to share with you the first few lines, as it pertains to the story at hand.

(continued on page 4)

Pictured to the right: Our volunteers and assisted farm family enjoyed a lovely sunset meal in the field last night, thanks to local Anheuser-Busch distributor - College City Beverage, Inc. of Dundas, MN. It was a great chance to get to know one another, as our crew continued their harvest assistance efforts for this wonderful family operation. Thank you, College City Beverage, for this generous support!



Kyle Volkert



Raymond Sumption



Dustin Seedorf



Joeseph Waldon

New Randolph Hampton Fire District Members

Courtesy of Randolph-Hampton Fire District

Randolph-Hampton Fire District would like you to help us welcome our 4 newest members to the department;

Kyle Volkert on 2/2/2023
Raymond Sumption,
Dustin Seedorf,

Joeseph Waldon on 8/3/2023
Welcome to the Department and a sincere Thank You for your service.

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Do You Hear Me Now?

Do you remember the game of telephone? You get everyone in a circle and whisper a message to the first person and they whisper it to the next and then to the next... and you wait with anticipation to hear what the last person has to say as they repeat what they have heard. Almost always it is different from the message that you began with. Roy T. Bennett says that we should, "Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don't listen to understand. We listen to reply. When we listen with curiosity, we don't listen with the intent to reply. We listen for what's behind the words."

Wouldn't it be great if we could communicate better. We would be able to work together and to accomplish amazing things if we could only understand one another better! Right?! As with so many things, even good things become corrupted and in Genesis 11 we see some great communication among the people of the day; they were planning to build a tower to the heavens. Sadly, we also see the corruption of the mind and culture displayed in that same passage and in their attitudes.

The people saw their capabilities and decided to build a massive structure- a tower- a ziggurat. They wanted to make a tower to God- to become famous- and to keep them united under this new religion. They were using manmade materials, and they were doing it themselves- they hadn't sought God as they had before. In their arrogance and pride, they thought they could get to God on their own terms. They had lost the awe of the

almighty God; they had turned their minds to follow their own version of god and instead were worshipping themselves and their ingenuity. The 'tower' they built was their way of saying we're going to have god on our terms- we are invincible together and we can have god anyway we like- we can even go up to heaven and do it 'our way!'

God created humankind with great intelligence and drive. He also created them with free will- the will to choose to use their gifts and resources in serving and loving Him or in serving themselves. Sadly, by this time in the world, once again the people were all about themselves. God looked at the people and the building and knew it was time to shake things up. Time to disrupt the communication of all the people so that they would struggle to make themselves understood by the others. And with the lack of communication the building stopped- no one understood the other. They dispersed and those that spoke similar languages set off together. God didn't want to destroy them again; He wanted their attention and to protect them from themselves. If they continued the path they were on, they would have left Him totally out of their lives and eventually suffer the consequences of a godless life. (eternity without Him) This happens to us too, when we don't understand each other it is like a huge barrier that prevents us from going any further in our relationships.

So what makes for good communication? If you would like to improve communication in your relationship with God, with people, with others you need to focus on three things:

First, try to understand and communicate your emotions. Unhealthy communication starts with negative thoughts or difficult emotions. Use I words, not you and no finger pointing!!! Solomon wrote, "Kind words are like honey— sweet to the soul and healthy for the body." Proverbs 16:24.

Second, be aware of your inner lens which is responsible for how you decode a message. We all have life experiences that filter what we hear with our ears and minds. Focus on the facts of the message and use questions to clarify whether you understood what the other person was trying to tell you. Paraphrasing is a great tool when you are unsure whether what you have understood is what the other person was trying to say. Simply use your own words to summarize how you understood the message.

And third, listening is a better skill to practice than talking. God gave us two ears and one mouth—"nough said! James wrote, "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry." James 1:19.

The people of Babel weren't communicating with God anymore, they were trying to find a short cut to god. They could communicate well with each other but had totally missed communicating with the one who loved them more than anyone else and the one that created them and gave them life. For those in that day- they had lost touch and their communication lines were down with God. He was there- but they had no interest in speaking to Him or in listening to Him.

Today we too need to be reminded that there is only one way to God and that is through a relationship with Jesus Christ.

Jesus said, I am the way, the truth, and the life and no one comes to the father except through me." Jesus spent time in prayer each day with His Father God and He was our example of daily communication with God too.

We listen to God through the reading of His Word, going to church, growing with other believers in small groups. Before anything else- to hear God, we must have a relationship with Him. We can be honest with Him and we need to spend time- not just in passing, not just the leftovers at the end of the week- but quality communication. You may need to set aside time to read the Bible and pray and listen. When we pray God hears us. When we are following Him, He hears us. When we give Him our undivided attention- He is there.

God is reaching out to you, "Come, let's talk this over, says the Lord; no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool!" Isaiah 1:18.

It's time you learned to communicate, with God and with the people in your life. God gave you and I the gift of language and relationship. God calls us to communicate with people so that we will be able to share with them more accurately the truth of God, who He is and that He is for them. The reception is clear and open to all— God always hears you. Can you hear Him now?

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Place your ad in the next issue of the Randolph-Hampton-Castle Rock Messenger.

Call Terry at 507-951-7417 or email:

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RANDOLPH BAPTIST CHURCH

29020 Dawson Avenue in the heart of Randolph (adjacent to Randolph Public School grounds).

Sunday School 9:00a.m.

(children, teen, and adult classes)

Sunday Worship 10:00a.m.

Jesus and Me (JAM) Kids Club 3:00-5:00p.m. first and second Wednesday of the school month.

Pastor Dennis Ingolfsland

Questions? Call church office 507-663-1437

CHRIST UMC

Rev. Thomas Countryman
29470 Gaylord Ave., Cannon Falls
507-757-8043

www.christunitedmethodist.org

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Sunday School 8:30a.m.

STANTON UMC

Reverend Thomas Countryman
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www.stantonunitedmethodist.org

Sunday Worship at 10:15a.m.

Email your church announcements, schedule, etc. to the Randolph-Hampton-Castle Rock Messenger at: hometownmessenger@gmail.com

AREA CHURCH DIRECTORY

Moses and Monsters

"I [Wisdom] was there . . . when [God] gave the sea its boundary so the waters would not overstep his command." — Proverbs 8:27-29

Historically Moses, directed by God, is understood to be the writer of the first five books of the Bible. Growing up as part of the royal family in Egypt, Moses (a Hebrew child adopted by the king's daughter—Exodus 2) would have been taught many myths about the origin of the world. An old Mesopotamian myth, for example, held that Marduk, a warrior god, fought against Tiamat, a monster ruling the chaotic sea. Marduk defeated Tiamat and brought order out of chaos.

