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Volume 21 • Issue 8

Minnesota Farm Bureau Foundation Announces 2023 Scholarship Winners



Katie Radman - Scholarship Recipient

Bloomington, Minn. – Six students were the recipients of Minnesota Farm Bureau Foundation scholarships, which were announced during the awards program as part of the 105th Minnesota Farm Bureau Annual Meeting on Nov. 17 in Bloomington.

(continued on page 5)

FFA Advisor Ed Terry and Rep. Rod Hamilton Receive Minnesota Farm Bureau Distinguished Service to Agriculture Award

Bloomington, Minn. – Former state Representative Rod Hamilton and former Randolph FFA Advisor Ed Terry received the Minnesota Farm Bureau Distinguished Service to Agriculture Award at the organization's 105th Annual Meeting Awards Banquet Nov. 17 in Bloomington.

(continued on page 5)



Christmas in the Village

FARMINGTON, MN: Dakota City Heritage Village at the Dakota County Fairgrounds in Farmington is preparing for their annual welcoming holiday event on two upcoming weekends, Saturday and Sunday, December 2, 3, 9 and 10 from 3-8 pm. *(see ad on page 20)*



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:
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Randolph Honor Society Inducts 17 Students November 8, 2023

(additional pictures on page 4)

SUNDAY SUPPER IS BACK!

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Count Your Blessings

What are you thankful for? Family, friends, job, home, heat, gas, food, clothes, freedom, Being thankful is a guaranteed way to cure envy and jealousy. When we are grateful for what we have and who we are and the people in our lives- we aren't envious of others. We learn as Paul taught us that we can be 'content in every situation.'

Sometimes we need to give ourselves a good talking-to. Psalm 103 is a prayer by David in which he talks to his own soul and reminds himself to "bless the Lord" and "forget not all his benefits." Most of us are better at criticism than at praise. We've all had people in our lives that seem to be quicker to criticize than to encourage us. We may even find ourselves being overly critical of others and falling into this same trap. The sad part is that it takes only one hurtful, critical thing to destroy many, many good things in our spirits. It is much easier to break somebody's spirit than it is to build them up.

I wonder how many of us could give God a "one-minute praising" for all his blessings. We're sure good at telling the Lord what we want him to do for us. We need a good dose of Psalm 103 to wash out that complaining spirit and replace it with a heart of gratitude to the Lord. "all my inmost being praise his holy name." "Forget not all his benefits." We must think before we can thank. We must ponder before we can praise. We must remember before we can rejoice.

Here are five blessings of the Lord that we must not forget.

- **Forgiveness:** "He forgives all your sin." God will forgive our past sins and all those that we bring to Him now and into the future. 1 John 1:9 reminds us, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all un-

righteousness." We are thankful for God blessing of forgiveness.

- **Healing:** "Who heals all your diseases." After doctors and nurses have done all, they can do, and after we have used all the latest technology and taken the newest drugs, healing must come from the Lord. That's why we pray for the sick. They may be healed by medicine or by surgery or by some other course of treatment or they may find healing through prayer or by a miracle from the Lord. All those things are possible, and they are not mutually exclusive.

- **If you were sick and are now healthy,** give thanks to the Lord.

- **If your cancer is in remission,** give thanks to the Lord.

- **If you nearly died after an accident but somehow survived,** give thanks to the Lord.

I've had people ask; "Do you believe in divine healing?" Truly that is the only kind there is. Give thanks to the Lord for every bit of healing you experience. Good medicine and good prayer go together.

- **Deliverance:** "Who redeems your life from the pit." To redeem means to rescue from danger in the time of trouble. The "pit" refers to death itself.

We'll all die someday, and when the moment comes, we have the assurance of His grace to take us home if we have placed our trust in Him. It is never too late to accept Jesus Salvation for us.

There are so many things in this world that can happen- we can see God's protection and provision every day when we get up and when we arrive home. Think of all the things that that didn't happen: No one robbed you. No one shot you. You weren't fired. Your arthritis didn't flare up—or if it did, you made it through the day. A truck didn't hit you. You weren't rear-ended. No one scammed you on the Internet (though some people tried). Your identity wasn't stolen (as far as you know). Your wife still loves you. Your husband is still happy to see you. You don't have cancer—or if you do,

you're not dead yet. You've got your health (what there is of it), your friends (most of them, anyway), your money (maybe not as much as a three months ago but you're not broke), your job (if you don't get let go tomorrow), and on and on it goes. Think of all the bad things that could have happened to you today that didn't. The fact that you think nothing happened today means that God has been doing his job! Thank-you God for redemption.

- **Coronation:** "Who crowns you with love and compassion." It's the loyal, unending, unchanging love of God toward us. He heaps up his blessings—and then he pours them out on us.

He hears your prayer, and He answers- As He has compassion on us and his mercy is given- our thanks for those blessings must be uppermost in our hearts and minds. He loves us, not because we deserve it, but because He does! We are His creation, and He is not willing that any should perish but all have the chance to receive and to know Him. Our thanks to God whose love and compassion is new every morning!

- **Satisfaction:** "To be satisfied means to

be so full that you need nothing else. It's what happens at the end of Thanksgiving dinner when you simply cannot eat anything else. You have had two helpings of everything and even though there is more food on the table, you cannot eat any of it. If you are hungry, to be full like that is a wonderful sensation. But that satisfaction eventually wears off and you must eat again. To be satisfied means to be so full that you need nothing else.

Jesus said, "I have come that they may have life, and have it to the full." Jesus desires that we have a 'full life' abundant and overflowing with His blessings! He says, "I want to satisfy you—not with gold but with good." Not with those things which glitter today and are gone tomorrow

Clovis Chappell says that on the west coast of England there is the grave of a man who was much loved by all who knew him. When he died, these words were inscribed on his headstone. "Here lies a man who was satisfied with Jesus." Chappell then adds this benediction: "If that can be said of us, we have sufficient to make all of time and eternity one great Thanksgiving Day."

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AREA CHURCH DIRECTORY

Ark of the Church

In [the ark] only a few people, eight in all, were saved through water, and this water symbolizes baptism that now saves you also. . . . — 1 Peter 3:20-21

In our reading for today, the apostle Peter mentions Noah and the ark, which we discussed on October 4 (Genesis 8). Do you remember another story this month that also pointed to the ark? In Exodus 2 (Oct. 5), as you may recall, Moses' mother places him as a baby in a "basket," and the Hebrew word for that can also mean "ark." Moses' mother did this, in faith, hoping that her little boy would escape the murderous reach of Pharaoh, the king of Egypt (see Exodus 1:22).

In the New Testament, the apostle and fisherman Peter states that just as God rescued Noah and his family "through water" while other people were swept away in judgment, Christians are rescued from judgment by Christ's death and resurrection, which is symbolized in baptism. If believers in Christ are symbolically rescued (like Noah and his family) "through water" (baptism), then what is the "ark"? What is the vessel of God's rescue for us and indeed for the whole creation? It seems that this would be the church, the community of faith. Remember, baptism places us in the nurturing community of the people of God with its worship, prayers, sacraments, and fellowship. In this "ark" we are on the way to the resurrection and full life in God's renewed world.

Lord, we praise you for the church, which, though it can be rocked by powerful winds and waves, is nonetheless piloted by you and is the place of your grace and salvation. Amen.

