

Northfield Retirement Community Joins Vivie to Strengthen Mission of Service



Northfield Retirement Community is joining Vivie in its mission to enrich, empower, and elevate people throughout life's journey.

(continued on page 3)

Mamma Mia!

Randolph Rockets Theatre presents the global smash hit Mamma Mia!

Show Dates:

Friday, March 28 at 7:00 pm

Saturday, March 29 at 2:00 and 7:00 pm

(continued on page 9)

Announcements

• **Randolph Railroad Days March 22-23, 2025.** Saturday 9-3, Sunday 10-2. Randolph High School & Museum. The NEW Randolph Museum will be OPEN!

• **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

19th Annual Railroad Days March 22 & 23, 2025

The Annual Randolph Railroad Days will be held at the Randolph High School Gym Saturday (9 am - 3 pm) and Sunday (10 am

- 2 pm), March 22 and 23, 2025.

The event includes train layouts and displays, the Railroad Swap Meet, Thomas the Train play tables. Concessions will be available.

Up to date information is available on the Randolph Area Historical Society Facebook page.

The new Randolph Museum (located next to the R Bar) will also be open during the event, with historical displays.

Proceeds from the event benefit the Randolph Area Historical Society.



Declutter Without the Hassle: Rent a Booth at Randolph's Indoor Community Garage Sale on April 12!



Need to declutter but don't want to clean your garage or wait for the perfect weather to have a garage sale? For just \$20, you can rent a 10x10 space to sell your items at the Randolph Music Departments Indoor Community Garage Sale Event at Randolph High School on Saturday, April 12, from 9:00 AM to 2:00 PM.

(continued on page 9)

FFA Week - Region 8 Milk Challenge



Region 8 Chapters challenged each other to donate 8 gallons of Milk to local food shelves. Northfield Challenged Randolph -- we passed the challenge on to Pine Island and Winona Chapters. Courtesy of Randolph FFA

Celebrate St. Patrick's Day!
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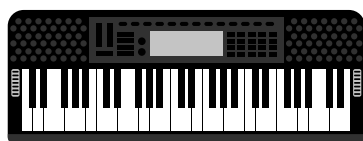
By Jon Dudek, co-founder of Isaiah Ministries, bringing Biblical teaching to help overcome life's everyday challenges.
www.isaiahministries.cc

Many of us may wonder if the Lord still speaks to us today besides through the Bible. I truly believe He does and still does to this day. John 10:27-28 says, "My sheep hear my voice, and I know them, and they follow me." Throughout Scripture we see so many ways the Lord speaks—through dreams, visions, people, nature, and much more.

I would encourage each one of you to spend time with the Lord in a quiet place. Take a few deep breaths to try to remove the chatter that could be in your mind due to busy schedules or life circumstances. Find a calm area, which could be on a nature walk, in your living room, or even your car. Some of us with kids running around might have to do this when the children have gone to bed. It is important for all of us to spend quality time with the Lord. I believe when you take the time to be with Jesus, He will speak to you! If you are



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not sure of the Lord's voice, know whatever He says will be backed up with the Word of God (the Bible) and the fruit of the Spirit. His voice will be that of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (see Galatians 5:22-23).

The Lord reminded me of a word He gave me years ago to share corporately. I really felt in my spirit to share this for the month of March. I hope this prophetic declaration ignites the fire that is in you to fulfill your calling.

"You are My beloved in whom I am well pleased. Have I not commanded you? Be of good courage. You will soar like an eagle over the nations. You will soar in the Spirit. The enemy won't touch you or your family. You have already slain the giant. You will minister and touch others. You will speak life

to the brokenhearted. You will speak life in dead situations, and flowers will start blooming.

You will tread on serpents. You will release the power of the Holy Spirit that lives in you to the blind, weak, paralyzed, homeless, hopeless, and hungry. It is time to set sail. It is time to open up the sails because the Breath of life is upon you. Have I not commanded you? Be of good courage. I will never leave you nor forsake you. Every step you take, I will be next to you. If you fall, I will be there to lift you up. This won't be easy, but I will give you the tools to defeat the enemy. It is time. The gates are being opened. The pearly gates are being opened. The angels are being released on your behalf. They are being re-

leased to make a way for your destiny."

After reading this declaration I hope it has encouraged you to stand bold in your faith, share the gospel, and walk your everyday life for our Lord Jesus Christ. I would like to close with this. First Timothy 6:12 says, "Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses."

The following verses, to the best of my knowledge, are what helped birth this prophetic declaration: Joshua 1:6, Isaiah 40:31, Luke 10:19, Hebrews 13:5, and Revelation 21:21. I would encourage you to highlight these verses in your Bible so you have a quick reference to them in the future.

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"There will be no more death or mourning or crying or pain, for the old order of things has passed away." . . . "I am making everything new!" — Revelation 21:4-5

Jesus has removed the barrier to reconciliation with God, so we can enjoy fellowship with God and abundant life in his kingdom even now. And yet there's much more to come! When a believer in Christ dies, we grieve their loss. But we know they are in the Lord's presence in a greater way than we experience now. So while death brings sadness, it has become, through Christ, a bridge into God's presence.

And there's still more! When Jesus comes again, all believers—those who have died and those who are still alive—will be transformed physically and spiritually, with glorious, imperishable bodies (1 Corinthians 15:50-55).

God will bring his "New Jerusalem" to a renewed earth, where he will live with his people forever. There will be no more death, mourning, crying, or pain, because the Lord will make everything new.

What about Judgment Day? Yes, it's coming (Revelation 20:11-15), but "there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). So it's crucially important that we surrender ourselves to Christ and accept his free gift of salvation.

Then we can serve him with our whole lives, urging everyone to turn to God in repentance and faith so that they too may have eternal life. In the Lord we can live in hope and anticipation and without fear. *Lord Jesus, transform us so that we may live fully for you, sharing your love and good news everywhere. Amen.*

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Northfield Retirement Community Joins Vivie to Strengthen Mission of Service

(continued from page 1)

Vivie – formerly Knute Nelson and Walker Methodist – is a leading care provider offering a comprehensive range of services, including home health, care management, senior living, rehabilitation, hospice, and more, across Minnesota, North Dakota, and Wisconsin.

This transition ensures that Northfield Retirement Community will continue to serve aging adults and their families with the same exceptional care and commitment it has provided since its founding in 1969.

Across the care sector, smaller independent organizations like Northfield Retirement Community are proactively seeking partnerships to ensure long-term sustainability. This partnership secures the future of care in Northfield by combining resources, creating efficiencies, and ensuring that the exceptional care and services the community expects will be here for generations to come.

“We are thrilled to welcome Northfield Retirement Community to the Vivie family,” said Mark Anderson, CEO of Vivie. “Residents and families can continue to trust that Northfield Retirement Community will provide the same high-quality care and welcoming environment they’ve come to know. Together, we’re building on a shared mission of service, providing excellent care in all the places people call home.”

For more than five decades, Northfield Retirement Community has been a cornerstone of the Northfield community, offering innovative living options and services for aging adults in a warm, welcoming environment.

As part of Vivie, Northfield Retirement Community will uphold its commitment to quality care and compassionate service, while benefiting from expanded resources to enhance care and services for residents and families.

“This is an important step forward for Northfield Retirement Community,” said Tom Nielsen, CEO of Northfield Retirement Community. “Joining Vivie allows us to build on our legacy of care, strengthen our commitment to residents and families, and support our dedicated team members. The remarkable alignment with Vivie’s mission and values will ensure the future success of our community while preserving what makes us unique.”

“This is an exciting new chapter,” added Mark Anderson. “At Vivie, our mission is to elevate the lives of those we serve, and we are honored to continue the important work of Northfield Retirement Community. Together, we’re creating meaningful opportunities to serve more people in better ways, and we are excited for the future we’re building.”

Lunar Eclipse March 13th

Everyone needs to look to the sky next Thursday into Friday night for the total lunar eclipse! STARTS at 10:57PM TOTALITY will be at 1:58AM ECLIPSE ENDS at 5:00 AM - CENTRAL DAYLIGHT TIME

All of America will have the chance to see a total lunar eclipse because The United States happens to be where the entirety of the eclipse will be visible.