Now, let's look at Genesis 1 again. We see powerful waters, but they are not described as a god or a monster; they are simply a part of the world God is creating. God tells the waters where they can go and where they cannot go. (See also Proverbs 8:12-31.) Moses shows that the true God is in control of all things.

In myths about creation there is always uncertainty about whether a people's gods can hold back the forces of chaos. The ancient Egyptians, for example, believed that their sun god Ra had to descend into the underworld every night to defeat the great serpent Apophis, or else the ordered world would be destroyed.

But in the Genesis story, God creates and makes peace not through battle but with a word. No other force or would-be god is there; creation has only one true Lord.

Lord and God, we praise you that no force in heaven or on earth has power over you, and that you hold all things in your hands. Amen.

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ST. MARK'S LUTHERAN CHURCH

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Pastor Lue Moua

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10:15 a.m. Sunday School

Questions? Call 507-645-0042

Vang Lutheran Church Receives Grant for Crucial Building Restoration

Dennison, Minn – Vang Lutheran Church, of rural Dennison, Minnesota, is pleased to announce on October, 16 2023 the congregation has been awarded a competitive matching fund grant for \$100,000 from Partners for Sacred Places in collaboration with the National Trust for Historic Preservation to complete repairs to the structure of ornate wooden steeple and bell tower that has suffered from water infiltration damage.

For over 160 years, Vang Lutheran Church has been at the center of community and service. “We are a church with a proud past, a vibrant present, and a hopeful future,” says Pastor Paul Graham.

Vang Church was part of a large Norwegian settlement in Goodhue, Rice and Dakota County. A large parish formed in 1856, in 1862 district churches were organized based on the farm location and valley where the family came from in Norway.

Vang members were mostly from Valdres and Sogn Valley in Norway. The present Vang Church was built in 1896 replacing the first church, built in 1863.

Vang was designed like a stave church of ancient Norway. The interior is in the shape of a Greek cross with a high soaring ceiling. The

balcony is in the shape of a horseshoe and people in the balcony wrap around the sides of the church. The arrangement of seating facilitates the feeling of being part of the community and seated under the cross. Large areas of beautiful stained glass fill the sanctuary with natural light. The vivid colored light streaming through the windows, in the morning, is a reminder of the light of Easter morning and the grandeur of Christ’s return.

Vang is a hub of all kinds of projects and community programs. For instance, the “Growing Connections” Garden, adjacent to the church and ran by church members, produces hundreds of pounds of fresh produce that is distributed in the community in a variety of ways. Much is brought to area food shelves. The Food Outreach Ministry uses the garden produce and other donated food to make frozen meals that are brought to home-bound people or to welcome new neighbors. Vang, together with other local congregations, is an internship site for seminarians, and in this way has helped in the learning and spiritual development of over 40 pastors. Vang is collaborating with local churches to send high school students to the ELCA Youth Gathering, which will be in New Orleans the summer of 2024.

Vang’s ornate steeple stands tall over the prairie. The sound of the church bell ringing lets people know for miles that our community is alive. Vang’s ornate wooden steeple and bell tower are in need of repair. Water infiltration into the tower structure has been an issue over a number of years. There are structural repairs as well as replacement of the ornate wooden decoration on the exterior of the



photo by Bernadette Ann Photography

tower that need to be done. Some of the decorative tin on the sanctuary ceiling under the tower also needs replacement or repair. The cost estimates are the \$200,000 range.

Working together with the Fund for Sacred Places to repair our steeple and bell tower will allow us to preserve our unique building and at the same time be able to fund our church outreach programs to the surrounding community. Receiving these funds is huge for us. We are grateful to be chosen by the Fund

for Sacred Places for such a generous award.

With God’s love and grace Vang will continue to be a beacon of Hope and Love for all and outreach of community service for decades in the future. All are welcome to worship with us. For more information about our Vang Lutheran Church community please visit our website at <http://www.dennisonvang.org>. For Information about National Fund for Sacred Places visit <https://www.fundforsacredplaces.org/>

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Farm Rescue, Serving Others

(continued from page 1)

When things go wrong as they sometimes will,

When the road you're travelling seems all uphill,

When the funds are low and the debts are high

And you want to smile but you have to sigh,

When care is pressing you down a bit---

Rest if you must, but don't you quit!

Today's story is about an organization called Farm Rescue. Their mission is to help farmers and ranchers who have experienced a major setback by providing the necessary equipment and a volunteer workforce to plant hay or harvest their crops, among other chores they can lend a hand with. Livestock feeding assistance is also available for ranchers.

Farm Rescue offers assistance to farms in Illinois, Iowa, Kansas, Minnesota, Montana, Nebraska, and North and South Dakota.

The Farm Rescue program also provides longer term assistance solutions to farmers and ranchers who have suffered major illness and injuries, or who have been through a natural disaster.

The Board of Directors will review all requests for assistance, and approves cases based on each unique situation. They see what they can provide with their available funding and volunteer manpower. They have several sponsors in every state that help with lending equipment, and donations of time and money. Private tax deductible donations are also gratefully accepted.

These selfless acts of kindness are helping all of us to survive. Think about it. Without our farmers, we wouldn't have food to eat or clothes to wear. The more we help each other, the bigger the ripple effect. Something as simple as offering time to help a neighbor get his crops planted or harvested when he is unable, or sharing a donation of money to pay

for seed or gas.... in the long run it is helping more than just one person.

John Deere Company is one such provider. They offer state of the art equipment to help get the jobs done. They travel thousands of miles to deliver the equipment and train the volunteers how to use them. It is a partnership that has helped almost 1,000 farmers in need so far, and there is no end in sight. What a comfort that is when one is in need!

One man who has helped through Vlogging (video blogging) calls himself the Millennial Farmer. He started a podcast several years ago so people not familiar with farming could see the work that goes into raising the crops and livestock that we all consume, and hopefully correcting some of the misinformation going around, painting farmers and ranchers in a bad light. "I just wanted to share the truth", he says. He has volunteered on many projects to help other farmers when he is needed.

