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JULY 24, 2024

Volume 21 • Issue 7

The View From the Back Part 1



Andy and I crossing the Zumbro on the first lap.

Ted Gamble is an avid runner and friend of The Messenger. This is the first of a 3 part series on his recent adventures that we will run in the Messenger in July, August and September. We hope you enjoy it.

By Ted Gamble

I'm thinking about this on Sunday morning, the day after the race.

(continued on page 3)

Search Continues for Missing Randolph Woman

Editors Note: As of press time, this is the latest news release and information from the Dakota County Sheriffs Department. You can get updates from the Sheriffs website and Facebook page.

The Dakota County Sheriff's Office continues to investigate the disappearance of 56-

year-old Nicole Anderson who left on foot from her Randolph Township home on July 6th at approximately 10 a.m. and did not return. Family reported her missing the afternoon of Monday, July 8th. That afternoon, investigators conducted an extensive search of the home, property, and surrounding area on foot and by air, utilizing canines, drones, and helicopters. Ms. Anderson was not found.

On Wednesday, July 10th, investigators executed a search warrant in the City of Randolph at a residence of Ms. Anderson's boyfriend, 42-year-old Matthew Suttles. Suttles had an active, felony body-only arrest warrant out of Le Sueur County for a probation violation. (continued on page 11)



Courtesy of Minnesota Bureau of Criminal Apprehension

St. Mark's Lutheran Church
FEAST & FESTIVAL
Sunday, August 4th
Join us from 10am-2pm for a
FEAST & FESTIVITIES
(see ad on page 3)

Lily Beissel Places Third in Hereford Breed Poster Contest



Grand Island, Neb. – Hundreds of National Junior Hereford Association (NJHA) members from across the nation competed in the photography and poster contests, exhibiting their passion and dedication to the Hereford breed through arts. The winning participants were recognized and awarded at the VitaFerm® Junior National Hereford Expo (JNHE) on Wednesday, July 10, during the Buckle and Awards Ceremony.

Promotional poster

Young people competed with posters they created to promote the 25th JNHE "The Grand Daddy of 'Em All." Posters are judged for creativity, originality and design. The promotional poster competition is sponsored by the NJHA.

(continued on page 8)

Randolph Booster Club Tournament August 5th

REMINDER!!
AUGUST 5TH 10AM SHOTGUN
RANDOLPH BOOSTER CLUB
Golf Tournament!

Courtesy of Randolph Booster Club

REMINDER!!! The Randolph Booster Club Golf Tournament reschedule date is coming up on August 5th - 10am shot gun start at Gopher Hills Golf Course!! Please let us know if your team has a conflict with the new date so we can fill your spot - otherwise.

If you have any questions, please contact Deena Otto or any other Booster Club Member.

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.

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What are you doing God?

Have you ever wanted to ask God a question? Like why? Why is there pain and suffering? Why is the grass green? What is your plan? When are you coming back?

Joseph was a dreamer. Joseph was daddy's favorite. And besides being the favorite son of Jacob-whom his father gave him a one-of-a-kind special coat- he also alienated his brothers by ratting them out when they did something wrong! Joseph's brothers had built a strong resentment and hatred toward their brother. When Joseph began having his dreams- he chose to announce them to his family. Both dreams indicated that his brothers and his parents would one day be bowing down to him. Pretty heady stuff for a 17-year-old man.

Joseph's brothers conspired together to get rid of him- to get rid of the dreamer- their little brother Joseph. The plan was to kill him and tell their father that a wild animal must have killed him. When Joseph appeared in Dothan where they were tending the sheep- they saw their chance. They grabbed him and

threw him in a dry cistern- Nine of the brothers were having a lunch break when they saw a band of Ishmaelite traders heading their way- Judah came up with an even better plan than killing their brother- let's sell him off as a slave- then our hands will be clean and we'll be a few coins richer as well! So that's what they did. We've fixed him now- we won't have to give him a 2nd thought- for all practical purposes Joseph is dead to us and good riddance! They take his robe- bloody it up and bring it to their father Jacob, who goes into an extended time of mourning for his favorite son.

In a moment, Joseph's life was changed from being the beloved son to a slave in the unknown land of Egypt. Upon his arrival his sightseeing was cut short because he was sold to Pharaoh's captain Potiphar to be a servant in his house, but the Lord was with Joseph.

God was still working- did it feel like it? I doubt Joseph was thinking- 'this is great- I'm so glad I can be a part of this plan and be a slave in Potiphar's house.' There were good days and bad days there- but things began to shape up for Joseph. Joseph had a good work ethic- he was faithful- he didn't slack off or sabotage his relationship with his master- he served him as he was taught- he served him as he would serve his father and his God. Despite not understanding the 'why am I here' question- Joseph did the next thing.

Joseph remained diligent and industrious in his dealings despite being a slave. And because of his work and his integrity Potiphar entrusted him with charge of all of his house affairs. Pretty amazing! A Jewish slave with responsibility in the house of a powerful Egyptian. Well, it was better than being the guy that cleaned the latrines-but he was still a slave. He still had no rights and no voice. He wasn't paid for his work either- in fact, he was probably given more work to be responsible for. It would seem that Potiphar would acknowledge his hard work and maybe give him his freedom... Not hap-

pening!

Instead, Joseph was being sexually harassed- without any protection from the system. He was a slave- without any rights or voice. He avoided his boss's wife for a long time- she was persistent though and when she finally had him alone in her house- she tried to force him into a relationship right then and there. Instead of succumbing and being her 'slave' he ran! He saw the temptation for what it was and avoided it at all cost. And cost him it did! Due to the false accusation of Potiphar's wife to her husband, because Joseph would not sleep with her, Joseph was cast into prison. At this point you might argue, why didn't God rescue him from his troubles? Joseph found favor with the guards in prison and things were going well for him, despite being in prison.

James wrote in the book of James, "Don't run from tests and hardships, brothers and sisters. As difficult as they are, you will ultimately find joy in them; if you embrace them, your faith will blossom under pressure and teach you true patience as you endure. And true patience brought on by endurance will equip you to complete the long journey and cross the finish line—mature, complete, and wanting nothing"

Many Christians assume that when things are difficult, when there seems to be roadblocks, that in these situations that God is not with them. That He has forgotten them and that His plans are either impossible- or that we heard Him wrong. Most of us forget that the message of Scripture is very clear that God is most powerfully present in these tough situations.

I find it inspiring that through all the trials and temptations that Joseph was faced with; he showed integrity, honesty, solid work ethics, his actions showed a confidence in God, and he was faithful to God even when it didn't feel like God was being faithful to him. Wow!

When you find yourself in a situation where you feel like God doesn't care, go

back to the Bible. Remember the character of God. Put your faith in what Scripture tells us about the nature of God. Remember, "He will never leave you or forsake you."

When you wonder why God allows bad things to happen to good people, consider these four things about the bad things that happen:

- Bad things may happen to good people in this world, but this world is not the end.
- Bad things happen to good people, but God uses those bad things for an ultimate, lasting good.
- Bad things happen to good people, but those bad things equip believers for deeper ministry.
- Bad things happen to good people, and the worst things happened to the best Person. (Jesus)

God allows things to happen for a reason. Whether or not we understand His reasons, we must remember that God is good, just, loving, and merciful.

It's ok to ask the question- "What are you doing, God?" God hears and He will answer. Joseph kept the faith. He continued to walk in integrity and each day to do the next thing. He chose not to 'worry' about tomorrow, but to leave it in the hands of God.

We too are called to walk by faith, not by sight. When we are afraid or confused- trust, believe- remember God and His promise. Hebrews 13:5, "God has said, "Never will I leave you; never will I forsake you."

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AREA CHURCH DIRECTORY

Sleep of Exhaustion

He lay down under the bush and fell asleep. — 1 Kings 19:5

Yesterday I mowed our overgrown lawn, cleaned our cluttered garage, and washed some of the filmy windows on our house. Physically exhausted at the end of the day, I fell asleep as soon as my head hit the pillow.

In our reading for today, Elijah is exhausted and falls asleep under a bush in the wilderness. But Elijah isn't exhausted from doing chores. He has just had a dramatic confrontation with the priests of Baal (see 1 Kings 18:16-46), and now he is fleeing for his life from King Ahab and Queen Jezebel. Totally shattered—physically, emotionally, and spiritually—Elijah asks God to take his life.

Yet God doesn't answer his plea. Instead, through an angel, God provides Elijah with sustenance for the road ahead. Then, after some more restful, restorative sleep and more food and drink from the angel, Elijah sets out on the journey ahead of him.