During a total lunar eclipse the earth produces two shadows, the penumbra & umbra.

The penumbra will appear as the lighter outer edge and the umbra will appear as the darker inner part.

As the Moon enters the penumbra, it will begin to darken. Binoculars or a zoom camera can help you view because it's difficult with the naked eye.

Once the Moon enters the umbra, the deeper and darker shadow allows the Moon to turn a spectacular blood red color. Thus the name of it, "The Blood Moon!"

OBITUARY

David Lee Young

David Lee Young, age 65, of Northfield, MN, passed away unexpectedly on Saturday, February 22, 2025, at the Northfield Hospital.



Dave, the son of Neil and Carole (Loose) Young, was born in November 1959, in Redwood Falls, MN. He graduated from Springfield High School with the class of 1978, and UW River Falls in 1983 with a degree in Agronomy. Dave was a Research Scientist and spent his entire 42-year career with Syngenta Seeds in Stanton, MN. Dave married Lisa Brown in March 2012, on Barefoot Beach, FL. They both felt so lucky to have found their person! Dave was very involved with Northfield youth baseball, taking on many roles, whether it was coaching or as board president, raking fields, or just simply teaching kids the love of the game. Dave enjoyed spending time in his yard & garden, tinkering in his garage, he enjoyed collecting bourbon, and loved making people happy. Most of all he enjoyed spending time with his family and new grandson, Sam.

He is survived by his wife Lisa Young of Northfield; son Nicholas Young (Teadora) of Dallas, TX; daughter Megan Moore (Christopher) of Denver, CO and grandson Sam Moore; mother, Carole Young of New Ulm, MN; sons, Griffin Reppe of Denver, CO, and Lucas Reppe of Sebastopol, CA; mother and father-in-law, LaNaya and Harry Brown of Faribault; brothers-in-law, Mike Brown (Christine), Steve Brown (Becky), and Greg Brown (Lily), all of Faribault; Young and Loose aunts, uncles, and cousins; Brown family nieces and nephews; and dear friends, Deanna & Bob Cross, and Ken & Kris Kuhn.

He was preceded in death by his father, Neil; grandparents, Otto & Lena Loose and Shorty & Rose Young; and grandmother, Minnie Gruendemann.

A Celebration of Life Service was held on Friday February 28, 2025, at 4:00 p.m. at the Parker Kohl Funeral Home, 1725 Lyndale Ave N., Faribault. Rev. Timothy McDermott officiated. Reception and time for reminiscing immediately followed the service.



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Some Interesting Facts About Randolph

Did you know?

By Randolph Historical Society

John Richmond, who was the first settler came to the Randolph area in May of 1854. He resided at the current location of Lakeside Cemetery. In 1858, Randolph was named Richmond for a few months until it was discovered that there was already another town in Minnesota named Richmond. Wheatland, which was the runner-up also already existed in Rice County. And so, the town was named Randolph after an admired Virginia Statesmen and early settler named John Randolph. The population of Randolph in 1880 was 144 residents. Today there are approximately 450 residents.

Near the City of Randolph was a small town called Cascade. The town had a bridge over the Cannon River, a dam, a flour mill and a blacksmith shop. In October of 1889, a fire destroyed the town and it was never rebuilt. The Cascades is now Dakota County park land and some of the ruins can still be seen today.

Randolph's first school, a log cabin was constructed in 1858. The first modern school, a two-story building was not built until 1905. This later became the old Saint Mark's Lutheran church. In 1918, the school relo-

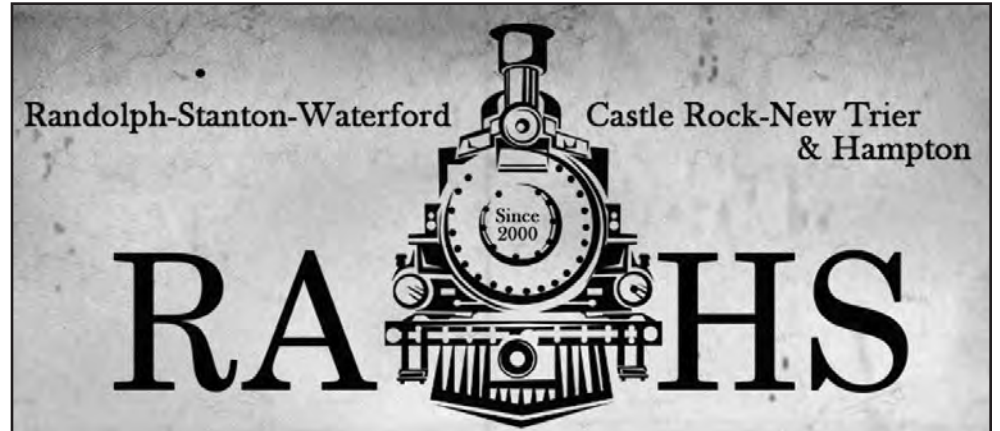
cated to the current site and had only one level. Then in 1924, the second level was added and remained until 2002 when it was demolished to make way for a new school addition. In 1970, the high school was constructed and remains today.

In the early days, church services were held at houses or in hotels. In 1889, the Methodist church was constructed. This church once served as the Randolph Area Historical Society. In 1925, the Baptist church was moved from outside the city limits into Randolph. This building was demolished in 1987 to make way for a new Baptist church. From 1945 to 1994, Saint Mark's Lutheran church was located in the old school building and was later demolished. Both Saint Mark's and the Methodist church relocated outside the city limits of Randolph.

Most people do not realize that south of the current football field to the Cannon River was a large gravel pit operated by Butler Brothers in the early 1900's. Part of a concrete foundation remains hidden in the woods of the now Dakota County Park Land and you can still find some of the gravel piles and pits that are in the woods.

On June 13th 1930, Randolph was almost completely destroyed by a tornado. One railroad worker was killed when a boxcar landed on top of him. The year before another tornado touched down north of Randolph that left severe damage to farmlands and houses. In 1920, a tornado nearly leveled Castle Rock.

In 1917, Randolph received its first fire truck. The original fire station still stands today. It's located near the current city park. A 1959 John Bean and a 1974 International



fire truck have been preserved from Randolph's Fire Department history. For a short time, in the 1970's Randolph had it's own Police Department but it was too costly to

maintain. The small jail that was built in 1904 was moved to the Dakota County Fairgrounds in 1991.

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RANDOLPH RAILROAD DAYS!

(19th annual) *

Randolph Area Historical Society
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The NEW Randolph Museum will be OPEN!

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Follow us on Facebook for show updates at <https://www.facebook.com/RandolphAreaHistoricalSociety>

*Fundraiser for the Randolph Area Historical Society

That's the Latest Underwear & Trees



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. You can view past columns at his website RoadFarming.com. You can email him at emery@roadfarming.com.

This is probably a guy thing but I don't like to throw out old underwear. If it still fits and the elastic still holds, I should be able to get another time to wear it before I finally have to let go. One pair in particular I've had a long time. Now I keep it clean but it has more holes than a golf course but it's just so darn comfortable. Now I think the reason I hate to get rid of it, besides the comfort factor, is that buying underwear is a real crapshoot...literally. And you can't buy just

one. You have to buy the whole package which is usually 3 or 6. Costco I think it's 24. But they come all wrapped up in plastic so you can't really get a good feel of how they'll be. They don't let you try them on. I've even offered to go to the dressing room instead of right there in the aisle but I was told, NO, you can't try them on anywhere and you can't open the package.

I'm trying to replace one, not six of them but it's the marketing people who want to move volume. Shirts, yes you can buy just one and you can try it on. Not in the aisle though, I found out. You can buy one pair of blue jeans or a jacket or sweatshirt. But underwear, no deal. Socks come in large quantities. You have to buy two socks but they don't package them in one pair. Why I need 12 or 24 pairs of new socks, I don't know. And they wonder why men hate shopping.