One such farmer is John Thomas. John has a condition that causes neuropathy in his legs. He and his wife Judy live and farm in the Faribault area. They have 6 grown children, Elizabeth, Phyllis, Maynard, JW, Nathan and Travis. About 11 years ago, John suffered his first amputation from this disease, and just recently had to have his other leg amputated as well. It is a disease with no cure. John heard about Farm Rescue, and they were able to help him harvest his crops this year. He is very grateful, and wants to help get the word out about this unique program that does so much for so many.

I asked him what kind of qualifications a person would have to have to be able to lend assistance. He said they take volunteers from all walks of life. If training is needed, they are trained in whatever aspect is necessary to help the families in need. One of the people who helped in John's case was a DJ from Minneapolis. One was a police officer. Of course people who have a valid CDL license are needed to haul equipment from project to project, and anyone who knows farm work is a valuable contributor. But all you need is a desire to help others, and you can be a volunteer.

To contact Farm Rescue for any reason,



The agriculture community is truly a tight-knit group and we love sharing the random acts of kindness bestowed upon our hard working volunteers and farm families by local do-gooders. Today, our crew received another generous meal in the field from Alison Peters with Peters Insurance, a Farmers Union Agency. She was kind enough to deliver these bagged lunches during our soybean harvest operations near Dundas, MN. Our team has been eating very well this week and these heartwarming gestures mean the world to our organization and those we serve. Thank you, Alison!

their address is Farm Rescue PO Box 28 Horace North Dakota 58047. Their email is info@farmrescue.org, and their phone number is (701) 252-2017. Personally, I think that anyone who can write a story for any kind of publication to spread the word about these services would be helpful, and volun-

teers are always needed. And as I stated previously, all monetary donations are tax deductible, so there's a win/win situation as well.

I would like to thank John for bringing this organization to our attention, and wish him and his family a joyful holiday season.



Another generous meal delivered to our volunteer crew and family today near Dundas, MN, courtesy of the fine folks at Compeer Financial! Thank you for helping to fuel our assistance efforts in the field!

Come See the Movies the Media Are Not Promoting

October 26: "Nefarious"

An eye-opening movie about evil and how it can become normal or accepted for our convenience.

Is evil accepted in our normal day?

November 30: "The Shadow State"

Who is really in control of our food, fuel, money, even freedom of speech? This documentary is about ESG, Environmental Social and Governance, that may soon affect our everyday life.

This movie reveals the driving force of the global alliance and the multitrillion-dollar ESG industry that unites government and corporations.

Movies will be shown at the Cannon Falls Sportsman's Club, intersection of County 24 and Oxford Mill Road

Time : Doors open at 6:30 Movie starts at 7 pm

Admission: Donations accepted to cover cost of promotion & venue.

These movies are not suitable for children.

As Concerned Citizens, we feel as a community we need to learn and discuss the cultural issues that are headlines. Come watch these documentaries and movies. We would love to hear your thoughts.

Jack Schlichting 612-325-5528 or jackschlichting@gmail.com

Ask the Nutritionist



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the benefits of eating an apple each day. In my clin-



ical practice, I love to present the ways that food can be used as medicine. Nutrition is designed for healing. Nutrition is the original health program. When you recognize what foods will provide the nutrients your body needs, you are on your way to managing your health well.

But where do you start? First, consider the current health symptoms that you are managing. How long have you had these symptoms? Have you considered that your symptoms may be related to what you are eating?

For example, many clients will mention they have acid reflux. Acid reflux is also called GERD or "heart burn" because of the burning sensation located near the heart, especially following meal time. Many medical doctors will recommend antacids such as TUMS or Rolaids, or will prescribe a medication to reduce stomach acid. However, too much stomach acid is not the problem. Not enough stomach acid is being produced. How can this be?

The problem is with the special muscle that connects your stomach with your esophagus. This muscle squeezes shut when stomach acidity gets high. If the stomach acidity is not high enough, it will resist closing. So the problem is not too much acid in the stomach, but not enough. Additional reasons this muscle may not close properly include: a hiatal hernia, H. pylori infection, obesity, smoking,

some medications, and some foods like chocolate, onions, or alcohol, which relax the muscle that is supposed to close.

When prescription medications are taken to stop the production of stomach acid there are side effects. The chemical pathway to make stomach acid will be reduced, and the chemical pathway that makes energy for muscles can also be reduced. The energy pathway is affected by the same medication that slows down stomach acid production. In addition, lower stomach acid will increase the risk of bacterial infections coming through the digestive system. When the digestive system is working well with quality stomach acid then most bacteria are killed in the acidic stomach. A report from 2021 stated a 77% increased risk of dying from COVID infection among those who were taking prescription medication for acid reflux. Your digestion system has great defenses to keep you protected. You do not want to reduce these defenses.

Quality stomach acid is produced from foods that are rich in hydrogen. Fresh fruits and vegetables will provide much of what your body needs. Hydrogen and chloride will combine to make stomach acid that will be effective to digest your food. Good sources of chloride include - sea salt, rye, lettuce, celery, and olives. If you notice an event of acid reflux coming on, eat some stalks of celery, some olives, or drink some celery juice and

notice if this resolves the event. If you do improve quickly, you know that your body needs more chloride to produce the necessary stomach acid.

Some additional ways to address acid reflux may include:

- 1 Tablespoon of Apple Cider Vinegar mixed in a large glass of water with a meal
- Eat some sauerkraut or drink some cabbage juice with a meal
- Eat some papaya with a meal
- Eat fresh pineapple with a meal
- Take a digestive enzyme supplement such as Betaine HCl with a meal

As we get older, the body decreases its production of enzymes. Digestive aids from various foods or supplements will help to keep the digestion strong. In order to get all the nutrients from your food, you need to have quality digestion.

I welcome your questions and enjoy the opportunity to discuss healthy options with those who reach out to me with questions.

If you would like to present a question for a future article please write to:

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

or send an email to: nutritionproportion@gmail.com

If you would prefer to meet for a personal consultation, you can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

SNOWMOBILE

Safety Course

Driving Portion Only

Randolph Trailblazers will be offering the driving portion of the snowmobile safety course on December 2, 2023 at 9:00 am at the Tractor Pull Track on the north side of Randolph. The Address is 4409 290th St. E, Randolph, MN.

Must be 11 years of age before class start date and have completed the online course in order to be eligible to take this class.

Cost: \$10.00 for the Driving Portion to be paid at the driving class. Cash or checks payable to Randolph Trailblazers.

**Please email randolphtrailblazers@gmail.com with the name, address, email & phone to register for the class. **

Online Course to be completed on your own before this Driving Class

There is an Online Course that the student must complete on their own time prior to December 2, 2023. After registration, go to www.snowmobilecourse.com and follow the instructions. It will take 2 -4 hours to complete. Once they complete the online course, students print out a "youth follow-up voucher" and bring it with you to the driving class.