What can this extraordinary story teach us? We are reminded of our basic need for sleep and its restorative benefits. Even more importantly, we see that God tenderly cares for us, feeds us, and watches over us—even in our deepest, darkest moments. Though our own story may not be as dramatic as Elijah's, God will provide what we need so that we too can take up the journey ahead of us. In fact, God has already provided for us through his Son, Jesus, who invites us to come and rest in him (Matthew 11:28-30).

Lord, our only hope for true rest is in you. As you reach out to us, help us to come to you. Amen.

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The View From the Back

(continued from page 1)

Everything is sore, and I have feet on my blisters. My toes hurt.

A working title of this story could be “Zumbro will Zumbro!”, a phrase from the race director’s email referencing the notoriously bad weather and muddy conditions at the race. This year it actually got HOT!

Or “Why the _____ do you want to do that!?”—the question my father usually asked me when I told him about my next running adventure.

Or what about “The view from the back”? This one makes the most sense, so I think I’ll go with that—you’ll know why after you read my story....

This year I was going to attempt to run the Zumbro 100 in the Zumbro River bottoms near Theilman, MN. In previous years I’ve done the 50, 34, and 17 mile distances. It’s a looped course and the 100 mile course is six 17 mile loops with 34k feet in total elevation change and a 34 hour time limit. This will be my first attempt at the 100 mile distance.

I made a mental commitment to sign up in late August and training began immediately in early September. That’s early for an April race, but I wanted to give myself some extra time. A friend of mine who was also running the race; Derrick, gave me the plan. It was a 24 week plan that he followed about a year ago for his first 100 miler.

Early September to mid-April is longer than 24 weeks, but the extra time cushion would be nice because the holidays and our wedding anniversary were in that time frame. I decided that I would just re-do the prior week’s plan if any long runs were missed, or there were any pauses in the training. You cannot plan for everything and you never know what else might come up.

By that, I mean the weather. It can get very, very cold and snowy here in Minnesota. So I think I had about four extra weeks built into the training plan. In the end it turned out very well as we had a very mild winter. The weather only forced me inside two or maybe three times between September and April. So, training went better than planned. With the mild winter and dry weather, the trails were in excellent condition. Things seemed to be lining up for a good race!

I took Thursday off to prepare for the Friday/Saturday race and drove to the Zumbro bottoms where the race was held. There I met up with Chad and Derrick and Derrick’s wife, Chris. After putting up my tent and just hanging out for a while I went to my motel in Lake City about ten miles away.

Our campsite wasn’t a very high end or lux-



Our campsite

urious motel. I only wanted a warm, dry, and cheap place to stay because it’s assumed that it would be cold in early April. The outside was being remodeled, and that was OK. The inside was clean though it was kind of chilly at night. The heat didn’t work properly so it took a while to warm up. As I waited for the room to heat up, I thought that a shower would warm me up and help me relax, I was already starting to get a little anxious.

There was no hot water.

After an hour or so, the room warmed up, but because it was radiator heat, it kept getting warmer. Eventually I figured out how to open the window and that helped. Long story short, I did not sleep well at all that night, and the 5:30am alarm came too soon. When I got up I noticed Linda couldn’t sleep either—she sent me a text about 3am, saying that she was praying for me. I appreciated that as it was certainly needed!

I left the motel at 6AM. I was hungry and needed something with a lot of calories to get me going. Nothing was open that early so I picked up a few items at a local Kwik Trip. The evening meal the night before was from Burger King. That may have had an effect on how things went early on, but who knows?

I arrived at the campground and got to-



Despite the beautiful scenery, I was really struggling here.

gether with Derrick and Chad and a few others showed up to see us off.

After months of training, the big event finally started. It was a beautiful day! Running at Zumbro usually means rain, snow, sleet, cold and overall bad weather. And mud, copious amounts of mud, soul-sucking, sticky and slippery at the same time. But not this year—if anything the forecast called for conditions to be almost too warm with 70’s on Friday, and close to 80 on Saturday. I don’t typically do well in the heat, but we’ll talk more about that later. The trails were in the best condition I’ve ever seen them and not a drop of mud anywhere—in other words, they were perfect!

The first of the six laps took about four hours and 15 minutes which was equal to what Derrick and I had done about a month earlier on a practice run at Zumbro.

I thought that was a little fast, but there’s plenty of time to slow down since we now had some time “in the bank”. I had calculated that I would need a 5.5 hour/lap average in order to meet the 34 hour cutoff time. There were no illusions of being fast, I did not care if I finished last, I simply wanted to finish.

On the second lap it started to get warm out. I must not have been eating or drinking enough because I began to feel really awful after only a few miles.

(continued on page 4)

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The View From the Back

(continued from page 3)

I got to the final aid station about 3 1/2 miles from the finish and mentioned it wasn't going as well as I wanted it to. One of the workers told me I should drink more water and get some more food. Easier said than done! I tried to eat a Cliff bar earlier, and ended up tossing it in the woods—it made me retch a little. I didn't want food, so he suggested some pickle juice to help settle my stomach. I also grabbed some candy and decided to walk it back to the finish line.

Why was I suffering so much? It's only the second lap? There are still four more to go! I started to feel sorry for myself--the last week or so has been very discombobulated with a lot of things in my personal life going on with a death in the family, and various work and family responsibilities all seeming to hit at once.

It was also hot, and I never do well in the heat (I recalled a conversation with Derrick back in July, "Hey, let's do Zumbro—at least we won't have to worry about overheating!" he said), maybe I hadn't trained as hard as I thought? Maybe I could've done more? But,

during training I ate better, I lost some weight, gave up beer (I gave up beer for this?!?), I was sleeping really good, so everything was in line. I should've been doing better! Why was this happening?

All they way back I was having an internal debate—should I quit? Should I tough it out? Once the "quit" word sneaks into the brain, it's really hard to ignore as the doubts kept percolating.

When I finally arrived at our camp, just short of the finish line, I collapsed into a chair and put my head in my hands. I was really discouraged about what was going on, especially after training so hard for so long. What a waste of time, and training!

As I was sitting there Chad and Chris told me a story about Derrick. It seems his legs cramped up really bad and he had fallen down on the trail. His eye fell out and landed in the dirt. He has a glass eye from an old BB gun injury. I couldn't help not laughing. Or feeling bad for laughing.

No matter what happens today, I will not lose an eye!

I could see the disappointment in Chad's eyes as he tried to encourage me to keep going. Chris was also there trying to convince me not to drop. But, I was done, it just isn't going to happen today. Maybe I could call this a really good training run for FANS? Chris gave me a cup of soup and a banana. It was then that another thought crept into my head...there is still 24 hours to go before cut off, and there are only four laps to go—that's six hours per lap, slower than my current pace. Those thoughts gradually began to replace the "quit" that was stuck in my brain.

Maybe....

But no! I was done. I took off my hydration vest and walked to the lap counters in the start/finish area. But something happened on that short walk, I realized that I felt OK, and I was mostly just feeling sorry for myself. I think maybe I can do this?

When I arrived I was asked for my bib number.

"Number 16, but I left it back by my tent. I was going to quit, but I changed my mind. Do I need to go get it, and come through again?"

"No, you can just get back on the trail—good luck!"

I went back to the tent to grab my stuff and told Chad and Chris (and an old friend, Nick was there too now) that I was still in it. I wanted to walk an entire lap and evaluate again when I come back. Nick handed me a red solo cup full of the noodle soup to drink as I walked. My water bottles were refilled, and as I walked I started feeling better and better. My stomach settled down (pickle juice?), and my attitude rebounded. The noodle soup and banana was the "magic elixir" that kept me going.

I started the third lap about 6 o'clock. It was going to be a walking lap, and I was assured that at least half of it would be in the dark, so I brought my headlamp with. As always I was a little concerned about what it's going to be like in the dark, in the woods, all by myself. Well, I could always rely on the Dog Men to keep me company. I hear they are native to the area. Seriously.

In the end, it wasn't bad at all. Actually, I kind of enjoyed it. It was peaceful. It was



"Where am I? Who am I? What's going on..."

quiet, I was by myself and probably bringing up the rear by a long way, and I was OK with that. I was just walking, but I kept reminding myself that my goal here today is to simply finish. There was no chance of winning, or even placing now. My plan was to run the first lap and then see what happens. I only needed a 5.5 hour average lap, and I would be good.

