



# Randolph-Hampton-Castle Rock Messenger™

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AUGUST 21, 2024

Volume 21 • Issue 8

## Randolph Schools Open House

Wednesday, August 28, 2024

 We will NOT have pictures on this day. Picture Day will be in October.

The following will be available for families on Wednesday, August 28, 2024, from 3:00 pm to 7:00 pm.

- Elementary and Preschool Open House-Meet your teachers
  - Rocket Clothing for sale
  - Tackle Cancer Shirts for sale
  - Athletic Season Passes for sale
  - Put Money in Lunch Accounts – All la carte only (Breakfast & lunch are free for students Preschool – Grade 12)
  - Elementary Students grades 1-6 will be able to pay for Snack Cart/Milk Break
  - Bus Route Information
  - Learn about High School Activities
  - High School Students will be able to get locker assignments and meet teachers.
- Car pass registration in the High School Office.

## The 49th Annual Rice County Steam and Gas Tractor Show August 30, 31 & September 1

Visitors can take a trip back in time with all the various exhibits and activities going on at the annual Rice County Steam & Gas Show just South of Dundas MN on Hwy. 3 Friday, Saturday and Sunday, August 30, 31 & Sept 1. This year the event features Minneapolis Moline Tractors and Equipment.

Attendees can expect to see many of the familiar attractions as they have in the past including the operating sawmill, corn shelling, thrashing, blacksmithing, and more. The annual flea market will take place on the grounds and additional exhibits are many, including antique tractors, classic cars and trucks along with draft horses. Vintage Machinery, both horse drawn, and tractor driven, will be on display and used in various exhibits on the grounds.

The tractor parade takes place at noon each day. *(continued on page 5)*



2023 Show

## Announcements

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

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



## 2024 Randolph-Hampton Fire Department Chicken BBQ a Success!

The Annual Chicken BBQ held on August 17th served over 2200 meals. This is the departments major fundraising event for the year. Raffle ticket winners are posted on the fire department Facebook page.




## THE KING

with

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Chris Olson is ELVIS  
www.espsking.com

Doug Allen Nash is JOHNNY CASH & NEIL DIAMOND  
www.dougallennash.com

~ A Tribute Show to The King, Man In Black & Neil Diamond ~

**Show Time Saturday, September 28 at 7:30 PM**

**Advance Tickets \$25.00**

**Day of Show \$30.00 Plus Tax**



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## FRIDAY NIGHT FISH FRY

- 2 Piece Fish Dinner
- 3 Piece Fish Dinner
- All You Can Eat Fish Dinner

Deep fried cod served with salad or coleslaw choice of potato and garlic toast.



Kitchen Opens at 11am  
Dinners and All You Can Eat  
Fish Starts at 4pm  
**651-437-5618**



## What Can We Agree Upon?

In the aftermath of 911 there was a uniting of minds and a common opinion that what happened to this country was horrific and we needed to do whatever it took to make sure it never happened again. Along with this unified commitment came all kinds of inconveniences. Long waits at airports, identity verification requirements, purse size limitations and bag checks with pocket emptying at ball games and large events. Even body scans were commonplace. All of these restrictions hamstrung our nation but we were in agreement that these things were necessary in order to prevent another debilitating attack. Fast forward 23 years and this same country is as divided as I have seen it in my lifetime. There is strife, frustration and angst in all circles. We have an election fast approaching with each side of the political spectrum pointing at the opposition as the cause for all the turmoil. So, what is the answer? In the sweltering summer of 1787, the Constitutional Convention was attempting to craft a document that would be the benchmark for the New Republic. Deliberations became so heated and the air sur-

rounding the assembly seemed so bleak that if the Convention would adjourn the dissolution of the union of states appeared to be inevitable. At this point when tempers were flaring, Benjamin Franklin addressed his fellow Statesmen asking for prayer, exhorting the men to seek divine intervention and unity. These were his words, "The longer I live, the more convincing the proofs I see that God governs in the affairs of men. Without His continuing aid, we shall succeed in this political building no better than the builders of Babel. Have we now forgotten this powerful friend? Or do we imagine we no longer need His assistance?" With each session beginning in prayer, unity and cooperation became the theme and the delegates came to the "Great Compromise" which brought about two distinct houses. The House of Representatives, based on population and the Senate which would have two people from each state. It seems abundantly clear to me that our country needs to turn its allegiance back to God and pray that He would bring about harmony and restoration to our fractured system. Regardless of our political bent, as believers and followers of the Lord Jesus Christ, we must turn to His Word for guidance and direction. Romans Chapter 1 beginning with verse 18 tells how corporately, as a country, we have turned from the statutes of God to worldly ideas. It says, "The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God's invisible qualities—His eternal power and divine

nature—have been clearly seen, being understood from what has been made, so that people are without excuse. For although they knew God, they neither glorified Him as God nor gave thanks to Him, but their thinking became futile and their foolish hearts were darkened."

It goes on in verse 28 to say, "Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done. They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; they have no understanding, no fidelity, no love, no mercy. Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them." The name calling, the lies, the greed and slandering from both parties has left so many with a sour taste in their mouths. We must all humble ourselves and repent and pray that God would have mercy on us as a nation and restore us to the great country we once were. We must refrain from looking at the character qualities that we dislike in the individuals that are seeking office and focus on the issues and how they align

with God's principles and how they ultimately affect our community, our state, and our nation. The thought of God pouring out His wrath on the godlessness that He sees should be terrifying to all of us. We must take a stand for righteous living and oppose those that approve of all who practice immoral behavior from both sides of the aisle. Hebrews 10:36-39 is an encouragement to all believers to stand firm. It says, "You need to persevere so that when you have done the will of God, you will receive what He has promised. For, "In just a little while, He who is coming will come and will not delay." And, "But my righteous one will live by faith. And I take no pleasure in the one who shrinks back." But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved." We must pray for our country and endeavor to be informed about issues that are being addressed and also those issues that need addressing and have been avoided. Pray for and encourage our leaders to seek divine intervention, just as our Constitutional framers did, so that harmony and restoration could come to our great nation and God's favor could be poured out on us as He has done so generously over centuries. God bless you as you exercise your right to vote for whoever you feel would best carry out this task. May we once again be the 'United States of America.

## Enjoy a Meal, Write a Review



We are offering our readers a chance to write a review of one of the restaurants in our Diners Guide. Visit one of the restaurants featured on the Diners Guide in this issue and let us know what you think of the meal you enjoyed.

Some of the establishments have a coupon you can clip out and bring along for a discount on your meal. Let them know you saw their ad in the Messenger Diners Guide.

E-mail us your comments on your dining experience at messenger-drawing@gmail.com or mail them to P.O. Box 1, West Concord, MN 55985. If selected to print we will send each response a \$25.00 gift card to a local restaurant.

## Got a Great Local News Story?

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

Email:

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### RANDOLPH BAPTIST CHURCH

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

Sunday School 9:00a.m.

(children, teen, and adult classes)

Sunday Worship 10:00a.m.

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

Pastor Dennis Ingolfsland

Questions? Call church office 507-663-1437

### CHRIST UMC

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

[www.christunitedmethodist.org](http://www.christunitedmethodist.org)

Sunday Worship 8:30a.m.

Sunday School 8:30a.m.

### STANTON UMC

Reverend Thomas Countryman  
1020 Hwy. 19 Blvd., Stanton • 507-321-3598  
[www.stantonunitedmethodist.org](http://www.stantonunitedmethodist.org)  
Sunday Worship at 10:15a.m.

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

### AREA CHURCH DIRECTORY

Which of These Was a Neighbor?

"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbor as yourself." — Luke 10:27

When we moved into our house 12 years ago, there were only five other houses on the street and a lot of empty lots where new homes would be built. We imagined what the houses and neighbors would look like—and now, with almost 100 houses on our street alone, we have made friends with many of our neighbors.

