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SEPTEMBER 18, 2024

Volume 21 • Issue 9

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

The King with Cash & Diamond Show Returns to Dennison, September 28th

 The popular Vegas Style Tribute Show featuring the music of Johnny Cash, Elvis, and Neil Diamond returns to Dennison Saturday, September 28th, under the big top.

For fans young and old, if you have ever been to the show in Dennison or to the popular Breezy Point Resort up north in Minnesota, you may have caught The Memories of Elvis Show (www.espsking.com) with Chris Olson.

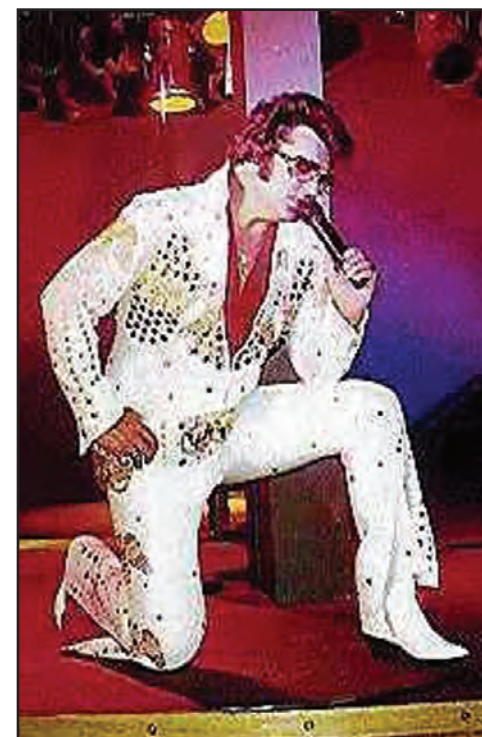
You may have seen the show on the dock-side bar at Breezy Point or the popular up

north spot, Zorbaz. Chris Olson performs this entertaining tribute of The King, and will be bringing his talents and show back to DENNISON, MINNESOTA on Saturday, September 28th. Show time will be at 7:30p.m.

This will be a rain or shine event under the big top at the Fireside.

Doug Allen Nash will again join the show this year with his tribute to Neil Diamond and also his "Johnny Cash Tribute - American Icon". (www.dougallennash.com)

It is in this production, Nash includes one



of his own songs "June" co-written and co-produced with Jeff Silverman in Nashville, TN. Engineering mix by Grammy Award Winners John Carter Cash and Chuck Turner at Cash Cabin Studio in Hendersonville, TN.

You can see both of these great artists in Dennison Saturday, September 28th.

Advance tickets are just \$25.00. \$30.00 day of show. Call Fireside at 507-645-9992 during normal business hours, or e-mail them at firesideloungedennison@gmail.com to order tickets.

(continued on page 4)

HOMECOMING TACO FEED



FRIDAY, SEPTEMBER 20
5:00 - 6:30 PM IN THE COMMONS

ADULTS: \$7 (3 TACOS)
SENIORS 65+: \$5 (3)
STUDENTS: \$5 (3)
KIDS: \$3 (2)
KIDS UNDER 3: FREE (1)

Proceeds Support Randolph Rockets Theatre

St. Mathias Catholic Church Fun Fest



photo courtesy of St. Mathias Church

The St. Mathias Fun Fest was a held August 25th was another great success! Many donations were received for the silent auction held as part of the days festivities.



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Landmarks And Boundaries

Deuteronomy 19:14

“Do not move your neighbor’s boundary stone set up by your predecessors in the inheritance you receive in the land the Lord your God is giving you to possess.”

When I was in my 20’s and 30’s and into my 40’s, the history of my family was not that significant to me. In recent years it has become much more intriguing and I am way more focused on what type of legacy am I leaving in regards to my relationship with Jesus Christ to my children and my grandchildren. My hope and my prayer is that the family circle would be unbroken and the impact that we could have on those around us would be significant as we do all we can to take as many with us into eternity as God gives us the opportunities to share the Gospel message.

When I look back on Hauge Free Lutheran Church and how it was originally formed I see that the faith of those men and women had was solid and their desire to gather together to encourage one another in their walk and to fellowship and pray for each other was a priority.

The first settlers came from Norway to Goodhue County in 1847. They settled south and west of Kenyon. There is not a lot of information written about this group of pioneers for about 12 years. They traveled by walking and by oxen teams as there were no roads. It is thought that they would meet in homes of neighbors and friends to gather around the Word of God and in prayer. Elling Eilson would travel from place to place and share messages from the Word of God.

In 1859 they formed a congregation and called it the Hauge Congregation. Osten Hanson was a lay preacher that served the group. The first recorded service was a communion service on June 30, 1861.

Norwegian was the language that they used until 1939 when English was adopted. All records were written in Norwegian until that time and the history was often difficult to decipher.

In March of 1871 they discussed building a church. A unanimous vote was taken and funds were raised to start the structure. Land was purchased and mason work was under way.

Christian education for their children was also a prime concern for the settlers as well. They started a school and had the children go for at least two months each year.

The church building was mostly completed around 1875, but it was not completely equipped until 1888. Congregants discussed a steeple but decided it would cost too much and they didn’t want to spend money

frivolously. A 1/4 acre lot that this church sits on was purchased for \$7.00. Later 2 more lots were purchased for the cemetery for \$25.00. This church was used until 1902 when it was decided to build a church building in the town of Kenyon.

All of this history is fascinating and important as well, but the most significant history is about the settlers love for Christ and necessity of passing on that legacy to their descendants. We see the fundamental interest of the people of Hauge to keep this building intact and have it for a landmark set by their predecessors. As Pastor of this church I can tell you that they view the passing down of their spiritual heritage as being foremost in their thoughts and even more salient. The same type of story and heritage is recorded in the churches in our community and treasured as well. To hear these stories would be a faith builder for us all.

So, how do we carry on this principal task of passing this message to the next generation?

I would like to share with you a page from the New England Primer. This is a text book used in the early public schools and what was likely taught in the school that the settlers opened. It is called ‘Verses for Little Children’.

Though I am young, a little one, If I can speak and go alone,

Then I must learn to know the Lord. And learn to read His holy Word.

This time to seek to God and pray, For what I want for us all day,

I have a precious soul to save, and I a mortal body have:

Though I am young, yet I may die, and hasten to eternity.

There is a dreadful fiery hell, Where wicked ones must always dwell,

There is a heaven full of joys, Where Godly ones must always stay.

To one of these my soul will fly, As in a moment when I die;

When God that made me calls me home, I must not stay, I must be gone,

He gave me life, He gave me breath, and He can save my soul from death.

By Jesus Christ my only Lord, according to His holy Word.

So, how do we take back ground that was given up in years past?

There is legislation recently signed into law in Louisiana that would require the display of the Ten Commandments in large, easy readable font in all public classrooms in the state by 2025. This will all be funded by donations. No education funding would be used for this. This is one state’s attempt to take back ground. If we don’t look at where we were when our forefathers came to this country and how they set up what was important to them, we will never strive to carry on that legacy of Christ-centered living.

Every time I step into the ‘Old Stone Church’ I get the feeling I am walking on hallowed ground. The sacrifice and determination that the men and women exhibited to come together and worship and pray together,

causes me to shrink back in shame at times. How we can complain about the fact that we are tired or it may be too cold or maybe too hot to go to church, it’s raining or it’s snowing. Then we think about what they went through to gather for fellowship and it can be heart-wrenching to see how luke-warm we have become.

Getting up before sunrise to do the chores, to feed the cattle, clean the barn, feed the chickens, pick the eggs, slop the pigs, hook up the horses, clean up, put on good clothes and make it to the church on time, help with any setup, and even take part in the service would be a common commitment. What we go through to worship together pales in comparison.

That is why it is important to remember the commitment of our pioneering fathers. Psalm 77:11-12 tell us of God’s faithfulness.

“I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.” Your ways, God, are holy. What god is as great as our God? You are the God who performs miracles; you display your power among the peoples.”


Psalm 145:13 is a promise that had to be treasured by the people that started this church.

“Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is trustworthy in all he promises and faithful in all he does.”

We must hold fast to the truth of God’s Word with the same determination that we saw in our forefathers.

I just received a book from one of my sons. It is called, “Dad, I Want To Hear Your Story”. This is probably one of the most profound gifts I have ever received. To think that my son would want to know my story is humbling and very gratifying. I want to encourage you all to tell your family your story. To tell them your parents and grandparents story as best you can remember it. And most im-

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(adjacent to Randolph Public School grounds).
Sunday School 9:00a.m.
(children, teen, and adult classes)
Sunday Worship 10:00a.m.
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Pastor Dennis Ingolfsland
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Sunday School 8:30a.m.

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AREA CHURCH DIRECTORY
What Things?

“Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?” — Luke 24:32

At a concert, the usher at the door looked so familiar to me. But I could not recall where or when I might have met him before. After a brief conversation with him, we recalled that years ago he had been our son’s grade-8 teacher. We enjoyed sharing a few memories of that time in our lives.

I think the situation was slightly different as the two followers of Jesus walked along toward their home in Emmaus. They didn’t recognize that they were talking with Jesus, even though they had seen him recently. Did he not look the same? Jesus asked questions and taught them about the Scriptures, but it wasn’t till they sat and shared bread together that their eyes were opened to see him. What a wonderful feeling that must have been!

Then, after Jesus “disappeared from their sight,” they joyfully made the long trip back to Jerusalem to share their story. They could not wait to share their experience. Their love for Jesus and the others was enough to propel them back to Jerusalem to share.

With a text message from my cell phone, we eagerly shared with our son that we had talked with his grade-8 teacher at the concert that night. And it was fun to share that with him.

Are we eager in a way like that to share with others about our times with Jesus?
Lord, thank you for moments when you meet with us in a fresh new way. Open our eyes and hearts to your work in our everyday lives, realizing you are closer than we might think. Amen.

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10:15 a.m. Sunday School
Questions? Call 507-645-0042

Lynne Marie Weierke

Lynne Marie Weierke, 60, unexpectedly passed away at Northfield Hospital on September 13th,

2024. Lynne was born on December 17th, 1963 in Madison, WI, 18 months after her beloved sister and best friend, Leanne. Lynne, Leanne, and their mom spent many years together where they grew an unbreakable bond.

Family was what meant most to Lynne. Her daughter, Chelsey and son, Charlie along with their dad, spent as much time as possible as a family of four. Lynne did not miss a single moment of Chelsey or Charlie's accomplishments. Becoming "Memaw" to her granddaughters, Evelynne and Harlow, was everything to her. Lynne was always ready to

share her unforgettable, larger than life personality. She was the strong one who could speak at funerals, hold your hand through the tough times, officiate weddings, or share a laugh. Losing Lynne so unexpectedly will undoubtedly leave a large void in the lives of those that love her.

Lynne is survived by her daughter, Chelsey (Dylan) Meyer, her son, Charlie (Olivia) Weierke, her beloved grandchildren Evelynne and Harlow, sister Leanne (Davey) Neuenfeldt, Fiance, Dave Warweg, niece Kristen (Nick) Estrem, Terry Weierke, Dan (Betty) Heltness, countless cousins, and numerous friends that made her life whole. Lynne joined her loving parents, Charlie and Kay Tomfohrde in heaven, as well as her aunt, Carol (Nurnberg), uncle, Ron (Nurnberg), cousins, Joe and Steve Nurnberg.

A Celebration of Lynne's Life will be held at 12:00 Noon on Saturday, September 21 at the Canvas Church of Dundas. Visitation will be

held for two hours prior to the service from 10:00 AM to 12:00 Noon.

Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com

John Oliver Althoff

John Oliver Althoff, age 78, a lifelong resident of Cannon Falls, died peacefully at home with his family by his side on Wednesday afternoon, September 11, 2024.

John was born on July 17, 1946 in Red Wing, Minnesota,

the son of Oliver and Doris (Selvig) Althoff. He graduated from Cannon Falls High School in 1964 and went on to the University of Minnesota. He enlisted with the US Air Force and was honorably discharged in 1970. Upon his return, he received his Bachelor of Arts degree in 1972, with a major in history.

John married Phyllis Husaby on October 7, 1978 at First English Lutheran Church, Cannon Falls, where he continued to be active and serving on church council and helping to administer the FELC Foundation.

Working alongside his father and brother, John's career started in 1974, when he joined the family business, Althoff Hardware. He purchased the business in 1985 and continued ownership until his retirement in 2015. He sold the business to son, Mitch on July 1, 2015, making Mitch the 4th generation in Althoff Hardware.

John was a dedicated community member,

serving on the Cannon Falls City Council in 2018 and as the Cannon Falls Mayor from 2019-2022. He was a member of the Cannon Falls Rotary Club, Downtown Merchants, Cannon Valley Fair for 44 years (half of those years as president), Board of Directors at Merchants Bank, Cannon Falls American Legion, and a U of MN alumni.

He is survived by his wife of nearly 46 years, Phyllis; children, Mitch (Angie) of Randolph, Mike (Stephanie) of Cannon Falls, and Andy (Erica) of Cannon Falls; six grandchildren, Jackson, Jordan, Madelyn, Jonathan, Willa and Ava; brother, Jim (Debbie) of Cannon Falls; sister, Mary Althoff of Port Townsend, WA; parents-in-law, Marland and Cindy Husaby of Cannon Falls; sisters-in-law, Karen (Royce) Anderson of Hastings and LuAnn (Rick) Hughes of Cannon Falls; and many nieces, nephews, cousins, and friends.

He was preceded in death by Ollie and Doris Althoff; and brothers-in-law, Fred Thurston, Bruce Anderson, and Bill Langsdorf.

A celebration of life service will be held on Thursday, September 19 at 11:30 am, with visitation from 9:00 am - 11:30 am, at First English Lutheran Church, Cannon Falls. Please respect grandson, Jonathan's ongoing leukemia treatments and consider viewing the service remotely, if not feeling well. This service will be livestreamed and recorded and available to watch below.

Active urn bearers will be his sons.

In lieu of flowers, please consider a donation to the Jonathan Althoff Go Fund Me account: <https://gofund.me/ffe69783>



Landmarks And Boundaries

(continued from page 2)

importantly, tell them about your spiritual journey. How you came to faith in Jesus Christ and what are some of the most significant things He has done in your life as well as how He has used you in the lives of others for His glory.

If Jesus Christ has never become the Lord of your life, don't let another day go by without coming to the foot of the cross in repentance and faith.

Jesus is waiting with open arms. Romans 10:13 says, "All who call on the name of the Lord will be saved."

The history of the churches in our community is foundational as we continue to build our spiritual legacy. Think seriously about writing down your life story for your descendants to see. It can be an heirloom that can be treasured for generations to come. May we always cling tightly to the testimony of God's working in our lives and be ever on the watch for opportunities to add to that story as God brings situations our way.

St. Mathias Catholic Church Fun Fest



photos courtesy of St. Mathias Church



The King with Cash & Diamond Show Returns to Dennison, September 28th

(continued from page 1)

You can also make dinner reservations that evening ahead of the show. Space is limited, so make your reservations early, as Fireside Lounge celebrates 22 years of Amy Family Hospitality, Saturday, September 28th.

(see ad on page 11)



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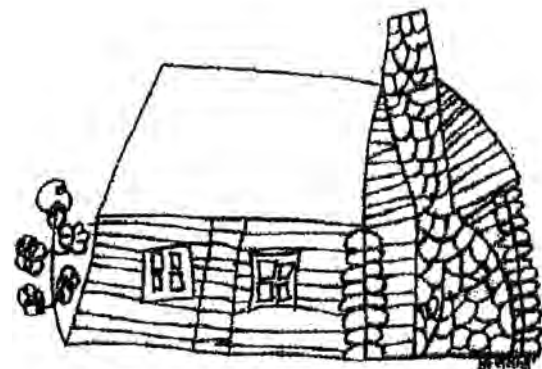
4451 Upper 291st St. E, Randolph, MN 55065

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:

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The View From the Back *Part 3*

By Ted Gamble

Ted Gamble is an avid runner and friend of The Messenger. This is the third of a 3 part series on his recent adventures. We hope you enjoy it.

The rest of the lap was somewhat uneventful. We just kept going—“relentless forward progress!” As one racer passed us he said the fifth lap is awful because you’ve done everything five times and you still have to do it once more before you’re done. He was on the best lap, the sixth one—it is the best because each time you hit one of the harder portions of the trail you get to think and say to yourself, “I don’t have to do that again—you can even give it an obscene gesture if you want!”

Anyway so we finished lap number five. Chad was pretty tired so he stayed there and rested up with plans to run the loop in reverse so he could meet up with me somewhere along the way and then we could finish together. It was just a few minutes after 6 AM when we finished the fourth lap, and it was just a few minutes before noon when I began lap six. Still on pace.

We did some run/walk intervals a bit on the fifth lap to build some extra cushion into the final lap which would probably be needed. There was still six hours to go, but I didn’t want to have to push it too hard, I’m already sore and tired, and now it’s getting stressful!

With the various shortcuts and his fresher status we assumed that Chad would be meeting me before I was halfway done.

Anyway, I’m on my own again and looking forward to him Chad later on. That’s when the hallucinations started to come hard and often.

The first one occurred where I saw the woman with the large dog on the side of the trail that goes down to the first water stop; this time it was a little girl putting up a garage sale sign. I thought it could be real, this part of the trail is an old logging road that leads to a gravel road that I’m sure goes by some farms and rural homes. There could be a garage sale around here somewhere. Makes sense, right?