(continued on page 5)



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The View From the Back

(continued from page 4)

The first lap was done in 4:15, which I thought was a bit fast and the second lap didn't go so well, but if I could finish this third lap before midnight, I would still be on the original plan. If my fourth lap started at the same time as the fifty milers, or maybe a little bit earlier it would be good just to have the company of more people. Then I wanted to be separated enough from the 34 and 17 milers when they started the following morning so they wouldn't be in my way. Or, so I wouldn't be in their way.

Anyway, I'm on my own and I'm in the dark. I brought my phone with because I knew that I would be in this situation and I thought it would be a good opportunity to listen to some music or some podcasts to keep my mind occupied. I started with some podcasts, got through three of them; long ones that had overlapping and intersecting topics that were very interesting to me. Don't ask me what they were about; I cannot remember—only that they were really absorbing at the time. And then I switched to music, probably the best music I had ever heard. I was start-

ing to feel a lot better. The idea to walk a lap was working.

Should I eat jerky at night, what if some animal smells it, and comes looking for it? I don't know what lives out here....

When I arrived back at camp about 11:45pm, Nick said I looked like a new man. And he was right; I felt it too as I was in a much better place both mentally and physically. My confidence was back and I was going to finish this thing! I was even joking when Chad came out to pace me on the fourth lap (pacers are allowed only after three laps are complete) that I had just completed the Bon Jovi lap, because we're "halfway there"! Get it? I had a lot of alone time to think...

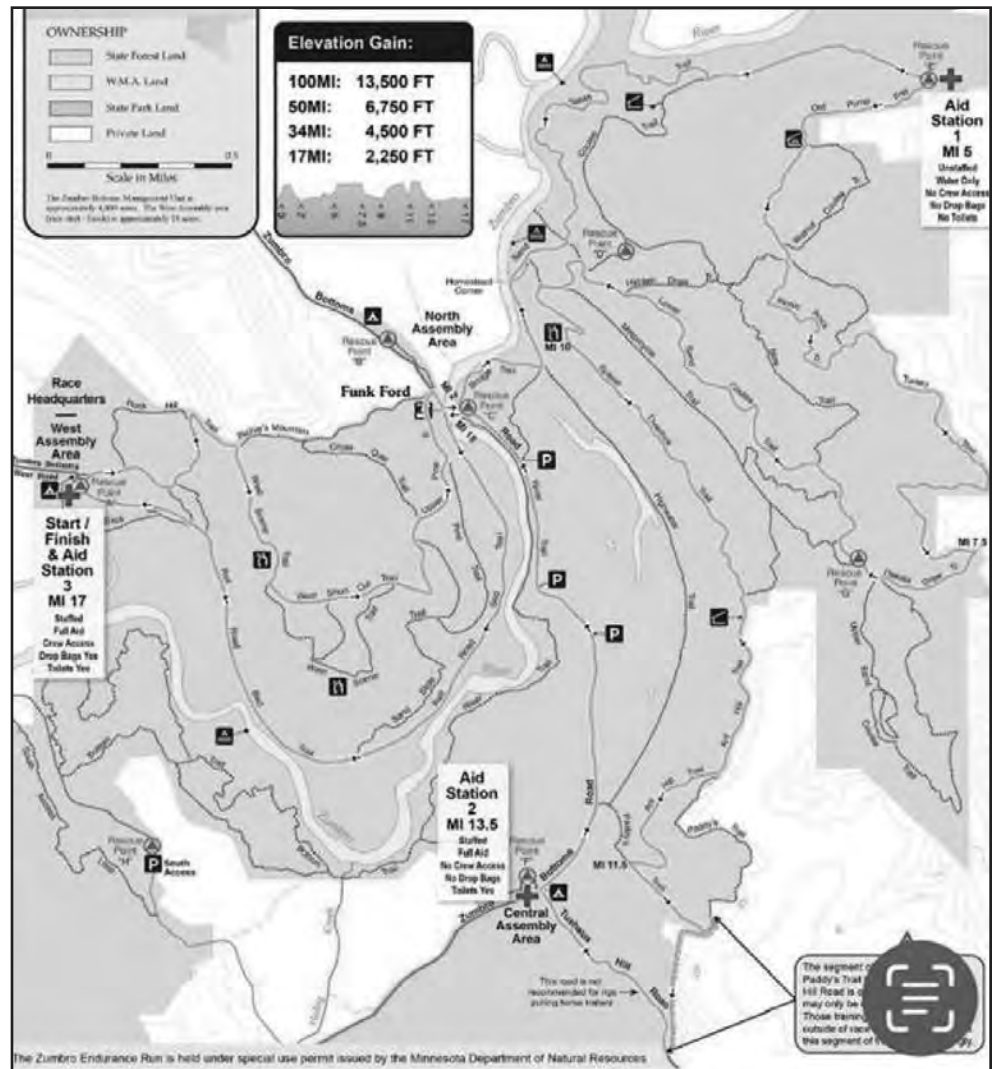
So Chad and I took off a few minutes before the Midnight 50 race started. I told him I didn't want to talk, just let me listen.

"Tell me your life story, Chad. Let's start at the beginning—what was your favorite color when you were born?"

But I was feeling so much better by then so it was nice to talk/converse as we went about our business of completing the fourth lap. He reminded me that I told him a few weeks back that "If I could be on my fourth lap when the 50 milers start, that would be great!" I was right where I wanted to be.

We had about a one mile head start and we were already on the top of Rock Hill when they started.

We could see a line of headlights snaking through the woods as they followed us up which was a really cool sight to see. As we started to head down the other side of the hill and the runners started to catch and pass us, several of the runners saw my name and num-



Zumbro!

ber on my bib so there were lots of compliments – “way to go hundo runner” and phrases like that. That gave me a mental boost.

Also heard a lot of “Hey, you’re Ted Gamble, we follow one another on Strava!” I heard that maybe a dozen or two times and it really surprised me. I wish I could remember everybody I saw that said that because it was kind of cool to attach a real person to what was only a name on a screen.

We were also passed by a younger runner, Ian, (he was in his late 20’s) who was in my church camp group at Eagle Bluff in Lanesboro several years ago. He was probably in junior high at the time, and I was one of his camp counselors. Over the years, he had grown about a foot, his hair included. He was rocking a Forrest Gump meets a Grizzly

Adams look.

We talked for a little bit and agreed to catch up after the race. I found out later that he dropped after his first lap, so we were unable to meet as he was long gone by the time I was done.

We finished the fourth lap in less than 6 hours so we were still on pace. Chad decided to stay with me and we began lap number five. But before I tell you about that (this is where it gets really interesting, and a little weird!), let’s take a short interlude and review the course.

The entire race is on trails. There are some are horse trails, there is some single track, a few logging roads, and a little bit of gravel road. Plenty of variety, but no pavement.

(continued on page 6)

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The View From the Back

(continued from page 5)

The trail heads out of the campground/horse-park and runs along a corn field before heading up Rock Hill, an appropriate name as the trail is strewn with rocks. It rises about 300 feet above the campground, but this one is not that bad compared to what



The view from the top of Rock Hill

comes later. It's a little bit lengthy but from the top, you get a really pretty view of the campground with the Zumbro River in the background--you will see a lot of photos of this area online.

From here we head through the woods, and kind of curl down an old logging road. Reminds me of my father-in-law who was a logger--that spot was being logged out a few years ago during the race and in the morning

when it's typically cold, all of the mud was frozen so it was an easy spot to get through but as the day wore on and the mud melted, it became a muddy quagmire.

(Watch for part 2 in the next issue of The Messenger)

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Down on the Farm/ Up at the Cabin Construction Projects - Another Adventure in Learning

By Monica & Claudia Vanderborght

Both Monica and Claudia were more adept at construction projects than the average suburban gal. Our father was an architect and engineer – always working on some building or mechanical project when we were growing up. Our mother was a seamstress by trade and taught us both to sew when we were young. So construction came quite naturally to us and Monica frequently said, “The only difference between working with wood and fabric is that sewing requires a $\frac{1}{8}$ ” seam allowance.”

Well, the tools and the materials are somewhat different too. But for both sewing and construction you need a plan (patterns vs. blueprints), materials (fabric vs. 2x4s), fasteners (thread vs. nails), and tools (scissors and sewing machines vs. circular saws and nail guns). We grew up watching father study and revise the blueprints on his drafting table and watching mother design and sew all of our dresses and coats. But to put it simply, both are: measure, cut, attach.