Even beer, you can buy one but it's probably 64 ounces. Smaller cans you have to buy at least 6 or 12 or 24. Costco, I think you have to buy a keg. But guys don't mind shopping for beer. We're kind of funny that way but unfortunately, wives never send us out to buy beer. We have to think about it all on our own. But most guys are good at remembering. Broccoli, soup, crackers, bread, butter, oh you mean I was supposed to pick them up too? So then it's a second trip.

But I digress. I wanted to write a little about the picture of the aluminum Christmas tree. These were popular from about the mid 50's to the mid 60's. The Sears catalog sold a boatload of them back in the day. They kind of fell out of favor with American households in 1965, after the airing of 'A Charlie Brown



Aluminum Christmas trees like the one shown, were all the rage from the mid 50's to the mid 60's.

Christmas'. People thought the aluminum trees looked too much like Charlie's sad looking Christmas tree, so by 1967 or so, the aluminum tree along with the colored wheel like you see in the picture, were relegated to basements, garage or estate sales or sold for 25 cents.

But if you are one of the lucky ones who hung onto your vintage aluminum tree, they are now coming back into favor. A quick look at E-Bay shows a wide variety of prices. But the original vintage trees can be worth \$400 to \$1000. The original box helps boost the asking price. In fact, it was a number of years ago, a rare 7 foot pink aluminum Christmas tree sold online for \$3600.

There was a Wisconsin company, Aluminum Specialty Company, that made over a

million of these trees. Back in the late 50's and early 60's, they retailed for about \$25. So you probably had to think twice if you really wanted to invest in one. And if you did, you hate the Charlie Brown Christmas show.

I'm hoping my leisure suit will come back like the aluminum trees and I can recoup my cost. It's coming up on 60 years old but I'm beginning to think that some things never do make a comeback. If you're interested in a leisure suit, it's only had one owner. It looks as good as the day I bought it, which come to think of it, that's not a good selling point. You can't destroy it. It's made of the same material as the stealth bomber is made of. It's very durable and long-lasting. I guess I should have invested in the aluminum Christmas tree.

Come See the Movie the Media Is Not Promoting Thursday, March 27, 2025: "Something to Stand For"

Join America's favorite storyteller on an epic journey to the frontlines of the American Revolution, World War II, the Civil Rights movement, and more.



Movie will be shown at the the Grand Stay Hotel Conference Room, 32027 Alexander Court, Cannon Falls, MN

Time : Doors open at 6:00 pm. Movie starts at 6:30 pm.

Admission: Donations accepted to cover cost of promotion & venue.

This movie is not suitable for children.

As Concerned Citizens, we feel as a community we need to learn and discuss the cultural issues that are headlines. Come watch these documentaries and movies.

We would love to hear your thoughts. Jack Schlichting 612-325-5528 or jackschlichting@gmail.com

Mark Your Calendar!

Dennison Days

June 20-21, 2025

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Watch for updates at www.dennisondays.org

The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child



By Samuel Smith
Overnight and Marketing Director
at Camp Victory

Signing up for summer camp for the first time is an exciting opportunity for children to develop new skills, make friends, and enjoy outdoor adventures. However, parents often face the difficult decision between sending their child to a day camp or an overnight camp. Each option offers unique benefits and caters to different needs, preferences, and comfort levels. Understanding the differences

between these two types of camps can help parents make an informed decision that best suits their child.

Day Camp: A Fun and Flexible Option

Day camps are structured programs that run during the daytime and allow children to return home in the evening. These camps are typically designed for younger children, first-time campers, or those who prefer staying close to home. Day camps can last anywhere from a few days to a full week. They usually offer a variety of activities, such as arts and crafts, sports, nature exploration, and educational programs.

Benefits of Day Camp:

- **Easier Transition for First-Time Campers:** Day camp provides an excellent introduction to the camp experience without the commitment of staying overnight. Children can enjoy structured activities while maintaining the comfort of returning home at the end of the day.
- **Lower Cost:** Compared to overnight camps, day camps are generally more affordable since they do not include lodging and meal expenses. This makes them a budget-friendly option for families.
- **Family Routine and Stability:** Since children return home each evening, they can continue with family routines and responsibilities while still enjoying the excitement of camp activities.
- **Opportunities for Socialization and Skill Development:** Day camps offer children the chance to interact with peers, learn teamwork, and develop new skills without

the challenge of adjusting to an extended stay away from home.

• **Local Convenience:** Many day camps are located within or near communities, making transportation easier for parents and reducing the need for extensive travel planning.

Overnight Camp:

A Deeper Immersive Experience

Overnight camps, also known as sleepaway camps, involve children staying at the camp facility for a set period, typically ranging from a few days to several weeks. These camps provide a more immersive experience, fostering independence and personal growth. They typically offer similar activities to Day camp programs, but will have special evening programs like night games, campfires, talent contests, or lip-sync battles. The longer periods of time at camp also allow for skills campers choose to be explored to more depth.

Benefits of Overnight Camp:

- **Fosters Independence and Responsibility:** Being away from home encourages children to develop self-reliance, manage their daily routines, and take responsibility for their belongings and decisions.
- **Strong Sense of Community and Friendship:** Living together for an extended period allows campers to form deep friendships and build strong bonds with their peers and counselors, often leading to lifelong connections.
- **Broader Activity Options:** Since overnight camps operate around the clock, they offer a wider range of activities, includ-

ing nighttime programs, extended outdoor adventures, and team-building exercises that wouldn't be possible in a day camp setting.

• **Encourages Personal Growth and Confidence:** Stepping out of their comfort zone helps children gain confidence, resilience, and problem-solving skills that will benefit them in school and future endeavors.

• **A Break from Technology:** Many overnight camps have limited or no access to electronic devices, allowing children to disconnect from screens and immerse themselves in outdoor play, creativity, and social interaction.

Choosing the Right Camp for Your Child

When deciding between day camp and overnight camp, consider your camper's personality, age, and comfort level while being away from home. Younger campers or those who have never attended camp before may find day camp a great introduction, while older or more independent campers might thrive in an overnight setting. Your camper may feel ready for an overnight experience after gaining some confidence after experiencing a week of Day camp.

Additionally, consider the goals you have for your child's camp experience. If you seek an enriching program that allows for flexibility and continued family time, day camp may be the best fit. However, if you want your camper to develop independence, confidence, and long-lasting friendships, overnight camp may provide the ideal experience.

(continued on page 7)

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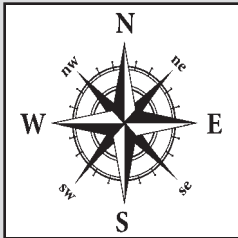
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SUMMER CAMP 2025

Changes in Latitudes, Changes in Attitudes When the Levee Breaks



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.

Tennessee is a state with lots of lakes and rivers. It also gets lots of rain at times. Six inches of rain overnight is not an unusual occurrence. And it has to go somewhere, and there is always downstream. Because much of the state is quite hilly to kind of mountainous, the rain can runoff very rapidly.

Brings to mind the old song written about the 1927 flood of the Mississippi River. That year the water was fifty-six feet about flood level on the Cumberland River at Nashville. One hundred and forty-five levees were washed out by the flood waters and the re-

sulting damage flooded 27,000 square miles and displaced 700,000 people from their homes. 14% of Arkansas was under water and the Mississippi was 80 miles wide at Memphis. On Good Friday, 1927 New Orleans received 15 inches of rain. The Mighty Mississippi can be an uncontrollable monster at times.

Herbert Hoover was the Secretary of Commerce under Calvin Coolidge, and his leadership in resolving the issues from this devastating flood was instrumental in him being elected President of the United States in 1928.

Memphis Minnie and Kansas Joe McCoy penned the blues song about the experience in 1929 and named it "When the Levee Breaks." It was about a man who lost his home and family when the levee broke. You may not remember that version, but Led Zeppelin recorded the song in 1971 on their fourth album.