Students will need proper riding apparel, mask, gloves and a helmet, a snowmobile will be provided.

A PARENT/GUARDIAN MUST COME WITH TO SIGN FORMS THE MORNING OF December 2, 2023. The parent can wait for their child to do the Riding Course.



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For all students grades 6 and below
(adult must accompany child)

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Windy Willow Farm Adventure

By Cheri Roshon



Where can you find 40 different activities to do in one place, outdoors, and a variety of classes and fun gifts inside? Answer.... 9748 110th St. E, Northfield MN!! I met Colleen and Chad Almen at the Farmers Market in Dennison one windy end of summer day. They were buying some of my freeze dried candy, and telling me about their newest adventure on their farm, just a few miles away. I was intrigued, as they have some classes coming up that I would love to attend. They asked me if I would be interested in consigning some of my candy, and I said yes! We made a date to get together in a few days so I could see the Windy Willow Adventure, and deliver the goods.

As I drew near to the farm, I began to see structures spread all over the acreage. A giant Corn Hole game stood out, as well as rows of

tires, and so many things, you will have to go see it for yourself! There is a large driveway into a parking lot that I found out will eventually be home to craft fairs and Farmer's markets.

The set up is well planned for expansion and new ideas.

This farm has been Colleen's home since she was born. Her family all live close to or on the adjoining properties, so it is a family business right from the beginning. Colleen and Chad have 2 daughters that help keep the business running smoothly, and of course their 3 year old official Junior Manager, Ruth! Ruth is the daughter of Colleen and Chad's oldest daughter, Kayla Ballstadt, and

she is happy to answer your questions! Ashley Almen is also on staff to answer questions and help you find what you are looking for.

Outside you will find many activities to choose from. A few of the 40 different activities are the giant Corn Hole game, Hay rides, a corn maze, and friendly farm animals to visit. There are cows, sheep, goats, turkeys, ducks, pigeons, chickens, rabbits, pheasants and a pig.

Colleen's mother used to be in charge of the Children's Barnyard at the Rice County Fair, and Colleen has carried on the tradition at the farm. It's a place where all ages can connect to nature, and have a fun day exploring all kinds of things. It is fun to show the young-

sters where their food comes from. I like the sign out front as you come in. The motto is "Bridging the gap between urban and rural areas, through exciting educational fun!" That pretty much says it all!

Indoors you will find a large area with homemade goods, from cookies and bars, muffins and freeze dried candy, to kitchen essentials like towels, scrubbies and dishrags, to paintings, crafts and jewelry. There are pet supplies, hair accessories, coffee mugs, lotion and soaps. Local honey and maple syrup, cheese curds and meat sticks top it all off. And believe me, there is a lot to choose from as a souvenir of your day! There are even farm fresh eggs. *(continued on page 7)*

Holiday Season is approaching!

Come to CannonBelles for a Yummy Cheese Christmas Box

Check Out Our Fun Merchandise!

Buy Your Loved One a Gift Card to Buy What They Want!

We close every night at 5:00pm, so if you want to hold a private party any evening, please call the shop and talk to Abby!

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Windy Willow Farm Adventure

(continued from page 6)

On busier days, there is a food truck available, and on the slower days, a hot dog cart and fresh movie style popcorn.

Classes include a Barn Quilt Painting class on Nov 5th, a Paint and Sip on Nov 9th, a DIY wooden Christmas centerpiece on Nov.16th, Porch Pot class on Nov. 30th and Dec. 2nd, and a wreath Building class on Dec 2nd, too. January will be a Pour Your Own Epoxy Charcuterie board, and more to choose from. See The website for more classes and costs at www.windywillowfarmadventure.com, To contact them with questions about the events, etc, email them at windywillowfarmadventure.com, or call 507-581-9248 to schedule your next event. They have indoor and outdoor spaces for birthday parties, family reunions, church socials, field trips and family fun days. As you can see, they have a little bit of many things for you to enjoy.

As I was walking around the property, taking it all in, I met Cathy Franklund and her family wandering around looking at everything Windy Willow has to offer. I asked her if she had been here before, and she replied, "I've been watching the progress for 2 years, wanting to come and see it all in person. As



you come up the road, you get excited because you know it's going to be a lot of fun!" And I could tell the 3 generations were all having a great time on the property. Another lady I talked to said she brings her grand-

daughter to the farm often.

So, if you are looking for something to do to take advantage of our relatively short beautiful fall season, head over to Windy Willow Farm and see for yourself why once

you visit, you will definitely want to go back, time and time again! And tell them Cheri sent you!

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100 Ladies and Gentlemen Craft Show

By Cheri Roshon

For the last 50 years, Curt and Marlene Morrow and their family have been holding a Holiday Craft Fair just outside of Kenyon. Only hand made goods are sold here, and you won't believe the variety of products they have! Everything from glass lawn ornaments to crocheted items for the house is to be found in their very large Morton building! Rusty iron, glass trinkets, sewn items, all pretty much one of a kind, can be found inside these walls. I was mesmerized by the variety and the quality of the items they had procured for the gift giving season.

I asked Marlene how they got started on such a large scale endeavor. "I was an elementary school teacher when Curt and I were first married. After our second child was born, I decided to be a stay at home mom. Always liking to be busy, I started doing crafts at home. I was making refrigerator magnets, then plaques, and the inventory kept growing, so I started selling them out of our basement. Curt joined in the fun, and started making wooden toys in the mid 70's, and then began with the baskets. I started helping him with the baskets, and we are still making them." Now, she is making Porch Pots for the fall season, and for Christmas, too.

Now, after the Craft fair runs it's course, they take the show on the road, and have a working vacation, travelling all over the United States, selling their wares at shows in places they want to visit.

They are open Thursday through Sunday, starting October 19th, ending on Nov. 12th. the hours are 10 am to 7 pm, but they will close at 5 pm on the last day. For any questions, please call (507) 789-6223. The address is 45986 Highway 56, Kenyon. You can even vote for the best scarecrow on your visit!

Curt and Marlene credit their success to their loyal customers who continue to support them, and to their son and daughter, and a few friends who are always there to help with the sales, and waiting on customers.

For more information, check out their Facebook page at Morrows Gifts! You've got to see it to believe it!!