The chicken coop was the first farm construction project. Good friends Norm and Dawn promised to help Monica build the shed; in return, Monica would help them build a similar one on the far end of her property as their personal hunting blind. Perfect! Material lists were made; everything was ordered and delivered. Monica decided that the best location was between the pasture’s water hy-

drant and the pole barn – not too close to the house, not too far. Feed could be kept in the barn and a hose could easily be run from the hydrant.

Sections were laid out and air-nailed together in the pole barn – electricity and the air compressor were close at hand, and the barn kept everything (and us) protected from the March weather. An air framing nailer can be a bit intimidating at first, but it’s so fast! Monica (a bit impatient and an efficiency lover) quickly became quite adept at using it. Everyone – including the grandkids – helped carry the framed sections out to the location and secure them together. The younger kids helped nail the plywood siding to the frame; Monica’s college-aged grandson helped with the roofing.

By the time the exterior was finished, Monica felt completely competent (she’s a very good seamstress). Racks for the laying boxes were measured, cut, and assembled. Doors were constructed and hung. (Hinges are tricky – there is no sewing equivalent to hinges.) Used dog kennel panels made a lovely, protected run for the chickens.

By this time, Monica had added bottle-baby goats to her farm; soon they would need grass and hay, and the cattle feeders were just too big for the goats. And by winter the goats would need an enclosure in the barn, separate from the cattle. Monica had learned a lot building the chicken coop with Norm, but this was different. These things didn’t come with set patterns – they had to be designed from scratch – which she thought was half the fun.

And it was fun! Well, except that when you are designing and building, your initial plans don’t always work out. Monica quickly learned that removing nails that had been put in with compressed air was not at all fun ... nearly impossible. So the air nailer was aban-



doned and torx-head screws (and her faithful Ryobi impact driver) were embraced. Easy in and easy out! Coming home from the next trip to Menards, Monica had six different varieties of screws and a second battery for the impact driver. She was ready!

The first goat feeder (designed to be part of the goat enclosure – very efficient) was perfect. Until the goats started climbing on it. And in it. Well-fed baby goats get bigger, and heavier, and love climbing up and over anything – hay feeders, hay bales, even cows eating hay. The goat feeder / enclosure was going to have to be redesigned (more than once over the years). Thank goodness for the screws.

Chickens grow too. They can easily hop onto the workbench in the pole barn – knocking and moving anything that was left loose (particularly screws which roll off the counter onto the dirt floor and threaten to puncture vehicle tires). Back to Home Depot for holding containers and magnets and more screws. And more 2x4s and plywood, of course. But all that wood takes up an inordinate amount of floor space and the next thing Monica built was a rack to hold all the new and scrap wood that was waiting for the next project idea.

Claudia didn’t really enjoy construction projects (she doesn’t like tools and doesn’t care much for sewing either). But she was great at finding lost screws with magnets (well, most of them), and reorganizing the work benches when they became piled with stuff (screws and discarded pieces of 2x4s and tools ... “Hey Claudia! Have you seen the T-square? I can’t remember where I put it.”). And usually by the time construction was over for the day, Monica was done-done.



To the rescue came Claudia – cleaning up all the scraps and putting the tools away. For Monica it was like having a fairy-godmother with a magic wand.

The sisters became quite a team! Claudia would hold the end of the tape measure while Monica designed the new screen room / firewood shelter on the deck. Or Monica would cut the plywood with the circular saw while Claudia steadied the 4’x8’ sheet. And Claudia would stand on the ladder, holding one end of the 2x4, while Monica attached it. Measure, cut, and fasten. Construction and sewing are very similar – except for that $\frac{1}{8}$ ” seam allowance.



Funding Available for Community Development Financial Institutions to Support Farmers

New technical assistance grants will help expand agriculture-focused services

Community Development Financial Institutions (CDFIs) foster economic opportunity for diverse communities around Minnesota, and new funding is available to help them support more of Minnesota’s farmers. The Minnesota Department of Agriculture (MDA) is now accepting applications for its CDFI Technical Assistance Grant, aimed at helping Minnesota’s certified CDFIs expand their agriculture-focused services.

The MDA expects to award approximately \$260,000 in one-time funding through a competitive review process, with individual grants of between \$10,000 and \$200,000 available for certified CDFIs in two main areas of technical assistance:

Technical assistance provided by CDFIs to farmers (e.g., assisting farmers with loan readiness or expanding outreach efforts toward targeted groups with agriculture-focused financial services).

Technical assistance for CDFIs to increase their own capacity to serve farmers (e.g., to develop their agriculture lending program or internal knowledge and processes as a foundation to provide financial services to farmers).

The deadline to apply for the grant is 11:59 p.m. on Thursday, September 5, 2024. The MDA will notify applicants in October about whether their proposal was funded.

Full grant details and the request for proposals (RFP) can be found on the MDA website.

Applicants must be certified CDFIs who serve or intend to serve farmers in Minnesota and have participated in at least one U. S. Department of Agriculture grant or loan program. A certified CDFI is defined as a bank, credit union, microloan fund, or venture capital provider who has completed a certification process with the U.S. Department of the Treasury’s CDFI Fund.

An online public information session about this technical assistance grant will take place at noon on Wednesday, July 31, 2024. The MDA will review basic information included in the RFP including applicant eligibility, funding timelines, and application questions. Registration is required.

Lily Beissel Places Third in Hereford Breed Poster Contest

(continued from page 1)

Peewee

1st place: Copeland Paulsen, Preston, Iowa
2nd place: Cooper Acheson, Wichita, Kan.
3rd place: Lily Beissel, Hampton, Minn.

Junior

1st place: Quinn Breiner, Pratt, Kan.
2nd place: Crew Egbert, Fairfield, Mont.
3rd place: Libby Perez, Nara Visa, N.M.

Photography

Junior members captured snapshots of the Hereford story in a national photography contest. The photo contest helps and encourages NJHA members to develop their photography skills and creativity while looking through the lens of a camera. Each age division is divided into two categories: Hereford cattle and Hereford people. Photo contest entries were submitted prior to the JNHE and judged by a panel of experts. The NJHA and Hereford Publications Inc. co-sponsor the photography contest.

Peewee

Hereford cattle

1st place: Adalynn Blankenship, West Burlington, N.Y.
2nd place: Madeline Schohr, Oroville, Calif.
3rd place: Caroline Wagner, Hull, Iowa

Hereford people

1st place: Blaze Edwards, May, Texas
2nd place: Xavier Grace, Humboldt, S.D.

3rd place: Hattie Young, Lexington, Ill.

Junior

Hereford cattle

1st place: Kynsleigh Krebs, Gordon, Neb.
2nd place: Kashlyn Krebs, Gordon, Neb.
3rd place: Kane Grace, Humboldt, S.D.

Hereford people

1st place: Quinn Breiner, Pratt, Kan.
2nd place: Weston Grace, Humboldt, S.D.
3rd place: Breanna Aue, Auburndale, Wis.

Intermediate

Hereford cattle

1st place: Emily Troyer, Pylesville, Md.
2nd place: Carli Thomas, Lexington, Okla.
3rd place: Nolan Lee, Wellington, Ill.

Hereford people

1st place: Shawn Crutcher, Montrose, Ill.
2nd place: Nolan Lee, Wellington, Ill.
3rd place: Brenna Perkins, LeGrange, Ky.

Senior

Hereford cattle

1st place: Elizabeth Crumm, Anadarko, Okla.

Okla.

2nd place: Gavin Rhode, Stewartville, Mo.
3rd place: Emma Pitstick, South Solon, Ohio

Hereford people

1st place: Elizabeth Crumm, Anadarko, Okla.
2nd place: Sadie Holman, Hebron, Okla.
3rd place: Andrew Timm, Adams, Minn.

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Sitting Too Long Harms Kid's Livers



By Shauna Burshem, D.C.

Loneliness can have a serious impact on the life span of seniors. When older adults feel isolated or alone, it can lead to both physical and mental health problems. Studies have shown that lonely individuals often live shorter lives compared to those who have strong social connections. Loneliness can increase the risk of conditions like heart disease, high blood pressure, and weakened immune systems, making it harder for seniors to stay healthy. In addition to physical health, loneliness also affects mental well-being. Seniors who are lonely are more likely to experience depression and anxiety, which can further reduce their quality of life. Being socially active and maintaining relationships

can help seniors stay healthier and live longer. Making an effort to connect with family, friends, or community groups can make a big difference in improving both health and happiness.