But once again, this was a tree stump. Earlier, I wrote about trying to find the downhill that goes down to the Sand Coulee area. As I was moving along the trail looking for this and not finding it, I realized that I hadn’t seen any of the orange ribbons along side of the trail for quite a while.

Oh no, am I lost? Now what? I will never finish on time now! Deep down...here’s my excuse...

So I backtrack for a little bit until I found one, touched it to make sure it was real, and then turned around assured that I was on the right trail. I didn’t backtrack much, but it was wasted time, and it took away from my “relentless forward progress” motto.

It still seemed to take a while before I finally found the downhill turn. When I finally found it, there was a young man sitting with his girlfriend at the top of the hill.

I’m wondering what they’re doing there? Are they suffering as much as I? Maybe I can rest with them a bit before we tackle Sand Coulee, the company would be nice.... Turns out they weren’t doing anything. The young man and his girlfriend were just a couple of bushes. Anyway, when I finally got to the bottom there was an old rusty pickup truck parked off to the side in the woods. Just another large stump on the ground.

I’m about halfway, where is Chad? Anyway, time to climb up to the Scenic Overlook Trail for the last time. I am not sure if this guy was real or not, but he was sitting on the side of the trail near the top. Shirtless (it was pretty warm again by then) and wearing a hydration pack. I looked down for a bit, and he had moved to the last switchback. He did not reply when I greeted him, but I didn’t stop either. Was he real? I don’t know.

I stopped and admired the view from the top (for the last time!) and continued down the trail. I really like this part of the trail, and just enjoyed slowly trotting along. The next phase that I had to look forward to was my final descent down Ant Hill.

It was really tempting to cut some corners or take some shortcuts that would make the journey a little easier. But, I knew deep down that I wouldn’t/couldn’t do it. Even though nobody would see, I would know that I cheated. So I didn’t. Why even consider it, then?

“Lord help me make it through this!” I prayed.

Anyway, as I’m approaching Ant Hill, I

started to imagine taking a short cut along a trail that runs along the ridge that meets up at the top of Paddy’s hill. This would eliminate the descent down Ant Hill and the equally brutal trip up Paddy’s Hill. Nobody would know, maybe if I ...and then I saw a flatbed truck with a wooden gate around the bed filled with about a dozen large propane tanks—the kind that you see at older gas stations in rural areas. To the side of the truck was a farmer and his wife. Both were wearing flannel shirts—that’s weird, it’s kinda hot today, I thought. He was posing next to the truck while his wife was taking photos. He looked very proud. There were others standing behind the truck. There’s no way I can take my shortcut now!

As I turned onto Ant Hill the entire scene disintegrated into the trees and bushes that were always there.

Maybe only five miles to go? I glanced at my phone and it’s getting close to 4:30. About 90 minutes to go.

Normally, on any other day this would not be a big deal. But, today was different. I have been up for roughly 36 hours, and been moving since 8 AM the day before.

Am I going to make it? Everything hurts, I’m tired, and starting to worry. I just want this to be done.

As I got to the bottom of Ant Hill just before making the turn up on Paddy’s Hill I saw a guy come off the road, and he is “sneaking” (high stepping it, elbows out, looking from side to side—did I really just see that?) onto Paddy’s Hill. He just gets on the hill and



Maybe some cold water will keep the hallucinations away?

starts hiking up, did he just cheat?

That makes me kind of mad!

Maybe it bothered me because earlier on I had thought about doing the exact same thing. At the bottom of the Scenic Overlook Trail there is a road that cuts to where the bottom of Ant Hill and Paddy’s Hill join up.

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Finishing the “Death March”

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The View From the Back

(continued from page 5)

Taking that route cuts a few miles off the route, and eliminates a couple of very tough hills. But, I also knew as soon as I had the thought that if I cheated I would regret it because I would know that I cheated, even if no one else did.

Anyway, I followed him up the hill and did not see him again until I passed him about a mile later just before starting the final “Death March”. He looked like he was in a lower place than I was, no wonder he took a short cut!

Just before leaving the woods, I could see a few people running up the gravel road. What is going on? Maybe they’re aid station workers getting a little exercise?

When I got on the road I notice off on the side in there were three or four people sitting in camp chairs enjoying some cold drinks. Only they weren’t there. More hallucinations.

Even weirder than the hallucinations was the fact that they were coming so often and I did not think it was weird. It just was.

There was a small portable TV on the side of the road that probably should have been a hallucination but wasn’t. It was really there and had been since the first lap. Thankfully, nothing was playing on the TV whenever I saw it. Now, that would have been weird!

One of the aid station workers that was running on the road approached me and asked me if I needed any help to finish this thing.

“I will take any help that you can give!” I replied, grateful for the offer.

We exchanged introductions, her name was Jeannie and she was from Milwaukee. She was here to

“give back to the community”. It seems foolish now, but I had to ask if she was real, I had been seeing too many things that weren’t for the last few hours.

She was real all right. We started down the hill together and she reassured me that we had plenty of time to make it. As long as I crossed the finish line before 6PM, I would be happy. But Jeannie had other ideas and wanted to push me. She wanted a bigger cushion than I did. Why? I don’t know; she was kind of harsh.

Hey, where was Chad? He should have been here hours ago!

“I can see physically you’re wasted, but mentally you still have something in the tank. Now let’s run to that tree. Not that tree—the next one! Keep going!”

I would have preferred Chad; he would have been nicer to me.

I told Jeannie that I was still expecting him, even though he was late. But, remember my prayer earlier? Jeannie was an answered prayer—God gives you what you need, not what you want.



We cross the bridge, for the final time. Now we’re now on the last stretch of road before the turn back into the campground and the Finish Line.

“Hey, is that your buddy coming towards us?”

It was Nick and Linda.

“Yes, but not the one I was expecting! Hey, and that’s my wife, too!”

I was really happy to see them; seeing Linda was an extra surprise.

But, I was not finished yet, I still had about a half mile to go. Eventually, finally, we see the sign indicating the turn into the campground.

And the Finish Line.

Suddenly, it wasn’t hard to run. I trotted into the campground following the line of orange flags to the Finish. As I passed our tents, I noticed my daughter, Katey, sitting out front. She jumped out of the chair and headed to the Finish to meet me.

I didn’t expect to see a lot of people there, but some of my crew was there and there were several race volunteers still hanging out.

They probably had to stay until everyone was finished.

When I crossed the finish line, I expected elation. But I was too wore out and there was only relief. The people that were still there cheered as I was handed my belt buckle and a wooden race medal was placed around my neck.

Then I had the honor of signing the Zumbro 100 Finishers poster. My name next to the legends of Zumbro.

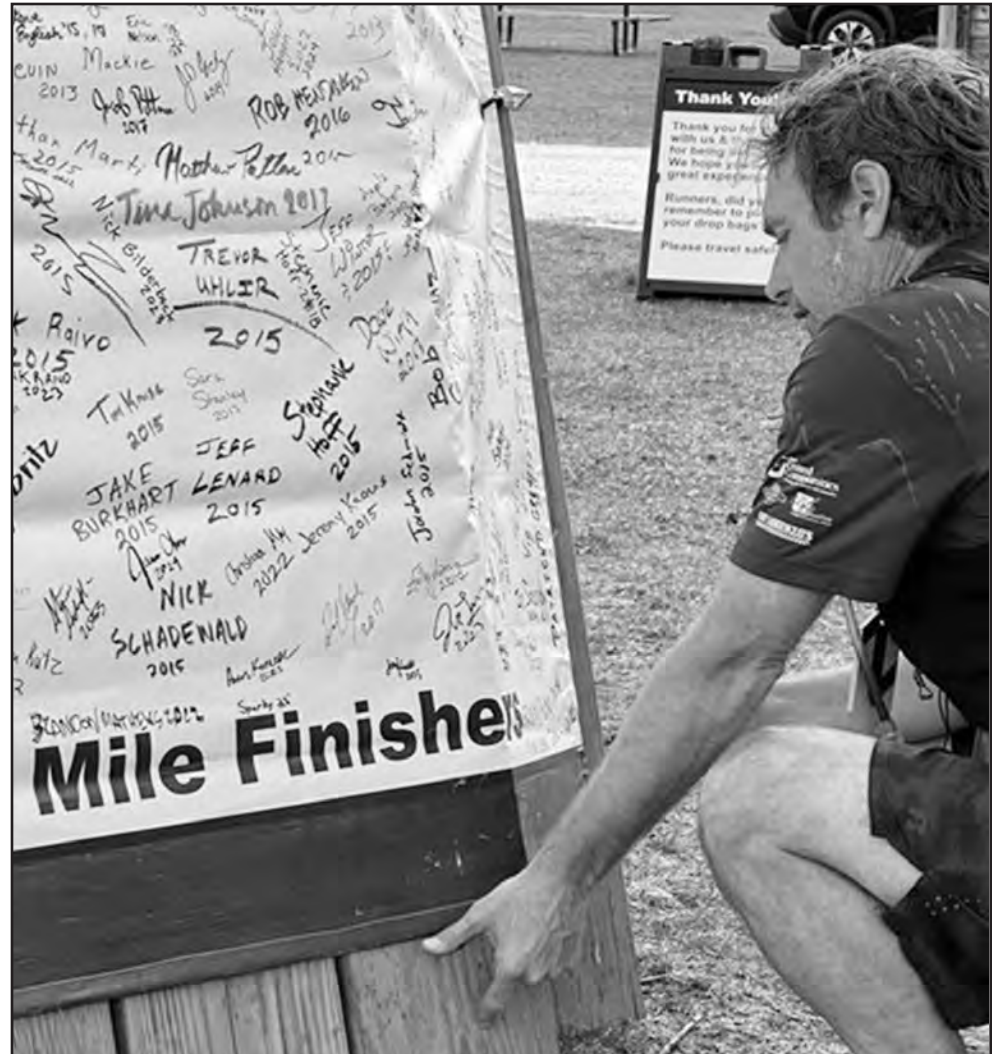
Derrick and Chris waited see me finish. The rest of our group had packed up and left. Chad had fallen asleep—that’s why he never met me. He woke up from his nap, and was there too.