Along the way we decided to become "muffin people," delivering those treats to about a dozen houses nearby. We introduced ourselves without thinking who might be behind the door except that they were neighbors. We began a soup and buns night with neighbors too, learned their stories, and shared life with them. It may have cost us a bit, but the reward of sharing experiences has been life changing.

The parable of the good Samaritan offers a picture of what Jesus was trying to show a religious leader who wanted to test him. It is about risk and relationship with people who are not identical to us. It is about seeing the one that Jesus has placed in front of us and becoming involved in their story. It is about addressing hurts and loneliness because that is what Jesus is asking us to do. It is about paying attention to the needs of people around us and not stepping aside or walking by, thinking that someone else can take care of them.

Who is your neighbor?  
Lord, open our eyes and hearts to all the people whom you have given us to be our neighbors. Help us to see and share your love for all. Amen.

The Church Directory is Sponsored by:



23280 Main Street, Hampton  
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300 West Main Street  
Cannon Falls



### ST. MARK'S LUTHERAN CHURCH

28595 Randolph Blvd.  
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Pastor Lue Moua

Sunday Worship 10:00a.m. & on Facebook

Bible Study Tuesdays at 9:00a.m.

& 1st Wednesday at 11:00a.m.

WELCA 1st Wednesday at 10:00a.m.

Questions? Call 507-263-9182

### ST. MATHIAS CATHOLIC CHURCH, HAMPTON

[stmathias-hampton.com](http://stmathias-hampton.com)  
5:00 p.m. Saturday Mass  
7:30a.m. Monday Mass

Questions? Call Mon.-Friday 651-437-9030

### ST. MARY'S CATHOLIC CHURCH, NEW TRIER

[stmarys-newtrier.com](http://stmarys-newtrier.com)  
8:00a.m. Sunday Mass  
7:30a.m. Friday Mass

Questions? Call Mon.-Friday 651-437-9030

### UNITED METHODIST CHURCH, CASTLE ROCK

9:00 a.m. Worship Service, Coffee After  
10:15 a.m. Sunday School

Questions? Call 507-645-0042

## The View From the Back *Part 2*

By Ted Gamble

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

On my second lap in that area, I tripped over a rock and landed flat on my face. Not hurt, just embarrassed. I told myself to remember that, but I got a little careless on the last lap and tripped over this exact same rock.

Then we go over the bridge crossing the Zumbro river. This is another often photographed area.

Then we head into the river bottoms and there's some flat single track; it's really kind of an easy portion of the course. From there we go up onto a gravel road portion for a bit.

There's a little climb here before going down to the Sand Coulee area, then up a hill where you wind and snake through the woods eventually hitting a long downhill with really excellent views of the river. Then up a short little single track washout which when muddy is awful but when everything is dry, it's just kind of a short hill to get you warmed up for what comes later. Winding trails take you to

a nice little downhill trail to the first aid station. It's (mostly) unstaffed and only had water.

At this point it feels like you've come a long way, but you're only about 5 miles into the course with another 12 to go. There's a sign as you leave that aid station telling you have 8.2 miles to the next aid station, which is fully staffed and has food. On a normal run 8.2 miles isn't bad, but this is the longest and most discouraging stretch of the entire race, and it seems much longer. The trail snakes through the woods until it comes to the Pump House Trail. It's just a bit bigger and longer than the washout described earlier. This one is absolute hell when it is muddy but this year it wasn't that bad—well, it wasn't that good either! I brought my trekking poles and I'm really glad I had them as they were very useful for the hilly portions. At that point you're at the top of another hill and the next thing to look forward to is kind of a long rocky decline, which, if I was younger, stronger, and more nimble would be really fun to run down. But I am none of those things so I had to take it kind of slow.

It seems to take a long time to find this, but when you finally do get down the next portion is a flat stretch called Sand Coulee. And that's what it is. It's a ditch that's full of sand. It's hard to run the sandy portions but it is flat and there are some packed down dirt areas where running is easy.

There are some really pretty areas along here.

Eventually it ends, though and there's an intersection of various road and trails where we are routed up a very steep, and thankfully,

short single track before hitting the Scenic Overlook Trail. It is a very long trail and steep in parts, especially as you get near the top. But once you get up there, there is another great view of the valley. You can see where you were at the beginning of the race as well as the bridge over the Zumbro that was crossed only a few miles back.

Along the top of the ridge is an old horse trail that has been there so long, the trails are grooved down several feet in many places.

There's a cabin up there that I kind of wonder about, but probably built by the DNR for some forgotten purpose years ago.

After about two miles there is the Ant Hill, which is very steep and very rocky. At least it's downhill, but it has to be taken slowly, or the injury possibility can be severe. This is where Derrick cramped up and lost his eye. When the bottom is reached, the trail immediately turns left and goes up a fresh hell (yes, I spelled that right!) called Paddy's Hill. It's just like Ant Hill, but it goes up. 300 feet down, then 300 feet back up. At this point, you have come about twelve miles.

Next, comes a short single track along a cornfield followed by a logging road that leads to a downhill gravel road. From here, it's all downhill to the aid station. In the earlier stages of the race it's a good place to open it up and just coast down the hill. At the bottom is a fully staffed and supplied aid station.

The sign says you're only 3 1/2 miles from the start/finish area, but the scenery is flat and unchanging so it seems much longer. These final miles are fondly known as the "Death March". After the Ant Hill descent, followed by Paddy's Hill, and then down the gravel road the flat should be easy right? Only it's not—your legs are trashed from the ups and downs, combined with the unchanging scenery, this part seems much longer than it actually is.

The first part of the "Death March" is a mostly flat gravel road that goes back to the bridge over the Zumbro that was crossed earlier in the race. After crossing the bridge, there is a narrow logging road that goes back to the start/finish. There is a nice view of the



One of the first rocky downhills

river at about the halfway point.

Zumbro is a very scenic area lots of good places for photos. Although I had my phone on me the whole time I think I only took one picture. And that was when I was going to quit and it didn't matter.

So, back to the race.

As we left the camp for the fifth time a little before six in the morning something really strange happened: a joint hallucination. It was just starting to get light out, and we were on the short stretch of gravel road leading up to Rock Hill. To our left was an unplanted cornfield. Chad asked, "What are those people doing?"

I looked and saw two people on the left side of the road. One was crouched over and the other was lying behind with his hand on the other person's hip. It looked like they were trying to either take a photograph of something in the field, or maybe they were guns they're trying to shoot something? Or maybe they were sighting in their rifles?

We both looked, expecting to see deer (it is not deer season) or a target off to the left; but there was nothing. As we got a little closer, Chad says "Hey wait a minute--that's just a wash out in the road!"

We kept moving, and he was right. Wow, how did that happen? That was really strange.

Chad reminded me several times that on this lap that I was executing my plan to perfection. With a six hour goal for each of the remaining two laps, I was still OK. But there was something deep inside that wanted to push it and go a little bit faster. I was getting very sore and very tired, but at this point I had made up my mind: I was going to finish this thing! It's funny how the mind can tell the body to do something it doesn't want to.

Anyway, we continued on and a few miles later we got to the portion that led down to the first unmanned aid station. I swear there was a woman with a large white dog standing on the side of the trail. As we got closer, it was actually just a stump.

From that point on I decided not to look into the woods. Just keep your head down and eyes on the trail and you won't see anything weird, I told myself.