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After many years of business Prairie Plumbing and Heating is closing their doors and retiring. Everything must be sold in this online business liquidation auction. Includes New Vermont Castings Defiant Wood Stove, Peck Stow Stomp Shear, Lockformer Pittsburgh 24 Ga., Lockformer Easy Edger, Air Compressors, Massive Assortment of Fittings and Plumbing Accessories, General Mini Rooter, Ridgid Tools, Inspection Tools, Ladders, Office Equipment and More. Over 450 Lots! Selling to the highest bidder in this online business liquidation auction.

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Embracing Unity: Exploring the First Universal Law of Oneness



By Susan Hinrichsen
CHC, CLC, MC
susiecoaches@gmail.com

In the tapestry of existence, there exists a profound principle that transcends boundaries and connects every facet of our reality—the First Universal Law of Oneness. This fundamental concept invites us to explore the interconnected nature of the cosmos and the potential impact it holds on our lives.

Understanding the Law of Oneness:

At its core, the law of oneness posits that everything and everyone in the universe is intricately interconnected. It's a perspective that goes beyond the surface of individual experiences, emphasizing the idea that we are all threads in the same cosmic fabric. This interconnectedness extends beyond the tangible world, delving into the realms of spirituality, science, and philosophy.

Spiritual Perspectives:

Many spiritual traditions across the globe embrace the concept of oneness. Whether it's the idea of a universal consciousness, a

divine energy, or a collective soul, the essence remains the same unity. Recognizing this interconnectedness can lead to a profound shift in perspective, fostering compassion, empathy, and a sense of shared responsibility.

Practical Applications:

Beyond the spiritual realm, the law of oneness finds resonance in practical aspects of life. Systems thinking, an approach that considers the interdependence of elements within a system, mirrors the principles of oneness. From ecological balance to social dynamics, acknowledging our interconnected existence opens doors to holistic solutions and a deeper understanding of cause and effect.

The Ripple Effect:

Every action, thought, or event creates ripples that reverberate through the fabric of existence. Understanding the law of oneness implies recognizing the profound impact our choices have on the collective experience. It encourages mindfulness and a sense of responsibility for the energy we contribute to the interconnected whole.

Embracing Harmony:

As we delve into the First Universal Law of Oneness, we discover an invitation to embrace harmony. This isn't just a theoretical concept but a practical guide to living in balance with ourselves, others, and the world

around us. It encourages a shift from individualism to a more collective consciousness, fostering a sense of unity that transcends borders and differences.

In conclusion, in a world often characterized by divisions, the First Universal Law of Oneness serves as a timeless reminder of our interconnected existence. Embracing this principle offers not only a spiritual awakening but also a roadmap for creating a more harmonious and compassionate world—one where the threads of oneness weave a tapestry of unity.

If you find yourself inspired to deepen your connection with this universal truth and integrate it into your daily life, consider the transformative power of personalized guidance. As a life coach, I specialize in helping individuals navigate the journey of self-discovery, aligning their actions with the profound principles of oneness. Together, we can explore practical strategies to embrace harmony, unlock your full potential, and create a life that resonates with the interconnected rhythm of the universe.

Ready to embark on this transformative journey? Contact me at susanhinrichsen.com for a complimentary discovery call to explore how life coaching can be the catalyst for your personal evolution in alignment with the First Universal Law of Oneness.

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Interested in learning more about NRC and independent living?
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Anhydrous Safety Should be Top Concern After Harvest

The MDA offers safety tips for those maintaining equipment and applying and transporting NH3

Many farmers and custom applicators will soon apply anhydrous ammonia (NH3) after harvest. Even with a rush against time and the weather, safety should never be compromised. Accidents involving NH3 have proven how dangerous and deadly the fertilizer can be when not handled properly.

The Minnesota Department of Agriculture (MDA) offers the following tips to farmers, fertilizer dealers, and custom applicators to safely field apply NH3.

Always wear NH3-rated goggles and gloves. Never wear contact lenses.

Be sure to have a clean and accessible emergency water supply of at least 5 gallons available.

Exercise caution when making connections and disconnections of transfer lines, treating them as if they always contain NH3.

Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3.

Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose end valves by the valve body.

Position equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining NH3 equipment, operating NH3 storage facilities, and transporting NH3.

Never assume NH3 lines are empty.

Always wear the required protective safety equipment.

Have access to safety water (NH3 storage facilities must have a minimum of one open top container holding 150 gallons of clean, accessible water or an accessible emergency shower with a plumbed eyewash. A 5-gallon container of clean, accessible water must accompany NH3 nurse tanks).

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehicle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains

that supplement the hitch pin/clip.

If an accident or spill occurs, seek medical care if needed, immediately call 911, and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website.

As a reminder, fall application of NH3 should happen after average soil temperatures reach 50 degrees F or cooler to help

prevent nitrogen loss and ensure more nitrogen will be available for next season's crop.

View the MDA's interactive map to find the current 6-inch soil temperature and the past week's history.

Under the MDA's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable groundwater areas of Minnesota due to environmental concerns or risks. View a map of the vulnerable regions of the state.

MDA Seeks Applications for Crop Research Grants

\$1.2 million in funding available for applied research projects

The Minnesota Department of Agriculture (MDA) is now seeking applications for the Agricultural Growth, Research, and Innovation (AGRI) Crop Research Grant Program. Grant funding is intended to generate applied crop research that will improve agricultural product quality, quantity, or value within Minnesota's \$13.5 billion crop industry.

Any Minnesota organization, research entity, individual, or business with agricultural research capabilities is eligible to apply and receive funding. Applied crop research projects must have near-term benefits (three to seven years) for Minnesota's farmers and the state's economy, and applications must include an outreach plan describing how results will be made available to the public.

Special consideration will be given to research on crops with limited access to other research funds, as well projects with an outreach plan describing how activities or outcomes meaningfully involve, inform, or benefit underserved agricultural producers.

The MDA will award roughly \$1.2 million through this round of funding, with a maximum grant amount of \$250,000 per proposal. Applications must be submitted by 4 p.m. on Thursday, November 30, 2023.

Funding for the Crop Research Grant was established through the AGRI Program, which provides grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

To access full program details and the online application, visit the AGRI Crop Research Grant webpage.

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Save Your Brain, Prevent Dementia



By Shauna Burshem, D.C.

