



St. Mary's Church Annual Sausage Supper



Mark your calendars! St. Mary's Church, New Trier will hold their annual Sausage Supper on Sunday, November 24, 2024. (continued on page 3)

Dakota City Christmas in the Village December 7, 8, 14, 15, 2024



All ages will enjoy the many displays and buildings that reflect the sights, sounds, and scents of the season! The buildings are heated and horse-drawn trolleys will be available to take visitors throughout the village. Hot chocolate, apple cider, hot soups and ice cream are available in the Drug Store. Cookies, apple cider donuts and popcorn will also be available. Cozy firepits and benches will be set up outside the fire barn.

Parents may choose to bring their children's

letter to St. Nicholas in a self-addressed envelope (not sealed) to the event. After the event, children will receive a letter in the mail from St. Nicholas. Saint Nicholas will be visiting with children in the Depot. The popular model engine train display (scale G) will be back this year again in the library.

Choir groups and musicians will be sharing music in the Church. Sing along Christmas Carols will also be available there. Some of our choir groups enjoy caroling outside and walking through the village as they sing!

(continued on page 6)



Courtesy of Dakota City Heritage Village

Announcements

Randolph Rocks Theatre Presents "Radium Girls" by D.W. Gregory: November 22, 2024 @ 7:00 pm; November 23, 2024 @ 2:00 and 7:00 pm. Admission: \$8



Adults, \$5 Seniors 65+, \$5 Students and kids. Doors open 30 minutes prior to each show.

Wednesday, November 27 - NO SCHOOL - RCC OPEN

Thursday, November 28 - NO SCHOOL - RCC CLOSED

Friday, November 29 - NO SCHOOL - RCC CLOSED

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



Randolph High School Seniors Receive Top Honors at the 2024 MN Beef Expo

Submitted

The Minnesota Beef Expo, established in 2000 and held annually at the Minnesota State Fairgrounds in St. Paul, Minn., is one of the premier beef industry events in the Midwest welcoming nearly 5,000 participants and visitors each year.

Bella Pressnall received the honor of Reserve Champion Hereford Breeding Heifer. The Hereford Bella showed was bred by local Northfield family Neil Farms.

Jon Roehl received the honor Reserve Champion Prospect Calf.

(continued on page 5)

Lutefisk Dinner \$27.99

MONDAY, DECEMBER 2

Available: 11:00 AM-1:00 PM

& 4:00 PM-7:00 PM

Takeout: 3:00 PM-4:00 PM



MENU: Lutefisk, Mashed Potatoes, Baby Glazed Carrots, Meatballs & Gravy, Ham, Coleslaw, Cranberries, Sweet Soup, Lefse and Desserts.



RESERVATIONS REQUIRED by Nov. 24, 2024

651-437-5618

Please only call for reservations during our business hours only. We do not accept any reservations left on the voicemail.

Business Hours: Tues.-Thurs. 3-8pm Fri. & Sat. 11am-8pm Sun. 8:30am-8pm Bar is open later

Join Us for a Traditional Thanksgiving Dinner

Thursday, November 28 • Serving 10:30 a.m.-3:00 p.m.

(Final seating 3:00 p.m. • Bar open until 4:30 p.m.)

Serving Turkey or Ham, Mashed Potatoes, Stuffing, Cranberries, Vegetable, and Choice of Salad & Dessert ~ Appetizers Available ~

\$24.99 per person • Kids 12 & under \$9.99, Kids 4 & under Free

RESERVATIONS STRONGLY SUGGESTED: CALL 507-645-9992

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Inside Out Kingdom

You are found guilty! You will pay all you owe to the last penny! The gavel comes down hard- the verdict is in- you and I are guilty as charged! "For the wages of sin is death..." Romans 3:23. You and I are sinners; you and I are guilty as charged- Satan stands ready to accuse each of us. Job 1 reads, "One day the members of the heavenly court came to present themselves before the Lord, and the Accuser, Satan, came with them."

In Matthew Jesus is speaking to a large crowd and teaching them the truth of the Kingdom of God and at the end of chapter 5 we read about the justice of God and His mercy. Trying to balance these principals can be difficult when you don't truly understand the love and character of God and His Son Jesus Christ.

In Matthew 5:17-20, (Living Bible) "Don't misunderstand why I have come—it isn't to cancel the laws of Moses and the warnings of the prophets. No, I came to fulfill them and to make them all come true. ¹⁸ With all the earnestness I have I say: Every law in the Book will continue until its purpose is achieved. ¹⁹ And so if anyone breaks the least commandment and teaches others to, he shall be the least in the Kingdom of Heaven. But those who teach God's laws and obey them shall be great in the Kingdom of Heaven." ²⁰

"But I warn you—unless your goodness is greater than that of the Pharisees and other Jewish leaders, you can't get into the Kingdom of Heaven at all!"

Jesus wants us- you and me and all people

to understand that He didn't come to throw the law away- to cancel the 10 commandments or even all the warnings of the prophets- but to be the fulfillment of them. What does that mean- Jesus came to not erase the law and its punishment, but to redeem the sinners. To pay the price of our sin- through His death.

God's justice and mercy can seem incompatible. After all, justice involves the dispensing of deserved punishment for wrongdoing, and mercy is all about pardon and compassion for an offender. However, these two attributes of God do in fact form a unity within His character.

Jesus wants us to see that being His follower isn't going to be 'easier' He is requiring an entire heart change! To be changed from the inside out. To go the extra mile, to recognize that lust leads us down the wrong road long before adultery takes place. He corrects our foolish notion that we can treat people right while we hate them. He dispenses the idea that it is ok to hate some, to hold grudges, to obey the letter of the law without obeying the heart of the law. That's why the Pharisees and people of Israel failed so much- that's why we fail so much when we try to follow the list, the rules, without truly having a heart change that allows for mercy and grace!

Without God's mercy and grace- we would be hopeless. There would be no hope of living a 'good life' despite all our rules and work to follow them. The Bible showcases the fact that God is merciful, but it also reveals that He is just and will one day dispense justice on the sin of the world.

Forgiveness is the bridge between justice and mercy, allowing for the restoration of relationships and the healing of wounds. Justice, then, isn't solely about punishment, but also about restoration and reconciliation. It's through the connection between justice and redemption that God's ultimate plan for justice and mercy is revealed in the Bible.

Near the end of chapter 5 it reads, "The law of Moses; that was the law of the people

of Israel. This was the law that the Lord had commanded them to obey when they came out of Egypt and became their own nation. They were to be a nation of one God and His law. Jesus knew his audience and wanted them to recognize and identify the law and the consequences of disobedience.

Verse 38 says, the law of Moses says; an eye for an eye and hit back. But the new way was a total contradiction- if you are ordered to carry a burden for a mile- carry it two. If you are slapped on the right cheek- give them your left, if someone needs your shirt- give them your coat! Jesus says- we are changing the way we look at the 'law.' The law is still good- but now we have the law of the love of God. We have the joy of suffering with and for Christ. We are in pursuit of a better way- laying our rights down to further the cause of Christ. We are to choose love, not hatred. We are to choose mercy, not punishment.

I am a sinner saved by grace. I sinned, I made bad choices, I hurt the cause of Christ- but instead of hanging me out to dry- Christ redeemed me- he paid the price for my sin and ransomed me. I am saved by His blood.

I am saved by His sacrifice on the cross.

I was His enemy- yet He loved me. He took my place, and He was good to me even when I was evil! As Jesus lived that out for my life- I am also to live that out daily in my own life- to love my enemy, to be friendly to those that are different from me- As a daughter of the King, as a daughter of Christ- with His spirit living in me- I too am to give mercy- to be long suffering, to forgive and to love even my enemy! I am to be perfect- holy- as my Father in heaven is. AND I can- because He lives in me!!! You and I can be perfect in the sight of God because of the precious blood of Jesus Christ. Even though you don't deserve it- even though you deserve to die in your sins- God made a way through His Son Jesus Christ- to become pure and holy through the blood shed on the cross of us!

Have you taken that step- are you still holding on to the law to save you? LET IT GO!!! The law cannot save you- the law is there to show you that you are a sinner. Go to Jesus, Receive His forgiveness and begin a new life.



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AREA CHURCH DIRECTORY
Singing Our Gratitude to God

Be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord... — Ephesians 5:18-19

When we are filled with the Holy Spirit, we begin to notice the fruit of the Spirit in ourselves. One of the Spirit's fruits is joy—a deep sense of contentment and gratitude in all things, even when life's circumstances are difficult. The early church had a rich practice of rejoicing through song: Paul indicates that they sang psalms, hymns, and spiritual songs to the Lord with all their hearts.