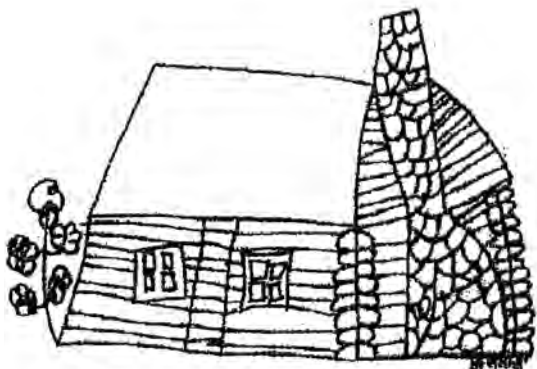
(Watch for part 3 in the next Messenger)

## Harvest & Thyme Craft Show

Saturdays: September 28, October 5, 12, 19, 26

Sundays: September 29, October 6, 13, 20, 27

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



Place:

Lori & Darwin Amy  
2290 County 49 Blvd. Dennison, MN 55018  
Phone: 507-649-1009

Email: [cabincrew@frontiernet.net](mailto:cabincrew@frontiernet.net)



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Live music was a part of the annual Chicken BBQ in Randolph August 17th.

## Happy Anniversary



Kevin Willems - 8 Years



Dustin Seedorff - 1 Year



Ray Sumption - 1 Year



Joe Waldon - 1 Year

Randolph-Hampton Fire District would like to extend a sincere THANK YOU to; Kevin Willems: 8 years, Dustin Seedorff: 1 year, Ray Sumption: 1 year and Joe Waldon: 1 year. We appreciate your dedication to protecting and serving Randolph-Hampton and our surrounding communities. Thank you. *Courtesy of Randolph-Hampton Fire District*

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### Flom Agency

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Email: connie@flomins.com

## The 49th Annual Rice County Steam and Gas Tractor Show August 30, 31 & September 1

(continued from page 1)

Breakfast is served daily on the grounds as well as other food stands offering food throughout the day.

The kids pedal pull is Saturday after the parade, and the tractor pull is Sunday at 9:00 AM. Minneapolis Moline tractors and implements are the feature of this year's show, and one is being raffled off for their annual fundraising raffle. The kids' play area includes a merry go round, swings, sandboxes

and more.

A petting zoo will also be available for visitors, presented this year courtesy of Windy Willow Farm Adventures.

There will be live music all three days and a non-denominational church service will take place Sunday at 8:00 AM.

General admission is just \$10 for the entire weekend and all events are free for ages 12 and under.

The all-volunteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year. The newest acquisition for the club was the former Waterford, MN schoolhouse and township building, which was moved to the grounds last year from its original location in Waterford (Just North of Northfield). The move south down Highway #3 was delayed several times last year due to weather and other factors. Photos of the historic move are available on the Rice County Steam and Gas Facebook page.

Complete information and event listings are available on the group's Facebook page and website at [ricecountysteamandgas.com](http://ricecountysteamandgas.com).

(See ad on page 11)



2023 Show



2023 Show



2023 Show



2023 Show



**Sogn Valley Orchard**

Open:  
September 3rd - November 3rd  
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## Down on the Farm/ Up at the Cabin Chickens and Cows and Goats, Oh My!

By  
Monica & Claudia Vanderborght

Chickens.

Yup – they would be the first livestock on Monica’s farm. But knowing nothing, she knew she needed to educate herself. It was time to start some research.

A church friend had six chickens in a very small hut. Water and feed was carried daily for a reward of a few delicious eggs. Monica’s closest neighbor, Rae, had more than 300 chickens housed in one large cinder-block coop and three brooding coops, with many

feeding stations. After visiting both farms, Monica knew wanted something in-between.

Friends Norm and Dawn once again came to the rescue! In exchange for building a hunting blind on Monica’s land, they would teach and help Monica to build a chicken shed. (The joys of farm construction projects is a different story.)

Rae offered to sell Monica some of the older chickens to start her flock. If you have never tried catching a chicken with a foot hook, you should. Chickens don’t just run away in two dimensions; they can jump more than a foot in the air to get away from that

contraption! Many laughs and a few skinned knees later, Monica had 12 laying hens. (Of course she would do her best to take care of her new flock, but should they die it was not a great financial loss. And if she tired of them, they could find their way to the soup pot.)

When you are new in a small town, everyone knows it. While buying some parts for the ATV, Monica met a gal who raised “Heritage” cattle. Fascinated, Monica discovered that Irish Dexters are small (maturing at about 40 inches at the shoulder and 700-900 pounds) but are not considered miniature, since there is no full-sized version of them. Dexters were developed in Ireland over 500 years ago by poor farmers who needed cattle for more than one purpose; they are good for milk and/or meat, and can be trained as oxen.

Dexters are intelligent, curious, and hardy – usually able to calve unassisted. They sounded like the perfect breed for Monica! And the gal lived locally so she would be around to answer questions.

Monica bought two: a boy and a girl. (Bull and heifer ... there was going to be a lot of new vocabulary to learn!) She named the black heifer Olive (for Olive Oyl – the Navy Reservist in Monica had always loved Pop-eye). Whenever the red bull spotted Monica, he was all love and kisses, begging for the apple-flavored horse treats she always brought to the pasture. He became Scooby and the treats – Scooby snacks. That spring and summer, Monica spent many hours in the pasture with her cattle.

But two young cattle cannot consume seven acres of fenced pasture. The grass grew

longer, the thistles grew thicker, and the riding lawnmower was definitely not up to the task. Monica knew she did not like lamb – what about goat? Goats are cute. And she had eaten goat meat when deployed overseas in the Navy. Monica knew she liked it better than lamb.

As said, when you are new in a small town, everyone knows it. Someone told Monica that there were some male goat bottle-babies for sale just south of Wanamingo. And six wethers (farmer-talk for castrated goats – more vocabulary to learn) easily fit in the back of the minivan. Five had been disbudded (dehorned) but one hadn’t. A corner of the pole barn was fenced off for them (more construction projects). The young goats – Stew, Ribs, Chops, Patty, Link, and Horny – were so very cute.

Goats aren’t grazers, they are browsers. (One of Monica’s favorite sayings is: You don’t know what you don’t know. Four more head, which means more pasture, more fencing.) She brought the goats branches with leaves (more trails in the woods from which to harvest more firewood for cutting, hauling, splitting, and stacking). The goats loved those branches!! Monica wondered if there was a more efficient way of getting the goats the food they so loved. She tried taking Horny on a leash into the woods – it sort of worked.

Next, she grabbed a bucket of grain and tried walking the whole bunch out there. And they followed!!

Goat walks became a regular occurrence. And they sure made clearing the trail easier!! The little herd learned to stay close and would follow Monica (well, the grain bucket) back to the barn each time.

Monica had no experience with livestock – let alone three different species. Rae had tilled a big garden plot with her tractor and



Monica had planted a bunch of seeds. Monica had little experience with gardens – but seeds were cheap. And don’t forget about the winter’s worth of firewood to harvest. And the seven acres of overgrown pasture and five acres of lawn. It was a very busy summer!

But she was in heaven! Monica loved viewing the gorgeous sun - rises from the kitchen window and the spectacular sunsets in the back. And watching the farmers in the neighboring fields till and harvest the corn and beans. And – of course – watching her dog, four cats, 12 chickens, two cattle, and six goats grow and frolic in this wonderful pastoral setting.



## Come See the Movie the Media Is Not Promoting

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## Talking Summer Hydration with U of M



**Katie Loth, PhD, MPH, RD,**  
University of Minnesota  
Medical School

Getting enough water each day is crucial for our health year-round, and it's especially important in the summer months as temperatures rise. While there are many beverage options to choose from, water is essential for replenishing fluids.

Katie Loth, PhD, MPH, RD, with the University of Minnesota Medical School speaks about symptoms of dehydration, the importance of staying hydrated and her research.

*Q: Why is it important to stay hydrated?*

Dr. Loth: Staying hydrated is critical to many of our body's functions. Water helps to

regulate body temperature, supports the delivery of nutrients, facilitates the removal of wastes throughout the body, protects joints and organs and keeps all of your organs working correctly. Drinking enough water also helps your muscles work efficiently. For example, when you are well hydrated, your heart does not have to work as hard to do its job. Staying hydrated can also improve your mood and ability to think, and has been shown to improve sleep quality.