Sitting for more than six hours a day can be harmful to kids' health, especially their livers. When children spend too much time sitting, either in school or at home playing video games, they are at risk of developing fatty liver disease. This condition occurs when fat builds up in the liver, which can lead to serious problems like liver cirrhosis, where the liver becomes severely scarred and damaged. It's important to understand that our bodies are not designed to sit for long periods, and doing so can have lasting negative effects. However, there is a simple solution to reduce these risks: light physical activity. Activities such as playing outside, walking, or biking can dramatically improve liver health and overall well-being. Encouraging children to move around more often can help prevent the buildup of fat in their livers and protect them from severe liver diseases. So, whether it's a short walk during breaks or a fun game of tag, getting kids moving is crucial for their health.

Biotech giant Bayer signed an exclusive licensing agreement with Pairwise, a genetic-based food startup, to develop and market its genetically engineered mustard greens, modified to be less bitter. Critics say the products haven't been evaluated for health or environmental risks and could contain toxins or allergens. One critic says this, "And why anyone would want to genetically modify mustard greens to make them less, well, mustardy, is a complete mystery to me. The whole point of eating mustard greens is their pungent and bitter taste, and the compounds that make them pungent and bitter also happen to provide health benefits. People who want their mustard greens to taste like lettuce can eat lettuce".

Chiropractic care can be very helpful for people with shoulder problems, like athletes or anyone dealing with shoulder pain. Chiropractors are experts who use hands-on techniques to adjust the spine and joints. By doing these adjustments, they can help reduce pain in your shoulder and improve your range of motion. This means you can move your shoulder more freely and with less discomfort. Whether you're dealing with shoulder strains, sprains, or even issues like an ac separation or rotator cuff problems, chiropractic care can offer relief and help you get back to your normal activities.

Chiropractors also provide rehab exercises tailored to strengthen the muscles around the shoulder and improve overall function. These exercises are an integral part of the recovery process, helping to promote healing and prevent future injuries. Additionally, chiropractors often work in conjunction with physical therapists to offer a comprehensive treatment plan. This collaborative approach ensures that all aspects of shoulder health are addressed, from mobility and strength to pain management and functional recovery. Both chiropractic care and physical therapy aim to restore optimal shoulder function and enhance the quality of life for individuals dealing with shoulder issues.

In addition to lessening pain and improv-

ing movement, chiropractic care focuses on the root cause of your shoulder problems. For example, if your shoulder is fixed in a particular position and won't move easily, a chiropractor can work to adjust it and restore proper alignment. This can make it easier for the muscles and tendons to heal naturally. Athletes, in particular, can benefit from this type of care because it helps keep their bodies in top condition, allowing them to perform better and recover faster from injuries. Overall, chiropractic care offers a natural and effective way to manage shoulder pain and improve overall shoulder function.

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

Missing Pieces



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Are you familiar with the game – JENGA? This game challenges you to see how many pieces you can carefully remove before the entire tower collapses. It is amazing how many pieces can be removed from a wooden tower before it falls to the ground. The human body is even more amazing with the ability to sustain life and keep going even when essential nutrients are lacking. But at some point, the human body will collapse just like the JENGA tower if the right nutrients are not provided.

When you notice symptoms of illness starting, do you think about what your body needs – more medication or more nutrients? The runny nose and itchy eyes are because you need more Zyrtec? The excessive high blood sugar means you need more insulin? Or the extra weight gain means you are lacking Ozempic? Of course not. Yet these medications are well known for the symptom relief they provide and because medical doctors will recommend these medications before talking about the essential building blocks your body needs.

Your body will begin to show symptoms when it is missing essential nutrients because these nutrients are the original building blocks used to make your body. While medication may lessen a symptom for a season, the only true way to eliminate that symptom is to identify the necessary ingredients your body is signaling to receive.

Headaches – a common symptom for many people. What is a headache trying to tell you? First, consider drinking pure water. Water is 75% of the human body

and a headache can signal you are dehydrated. Second, consider your stress. Taking some magnesium can help to relax muscles and quiet nerves. Additionally, increased stress will use up B vitamins quickly, so a B-complex supplement, a whole egg, or some spinach will increase the necessary B vitamins.

Diabetes – we are seeing an alarming rise in people struggling with high blood sugar.

What does high blood sugar measures mean? First, pure water intake should be considered. The kidneys will help to remove excess sugar from the body with proper water intake. Clients with diabetes are consistently missing magnesium and B vitamins, which are important nutrients to properly handle sugar. Vitamin D is another common nutrient that is low in clients with diabetes. Along with these nutrients an increase in healthy protein sources and a decrease in processed sugar is very helpful.

High Blood Pressure – a common symptom related to weight gain and stress. What does high blood pressure mean? The body is having difficulty relaxing partly because of a lack of nutrients that will help the body to relax. Magnesium and potassium are two essential minerals the body will use to relax. There are four B vitamins commonly deficient in clients with high blood pressure, as well as Vitamin D and Vitamin C. Healthy food choices will provide these vitamins and help the body to move to a healthy weight which will result in lower blood pressure. In addition to good nutrition, a quality exercise routine can improve blood pressure.

As a society we have become well trained to look to medications to reduce our symptoms of illness, and we have become ignorant of the true building blocks that sustain our life. Illness is a result of missing pieces that need to be supplied in order to maintain life and move forward. Another day is passing by. Will you continue to live life as you have and remove another link, or will you replace some of the missing pieces and give your body what it needs to thrive?

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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

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Search Continues for Missing Randolph Woman

(continued from page 1)



Courtesy of Minnesota Bureau of Criminal Apprehension

Suttles was a person of interest, and the property was one that Ms. Anderson frequented. Suttles was not present at the time deputies executed the search warrant, however he turned himself in to deputies on scene shortly thereafter. Investigators searched the property and did not lo-

cate Ms. Anderson. Suttles was arrested on his warrant and questioned on his knowledge regarding Ms. Anderson's disappearance. He is currently held in the Dakota County jail and will be released to Le Sueur County on his warrant. Suttles is not being held on criminal charges related to Ms. Anderson's disappearance.

We continue our exhaustive efforts to locate Ms. Anderson. This remains an active inves-

tigation and no further information will be released at this time. Follow our social media for updates.

Tip information can be shared via phone by calling 651-438-TIPS, via email at crimeandwarranttips@co.dakota.mn.us or online at <https://www.cognitofrms.com/DakotaCountyMN/ReportATip>

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CannonBelles Cheese Wins Second Place at the American Cheese Society 2024 Conference for Their Grim Reaper Cheddar



CANNON FALLS, MN, JULY 11, 2024 – CannonBelles Cheese proudly announces their Grim Reaper Cheddar has won second place at the prestigious American Cheese Society (ACS) 2024 Conference. This significant achievement underscores the company's dedication to creating unique and high-quality artisan cheeses.

The ACS Judging and Competition, held from June 3-7 at Huntington Bank Stadium, University of Minnesota, saw 1,454 entries from various cheese makers. CannonBelles Cheese's Grim Reaper Cheddar stood out among fierce competition to claim this coveted award.

"We are absolutely thrilled with this recognition," said Deeann Lufkin, co-owner and head cheesemaker at CannonBelles Cheese. "Our Grim Reaper Cheddar is a labor of love, and this award validates our team's hard work and passion for crafting exceptional cheese."

Grim Reaper Cheddar is known for its bold, robust flavor profile, which balances sharp cheddar with a significant kick from locally sourced peppers. The peppers, grown within 25 miles of the cheese plant by Rotational Roots" and Treats by T - the Pepper People, add a unique spiciness while allowing the exceptional cheddar flavor to shine through. This distinctive cheese has rapidly become a favorite among cheese enthusiasts and connoisseurs.

The American Cheese Society, founded in

1983, is renowned for its annual Judging and Competition event, which is the largest of its kind for American-made cheeses. This year, the competition attracted entries from 120 categories, showcasing the talent and innovation of American cheesemakers.

About CannonBelles Cheese
Founded in 2015 by friends Deeann Lufkin, Jackie Ohmann, and Kathy Hupf, CannonBelles Cheese specializes in unique, flavorful artisan cheeses not found elsewhere in Minnesota. Their product line includes a variety of aged and fresh cheeses, available at over 80 stores and restaurants, as well as various schools throughout Minnesota. In addition, CannonBelles Cheese owns CannonBelles Coffee and Ice Cream in Cannon Falls, where customers can purchase their full line of cheeses.

For more information about CannonBelles Cheese and their award-winning Grim Reaper Cheddar, visit <http://cannonbelles.com>.