Save your brain, prevent dementia. The more you eat a diet based on whole healthy foods the more you can improve brain power and brain function. Certain foods can delay or prevent age related cognitive decline and other brain disorders. For instance, anchovies, sardines, mackerel, herring and wild caught salmon are full of omega 3 fats that have neuroprotective properties for the brain. Cruciferous vegetables (broccoli, cauliflower, asparagus, brussels sprouts) and leafy greens also contain brain protecting nutrients like folate, vitamin E, K, lutein and beta carotene. Free range, grass fed eggs, particularly the yolks contain choline which is needed for your body to make acetylcholine which is involved in maintaining your memory.

Women with the highest cardiovascular fitness had an 88% lower risk of dementia than those with moderate fitness. Cardiovascular

fitness can be used as measure of how well blood is circulating to your heart and your brain.

Tomatoes and fruit have been shown to improve lung function. A recent study showed that former smokers who consumed tomatoes and fruit improved lung function and even restored damaged lung tissue. The two main compounds responsible for helping the lungs were the flavonoids contained in fruit and the lycopene contained in tomatoes.

The federal government has rebranded the covid boosters as a new annual vaccination. Sadly, Pfizer's testing of the new formulated booster only involved 10 mice. Moderna's version was only tested on 50 adults. The updated mRNA injections were developed to correspond to the Omicron variant, which now only accounts for 3.1% of the circulating strains currently out there.

46% of American adults suffer from high blood pressure. High blood pressure is affected by circulating blood volume and blood vessel constriction, both of which are regulated by the kidneys. Research data demonstrates high levels of uric acid, cleared through your kidneys, may increase your risk of gout and kidney stones and raise your blood pressure. Vitamin D helps protect against early kidney disease and therefore helps prevent high blood pressure.

Chiropractic and neuroplasticity: Neuroplasticity is defined as the brain's ability to change, reorganize or grow neural networks. Neuroplasticity is a common talking point when discussing degenerative brain conditions, such as Alzheimer's or dementia. Memory loss, brain fog, and mental exhaus-

tion are symptoms of neuroplasticity degeneration. The spine – specifically the cervical spine – plays a very direct, very integral role in maintaining brain function. The spine houses essential nerve bundles and lymphatic delivery systems, which are charged with feeding the brain. Nerve bundles housed in the cervical spine carry critical messages to and from the brain, facilitating both unconscious and complex functions. Likewise, blood supplied to the brain provides oxygen, amino acids, electrolytes, hormones, and more, for healthy operation. With the link between the spine and brain evident, researchers have begun to look at how chiro-

practic may be used as a tool to help preserve positive neuroplasticity. Clinical studies have already begun, monitoring the effects of chiropractic on patients' abilities to solve puzzles, multitask, and recall memories. a 3-year study comprised of 100 volunteers, presented at the International Research and Philosophy Symposium held at Sherman College of Straight Chiropractic. The study monitored the mental activity of participants using electroencephalograms (EEG), comparing readings before and after chiropractic adjustments. In an overwhelming majority of readings, brain function showed improvements across the board.

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“ASK A TROOPER”

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I noticed several freshly killed deer on the side of the highway yesterday. What are the traffic related requirements when someone collides with a deer, and what are the game related requirements with killing a deer? Is it legal to take the deer home?

Answer: If you are involved in a vehicle vs. deer/large animal crash, call 911 to report if there are occupant injuries, your vehicle is disabled, your vehicle or the animal is in the lane of traffic or if the animal has been injured and is unable to run away. Law enforcement will be dispatched to your location to assist. It is important to stay in your vehicle so you do not put yourself in danger of getting struck by a passing vehicle.

The Minnesota State Patrol issues permits for road-kill deer generally at the time of the crash or soon after. Any Minnesota resident may claim a road-killed animal by contacting a law enforcement officer. An authorization permit can be issued, allowing the individual to lawfully possess the animal.

Here are some tips to avoid deer crashes:

- Drive at safe speeds.
- Be especially cautious from 6 to 9 p.m., when deer are most active.
- Use high beams when possible at night, especially in deer-active areas.
- Do not swerve to avoid a deer. Swerving can cause motorists to lose control and travel off the road or into oncoming traffic.
- Watch for the reflection of eyes and silhouettes on the shoulder of the road. If anything looks suspicious, slow down.
- Reduce speeds in areas known to have a large deer population — such as areas where roads divide agricultural fields from forest land and whenever in forested areas between dusk and dawn.
- Deer are unpredictable — they may stop in the middle of the road and change direction when crossing or move toward an approaching vehicle. Blow horn to urge deer to leave the road.
- If a deer is struck but not killed, keep your distance as deer may recover and move on.
- Avoid all distractions while driving.

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

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



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The Hampton City Council met on Tuesday, September 12, 2023 at the Hampton City Hall for the regular scheduled meeting. Present were Mayor John Knetter; Council Members David Luhring and Nick Russell. Also present was Cory Bienfang with Bolton & Menk; Marlin Reinardy, and Martin Whetsel.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 7:01 p.m.

Disclosure of Interest - None

Approval of August 15, 2023 Special and Regular Scheduled Meeting Minutes - Motion by Russell seconded by Luhring to approve the August 15, 2023 Special and Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 3:0.

Approval of Disbursements - Motion by Luhring seconded by Russell to approve the September disbursements. All voted in favor. None opposed. Motion passed 3:0.

Public Comments - None

Petitions, Requests, and Communications:

Special Meeting for Final Approval of Levy - Mayor Knetter stated that the meeting will be held on December 12th at 6:30 pm.

Parking Ordinance Enforcement - Request from 08/15/23 City Council Meeting by Martin Whetsel to Serve the City as Enforcement Officer - Mayor Knetter acknowledged that Martin Whetsel was in attendance. Knetter stated that he would need to set up a meeting with the City Attorney to discuss this. Council Member Luhring addressed Whetsel in regard to the expectations of the City in that it would be expected to be done year-round,

not just during the snow season. Discussion. After further discussion Council decided to table the matter at this time.

Ordinances and Resolutions:

Resolution 2023-10 Approving the 2023 Tax Levy - Judy O'Brien, City Clerk mentioned that she just received the property and casualty insurance bill that day, and there was an increase in the insurance expense from 2022 to 2023 of about \$2,400. So, there needs to be an increase in the 2024 budget for insurance expense. O'Brien mentioned two options to Council. The first was to increase the levy in the amount of \$2,000; the second was to increase the levy \$1,000 and decrease the allocation for snow removal costs in the amount of \$1,000. She summarized the percentage change in the levy from 2022 to 2023 for each option. Consensus of Council was to increase the levy in the amount of \$1,000 and decrease Snow Removal Expense in the amount of \$1,000. Motion by Luhring seconded by Russell to approve the 2023 tax levy, as amended. All voted in favor. None opposed. Motion passed 3:0.