*Q: What are the signs and symptoms of dehydration?*

Dr. Loth: Being dehydrated means that your body does not have enough water. The first sign of dehydration is thirst or having a dry mouth or tongue. You will urinate less than usual, your urine will be darker in color and it will have a stronger smell. Other signs include dizziness, feeling tired or lightheaded, swollen feet or hands and headaches. Extreme dehydration can cause people to develop a fever and even lead to life-threatening illnesses, such as heat stroke. Not sweating during vigorous physical activity can be a sign that you are dehydrated to the point where you are at risk for heat stroke.

*Q: What tips do you have for staying hydrated in the summer months?*

Dr. Loth: I always tell people to start by drinking a glass of water first thing in the morning and a glass with every meal or snack you have during the day. This habit alone will get you a long way toward your goal. Many people also benefit from a visual reminder — like a fun water bottle you carry throughout

the day or a refillable mug or glass that you keep at your desk or work station. If you are particularly forgetful, set an alarm or notification on your phone to remind you to drink water. You can also get creative by infusing your water with slices of fruit or veggies to make it more flavorful, or by having sparkling water or seltzer on occasion.

Focus on your body's signals: be sure to drink water in response to your own thirst and make a note to drink more if you notice the color of your urine is darker than usual. Water is typically all a person needs to stay hydrated, but if the weather is particularly hot or you are engaging in vigorous physical activity, you could benefit from a sports drink that replaces fluids and electrolytes.

*Q: How much water should people drink each day?*

Dr. Loth: The amount of water a person needs depends on a lot of factors, including their age and size, the climate, the clothing they're wearing, their level of activity and the sex they were assigned at birth. As a starting point, it is generally recommended that men should drink about 13 cups, women 9 cups (10 if they are pregnant and 12 if they are breastfeeding), and kids and teens 6 to 8 cups of water each day. This might sound like a lot, but eating fruits and vegetables that are filled with water and drinking beverages that are primarily water (e.g. milk, tea or coffee) also count toward this total. Sugar-sweetened beverages (e.g. soda, lemonade or juice drinks) should be consumed in moderation.

Importantly, as people age, their thirst center — the part of the brain that regulates the sensation of thirst — is not as active as it

used to be. This means it may take longer for them to realize that they are thirsty. In addition, our bodies do not hold on to as much water as we get older. Combined, these two factors place older individuals at greater risk for dehydration and make it critical that they stay on top of their hydration, particularly during warmer weather.

*Q: What work are you doing at the U of M to advance diet and nutrition research?*

Dr. Loth: I am involved in a number of projects seeking to better understand how to promote the development of healthy dietary intake and eating behaviors in children, adolescents and adults across their lifespan. My newest research project, Preschool Plates, is a cohort study that aims to better understand the role of parents in the development of their child's food preferences, eating behaviors and dietary intake. We are enrolling parent-preschooler pairs and following them over the span of two years to better understand the impact of various parenting approaches on young children's developing relationship with food. We look forward to sharing that information with families throughout Minnesota. I am also lucky enough to mentor and teach pre- and post-doctoral students and work closely with medical residents training to be family physicians.

Katie Loth, PhD, MPH, RD, is an associate professor at the University of Minnesota Medical School and associate vice chair for faculty affairs in the Department of Family Medicine and Community Health. Dr. Loth is both a researcher and a practicing clinical dietitian. Her research explores social and environmental influences on child and adolescent dietary intake and eating behaviors. Specifically, she is interested in identifying ways that parents and primary care providers can work to help the children in their care develop and maintain a healthy relationship with food and with their bodies.

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## Constipated? Read this. ADHD now 1 in 9 children



By Shauna Burshem, D.C.

Aloe vera gel can help improve the symptoms of psoriasis as well as other skin conditions such as cuts and burns. Psoriasis treatments typically involve medications with serious side effects like nausea, vomiting and diarrhea. Aloe vera gel has been shown to benefit psoriasis sufferers by decreasing inflammation, increasing collagen production, relieving pain and adding hydration to dry scaly skin. While topical aloe vera creams are available, the best way to apply aloe vera gel is by cutting or snapping a piece off the easy to grow plant.

Low back pain sufferers are finding relief with regular walking. Walking is an effective, low-cost intervention for preventing and managing back pain. Studies show walking can significantly extend pain-free periods and reduce recurrence risk by 43%. Regular walking is as beneficial as other forms of exercises (stretching, yoga, resistance) for chronic low back pain, improving pain levels, disability, quality of life. Walking offers numerous other health benefits beyond back pain relief, including improved cardiovascular function, health, better sleep and helping the aging process. Aiming for 7000 to 12,000 steps daily provides optimal health benefits without the risk of over exertion. To increase the benefits of walking you can wear weighted vests, use Nordic walking poles, walk in nature, with friends and or combine walking with purposeful activities like learning (site-seeing, history trails). Chiropractic care provides a holistic, non-invasive approach to back pain relief by focusing on spinal adjustments to improve alignment and overall mobility. Coupled with regular walking on flat surfaces, which strengthens core and back muscles, this combination can significantly reduce low back pain and promote long-term health.

Attention-deficit/hyperactivity disorder (ADHD) diagnoses in U.S. children have increased, with 1 in 9 now affected. Factors like chemical intolerance in parents, environmental pollutants and prenatal exposures are potential contributors. Toxic substances linked to ADHD include lead, phthalates, BPA, pesticides and air pollution. These can disrupt brain development and neurotransmitter systems, affecting behavior and cognitive func-

tion. EMF exposure from electronic devices (smart phones, tablets) may cause mitochondrial dysfunction and neuropsychiatric effects, potentially contributing to ADHD. Limiting EMF exposure is recommended but challenging in modern environments. Multiple childhood vaccinations may be associated with increased ADHD risk. Genetic vulnerabilities may increase susceptibility to environmental toxins like glyphosate and vaccine ingredients. Early-life gut flora composition plays a crucial role in neurodevelopment. Frequent antibiotic use, environmental stress, and secondhand smoke exposure in early childhood increase ADHD risk.

The U.S. Environmental Protection Agency (EPA) now recognizes more than 14,000 different chemical structures as PFAS (polyfluoroalkyl chemicals (PFAS) or “forever chemicals”). These synthetic, man-made chemicals don’t break down easily in the environment and can bioaccumulate in people and wildlife. Rates of cancer diagnosis in children are increasing in Minnesota, which is where chemical company 3M’s global headquarters are located. As far back as the 1960s, the company has been dumping PFAS chemicals in the surrounding areas. Minnesota sued 3M for the damage that it has caused to the state’s natural resources, and in 2018, the company was ordered to pay \$850 million for contaminating the state’s water supply for decades.

Constipation happens when you have trouble with bowel movements, making it hard to pass stool. This can be caused by several factors, including not eating enough fiber, not drinking enough water, and not getting enough exercise. Fiber helps to move food through your digestive system, and drinking water helps to soften the stool, making it easier to pass. When you don’t get enough fiber or water, your stool can become hard and dry, leading to constipation. Additionally, if you don’t move around much, your digestive system can slow down, which can also cause constipation.

If you’re dealing with constipation, there are a few things you can do to help. First, try to eat more fiber-rich foods like fruits, vegetables, and whole grains. This can help to bulk up and soften your stool. It’s also important to drink plenty of water throughout

the day to stay hydrated. Regular exercise can also keep your digestive system active and help prevent constipation. By making these small changes to your diet and lifestyle, you can often relieve constipation and keep

your digestive system healthy.