Since I have been living in Tennessee I have witnessed a number of flood events. The first was the flood in Waverly, Tennessee. Waverly was about twenty-five miles east of us. We had a friend who lived there so we were a little familiar with the area. They received 17 inches of rain after midnight and by 10am the levee washed out and sent a tsunami like wave into town flooding it out within five minutes. Nineteen people lost their lives in the disaster.

Clarksville, just twenty-five miles north-east of us has had two floods in the last six months when the Cumberland River over flowed its banks from seven inches of rain overnight. I watched news reports as the Buffalo Trace Distillery office in Kentucky slid into the river as the bank washed away in the flood.

This last month the city of Rives, a town of 300 just seventy miles west of us on the Obion River, was obliterated when the levee broke after seven inches of rain over night. All 105 homes were flooded and everyone was evacuated just before the levee was breached for fear that they would be washed away.

Of course, everyone in the country watched as Johnson City, Tennessee was washed away from the once in a thousand-year flood from Hurricane Helene last fall.

I drove across the Cumberland River last month during the weekend of the heavy rains and saw that the boat launch was completely under water. The dock was forty feet from the bank, with the approach completely submerged. People couldn't get to the marina where their boats were berthed because of the



high water. Our neighbors who live on the Tennessee River watched as their dock floated up so high it came off the bolsters and floated out into the bay. We live on Kentucky Lake and are upstream from the Kentucky Dam, which was completed in 1944 and is the largest east of the Mississippi. It is 8,422 feet wide and creates Kentucky Lake which is one of the largest artificial lakes in the United States, encompassing 160,000 acres and

stretching for 184 miles. It is a hydroelectric plant which uses 1 million gallons per second and increased the discharge to over 2 million gallons per second during the February floods.

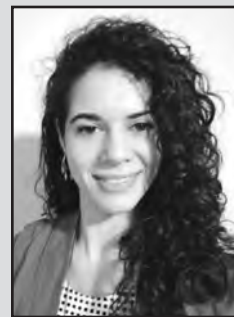
All this makes the Led Zeppelin song seem more sinister than it did when I listened to it as a kid. But the natives simply take it in stride and deal with it. I am just glad we live on high ground.

The Difference Between Day Camp and Overnight Camp: Choosing the Right Fit for Your Child

(continued from page 6)

Ultimately, both day camps and overnight camps offer valuable opportunities for campers to grow, learn, and create lasting memories. By carefully evaluating the benefits of each type, parents can select the camp experience that will best support their child's needs and interests, ensuring a fun and fulfilling summer adventure.

A Minnesotan: False Spring



By RosaLin Alcoser

False spring happens nearly every year. Whether it be in February or mid March we always have one week out of the winter here in Minnesota that warms up and lets you think that Spring just might be here. Before BAM! It snows again.

While this did not happen last year as the entirety of last winter was False Spring. If you can even call how warm it was last winter in Minnesota. It left more like the winters I experienced while I was living in the heart of the Ozarks.

When the coldest it gets it is in the mid to upper 30s and it rarely ever snows. I can recall winter days in the upper 40s. The

kind of weather where Minnesotans would be walking around in a T shirt and I would watch everyone else still huddling in their coats saying it was cold. I would not be in a T shirt, but I would be in a jacket instead of a coat.

Yes, sometimes it would snow or worse it would ice. Trust me when I say ice is the worst. Take it from someone who's lived through many proper Minnesota winters and southern ice storms. I will take Minnesota winter over an ice storm every single time.

This year has been more like winter than last year. Even though we have still lacked snow from winter's past. However, it has been cold this year. Very, brutally cold. I think that I have spent most of this winter huddled in my parka just trying to stay warm. So for now at least I will welcome this false spring while it lasts and hope that we're at else done with the sub zero weather.

My guess, as I write on an unseasonably warm February day in the low 50s, is that it will be followed by snow. Or at least the part of me that cares about the water levels and the grouse wants to think that it'll snow more after this false spring. Either that or I'm completely wrong and this isn't a False Spring. It's simply the start of Spring.

Randolph Rockets Speech Team Takes 1st Place in Red Wing



Courtesy of Randolph School

We had a FANATASTIC day at Red Wing! The Rockets took home the 1st Place Team Trophy!

We couldn't be more proud of all that these kids accomplished!

Individual Awards:

2nd Place Duo: Max Kuhn and Grady Taylor

2nd Place Original Oratory: Rachel LaVan

2nd Place Storytelling: Maksim Krech

4th Place Storytelling

5th Place Humor: Hayden Huddleston
5th Place Original Oratory: Morgan Jacobson

6th Place Informative: Milar Krech
6th Place Original Oratory: Ellen Radman

6th Place Storytelling: Kylie Emery
4th Place Next-In Extemporaneous Reading: Leah Bilderback

5th Place Next-In Humor: Aubree Paavola
It's a great day to be a Rocket!



Congratulations to the Randolph Knowledgeable Bowl Team

Randolph Speech Team Takes 2nd Place in Owatonna



Courtesy of Randolph School

Despite our small numbers yesterday, the Rockets had a mighty showing at Owatonna! Congrats on 2nd Place as a team!

Individual Awards:

1st Place Storytelling

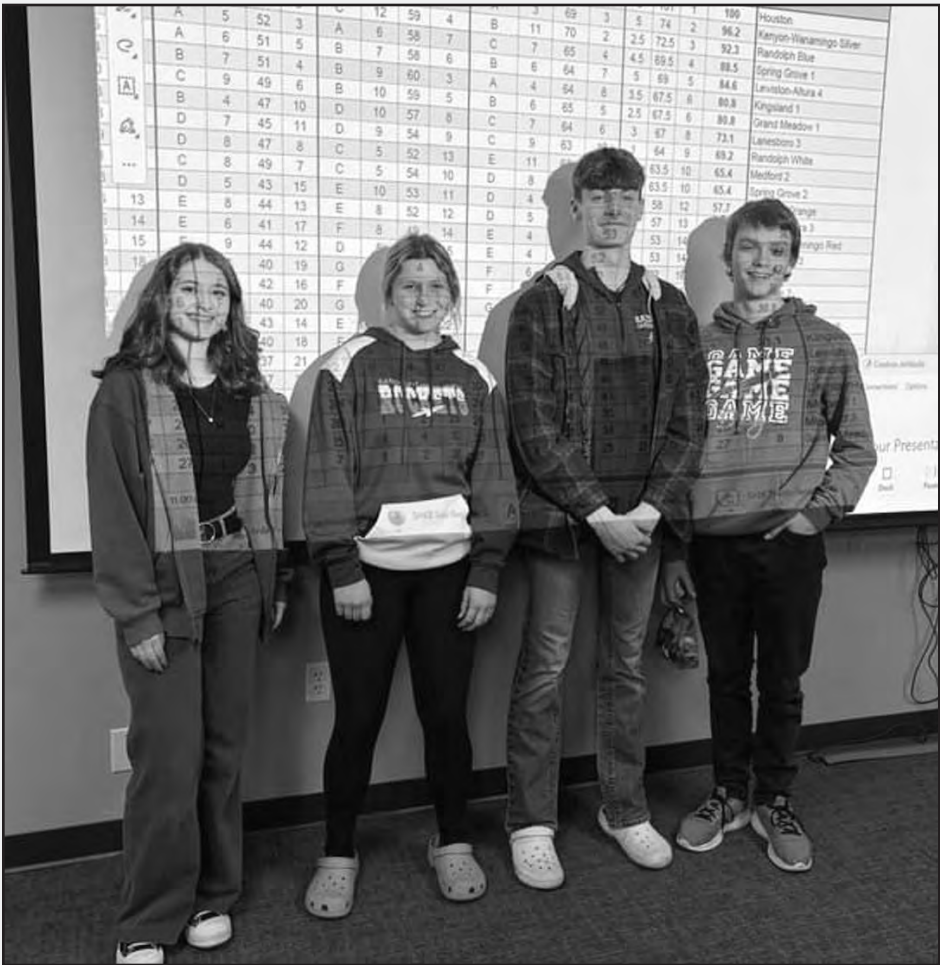
2nd Place Humor: Hayden Huddleston

3rd Place Prose: Avery Gillen-Rexroad

Honorable Mention Original Oratory: Ellen Radman

4th Place Next-In Info: Elise Chavis

6th Place Next-In Extemp Reading: Leah Bilderback



Congratulations to our Knowledgeable Bowl team for a great showing at Sub-Regionals! Katelyn Hare, Vienna Anderson, Max Kuhn, and Collin Almen, advanced to the Regional Final. Courtesy of Randolph School

Randolph High School Band and Choir Earn Superior Ratings at the Large Group Music Contest



Courtesy of Randolph School

The Randolph High School Band and Choir both earned superior ratings at the Large Group Music Contest in Goodhue! To receive a superior rating, at least two of the three judges must award a score of 35 or higher out of 40. The band received scores of 35, 37, and 37, and the choir earned scores of 35, 39, and 39!