Pretty soon Nick and Linda joined us.

I was officially the last finisher. Number 44 out of 69 that started. So, really, technically, not last!

As I conclude, I’m thinking back to my father’s question above, “Why the hell do you want to do that?” Well, here’s an answer from Dean Karnazes that I really like:

“Western culture has it a little backwards right now. We think that if we have every comfort available to us, we’ll be happy. We equate comfort with happiness. And now we’re so comfortable, we’re miserable. There’s no struggle in our lives. No sense of adventure. We get in a car, we get in an elevator, sit at a desk. It’s all comes so easy. What I’ve found is that I’m never more alive than when I’m pushing, and I’m in pain, and I’m struggling. And in that struggle, I think there’s a magic.”



Adding my name to the 100 Mile Finisher poster. I’m grabbing wood below so I don’t fall over.

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Down on the Farm/ Up at the Cabin *Farm Vehicles: More Power!*

By
Monica & Claudia Vanderborght

It seemed silly to pay someone to plow the 1/3 mile gravel driveway when Monica owned a perfectly good F250 farm truck. (Plowing couldn't be that difficult, could it?) So she bought a plow blade, had the installers give her a quick "How To" for running it, and figured she was good to go.

Now Monica wasn't inexperienced with vehicles: besides driving sedans and minivans in the suburbs, Monica had toured 49 states on a motorcycle. She had also slow-crawled through many back-country trails with her Jeep Wrangler, equipped with an air-actuated front differential locker, big Super Swamper radial tires, and a 4" suspension lift. She had conquered "Baldy" – a steep, sandy hill at a private off-road camp in northern Wisconsin, disemboweling a rear shock while navigating over some large boulders. In Colorado, she negotiated 12-point turns on the old single-lane mountain trails. And at her elementary school, Monica routinely parked at a 45-degree slant on the snowbank. (The kids loved it; the principal hated it).

The most important lesson from the Dakota Dirt Diggers 4WD club (a great bunch of guys who were happy to teach Monica about their favorite hobby) was probably, "If you never

get stuck, you're not doing it right." Glorious freedom to make mistakes! Other important lessons were how to avoid getting stuck (usually) and what it took to get unstuck (tow-straps, chains, and winches). Yep, thanks to her Dirt Digger buddies, Monica was somewhat fearless behind the controls of farm vehicles.

The first few snowfalls, light and fluffy, were great practice for the plow controls.

Then one beautiful winter day Monica got overzealous plowing around her pole barn and did, indeed, get stuck. (There was a dip in the lawn that she had forgotten about.) The truck had great clearance, but the snow plow frame didn't. Out came the shovel, the high-lift jack (which she had owned for years but never had a reason to use) and the camera (to memorialize the event). Lesson learned: the plow has less clearance than the truck.

It was a great first winter learning to snow-plow! Only a few times did Monica back into a rock-hard snowbank (going too fast). Or get stuck up to the windows in the hard-packed drift snow across the driveway (going too fast). She volunteered to plow out a friend a few times (only once getting so stuck they had to call the tow truck). And she helped plow the church's parking lot – several times pulling vehicles out of ditches (neither going too fast nor getting stuck).

In the spring, Monica ordered several loads of Class V to firm up the driveway and around the barns. The trucks came once the roads were cleared for heavy equipment. After one dump truck dropped its load and was turning around, the rear tires sunk into the soft spring lawn. The trucker tried, but the tires only spun and sunk deeper into the



soft earth. No stranger to stuck vehicles, Monica – friendly and helpful person that she is – offered to help, explaining that she actually had experience pulling vehicles.

Out came her heaviest chains! A quick hook-up between the dump truck and her little F250 – one tug and he was out. Although he probably never shared that story with his buddies over a bottle of beer.

New livestock necessitated new vehicles. Monica purchased a Kubota tractor to move the 1000-pound round bales for the two cattle and a few 700 pound square bales for the six goats. All was good until after a few thaw-freeze-thaw cycles ... Yes, the Kubota could lift a dry round bale without too much trouble. But when the top few inches had absorbed water and the base had become encased in ice – oops! In the end, Monica took the bales apart and fed the cows one scoopful of hay at a time. Lesson learned: store the hay in the pole barn so it doesn't freeze to the ground.

By winter, the farm had grown to 80 chickens, 14 cows, and 10 goats.

Yes, the Kubota could lift a round bale if it was kept in the pole barn over winter, but it was very difficult to maneuver: with the bale in the front and an implement on the back for ballast, the now very-long tractor required multiple-point turns. She dreamt of something that was both stronger and more maneuverable.

Monica started looking for a skidsteer (just what every retired elementary teacher dreams of!) She had never driven one – had never even sat in one – but fearless Monica started shopping. It wasn't too long before she found one, in-budget, and with acceptable hours.

She drove the F250 with 20' trailer up to get it, but made the sales guy drive it onto the trailer (not willing to look foolish with an audience).

The skid loader was perfect – maneuverable, stronger, and more power! The new snow on the driveway was the perfect place to practice. (And so cozy warm in the cab compared to the chilly open seat of the Kubota.) Who knew the skid loader clearance was only 3 inches? Yup, stuck again. (Towing skills certainly come in handy on a farm.) Claudia in the truck, Monica in the loader – it was out in seconds. Another lesson learned!

Remember the Dakota Dirt Digger motto: "If you never get stuck, you're not doing it right." Monica regularly found herself stuck in the mud with the riding lawnmower, stuck on a high rut in the skidloader, stuck in a ditch with the ATV (who put that ditch there by the silo?). Once, trying to deliver a hay bale to the goats, Monica got the skidloader



stuck in the snow ... tried to pull it out with the truck but got it stuck, too ... and then fired up the tractor, driving it out of the summer barn (intending to free the truck and skidloader) but got the tractor stuck in the drifted snow. Claudia headed to the garage for the snow shovels.

That spring, Monica was moving a round bale across the yard to the goat pasture. The frost was starting to come out of the ground and it was slippery. Heavy machines make deep mud ruts; low clearance makes heavy machines stuck. Usually not a big deal. But this time she couldn't go forward, she couldn't go backwards, and she couldn't get out – trapped inside the cab by the round bale! Oops.

Monica enjoys farm vehicles; Claudia not so much. The most helpful thing Claudia could do was phone Heather: a neighbor, stay-at-home mom, and very experienced farmer. As Claudia reached for the phone, it rang – it was Heather! Calling out of the blue! Within minutes she and her kids were at the farm studying the predicament. Her oldest son had just received a winch for Christmas and was really excited to try it out. He winched the bale off the forks and Heather used the forks to push the loader slowly backward.

And Monica drove the skidloader straight back into the barn until the ground was solid again. Lesson learned!

In time, Monica got quite proficient with the skid steer, able to unload the 20 foot trailer full of round bales as if she had been doing it for years. She could load and unload any farm vehicle onto the trailer without assistance (ATVs, tractor, skid loader) – for which Claudia was grateful because just watching the operation scared her silly.

Guys like to brag about their vehicles – make, model, even the number of cylinders. Let's see: F-250 (10 cylinders), minivan (4), second minivan (6), tractor (3), skidloader (3), mower (4), ATV (4), second ATV (4) – not bad for a suburban gal turned farmer. Not that anyone cares, but the tire count, including all the trailers, was 40.

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U of M Researchers Discover Potential New Pathway to Prevent Age-Related Macular Degeneration



John Hulleman,
U of M Medical School

tions. Worldwide, AMD affects over 200 million people.