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

## Allergies Gone



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Are allergies affecting your quality of life these days? As we move into the fall season, many will be challenged with hayfever, but others have been dealing with pollens since spring began. We often associate allergies with pollens or animal dander, but an allergic reaction can develop for anything. Under the right conditions, the human body will identify a potential threat and develop an immune response to that threat in an effort to decrease your presence near that item. Food allergies are increasing across the country with the most common food items being dairy, eggs, nuts, seafood, and wheat. Chemical allergies are increasing as our environment continues to be overwhelmed with perfumes, personal care products, agricultural chemicals, and plastics. Even electrical sensitivities are being observed more frequently as our culture spends increasing amounts of time with cell phones, laptops, and iPads. All of these challenges increase stress on our body and activate our immune system. The allergic reaction is a stress response of your immune system.

The stress response from the immune system can have different levels of intensity. You may be allergic to something and have such a low immune response that you do not recognize it as a problem. At the extreme end of allergic response we have a reaction where breathing gets difficult and heart rate increases, known as anaphylactic shock. Hives, body rashes, runny nose, and watery eyes are additional symptoms we recognize as allergic responses.

Three main systems of the human body express allergic reactions. The digestive system can generate cramps, bloating, or diarrhea immediately after eating a certain food. The lungs can have difficulty breathing after exposure to pollens, chemicals, or food. Asthma is often related to allergies of food, pollen, and chemicals. The skin will present with rashes, eczema, or psoriasis as an allergic response. As you consider these three systems of your body, which one seems to be the area you expe-

rience?

How can this allergic response be changed? Your immune cells are the “front line troops” that respond to any food, chemical, or pollen you come across. The immune cells release chemicals to attack the challenge. Current ways of treating allergic responses involve shots, drops, or medicine to calm the immune cells and suppress the activity. But the immune cells receive instructions from your brain on how to act. To make a lasting change, the allergic response can be reduced by helping the nervous system to “change its mind” or “reset” about the offending item.

A client came to the office with an allergy to cow’s milk. The allergic response started after a car accident when a newly purchased gallon of milk hit the dashboard and sprayed all over the car. The brain registered the stress of the car accident with exposure to the milk and the result after the accident was an allergic reaction any time the client consumed milk. Another client reported some trauma in the family that took place at the same time he developed asthma. The brain will process information in such a way as to most effectively help the body survive. Allergy medications and shots only help to suppress the signaling but do not help resolve the issue.

There can be true allergy relief by providing specific signals to the brain to reset on this information. An allergy response to pollen, animal hair, food, or chemical can be removed when the brain is given the proper stimulation to make a change. This stimulation is accomplished with a focused beam of light that carries the electrical frequency of the allergy to the nervous system to stimulate the brain to reset. Typically just one treatment is needed to resolve a specific allergy and remove the hyper-sensitive response. The light therapy is pain free and involves a simple clinic office visit. This therapy has been available across the country for more than 16 years and is quickly becoming the favored alternative to allergy shots and medication.

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 life. Allergies are a signal that the brain is hypersensitive about a specific item. You do not have to be dependent on allergy shots or medications to get through another day. A free video about this therapy is available at <https://www.drcramchiro.com/allergy-relief/>

Contact me to discuss your health goals for 2024. I can help you become allergy free in 2024. You can contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com), or check out my website at [www.nutritionproportion.net](http://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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Sat-Sun 7am-2pm

# THE DEFEAT OF JESSE JAMES DAYS EVENTS

## SEPTEMBER 4-8, 2024

### MONDAY, AUGUST 5

GOLF TOURNAMENT Willinger's Golf Course 2-person Best Shot. Tee Times  
8am-4pm Open Division & Senior Division (both players over age 60)

### THURSDAY, AUGUST 15

SPAGHETTI DINNER/MEET THE CANDIDATES PROGRAM 5pm Northfield Ballroom, Highway 3 North **BUTTON EVENT** Admission: \$20/\$12 under age 8

### SUNDAY, AUGUST 25

AMBASSADOR PANCAKE BREAKFAST FUNDRAISER  
8:30am-NOON, VFW, 518 Division St. S. Admission \$10 / free under age 5

### AUGUST 28-SEPTEMBER 2

27<sup>TH</sup> ANNUAL HORSESHOE HUNT Remember to register your button before the hunt. (Please read the rules and instructions before hunting at [djjd.org/horse-shoe-hunt](http://djjd.org/horse-shoe-hunt).)

### WEDNESDAY, SEPTEMBER 4

JOSEPH LEE HEYWOOD GRAVESIDE MEMORIAL SERVICE  
NOON Northfield Cemetery, South Division across from High School  
JOSEPH LEE HEYWOOD DISTINGUISHED SERVICE  
AWARD BANQUET 6:30pm (doors open 5pm) Northfield Ballroom, Highway 3 North. Prepaid Reservations - \$30 **BUTTON EVENT** email [heywood@djjd.org](mailto:heywood@djjd.org). \$125 Pin Drawing, Auction of Defeat of Jesse James Days Collector Buttons Numbers 1 through 5

### THURSDAY, SEPTEMBER 5

ENTERTAINMENT CENTER "The Original DJJD Townie Night"  
**BUTTON EVENT**  
5pm-12pm 5th & Water Street (valid ID req'd)  
5pm-8pm Beer pouring by Past DJJD General Chairs & Past DJJD Ambassadors  
8pm-12am *Southern Minnesota All-Stars*  
NORTHFIELD HISTORICAL SOCIETY OPEN HOUSE 5-7pm  
Free and open to the public. Archive lectures.  
CLASSIC CAR CRUISE 5pm line up on Division St. between 2nd and 4th streets.  
6:30pm 1-hour cruise begins. Free-will donation welcome. Route info at [www.djjd.org](http://www.djjd.org)  
CARNIVAL 5pm Highway 3 & 5th Street  
6-10pm "Wrist Band Night" See [www.djjd.org](http://www.djjd.org) for ticket sale locations  
PEDAL TRACTOR PULL 5:30pm Between 4th & 5th streets on Division  
BINGO ON BRIDGE SQUARE 6pm-Midnight  
THURSDAY NIGHT THUNDER Division between 5th & 6th streets  
6-8pm Meet local motorsport racing teams, family fun with autographs and games.

### FRIDAY, SEPTEMBER 6

AMBASSADOR/JAMES GANG SCHOOL VISITS 9am-3pm  
ENTERTAINMENT CENTER 4pm-1am **BUTTON EVENT**  
5th & Water streets (valid ID req'd) 8:30pm-12:30am *Mister Peabody*  
CARNIVAL 5pm Highway 3 & 5th Street  
BINGO ON BRIDGE SQUARE 6pm-MIDNIGHT  
P.R.C.A. PROFESSIONAL RODEO 8pm Jesse James Arena, Hwy 3 South  
"GIVE CANCER THE BOOT" NIGHT. A fundraiser for Northfield Hospital's Breast Care and Infusion Centers, donate and show your support. Special giveaway to the first 300 paid admissions, sponsored by CarTime Auto Center and ReMax Advantage Plus by Mary Jo Winter. General admission **presale tickets**: adults \$25, child \$15 (ages 3-10) under 2 free; available at Northfield Automotive, Family Fare Supermarket and Ziggy's. **Same-day tickets**: available at Rodeo grounds 2 hours prior to performance.  
RODEO GROUNDS BEER GARDEN open **before, during & after** rodeo (valid ID req'd).