Congratulations to all of our students on their outstanding performances!

Come hear both groups perform their selections at the March 17 concert! Concert begins at 7:00!



Declutter Without the Hassle: Rent a Booth at Randolph's Indoor Community Garage Sale on April 12! *(continued from page 1)*

With the option to rent multiple spaces, this is a great chance to clear out your clutter and make some extra cash. We currently have 11 spaces remaining to rent, so interested sellers should act fast if they want to reserve a space. For more information about the sale or to rent a space, contact Randolph High School Band Director Jackie Szczepanski at szczepanskij@district195.org or call 507-263-2151. You can also access the online registration form that includes more details by going to <https://forms.gle/2S9vymQfQ8Mmgyst5>

Shoppers will be able to shop over 25 vendors spread throughout both gymnasiums. Whether you're on the hunt for household essentials, clothing, vintage finds, or hidden treasures, this is an event you won't want to miss! Admission to the event is \$2 per person.

The Randolph Music Department will also be accepting donations of new or gently used clothing (men's, women's, children's), clothing accessories (hats, gloves, scarves, ties),

personal accessories (purses, wallets, belts, bags), bed and bath (sheets, blankets, pillows, towels, tablecloths, curtains), shoes (all types) and other cloth materials to sell at the Randolph Community Garage Sale on, Saturday April 12.

You can drop off your donations at Randolph High School from 7:30 AM to 3:30 PM, Monday through Friday, beginning March 31 and continuing until April 12. Evening drop off times are available on:

Tuesday, April 8, 3:30 - 6:00, Wednesday, April 9, 3:30 - 6:00, Thursday, April 10, 3:30 - 6:00

Any donations that are not sold at the sale will be given to the Epilepsy Foundation of Minnesota (EFMN). The Music Department will receive a check from them in return based on the volume of items donated to the Foundation. We will not be able to accept household items and other non-clothing items.

Mamma Mia!

(continued from page 1)

Admission:
\$8 Adults
\$5 Seniors 65+
\$5 Students
*Doors open 30 minutes prior to each show.
No reserved seating.

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Rocket alumni with the shout out! Nice job Megan!

Courtesy of Randolph School

Viterbo University Dance Team
Strong, sweet, and supportive.
Meet Megan Motz!

Megan is a sophomore elementary education major from Randolph MN.

What has been your favorite memory being on VUDT?

I love our team huddles before competitions and the positive energy we give each other before performing. The energy our team has before and during competitions is unmatched.

Who do you want to thank for your dance journey?

I want to thank my big sister Nicole for introducing me to the dance world when I was little. I loved watching her competitions and of course I wanted to be just like her when I grew up. I also want to thank my parents for their continuous support and the sacrifices they have made so I could be where I am.

What team member inspires you and why?

Makenna Kobs because she brings this bright light on the team. She is encouraging, kind and is lots of fun to be around.

We love you Megan!



Megan Motz

Opelt Caps Off Career with 3rd Place Finish at Section Meet



Jonathon Opelt wins his final match to cap off his career with a 3rd place finish at the section meet! *Courtesy of Randolph School*

Randolph Dance Team Alumni Doing Great Things

Courtesy of Randolph School

A few former Randolph Dance Team alumni doing great things at Viterbo University.

Maddie Dibble earned 1st Team All Conference honors (American Midwest Conference - Competitive Dance)

Anna Luz earned Coach of the Year honors (American Midwest Conference - Competitive Dance)

Congratulations!

** photo courtesy of Tracy Anne-Hartley Weidner*



Theater Arts Camp

Current Grades 2-6

Typical Daily Schedule

8:00-8:15	Warm-Up
8:15-9:00	Acting
9:00-9:45	Singing
9:45-10:00	Break
10:00-10:45	Dancing
10:45-11:30	Art
11:30-12:00	Lunch
12:00-2:00	Company Rehearsal

Randolph's Summer Theater Arts Camp is back! We are so excited to bring your students this unique opportunity! The camp will run from 8:00 am-2:00 pm the week of July 14th-18th. Students will spend time learning acting, singing, dancing, and art. The week will culminate with the students performing their production for free for friends and family on the last day of camp, July 18th at 2:00 pm.

There are around 30 speaking roles as well as many non-speaking ensemble roles. Everyone will have a role and will be singing and dancing! If your child would like an opportunity for speaking role, we will be holding auditions on April 23rd & 24th after school (4:30-7:30) in the music room (not everyone is guaranteed lines). Sign-ups will be sent via email link for auditions. The cast list will be posted the following Friday after the auditions. Assigning roles before summer gives the camp staff time to find appropriately sized costumes. All students who receive a speaking role will be given their script at the end of the school year and need to have their lines memorized before the camp.

Contact Alicia Ehleringer at aliciaehleringer@gmail.com or Deanna Shellen at shellend@district195.org with any questions.

The cost of the camp is \$175, payable to Randolph Community Ed. by April 22nd. The fee includes the rights for the show, supplies, costumes, scripts, music, and a unique camp t-shirt. Campers will need to bring a lunch and snack each day (including Friday).

Congratulations, Megan!



Senior Megan Erickson of the College of Saint Benedict Softball team, who hit .467, drove in seven runs, and had a walk-off homer in a win, has earned the Minnesota Intercollegiate Athletic Conference Softball Offensive Player of the Week honor in February. *Courtesy of Randolph School*

Regional FFA Officers



Mattea Quigley and Grady Taylor ran for Region VIII Officers. Mattea Quigley will be the 2025/26 Region VIII Vice President. Grady Taylor will be the 2025/26 Region VIII Assistant Officer *Courtesy of Randolph FFA*

Officers Attend Winter Leadership Retreat



Maria Hegland, Lindsay Taylor, Grady Taylor, Mattea Quigley, Karlea Roehl *Courtesy of Randolph FFA*

Jack Feldman
Randolph FFA President

Jack has been in FFA for 5 years. Jack attends Inver Hills Community College. After Jack is done with school he would like to be a Heavy Equipment operator.

Jack's SAE is Landscape Management. Jack's favorite FFA memory was going to the National FFA Convention 3 times and meeting new people from all across the country. Outside of FFA Jack is involved in Trap Shooting, Waterfowl Hunting, Dirt biking, and Snowmobiling. *Courtesy of Randolph FFA*

A piece of advice Jack would give to another FFA member is "Get outside of your comfort zone and try new things, apply for leadership positions as well."

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Maria Hegland
Randolph FFA Vice President

Maria has been in FFA for 5 years. Maria is a Senior at Northfield High School. Maria plans to attend a 4 year college, and major in Agricultural business and minor in communications.

Maria's SAE is Swine entrepreneurship. Maria's favorite FFA memory was going to judge at national contests with her team. Maria is involved in swimming, 4-H, youth on boards, and SALT team outside of FFA. *Courtesy of Randolph FFA*

A piece of advice Maria would give another FFA member is "Attend those camps, or leadership days. You will learn many valuable lessons while attending, and make new connections with other FFA members."

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Are Germs the Absolute Cause of Illness?



By Shauna Burshem, D.C.

Have you ever wondered why some family members fall ill while others remain perfectly healthy? If “germs” truly controlled our health outcomes, shouldn’t we all get sick when exposed to the same pathogen? That’s the crux of the debate around **Germ Theory Limitations**—and it’s a conversation worth having, particularly when considering the powerful role of the **immune system** and approaches like chiropractic care.