"To our knowledge, this is the first demonstration of a small molecule preventing AMD-like pathology in our preclinical model. In the big picture, these results provide hope that AMD may indeed be preventable, or at least modifiable by administration of a single drug," said John Hulleman, PhD, an associate professor and Larson Endowed Chair for Macular Degeneration Research at the U of M Medical School and corresponding author.

By using unbiased drug screening, these inhibitors — specifically targeting a cellular pathway known as GSK3 — were found to prevent AMD features in a preclinical model. The results show that blocking GSK3 at low levels changes certain proteins linked to AMD, effectively preventing the disease in living organisms.

Future research will focus on determining whether blocking GSK3 can reverse existing AMD damage, potentially leading to new treatment options.

Funding was provided by the Fichtenbaum Charitable Trust, Roger and Dorothy Hirl Endowed Research Fund, Edward N. and Della L. Thome Memorial Foundation Award in Age-Related Macular Degeneration Research and National Institutes of Health grants [R01-EY027785, P30-EY030413, S10OD026758-01]. Additional support came from the Promega Advanced Academic Access Program.

Published in JCI Insight, a research team led by the University of Minnesota Medical School has identified small molecules that can reduce the production of proteins linked to age-related macular degeneration, or AMD, — the leading cause of irreversible vision loss among seniors in industrialized na-

Hy-Vee Pharmacy Locations Offering Flu Shots with No Appointment Necessary

As the fall season approaches, the flu vaccine is now available at Hy-Vee's more than 275 Hy-Vee Pharmacy locations, with no appointment or prescription necessary.

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Hy-Vee will also be hosting drive-thru flu shot clinics at all Hy-Vee Pharmacy locations this year from 3-7 p.m. on the following dates:

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Tuesday, Oct. 1

Tuesday, Oct. 8

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Each patient who receives a flu shot at a Hy-Vee Pharmacy and is enrolled in the free Hy-Vee PERKS program can earn a 20-cent Hy-Vee Fuel Saver reward, which can be redeemed at any Hy-Vee Fast & Fresh or Dollar Fresh Market fuel location using their Hy-Vee PERKS card. See www.hy-vee.com for details. Restrictions apply.

Hy-Vee will also be offering workplace vaccination clinics this fall. Employers who wish to schedule an onsite clinic for their employees can email vaccineclinic@hy-vee.com for more details. Clinics are typically held September through November.

*See store for details. Restrictions apply. Subject to availability.

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- Consider using a following vehicle when moving large equipment on roadways, especially at night.
- Get Some Sleep - Make sure to get enough sleep and rest to refresh the mind and body. If you are spending long hours in a combine or tractor, be sure to take short breaks often.
- Don't Rush - It may take an extra moment or two to walk down every step or double-check a piece of equipment. But that extra time may be a lifesaver. Don't cut corners when it comes to safety.
- Identify hazardous areas on equipment and make sure you stay away from moving parts. Beware of pinch points, shear points, wrap points, pull-in areas, thrown objects, crush points, stored energy hazards and freewheeling parts.
- Shut down equipment, turn off the engine, remove key and wait for moving parts to stop before dismounting equipment.
- Lock entrances to grain handling areas.
- Install ladders inside bins.
- Do not enter grain bins that are being loaded or unloaded. Flowing grain can trap and suffocate you in seconds.
- If it is necessary to enter a bin, shut off and lockout power before entering. Use a safety harness and safety line. Have several people available outside the bin to lift entrant out in case of an emergency.
- Wear proper dust-filtering respirators when working in and around grain handling areas. High amounts of dust and molds could be present and could be very dangerous.



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Pesticides Found in Hair Samples, Childhood Chiropractic Care



By Shauna Burshem, D.C.

Using mass spectrometry analysis techniques, researchers in Luxembourg and France detected 69 biomarkers of pollutants and pesticides — 12 of which are banned in the EU — in hair samples from over 200 French children.

This study, published in Environment International, is the first to target over 150 biomarkers in a single hair sample, which “represents the most comprehensive assessment of chemical exposome in humans,” the authors say. This adds more credence to the debate as to whether or not to eat organic foods, foods which are grown without chemicals and pesticides.

A new study published in the British medical journal, Lancet has confirmed that the use of statin drugs for high cholesterol increases the risk of diabetes by 36%. Statins have also been shown to increase risks of cataracts, neu-

rological conditions and certain cancers. Recent research is pointing to insulin resistance being the primary driver of atherosclerosis, not LDL cholesterol levels. Scientists are recommending a holistic approach to heart health, considering factors beyond cholesterol levels. A Japanese study, published in Scientific Reports (Feb 2024), links the use of statins to pancreatic cancer risks. This study was massive (67,768 participants) and performed over many years and showed a definite increase in pancreatic cancer risk in those who took statins.

Vitamin C is an important nutrient that helps our bodies fight off colds. It has special properties called antiviral and antibacterial properties, which means it can help protect us from germs that make us sick. When we take vitamin C supplements, it boosts our immune system. This makes it easier for our body to fight off infections, so we can get better faster and stay healthy. Taking vitamin C supplements is especially helpful during cold and flu season. They can help reduce the severity of colds and make our symptoms less severe. Plus, vitamin C is easy to find in fruits like oranges and strawberries, but sometimes we don't get enough from food alone. That's why taking a supplement can be a good idea to make sure we have enough to keep our immune system strong. I personally take 1000mg of vitamin C per day. Vitamin C is a staple in our “medicine cabinet” for when our bodies might be coming down with a germ. At the first sign of a symptom, I become proactive and start taking higher doses of C, multiple times per day. When a germ appears, 3000 to 4000 mg every 4 hrs is not an uncommon dosage for me. Usually, one day of high dose C is all I need, as the C will wipe out the germ with its anti-viral, immune system boosting properties. Liposomal vitamin C is the best C to take for high doses, as liposomal C will not

cause any gastric distress.

Chiropractic care can be very helpful for children. It focuses on making sure that their spine and nervous system are working properly. This can help improve their overall health by making sure that their bodies can function the best they can. For instance, children who receive chiropractic care may have better posture and fewer problems with back pain. Another great benefit of chiropractic care for kids is that it can help their immune system. When a child's spine is in good shape, their body can fight off infections more easily. Science has researched the connection to immune system function and spinal neural impulse flow. The nervous system controls the function of the immune system. This means children might get sick less often and recover faster when they do.

Some kids who see a chiropractor also see fewer ear infections, which are a common problem. Muscle tension in the neck can

place pressure on the ear tubes, pushing them more horizontal, which prevents ear fluid from draining. Stagnant ear fluid attracts bacteria which then can lead to infection. Chiropractic adjustments to the neck relaxes the muscles, allowing the tube to “dip” downward, draining the fluid and preventing the ear infection from reoccurring.

Chiropractors can also help prevent and treat issues like scoliosis, which is a condition where the spine curves in an unusual way. This can make a big difference for a child's comfort and health as they grow. Additionally, if a child plays sports, chiropractic care can help them recover from injuries more quickly and even prevent some injuries from happening in the first place. Overall, chiropractic care is a great way to support the health and well-being of children.

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

Magnesium



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

resulting in leg twitches and uncontrolled muscle responses. Restless leg symptoms have been decreased with consistent magnesium supplementation.

Diabetes – is becoming one of the leading health concerns in the United States. More than 1/3 of the population is challenged with effective control of blood sugar. Magnesium is an essential mineral to aid in the effective control of blood sugar. Magnesium helps the cells of the body to respond quickly to insulin. Without magnesium, cells become insulin resistant and will not absorb the sugar molecule the insulin is bringing to the cell.

High Blood Pressure – 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. Magnesium helps muscles to relax. Both the heart and the blood vessel muscles need magnesium to be able to relax. When an individual is brought to the Emergency Room with a heart attack, magnesium will be one of the first supplements provided to help get the heart muscle in a more relaxed state.

Additional conditions associate with magnesium deficiency include: vertigo, constipation, heart arrhythmia, anxiety and panic attacks, depression, brain fog, migraine headaches, and colon cancer. According to Dr. Norman Shealy, “Every known illness is associated with a magnesium deficiency. Magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient.”

Magnesium rich food sources are necessary to help you keep a healthy balance in this stressful time we live in. Avoid processed foods that do not have any magnesium in them. Choose almonds, cashews, and pumpkin seeds, as well as black beans, lima beans, and quinoa. Magnesium is rich in seeds and in dark green leafy vegetables.

Therefore, kale, spinach, and collard greens will be good sources of magnesium. There is no danger of overconsuming magnesium from food sources.

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.*

Benjamin Franklin is quoted as saying, “An ounce of prevention is worth a pound of cure.” When talking about the impact of magnesium on your health, this is especially true. Magnesium is the sixth most abundant mineral in your body and is involved in more than 300 essential chemical reactions to keep your body active and healthy. The healthy adult male requires 420 milligrams per day, while the healthy adult female requires 320 milligrams per day. This small amount is not even one-tenth of an ounce, and yet about 75% of Americans are deficient in daily magnesium.