### SATURDAY, SEPTEMBER 7

NORTHFIELD ROTARY BIKE TOUR 7AM  
Dundas Memorial Park 214 1st St., Dundas  
A fully supported road, gravel & family adventure. On-Site Registration and Check-In begins at 6:30am. Online registration: [northfieldrotary.org](http://northfieldrotary.org)  
RAIDER DERBY Registration 7:30am, Race begins 9am  
Soapbox car racing. 3rd & Orchard St. **BUTTON EVENT**  
\*Button required for all participants\*  
DEFEAT OF JESSE JAMES DAYS CAR SHOW 9am-3pm  
Sundowner Car Club, Riverside Park. Admission: \$2. 15 and under free with paid adult. **BUTTON EVENT**  
40<sup>TH</sup> ANNUAL ARTS, CRAFTS & GIFT SHOW  
9am-5pm Central Park, 4th & Winona streets

### SATURDAY, SEPTEMBER 7 CONT.

COED 4S GRASS VOLLEYBALL TOURNAMENT 9am-6pm  
Tyler Park, 1951 Roosevelt Dr. Outdoor grass volleyball with multiple levels of play, round-robin format followed by playoffs and cash prizes for top teams. Teams of four. Registration information on Facebook: Defeat of Jesse James Days Grass Volleyball Tournament  
KIDDIE PARADE 9:30am 6th & Division streets  
NORTHFIELD ARTS GUILD RIVERFRONT FINE ARTS FESTIVAL  
10am-5pm Cannon River Walkway. More info at [northfieldartsguild.org](http://northfieldartsguild.org)  
CARNIVAL 11am Highway 3 & 5th Street  
BINGO ON BRIDGE SQUARE NOON-MIDNIGHT  
CORNHOLE TOURNAMENT NOON Entertainment Center  
Must pre-register through [djjd.org](http://djjd.org). Registration opens August 1st (Teams limited.) **BUTTON EVENT**  
ENTERTAINMENT CENTER NOON-1am **BUTTON EVENT**  
5th & Water streets (valid ID req'd)  
7-8:45pm *Border Hookups*  
9pm-12:30am *8 Foot 4*  
P.R.C.A. PROFESSIONAL RODEO 2pm Jesse James Arena, Highway 3 South. Free cowboy hat to first 400 paid kids admissions from Edina Realty. General admission **presale tickets**: adults \$25, child \$15 (ages 3-10) under 2 free; available at Northfield Automotive, Family Fare Supermarket and Ziggy's. **Same-day tickets**: available at Rodeo grounds 2 hours prior to performance.  
DJJD BEARD CONTEST Division Street **BUTTON EVENT**  
6pm (following final bank raid re-enactment), \$10 entry fee, see [djjd.org](http://djjd.org).  
P.R.C.A. PROFESSIONAL RODEO 8pm Jesse James Arena, Hwy 3 South  
"TRIBUTE TO 1ST RESPONDERS" NIGHT  
General admission **presale tickets**: adults \$25, child \$15 (ages 3-10) under 2 free; available at Northfield Automotive, Family Fare Supermarket and Ziggy's. **Same-day tickets**: available at Rodeo grounds 2 hours prior to performance.

### SUNDAY, SEPTEMBER 8

OUTLAW RUN 5K/15K RUN-WALK  
4th St. and Washington St. Registration 6:30-7:30am, 15K Run start 8am, 5K Run/Walk start 8am. More info at [northfieldhistory.org](http://northfieldhistory.org)  
ANTIQUA TRACTOR & TRUCK PULL Registration: 7am, Pull: 9am  
Jesse James Arena, Hwy 3 South **BUTTON EVENT**  
VFW BREAKFAST 7:30-11am Adults \$12, Children (5-10) \$6, Under 5 free  
AMBASSADOR VIP RECEPTION 9:30am Northfield Middle School  
NORTHFIELD ARTS GUILD RIVERFRONT FINE ARTS FESTIVAL  
10am-5pm Cannon River Walkway. More info at [northfieldartsguild.org](http://northfieldartsguild.org).  
40<sup>TH</sup> ANNUAL ARTS, CRAFTS & GIFT SHOW  
11am-4pm Central Park, 4th & Winona streets  
CARNIVAL NOON-6pm Highway 3 & 5th Street  
BINGO ON BRIDGE SQUARE NOON-8pm  
ENTERTAINMENT CENTER NOON-6pm 5th & Water streets (valid ID req'd) Special appearance after the Grand Parade by the "Minnesota Pipes & Drums"  
GRAND PARADE 2pm Division Street  
RESCUE SQUAD DUCK RACE 15 minutes after parade 4th Street Bridge, \$5 tickets available at Bingo Stand. 1st place prize \$1000, 2nd \$300, 3rd \$150.  
AMBASSADOR CORONATION 5pm Northfield Middle School  
Admission \$10, Children under 5 free **BUTTON EVENT**

### Bank Raid Re-Enactments

**BUTTON EVENT** = Buttons required for bleacher seating

#### 408 Division Street


Friday 6pm & 7pm, Saturday 11am & 1, 3, 5pm,  
Sunday 11am & 12:30pm

(Limited bleacher seating available for 12:30 raid)

American Sign Language Interpreted Raids:

Saturday 11am and 1pm

(for ASL, check in at Info Booth 20 minutes before re-enactment)

 Spanish Interpretation Script available at all raids  
visit the Info Booth or scan QR code

Northfield Historical Society Bank Site & Museum

408 Division Street 507-645-9268, [www.northfieldhistory.org](http://www.northfieldhistory.org)

See website for admission prices.

Wednesday 10am-5pm • Thursday 10am-8pm  
Friday-Saturday 10am-7pm • Sunday 10am-2pm

The Defeat of Jesse James Days Committee reserves the right to reschedule, postpone or cancel any event without prior notice. Copyright 2024 Defeat of Jesse James Days Committee Inc., a non-profit organization.



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## Open Grants Support Welcoming Communities



**Tim Penny**  
So. MN Initiative Foundation

Since 1986, Southern Minnesota Initiative Foundation (SMIF) has invested over \$60 million in grants across our 20-county region. These grants support a diverse array of projects, ranging from providing books to young children to fostering growth in small towns. Many of our grants also support initiatives that make our communities a more welcoming place for everyone to live and visit. Currently, two such grant opportunities are open.

We are currently accepting applications for our Inclusive and Equitable Entrepreneurial Communities Grant. This program supports organizations that provide direct services to

start and expand business opportunities for diverse and/or traditionally underserved populations. Recently, Hispanic Advocacy and Community Empowerment Through Research (HACER) used this grant to help increase the number of Latino-owned businesses within nine counties of southern Minnesota. HACER did this through offering workshops on business skills, which eventually led to a final workshop where participants presented their business pitch. If you want to apply for this program, applications are due August 5, 2024. Contact Jennifer Heien at [jenniferh@smifoundation.org](mailto:jenniferh@smifoundation.org) with questions.

I always look forward to SMIF's Small Town Grant cycle which supports the smallest communities in our region. Open to towns with populations under 10,000, this grant focuses on collaborative projects that solve challenges and create welcoming environments. Last year, the City of Lafayette used this grant to update their bandstand and park. Now that the downtown area is a space where people want to spend more of their time, there have been performances and events held in the updated space. This project pulled many volunteers together and achieved a great sense of community pride. SMIF's Small Town Grant is made possible by a generous donation in memory of Paul Johnson who wanted southern Minnesota's smallest communities to thrive. Applications are due August 26, 2024. Contact Sarah Scheffert at [sarahs@smifoundation.org](mailto:sarahs@smifoundation.org) with questions.

In mid-August, SMIF's Early Care and Education Grants will open. This program supports important services for children birth to



age five, including social, emotional, physical and mental health and development needs. In the past, YWCA Mankato used this grant to help provide transportation for the families in their monthly group connections. These gatherings help form strong support systems and friendships between parents who are recent immigrants. The YWCA has also been able to connect families with essential resources like beds, clothing, winter gear, safety sup-

plies and books.

Again, over the past 38 years, SMIF's grants have contributed to welcoming communities, early learning and economic development. I can't wait to see how organizations use the grants available this summer to make our region an even better place to call home.

As always, I welcome your comments and questions. You can reach me at [timp@smifoundation.org](mailto:timp@smifoundation.org) or 507-455-3215.

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## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



*Question: My husband always used to say "never use your cruise control during any rain". Is that still true with advances on tires and technology?*

*Answer: He is correct, cruise control should*

never be used on wet or icy roadways. If your wheels lose traction, the cruise control will continue to accelerate, causing the vehicle to skid. By the time you realize you are skidding, it could be too late.