Now, don’t misunderstand—the germ theory forms a significant part of our understanding of health and disease. But claiming it paints the complete picture is akin to calling a single page the entire book. Let’s unravel why, with a focus on the immune system’s role in health, the limitations of germ theory, and the impact chiropractic care has on enhancing your body’s natural defenses.

The Limitations of Germ Theory

The germ theory suggests that microorganisms like bacteria and viruses cause disease. Louis Pasteur, its pioneer, fundamentally shifted the way humanity perceived illness. However, understanding the presence of germs is only half the story—it doesn’t account for **why we don’t all get sick despite being surrounded by billions of germs daily**.

Take, for example, that common scenario when someone in your household catches a cold. Sometimes, the sniffles seem to spread to everyone. Other times, one or two family members remain untouched. This variation raises a critical point germ theory ignores: the state of the **host’s immune system** plays a massive role in deciding whether someone will fall ill—or stay well.

It’s not the presence of germs alone but rather the terrain of the body—your immune health, stress levels, and nutritional habits—that determines whether you’ll get sick. We live in a germ-filled world, yet not every germ we encounter wreaks havoc. Health is complex, and it goes beyond the simple idea of bad bugs “invading” our systems.

The Immune System’s Crucial Role in Health

The immune system is your body’s ultimate gatekeeper. Think of it as a diligent security

team that monitors threats, evaluates risks, and takes action to keep your body in balance. While germs may spark a reaction, it’s your immune system’s strength and response that truly determine the outcome.

Strengthening the immune system to combat potential illness is far more empowering than living in fear of germs. This is where chiropractic care comes into play as it works with your body, not just against pathogens.

Chiropractic adjustments, particularly in the **thoracic spine and upper cervical areas**, have shown incredible benefits in supporting the immune system:

- **Thoracic Spine Adjustments:** Did you know adjustments in the thoracic spine can lead to an **immediate increase in white blood cell production**? These cells are key players in fighting off infections, making this adjustment a powerful boost to your immune defenses. More white blood cells mean your body is better equipped to respond to harmful microbes.

- **Upper Cervical Adjustments and T Cells:** Research shows that upper cervical spinal adjustments positively **influence T cell production**. T cells are like the generals of your body’s immune army—leading the charge, coordinating attacks, and adapting to new threats. Increased T cell production means bolstered immunity and faster recovery when an illness strikes.

It’s fascinating to think that your spine—your body’s central communication hub—can have such a profound influence on your immune health. By addressing misalignments in the spine caused by everyday stresses, chiropractors help your nervous system function better, ultimately strengthening the immune system.

Can Chiropractic Care Improve DNA Repair Rates?

Here’s another fascinating aspect of how chiropractic care supports your body from the inside out. Studies suggest that chiropractic treatments can influence the **rate at which your DNA repairs itself**. DNA repair is a critical immune system marker that speaks to how efficiently your body can heal and recover. Regular chiropractic adjustments promote an environment in which your body can naturally thrive and repair itself faster.

Essentially, chiropractic care isn’t about “fixing” you or fighting germs—it’s about freeing your body of interference so it can repair and defend itself as it was designed to do. These holistic benefits redefine health and sickness, showing us that a proactive approach trumps waiting to “respond” to germs after the fact.

Chiropractic and the Broader Health Picture

Chiropractic care is often associated with alleviating back pain, but its potential impact stretches far beyond that. It supports a proactive lifestyle by optimizing nervous system function, boosting immune resilience, and even improving overall well-being.

Instead of focusing on external threats (the germs), chiropractic care takes an **inside-out approach to health**, empowering the host—the individual—and the immune system to maintain balance amidst a world filled with microbial challenges. Everyone encounters germs. The question is whether those germs can thrive in your body, and chiropractic care helps ensure they don’t.

The Body’s Innate Ability to Heal

Chiropractic care acknowledges that the body has an innate ability to heal itself.

(continued on page 15)

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Are Germs the Absolute Cause of Illness?

(continued from page 14)

All the tools for optimal health are already within us; we just need to keep them functioning at their best. Proper nutrition, getting enough rest, stress reduction and regular exercise along with chiropractic care and other natural modalities such as acupuncture and massage allow the body's natural healing abilities to take over and repair any damage or imbalances.

As a society, we've become too reliant on external fixes for our health issues. Natural health care offers a refreshing perspective by focusing on supporting internal processes rather than relying on outside interventions. This approach aligns with our bodies' inherent wisdom and natural healing capabilities.

Conclusion

By focusing on the spine's alignment, chiropractors target critical points in the spine that affect neural impulses that regulate immune responses. Enhanced white blood cell

and T cell production, coupled with improved DNA repair, are powerful testaments to the body's innate healing potential. With a little help, your immune system can handle much more than you might think.

Take Charge of Your Health

The **limitations of germ theory** remind us that health is about more than just managing exposure to bacteria and viruses. It's really about building a strong foundation—through lifestyle choices, nutrition, stress management, and, yes, chiropractic care.

If you're someone who's trying to level up your health and wellness—or if chiropractic care is already an integral part of your health routine—know that there are tools and paths available that don't simply treat illness but enhance your body's natural potential.

Want to learn more about how chiropractic care can strengthen your immune system and help you thrive? Schedule a consultation with a trusted **chiropractor** today and take a proactive step toward your health. Because at the end of the day, it's about empowering your body to work at its best, not just reacting to what life throws your way.

Key Takeaways:

- Germ theory explains only part of the picture—your immune system largely determines whether you stay healthy.
- Chiropractic adjustments improve nervous system function, boost white blood cells and T cells, and even promote faster DNA repair.
- A holistic approach to health—like chiropractic care—helps build resilience, making it easier for your body to adapt and thrive.

When it comes to **health and germs**, think beyond avoidance. Think strength. Think chiropractic care.

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Substitutes



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Substitute – we frequently use the term to describe an individual who is taking the place of the original starter or the full-time employee typically assigned to the role. A substitute is essential to help keep the process going until the original plan can be restored. There are times when a substitute may prove to be helpful enough to become part of the permanent plan, but in the case of employment, the substitute will need to update credentials or sign a new contract to become part of the new plan.

In terms of how your body works, what is part of the “original plan” and what is a substitute? The original plan is the body chemistry that works day in and day out to keep everything in balance and functioning well. Your body requires protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and


water in specific quantities each day to function well. These are the team members of the “original plan.” Anything else should be recognized as a substitute.

In our modern food culture, there are many items found in the grocery store that are presented as food but are really “substitutes” that seem to fill a space on our dietary plan but do not keep up well with your body requirements. You can read the ingredient labels on many of these items and recognize quickly that this item is not a member of the “original plan.” You might even try to read the ingredient label and not be able to pronounce half of the words on the list, which is a good test to evaluate whether it a true food or not. What items would you identify as substitutes in the American food culture?

Soda pop contains no fat, vitamins, or minerals. Typically this “food” is described as empty calories because there is no nutrient value provided at all. This is a substitute for drinking water. Drinking soda pop excites our tongue and may help some indigestion but also corrodes the teeth and weakens the bones.

The ingredient list may include high fructose corn syrup, caramel coloring, and phosphoric acid. Diet pop may include aspartame, which has been identified as a possible cancer-causing chemical by the International Agency for Research on Cancer.

Artificial Sweeteners have been promoted as a substitute for sugar but your body will process these chemicals differently and the result can be harmful. *(continued on page 17)*



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Substitutes

(continued from page 16)

NutraSweet and Equal are well known substitutes with the primary ingredient being aspartame. Aspartame is 200 times sweeter than regular sugar and provides none of the important support that sugar can provide. In addition to the cancer risk, evidence has been presented that aspartame and sucralose increase heart disease. Sugar alcohols like erythritol and sorbitol have been popular substitutes for sugar, but these also have been connected to increased heart disease and can-

cer risk. The World Health Organization has recommended removing artificial sweeteners from regular food intake.