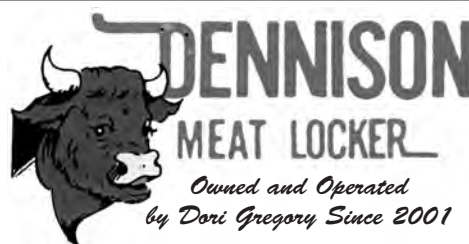
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SMIF Seeking Applications for Small Town Grants



Tim Penny
So. MN Initiative Foundation

seeks proposals which focus on collaboration throughout the project and will impact the culture, education, economy and/or social aspects of the community. Proposals to launch new projects or expand existing initiatives will be considered.

Since 2017, SMIF has awarded 114 Small Town Grants, impacting more than 150,000 residents in the smallest communities of southern Minnesota. Examples of past grant projects include: the establishment of a new organization to unite various cultures in town, a new event to draw tourism and create a welcoming atmosphere, strategic planning for city growth, marketing videos to retain and attract residents, community-wide branding initiatives, a welcome basket program for new residents, translation services for non-English speaking residents and more.

The Small Town Grant program is supported, in part, by a generous donation in memory of Paul O. Johnson who wanted southern Minnesota's smallest communities to thrive. Paul's legacy is being continued by his family, Amy De Jong, Paula Rehder and Scott Johnson.

"These funds have been an incredible way to jumpstart collaborative projects that help create welcoming communities," said Tim Penny, president and CEO of SMIF. "Once again, we are grateful to Paul Johnson's family for their generous support."

Applications are due to SMIF by August 26, 2024. Awardees will be notified by October 15, 2024. For the application and guidelines,

visit www.smifoundation.org/smalltowngrant. For questions, contact Sarah Scheffert, community vitality specialist, at 507-214-7015 or sarahs@smifoundation.org.

Southern Minnesota Initiative Foundation (SMIF) is currently accepting applications for its Small Town Grant program. Towns, or Native nations, with populations of 10,000 or less in SMIF's 20-county region are eligible. Nonprofit 501(c)(3) organizations, public institutions and units or agencies of local, state, federal and tribal government are encouraged to apply. Requests of up to \$10,000 for eligible projects will be considered.

The Small Town Grant Program seeks to invest in collaborative initiatives which improve the way a community works together, solves challenges, creates a welcoming community and sense of belonging for all. SMIF



The Hayfield EDA received a Small Town Grant in 2022 to support a bike rodeo which promoted bike safety and accessibility in the community.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I own a 1987 Toyota based RV. The dashboard instrument cluster is pretty minimal. No tachometer, etc. I have found a cluster from another Toyota truck that I'd like to install. My problem is that my RV has about 112,000 miles on the odometer while the "new" odometer shows a bit over 210,000 miles. Is it legal to unwind the "new to me" odometer to match the actual miles on the RV and is there a person/place where I can get this done?

Answer: Minnesota State Statute 325E.14 Subd.6 says about replacing odometers, "Repair or replacement restriction. Nothing in this

section shall prevent the service, repair, or replacement of an odometer, provided the mileage indicated thereon remains the same as before the service, repair, or replacement. Where the odometer is incapable of registering the same mileage as before such service, repair, or replacement, the odometer shall be adjusted to read zero and a written notice shall be attached to the left door frame of the vehicle by the owner or an agent specifying the mileage prior to repair or replacement of the odometer and the date on which it was repaired or replaced. No person shall remove or alter such a notice so affixed."

Example of odometer notice:

Here's what this means for your situation where your odometer is being replaced with a "used" odometer and unable to reflect the vehicle's actual mileage. You would need to adjust this "new to you/used" odometer to reflect zero. The written notice shall be attached to the vehicle's left door frame. I would advise keeping all documents and receipts on file of the work you had done and equipment purchased for this repair. It would probably be a wise idea to keep another set of the copied documents in your vehicle.

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) Twitter: MSPPIO_SOUTH

National Drive-Thru Day

While it can seem convenient, eating and driving can be dangerous if your attention is not on the road. Handling food, drinks or even reaching for items like a napkin takes your hands off the wheel and eyes off the road. Any distraction that takes your attention away from the road can reduce reaction times and increase the risk of crashing. It can be hard to resist the temptation, but safety should always be a priority.



National Drive-Thru Day celebrates the convenience of picking up and enjoying a meal without leaving the comfort of your car. The annual "holiday" is celebrated each year on July 24. Here's some interesting NDTD trivia to share over takeout – while your vehicle is safely parked.

The first drive-thru is believed to have been at Red's Giant Hamburg on Route 66 in Springfield, Missouri in 1947.

In 1951 Jack in the Box created the first drive-thru chain. The first store offered customers the chance to grab a hamburger for 18¢.

The drive-thru became so popular that it started to influence car design. In 1983, the cupholder as we know started to appear in cars.

Although this day is for celebrating the drive-thru, commit to paying attention while behind the wheel. Avoid messy foods and secure drinks. Together, we can drive Minnesota Toward Zero Deaths.



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City of Randolph Regular Council Meeting June 12, 2024

The regular Randolph City Council meeting was called to order at 7:00 p.m. by Mayor Marie Jacob.

Roll Call

Present were Mayor Marie Jacob, Council Members Jake Friedrich, Todd Carlock and Tony Price, and Clerk Mary Haro. Treasurer Sandy Nicolai was absent.

Also, in attendance was Bolton & Menk engineer, Matt Blazer.

Approval of Agenda

Motion to approve the agenda was made by Friedrich, seconded by Price. All voting in favor, none opposed, motion passed 5:0.

Public Comments

A citizen asked about land usage. We told him that he should request to be placed on the agenda to discuss this. He asked that we add him to next month's agenda.

Minutes

A motion to approve the May 8, 2024 regular council meeting minutes was made by Friedrich, seconded by Price. All voting in favor, none opposed, motion passed 5:0.

A motion to approve the May 29, 2024 special council meeting minutes with the correction of replacing regular with special in the heading and first paragraph was made by Friedrich, seconded by Jacob. All voting in favor, none opposed, motion passed 5:0.

Approval of Treasurer Report and Payment of Bills

Motion to approve the payment of bills was made by Friedrich and seconded by Price. All voting in favor, none opposed, motion passed 5:0.

Old Business

None.

New Business

Dakota County Deputy

Officer Heather Nelson was present and asked if there were any concerns. No one had any items to discuss with her.

Camper Parking on City Property

We had a report of a camper on the City right of way. It may be an unused right of way but it is on city property – it is at the end of Dawson Avenue. It used to be an alley which is not being maintained by the city. We contacted our legal counsel and it was indicated that the camper cannot be on city property. We do have rules of where you can park a camper and one of them is not in a front yard. They need to move the camper so that it is not on city property. We will give them 30 days to move the camper or we will contact the city attorney. It was noted that there are other properties that have buildings on the right of way which will be addressed at a later date.

Holding Pond Mowing

It was noted that the mowing inside the holding pond has been done. However, the weeds along the fence need to be dealt with. It needs to be mowed to keep the weeds down; however, the fence makes it more difficult. Friedrich proposed that we remove the fence but continue to mow the area. He will get quotes on getting it removed or what we should do with it. If we do remove the fence, we should put up signs of "No Trespassing". It was indicated that we should ask the res-

idents if they want the fence removed. We will put it on the agenda for next month to discuss. Also it was noted that the fence is set 4 foot in on the city property. We should discuss this with Greta if there is a liability. Also because it was a CDBG grant we may have to repay it back if we take it down. We need to check the agreement to see if there is any clause that would prevent us to take it down.

Also it was asked how much of the property needs to be the pond. The size of the pond was for expansion for future development.

It was also discussed regarding a park in the area or a walking path around the holding pond. We will keep this in mind and discuss this in the future.

Bolton & Menk Sewer Update

The sanitary sewer in front of City Hall is done with services (both sewer and water). The storm sewer should be going in the next week. The rain has been putting things behind. Once the storm sewers go in on Dixie and then in front of city hall, they will cut the road in, lay gravel and curbs will be put in. They will start on the West side of Dickman and on the East side of the railroad tracks and then go up Dawson and do Upper 291st Street since that is a short section. They want to the finish the sections that need the dewatering so that can be taken down. The dewatering should not be needed after Danel and just shy of Duncan. They will put a few more wells in. It was asked if we are expected to go over budget on the dewatering process. They did a per day for that expense and we may go over a little.