With dry road conditions, cruise control helps you safely monitor your speed, stay within the speed limit and improve driving comfort on long, fairly straight stretches of road. It should be used only when you are able to drive at a steady speed with safe road conditions.

On icy, snow-covered or wet roads.

When deciding if you should set your cruise control:

- Ask yourself if it's safe to travel the speed limit. If not, it isn't safe to set your cruise.
- Is there limited visibility? If it's foggy, snowing, or raining and your range of visibility is significantly reduced, play it safe.

Don't set your cruise.

• Is traffic moving smoothly? If it's stop-and-go, or there's heavy traffic around you, it's not safe to use cruise.

Remember that using your cruise control can be an advantage when driving long distances, but YOU are your vehicle's best safety feature.

You can avoid a ticket — and a crash — if


you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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

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## City of Randolph Regular Council Meeting July 10, 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, Treasurer Sandy Nicolai and Clerk Mary Haro.

Also, in attendance was Bolton & Menk engineer, Matt Blazer and city attorney, Greta Bjerkness of LeVander, Gillen & Miller.

### Approval of Agenda

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

### Public Comments

No comments.

### Minutes

A motion to approve the June 12, 2024, regular council meeting minutes was made by Friedrich, seconded by Price. 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 including the payment to Mary Haro for cleaning for two months at \$180 and to Northland Grading for the sewer project in the amount of \$929,788.27, made by Friedrich and seconded by Carlock. All voting in favor, none opposed, motion passed 5:0.

### Old Business

None.

### New Business

#### Randolph School Permit

Superintendent Mike Kelly came before the council for approval of a permit for the new schoolhouse to be built on a vacant lot next to Jake Friedrich. He presented two sets of drawings and the permit application. They have been working with Mark, our building inspector, on the permit. They would like the driveway to come off of Highway 88. We told them to check with Dakota County regarding the driveway. If Dakota County does not approve the driveway off of 88 then they will turn the house around and the driveway will come off of Cynthia Path. They would prefer to have the back yard facing Cynthia Path. They would also like to hook up this house to the sewer system when that is available. They are going to have to wait to sell the house pending the hook up to the sewer system.

He also presented a payment for a permit for the new garage doors at the bus garage.

Motion to approve the permit for the new school house was made by Friedrich, seconded by Price. All voting in favor, none opposed, motion passed 5:0.

### Vacation of Alley

Marie gave us some photos of an alley. There is an alley that runs from Dickman to Danel and it is overgrown. The property owners are maintaining it. We are not using it or maintaining it. We discussed this with our legal counsel about vacating the alley. There are two other unused and unmarked alleys. The alley off of Dickman behind City Hall is being used so that is not being considered to be vacated. There is one between Distad Path and Dickman and the other goes along the old railroad track when Ron and Cindy Woodbeck's property is. They are completely grassed over and are not being maintained by the city. Most of the alleys have been vacated.

Greta informed us that vacation can be done two ways – the landowner that the alley is adjacent to can petition the council to do it or the council can unilaterally vacate it, with a majority of the council approval. The threshold that we need to meet in order to do it, is whether it is in the best interest of the public to do so. There is a formal process which involves having a public hearing. She noted two important items for us to consider – (1) if the property owned by Geischen is developed would we want a roadway there then we don't want to vacate it and (2) are there any utilities in the right of way. We did receive an email that one of the landowners was interested in buying the property from us. Matt's concern is utilities and drainage on the property.

Marie's consideration is to give the land to the southern landowners from Dickman to Danel. Marie made a motion to move forward with vacating the alley from Dick-

man to Danel, seconded by Carlock. All voting in favor, none opposed, motion passed 5:0.

Greta needs a little time to do some research before we have the public hearing. We need to make sure we have an easement for drainage.

### Randy Ferguson – Land Use

Randy inquired about land use for some of his property from Dixie to Cooper. He was told that it is zoned Rural Residential / Agricultural. He had some inquiries regarding purchasing the property. He was told that there are not utilities that would go to that property such as water and sewer. Dakota County is in charge of septic systems for Randolph so any questions would need to be addressed to them. It was noted to him that there are certain stipulation for shoreland property. Dakota County manages that as well as the city which would be Bolton & Menk as our engineers for questions regarding shoreland. The minimum lot size would be two and one-half acres. He just was inquiring about land usage and would get back to us with any further questions.

### Dakota County Deputy

Dakota County Deputies came in to tell us there is an ongoing investigation regarding the missing person case of Nicole Mies Anderson. They could not share any information other than it is ongoing. We thanked them for everything that they are doing to try to find her.

It was noted that semi-trailers have been going through the city which are closed to them and should be going around.

Also someone noted that a semi-trailer that

came through the city almost took down their cable line on 290th Street. She was told to call Midco and tell them that they need to raise the line because it was almost hit.

### Holding Pond Fence

We need to do some research regarding the CDBG grant before we move forward with removal of the fence. Greta will check to see if any restrictive covenants have been recorded on the property. She will do a title search to check. If we do take down the fence can it be used elsewhere like the holding ponds. Matt will check but it may not meet the height for the fence. We will table this until we get further information regarding the grant.

### Appointment of Election Judges

Motion by Mayor Jacob to approve the Election Judges of Colleen Taubman as head judge, Heather Siebenaler, Michelle Spichal, Sarah Murray and Mary Haro for the Primary Election set for August 13th, seconded by Friedrich. All voting in favor, none opposed, motion passed 4:0. Haro abstained from the vote.

### Northern Natural Gas Encroachment Agreement

As part of the sewer project with the land that we purchased there is a natural gas easement on it along County Road 83 and since we cross it with a pipe we need to enter into an encroachment agreement with Northern Natural Gas. Greta reviewed the agreement and found it to be satisfactory.

(continued on page 17)


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## Randolph City Council

(continued from page 16)

Friedrich made a motion to approve Resolution No. 24-08 adopting the Encroachment Agreement between the City of Randolph and Northern Natural Gas, seconded by Carlock. All voting in favor, none opposed, motion passed 5:0.

### 290th Street

Mayor asked that this be added to the agenda before the potholes were filled in. One concern is the shoulders on the south side from Dawson to Davisson. She asked if this was going to be open when school starts. Yes it will be.

### Bolton & Menk Sewer Update

They are planning to go up Dawson to 290th and take a right over to County Road 83 for this year. We have had plenty of rain which doesn't help with the project. The utilities out front and storm sewer are finished on Stage A and are moving toward Dickman on the storm sewer. They need the road dried out to put down the gravel. The curbs will be done in about a week. The road will be paved from the railroad tracks to Dickman. The sidewalk flat work will happen right after that. The will begin east of the tracks. The rest of the pipe work is done up to Danel. They will go up Dawson and do Stage C and finish up 88. Even with all of the rain they expect the project to be done on time and on budget for this year. They do expect to complete all phases that were planned yet this year. It was noted that we received our first payment from the state. It was asked if dewatering was done and it is not yet. They may work some extra hours and on weekends. They will be notify-

ing citizens that are affected by the project regarding their driveways by newsletters directly to each home that is affected.

Matt indicated that they are coordinating with the fire department daily. The fire hydrants will be getting replaced along the county road.

### Council Reports

The culvert on the corner of 290th and Davisson is plugged. Someone stepped in it and had to get 7 stitches. So a citizen placed a bucket there for people to be aware of it as it is overgrown with grass so it is not easily noticed. She did clean the grass around it so you can see it more clearly. We need a temporary solution. It is not an open culvert but we need to add something to fill the hole in. Matt noted that the culvert will be replaced next year with the project. Jake volunteered to take care of fixing this for the time being before it is replaced.

A citizen noted that a farmer has been coming down 290th to get to the elevator with his trailer of grain. He went through the residential area which is above the load limit. If we find out who it is we can talk to him.