What kinds of songs do you sing in your congregation? Psalms? Hymns? Songs from the Spirit? Why do you do this? And how does it affect your faith and life?

In singing, we express our gratitude to God for his great deeds, and we receive God's grace and edification in return. We bring God an offering of praise, but at the same time we hear him speaking to us and encouraging us. One could even say that singing praises to God can function similarly to prayer. Like prayer, singing can both support our individual faith formation as well as our corporate worship and fellowship with one another. When we sing together about the goodness and grace of our triune God, we grow in connection as a body of believers.

How does singing help you to express your gratitude to God? What psalm, hymn, or spiritual song has been particularly formative in your faith?

Holy Spirit, fill me with joy, that I may sing songs of praise today. Let everything that has breath join me in praising the Lord! Amen.

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Jean Marie Leese

Jean Marie Leese, age 82 of Cannon Falls, died on Wednesday evening, October 16, 2024 at her home at Cannon Rivers Senior Living.

Jean was born on August 23, 1942 in Faribault, the daughter of Clarence and Margaret (Cunningham) Dodes. She married Meredith "John" Hauck and together they had three children. They later divorced. She married Harry Leese and six step-children joined their family. Jean and Harry had another son together. Harry passed in 1989.

Jean enjoyed gardening and the many church functions at St. Mark's Lutheran Church, Randolph. While at Cannon Rivers, she loved to play games, especially cards and dominoes. She will be remembered for her love of fam-

St. Mary's Church Annual Sausage Supper

(continued from page 1)

Dine in and drive through available from Noon-6:00p.m.

Menu includes: Pork sausage, German potato salad, sauerkraut, cold potato salad, glazed carrots, buns and dessert.

Pre-order pork sausage for pick up on November 24th. 5lbs. for \$30 (limit 5 lbs. per person). Call to order Kitty 651-428-6446 or Bev 651-214-0286.

ily and the memories made with them.

She is survived by her children, Ronald Leese, Frederick Leese, Shirley Anderson, Sharon (Mike) Pedersen, Sharlet Leese, John Hauck, JoDell (Michael) Johnson, and Darin Leese; daughter-in-law, Margie Leese; many grandchildren, great-grandchildren, and great-great-grandchildren; sisters, Carol Cunningham and Rita Smith; and nieces, nephews and cousins.

She was preceded in death by her parents, Clarence (Goldie) Dodes and Margaret (John) Hegseth; sons, Darald Hauck and Randy Leese; and brother, Richard Dodes.

A memorial service was held on Saturday, October 26 at 2:00 pm, with visitation from 1-2 pm, at St. Mark's Lutheran Church in Randolph.

Rose Susan Ryan Maring

Rose Susan Ryan Maring, 97, of Wanamingo, passed away on Wednesday, October 23, 2024, at the Northfield Retirement Center in Northfield, Minnesota.

Rose was born July 23, 1927 in Hampton Township, Dakota County, to the late Francis and Catherine Glynn Ryan. She was raised in Cannon Falls, where she graduated from high school in 1946. Rose was the oldest of her seven siblings. Rose married Harold Maring on September 6, 1950. They farmed together their entire life

in Rural Dennison until retirement in 1982. After their retirement, they moved to Wanamingo where they help start the New Life Church, which was an important part of their lives. They enjoyed traveling, not only throughout the United States but went to Norway, Sweden and Israel. Being with all their family and friends was truly a priority for them.

Rose is survived by her son, Matthew (Michele) Maring; daughter, Margaret (Dan) Greseth; grandchildren, Kevin (Stacie) Maring, Jonathan (Deanna) Maring, Adam (Nichele) Engen, Peter Greseth, Paul Greseth, Michael (Shawna) Greseth, David (Raynell) Greseth and Mark (Meranda) Greseth; great grandchildren, McKensie, Blake, Paxton, Marlowe, Maverick, Sadie, Madeline, Aubree, Josephine, Brantley, Victoria, Carson, Carter, Lincoln, Layla, Kolten, Eveyln, Liam, Levi, Leah, Jovi, and Greyson; sister, Dolores (Edward) Erickson; brothers-in-law, Fran Gall and Dick Daniels. Also survived by many nieces and nephews.

Besides her parents, Rose was preceded in death by her beloved husband, Harold; son, Paul Maring; grandson, Greg Greseth; great grandson, Cooper Greseth; her siblings, Patrick Ryan, Edward Ryan, James Ryan, Mary Daniels, Ellen Gall and Margaret Ryan.

A Celebration of Life for Rose was on Monday, October 28, 2024 at New Life Church, Wanamingo, at 11 am. The family received friends from 10 am until service time.

Michaelson Funeral Home, Kenyon, assisting the family.

Jerry Reich, Sr.



Jerry Reich, Sr., age 86, of Randolph, died Sunday, November 3, 2024 at the Mayo Clinic Health System, Cannon Falls.

Jerry Dean Reich Sr. was born on June 26, 1938, in Elma,

IA, the son of Paul and Della (Nelson) Reich. He grew up in Iowa and attended McIntire High School. Following high school Jerry went to work for the Chicago Northwestern Railroad, a career he had for almost 44 years. On January 17, 1958, Jerry was married to Delores Ackerman in Dubuque, IA. They moved with their young family to Randolph, where they have lived for the past 66 years. Jerry enjoyed outdoor activities: hunting, trapping, and fishing. He and Delores had a camper on Mille Lacs Lake and enjoyed spending weekends there.

Survivors include his wife Delores, children Doug Reich, Wayne Reich, Dean Reich, and Brian (Vicki) Reich; granddaughters Angie (Mike) Meier and Tonya (Nathan) Craig; great-grandchildren Dylan Craig, Lilly Meier, Tyler Craig, and Owen Craig; sister Diane (Mark) Knutson, as well as many nieces and nephews. He was preceded in death by his parents, brothers Donnie and Kenny Reich, and sister-in-law Rose Reich.

There was a visitation from 4-7:00 pm, Friday, November 8, at Lundberg Funeral Home, 5839 Hwy 19 Blvd, Cannon Falls, MN 55009.

Dorothy Dorinne Young

Dorothy Dorinne Young, age 90 of Newport and formerly of Randolph, passed away peacefully at home on Friday evening, November 8, 2024.

A funeral service will be held on Saturday, November 16 at 2:30 pm, with visitation from 1:30 pm - 2:30 pm, at Woodbury Lutheran Church, 7380 Afton Rd, Woodbury. Interment will follow directly at Lakeside Cemetery, Randolph.

(Complete obituary was not available at press time. Visit www.lundbergfuneral.com)



Happy Thanksgiving

Wishing you an abundance of joy and prosperity at Thanksgiving and all season.



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Blue Mass in Hampton

Submitted

Blue Mass was held October 5 at the St. Mathias Parish in Hampton with Father Mike Tix presiding and blessing those who were in attendance.

Retired Randolph/Hampton Firemen are Kerry Otte, Paul Gergen Jr, Jim Heiman and Paul Gergen Sr.

Blue Mass recognizes First Responders and asks for God's care and protect them and their families as they witness in an extraordinary way to Jesus command of caring for others and unconditional love.



L to R and years of Service: Dustin Seedorff-1, Kerry Otte-20, Paul Gergen Jr-33, Chris Opelt-17, Tom Gergen-20, Dakota County Deputy Bruce Lohmann-26, Current Randolph/Hampton Fire Chief Kevin Whitson-31, Retired Fire Chief Jim Heiman-35, Father Mike Tix-32 as a Priest, and Paul Gergen Sr.-21



Gergen family members who were also in attendance and wanted to share a nice family picture of them who all served on the Randolph/Hampton Fire Department. Current Firemen Tom Gergen-20 years, Retirees his Grandfather Paul Gergen Sr. who served 21, and Paul Gergen Jr. serving 33

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Closed Thanksgiving Day

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School Closings/Delays Information

Courtesy of Randolph School

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



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

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

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

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

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

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

Randolph High School Seniors Receive Top Honors at the 2024 MN Beef Expo



(continued from page 1)

Both awards are very prestigious awards! Congratulations to both.

College Presentation

Courtesy of Randolph School

We would like to welcome you to join us on in the Commons at Randolph High School on Thursday, November 21, 2024 at 6:30 pm for a presentation to review this year's major changes to the college process.