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Harlan Charles Radman

Harlan Charles Radman, age 81, of Woodbury, MN, passed away peacefully on October 21, 2023, from complications related to dementia.

Harlan was born on October 4, 1942, to Harold and Luella (Spillman) Radman in Farmington, MN. He

grew up on their farm north of Randolph, MN and graduated from Randolph High School in 1960. Shortly after high school, Harlan joined and served in the Army Reserve. On September 21, 1968, Harlan married Nancy Eidness, and they resided in Cannon Falls, MN for 7 years. They then moved to the farm they purchased from Harlan's aunt northwest of Randolph, MN to raise their family. After selling his cattle in 1994, he worked for Malt-O-Meal in addition to raising crops. In 2003, following his retirement, he and Nancy moved back to Cannon Falls, MN and in 2020, he moved to assisted living and later memory care for additional care.

As a youth, Harlan enjoyed showing Holstein cattle and in retirement collected and displayed vintage Farmall tractors and International Harvester implements. He was a farmer through and through and valued hard work. He was a longtime member of First English Lutheran Church in Cannon Falls, MN.

He is survived by his children Charles

(Leah) of Randolph, MN, Dale of Hampton, MN, and Julie (Chris) Irwin of New Richmond, WI; grandchildren Katie and Ellen Radman, and Benjamin and Anna Irwin; Sister Naomi (Vernon) Fruechte of Caledonia, MN; Brother Arnold (Myra) Radman of Randolph, MN; and nieces and nephews.

He was preceded in death by his wife Nancy and his parents.

A memorial gathering for Harlan was held on Wednesday, Nov. 1, 2023 from 4 - 7 pm at Lundberg Funeral Home, 5839 Hwy 19 Blvd, Cannon Falls, MN 55009. There was a short prayer service at 6:45 pm.

In lieu of flowers, the family encourages a tribute donation to the Association for Frontotemporal Degeneration at www.theaftd.org.

Allard Moorhouse

Allard Moorhouse, age 92, of Cannon Falls, died on Saturday, October 21, 2023 at Hastings Senior Health and Living.

Allard Sheldon Moorhouse was born April 15, 1931, the third child of George A. and Verna M. (Miller) Moor-

house. He grew up on the Moorhouse family farm in Stanton Township, Goodhue County, Minnesota.

He attended Randolph Grade School and graduated from Blooming Prairie High School in 1950. He worked for his father,

farming, until entering the Marine Corps in 1952, during the Korean War. He served in Japan in the ordinance of the Marine Air Wing on fighter jets. Returning home in 1954, his cousins Elda Mae Moorhouse and Pat Conley, introduced Al to Joyce Eileen Pagel. After dating for two and a half years, they married on Oct. 14, 1956, in the Congregational Church.

Al purchased the Moorhouse Family Farm from his grandmother, Emily Amelia (Zemke) Moorhouse's estate. They farmed for 18 years and raised their four children (Marie, Tom, John, and Jeff) on the farm. It was a fun life on the farm with dad, but also lots of hard work. After a time working in the fertilizer business in Iowa, Al and Joyce returned to Minnesota, building a retirement home on the lake. In his retirement, Al started a very successful business making and selling cookie cutters, and was featured on tv programs, newscasts, and magazine articles. He enjoyed watching church programs on tv, as well as football and NASCAR and he and Joyce joined Riverwood Community Church.

Survivors include his wife Joyce, children Marie (Tom) Otte, Thomas (Kathy) Moorhouse, John (Lisa) Moorhouse, and Jeff (Jean) Moorhouse; grandchildren Sarah (Ben) Phillips, Amy (Jake) Sirek, Michelle (George) Gounaikis, Lindsey (Jon) Wise, Heidi (Dan) Stewart, Paul Moorhouse, Kristin (Dave) Alstadt, Collette (Tom) Mazula, Ethan (Alexa) Moorhouse, Nicholas (Kelsey) Moorhouse, Kate Moorhouse and friend Nate, and Michael Moorhouse; 20 great-grandchildren; sister-in-law Loraine Moorhouse; brothers-in-law Dennis Pagel and James (Diane) Pagel; as well as many nieces, nephews and friends. He was preceded in death by his parents George and Verna Moorhouse, brother Winton, sister Elwyn (Glenn) Brekke, brother Grayden Moorhouse, brothers-in-law Allen and Harlan Pagel, and sisters-in-law Dale Jean and Carol Pagel.

Funeral services were held Friday, October 27, 2023 at 11:00 am, at Riverwood Community Church, 5242 Hwy 19 Blvd, Cannon Falls, MN 55009. There was a visitation at the church from 9:00 am - 11:00 am, prior to

the service. Interment with military honors was in the Cannon Falls Cemetery.

Robert "Bob" Walsh

Robert "Bob" Walsh, age 88, of Montgomery, and formerly of Cannon Falls, died on Monday, Oct. 30, 2023 at Central Health Care in Le Center.

Bob was born on Feb. 2, 1935, in Belle Plaine, the son of Maurice and

Kathleen (Lynch) Walsh. He grew up there, graduating from Belle Plaine High School, followed by a year at the University of Minnesota. In 1956, Bob entered the U. S. Army, serving until 1959. He was married to Jeanette M. Melchior on July 21, 1961. Bob worked as a Hydraulic Technician for Continental Machines in Savage, and then as a Maintenance Man at Intek Plastics in Hastings. He was a former member of St. Pius V Catholic Church in Cannon Falls and currently a member of the Most Holy Redeemer Catholic Church in Montgomery. He was a member of the Knights of Columbus, and served on the Randolph-Hampton Fire Department many years. Also, he was an EMT and a Trainer for the fire department. Bob loved his time on the fire department, as well as gardening. He always found time for his kids, often swimming in Lake Byllesby with them.

Survivors include his children Theresa (Pete) Godfrey of Apple Valley, Bridgette Walsh of Forest Lake, and Maureen (Paul) Leonard of Montgomery; grandchildren Morgan, Tony, Julie, Darla, Jacob, Mitchell, Gilbert, Nate, Clara, Andrew, and Sam; great-grandchildren Charlie, Olive, and Daniel; brother Tom (Lavonne) Walsh, sister Eileen (Stanley) Effertz, and nieces, nephews, and cousins. He was preceded death by his parents, his wife Jeanette, son Patrick Walsh, great-grandson Jameson Leonard, siblings Rose (Joe) Morisette, Richard (Mary Ellen) Walsh and John (Mary Ann) Walsh.

Mass of Christian Burial was Sat, Nov 4, 2023 at 11:00 am, at Most Holy Redeemer Catholic Church, 206 Vine Ave, Montgomery, MN 56069. There was a visitation on Fri Nov 3, 2023, from 4-7:00 pm, at Lundberg Funeral Home, 5839 Hwy 19 Blvd, Cannon Falls, MN 55009. There was also a one-hour visitation at the church before the funeral. Interment was at Ft. Snelling National Cemetery.



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Dennison Days 2024 Date Change

The Dennison Lions Club, organizers of the annual Dennison Days town festival has announced that the date for the 2024 festival will be moved from the first weekend of August to June 21 & 22, 2024.

Event organizers stated the reason for the change is the fact that there are so many more events competing with the August date than there used to be.

Further information will be in future issues of the Messenger and on the Lions Club Facebook page.

Anyone with questions or suggestions for events for the 2024 festival should contact Lions Club President Diane Ruddle.