Low-fat foods have been promoted as a healthy substitute for regular whole fat foods but after 50 years of low-fat options on the grocery shelves America has greater health issues than ever before. In order for a low-fat food to taste good and to sell well more sugar needs to be added to the product. When you remove the fat that naturally exists, you also remove vitamins such as Vitamin D and Vitamin A. Whole fat foods deliver greater vitamin content and aid the body in slowing the absorption of sugar to reduce sugar spikes. Research from the 1930s identified whole fat food sources as the key food items that helped cultures around the world to thrive. Dr. Weston Price provided published records in "Nutrition and Physical Degeneration" noting how a culture that moved away from whole fat foods declined in health.

Plant based meats have been promoted as a climate-friendly and healthy substitute for your daily protein needs. While plants can provide some protein and are useful in our daily consumption, the products presented as meat substitutes do not qualify as a healthy alternative. These products do not contain the full protein spectrum found in real meat and often are missing some of the vitamins as well. Some meat substitutes will use plant oils that are high in Omega-6 fatty acids, an ingredient that Americans already consume too much of. If you want to enjoy a plant-

based meal containing protein then beans or portabella mushrooms are a good direction to go.

The original plan for your healthy body includes protein, fat, sugar, vitamins, minerals, oxygen, carbon dioxide, and water. When your health is declining you should check to see which of these "players" in the original plan may need reinforcement. Your body is asking for more nutrients. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully addressed with a quality nutrition plan.

Join me on Saturday, May 10, 2025 for the Northfield Holistic Health Summit. The theme this year is "Healthy Nerves, Healthy

Brain." Our keynote speaker will be Dr. Jeff Kotulski presenting "Mind Games" – addressing cognitive health as we age. Nine additional speakers and multiple vendors will be part of the day. Tickets are \$45, which includes a healthy lunch catered by Café Shawn. More information is available at <https://www.nutritionproportion.net/health-summit2025>

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.*

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Celebrating America's Farmers During National Ag Week

(continued from page 1)

The Agriculture Council of America (ACA) announced March 18, 2025, will be National Agriculture Day with the theme of "Together We Grow."

Activities planned for March 18 feature a virtual Ag Day program, and in-person events in Washington DC. A core leadership team of college students will participate in the DC events, along with representatives of national farm and commodity organizations, representatives of the food, fuel, and fiber communities.

Jenny Pickett, ACA President says students from AFA, 4-H, FFA, and MANNRS participated in 2024 National Ag Day. "Students are interested in advocating on behalf of agriculture and their future roles in the industry. Their participation in National Ag Day activities provides a glimpse of the future of agriculture. It's exciting to learn from the students what they think agriculture will be like in the years ahead, and how their involvement will shape the industry and America as a whole."

"More and more, students and individuals are finding careers in agriculture. The industry needs scientists, biologists, food safety technicians, livestock nutrition specialists, arborists, conservationists – one doesn't have to be a farmer or have a direct on-farm job to be involved in the agriculture industry," Pickett says.

2025 National Ag Day marks the 52nd year of the nationwide effort to share real stories of American agriculture, and remind citizens that agriculture affects everyone. "From the food we eat and the fuel for our vehicles, to the fiber in the clothes we wear, and the oil used to make kids' crayons, agriculture touches everyone in some way," Pickett says.

The National Ag Day program encourages every American to:

- Understand how food, fiber, and fuel products are produced.
- Appreciate the role agriculture plays in providing safe, abundant, and affordable products.
- Value the essential role of agriculture in maintaining a strong economy.
- Acknowledge and consider career opportunities in the agriculture, food and fiber industry.

In addition to the events on March 18, the ACA will offer the Ag Day Essay Contest. Interested students would create video essays on the topic of Food Security = National Security. The winning video essay will be presented on National Ag Day.



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The Savvy Senior How Long to Keep Tax Records and Other Documents



By Jim Miller

Dear Savvy Senior,

Is there a rule of thumb on how long someone should keep their old financial paperwork? I have file cabinets full of old receipts, bank and brokerage statements, tax returns and more that I would like to toss.

—Recently Retired

Dear Recently,

It's a great question. As we get older and our financial life gets more complicated, it's difficult to know how long to keep old financial records and paperwork and when it's safe to get rid of them. Some things you'll need to hold on to for your whole life and others for just a month or so. Here's a checklist I've created that can help you determine what to save and what you can throw away.

Keep One Month

ATM receipts and bank-deposit slips, as soon as you match them up with your monthly statement.

Credit card receipts after you get your statement, unless you might return the item or need proof of purchase for a warranty.

Credit card statements that do not have a tax-related expense on them.

Utility bills when the following month's bill arrives showing that your prior payment was received. If you wish to track utility usage over time, you may want to keep them for a year, or if you deduct a home office on your taxes keep them for seven years.

To avoid identity theft, be sure you shred anything you throw away that contains your personal or financial information.

Keep One Year

Paycheck stubs until you get your W-2 in January to check its accuracy.

Bank statements (savings and checking account) to confirm your 1099s.

Brokerage, 401(k), IRA and other investment statements until you get your annual

summary (keep longer for tax purposes if they show a gain or loss).

Receipts for health care bills in case you qualify for a medical deduction.

Keep Seven Years

Supporting documents for your taxes, including W-2s, 1099s, and receipts or canceled checks that substantiate deductions. The IRS usually has up to three years after you file to audit you but may look back up to six years if it suspects you substantially underreported income or committed fraud.

Keep Indefinitely

Tax returns with proof of filing and payment. You should keep these for at least seven years, but many people keep them forever because they provide a record of your financial history.

IRS forms that you filed when making nondeductible contributions to a traditional IRA or a Roth conversion.

Retirement and brokerage account annual statements as long as you hold those investments.

Defined-benefit pension plan documents.

Savings bonds until redeemed.

Loan documents until the loan is paid off.

Vehicle titles and registration information as long as you own the car, boat, truck, or other vehicle.

Insurance policies as long as you have

them.

Warranties or receipts for big-ticket purchases for as long as you own the item, to support warranty and insurance claims.

Keep Forever

Personal and family records like birth certificates, marriage license, divorce papers, Social Security cards, military discharge papers and estate-planning documents including a power of attorney, will, trust and advanced directive. Keep these in a fireproof safe or safe-deposit box.

Reduce Your Paper

To reduce your paper clutter, consider digitizing your documents by scanning them and converting them into PDF files so you can store them on your computer and back them up onto a cloud like Microsoft OneDrive, Apple iCloud or iDrive.

You can also reduce your future paper load by switching to electronic statements and records whenever possible.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: *I was just talking with someone the other day and they were telling me they had their driver's license suspended for too many speeding tickets. They also mentioned other ways a person can have their license suspended that I was not aware about. Can you write about that?*

Answer: Your driver's license may be suspended if you:

- Repeatedly violate traffic laws.
- Are convicted in court for a violation that contributed to a traffic crash resulting in death, personal injury, or serious property damage.
- Use or allow someone else to use your license for an illegal action. It is illegal to let anyone use your license or permit.
- Commit a traffic offense in another state that would be grounds for suspension in Minnesota.
- Are judged in court to be legally unfit to drive a motor vehicle.
- Fail to report a medical condition that would result in cancellation of driving privileges.
- Fail to stop for a school bus with its stop arm extended and its red lights flashing, within five years of a conviction for the same offense.
- Are found to possess a fake or altered license.
- Make a fraudulent application for a license or identification card.
- Take any part of the driver's license examination for someone else or allow someone else to take the examination for you.
- Falsely identify yourself to a police officer.
- Fail to appear in court or pay a fine on a motor vehicle-related violation when required to do so.

- Are convicted of a misdemeanor for a violation of Minnesota traffic law.
- Fail to pay court-ordered child support.

- Use or allow someone else to use your license, permit, or ID card to buy tobacco products or alcohol for someone under 21 years of age.

- Are under 21 years of age, and the court determines that you drove a motor vehicle while consuming or after consuming alcohol.

- Pay a fee to the state or driver's license agent with a bad check. (The suspension will be removed when the bad check and any related fees have been paid in full.)