Your Echelon Wealth Partners' host, Financial Advisor Carrie Exley, APMA™, will be joined by National College Expert, Cozy Wittman from College Inside Track. Cozy Wittman's presentation, "Major Changes to College Search in 2024" will help you learn how these changes may impact your family, and new strategies to consider concerning your student's admission scholarships and financial aid opportunities.

This past year has resulted in some of the most significant changes to the college planning process in decades:

- Admission trends have changed around how colleges admit students.
- Schools have made ACT/SAT optional, but not necessarily when they award scholarships.
- The number of schools on the "more selective" list continues to grow.
- Substantial changes to the FAFSA and financial aid may make college more expensive.

If you are the parent of a high school student in grades 10-12, this information can be very useful. We hope to have you join us. If you have any questions, please feel free to reach out to myself at Carrie.Exley@ampf.com.

This is an informational seminar. There is no cost or obligation.

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Support staff contact information is available on the school website.

WE'RE ONLINE!

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Holly Thyme Craft Show

Saturdays: November 30, December 7, 14
Sundays: December 1, 8, 15

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

Call 507-649-1009 to set up other dates and times to shop in our cabin.

Take a drive in the country and shop in our log cabin filled with crafts and antiques!



Dakota City Christmas in the Village December 7, 8, 14, 15, 2024

(continued from page 1)

Demonstrations will take place in the Carpenter shop, Harris House, McMenomy House and the Blacksmith Shop.

Be sure to check out the Tree Lighting Ceremony on Saturday, December 7 at 6 pm at the Bandstand. Farmington's High School's New Dimension choir will share their holiday music and Saint Nicholas will lead the tree lighting count down.

Admission price is \$5 with children under 5 free.



Tickets are available online at dakotacity.org or at the gate.

Please enter the Dakota County Fairgrounds on Second Street off of Ash Street/Hwy 50.

Questions? Comments? Suggestions? Please call our office at (651) 460-8050. Please leave a message if you get our voice-

mail. We are probably out in the village, preparing for the event! You can email us also

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After the death of his nemesis, Moriarty, Sherlock Holmes has given up his calling as a detective, until he's drawn back in by Dr. Timothy Cratchit (formerly known as Tiny Tim) to investigate the possible murder of his benefactor, one Ebenezer Scrooge.

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Supporting the Ambitions of Small Towns



Tim Penny
So. MN Initiative Foundation

In a small town—like my hometown Kister—everyone knows everyone, and most people want to do their part to help their town and neighbors thrive. Motivation and inspiration to improve the community is easy to find, but a lack of funds can often hinder growth. When given the resources, people in small towns swiftly come together, pick up a hammer (so to speak) and enrich their communities. At Southern Minnesota Initiative Foundation (SMIF) we seek to be the key that unlocks equitable development in the small towns of our 20-county region.

One way SMIF unlocks potential is through our Small Town Grant. This program invests in projects that enhance the quality of life in communities under 10,000. Each collaborative initiative aims to create a more welcoming town. I'm excited to share that this year we surpassed \$1 million in investments through this grant since 2017. This summer, SMIF awarded 25 grants totaling \$200,000 and impacting over 20 small communities across the region. I would like to share a few projects recently set in motion by these grants.

Thanks to a Small Town Grant, the Madelia Community Theatre is expanding into the Madelia Arts Collaborative to better serve their community's diverse needs. The recipients hope the new multi-disciplinary arts hub will enrich the cultural fabric of their community (population 2,396) and engage residents of all ages.

In Caledonia (population 2,847), Main-spring will launch Caledonia's Creative Community Design project, the renovation of their building's lower level into a vibrant, multi-use community space for artists, makers, farmers, cooks, community members and other local entrepreneurs and artists.

With their grant, the MN Agricultural Interpretive Center will expand Farmamerica's farm-to-fork experiences to diverse age groups and ethnicities within the community of Waseca (population 9,229). They hope the project will foster a sense of belonging and cultural exchange by partnering with local farmers, chefs and organizations like the Hmong American Farmers Association. The hydroponic lab will provide educational op-

portunities, promoting a different style of agriculture while also producing fresh vegetables for the farm-to-fork events and the community food shelf.

The Small Town Grant will also support an adaptive cycling clinic series in Dundas (population 1,712), a pocket park in Le Roy (population 957), National Ruby-Throated Hummingbird Center exhibits in Henderson (population 960) and many more projects across southern Minnesota.

More information about Small Town Grants and their impact can be found at smifoundation.org/smalltowngrant. We are grateful to Paul Johnson's children, Amy De Jong, Paula Rehder and Scott Johnson, for continuing their father's legacy by supporting this program.

This year, we are also pleased to partner with another family seeking to support small towns. SMIF received a generous gift from Glen Taylor via the Taylor Family Farm Foundation to fund rural capital improvements and child care needs in towns of 10,000 or less. In this pilot year, we were able to invest \$297,600 into the region.

With the aid of these Taylor Grants, the town of Rushford Village (population 1,860) will rebuild a well-loved merry-go-round at their city hall park. The merry-go-round will be the first accessible amenity in the park for people with disabilities.

The GFW School District in Gibbon (population 784) will use their grant for a resource bus. Educational materials, healthcare services, food assistance, clothing, daily hygiene products and more essential resources will be packed into a bus and delivered to low-in-



come families. The district hopes that putting their current program on wheels will create more accessibility for underserved populations in the area.

This grant program is also supporting a child care start-up in Springfield (population 2,027), a local history museum in Lake Crystal (population 2,539) and an art-filled trail experience called the "Trout Route" in Preston (population 1,322).

New amenities not only brighten a town but swell the pride of residents and afford them new opportunities to grow. We are appreciative for Glen Taylor's discernment in recognizing the impact that capital projects have on small communities.

I am always in awe of the accomplishments of small-town residents when they are provided the resources to realize their ambitions. By investing through small town grants, we are helping to build resilient, vibrant communities.

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

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Changes in Latitudes, Changes in Attitudes

Transistor Radios



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.

One of the earlier favorite memories I had as a kid was the radio. I enjoyed listening to the radio. But I had no control over the stations when I was real young. The radio in the barn was on KDHL. Polka music, weather and farm market reports was all it played. There was a radio in the milking barn and one in the hog barn. My dad said it calmed the livestock to hear music all day. It sure helped beat the monotony when I was cleaning and feeding the animals.

In the car it wasn't much different. My dad controlled the dial and it was usually WCCO and the Minnesota Twins with Herb Carneal

and Halsey Hall. About the only music they played was the Hamm's beer commercial. All we knew existed back then was AM (amplitude modulation) and I had no idea what that meant. Just that it got fuzzy when it stormed and clicked in time to the electric fence around the farm.

My dad had an old red transistor radio that operated off D cell batteries. I would take it out with me when I did farm work like cleaning calf pens and listen to KYMN in Northfield. Its range was quite limited and that was all I could find in my musical tastes.

Somewhere around 1971 I purchased my own transistor AM radio. I believe I bought it at the Gambles Hardware store. It was a futuristic style in the form of a round yellow globe with a silver chain and ring attached to it. It was a Panasonic Panapet designed to commemorate the World Expo in Osaka, Japan. It had two chrome dials for volume and tuning and the AM display inset on the surface of the ball.

This was great, now I could listen to my favorite radio station, 1270 KWEB Rochester. I kept it in the headboard of my bed and listened to it before I went to sleep and the first thing when I woke up. C.J Stevens was one of the deejays at KWEB and I remember he was killed in a tractor rollover accident on his dad's farm in the early 1970's. This radio used the small 9-volt batteries which lasted much longer than the big old D cells.

Our tractors didn't have radios. They didn't even have cabs. I bought a fender radio at Farm and Home and put on the John Deere .4020. It was only an AM radio but it kept me from falling asleep in the field.

The radio is a great marker of time for me. Often when I hear a song I will be transported back in my mind to the time and place when I first heard it. Some of these are a trip of almost sixty-years into the past.

I developed a habit of having a radio in each farm building. They are always on. That way I do not miss a song as I go from one building to another doing chores. They are all tuned to KRPR, 89.9. That is the classic rock station in Rochester. Classic rock without the talk, twenty-four hours a day. On five radios in five farm buildings all simultaneously cranking out the music. I do wear out radios every year, but the one in the shop is a Radio Shack boom box I have had since the mid 1980's. It just keeps on running.

In Tennessee I listen to WTPR 101.7. The greatest hits of all time in Paris, Tennessee. They have the Swap Shop every morning six days week at 9am. It is like a hillbilly Facebook marketplace. But the best is a couple



weeks before Christmas, they switch to all Christmas music, all the time, during the holiday season. Music is timeless and a very enjoyable part of life.