Randolph Honor Society



Randolph teacher Mrs. Jordan Kuehn and NHS Student President Jocelyn Zingler - master of ceremonies

Randolph School Closings/Delays Information

School closings and delays are a process that we take seriously. Some examples of what is taken into consideration are safety, educational processes, family disruption and specific school district circumstances. With the winter season coming upon us I wanted to get information out to our School District families and community so you have an understanding of our thought process regarding school closings and delays. Listed below are criteria used in making these decisions.

* Safety- Includes temperature and road conditions for our school buses, students and families driving. Communication occurs between the plowing services and Randolph School personnel who drive the roads early in the morning. We make every effort to decide between 5:30 a.m. and 5:45 a.m.

* Temperature- Minus 25-30 degrees regular temperature and minus 35-40 wind chill, depending what part of the winter we are in, are red flags when consideration begins for closing/delaying. We use the National Weather Service information which takes its data reading from the Stanton Airport.

* Communication is via TV Stations 4, 5, and 11. Randolph Schools Quick Hits, and Randolph School Web Site. However, if only a small number of schools report to TV stations then it may not be put on the air.

* Randolph Child Care- When school is closed we also close Randolph Child Care. When school is closed early during the school day we close Randolph Child Care one hour after school is dismissed early. Same scenario when school is delayed two hours then Randolph Child Care is delayed two hours.

*Randolph Preschool and ECFE- These programs also follow Randolph Schools when closed or delayed. When School is delayed 2 hours, there will be no A.M. preschool. When school is closing early, then preschool will close early, and there will be no Monday evening ECFE if it is on a Monday.

Reminder: Distant Learning Day may coincide with a Snow Day.



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The Messenger

FFA Advisor Ed Terry and Rep. Rod Hamilton Receive Minnesota Farm Bureau Distinguished Service to Agriculture Award

(continued from page 1)

Hamilton served as a voice for Minnesotans and agriculture in the Minnesota House of Representatives from 2005 until his retirement earlier this year. He found his passion for agriculture working at Christensen Farms, working his way up from a herdsman to holding several different roles in the organization. His involvement both with Farm Bureau and the Minnesota Pork Producers Association provided a catalyst for his involvement not only advocating for agriculture, but also playing a role in the development of policy.

Elected to the House of representatives in 2004, he served on a variety of agriculture committees including: Ways & Means - Agriculture and Food Finance & Policy Division; Chair of Agriculture Finance; Agriculture

Policy; Environment, Natural Resources and Agriculture Finance; Chair of Agriculture and Rural Development Policy and Finance; Agriculture, Rural Economies and Veterans Affairs; and Agriculture and Rural Development. He also was a member of the Minnesota Governor's Livestock Task Force.

Hamilton's Farm Bureau experience was plentiful, taking part in many Day on the Hill and Farmers to D.C. trips. He was also the winner of the Young Farmers & Ranchers Discussion Meet competition in 2001.

He and his wife Lynee live near Mountain Lake and have two children, and are active in giving back to their community.

Ed Terry built a career in agriculture and education. He retired after teaching agriculture and serving as an FFA advisor for 51 years. He started teaching in Farmington in 1968. In 1977, he started an ag/FFA program in Randolph. His program included students from a co-op program with Northfield, launched in 1994, and students from an evening outreach program he started in 1997, serving seven other schools where ag/FFA were not offered. More than 50 of his students earned their American FFA Degrees.

Terry holds both State and American Honorary FFA Degrees and is in the Minnesota FFA Hall of Fame.

Terry's impact reaches beyond the classroom. He was a township supervisor for 12 years. He served on the Minnesota Forage and Grasslands Council board for nine years,

two terms on the Dakota County Extension Committee and 33 years on the Rosemount Experiment Station Advisory Committee. He was named Outstanding Ag Educator by the Minnesota Association of Agricultural Educators in 2019 and the Minnesota Farm Bureau FFA Advisor of the Year in 1998. In 1995, he, his wife Carol and brother David were the Dakota County Farm Family of the Year. He received the Lifetime Achievement Award from the U of M College of Food, Agricultural and Natural Resource Sciences. He currently serves on the Dakota County Farm Bureau board and has been an active member for over 50 years.

Married for 53 years, Ed and Carol have two children: Lisa and Mike. Ed and Carol reside on and farm the sesquicentennial farm east of Northfield. Lisa, her husband Todd



and two sons live in Forest Lake. Mike farms on the family farm and lives nearby with his son.

Minnesota Farm Bureau Foundation Announces 2023 Scholarship Winners

(continued from page 1)

The Al Christopherson Scholarship is awarded annually to deserving junior, senior or graduate students enrolled at an accredited college or vocational technical school and pursuing a degree in an agriculture, conservation or forestry-related field.

Recipients of the 2023 Al Christopherson Scholarship include Theresa Gustafson of Beltrami County, Lily Krona of Beltrami County, Megan Ratka of Stearns County and Kestlyn Willert of Washington/Ramsey County.

Gustafson is currently a senior at North Dakota State College of Science, double majoring in agribusiness and ranch management. She is a member of both the agriculture club and culinary arts club, as well as a student worker in the culinary department. She is the daughter of Eric and Rosemary Gustafson.

Krona is a junior at the University of Minnesota – Crookston majoring in agricultural education. She is the founder of the university's Farm Bureau Collegiate Club, and serves as president. She is also vice president of both the Animal Science Association and Collegiate FFA, while also acting a secretary for the Student Athlete Advisory Committee and promotion committee for Ag Arama. She is the daughter of Jeff and Amy Krona.

Ratka is a junior at the University of Minnesota – Twin Cities majoring in animal science. On campus she held multiple roles with Lambda Delta Phi most recently serving on the executive committee as a representative at-large and is also active with the Gopher Dairy Club. Since the summer of 2019 she has volunteered with the Stearns County Farm Bureau during the county fair. Ratka is the daughter of Kevin and Kathy Ratka.

Willert is a senior at the University of Minnesota – Twin Cities double majoring in agricultural communication & marketing and animal science with a minor in political science. She is active with several groups on campus including the General Livestock Judging Team, Beta of Clovia, Block and Bridle Club, Minnesota Royal Collegiate Livestock Show, Agricultural Education Communication and Marketing Club, and National Agricultural Communicators of Tomorrow. Willert was the Minnesota Farm Bureau Foundation intern during the summer of 2022, and is currently a member of The Herd. She is the daughter of Klint and April Willert.

The Paul Stark Memorial Scholarship is awarded annually to deserving freshman or sophomore students enrolled at an accredited college or vocational technical school and pursuing a degree in an agriculture, conservation or forestry-related field.

Recipients of the 2023 Paul Stark Memorial Scholarship include Natalie Neumann of Wright County and Katie Radman of Dakota County.

Neumann is a sophomore at South Dakota State University majoring in agriculture business & entrepreneurial studies. She is an active 4-H volunteer, and was also an intern with the Minnesota Farm Bureau Foundation in 2022. She is the daughter of Bill and Renae Neumann.

Radman is a freshman at the University of Minnesota – Twin Cities majoring in animal science production. She has participated in in 4-H and FFA, winning the Farm Bureau Discussion Meet this past spring. She is the daughter of Charlie and Leah Radman.