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. So what are some symptoms that may indicate your body is not getting enough magnesium?

Osteoporosis – More than 10 million Americans are experiencing decreased bone density. While many assume or have been told to take calcium supplements, this is not sufficient. Magnesium is needed to transport calcium where it needs to go in the body, and magnesium is also a component of strong bone tissue. Long term magnesium deficiency is associated with decreased bone density.

Restless Leg Syndrome – a nerve condition that can produce unwanted leg movements that decrease the quality of sleep each night. Magnesium is a critical mineral for proper nerve activity. Deficiency of magnesium can result in improper communication between the brain and muscles

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I heard the Minnesota State Patrol got a new design for your patches and squad cars. Can you talk about that?

Answer: You are correct. For the first time in more than 50 years, the Minnesota State Patrol has a new look.

Last year when the Minnesota Legislature approved a replacement design for the Minnesota seal and flag, State Patrol leaders took note.

“That decision presented us with a unique opportunity to create something different to represent our division and culture within the State Patrol and its staff throughout the state,” said Col. Christina Bogojevic, chief of the Minnesota State Patrol.

A working group made up of 13 sworn and non-sworn members of the State Patrol worked for four months with a design agency to come up with and refine the new design. “We wanted something that represented the strong history and legacy of our division, something that is identifiable with the state of

Minnesota, all while giving it a more modern update. The redesign was an opportunity for us to create something highlighting our pride in serving Minnesota,” said Lt. Col. Jeremy Geiger, who led the group.

The new look — with heavy ties to symbolism — reflects the values and history of the State Patrol. The North Star — a four-pointed star and the same one used on the redesigned state seal — represents the cardinal directions, just as we serve Minnesotans to the north, south, east and west. The Mississippi River, abundant in its contribution to our state and serving as a critical artery for transportation, lends itself to our role of maintaining and securing an efficient transportation network and connecting with others. The Norway pines, the state tree of Minnesota, underscore the steadfast and reliable commitment of the State Patrol, working for Minnesotans 24 hours a day, seven days a week, through all seasons, all year long.

The new look for the State Patrol isn’t just a redesigned patch on our troopers’ shoulders. It includes badges, hats, squads, license plates, buttons on uniforms, signage and so much more. In fact, there are more than 188,000 pieces of equipment that will need to be updated with the new design. State Patrol leadership is prioritizing updates on squad cars and uniforms, and being diligent about updating items where they were already scheduled to be replaced. To complete the whole process will take somewhere from six to nine months and an estimated \$4 million.

Question: With back to school starting, can you talk about school patrol safety?



Answer: When you see a student safety patrol helping children cross a street or highway, you must come to a complete stop. You must also stop for adult crossing guards displaying a stop sign or flag. It is illegal to drive through a line of children crossing the road, even if a school safety patrol is not present. Violating this law is a misdemeanor. A second violation within a year is a gross misdemeanor.

Question: Hello, we took a trip to the cities this summer. While down there we came across these freeway ramp meters. I know we don't have those in out-state Minnesota but I thought you might be able to write about it in one of your articles for anyone that travels. Thank you for all you do and be safe!

Answer: Thank you. I don’t believe this is a topic I’ve wrote about before but I’d be happy to do so.

Ramp meters are signal lights on freeway entrance ramps that help control the flow of merging traffic. Like traffic signals at intersections, red, yellow, and green lights indicate when drivers can proceed. Only one car may proceed each time the light is green.

One Car Per Green Light: Used with freeway ramp meters at on-ramps to indicate that one car may proceed each time the light turns green.

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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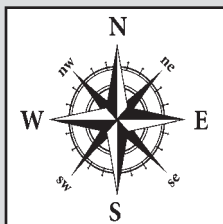
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Changes in Latitudes, Changes in Attitudes Vacation Homes and Winter



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 built our home on Kentucky Lake in 2021. I had purchased the land a few years earlier but kind of left it alone while we worked on other projects. I hadn't scoped out the property before purchasing it, because it was sort of an impulse buy. I was quite surprised to find it was right over the hill from the lake. Once the leaves came off the trees, I could see the water.

As I started to rough in the structure I began to fall in love with the area. It was peaceful and so quiet. There was nobody around. Just my neighbor Gloria and her two beautiful Golden retrievers who came by every day to visit. She lived about a half mile up the road and would drive her golf cart over so see the crazy longhaired guy building a house all by himself. These were all rich people who hire everything done. I think they were intrigued by the working class in action.

What I learned with time was that all these houses along the lake were summer homes for most of the owners. Big beautiful homes. Million-dollar properties with \$150,000 boats sitting in a shed next to the house. All vacant during the winter. After I finished the house and we were living there, I would walk the dog up to the lake and along the road where all these fancy, empty homes were lo-

cated. About one in ten had a resident. They did show up over Christmas and New Year and then vanished again. The year-round residents soon became our friends. They are always happy to visit when I go by. John at the end of Dogwood mows our lawn and trims weeds all summer. He makes a living mowing everyone's lawn in the area. Harry is a retired farmer from Illinois, who lives about a mile down the road from us. He has a John Deere tractor with a loader. He loaded the logs on my trailer, landscaped our property and bladed gravel for our driveways. Bob and Linda live across the valley from us and keep an eye on our house when we are gone.

Building this house down by the lake was relaxing for me. I would work on the newspaper all morning online and then drive over from our small farm by Dover, to build all afternoon. A half-hour drive each way. The hardware store in Dover was also a lumber yard so I could pick up supplies on the way for each day. The only downside was that the pandemic panic had driven the price of lumber sky high. I was paying \$9 per 2x4, during 2021. Pretty shocking to haul \$1,000 of

lumber to the building site each day. Fortunately, I had drawn up the plans for the house two years prior and I had purchased all the exterior log siding and interior rustic pine tongue and groove lumber while prices were good, and they were stored on the car trailer in the pole shed on the farm.

My plan had been to spend a couple winters completing this project and enjoy the summers in Minnesota. But the spring of 2022 ushered in an overheated housing market and when my wife listed our hobby farm outside of Dover, she had an offer in four days. Suddenly I was going to finish a house in four months, or we wouldn't have a winter home to go to. I worked from 6am to 10pm seven days a week. Just like farming, only I was quite a lot older now. July and August are quite hot in Tennessee, everyday can reach 100 degrees. I got the house buttoned up before we closed on the old one and

then spent the rest of the year finishing the interior.

Back to the million-dollar mansions on the lake shore. We got in the habit of driving the golf cart for miles along the waterfront roads each day with the dogs. Smaller gravel roads lead away from the paved roads and down these little paths you find a different life. Old run-down shacks where the hillbilly's live looking right out of a century ago. Some you wouldn't think were habitable but the lights were on. Most were surrounded by years of junk and trash. We have seen houses with so much garbage in front of the door, one can hardly get through. It is sad to find that within a mile from the most affluent lifestyle was a most depressing and primitive one. Most of these were home to people with no motivation to pick up after themselves or try and improve their lifestyle. The locals call them hillbilly's.

A Minnesotan: State Fair



By RosaLin Alcoser

The Minnesota State Fair is something to look forward to with great anticipation.

Unless you are one of the Minnesotans, like me, who did not think through living near the State Fair grounds before moving there.

For everyone else it is a time to be excited about. From the farm exhibitions, 4-H projects, musicians, to the rides everyone has something to look forward to at the fair. The thing I have heard most about this year has been the food from my

co-workers. Mostly about the variety of things that have been deep fried. The most heavily discussed one has been the new deep fried ranch dressing that has been there this year. While no one I have spoken to has actually tried this it has been one of the more curious deep fried foods I have ever heard of.

While I did not go this year I have gone before in years. My favorite trip to the Minnesota State Fair was the year we went as soon as the gates opened. Which is really the ideal time to go to the fair.

That year we had a great parking spot at the fairgrounds and got in before it started getting crowded. We had a great time walking around before everything was open drinking coffee from the Farmers of America stand while eating mini-donuts. If you have never had mini-donuts for breakfast I would highly recommend doing so.

By the time we had been there roughly eight hours we were tired of the fair and ready to go at about 1PM or 2PM. Which is just about the time the fair really starts to get overly crowded in my opinion. We had seen all of the attractions we had wanted to see and tried all the fun fair foods we had gone for. Making a perfect trip to the State Fair.

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Hampton City Council Meeting July 9, 2024

The Hampton City Council met on Tuesday, July 9, 2024 at the Hampton City Hall for the regular scheduled meeting. Present were Mayor John Knetter; Council Members David Luhning, Anthony Verch, and Nick Russell. Also present was Brad Fisher with Bolton & Menk; Marlin Reinardy, Adam Siebenaler, and Luke Nicolai.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 6:59 p.m.