A Minnesotan: Holiday Fires



By RosaLin Alcoser

Other than watching the Macy's Thanksgiving Day Parade on the television my family does not have any other Thanksgiving Day traditions. There was a short time when I was in college back in Southern Missouri where my sister and I did have one.

For two years it was the Alcoser sister's transition to go out for dim sum on Thanksgiving Day. It was a fun tradition that involved me driving across the state to visit her and going out on Thanksgiving; after we watched the parade of course. Prior to this she had come to my place exactly once.

That year I cooked a semi traditional Thanksgiving meal. We had turkey, a vegetable and a pumpkin cake. I know pie would have been more traditional but we had cake and it was excellent. After that my sister declared that all the work I put into making that meal was too much bother for just the two of us.

However, I think the real reason she decided that I would come to her and we would go out was due to my dishwasher catching on fire after dinner. At the time I still lived in student housing and the dishwasher in my apartment was probably from the late 1990s or early 2000s.

Right was we were getting ready to head out to go for a walk; which you can do on Thanksgiving in the south. When my sister looked over and saw smoke rising out of the turned off dishwasher. She threw open the door to see that the bottom coil was on fire. While she threw baking soda onto the fire I threw the breaker to the dishwasher to keep the fire from restarting.

Thankfully nothing was damaged and did not restart on fire after its power was cut. The dishwasher did get replaced by a different and less flammable old dishwasher. Making that Thanksgiving the one and only time that my sister has ever come to my apartment for a holiday. Even though I now have a much more reliable dishwasher.

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That's the Latest My Friend Jerry



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. You can email him at emery@roadfarming.com

grew up on a farm near Volga, South Dakota which his great-grandfather homesteaded in the 1880's. Jerry and I have known each other since about 2003. Jerry was a dairy farmer who had a near death experience several years ago in a manure pit when he was overcome with hydrogen sulfide. Six weeks in the hospital including a month in ICU gave Jerry a new look at life. So what do you do after that? Well in Jerry's case, he became a writer. His stories are mostly about rural life and his obscure look at the simple things on and off the farm. I've told him that many times I think he and I are twin cousins separated at birth. Our stories from the farm are very similar. Only his were in Volga and mine in West Concord.

You may recall that 1996 there was extreme flooding in eastern South Dakota. It was similar in 2024. Jerry called his county agent to ask how he can keep jet skis out of his corn field holding out hope he could still get some kind of crop. Later in life, Jerry started writing a dairy column which in turn led to him writing a book. From his experience trying to figure out how to keep the jet skiers out of his fields, the book was titled 'Dear County Agent Guy'. I still have the manuscript that I got to read prior to it being published.

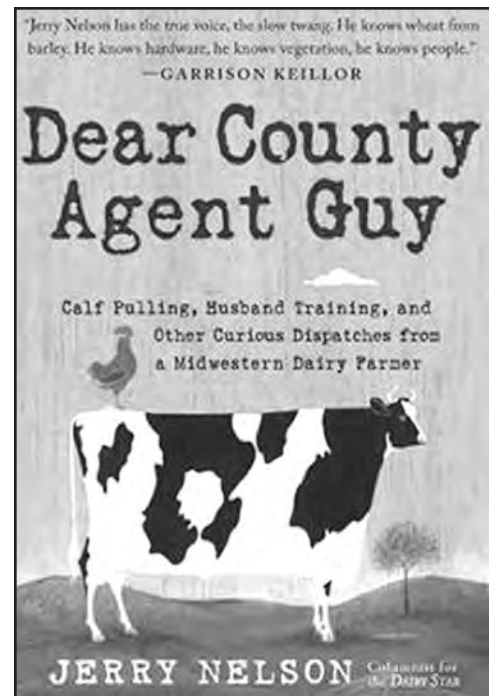
Not only do Jerry and I share a similar background, we also have that same warped sense of humor. His book covers the jet ski experience along with how on their wedding night, his wife Julie, declined to help him chase cows back into the barn while still in

her wedding dress. There's also the story how Jerry offered the delivery room doctor the use of his calf puller during the birth of his first son. They have two boys who he taught to vaporize bugs on an electric fence. It only gets better from there.

In spite of some things he's gone through and going through a tough time now, Jerry keeps finding the lighter side of things. Jerry was recently diagnosed with tonsil cancer. His oncologist recommended chemotherapy combined with radiation treatments. His chemotherapy drug of choice contains platinum, which Jerry noted, means he was probably worth considerably more after each infusion. Without going into all the detail, Jerry described some of his many medications that come with a long list of possible side effects. He thought some of them in theory, should cancel each other out. For instance, one drug had possible side effects of both constipation and diarrhea. He found out the hard way that they do not cancel each other out.

His treatments are behind him now so it's a matter of waiting and testing to see how effective all the treatments were. He was told that his type of cancer has an 85% cure rate.

In our similarities in many things, I found out he likes to quote song lyrics like what I have done many times as well. At the end of his telling the story of what he's gone through, he quoted from the song; I Can See Clearly Now by Johnny Nash. In part, it goes like this:



Jerry's book, "Dear County Agent Guy" can be found at www.workman.com and in bookstores nationwide.

"I can see clearly now the rain is gone. I can see all obstacles in my way.

Gone are the dark clouds that had me blind. It's gonna be a bright, bright sunshiny day."

Jerry added that's how he feels now. 'Because look all around, there's nothing but blue skies. Look straight ahead, nothing but blue skies!'

In August, 2018, I shared two columns that my friend Jerry Nelson wrote about how, through DNA testing, his cousin and wife were reunited with a daughter they gave up for adoption. You can go to Roadfarming.com and look at all my past columns and you could reread it as I did. The adopted girl, Tammi, was raised on a dairy farm near Kenyon. It's a fascinating read or re-read in this case.

I got to know Jerry as I did a lot of broadcast work in South Dakota over the years. Jerry

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Down on the Farm/ Up at the Cabin Spring Migrations

By
Monica & Claudia Vanderborcht

Claudia and her husband joined Monica on the farm late in the summer of 2016. There was plenty of room in the house (it had 4 bedrooms, two bathrooms and even two kitchens). And more than enough room outside to keep everyone busy and out of each others' way.

Prior to their move, Claudia and her husband lived in a log cabin in upstate New York. (WAY upstate. 30 miles from the Canadian border upstate.) They often bought meat from a farmer who raised bison. The farmer would tell stories of the buffalos' biannual migration: every spring and every autumn, the bison would walk around and around and around their pasture for days. Seasonal migration ran deep in their DNA.

Dexter cattle were bred by the Irish 500 years earlier. Dexters are one of the 28 breeds of short-statured cattle. Rarely taller than 40 inches at the shoulder and weighing 700-900 pounds, they were a good breed for two middle-aged newbie women farmers to raise.

Intelligent and gentle, with tasty flesh and rich milk, the urge to migrate has been bred out of Dexter DNA for a long, long time.

Dexter cattle do not migrate.



Retrieving cattle with cars

But it had been a very long winter. And although most of the snow had melted, the pastures were not green. The few green shoots of grass were quickly devoured by the livestock. Hay had become incredibly boring and everyone was ready for the lush, green, succulent grass.

You know – the good stuff.

Oops! Someone accidentally left the pasture gate open. The herd found it. And so the Dexter spring migration began. Down the long driveway they trotted. Monica ran for the ATV; Claudia ran to the barn for buckets of treats.

Right from the start, Monica had bucket-trained her cattle. Scooby, the bull, would do

just about anything for a Scooby snack (an alfalfa cube or horse treat). Ameila, the herd queen, knew exactly where the chicken corn was kept and knew how to pry the metal cover off the container. The cattle understood what rattling buckets meant.

But today, the herd only wanted fresh, green grass.

A bucket of corn in her hand, Monica raced through the muddy cornfield on the ATV, parallel to the driveway, hoping to divert the herd. The cattle took a right at the mailbox and trotted down the dirt road. Claudia, a bucket of Scooby snacks in her hand, jogged

up the driveway. She could see that the cattle had no intention of returning to their brown pasture. They were looking for green

grass.


Down the road they trotted – Scooby and Amelia leading the way. Monica phoned Rae, the neighboring farmer. The cattle were headed her way and maybe she could turn them with her truck or ATV. Slowly, so slowly, Rae drove up the road toward the cattle. Monica flanked them on the right. Claudia waited at the mailbox.

The Dexters could not wade through the ditches, still full with snow, to escape the vehicles: their legs were simply too short. Resigned, the herd turned back up the hill and headed for home.