Todd noted that the North Cannon River Watershed is going to have a walking tour in Randolph for the next meeting which will be at the water reporting station at Chub Creek and then they will meet at the Town Hall in Hampton.

Filing for elections is open July 30th until 5 pm on August 13th. Clerk Haro will post some hours that she will at city hall for citizens to file for candidacy. It was asked if there is a place that people can find out about candidates who are running. It was noted

that previously it was in the Beacon and on Facebook. Greta indicated you have put a link on the city website to the Secretary of State website with any information about candidates. We could do a public forum if interested and include school board members also running for office.

Clerk Haro noted that there is a leak on the roof in City Hall as she has noted the carpet being wet several times. She will contact Atlas Roofing to look it and give us an estimate.

Sandy noted that she mailed out water bills. Mayor Jacob indicated that she has not heard back from the contractor that she meet with regarding renovating the rest rooms in City Hall. She will follow up with him.

Mayor Jacob inquired about getting a projector to use during meetings to put items up on a screen for all to see. We thought this was a good idea.

The mayor received a call regarding ATV in the staging area and they should not be there. We need to put "No Trespassing" signs up.

The mayor indicated that she received a phone call from the FCC regarding interference with their weather radars from our water tower. The only equipment we have on the tower is Northfield Wi-fi. She indicated that this was resolved.

Duane a supervisor with Sciota Township discussed the Waterford mine that is being proposed. He is trying to get a collation of township and cities together to work on support for Waterford Township. They are overwhelmed with the issues going on with this big mine. They put a moratorium on any per-

mitting for the mine with the intent of creating an ordinance but that moratorium expires in November. If they have to deal with their existing ordinance they will be working with an interim use permit which they can put conditions on what can happen on the permit.

They are not in a good position to create a good comprehensive list of conditions on their own. They will be looking at the their own township and what type of issues they will have to deal with but they will not be able to address things beyond the borders of their township. He indicated that they are working on issues with dewatering. All of this water will be going into Chub Creek and with the talk about water table recently being raised 9 feet with just 18 inches of rain, we can imagine it will be much worse if the mine starts pumping as much water as what the proposals are talking about. If we have concerns how an issue would be addressed, now would be the time to create a list of concerns to submit to Waterford Township. They are trying to schedule something in August for their first meeting and we would talk about potential concerns. They would like current board members involved or someone appointed by the board. He was just present to inform us that they are just trying to get a collation of people together to consolidate our concerns and efforts.

### Adjournment

Motion to adjourn the meeting made by Friedrich, seconded by Haro, the meeting was adjourned at 8:27 p.m. All voting in favor, none opposed, motion passed 5:0. Respectfully submitted,  
Mary Haro

# VOTE NO

## On Northfield Public Schools' \$200 million tax increase.

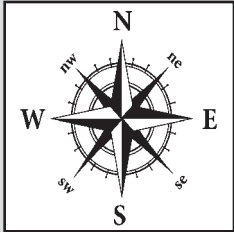
### *The biggest public school tax increase ever.*

The main argument by Superintendent Hillmann and the board is a need for SAFETY because the "40 (high school) exits ... is a security liability". But the \$200 million project (\$95.38 million principal plus interest) would leave about 50 or more fire exits in the district's schools. The security problem would remain about the same.

*What happens when voters vote NO? Hillmann claims the HVAC systems are at "substantial risk of costly failure". Would he come back next year with an affordable option to fix just the problems?*

It's all about affordability in 2024. School, county and Northfield City bond proposals on the table would cost over \$400 million (\$200 million schools, \$80 million county jail refinancing, and \$140 million Northfield water infrastructure and ice rink, which Rhonda Pownell is still pushing for even after she lost in the primary.)

## Changes in Latitudes, Changes in Attitudes Young Farm Lads and Lawn Mowers



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.*

As a young boy on the farm in the early 1960's I was fascinated with machinery, and especially tractors. There was one tractor that was just my size. The garden tractor or lawn mower. I was too young to operate the first riding lawn mower my dad purchased. It was a Springfield and I believe it was purchased through the local Gambles Hardware store

around 1960. It had very small rear tires and even smaller front tires and the mower deck cutting height was not adjustable.

But a few years later we bought a Homelite riding lawn mower from Pete Boe in West Concord. I think Pete sold more Homelite's than any other dealer. This was my first serious job on the farm. It had a 24' single blade deck and a 5 horsepower Tecumseh engine. A few novel things about this unit was the four speed transmission, which was a rubber disc spinning on a flat drive plate, and the crank starter on the engine. One would wind the crank until it stopped and then trip the little lever, which spun the engine over. Easy enough for a 7 year-old to operate.

It had a padded seat and a bar in place of the steering wheel. I would spend hours upon hours mowing the yard around the farm. I could only dream of having a radio to kill the monotony. One had to be careful filling the gas tank, as it was part of the engine and any spill would pour raw gas right over the hot engine cylinder. One time the grass was exceptionally thick and tall behind the shop and I complained to my dad that it couldn't hardly cut it in first gear. I was secretly hoping we would get a larger garden tractor. He simply informed me to only cut half as wide a swath. I wasn't the best at fractions as a second grader but I did know that half of 24 inches was one foot and that was forever to get the lawn finished.

The one shining reward was mowing my



Homelite

grandmother's lawn. She lived at the south end of the farm and when I finished her lawn I was invited in for in ice cold Mountain Dew and some cookies. Nothing tasted quite as good as a cold glass bottle of innard tickling bottled by Zeke & Daisy Dew. Probably most Dew drinkers today have no clue.

My friend Ross Avery started selling Massey Ferguson Garden Tractors in the late 60's, at his dad's construction business. I wanted us to buy one of those so bad. The Massey Ferguson 7 was a thing of beauty to me. It had seven horse power, an electric start, a 34 inch deck and a hydrostatic transmission. It even looked like a tractor. I worked on my dad for a long time to con-

vince him. A lawn mower was not a necessity in his mind. But the day did come and I felt like a king on this new machine.

I still mow the lawn. Now I find it a welcome time to think and come up with new ideas. Fifty-six years have passed and my young mind could not even conceive of what lawn mowing would be like in 2024. I use a 25 horsepower John Deere zero turn mower with a 54" triple blade deck. Spring absorbing soft cushion seat with arm rests, and a top mowing speed of over 9 miles per hour. What used to take more than a day for me to accomplish is now finished in about two hours.



Massey Ferguson

## A Minnesotan: Goats



By RosaLin Alcoser

My older sister believes that everyone has had at least one great goat story in their lives.

For her and I it was the time one of the neighbors down the road received a goat for Father's Day. The goat got out and ended up on our front porch then proceeded to blet if my sister did not sit outside with it. Our dog went ballistic and had to be kept inside all day until our parents figured out whose goat it was.

While they did that we proceeded to name that goat Kiddie; Kiddie was later renamed by his owners. We only had Kiddie for an afternoon but he was a good goat. About a year or so later our family bought him and he was delicious when we had

him for dinner.

One of my friend's goat story is from when he and his sister kept goats as a 4-H project back in grade school. Once when their aunt was staying over to watch them for a few days she pulled her car up to their car port in the late evening and heard a sound coming from inside.

Apparently the sound sounded like there was someone inside of the car port pretending to be a goat. Naturally since there was a suspected person pretending to be a goat hiding in the car port she called the deputy to come check it out. It turned out to be one of the 4-H goats bleating like a person pretending to be a bleating goat.

For one of my sister's friends their goat story happened after she told her friends about her belief in everyone having at least one great goat story. This friend was from a big city and had never seen a goat in person. So everyone in their group decided that they needed to take him to see a goat. So his one great goat story is about the time he was taken to a petting zoo and forced to pet a goat.

Everyone has at least one great story about an encounter with a goat. Whether it is having one show up at your door, keeping goats that pretend to be people pretending to be goats or being forced to pet one by your friends. And if you do not have one great story about an encounter with a goat then clearly you have not spent enough time around goats.

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