About the Minnesota Farm Bureau Foundation

The Minnesota Farm Bureau Foundation's mission is to provide opportunities to invest in people and programs focused on supporting farmers and agriculturalists, connecting agriculture to consumers, and providing resources to rural communities. For more information, contact Foundation Director Ruth Meirick at ruth.meirick@fbmn.org or visit fbmn.org.

About the Minnesota Farm Bureau Federation

To ensure Minnesota's agricultural vitality, the Minnesota Farm Bureau amplifies its members' voices through engagement, grassroots advocacy, and agricultural awareness. Learn more about our efforts as an advocate for our 30,000 members and 78 county and regional Farm Bureaus at www.fbmn.org.

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.



Use Wild Rice to Turn Your Leftover Turkey Into a Scrumptious New Meal

By Minnesota Wild Rice Council

No other holiday is more closely associated with a specific meal than Thanksgiving – a radiant, golden-brown turkey, piping hot mashed potatoes and gravy, cranberries, and a delicious pumpkin pie topped with a dollop of whipped cream – mouth-watering to be sure. And while we all look forward to this holiday classic, many of us are just as excited about the following week’s-worth of Thanksgiving leftovers – everything from soups, to sandwiches, to casseroles that are enjoyed almost as much as the Thanksgiving meal itself.

Wild rice is an “all-purpose” ingredient, versatile enough to be used in virtually any type

of recipe. Its great taste and distinctive flavor is a great way to add flair and elegance to your holiday leftovers. Try incorporating the unique flavor of wild rice into your Thanksgiving leftovers by trying some of these easy-to-prepare recipes:

Classic Creamy Wild Rice Soup

The ideal way to use turkey leftovers is in one of America’s favorite soups – Classic Creamy Wild Rice Soup. Hearty, simple, and extremely flavorful, this comforting soup blends the great flavor of wild rice with turkey, onion, sherry, and almonds. It also freezes well to allow you to enjoy it long after your holidays are over.

Turkey & Wild Rice Quesadillas

Adding some flair to an ethnic favorite, Turkey & Wild Rice Quesadillas combines wild rice with succulent turkey breast, corn, spinach, pepper, onion, and cheese for a ‘wild’ twist on an old favorite. Turkey & Wild Rice Quesadillas make a perfect appetizer or a hearty main course.

Roasted Poblano Turkey Wild Rice

Roasted Poblano Turkey Wild Rice features wild rice with tender turkey breast, roasted poblano peppers, onion, garlic, corn, and shredded Mexican cheese for an exotic blend of flavors. The unique combination of roasted peppers and wild rice give this dish a

CLASSIC CREAMY WILD RICE SOUP

- ½ cup finely chopped onion
- 6 tbsp butter
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice
- ½ cup shredded carrots
- 1 cup cooked, cubed turkey breast
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half and half
- 2 tbsp dry sherry

In large saucepan, sauté onion in butter. Add flour, stirring until bubbly; gradually stir in broth. Stir in wild rice, carrots, turkey, almonds, and salt; simmer 5 minutes. Stir in half and half and sherry; heat through. 6 servings.

TURKEY & WILD RICE QUESADILLAS

- ¾ tsp ground Mexican seasoning
- ½ lb cooked turkey breast, cut in bite-size pieces
- 1 tbsp canola oil
- 1 pkg (12 oz) frozen corn, prepared as directed on pkg
- 1 pkg (9 oz) frozen chopped spinach, prepared as directed on pkg, squeezed to remove moisture
- ½ cup diced red pepper
- ½ cup diced red onion
- 1 tsp minced garlic
- 1 cup cooked wild rice
- 8 6" flour tortillas
- 1 cup shredded Mexican cheese
- ½ cup sour cream
- ½ cup salsa

In large skillet, season turkey with Mexican seasoning; cook in oil. Add corn, spinach, red pepper, onion, garlic, and wild rice; heat through. Divide mixture on 4 tortillas, sprinkle with cheese; top with remaining tortillas. In another large skillet, cook each quesadilla 3-4 minutes on each side. Top with sour cream and salsa. 4 servings.

ROASTED POBLANO TURKEY WILD RICE

- ½ cup chopped onion
- 1 tsp minced garlic
- 2 tbsp butter with canola oil
- 1 cup cooked, cubed turkey breast
- 1 cup cooked wild rice
- 1 pkg (9 oz) frozen corn, prepared as directed on pkg
- 2 large deveined, chopped, roasted poblano peppers
- 2 tbsp sour cream
- ¼ cup chicken broth
- ½ cup shredded Mexican cheese
- salt and pepper to taste

In large skillet, sauté onion and garlic in butter. Stir in remaining ingredients; heat through. 4 servings.

TURKEY THAI WILD RICE WITH PEANUT SAUCE

- 1 cup each: shredded carrots and zucchini
- 1 red bell pepper, sliced
- 1 tbsp canola oil
- 2½ cups cooked, cubed or shredded turkey breast
- 4 cups cooked wild rice
- ¼ cup thinly sliced green onion

Peanut Sauce (whisk together; set aside):

- ½ cup crunchy peanut butter
- 4 tbsp brown sugar
- ½ cup soy sauce
- 2 tbsp each: lime juice and sesame oil
- 1 tsp minced garlic

In large skillet, sauté carrots, zucchini, and red pepper in oil until tender. Add turkey, wild rice, and sauce; heat through. Top with green onion. 4-6 servings.

distinctively smoky flavor unlike anything you’ve tried before.

Turkey Thai Wild Rice with Peanut Sauce

This super-easy casserole offers healthy monounsaturated fat from the peanut butter, whole grains from the wild rice, and lots of veggies. Turn your turkey into a prize-winning family dinner – they won’t even realize they’re eating leftovers.

For even more great recipe ideas to turn your holiday turkey leftovers into an unforgettable meal, search the world’s largest wild rice recipe library at www.mnwildrice.org/search.php. Enter the keyword “turkey” and search to see all the delicious ways to prepare new and creative turkey-wild rice combinations.



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Down on the Farm/ Up at the Cabin Farming Adventures: Single, Middle-Aged, Female Suburbanite Wants to Start a Hobby Farm

By Claudia Vanderborght

For years, friends and acquaintances had encouraged Monica to write down the saga of starting a farm from scratch – with no experience or knowledge – just a love of learning and adventure. Well, here it goes.

Monica taught elementary school in Apple Valley for 28 years. Additionally, she worked as a Navy Reserve Analyst for 21 years – nearly five of those years deployed to Tampa, Norfolk, and Qatar. In 1999, after purchasing a Jeep Wrangler, Monica joined a 4WD club and – under their tutelage – explored off-road trails in several states (once disemboweling a shock on some rocks). She also owned several motorcycles and, taking advantage of the school summer vacations, explored 49 states on motorcycle (all but Alaska). Once, she even jumped out of a perfectly good airplane (once was enough). It was time to delve into an entirely new adventure.

Claudia, Monica's sister, moved from Minnesota to Vermont, to Massachusetts, to northern New York, back to Minnesota, and finally

now to Wisconsin. She has worked as a high school science / math teacher, a secretary, an analyst for pharmaceuticals, delivered newspapers, wrote articles for kids magazines, started a tutoring service, and – semi-retired – substitute taught at local middle and high schools. Claudia was up for a new adventure at any time.

Monica was a bit envious of her teacher colleagues who would go to the cabin on weekends. But maintaining a second residence several hours away from her Farmington home just didn't appeal to her. What Monica really wanted was a "cabin" that she could live in full-time while continuing to work in Apple Valley. But what to do?