Though this would not be their last walk-about, an important lesson was learned: double check the gates!

Happy Thanksgiving

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Talking Sleep Health with U of M



Akinbolaji Akingbola, MD,
University of Minnesota Medical School and M Health Fairview

The end of daylight saving time brings a welcome extra hour of sleep and raises awareness of the importance of sleep health year-round.

Akinbolaji Akingbola, MD, with the University of Minnesota Medical School and M Health Fairview, talks about the health impact of seasonal time changes on our natural rhythms and tips to ease the transition.

Q: How does the end of daylight saving time affect our sleep patterns?

Dr. Akingbola: Switching to standard time is actually better for our sleep. Sunlight or bright light plays a very important role in the regulation of our circadian rhythm. With stan-

dard time, we have more morning sunlight and less evening sunlight, which should reinforce our natural circadian rhythms and homeostatic sleep drive. However, our bodies do adjust to daylight saving time and the sudden change back to standard time can lead to some difficulties with falling asleep.

Q: What are your tips for adjusting to the time change?

Dr. Akingbola: Changing from daylight saving time to standard time should be an easier adjustment to make. Unfortunately, with daylight saving time, we tend to stay up later than our bodies' natural inclination to do so with prolonged evening light exposure, especially in the summer. Heading into the colder months, it's important to get adequate amounts of daylight exposure in the morning and afternoon. If we are unable to obtain adequate amounts of ambient sunlight throughout the day, then bright light therapy in the morning to supplement our light exposure could be very helpful.

Q: How important is a consistent sleep routine for overall health?

Dr. Akingbola: A consistent sleep and wake routine is very important and can help improve sleep quality. Obtaining a sufficient amount of high-quality sleep is very important for our overall health and can impact neurologic, psychiatric, cardiovascular, pulmonary and metabolic conditions.

Q: What strategies do you recommend to help develop a consistent sleep schedule?

Dr. Akingbola: I would begin by setting and keeping a consistent wake-up time. As much as possible, this should include keeping the same wake-up time on the weekend to help reinforce the same schedule seven days a



week. From the moment we wake up, our circadian rhythm and homeostatic sleep drive are changing to promote alertness throughout the day and eventually sleeping at night. By establishing a consistent wake-up time, we can help these processes reinforce a natural and consistent bedtime.

Q: How does your research at the U of M impact clinical care?

Dr. Akingbola: The U of M is involved in a large multicenter national research via the North American Prodromal Synucleinopathy Consortium on the link between selective serotonin reuptake inhibitors, REM Sleep Behavior Disorder and a neurological condition known as synucleinopathies such as Parkinson's disease. This work has the po-

tential to be a landmark study and pivotal in our understanding of how our sleep may be related to the onset, progression, diagnosis and management of Parkinson's and related diseases. The Consortium is supported by the National Institutes of Health, National Institute of Neurological Disorders and Stroke, and National Institute on Aging.

Akinbolaji Akingbola, MD, MS, is an assistant professor of medicine at the University of Minnesota Medical School and sleep medicine physician at M Health Fairview. His research interests include cardiopulmonary physiology and sleep-related breathing disorders, sleep and athletic performance and the intersection of sleep medicine and hospital medicine..



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Silent Auction!!!

Nick and Danielle (Kawell) recently found out that their unborn baby boy, James Jacob, who will join us via c-section at the end of December has a rare genetic condition called XSCIDs (X Linked Severe Combined Immunodeficiency) and will be born without an immune system. Baby James will under go a bone marrow transplant to give him a new immune system. JJ will have a long road ahead of him, spending the first half of his life in a hospital setting and in and out of appointments. During this time both Nick and Dani will be out of work to avoid the possibility of bringing any sickness into their home to keep baby James as safe as possible.

**Saturday December 7, 2024 from 1 - 5pm at
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Walking for Health and Concussion Care



By Shauna Burshem, D.C.

Walking is a simple yet powerful way to improve your health. When you walk regularly, you can strengthen your heart and lungs, which is great for your cardiovascular system. Walking gets your blood pumping, which helps your heart stay healthy and reduces the risk of heart disease. It's an easy exercise that almost anyone can do, and it doesn't require any special equipment.

Another benefit of walking is that it helps build and tone muscles. Every time you take a step, you use muscles in your legs, hips, and even your core. This can make your muscles stronger over time. Plus, walking can help with balance and coordination, which are important for staying active and preventing falls as you get older.

Walking is also great for your metabolism and body weight. When you walk, your body burns calories, which can help you maintain a healthy weight or even lose weight if that's your goal. Walking regularly can boost your metabolism, making it easier for your body to use energy efficiently. It's a fun and easy way to keep your body in shape!

For those with joint issues, walking is an ideal low-impact exercise. Unlike high-intensity workouts or running, walking gently engages the joints without putting them under excessive strain. This makes it a favorable option for individuals with arthritis or other joint-related concerns, as it helps to maintain mobility and flexibility while minimizing discomfort. Moreover, the consistent movement during walking can aid in lubricating the joints, potentially alleviating stiffness and promoting overall joint health. Whether you're looking to stay active without aggravating joint pain or seeking to im-

prove joint function, walking presents a suitable and effective solution.

Walking is not only beneficial for physical health but also plays a crucial role in enhancing mental well-being. Engaging in regular walks can significantly reduce symptoms of anxiety and depression. The rhythmic nature of walking has a calming effect, allowing individuals to clear their minds and reduce stress levels. Moreover, walking increases the release of endorphins, natural mood lifters, which contribute to a more positive outlook. Whether you choose a leisurely stroll in a park or a brisk walk along the beach, walking provides time for reflection, problem-solving, and generating creative ideas, all of which support a healthy, resilient mind.

A new analysis of over 200,000 U.S. children's health records suggests that mRNA COVID-19 vaccination increases children's risk of asthma, Alex Berenson, a former New York Times reporter, revealed communications with Taiwanese researchers showing they found "striking evidence" that the shots themselves may cause asthma, which leads to lung damage. Asthma is a chronic disease affecting nearly 5 million U.S. children, according to the Centers for Disease Control and Prevention (CDC). While usually not

fatal, severe asthma attacks can be life-threatening in children, according to the Mayo Clinic. The study authors looked at TriNetX's health data from over 200,000 U.S. kids ages 5 to 18 between Jan. 1, 2021, and Dec. 31, 2022.

According to Berenson, they found that children who received a COVID-19 mRNA shot and who had not had a natural COVID-19 infection had a 13% higher risk of receiving a new asthma diagnosis in the year after their vaccination when compared to a matched group of children who did not get a COVID-19 shot or infection. Because the study is not a randomized prospective trial it does not prove that the mRNA COVID-19 shots caused the extra asthma cases. "But the researchers closely matched two very large groups," Berenson wrote, "and the association they found is almost certainly not due to chance."

Microplastics have been found in male testes and female ovaries, affecting sperm and follicle health. They've also been found in human placentas, raising concerns about potential impacts on fetal development and pregnancy outcomes. The challenge of disposing of plastics is a growing concern today. Our overreliance on this manmade material is causing major environmental problems. When disposed of improperly, plastic breaks down and makes its way into our own bodies in the form of microplastics. A 2022 report published in Environment International noted that microplastics had been detected in human blood for the first time. By April 2022, it was discovered "lodged deep in the lungs of living people. Now, research highlights more places where microplastics accumulate within our bodies — the reproductive organs, and this may be contributing to the decline of fertility rates. According to the Institute for Health Metrics and Evaluation, 76% of countries and territories around the world will have unsustainable fertility rates by 2050. This means that populations will shrink.

Chiropractic care can be very important for treating concussions, especially for young athletes. A concussion is a type of head injury that can happen during sports when the brain gets shaken inside the skull. Chiropractors help by checking the cervical spine, which is the part of the spine in your neck. The neck connects your head to your body, and if it's not aligned right, it can make concussion symptoms worse. By adjusting the cervical spine, chiropractors can help reduce pain and improve neck movement, which can help with healing after a concussion.

Besides the neck, chiropractors also look at the cranial bones, which are the bones that make up the skull. Just like the neck, if these bones are not in their right place, it can cause more problems for someone with a concussion. Chiropractors use gentle techniques to help the bones move back to where they should be. This can make a big difference in reducing headaches and other symptoms that come from concussions. Overall, chiropractic care can play an important role in helping young athletes recover from head injuries safely and effectively.

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

Cholesterol Truths



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

What do you know about cholesterol? Is it good to have cholesterol, or is it bad? Is it possible to have too much of a good thing? What is the big deal about cholesterol? It is one of the most frequently mentioned topics at the physical exam in the doctor's office, so what is the big deal? Let's identify some truths about cholesterol.