Resolution 2023-11 - Approving a donation to the City of Hampton. Mayor Knetter stated that this was a donation from Larry Kuehn, of Kuehn's Crane Service, and Mike Wagner for repairing the flag pole at City Hall. Motion by Luhring seconded by Russell to approve the donation. All voted in favor. None opposed. Motion passed 3:0.

Reports of Officers, Boards, and Committees:

Engineer's Report - Cory Bienfang of Bolton & Menk began his report with the

Dakota County Maintenance Facility CUP amendment. He said that, based upon the proceedings of the Dakota County Board meeting in August, the proposed Hampton facility is not a priority, so the County withdrew their application for the CUP amendment. Bienfang referred to the copy of the letter from Dakota County to Jenni Faulkner, City Planner, that was included in his staff report. Bienfang also mentioned that the original CUP is still in place and currently has no sunset date. He suggested that the City want to put a sunset date of one year on the CUP. Mayor Knetter responded that he feels a sunset date of one year would be appropriate.

The second item on Bienfang's report was the Water Tower Improvement Project. He stated that an important update on the project was that negotiations were successful with the owner of the property that the City wanted to purchase for placement of the water tower. A signed purchase agreement is in place, but to complete the acquisition a preliminary and final plat must be done. Also, the City will need to obtain a Conditional Use Permit and apply to have the parcel rezoned. The final step will be to amend the City's Comprehensive Plan, which will need to be done through the Met Council. Bienfang continued that a second important update for the project was that Bolton & Menk received a response to their SHPO submittal. He referred to the copy of the letter from SHPO that was included in his staff report. In the letter, there is a request for additional information on how the new water tower may affect the Silver Bell Motel and the existing water tower. Bienfang recommended that the City move forward with the project by determining what to do with the old water tower, doing the additional research requested by SHPO, and detailing the specifications for the new tower. Bienfang summarized a potential timeline for the project, and when the City can anticipate having an operating water tower.

The third item on Bienfang's report was the Citywide Water Model Update. The project was required to identify any impacts to the City's water distribution system from the proposed Dakota County Maintenance Facility's peak water usage. Dakota County agreed to pay for 50% of the costs of the project. Bienfang stated that this model will be useful when preparing the final design of the proposed water tower, and also for any other future development opportunities.

The final item on Bienfang's report was the evaluation of the Belmont St. driveway condition. Bienfang recommends that mud jacking be done and has reached out to a mud jacking contractor who will review the project corridor in the next month. Bienfang anticipates having an update, including cost information, at the October Council meeting.

Water / Sewer Report - Mayor Knetter reported that he and Josh Dixon attended the MRWA Water Expo in Waconia at the end of August. Problem with the Well #2 pump that had previously been reported has been resolved. Preparations are being made for the fall discharge.

Marlin Reinardy provided an update on the sonar scan of the sewer ponds. The project has not been completed because on the day the contractor showed up to do the scan, he told Reinardy that there was too much algae.

Reinardy felt that the project would need to be done either in the late fall or early spring. Mayor Knetter stated that it is important for the City to get those baseline readings.

Park Report - Councilor Russell stated that he continued to do crack filling in the tennis courts. He feels that the condition of the court surface is such that it may be time for a resurfacing to be done. Russell also reported that weeds and hornets continue to be a problem in the parks. Mayor Knetter responded to Russell's report regarding the tennis courts. He feels that project should wait until 2024. Russell stated that he will get estimates for the project.

Street Report - Council Luhring stated that there was nothing to report.

Unfinished Business:

Dakota County Fleet Maintenance Facility Property (PID 18-00800-77-017) Conditional Use Permit Amendment Request - As was reported by Cory Bienfang in the Engineer's Report, Dakota County sent a letter to the City Planner requesting that the application for the CUP amendment be withdrawn. Motion by Knetter seconded by Luhring to approve the withdrawal of the application. All voted in favor. None opposed. Motion passed 3:0.

Old City Hall storage space - Marlin Reinardy reported on his discussion with Chase Bartels regarding rent. Bartels suggested an increase of \$150 per month, but Reinardy felt the space was worth an additional \$200 per month. Discussion. Consensus of Council is to increase the monthly rent to \$1,000, effective November 1st. Reinardy also reported that there are several items in the space that belong to the Fire Department, so they need to determine what they want to keep and what can be discarded. Mayor Knetter stated that he will talk to members of the Fire Department. Reinardy stated that he will need help cleaning out the space. He suggested putting the mower out at the ponds and putting the snowblower in the ice rink warming shed.

New Business:

Councilor Cindy Flodeen resignation - Discussion by Council as to what to do to fill the seat. Consensus was to do the same as when Councilor Evertz-Garcia resigned, which was to select the individual who received the next highest number of votes in the last election. Motion by Luhring seconded by Russell to accept Councilor Flodeen's resignation. All voted in favor. None opposed. Motion passed 3:0.

Land Purchase for Water Tower Replacement Project - This was discussed by Cory Bienfang in the Engineer's Report. Motion by Luhring seconded by Russell to approve the land purchase for the water tower replacement project. All voted in favor. None opposed. Motion passed 3:0.

Snow Removal Service Agreement Extension Addendum - Ottomatic Lawn Care - Motion by Russell seconded by Luhring to approve the Snow Removal Service Agreement Extension Addendum. All voted in favor. None opposed. Motion passed 3:0.

Adjournment - Motion by Russell seconded by Luhring to adjourn the meeting. All voted in favor. None opposed. Motion passed 3:0. The meeting adjourned at 7:35 p.m.

Respectfully submitted,
Judy O'Brien

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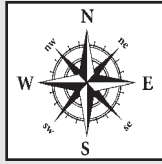
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Changes in Latitudes, Changes in Attitudes Memories of my Great Grandfather Norman



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.

My grandmother told me stories of my great grandfather Norman Campbell. His parents homesteaded our farm in the 1850's before Minnesota was granted statehood. When he was just a small child, the Dakota Indian uprising of 1862 took place. The story was that during this time in August of 1862, his parents kept the horses hitched to the wagon at all times fearing that they would have to flee to Rochester if news that the Indians were approaching. The horses remained harnessed with the buckboard packed and ready to leave at a second's notice if necessary.