The options were endless! Monica motorcycled around that summer asking God, "Now what? Travel? Join a club? Come up with a new hobby?"

"Stay home and dork around..." was the only answer she got.

Yes, God talks to Monica in the vernacular, so she started thinking about what "staying at home and dorking around" might mean. Having several years before she could retire, to move and to commute was a issue.

There were a few things that were immediate, important considerations: a 45-minute commute to Apple Valley, a location east of 35W (Monica – a mosquito magnet – heard that the limestone geography east of 35W inhibited mosquito breeding), two miles off asphalt (keeps the riff-raff away), a four-bedroom split-entry house with a two-car attached garage. 20 acres (probably beyond the budget) with some open pastureland and some woods would be nice; interesting



topography (not flat, but not crazy-steep either). And some kind of outbuilding. Quite the wish list to say the least!

Hunting for the perfect farm was an adventure in and of itself ... a story for another day.

But there it was: 20 acres with a house and a 40' x 90' pole building, pasture and woods, in Wanamingo township. Once a hog farm, now completely overgrown. But the house and pole building had "good bones" and it was just within the budget. A year later, Claudia came to help on the farm. Quickly, we all learned some important lessons:

It is not a hobby farm. It is a small farm. (You cannot take tax write-offs for capital

improvements if you call it a hobby farm.)

Goats are naughty. They will always find their way out of the fence and into the neighbor's cornfield. Or your sister's garden. Always.

Fence posts must be pounded in all going the same direction. Stringing the electric fencing will be so much easier that way.

Be prepared for numerous donations from the family cats: dead (or not) voles, mice, chipmunks, gophers, birds, an occasional rat, and (too frequently) vomit.

(continued on page 9)



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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.

This movie is 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.

Down on the Farm/ Up at the Cabin Farming Adventures: Single, Middle-Aged, Female Suburbanite Wants to Start a Hobby Farm

(continued from page 8)

Even small Dexter cattle can hurt you if they all want to go through the same opening at the same time and you don't jump out of the way fast enough.

Convincing the county that you are – indeed – going to farm the property (to pay \$40 in-

stead of \$500 for a building permit) may require some convincing.

The disgusting smell from the corner of the barn is not a skunk. The chickens are hiding their eggs again.

Cheap, suburban cell phone service does not work well down on the farm. It would be far more convenient researching goat bloat in the dry, cozy barn than sitting on an ATV at the top of the hill in the rain.

Dirt is a color. No matter what color your car is, by the time you get home after the car wash it will be the color of dirt.

If you are going to have livestock, you need to accept the fact that you will have dead stock.

You don't know what you don't know. And we didn't know much about anything.

But farmer neighbors are great – answering innumerable questions, herding livestock home with the ATV, winching the skid loader

out of the spring mud, or simply sharing a cup of coffee and a piece of pie at their kitchen table. Thank you, my friends.

Next time: Buying a farm is a bit different than buying a suburban home in Farmington.



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The Law of Vibration: Unveiling the Hidden Harmony



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

In the vast tapestry of the universe, there exists a symphony of vibrations that weave through the fabric of reality. This intricate dance is governed by the second universal law, the Law of Vibration. As we explore this cosmic principle, we delve into the profound concept that everything is in a constant state of motion, emitting its unique vibrational fre-

quency.

At its core, the Law of Vibration posits that all matter is in a perpetual state of motion, oscillating at a specific frequency. This concept has ancient roots, echoing through various philosophical and spiritual traditions. In essence, it suggests that nothing rests; everything moves, and each entity carries its own vibrational signature.

One of the key tenets of the Law of Vibration is the interconnectedness of all things. Every particle, every atom, every living being resonates with a distinctive vibrational frequency. This interconnected web of vibrations forms the basis of the intricate dance of existence. It implies that there is a hidden harmony that unites all elements in the cosmos.

Moreover, the Law of Vibration extends beyond the physical realm into the realm of thoughts and emotions. It suggests that our thoughts and feelings also emit vibrational frequencies, influencing the overall vibrational tapestry of our personal reality. This principle underscores the importance of mindfulness and the impact of positive or negative energy we contribute to the collective vibration.

The ancient wisdom of the Law of Vibration finds resonance in modern science, particularly in quantum physics. Scientists have

discovered that at the subatomic level, particles are not static entities but exist in a state of constant motion and vibration. This scientific revelation aligns with the age-old spiritual understanding that everything is energy in motion.

Understanding and harnessing the Law of Vibration can empower individuals to navigate their lives with greater awareness. By cultivating positive thoughts, emotions, and actions, one can elevate their vibrational frequency and attract corresponding positive experiences. Conversely, dwelling in negativity can lower one's vibrational state, leading to a magnetism for less desirable outcomes.

In essence, the Law of Vibration invites us to become conscious co-creators of our reality. By aligning our thoughts, emotions, and actions with higher vibrational frequencies, we can harmonize with the cosmic dance of existence and unlock the latent potential within ourselves. It's a reminder that, in the grand orchestra of the universe, each of us plays a unique note, contributing to the symphony of life.

Integrating the Law of Vibration into daily life involves adopting mindful practices and cultivating awareness of the vibrational energy one emits. Here are several practical steps to help individuals align with this universal law:

- Mindful Awareness:
 - Begin each day with a few moments of mindfulness. Reflect on your thoughts, emotions, and the energy you carry into the day.
 - Throughout the day, periodically check in with yourself. Notice the quality of your thoughts and feelings. Are they positive or negative? What kind of vibrational energy are you emitting?
- Positive Thinking:
 - Practice positive affirmations. Consciously choose thoughts that uplift and inspire. Affirmations can help shift your vibrational frequency towards positivity.
 - Avoid dwelling on negative thoughts. When negativity arises, acknowledge it, but then consciously choose to redirect your focus to more positive and constructive thoughts.
- Gratitude Practice:
 - Cultivate a habit of gratitude. Regularly express appreciation for the positive aspects of your life. Gratitude carries a high vibrational frequency and can attract more positive experiences.
 - Keep a gratitude journal and write down things you are thankful for each day.
- Conscious Communication:
 - Be mindful of the words you use. Words carry energy, and their vibrations can impact both you and those around you.
 - Strive to communicate with kindness and positivity. Choose words that uplift and in-

spire rather than words that convey negativity or criticism.

- Emotional Regulation:
 - Develop emotional intelligence. Understand and accept your emotions but strive to respond to challenging situations with calm and centeredness.
 - Practice techniques such as deep breathing or meditation to maintain emotional balance.
 - Energetic Environment:
 - Surround yourself with positive influences. Be conscious of the people, environments, and media you expose yourself to.
 - Create a positive and harmonious living and working space. Decluttering and organizing your physical space can also have a positive impact on your energy.
 - Self-Care:
 - Take care of your physical well-being. Exercise, proper nutrition, and adequate rest contribute to a higher vibrational state.
 - Engage in activities that bring you joy and fulfillment. The energy associated with activities you love can enhance your overall vibration.
 - Visualization and Meditation:
 - Incorporate visualization and meditation into your daily routine. Envision the positive outcomes you desire and feel the corresponding emotions.
 - Meditation can help quiet the mind, allowing you to connect with your inner self and the higher vibrational frequencies of the universe.
- Remember that integrating the Law of Vibration is a continuous practice. It involves a conscious and intentional approach to thoughts, emotions, and actions. By making these practices a part of your daily life, you can elevate your vibrational frequency and align more harmoniously with the cosmic dance of existence.
- Life coaching serves as a guiding light on the journey to integrate the profound principles of the Law of Vibration into one's daily life. A skilled life coach provides the support and tools needed to navigate the intricacies of mindful living, helping individuals to cultivate positive habits and align with higher vibrational frequencies. Through personalized guidance, a life coach empowers individuals to overcome challenges, break through limiting beliefs, and foster a deeper understanding of themselves. This transformative process not only enhances personal well-being but also ripples outward, positively influencing relationships, career, and overall life satisfaction. Life coaching becomes a catalyst for self-discovery and empowerment, offering a roadmap to unlock the immense potential within, and inviting individuals to dance in harmony with the universal rhythms of existence.