First, "25 percent of the total amount of cholesterol found in the human body is localized in the brain," according to Dr. Kelly Brogan, MD. All of your nerve tissue is dependent on cholesterol to provide a protective layer around the nerve strands so the electrical signals move to the right destination. Think of cholesterol as the insulation around an electrical wire. If the insulation is missing, charges can misfire, and injury can happen. Dr. Brogan states, "the brain is the most cholesterol-rich organ in the body." Sounds like a pretty important nutrient.

Second, your body makes cholesterol every day from the food that you consume. According to the Encyclopedia of Human Nutrition, between 600 – 800 mg of cholesterol are made throughout your body each

day to be used in a variety of chemical reactions to support your health. This amount your body makes is more than twice the amount of cholesterol any person will typically eat in a day. So, challenges with high cholesterol are not due to eating too much cholesterol.

Third, your body needs cholesterol to survive. Not only is your brain dependent on cholesterol but every cell of your body requires cholesterol to construct the cell membrane that makes a functional cell. Cholesterol is an important structural piece of the cell membrane helping to hold together the microscopic layers that make up the cell membrane. Without cholesterol the cell membrane falls apart and cellular function is lost.

Fourth, cholesterol is an important chemical for a number of essential activities in your body. Your body uses cholesterol to build all the hormones that direct your body activities. Bile acids that help you digest food are based on the cholesterol structure. Vitamin D, one of the only vitamins your body can make on its own, is made from cholesterol that is energized and transformed by ultra-violet light from the sun. When you get a suntan during the summer months, you are also getting a boost of Vitamin D as the sunlight converts cholesterol into this essential vitamin.

Fifth, cholesterol is shuttled throughout the body in different packages. The Low Density Lipoprotein (LDL) delivers cholesterol to the various cells of the body. Many times the quantity of LDL begins to get high, and some of these LDL can get oxidized, which means inflammation can start and blood vessels can get damaged. This damage is where build up in arteries can begin to take place. The High Density Lipoprotein (HDL) picks up cholesterol from the cells of the body and returns the cholesterol to the liver. A healthy liver controls distribution of cholesterol and the recycling of cholesterol. Higher levels of HDL are important because this indicates your body is recycling cholesterol well. There-

fore, you want to see a healthy ratio of LDL to HDL when you have cholesterol blood test completed. A healthy ratio is about 2 to 1 for LDL to HDL.

Finally, statin medications for reducing cholesterol levels are not as helpful as you may believe. Dr. David Diamond and Dr. Uffe Ravnskov published a research paper in 2015 in the journal Expert Review of Clinical Pharmacology, showing an overall improvement of only 1% when statin medication is used. In addition, statin medication can also turn off the natural process of the body to make Coenzyme Q 10, which is an important molecule for you to generate energy. Additionally, a 2012 paper in the Archives of Internal Medicine described a study completed at a Mayo clinic that found older women in menopause were 48% more likely to develop diabetes when taking a statin medication. The drug interventions for cholesterol modification are not producing the healthful effects that are promoted.

The cholesterol debate has many complicated pieces, but the facts listed above provide some basic truths for you to begin to process. There are healthy food combinations that can help you manage cholesterol without the intervention of drugs and most of the drugs will not be as effective as you would like anyway. As you review your health goals for the coming year, consider what changes you are willing to make to be less dependent upon the local pharmacy and more knowledgeable about the foods that will promote your health.

Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. 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.*

The Savvy Senior Devices To Get Rid of This Winter That can Add Hundreds to Your Electricity Bill



By Jim Miller

Winter is right around the corner, and cooler days mean an increased need to turn on the heat. Unfortunately, this can also translate into higher electricity bills.

Fortunately, we got some experts to share several tips on which devices you can get rid of to lower your electricity bill.

Electric Clothes Dryers can consume up to 5 kWh of electricity during a single cycle. In some states, this can cost over a dollar per cycle.

According to Liam Hunt, director at Gold IRA Guide, a more energy-conscious solution is to wring your clothes out with a high spin

cycle before hanging them up to dry using either an outside clothesline or a foldable indoor drying rack.

Hunt also noted that switching to energy-efficient lighting can save you money.

“Did you know LED bulbs use at least 75% less energy and last 25 times longer than incandescent lights,” he said. “Swapping out your incandescent bulbs for LED bulbs can save a ton of energy and money over time. LEDs also emit very little heat, so they can help keep your home cooler in the warmer months.”

One device that can add hundreds to your electricity bill is a space heater. Whether an electric fire replica or fiery-looking orb, space heaters consume a lot of electricity and can quickly increase your heating costs, according to Scott Lieberman, founder of Touchdown Money.

“Instead, choose a more energy-efficient heating system for your home, like a programmable thermostat or central heating,” Lieberman said. “If you must use a space heater, choose an energy-efficient model and use it sparingly, turning it off when you’re not in the room and directing it at you to warm up quickly and then turn off.”

You can’t just get rid of your water heater, but you can make an adjustment to save money. Check the temperature of your water heater and lower it to 120°F.

“This helps conserve energy and reduces the risk of scalding,” Hunt said.

Kate Colarulli, head of strategic insights

at CleanChoice Energy, suggested investing in a smart thermostat.

“By allowing you to adjust the temperature from your smartphone and automatically self-adjusting based on the current weather, smart thermostats can help keep you comfortable when you’re home and save energy when you’re not.”

Just because you turned the device off, doesn’t necessarily mean it stops using electricity. Some electronic devices that are off but remain plugged into a power source will continue to draw electricity. These devices are called “energy vampires,” according to Cisco DeVries, a former aide to the U.S. Secretary of Energy during former President Bill Clinton’s administration and executive vice president of Renew Home.

Devices such as cable boxes/DVRs and game consoles, microwaves, coffee makers, space heaters, phone chargers and even powered toothbrushes can account for 20% of your monthly electricity bill, DeVries said.

For instance, cable boxes/DVRs can use around 35 watts — about \$96 annually. And, if left on standby mode, it could be tacking on an extra \$130-\$180 per year, he noted.

In addition, heaters in your coffee machine typically consume up to \$8 extra in energy costs per month, wasting up to \$96/year. Newer, single-serve coffee makers tend to keep water hot all day long, sucking another \$5 of energy per month, totaling \$156/year.

“To overcome these energy vampires, use smart plugs or smart power strips. These

smart devices will detect when you’re no longer using a device and turn off the power supply,” said DeVries, adding that this could amount to an average of \$432 in savings.

In that same vein, Colarulli said that in the home office, computers can drain 15-20 watts when idle — so turning off the computer/laptop and printer when not in use can save another \$20 a year.

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Winter Hazard Awareness Week is November 18-22

As winter approaches, it's critical to prepare for extreme cold, snow, and icy conditions. These storms can last a few hours or several days and cut off heat, power, and communication.

Winter storms create a higher risk of car crashes, hypothermia, frostbite, carbon monoxide poisoning, residential fires, and heart attacks from overexertion.

To ensure that you and your loved ones are prepared follows these steps:

Create an Emergency Kit: it should have essential items like food, water, blankets, winter clothing sand or cat litter, phone charger, and flashlights. Be sure to have one in your home, car, and at work.

Stay fire safe: keep combustibles away from wood stoves and space heaters. Have fireplace and wood burning stove chimneys inspected and cleaned prior to use, extinguish candles before leaving room. Stay in the

kitchen when cooking.

Be alert for CO: Carbon monoxide is an odorless, tasteless, and invisible byproduct of fuel and wood burning appliances and vehicles. Install CO alarms on every level of your home and in each sleeping area. Consider adding a CO alarm in your ice fishing shelter as well. Signs of CO poisoning includes headaches, nausea, fatigue, vomiting, and disorientation.

Give snowplows room to work: check road conditions on 511mn.org before heading out. be patient and stay five car lengths behind the plow. Slow down to a speed that's safe for current conditions and give yourself plenty of time to get to your destination. Buckle up and ensure your young passengers are in the proper seat for their age and stage of development. Avoid unnecessary travel if road conditions are poor.

Enjoy the outdoors safely: There is no such thing as 100% safe ice; carry ice picks and know how to self-rescue if you fall through. Wear layers of loose-fitting warm clothing, hat, and mittens. Be alert for frostbite and hypothermia. Protect your back and listen to your body when shoveling. If something doesn't feel right or you are tired take a break and reevaluate how you feel before shoveling again.

Prepare early to ensure your family's comfort and safety.