The Minnesota Indian War of 1862 caused the greatest loss of civilian life of any one incident until the terrorist attack of September 11, 2001 in New York. The corruption of Indian agents withholding payments to the Dakotah tribe was the catalyst for the uprising. Trading post owners would take the funds to be distributed to the Indians per the treaty agreement, and claim as payment for past debts. Some years they withheld nearly all the money. When desperate Indians tried to buy food on credit, one trader told them to eat grass. He was one of the first killed in the

uprising of August 17, 1862. Little Crow the Dakota chief advised against the uprising but young braves were not dissuaded. Over the next couple weeks more than 800 settlers were killed in the New Ulm area as Indians attacked settlers farming there, before troops arrived and over powered the Indians. Thirty-eight Dakota braves were hanged in Mankato in December of 1862 for their part in the killings. Many of the settlers had been friends with the native Indians in western Minnesota and blamed the government for the war more than the Dakota Indian tribes.

There were more dangers lurking on the homesteaded farm one hundred and fifty years ago. One evening Norman brought the horses into the limestone barn which was cut into the hillside. As he went to scoop some oats out of the burlap bag sitting on the floor, he held the lantern up and saw there was a rattlesnake coiled up in the bag. Fortunately, he looked before he reached or I may not be telling this story here today. One afternoon in the late 1880's, Norman found a number of rattlesnakes sunning themselves on the rocks along the bluff on the north end of the farm. He took a stout oak branch and cudgled eighteen of the reptiles to death that day. His hunt must have been complete because I heard of no other rattlesnake stories on the farm. Never the less this story made quite an impression on me as a young boy and I explored the woods with a snakebite kit and my trusty .22 rifle.

My father also told of a story about Norman later in his life. He took the buckboard and horse to Mantorville one day for supplies and the hired man asked him to bring him back a plug of chewing tobacco and a bottle of whisky. One the way home Norman stopped by a number of the farms on the way and talked with the farmer and gave his horse a drink at the water trough under the windmill. As he visited, he would offer the farmer a nip from the bottle. After three or four such stops, he noticed the bottle was getting empty, so at the last farm he refilled the bottle from the hand pump and put the cork back in. The next time he went to town, the hired man asked him to buy the whiskey somewhere new because the last bottle was quite weak.



My great grandfather Norman with his four hitch team of horses

A Minnesotan: Trunk-or- Treat



By RosaLin Alcoser

With the exception of 2020, every Halloween since I graduated from college I have participated in Trunk-or-Treat in the church parking lot. Which I absolutely love taking a part in, mainly because I really love Halloween.

For those of you who might not know what Trunk- or- Treat is, it's when children go trick or treating in a parking lot, often at a church, during the day by going from car trunk to car trunk to get candy.

Ideally the people who set up a car trunk for the kids to go to have decorated said trunks for the children. Much like some people used to do to their yards or garages when I was a kid going out on Halloween night.

Even though I can't go over the top with a trunk like I remember some people doing with their houses I still try to get really into the decorating part. Last year I had bats and ghosts hanging all over my hatch back. This year I'm turning it into a 90's Halloween movie grave yard. Which completely isn't just an excuse to buy a plastic skeleton and dress it up.

It is completely an excuse to buy a plas-

tic skeleton and dress it up. His name is now Gary.

The first couple of years I was really just helping out a family member with their trunk but last year I started doing my own. Which is one of the real signs that you're moving up in the world is when you have to start doing or bringing our own thing to the event instead of being tagged onto someone else's.

I love helping at this event and the people running the event love me coming to help because I usually know or can guess what the kids are dressed up as. I for one remember that it was super important to me as a kid, and now, for the adults to know what my costume was when I was a child. Even in the event when I was the only one who knew what I was for Halloween it was still super important to me that people knew what I was without me explaining it to them.

It is starting to get harder for me to know what some of the character costumes from the newer shows meant for preschool and kindergarten aged children are as Halloween is slowly becoming the only time that I interact with children of that age. Anything that is a classic costume though I can identify nearly every time.



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 15. All plants and animals
 16. Part of an eye, pl.
 17. Go for the bull's eye
 18. Reduction/oxidation portmanteau
 19. *Best selling author of the 2000s
 21. *Billboard's music artist of the 2000s
 23. Chicken ___ king
 24. From a thrift store
 25. Class-conscious grp.
 28. Formerly, once
 30. Marine mammal in famous Beatles' song
 35. Fabled fliers
 37. Jealous biblical brother
 39. Averse
 40. *"He's Just Not That ___ You" (2009)
 41. Acrylic fiber
 43. Arabian chieftain
 44. Apartments, e.g.
 46. *Friendster or Facebook, e.g.
 47. 5,280 feet
 48. Metal detector, e.g.
 50. Goose egg
 52. Cry of horror in comics
 53. Made a basket
 55. *Frodo Baggins and Samwise Gamgee or Nemo and Dory, e.g.
 57. *Name for 2000s
 60. *Popular social network of the 2000s
 64. K-pop country
 65. Woody creeper
 67. Teletype machine, for short
 68. Picture within a picture, e.g.
 69. *"___ Smart" (2008)
 70. Make a canyon, e.g.
 71. Furniture wood
 72. Utmost degree
 73. Financing values

- DOWN**
1. Horse prod
 2. *Popular DVR device
 3. All over again
 4. Eucalyptus-eating marsupial
 5. Store in a silo
 6. Mountain goat terrain
 7. *Xbox competitor
 8. Libraryful
 9. Dignified manner
 10. *"The Da Vinci ___," best selling book of the 2000s
 11. A-bomb particle
 12. Levy
 15. Like "something new" boutique
 20. Beginning of sleeping disorder
 22. Feline sound
 24. Put to work
 25. *Toyota Hybrid introduced worldwide in 2000
 26. 1,000 kilograms
 27. Play a part (2 words)
 29. *2002-2004 zoonotic epidemic cause, acr.
 31. Rich soil
 32. China grass
 33. Handy
 34. *First ever recipient of Oscar for Best Animated Feature
 36. Chronic drinkers
 38. Post-it slip
 42. Like #59 Down
 45. *Pink's 2008 hit (2 words)
 49. Break down
 51. Dismissal or ejection
 54. *"Peace" with fingers
 56. *Madame Butterfly", e.g.
 57. First rate (2 words)
 58. Sky's Major one
 59. *Like Best Buy's Squad
 60. Urban legend
 61. Tons (2 words)
 62. Relinquish, as in property
 63. *Jennifer Aniston and Brad Pitt, after 2005
 64. *American Girl ___ Kittredge
 66. Doctor Dolittle, e.g.

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