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Rooted in Christian values, Northfield Retirement Community supports independence, dignity and quality of life for the aging by providing innovative living options.

Interested in learning more about NRC and independent living? Visit northfieldretirement.org or call 507-664-3466 for availability and to schedule a campus visit.



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Coffee: Pros and Cons



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the concept that food can be used as medicine. I presented some ideas for managing acid reflux. In that article, I mentioned that coffee can be a trigger for acid reflux. So how does coffee relate to nutrition? What are the positive aspects of coffee and what are the negative considerations? Can a person use coffee as medicine?

First, a little history. As reported by Tori Avey in "The Caffeinated History of Coffee," the first reports of coffee originate around Ethiopia and Yemen. The ripe coffee fruit is red, and the coffee bean is the seed of the fruit. Roasted coffee beans were first produced by Arabs and the Arab community had control of the coffee market until the Dutch were able to acquire some seed and start plantations

around the world. In 1773, when Americans were revolting against the tax on tea, coffee became the acceptable, patriotic choice.

According to the National Coffee Association, more than 65% of Americans drink coffee each day. The average American consumes just less than 3 cups of coffee per day. The United States is the top coffee consuming country in the world with coffee being the first-choice beverage over tea, soft drinks, and juice. Berkeley, California wins the prize for the most coffee shops according to ApartmentGuide.

So, with all this coffee consumption what are the PROS or CONS of coffee consumption?

PROS –

- Moderate coffee consumption (1 – 4 cups per day) is linked to longer life
- Decreased risk of liver cancer
- Decreased risk of Parkinson's disease
- Improved clarity in thinking
- Improved regularity of bowel movements

CONS –

- Inflammation (measured as CRP) can increase with more than 1 cup of coffee per day
- Heart and neurological challenges among infants of mothers who regularly consumed coffee during pregnancy
- Anxiety increased with excessive consumption of coffee
- Difficulty sleeping associated with coffee consumption
- Trigger for diarrhea episodes
- Can promote fatigue through caffeine addiction

Coffee can be a powerful medicine. Caf-

feine is one of the active ingredients, but there are additional compounds that demonstrate antioxidant and stimulant activity. An important note to understand is that coffee does not produce energy. A black cup of coffee has almost no calories at all. The energy boost from coffee comes from the body response to caffeine, which stimulates the adrenal glands to produce epinephrine. The release of epinephrine causes the body to release more energy from its storage areas, in the same way a whip will cause an animal to move that was not moving before. For an individual who is extremely tired in the morning and "needs" the cup of coffee to get started for the day, this individual is battling a fatigue that is only increased by the regular consumption of coffee.

Coffee can be a good aid for digestion. A small cup of black coffee with a meal will stimulate the digestive process and increase the acidic mixture in the stomach. Between meals only water should be consumed to allow the digestive system to rest. There is no need to stimulate digestion by drinking coffee between meals.

An additional use of coffee by health practitioners throughout the centuries has been the use of coffee as an enema. A properly prepared coffee solution carefully introduced into the rectum has been an effective way to remove constipation and blockages in the colon. Reportedly, this enema was effectively used during World War 1 in the military hospitals when nurses used the coffee enema to aid the recovery of recovering wounded in the military hospitals.



Overall, pay attention to how your body responds when you consume a cup of coffee. Consider what other ingredients such as cream, sugar, or other flavors are being added. What happens if you stop drinking coffee for a day or two? You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

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

The Christmas in the Village Event

FARMINGTON, MN: Dakota City Heritage Village at the Dakota County Fairgrounds in Farmington is preparing for their annual welcoming holiday event on two upcoming weekends, Saturday and Sunday, December 2, 3, 9 and 10 from 3-8 pm.

Village Volunteers are busy decorating the buildings inside and outside with holiday lights and decorations. Visitors will experience the sights, scents, and sounds of the season through the village's dazzling lights, Christmas music in the church, the smell of wood burning stoves and the sound of horses and their jingle bells as they pull trolleys through the village. Old fashioned chores will be demonstrated in the Millinery Shop and the Harris House. There will also be old-fashioned candy and goods for sale at the Gift Shop and General Store. Refreshments like hot chocolate, cider and warm soups will be available in the Drug Store.

Children are invited to bring a letter to Santa and leave it at the Dakota City Post office, in a stamped, self-addressed envelope. Envelopes should not be sealed as Santa's helpers will read the letters and share them with Santa. Children will receive a letter back from the North Pole and Santa in December. Santa will be also visiting with children in the Depot. New this year is a model railroad display with holiday themed trains running around a festive winter scene in the village library, courtesy of the Minnesota Garden Railway Society.

Admission is \$5 with children under 5 FREE.

Tickets are available at the gate, online at www.dakotacity.org or by calling (651) 460-8050 x 1.

Dakota City was established at The Dakota County Fairgrounds in 1978, and is a 1900's era agricultural village and museum. 22 buildings, including an operational blacksmith shop, newspaper office, train depot, barber shop, family home and more represent the business and rural social life of a rural early 1900's community. Dakota City is a 501(c)3 non-profit organization that strives to preserve rural heritage and connects, through education and interpretation, current generations to life and agricultural heritage of the early twentieth century. Updated schedules and information are available at www.dakotacity.org, and on their Facebook page.

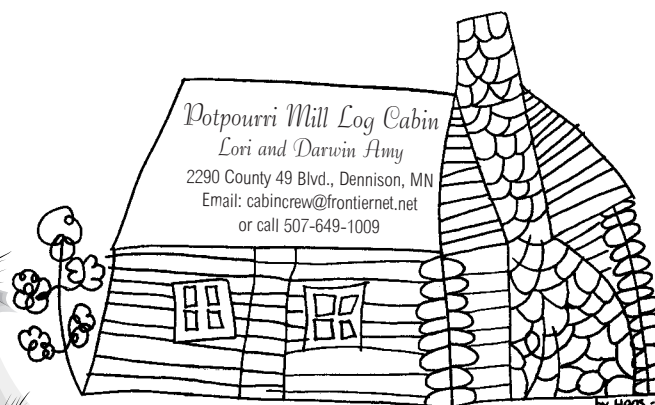
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Sundays: November 26, December 3, 10

Hours: 10:00a.m. to 5:00p.m.

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Flu Prevention Strategies and Flu Vaccine Dangers



By Shauna Burslem, D.C.