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Randolph-Hampton Fire District Training Recap

Courtesy of Randolph-Hampton Fire District

On October 21, Randolph-Hampton Fire District joined forces with Cannon Falls Fire and Rescue to tackle one of the most challenging situations in firefighting—the dreaded Mayday call. Our dedicated teams practiced essential survival techniques to ensure we're always prepared for the unexpected. Key Skills Covered:

- Mayday Procedures
- Rapid Intervention Team (RIT) Procedures
- Wall Breaching Techniques
- Low Visibility Search and Rescue using Thermal Imagery Cameras

A big thank you to St. Mary's Catholic Church, New Trier, MN & the Tri Parish Community for allowing us to train in their soon to be demolished convent building. Real-world environments are invaluable to our training efforts, and having access to such a structure is a rare and crucial opportunity.

We'll continue to use this location for training over the coming months, culminating in a controlled burn in early 2025.

Stay safe and stay ready!
#FireSafety #TrainingDay #Community-Support



photos courtesy of Randolph-Hampton Fire District

Basic Rules of Hunter and Firearms Safety

By MN Department of Natural Resources

More than a half-million people hunt every year in Minnesota. The DNR's goal is that every one of them returns home safely at the end of every hunt. While hunting is one of the safest recreational activities there is, even one injury is one too many.

More than 21,000 students every year in Minnesota earn their firearms safety certification and since 1955, more than 1.3 million have done so. As more students have completed firearms safety training, there's been a corresponding decrease in the number of injuries and fatalities that occur as a result of firearms-related hunting incidents.

The basic rules of safe firearms handling

By following these basic rules, hunters can avoid most hunting-related firearms incidents.

- **Treat every firearm as if it is loaded**
Never assume a firearm is unloaded.
- **Always control the muzzle**
Keep your muzzle pointed in a safe direc-

tion and remember that anything toward which the muzzle points is in the crosshairs. Don't overlook the possibility of a ricochet.

- **Be sure of your target and what is beyond**

You're responsible for knowing what's in front of your target, near your target and beyond your target. If you aren't certain about any of the three, don't take the shot.

- **Keep your finger off the trigger until you're ready to shoot**

Your finger should be outside the trigger guard until you're ready to shoot.

- **Protective gear**

Hunters' eyes and ears are vulnerable to a number of potential hazards while hunting, so it's important to protect them. Firearms create a high decibel sound that can damage hearing. Also, when a firearm is fired, it sends the projectile down range. Along with the projectile, the firearm also discharges small particles of the projectile, burning gas and other residue that can damage your eyes. Always wear safety glasses and ear protection.

- **The effectiveness of blaze orange**

Blaze orange has made hunting safer. Spotting a hunter wearing camo is hard, but wearing blaze orange makes you visible to others hunting in the area. Read the blaze clothing requirements.



Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: I have a medical condition that causes me to lose consciousness on occasion. I am hoping to get a driver's license. Is there anything I need to do?

Answer: When applying for an instruction permit or driver's license, you will be asked questions about medical conditions. Providing false information on the application could result in losing your driving privileges.

If you have a medical condition, you may need to provide a statement from a physician indicating whether or not the condition affects your ability to drive safely. If you already have a permit or license and are diagnosed with epilepsy or a condition that could cause loss of consciousness, you must submit a physician's statement within 30 days of the diagnosis. The statement must indicate whether or not the condition interferes with your ability to drive safely.

Send medical statements to:
Driver and Vehicle Services
Driver Evaluation Unit
445 Minnesota Street, Suite 170
St. Paul, Minnesota 55101-5170

For more information, contact the Driver Evaluation Unit at 651-296-2025.

Question: Every once in a while, I notice some vehicles stop in the road at the railroad tracks when nothing is coming. Can I pass them when they do this?

Answer: Some vehicles, such as passenger vans, buses, and larger trucks, are required to stop at all railroad tracks, whether or not a train is present. Do not pass these vehicles. It is illegal to pass any vehicle within 100 feet of a railroad crossing.

Here are some additional safety tips:

- Yield the right-of-way to trains at highway-rail crossings. It's the law.
- Never drive around lowering gates, it's illegal and deadly.
- Only cross tracks where they are marked with pedestrian crossing markings.
- Never race a train to the crossing, even if it is a tie, you lose.
- Expect a train on the track at any time, trains do not follow set schedules.
- Look out for the second train when crossing multiple tracks.
- Immediately get out of your vehicle if it stalls on the crossing, get clear of the tracks and call 911.

Question: I can't help but notice but it seems like a lot of people are following each other too close out on the highways. It's been many years since I was in driver's education but what is the recommendation for following distance?

Answer: Here is information that is shared in the Minnesota Driver's Manual. Applying the "Three-Second Rule" helps you keep a safe distance between your car and the vehicle ahead of you. This rule is for standard-length vehicles driving in ideal conditions.

1. Choose a fixed reference point at the side of the road ahead, such as a telephone pole, signpost, tree, or bridge.
 2. When the vehicle ahead of you passes the reference point, begin counting: "One-thousand-one, one-thousand-two, one-thousand-three."
 3. If you pass the reference point before you finish counting, you are following too closely.
 4. Gradually slow down until you reach a safe following distance and speed.
- When road conditions are poor, or if you




are driving a vehicle longer than the standard length, increase your following distance to a four- or five-second count. If the vehicle behind you is following too closely, slow down slightly and allow it to pass.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, 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 Trp. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. or reach him at, Troy.Christianson@state.mn.us.



FOR COMMUNITY RELEASE

Dakota County Sheriff's Office

Joe Leko, Sheriff

Bulletin #24-4
10/01/2024

REWARD OFFERED


ENDANGERED MISSING PERSON

Nicole "Nikki" Anderson

- 5' 10"
- 135 lbs
- Last seen wearing a long grey sweater and camouflage pants.


Nicole Anderson was last seen in Randolph Township in Dakota County the morning of Saturday, July 6, 2024.

She was on foot and does not have her cell phone, wallet, or medications.



Last known image of Anderson ^ on 7/6/2024 at 08:54 hours.

The Dakota County Sheriff's Office is offering a reward of \$5,000 for information regarding Nicole Anderson's whereabouts or the prosecution of those involved in her disappearance. Private parties have pledged an additional \$40,000 reward to be distributed independently of the Sheriff's Office. Only tips received through the Dakota County Sheriff's Office or Crime Stoppers that lead to the location of Nicole Anderson or the prosecution of those involved in her disappearance are eligible for the reward.



1-800-222-8477

Anyone wishing to provide a **completely anonymous** tip may contact Crime Stoppers at, **1-800-222-TIPS**, or www.CrimeStoppersMN.org

Reference DCSO Case # 24-000819

Dakota County Sheriff's Office | 1580 Highway 55, Hastings, Minnesota 55033
651-438-TIPS(8477)

FOR COMMUNITY RELEASE

Time to "Fall" Back

We all turned our clocks back and now many people will find themselves spending more time driving in the dark. This poses extra driving safety challenges because visibility is limited:

There's less time to react to obstacles in the road.

Depth perception, color recognition and peripheral vision can be compromised in the dark, making it more difficult to judge the speeds and distance of other vehicles.

It takes time for eyes to adjust. This can cause the glare of headlights from an oncoming vehicle to temporarily blind a driver.

The National Safety Council offers these tips for driving in the dark:

- Aim your headlights correctly, and make sure they're clean.
- Dim your dashboard.
- Look away from oncoming lights.
- If you wear glasses, make sure they're anti-reflective.
- Clean the windshield to eliminate streaks.
- Slow down to compensate for limited visibility and reduced stopping time.

Fall is a great time of year to remind your friends and family that road hazards can change with the seasons. The Minnesota Network of Employers for Traffic Safety hosted a webinar Fall Tips to Staying Safe on the Road to forward and share with all. Working together, we can drive Minnesota toward zero deaths.



City of Randolph Regular Council Meeting September 11, 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.

Approval of Agenda

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

Public Comments

A citizen asked about taking care of the weeds by the road on the property where the holdings ponds are since we now own it. Matt will talk to the contractor about it. Also the property across the street since that is in city limits which is owned by Progressive Rail which is industrial property the weeds are bad by the road.

Minutes

A motion to approve the August 14, 2024, regular council meeting minutes was made by Friedrich, seconded by Jacob. All voting in favor, none opposed, motion passed 5:0.

Approval of Treasurer Report and Payment of Bills

Sandy noted a check to O'Rourke has not cleared and she prepared a duplicate check but will hold it for another month to see if they receive the first check. The check for Braun Intertec will be cancelled as that invoice was included in the Bolton & Menk invoice. We need to double check to see if we paid Braun before as we will need a refund. Matt will check and get back to Sandy and Mary.