Matt has been talking to Mr. Kelley regarding accessing the school. There will be a water shut down on Friday and citizens affected by this should have been notified.

They had construction sticks that have gone missing. They ask that people do not remove them. The contractor will remove them when they are done and no longer necessary.

We discussed the signs for R Bar and the Post Office on Dickman – they has been no consistency on the placement. The construction contractor are moving the signs when needed. They need to be updated. Also it was noted that Big R Service does not have a sign for their business and Matt indicated that they are working on that.

It was asked where are we on scheduling – are we on schedule. We would like to see the schedule posted at each months meeting. If the contractor goes over the November 2025 deadline there are fees they will have to deal with as that is in the contract. It was noted that when it is not raining they are moving quickly. It was asked about paving the roads. Will it be done at all once or in section. They have to pave as they go so it will be sections

at a time. It will just be the preliminary blacktop. The last lift will be at the end of the project. Once they get the gravel down they will put in curbs and the blacktop will go in right behind that. Then sidewalks will be installed.

It was brought up about the numerous potholes on the roads and it was indicated that we should ask Otte's to fill in some of the potholes. Matt indicated that he will ask the contractor to fill some of them in.

There may be a time when Dickman may be the only access into and out of town when they are working on 292nd street.

We would like Matt to include what is left for the contingency in our monthly updates.

It was asked about the change order that we recently received which involved lowering the elevation of the ponds which will saved on earth work so that will save us money.

A citizen noted that the contractors are being great to work with.

Council Reports

Todd noted that the mowing at the water tower was not getting done around the signage and Todd took care of it and was wondering why it was not being taken care by the contractor. Marie will talk to him.

He noted that we upset some parties regarding the camper issue and he noted that there are properties in the city that should be dealt with. There are plenty of campers, ice castles and residences that has open windows and uninhabitable. If we are going to address this issue we should deal with others.

Jake will check with Charlie Wille regard-

ing the back wall of the fire hall. Because of the work being done in the area they most likely can't get back there to work. We should have him do the work before the area is restored. Jake will have them discuss this with Matt regarding the schedule to get this done.

Marie noted that Bryce said the notification system has been repaired. We did qualify for a \$10,000 grant from the Minnesota Department of Health which will help cover the cost. The notification will go to Bryce first and the second contact will be to Jake. Jake should contact Bryce to discuss what needs to be done.

We received information from Met Council regarding the population in the city if anyone is interested in reviewing it.

She received a message regarding chickens and there are several homeowners who have chicken, so it could be any one of them that their chickens got out of the pens.

It was asked what is the process of filing a complaint if someone is violating an ordinance. He was told that they should send an email to the city. It was asked if something is only acted on if they receive a complaint. Not necessarily, if something is noted we have sent letters to residents indicating that are violating an ordinance.

Adjournment

Motion to adjourn the meeting made by Friedrich, seconded by Carlock, the meeting was adjourned at 8:05 p.m. All voting in favor, none opposed, motion passed 5:0.

Respectfully submitted,
Mary Haro

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The Hampton City Council met on Tuesday, June 11, 2024 at the Hampton City Hall for the regular scheduled meeting. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhring, Anthony Verch, and Nick Russell. Also present was Brad Fisher with Bolton & Menk; Marlin Reinardy, Melissa Timm, Lori Nicolai, and Jeff Camden.

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 May 14, 2024 Regular Scheduled Meeting Minutes – Motion by Luhring seconded by Huddleston to approve the May 14, 2024 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 5:0.

Approval of Disbursements – Motion by Russell seconded by Luhring to approve the June disbursements. All voted in favor. None opposed. Motion passed 5:0.

Public Comments – Two individuals attended the meeting to comment on their position in regard to the data center that it is rumored will be located near the city’s industrial park area sometime in the future:

Lori Nicolai stated to Council that she does not want a data center located in Hampton, and she wants to be kept informed about future meetings on the issue.

Jeff Camden stated to Council that he has a

relative who lives near a data center in Iowa. She told him that there was nothing but noise 24/7. Another concern mentioned was that data centers use a large amount of water, and whether or not Hampton could accommodate the water usage volume. A final concern is the amount of light that a data center emits. Camden mentioned that there is so much light that, basically, the night sky goes away.

Mayor Knetter thanked them for their comments. He also stated that he has heard that there was talk around town with inaccurate information regarding meetings that have occurred regarding this issue. He said this began when he was approached about the matter by a developer. This is something that has happened to him in the past, where an individual is interested in opening a business in the city, or is interested in doing a housing development and they approach him to discuss the possibility. For the first meeting on this subject, he did not even attend because the developer wanted him to sign a non-disclosure agreement, which he did not do on advice of attorney. The meeting was attended by the City Engineer and then afterward, Knetter and the City Engineer asked to be on the agenda for the Hampton Township Board meeting to discuss the potential technology development. They attended the meeting, but were not well received by board members. Knetter stated that this issue is something that is in its initial stages as far as

the city is concerned.

Mayor Knetter recognized a Dakota County Sheriff’s Deputy in attendance at the meeting and asked him if he had anything to report. The Deputy stated that speeding has been a problem and has caused several accidents. There was a recent incident where an individual drove at high speeds on Highway 52 from St. Paul to Rochester. The individual had mental health issues, and alcohol or drugs were also involved.

Petitions, Requests, and Communications:

Vermillion River Watershed Summer 2024 E-Newsletter (informational – no action required) – Mayor Knetter referred to the report that was included in meeting packets.

Ordinance review and clarification:

- Ordinance § 152.004(B) – Zoning/General Provisions/Definitions/Lot Lines
- Ordinance § 152.032 – Accessory Building and/or Structures

Mayor Knetter suggested that this be tabled indefinitely.

Reports of Officers, Boards, and Committees:

Engineer’s Report – Brad Fisher, of Bolton & Menk, first reported on the Water Street Lift Station Generator Project. Killmer Electric completed the final punch list item, so the project is officially complete. Bolton & Menk will be going through the project close-out paperwork with the contractor, with final payment possibly being made in July.

Fisher continued with updates on the 2024 pavement maintenance project. He stated that the project went well, however the actual material quantities used exceeded estimates, so the cost will be a little more than the bid price. However, the total project cost will still be under budget. The project close-out is anticipated to be a 2-month process, with an initial payoff next month, and then a final payment.

The next item on Fisher’s report is the LCRR – Lead Service Line Inventory. Lead service line inventories for all public water systems must be completed and submitted to the MN Department of Health by July 15, 2024. Water service lines have been inventoried, or determined not to be made of lead because of when the homes or commercial buildings were built, with the exception of approximately 55 homes. These unknown service lines will be attempted to be identified through mailings to property owners. The mailings are expected to be sent to property owners during the last 2 weeks of June for self-reporting of the information or to schedule home inspections.

The final item on Fisher’s report is the Water Tower Improvement Project. The property for the placement of the tower has officially been acquired by the City of Hampton and recorded with the County. Additionally, Fisher’s report included two different graphics for the water tower colors and he asked Council members to decide which graphic would be incorporated into the project design and bidding documents. Fisher mentioned that the second graphic included in agenda packets has a metallic paint and he wasn’t sure at that point if the metallic color would be available on a water tower. He is waiting to hear back about that. The pre-

ferred graphic by the majority of Council members was the one with the red top and the metallic paint color on the rest of the tower. Mayor Knetter again mentioned his concerns about lighter paint colors on the underside of the top of the water tower, which may change color, caused by condensation. Fisher stated that the next step in the process is to formally submit a conditional use permit (CUP) to the Planning Commission and then bring it to the July City Council meeting. Motion by Luhring seconded by Verch to approve the submission of the CUP to the Planning Commission. All voted in favor. None opposed. Motion passed 5:0.

Water / Sewer Report – Mayor Knetter reported that he is working on acquiring a transfer switch that will be installed in preparation for the acquisition of a back-up generator for Well #2. Knetter reminded Council that the purchase of the switch will be paid for through grant funding. The switch will be installed per the parameters established by the grant document.

Knetter also mentioned that he is working on composite sampling and trying to figure out how to accomplish it without needing to purchase expensive equipment.

Marlin Reinardy reported on the sonar scan of the sewer ponds and what the scans revealed regarding the chemical treatments of the pond sludge. He stated that the sludge levels are lower than they were two years ago. He plans to discuss future treatments with the Account Manager for the company that the city purchases the chemicals from. Reinardy also has been looking into different products that may save the city some money.