Disclosure of Interest – None

Approval of June 11, 2024 Regular Scheduled Meeting Minutes – Motion by Verch seconded by Luhning to approve the June 11, 2024 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 4:0.

Approval of Disbursements – Motion by Verch seconded by Russell to approve the July disbursements. All voted in favor. None opposed. Motion passed 4:0.

Public Comments – Adam Siebenaler, 5402 Park St., was in attendance to talk about the need for traffic control signs. He stated that numerous residents are driving too fast, and specifically mentioned that it is a problem on Belmont Street. Mayor Knetter mentioned that this is something that has been discussed by Council in the past and that suggested changes include speed bumps and/or a stop sign.

Petitions, Requests, and Communications:

Schedule August meeting time to review budget – Mayor Knetter asked Council Members for their preference of time needed for the budget discussion. Consensus was that 30 minutes would be sufficient, so the August 20th Special Meeting to discuss the budget will begin at 6:30 pm, and the Regular Scheduled meeting will begin at 7:00 pm.

CDC Water Fluoridation Quality Award for 2022 – Mayor Knetter referred to copies of the award that were included in Council meeting packets. The award was presented to the city for maintaining the optimal level of fluoride in the city's drinking water for 12 consecutive months in the 2022 calendar year.

Dakota County July-September 2024 City Update – Dakota County Physical Development Division (Informational – no action required) – Mayor Knetter summarized topics that were covered in the memo included in Council meeting packets.

City Clerk retirement memo – Mayor Knetter mentioned that the memo, included in Council meeting packets, indicated that the City Clerk will retire on September 5th. He thanked her for all of the hard work that she has done for the city.

City development opportunities – Mayor Knetter stated that he has been in discussions with Bolton & Menk staff regarding a potential housing development by an individual who owns property along Main St. What is proposed is that the city will partner with the landowner on the development project by having Bolton & Menk staff take charge of the project. Bolton & Menk would be working for the city, but would also be working with the developer to facilitate the coordination of the project. This will streamline the

process, help to reduce costs, and allow the city to share control of the project with the landowner. The plan is for it to be a development on a smaller scale than other potential developments that have been discussed with the city by other developers.

Mayor Knetter recognized a Dakota County Deputy in attendance and asked if he had anything to report. The Deputy mentioned that, as far as law enforcement issues, July 4th was rather uneventful. The main issue faced by law enforcement lately is people driving too fast. It was mentioned by a member of the audience that speeding vehicles have been a problem in the city on Belmont, Park and Lincoln streets. The Deputy mentioned that they could do additional patrols in those areas, as well as setting up speed trailers.

Ordinances and Resolutions:

Resolution 2024-10 – Resolution Accepting Work by Killmer Electric – Water St. Lift Station Backup Generator. Brad Fisher, of Bolton & Menk, stated that the project is complete, that a payment to Killmer Electric is included in the disbursements for July, and is asking for Council approval to accept the work done by Killmer Electric. Motion by Luhning seconded by Verch to approve. All voted in favor. None opposed. Motion passed 4:0.

Reports of Officers, Boards, and Committees:

Engineer's Report – Brad Fisher, of Bolton & Menk, provided an update on the Water Tower Improvement Project. Final plans and specifications are complete. The project requires a CUP before it can be approved. There will be a public hearing prior to the July 25th Planning Commission meeting to discuss the CUP application, and a recommendation will be made to Council in regard to the CUP for the August 20th City Council meeting. Also, at the August Council meeting, Fisher will be asking Council to consider approving final plans and specifications to authorize bidding. If approved, the advertisement for bids will be submitted the day after the Council meeting, with a proposed bid opening on September 18th. Bid information will then be presented at the October 8th City Council meeting.

The next item on Fisher's report was the Lead Service Line Inventory. The Environmental Protection Agency Lead and Copper Rule Revisions (LCRR) require lead service line inventories to be completed for all public water systems. Inventories must be submitted to the Minnesota Department of Health (MDH) by July 15, 2024. Fisher mentioned that Marlin Reinardy has already done many physical inspections of residents' water pipes, but there are still several properties requiring inspection. For those properties, letters were mailed in the middle of June to the homeowners, asking them to self-report their service line material information. A reminder mailing went out at the end of June. Also, at the end of June, Bolton & Menk staff began going door to door, asking residents if they could inspect the water line, or they would leave door hangers when residents were not home. The inventory will be submitted to the MDH by the July 15th deadline.

The final item on Fisher's report was the

2024 Pavement Maintenance Project. Minnesota Paving & Materials submitted an invoice for the work completed to date, less a 5% retainage. That invoice was included in the disbursements for July. The next step is to work on the project closeout documents and, when complete, a final pay application will be submitted for the retainage amount and Council will be asked to accept the project work.

Water / Sewer Report – Mayor Knetter reported that the sonar testing of the sewer ponds was complete. Marlin Reinardy reported that he met with the Account Manager with the company that the city purchases the chemicals from that are used to treat the sewer ponds. He had been concerned about the cost and researched other similar chemicals to see if the city could save some money. Although he did find a company with lower prices for chemicals, he is unsure about the quality of the products. Because the chemicals that the city is purchasing from State Industrial are known to produce the desired results of sludge reduction in the ponds, Reinardy decided to continue purchasing the chemicals from State Industrial, but will decrease the usage of the most expensive chemical (Aqua Jolt) by 25%. Reinardy also mentioned that the price charged by State Industrial for their products includes application of the products in the ponds. Mayor Knetter agreed that the city should continue purchasing the chemicals from State Industrial, as switching at this point, when the city is seeing the desired results from chemical application, would not be in the city's best interest. However, he believes they may want to revisit this matter when the Phosphorus Management Plan is in place.

Park Report – Councilor Russell reported that a couch was dumped in a ditch near the park. One of the new trees has died and needs to be replaced. Discussion about many ash trees around the city being stressed and dying. Mayor Knetter reminded everyone that, if a resident wants to have a tree on the boulevard adjacent to their property removed, the city pays for half of the cost and the resident pays for half of the cost, per ordinance.

Street Report – Councilor Luhning reported that, on Main St., the area around a manhole cover needs repair. He intends to pick up some cold mix to repair that before winter. Luhning also mentioned that the sidewalk along Northfield Blvd., between Grant St. and Main St., has a big lift that needs repair.

Unfinished Business - None

New Business:

Gambling/Temporary On-Sale Liquor License for St. Mathias Fun Fest - Motion by Verch seconded by Russell to approve the Gambling/Temporary On-Sale Liquor License for St. Mathias Fun Fest. All voted in favor. None opposed. Motion passed 4:0.

Part-time summer intern compliance officer – Mayor Knetter stated that he has spoken with a resident's daughter, who is a college student, about the position of summer intern compliance officer. His intention is for the position to be paid at the minimum wage rate. Work will consist of traveling around the city, identifying ordinance viola-

tions, and communicating with residents who violate city ordinances. Knetter stated that this will help the city to educate residents regarding city ordinances, and it will benefit the compliance officer intern by allowing her to get involved with local government.

Adjournment - Motion by Verch seconded by Russell to adjourn the meeting. All voted in favor. None opposed. Motion passed 4:0. The meeting adjourned at 7:28 p.m. Respectfully submitted,
Judy O'Brien

Hampton City Council Meeting August 20, 2024

The Hampton City Council met on Tuesday, August 20, 2024 at the Hampton City Hall for a special meeting and the regular scheduled meeting. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhning, Anthony Verch, and Nick Russell. Also present was Chris Meyer, City Treasurer.

Special Meeting Called to Order – The purpose of the special meeting was to amend the current budget, if needed, and prepare the city budget for the year 2025. Mayor Knetter called the special meeting to order at 6:31 pm.

Chris Meyer, City Treasurer, provided a budget worksheet for Council discussion and explained that the General tax levy will increase \$4,854, which is a 2.07% increase. The Debt Service tax levy will decrease \$3,302, which is a 3.67% decrease. Therefore, the total tax levy will increase \$1,552, which is a 0.48% increase from 2024. Meyer reviewed budget line item changes for 2025, which were listed in the budget memo provided to Council, and highlighted in yellow on the 2025 budget worksheet.

On the last page of Meyer's budget memo, the 2024 budget amendments were listed. Meyer explained that the Minnesota Department of Revenue has a Small Cities Assistance Program that provides funding to cities with a population less than 5,000 to be used for the construction and maintenance of roadways. For the funding received this year, Meyer would like to amend the 2024 budget by increasing the revenue account, Other State Grants and Aids (General), in the amount of \$14,958, and increase the expense account, Purchase of Investments (General), in the amount of \$14,958. The second 2024 budget amendment is in regard to the 2024 pavement maintenance street project. Street maintenance funding is accounted for in the General Fund, but the funding source for this project is coming from the Sewer Fund dumping fees. The budget amendment entries for this include increasing the revenue account, Transfer from Enterprise Fund (General), in the amount of \$242,578.32; increasing the expense account, Street Repairs and Maintenance (General), in the amount of \$242,578.32; and increasing the expense account, Transfer to General Fund (Sewer), in the amount of \$242,578.32. Mayor Knetter mentioned that he would like the Small Cities Assistance Funds to be applied to the 2024 Pavement Maintenance Project.