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

Old Business

Greta sent us a memorandum regarding the holding pond fence and it was her "recommendation that the City opt for the installation of gates or some other minor modification to aid in maintenance, mowing, etc." and did "not recommend removing a portion or all of the fence unless the City wants to take on the task of selling the fence for fair market value

and remitting it to the Dakota County CDA."

The gates are on the west end by the swail so it's not convenient to enter there. We need to check to see if there is a gate on the east end. It was noted that we do own property 4 feet outside of the fence.

Friedrich suggested that we do some research for entry to the area that would not allow dirt bikes to get through but open it up for recreational use such as a walking path or walking dogs.

It was noted that the public hearing on vacating the alley from Dickman to Danel will be held during our October 2024 meeting.

New Business

Fire Department – Safety Money

Chief Whitson discussed that the firemen had physicals done on August 29th. They were \$99 or \$129 for a more extensive exam for a total amount of approximately \$3100 for 28 members. These will be done every other year as they are required.

He also discussed that Tom Gergen talked to Charlie Willie from Frandrup Masonry about extending the back wall of the fire department for an addition so they can put their lockers and gear and washer and dryer and maybe a water softener in that area. They also plan to take out the cabinets and carpet in the back office. It was noted we could add this to our agenda for our special meeting to be held on September 18th if they can get a bid together. Chief asked that we do add this to the agenda for the special meeting.

Election Judges Pay

Clerk Haro checked with our legal counsel regarding if we can increase the judges pay and she indicated that yes we can increase it. Clerk Haro asked several other cities and townships what they are currently paying and most pay at least \$20 an hour or more.

Fredrich made a motion to approve Resolution No. 24-10 increasing election judges pay to \$20 an hour, seconded by Jacob. All voting in favor, none opposed, motion passed 4:0. Clerk Haro abstained from the vote.

Sewer Inspection Fees

The building inspector contacted Clerk Haro regarding the inspection fees for the sewer inspections that he will need to do. There are some residents who are getting their sewer lines put in now but just not hooked up until the system is ready and since we haven't established the inspection fee Mark has not been able to charge them for

their permit. He does not know how much to charge but indicated several other cities in the area charge \$350.00. Also he said they should be able to include the fee in the grant process that people can submit to Dakota County. We will have to add this to our ordinance so we will table this until next month's meeting so we can do some research. Matt indicated that most people with go beyond the \$10,000 available for the grant so this may not matter.

Bolton & Menk Sewer Update

Sewer is completed on the West side of the city. They are starting to build the road past Cooper. They will be laying storm sewer between Danel and Curtis. They started on Dawson but shifted back to County Road 88 to get that completed. They are already to Duncan and need to complete the storm sewer on that stretch. They are still waiting on retaining walls so they can complete the sidewalks along 292nd Street. They may sod late Fall.

At some point they need to do a city wide water shut down to connect near the water tower. They are looking at MEA weekend so the school is not affected – approximately 4 – 6 hours – for just one day. They are looking at doing it Thursday, October 17th. The purpose of this is they are making a new line so they don't have to shut down the water again when they work on Danel. We need to notify citizens of this asap. As soon as it is confirmed they will send out a notice.

Chief Whitson asked how long before we get to use County Road 88 because of the traffic on 56 and 86 and the accidents that have been happening. County Road 88 should be completed by mid-November.

He also noted that the company may try to work on Dawson during MEA weekend.

They are still looking at bringing in another crew to try to get as much done as possible this year.

Council Reports

Tony made a suggestion that we work on our actuals – such as take expenses and break them into more manageable items and the monthly report broken out so we know what we have spent to date so we are more prepared for our budget. He will put together an excel spreadsheet and it will take some work at the beginning but it will help for our budget.

Todd mentioned that Bryce was interested in putting a bid together for the restrooms but have not received anything from him yet.

It was noted that we should replace the floors in the bathroom, hallway and kitchen area. Mayor Jacob will check with Bryce.

We are still having problems with people speeding through town. There was a 20 mph speed limit on Danel but the sign is gone.

It was asked about signage and Matt indicated the county is replacing all new signs along the county roads and as for the city roads we are salvaging them because of costs.

It was asked if anything has been discussed regarding the concerns of the intersections and the turning of larger vehicles to widen the intersections. Matt indicated that Dawson, Davisson and 290th streets are being looked at.

Chief Whitson indicated that it is a challenge to back in their vehicles into the fire department and indicated it would help to have no parking on the east side of the driveway.

Matt noted that around the railroad it was designed because it is a safety measure so vehicles will not be able to drive around the arms that will be put into place.

We should put a dead end sign at the end of Cynthia Path by Curtis Lane because there are several vehicles that come down the road and have to turn around because they can't see it is a dead end. Matt will contact the signage contractor and get the cost and submit it as a change order. We should have a sign on Dickman that indicates there is no exit on the west end of 88.

With the upcoming elections, it was noted that you can go the Minnesota Secretary of State website to see who is running for office.

Larry Wachendorf called to indicate they are going to do some repair and staining to the Welcome to Randolph sign and just wanted us to be aware that they were planning to do this. They make ask some FFA members to assist with this project.

Adjournment

Motion to adjourn the meeting made by Carlock, seconded by Friedrich, the meeting was adjourned at 8:17 p.m. All voting in favor, none opposed, motion passed 5:0. Respectfully submitted, Mary Haro

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Notification of Accessibility of the Service Line Materials Inventory City of Hampton

The City of Hampton has completed and submitted our service line materials inventory to the Minnesota Department of Health. The service line inventory is publicly available, and you can check the materials for your service line by visiting the Lead Inventory Tracking Tool (LITT) at <https://maps.umn.edu/LSL/> you may also contact us at 651-437-8846. To complete the service line inventory our system performed record review, community outreach, and/or visual inspections.

As of October 16, 2024, our inventory contains 0 lead, 2 galvanized requiring replacement, 56 unknown material, and 172 non-lead service lines.



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- ACROSS**
1. Performer's time to shine
 5. Selfie, e.g.
 8. One of five Ws
 11. TrĒs _____, or very stylish
 12. Mandolin's cousin
 13. Knitter's unit
 15. Aren't, colloquially
 16. Mimicked
 17. *Like House with Oval Office
 18. *The Hunchback's home (2 words)
 20. Listening devices
 21. Flirtatious stares
 22. Salt, in Spanish
 23. * _____ State Building
 26. TV shows, e.g.
 30. Will Ferrell's "Funny or _____"
 31. Steve McQueen's "The Great _____" (1963)
 34. Toss a coin
 35. _____ & Young financial services company
 37. Kimono tie
 38. Sweating room
 39. Short skirt
 40. Batter (2 words)
 42. Lake, in French
 43. Anise seed (1 word)
 44. * _____ of Versailles or Buckingham _____
 47. _____ of war
 48. Sinbad the Sailor's home
 50. Not good
 52. *St. Basil's in Moscow or St. Paul's in London
 56. *The Parthenon in Athens is made of this
 57. Capital of Norway
 58. Aeneas' lover
 59. More slippery
 60. Animal protein
 61. Independent chieftain
 62. High degree
 63. TV program interruptions
 64. Retired, abbr.
- DOWN**
1. CAT or PET, e.g.
 2. *Key Tower, tallest building in this Buckeye state
 3. Laundry room fire hazard
 4. Type of local tax
 5. Pupa, pl.
 6. Things
 7. Give up a state
 8. Dam-like structure
 9. Not misses
 10. Football's extra point
 12. Soup scoopers
 13. Make a solemn promise
 14. *Burj _____, tallest building in the world
 19. Wading bird
 22. "Monkey _____, monkey do"
 23. Bodily swelling
 24. Rice wine
 25. 1/100th of Finnish markka
 26. Rotisserie skewer
 27. Spurious wing
 28. Cancer-treating machine, acr.
 29. * _____ Needle, Seattle
 32. For boys and girls
 33. Lawyers' org.
 36. * _____ Chapel, Vatican City
 38. Flat replacement
 40. " _____, borrow or steal"
 41. Eventual outcome
 44. Leonhard _____, Swiss mathematician (1707-1783)
 46. Portable stairs
 48. Headquartered
 49. Road-tripping guide
 50. Carve in stone
 51. Emptiness
 52. Vegetative state
 53. Ice crystals
 54. Passage in a coal mine
 55. Voldemort's title
 56. Small amount of drink

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