The flu vaccine is recommended for pregnant women even though there exists evidence that the vaccine could place their pregnancy at risk. Research funded by the Center for Disease Control (CDC) found a link between being vaccinated for the flu during pregnancy and increasing the risk of miscarriage (8 fold). In general, data from the federal Vaccine Injury Compensation Program shows that the flu vaccine is now the most compensated claim filed. Between January 1, 2006 and December 31, 2019 five thousand four hundred and seven injury

claims were filed for the flu vaccine. In addition, CDC data demonstrates that the flu vaccine is less effective for senior citizens. According to the CDC data, the influenza A and B vaccine had an effectiveness rating of 12% for those over the age of 65. Statistically, the CDC includes death from secondary infections (like pneumonia, sepsis and other respiratory infections) in the total mortality rate from the flu. These secondary infections account for the majority of deaths attributed to the flu each year.

Boosting your immune systems capabilities have been shown to be way more effective than the flu vaccine for preventing the flu or increasing the likelihood for a mild case and or quicker flu illness recovery. Vitamin D3 taken with vitamin K has been shown to lower your risk of flu illness. Vitamin D is the sunshine vitamin. Sun exposure naturally produces vitamin D in the body. This is why flu season is in the fall and winter months. People have lower levels of vitamin D when not able to be out in the sunshine with safe sun exposure. Taking a vitamin D supplement throughout the fall and winter (and even summer if you do not have adequate sun exposure) will boost your immune system function. Functional medicine and nutritional experts have found that the proper dose of vitamin D in the winter season is 30 units per pound of bodyweight. This means if you weigh 150lbs your D supplementation should be 4,500 units per day. People whose levels are below the normal range are at risk for be-

coming sick with illness and if exposed to covid-19 they are also at a higher risk for hospitalization and death.

In addition to vitamin D (and K), your flu prevention medicine chest should contain elderberry extract and vitamin C (1000mg capsules). If you start to feel the signs of illness coming on begin taking elderberry extract 3 x per day. Elderberry boosts immune function but also has a high amount of antiviral properties and works really well with respiratory infections. Also, increase your vitamin C consumption to 3000 mg and take your C 3-4 times per day, every 3 to 4 hours. Do this until you feel better.

Lastly, chiropractic spinal adjustments have

a positive effect on increasing immune system function. Mid back adjustments to the thoracic spine have an immediate effect on white blood cell production. White blood cells are your infection fighting cells. Research has also shown that chiropractic spinal adjustments increase the rate at which your body's DNA repairs itself. DNA repair is an important marker for immune system function. Additional research has also shown that people who receive regular chiropractic care (at least 1 adjustment per month, every month) have higher resistance enzyme levels than people who do not receive chiropractic care.

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Power of Rural: Empowering Healthier Communities in Rural Minnesota



By Colleen Landkamer,
USDA Rural Development
Minnesota State Director

People, no matter where they live, should have access to high-quality healthcare services and healthy food options to put on the table.

In Minnesota, we work hard to empower rural people and organizations with the information they need to take full advantage of the USDA Rural Development programs that are specifically designed to support healthy rural communities.

As we celebrate National Rural Health Day this year, we are reminded that a strong community is rooted in its people. The theme "Power of Rural," reminds us that rural communities are fueling an innovative rural health infrastructure.

As I've traveled across Minnesota, I've seen and heard firsthand the unique challenges people in rural communities and remote parts of the state have in accessing modern healthcare resources they need and deserve. I was fortunate enough to have visited the new state-of-the-art Astera Health facility in Wadena several times throughout the construction process and was honored to help celebrate the grand opening. Throughout my multiple visits, I heard from many people about how some of the services now provided in this location will help reduce multi-hour drive times for folks in the surrounding areas. The improvement in quality of life in this region of the state, thanks to this new facility and the health care services it provides, will be invaluable to this area's well-being and growth.

Finding local, modern health care is especially true for people living in our nation's Tribal communities who have been underserved for far too long. I am extremely proud of the relationships that our staff have with Minnesota's tribal communities and their efforts to help address the unique needs of these

areas. We look forward to continued opportunities to better serve these communities.

Working with our partners like the National Rural Health Association (NRHA) is important for ensuring people in rural areas have access to the care they need. For instance, USDA is partnering with NRHA to provide technical assistance to rural hospitals across the nation.

At USDA Rural Development, we are committed to making sure that everyone in rural America has access to high-quality and reliable healthcare services like urgent care, primary care, dental care, and more.

Through the Emergency Rural Health Care Grant (ERHC) Program, Rural Development helped rural healthcare organizations across the state purchase supplies, deliver food assistance, renovate healthcare facilities, and provide people with reliable medical testing and treatment. For example, a \$62,000 ERHC grant allowed the Red Lake Falls Volunteer Ambulance Association to replace a 25-year-old vehicle with several mechanical issues. Through this investment, first responders can continue providing safe and reliable care to area residents.

We've also supported communities through the Community Facilities Programs, Distance Learning and Telemedicine Grants Program, and Water and Environmental Programs. For example, a \$6 million Rural Development grant through the Water & Waste Disposal Loan and Grant Program helped address health and sanitation concerns in Mazeppa. Due to deteriorating water distribution lines, the city no longer met regulatory limits. With the help of this investment, the community is able to replace the aging infrastructure by constructing a new wastewater treatment facility and improving water distribution and sewer collection systems.

We also recognize that people in our state's most rural and remote locations lack access to healthy foods. Recent supply chain disruptions have made access even more challenging and have shown just how critical it is to invest in the agricultural supply chain here at home.

That's why we remain committed to creating local and regional food systems that benefit all Americans, from farmers and ranchers to small businesses and families, who currently need to travel far from home to find fresh, nutritious food.

Through programs like the Meat and Poultry Processing Expansion Program, the Meat and Poultry Intermediary Relending Program, and the Food Supply Chain Guaranteed Loan Program, USDA works to create stronger food supply chains that benefit American producers, meat and poultry processors, and consumers.

For example, a Food Supply Chain loan guarantee of \$9.3 million helped promote the expansion of Manea's Meats, a second-generation and family-owned meat market in

Benton County. With the help of the loan, Manea's Meats significantly expanded the square footage of their meat processing facility, creating 17 new jobs.

In Minnesota, we at Rural Development know that partnerships are crucial to the success of ALL investments and community development. Recently, a partner that we work with quite regularly to bring affordable financing options for economic development, housing, and more was named USDA's North Central Regional Food Business Center. Administered through USDA's Ag Marketing Service, Region Five Development Commission will focus on expanding small and mid-sized agricultural value chains in Minnesota, North Dakota, and South Dakota, with the goal of transforming a region that primarily focuses on commodity and large-scale agriculture into an area that also supports smaller, more resilient farm

and food practices, specifically focusing on the development of critical infrastructure for small and mid-size livestock processing, fruit and vegetable processing, and warehouse space and storage operations. This is a great example of USDA's dedication to partnerships and improving health through safe food options in rural areas.

Throughout November, USDA Rural Development is celebrating National Rural Health Day by sharing success stories and the resources we have available to champion communities working tirelessly to support rural health across the country.

USDA Rural Development is a partner that invests in keeping rural people healthy. You can learn more about our programs by visiting www.rd.usda.gov/mn, following @RD_Minnesota on X (formerly known as Twitter), or by calling 651-602-7800.