There were no public comments.

(continued on page 17)

Hampton City Council Meeting August 20, 2024

(continued from page 16)

The budget will be again be discussed, and a resolution approving the 2024 tax levy, collectible in 2025, will be on the agenda, at the September City Council meeting.

Adjournment – Motion by Luhring seconded by Verch to close the special meeting. All voted in favor. None opposed. Motion passed 5:0. The public hearing closed at 6:59 p.m.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 7:00 p.m. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhring, Anthony Verch, and Nick Russell. Also present was Angie Smith with Bolton & Menk; Trisha Sieh, with Kimley-Horn and Associates, Inc.; Pete Carbonneau with Oppidan Investment Company; and Chris Meyer, City Treasurer. (Many residents from Hampton Township and a few from the City of Hampton joined the meeting after it was already in progress.)

Disclosure of Interest – None

Approval of July 9, 2024 Regular Scheduled Meeting Minutes – Motion by Verch seconded by Luhring to approve the July 9, 2024 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 5:0.

Approval of Disbursements and Approval of a transfer from the Sewer Fund to the General Fund to fund the expense of the payment, in the amount of \$242,578.32, to Minnesota Paving & Materials - Motion by Verch seconded by Russell to approve the August disbursements and the transfer in the amount of \$242,578.32 from the Sewer Fund to the General Fund. All voted in favor. None opposed. Motion passed 5:0.

Public Comments - None

Petitions, Requests, and Communications:

On-Site Computers, Inc. quote for IT Services – Mayor Knetter referred to the quote included in Council member packets. He asked Councilor Huddleston to lead the

discussion. Huddleston stated that the City Clerk had contacted neighboring municipalities to find out what companies they use for their IT Services, and On-Site was recommended by two of them. He continued that the city needs managed back-ups, security, and IT support. He feels that, for the services being offered, the pricing structure is fair and reasonable. Huddleston stated that he believes that using On-Site for the city's IT services is a step in the right direction for the city to get to where they need to be with file back-up and security, and he recommends that Council accept the quote, minus the monthly expense for the Firewall/WIFI, which he thinks is not needed by the City. Motion by Luhring seconded by Verch to approve the On-Site Computers, Inc. quote for IT Services, but with the change suggested by Councilor Huddleston. All voted in favor. None opposed. Motion passed 5:0.

Minnesota Department of Health Water Tower Plan Review Approval Letter (Informational – no action required) – Mayor Knetter referred to the letter in Council packets.

Dakota County Township and Small City Fall Meeting announcement (Informational – no action required) – Mayor Knetter stated that Council will have another meeting prior to the Fall Meeting, but that he likes to get this type of information to Council early to allow for schedule adjustments, if needed. Knetter said he plans to attend and asked Council members to reach out to him if they plan to attend the meeting as well.

AUAR Process Review and Introduction of a Project – Bolton & Menk (Cory Bienfang, City Engineer; Jenni Faulkner, Senior Planner; Angie Smith, Environmental Planning Practice Area Leader) – Angie Smith was in attendance for the discussion. She mentioned that Trisha Sieh, of Kimley-Horn and Associates, and Pete Carbonneau, of Oppidan Investment Company, were also at the meeting to participate in the discussion and answer any questions from Council. Smith explained that the Alternative Urban Area Review (AUAR) process is currently being worked on by Oppidan Development and Kimley-Horn for the future development of a site that is currently within the City of Hampton and Hampton Township. Smith continued that the AUAR is the first step in reviewing the project as a whole. Bolton & Menk's role in the project is to do work as needed, on behalf of the city. Once the AUAR is completed, the property will be cleared for future development opportunities. Whether or not Council is interested in allowing the progression of this current development opportunity will be decided at the

September Hampton City Council meeting. However, a final decision by Council on the proposed development opportunity will be made at a later date.

Smith introduced Trisha Sieh and stated that Sieh would be going through a Power Point slide show presentation that explains what an AUAR is, and its purpose. Sieh explained that an AUAR is an environmental review process that evaluates different development scenarios rather than a specific development plan. It is to be used as a planning tool to understand how different development scenarios will affect the community environment. Sieh went through the list of environmental resource topics that are assessed in the AUAR, then reviewed the two scenarios being proposed within the project footprint. The final item that was reviewed by Sieh was the schedule of the AUAR process that begins with a 30-day Public Comment Period of the Scoping Document, beginning on September 24, 2024, and ends with the City Council vote on adoption of the Final AUAR in the spring of 2025. Approving the Final AUAR completes the environmental review process and the proposed development project can move into permitting and approvals.

Ordinances and Resolutions:

Resolution 2024-11 – Approving an application for a Conditional Use Permit (CUP) to allow the construction of a City water tower on the property legally described as Lot 1, Block 1, Hampton Water Tower Site - Motion by Russell seconded by Luhring to approve the CUP application, and directed that all proper building and grading permits be obtained prior to construction. All voted in favor. None opposed. Motion passed 5:0.

Reports of Officers, Boards, and Committees:

Engineer Report – Mayor Knetter mentioned that Brad Fisher, of Bolton & Menk, could not attend the meeting that evening, but that he would comment on updates to the projects listed on Fisher's Staff Report. Knetter mentioned that the mill and overlay of the Highway 52 frontage road is complete. For the Water Tower Improvement Project, Knetter turned to the topic of the paint colors. He feels that it is important, for aesthetic purposes, that the darker tank bowl base be selected by Council.

Water / Sewer Report – Marlin Reinardy stated that he has some thoughts on what he would like to see happen with the tank of the current water tower, but will bring those up under New Business. Reinardy also mentioned that he was working on repairs to a driveway where there is a hole where the water shut-off valve is located at a residence in the Heights of Hampton.

Park Report – Council Russell reported that weed spraying has been done. The city received wood chips for the parks, but more wood chips are needed. He received a quote of \$400 to have an additional load of wood chips delivered.

Street Report – Councilor Luhring thanked Mayor Knetter for the work he has done on the streets to get needed repairs done before the winter snow plowing season.

Unfinished Business:

Water tower graphic and orientation op-

tions – provide Bolton & Menk staff direction on a singular graphic orientation to move forward into construction – Discussion on Council preferences. Mayor Knetter reiterated the importance of having the bowl bottom be a dark color so that any discoloration of the paint caused by condensation will not be easily visible as it would be with a lighter color paint. Reference was made to Brad Fisher's staff report in regard to this agenda item, that his recommendation would be that Council consider making a final decision on the general intention of the water tower color/graphic at tonight's meeting, prior to project bidding. Councilor Huddleston commented that he felt that they could decide on the general intention of what they wanted. Motion by Knetter seconded by Verch to accept the two water tower color/graphic options included in Fisher's staff report as the final two options to be used in moving forward with the project. All voted in favor. None opposed. Motion passed 5:0.

Approval of the water tower final plans and specifications/authorize project bidding to proceed – Brad Fisher's staff report was referred to again where he states that if the water tower CUP application to build the new water tower on the Hampton Water Tower Site is approved by Council this evening, he asks that Council would consider approving final plans and specifications to authorize bidding. Motion by Knetter seconded by Verch to approve final plans and specification to authorize bidding, to move forward with the project. All voted in favor. None opposed. Motion passed 5:0.

New Business:

Escrow Agreement for Municipal Review Services – Mayor Knetter stated that this agreement is for escrow funds to be paid to the City by Oppidan Investment Company, to be deposited into a City bank account. The funds are to be used for expenses related to the Alternative Urban Areawide Review (AUAR) that Oppidan has requested the City process. Motion by Luhring seconded by Verch to approve the Escrow Agreement for Municipal Review Services. All voted in favor. None opposed. Motion passed 5:0.

Re-use of existing water tower tank by the city – Mayor Knetter stated that this is a recommendation made to Council by the Planning Commission related to their wishes about what will happen to the existing water tower tank when the water tower is replaced. Knetter said this is something that will be discussed by Council in the next couple of months.

Engine brake ordinance – Mayor Knetter stated that several residents have spoken to him about the noise problem related to truck engine brakes. He would like to update the City's Code of Ordinances to add an ordinance prohibiting the use of engine retarding brakes within city limits. Knetter referred to sample ordinances included in Council meeting packets. He plans to discuss this issue with City Engineer Cory Bienfang regarding ordinance language and street signage.

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 7:38 p.m.

Respectfully submitted,
Judy O'Brien

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