Park Report – Councilor Russell stated that the trees that were approved for purchase at the last City Council meeting have been planted. He is expecting to get wood chips for use in the parks from the trees that were removed. There was a report from the Sheriff Department of graffiti on playground equipment. Lastly, Russell stated that there is a need for weed control at both the softball field and the parks.

Street Report – Councilor Luhring stated that he had nothing to report.

Ordinances and Resolutions:

Resolution 2024 - ___ (09) Approving State of Minnesota Joint Powers Agreement with the City of Hampton on Behalf of Its Attorney - Motion by Huddleston seconded by Luhring to approve the State of Minnesota Joint Powers Agreement with the City of Hampton on behalf of its attorney All voted in favor. None opposed. Motion passed 5:0.

Unfinished Business:

City computer support services – Mayor Knetter will work with Councilor Huddleston on this issue.

New Business:

Liquor License Renewal – Roundup and Meric’s - Motion by Luhring seconded by Verch to approve the liquor license renewals All voted in favor. None opposed. Motion passed 5:0.

Adjournment - Motion by Verch seconded by Russell to adjourn the meeting. All voted in favor. None opposed. Motion passed 5:0. The meeting adjourned at 7:42 p.m.

Respectfully submitted,
Judy O’Brien

CLUTCHMEN CAR CLUB PRESENTS

21ST ANNUAL

TRUCK & TRACTOR PULL

SATURDAY, AUGUST 3RD, 2024

9:00AM SIGN UP

10:00AM START



CLUTCHMEN
CAR CLUB

SLEDS:

- WILD ROSE

TRACTOR CLASSES:

- CLASSIC: 3,500-11,000 LBS
- OUT OF FIELD: 3,000-16,000 LBS
- HOT FARM: 5,000-12,000 LBS
- KING OF THE HILL: UP TO 16,000 LBS

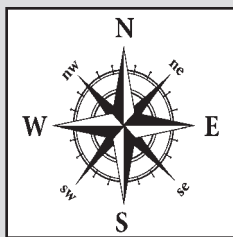
TRUCK CLASSES:

- STOCK: 1/2 TON STOCK, 3/4-1 TON STOCK
- DIESEL: 8,500 STOCK TURBO & NON-TURBO
8,500 MODIFIED & 8,500 OPEN CLASS
- STREET MOD: 5,500-5,800-6,500 LBS

QUESTIONS OR FOR RULES CALL MIKE B. 651-341-2424,
DAVE R. 507-649-0710

DENNISON, MN (LOCATED 35 MIN. SOUTH OF ST. PAUL.
BETWEEN HWY 52 & I-35)

Changes in Latitudes, Changes in Attitudes



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 grew up with an active imagination and some of that would be my dad's fault. My dad was a farmer, but he always thought up more adventurous things to do. That can happen when you spend hours in a field on a tractor. I just assumed it was life as usual. I recall being sent to talk to the guidance counselor when I was in Second grade. I guess my stories sounded too far-fetched. I couldn't understand why they questioned me.

It started out with a Cat D-2. My dad owned a bulldozer. It was the early 60's. A six-year old boy talks about such things at school. But

it got much worse. My dad also owned a Cessna 172. That is an airplane. A four-seater airplane. My dad, mom and two of us kids would fly in it. He kept it on the farm and had a landing strip across the road in a hayfield that ran east and west. I recall a friend of his stopped by one cold winter day when I was five. Actually, the friend landed his plane on Highway 57 and taxied right up to the house. After talking for hours after lunch the friend went to leave and the plane was too cold to start. I recall my dad with the Knipco heater on the tractor loader warming up the engine of the plane so it would start.

The poor school counselor couldn't tell if I was making up tales or not. I think they liked kids to stay in that little lane they had planned out for them, just another brick in the wall. My sister told of the same problem. It seems her teacher started to describe the White House in Washington D.C. during a class and my sister told her she has been there. The teacher didn't believe it and told my mom she was making up tales. My mom said we had been there. My dad took us on a vacation each winter and we had seen every site in DC.

My dad belonged to the Flying Farmers. It was a group of farmers with planes and airstrips on their farms. One family lived next to my aunt and uncle's farm. We could fly down there for the day and fly back



home. I recall one summer evening we took off to return to our farm and ran into a thunderstorm on the way home. It was very turbulent and dark with intermittent lightning all around us. Sitting in the back seat I realized my picnic dinner was not staying put. My mom turned around in her seat and held the air sickness bag while I threw up. I believe I was too young to be scared. I figured my dad was invincible and the plane would never crash. I never remember any apprehension at getting a chance to go in the air with him. I can still recall the smell of the cockpit and the sound of the air from the pro-

pellor through the aluminum skin of the plane.

Not content with a fixed wing aircraft, my dad took lessons to get his helicopter pilot's license. He flew for a construction company and my greatest thrill as a kid was to take the day off school and spend it with him flying from job site locations to check on the dirt work. This all happened by the time I was seven years old. I believe his helicopter was a Bell 300A, a two-seater with a Plexiglas bubble for a cockpit. Similar to the ones you see spraying crops.

A Minnesotan: Bikes



By RosaLin Alcoser

Once again Minnesotans have reached the time of the year where we all go outside. All of us. As much as we possibly can. After all, we only have a short period of time where we can be outside before it gets cold again. Then only the cold weather people go outside.

One of the favorite outside activities of Minnesotans of course is biking. Of all

kinds. Road, mountain, sidewalk, snow. You name it and there's a Minnesotan who does that kind of biking.

Now when I was a kid in rural Minnesota my sister and I had mountain bikes so that we could ride on dirt or gravel. So I never learned how to ride on pavement until I went to college. Of course I had to teach myself a whole new version of riding a bike.

Of course as a small child I had learned to ride on the sidewalk before we moved to the rural area. Which of course we did while I was still too little to ride anything except my sidewalk bike. Six-year-old me did not take being left out of bike riding well and declared that when I was grown I was moving to St. Paul where there were sidewalks to ride my bike on.

I will admit that I was off about which part of the cities I would grow up to move to but I was right about there being sidewalks to ride my bike on. Except now that I am an adult riding a road bike instead of a sidewalk bike my young declaration was not fully needed.

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THEME: FAMOUS FIRSTS
- ACROSS**
1. Croat or Moravian, e.g.
 5. Paid player
 8. Not Miss or Ms.
 11. First-rate
 12. Mattress with memory?
 13. Be of use
 15. "It's time!" signal
 16. ___-de-camp
 17. Like an unhealthy dog
 18. *First one to circumnavigate globe, almost
 20. March Madness org.
 21. Bring upon
 22. Orange Lavaburst drink
 23. *Rita ____, first Latina to win Academy Award
 26. Winter rides, in Russia
 30. Brewery order
 31. Unties or unbuttons
 34. Nearly
 35. One born to Japanese immigrants
 37. Good times
 38. Rheumy
 39. Tel ____, Israel
 40. Bequeath
 42. Once known as
 43. West African country
 45. *Chuck ____, first to break speed of sound
 47. Genetic info carrier, acr.
 48. City near D_sseldorf
 50. Short for Dorothea
 52. *First artificial satellite (2 words)
 55. Clay and silt deposit
 56. Marine eagle
 57. Mercantile establishment
 59. Singer Piaf
 60. Concert series
 61. Indian nursemaid
 62. Craggy peak
 63. Little troublemaker
 64. Solitary

- DOWN**
1. Give in to gravity
 2. Weaver's apparatus
 3. The "I" in "The King and I"
 4. Carrots or peas, slangily
 5. French soldier in WWI
 6. Speed gun
 7. *First horror film about Damien Thorn, with The
 8. Supernatural life force
 9. Capital of Latvia
 10. Canny
 12. Han Solo's "Millennium ____"
 13. Prenatal test, for short
 14. *The first one helped combat smallpox
 19. Tedium
 22. 120 mins.
 23. #8 Down, pl.
 24. Martini garnish
 25. Pine product
 26. Midterm, e.g.
 27. a.k.a. Tibetan wild ass
 28. Feel the same
 29. Timider
 32. Deadly challenge
 33. Military moves
 36. *Mount first conquered by Hillary and Norgay
 38. 10 to 12-year-old
 40. Ewe's cry
 41. Half-shell delicacy
 44. Grind with teeth
 46. Fauna member
 48. Erasable programmable read only memory
 49. Break of day
 50. List of chores
 51. Prince of Wales to King
 52. Searching for E.T. org.
 53. Boxer's last blow
 54. Azerbaijan's southern neighbor
 55. "___ the wild rumpus begin!"
 58. "___ one and only"

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