- Are convicted for theft of gasoline.

After the period of suspension has ended, your driving privilege may be reinstated if all requirements are met. One requirement is payment of the reinstatement fee. If your license expired during the suspension period or if your name or address changed, you must apply for a new license and pay the appropriate fee.

Question: *In your last article you wrote about suspended drivers licenses. I know a person who had theirs revoked. Can you explain how this happens?*

Answer: Your driver's license may be revoked if you:

- Refuse to take a test to determine whether you are under the influence of alcohol or a controlled substance, or if you fail the test.
- Are convicted of manslaughter or any other criminal action while driving a motor vehicle.
- Are convicted of driving a motor vehicle while under the influence of drugs or alcohol.
- Are convicted of a felony in which you used a motor vehicle.
- Are convicted of driving in excess of 100 mph.
- Are convicted of fleeing a police officer.
- Are convicted of failing to stop, identify yourself and render aid when involved in a motor vehicle crash, especially one that involves death or personal injury to others.
- Are convicted of lying under oath, signing any legal document that contains false information about legal ownership or operation of a motor vehicle, or making a false statement to DPS about that information.
- Plead guilty or forfeit bail for three violations in a single year of any Minnesota traffic law or ordinance that requires a jail sentence upon conviction.
- Are convicted of an offense in another

state that would be grounds for revoking your license if you were convicted in Minnesota.

- Are convicted of a misdemeanor for driving a motor vehicle with prior knowledge that the owner of the vehicle did not have no-fault vehicle insurance.

- Own a vehicle without no-fault insurance and are found to have driven it or allowed others to drive it, with full knowledge that the vehicle was not insured.

- Are convicted of a gross misdemeanor for failing to stop for a school bus with its stop arm extended and its red lights flashing.

- Are convicted of selling or possessing a controlled substance while operating a motor vehicle.

After the period of revocation has ended, your driving privileges may be reinstated if all the reinstatement requirements on your withdrawal notice are met. You must show proper identification when you take the written test or road test. You must apply for a new license after all your testing requirements are met.

Question: *I've read your last couple of "Ask A Trooper" articles and with all this talk about driver's license suspensions and revocation, can you talk about people needing or getting a work permit for driving?*

Answer: Minnesota does have what is called a "limited license." Under some circumstances, a limited license may be issued to a person whose driving privileges are revoked or suspended. Before a limited license is issued, you must meet certain requirements, including completing any mandatory waiting periods. If you are issued a limited license, you are restricted to:

- Travel to and from your place of employment.
- Travel to and from chemical dependency treatment or counseling.
- Providing transportation for dependent children and other dependents living in your household for medical, educational, or nutritional needs.
- Travel to and from a post-secondary institution where you are enrolled.

Question: *My vehicle was recently involved with a crash with another vehicle. I had car seat inside but no child was present at the time of the crash. I am wondering if the car seat would still need to be replaced. My auto insurance company didn't want to replace it. Is there some state statute on*



this?

Answer: I did some checking with a Child Passenger Safety Technician and was advised there is no specific statute regarding car seat replacement after a crash from a state perspective. However, if the car seat manufacturer recommends replacement after a crash, that guidance should be followed. The insurance company may request documentation from the car seat manufacturer to support the claim. The replacement recommendation is not contingent on whether the child was in the seat at the time of the crash.

Child passenger safety technicians are trained to tell parents that if a car seat or booster seat has been in a crash, replacement is dependent on the severity of the crash, as well as the car seat or booster seat manufacturer's guidelines for the seats.

Some manufacturers require replacement after a crash of any severity. After a minor crash, replacement recommendations vary by car seat manufacturer. Car seats and booster seats always need to be replaced after a moderate or severe crash. Caregivers should contact the car seat or booster seat manufacturer with any questions about if the seat should be replaced after a crash.

The National Highway Traffic Safety Administration (NHTSA) has established the following criteria for assessing minor crash severity:

<https://www.nhtsa.gov/car-seats-and-booster-seats/car-seat-use-after-crash>

What defines a minor crash?

A minor crash is one in which ALL of the following apply:

- The vehicle was able to be driven away from the crash site.
- The vehicle door nearest the car seat was not damaged.
- None of the passengers in the vehicle sustained any injuries in the crash.
- If the vehicle has air bags, the air bags did not deploy during the crash; and
- There is no visible damage to the car seat.

NEVER use a car seat that has been involved in a moderate to severe crash. Always follow manufacturer's instructions.

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) Twitter: MSPPIO_SOUTH

Watch for Refreezing on Roads and Sidewalks

With the warmer-than-usual weather, melting snow during the day can quickly refreeze as temperatures drop at night, creating icy and dangerous conditions on roads and sidewalks.

Drivers:

Be extra cautious, especially on bridges, overpasses and shaded areas where ice can form unexpectedly.

Keep a safe following distance.

Avoid sudden stops or sharp turns.

Pedestrians:

Watch your step, as sidewalks and parking lots can become slippery overnight.

Wear proper footwear.

Stay alert for hidden ice patches.

Stay safe and take it slow. Whether you are driving or walking — let's prevent slips, falls and crashes!



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Dakota County Sheriff's Office
Joe Loko, Sheriff

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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.

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THEME: MARCH MADNESS
- ACROSS
- 1. Giant Himalayan
 - 5. *M in MAC
 - 8. Bathtub libation
 - 11. Joie de vivre
 - 12. Do like fly fisherman
 - 13. East side of Jersey
 - 15. Tucked in
 - 16. Diva's solo
 - 17. Length of a forearm
 - 18. *_____ Sunday
 - 20. Osiris' wife
 - 21. Freshwater fish
 - 22. Stir fry pan
 - 23. Victorian era overcoat
 - 26. Smallest
 - 30. *Like attending band at the NCAA Tournament
 - 31. Kaa of "The Jungle Book"
 - 34. Great Lake
 - 35. Prep mushrooms for steak, e.g.
 - 37. Cooking fat
 - 38. Bible song
 - 39. Second to last word in some fairytales
 - 40. False
 - 42. Dip oreo into milk, e.g.
 - 43. Tiresome
 - 45. Hoariest
 - 47. NBC's sketch comedy show
 - 48. Misrepresent
 - 50. South American monkey
 - 52. *2025 NCAA Championship game venue
 - 56. Renaissance fiddle
 - 57. "To _____ and to hold"
 - 58. _____-friendly
 - 59. Founding Father Thomas _____
 - 60. Damien's prediction
 - 61. Reunion group
 - 62. Bancroft to Hoffman in "The Graduate"
 - 63. Agreement word
 - 64. Ages and ages

- DOWN
- 1. Nay opposers
 - 2. River in Bohemia
 - 3. 1.3 ounces, in Asia
 - 4. Owes money (2 words)
 - 5. Angelina Jolie's 2024 singing role
 - 6. "Kick the bucket," e.g.
 - 7. *_____ Smith, coach of 2 champs and 11 Final Four teams
 - 8. Mongolian desert
 - 9. Fleur-de-lis
 - 10. *Cut down at end of last game
 - 12. Like rheumy eyes
 - 13. Descendant
 - 14. *2024 winners
 - 19. Thin pancake
 - 22. *_____ and move on
 - 23. *Cinderella's victory
 - 24. Furlough
 - 25. Spew, past tense
 - 26. Cough syrup balsam
 - 27. Use other end of pencil?
 - 28. Farm structures
 - 29. Dangle a carrot
 - 32. *_____ up or evenly matched game
 - 33. Step on it
 - 36. *2024 Most Outstanding Player Newton
 - 38. Paralyzing disease, for short
 - 40. Afghan monetary unit
 - 41. Neolithic tomb
 - 44. "Riunite _____, that's nice"
 - 46. Figure out
 - 48. Scapegoat's due
 - 49. Roof overhang
 - 50. Salty drop
 - 51. Avian wader
 - 52. Sailor call
 - 53. Capital of Norway
 - 54. Statistics calculation
 - 55. Sea eagles
 - 56. Dashboard acronym

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SUDOKU ANSWERS								

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