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Local Government

The Hampton City Council met on Tuesday, October 10, 2023 at the Hampton City Hall for the regular scheduled meeting. Present were Mayor John Knetter; Council Members David Luhring, Anthony Verch, and Nick Russell. Also present was Brad Fisher with Bolton & Menk; and Marlin Reinardy.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 7:00 p.m.

Disclosure of Interest - None

Approval of September 12, 2023 Regular Scheduled Meeting Minutes - Motion by Russell seconded by Luhring to approve the September 12, 2023 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 4:0.

Approval of Disbursements - Motion by

Luhring seconded by Verch to approve the October disbursements. All voted in favor. None opposed. Motion passed 4:0.

Public Comments - None

Petitions, Requests, and Communications: Metropolitan Council Environmental Services (MCES) - hauling biosolids from the Empire Wastewater Treatment Plant to their agricultural field (informational - no action required) - Mayor Knetter mentioned correspondence in meeting packets. No discussion.

Dakota County Draft 2024-2028 Capital Improvement Program (informational - no action required) - Mayor Knetter mentioned correspondence in meeting packets. No discussion.

Dakota County Joint Powers Agreement

(JPA) for Absentee Voting Services (informational - no action required) - Mayor Knetter mentioned correspondence in meeting packets. No discussion.

Vermillion River Watershed Joint Powers Organization (VRWJPO) Planning Meeting for the 2026-2035 Watershed Management Plan (informational - no action required) - Mayor Knetter mentioned the date of the meeting and asked Council if anyone planned to attend. No one could because of scheduling conflicts. Knetter asked Brad Fisher if he was aware of what the meeting content would be. Fisher said he didn't but would check and let Knetter know if he found out.

City Council Member Interest Form - Jerry Huddleston - Motion by Verch seconded by Luhring to approve Jerry Huddleston to fill Cindy Flodeen's vacant Council position.

All voted in favor. None opposed. Motion passed 4:0.

Ordinances and Resolutions - None
Reports of Officers, Boards, and Committees:

Engineer's Report - Brad Fisher of Bolton & Menk had just one item on his report for the month, which was the Water Street Lift Station Generator Project. Fisher stated that quite a bit of progress has been made on the project. The generator was delivered and the propane tank has been ordered. Work has been coordinated with Xcel Energy for the utility pole replacement and service upgrades. Killmer Electric has submitted Pay Application 3 for work done to date on the project.

Additionally, Fisher mentioned that Bolton & Menk is making good progress on the proposed CUP ordinance amendment.

Water / Sewer Report - Mayor Knetter reported that the new fluoride pump has great accuracy. Preparations are being made for the fall discharge and samples have been taken. Hydrants will be flushed by the end of the month.

Park Report - Councilor Russell stated that there was nothing to report.

Street Report - Councilor Luhring stated that he is waiting to hear from the contractor regarding repairs that still need to be done in the alleys.

Unfinished Business - None

New Business - None

Adjournment - Motion by Luhring seconded by Russell to adjourn the meeting. All voted in favor. None opposed. Motion passed 4:0. The meeting adjourned at 7:13 p.m.

Respectfully submitted,
Judy O'Brien

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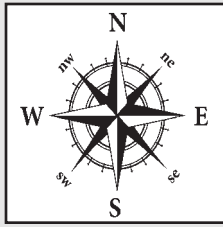


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Changes in Latitudes, Changes in Attitudes My Grandfather, Otis.



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

I never knew my grandfather, Otis Campbell. He passed away the year I was born. But my grandmother and father told me many stories about him that just piqued my interest in him. I always enjoyed the character by his name in the Andy Griffith show, but unlike the Mayberry Otis Campbell, my grandfather was stone sober.

Most people remembered him for his dry wit. The only tangible evidence I had of that was the story my dad relayed about the day my grandpa almost ran over Elvis. It was written in pencil on the granary wall and mostly faded from sight by the time I was a kid. Turns out Elvis was the family dog, but it made a great story.

Harold Avery was a friend of Otis, and they were members of the Concord Church. When a new preacher was hired, Harold volunteered to take his livestock truck out to the western part of the state to move the new minister back, and Otis rode along to help. As the two filled the box of the truck with the new parson's household belongings, they constantly harped on each other over how to load each item. Once loaded the new pastor climbed in the truck cab between the two bickering furniture movers and had to endure the constant insults they plied each other with. His concern was that they may stop the truck and come to blows from the endless feuding. He was starting to reconsider the wisdom of coming to a church where two of the good members seemed to dislike each other so much. He later learned that they each loved to rib each other mercilessly and were in fact best friends.

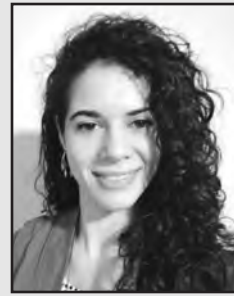


The church had an old coal furnace in the basement and one cold winter day it broke down. A couple of the men took turns laying on their backs inside the firebox and hammering with a cold chisel to remove the broken part. Dean Loquai told me years ago about the day in question, how the minister came over to see how they were coming along. Dean told him to head back to the parsonage as they were some words coming out of the furnace he might not want to hear.

My grandfather's hired man was Perry Bartholomew and one evening Otis stopped by their house on the farm to visit. Perry's wife loved the suspense theater on the radio and was sitting on a kitchen chair listening to the radio show with rapt attention. At the precise time, Otis reached out and put his hand on her shoulder. Her reaction was more than he expected as she jumped, sending the chair backwards, where the rear leg caught in a knot hole in the wood floor and she nearly fell onto the floor. She was not as amused as the two men were.

One evening Otis and a younger hired man had walked down to the country schoolhouse for a community meeting. As they walked back along the dark and deserted gravel road in the dark, a sound came from the cornfield to their right. It was the sound of cornstalks being broken and knocked down by a large and rapidly approaching object. The hired man in his terror took off running for the farm, leaving his older boss in his dust. Otis simply stopped and waited as a large buck deer burst out of the corn rows and raced across the road in front of him. My grandfather thought the whole event was too funny to be mad at the poor kid.

A Minnesotan: Thanksgiving Traditions



By RosaLin Alcoser

Across the country every family has their own Thanksgiving Day traditions. Holiday traditions are a great way to bring families closer together on the holiday as everyone has something to look forward to knowing that no matter what that one thing will take place on that day. It can even be a good way to feel connected to your family on the holidays if you are far away from them during the holidays. As you can at least do that one thing knowing that your loved ones are also doing it at the same time.

Some families cook the same meal every year, or watch football, others go outside to play football, while others do Turkey Trots or volunteer at soup kitchens. My

family does none of these things.

Over the years we've done a number of things on Thanksgiving Day over the years. There have been years when we had venison or ham instead of turkey. There have been years that it was warm enough for us to go for a walk after dinner or where we had gone back south and could do that. While there have been other years where we talked about how if it wasn't snowing we could go for a walk. Mostly though we have no strong traditions that we have to do on Thanksgiving Day no matter what.

Except for one. Every single year we all watch the Macy's Thanksgiving Day Parade no matter where we are. There isn't a single year in my entire life that I can recall not watching that parade on Thanksgiving Day. Even though we can't all be together on Thanksgiving Day every year, which is most of it these days, we all make sure that we are up and watching the parade at the same time.

For my family at least, watching the parade has given us all something in common about the holiday while apart for over a decade now. Which means at the end of the holiday we all have at least one shared experience to talk about no matter what else happened allowing for that feeling of togetherness that traditions create.

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