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APRIL 9, 2025

Volume 22 • Issue 4

April 11th 9-11 AM

Join us for Randolph FFA's
TRACTOR PARADE

**LINE UP BEGINS AT 8 AM
at Otte Enterprises**

Drivers must be 15+ years or have
an adult with them. No passengers
on open cab tractors.

Refreshments provided!

Rice County Steam & Gas Annual Flea Market & Swap Meet May 24th & 25th

The Rice County Steam & Gas Show has
announced their annual Swap Meet and Flea
Market for May 24th & 25th.

**Annual Swap Meet & Flea Market
Consignment Auction 9am Saturday
S.E.P.T.A. Tractor Pull 9am Sunday**

Miniature Railroad Train Rides

Free admission, held rain or shine.
Check out their website and facebook page
for more information. www.ricecountysteamandgas.com



Announcements

• Randolph School:

April 11 - Tractor Parade 9:00 a.m.
April 11 - Early Dismissal - Students
Dismissed at 12:30 p.m.

April 12 - Community Garage Sale

April 17, 18 & 21 - NO SCHOOL

April 18 - RCC CLOSED

April 22 - In School ACT/ASVAB Test
Gr 11

April 22 - Early Childhood Screening
April 30 - Mid-Quarter

• **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.
(see page 14 for additional info.)

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

Randolph FFA Region 8 Officer Visit Outreach



Region 8 Officers, visit outreach classes to work on communication and team building activities. Courtesy of Randolph FFA (additional picture on page 10)

2025 Summer Child Care

Randolph Community Education is currently accepting registrations for summer child care. Randolph Child Care "RCC" is open from 6:30 a.m.-6:00 p.m. Monday-Friday.

Children age 4 that are registered for our preschool program for the 2025/2026 school year, and children age K-the summer after completing 5th grade that are currently attending Randolph Elementary School are welcome to attend summer RCC.

Summer Child Care registrations are due by April 16, 2025.

Late registrations will be placed on a waiting list until it is determined if there is room in our program.

Easter Brunch Menu

Sunday, April 20th • Serving 9:00a.m.-3:00p.m.

Reservations Strongly Suggested

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Easter Makes Us One

Easter is the celebration of all we are as believers! Easter celebrates the fact that the grave was empty, and we serve a risen Savior! Jesus came into this world to be our redeemer and our Savior; He came for this day we are celebrating today- His resurrection- His victory over sin and death. He paid the price for the sins of the world on the cross. And on the third day- He rose up in victory over death so that we all may celebrate that same victory when we believe in Him. The resurrection is for all people. The resurrection wasn't only for the Jews, and it wasn't only for the gentiles- non-Jewish people- Jesus came for all people. He didn't come only for the people of Israel but the world! Easter makes us One; in faith and One in Christ.

The apostle Paul addressed this very thing in his letter to the Ephesians 2:14-16, "For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us. . . He made peace between Jews and Gentiles by creating in himself one new people from the two groups. 16 Together as one body, Christ reconciled both groups to God by means of his death on the cross, and our hos-

tility toward each other was put to death."

Paul spells it out pretty well. He wants all believers to focus on the main thing- Jesus Christ and his sacrifice for them. As followers of Jesus we are now united with Christ. We're not only one with other believers we are one with Jesus. We have been brought to Jesus through His blood that was shed on the cross. Jesus paid the price- Jesus took the weight of our sins on His back and took them to the cross. And because of His death and His resurrection we are clean in the eyes of God. We are pure, we are holy, and we are one with Christ. When we choose a relationship with Jesus His blood purifies us from all sin! And when God looks at us- He sees Jesus blood and cleansing- it's a done deal. Jesus only had to die for us one time- He was the perfect sacrifice- without any sin- and was the only one that was able to become our perfect sacrifice, once and for all time!

We, as in the people of God- Christians everywhere, have an invisible bond. And even though you can't physically see that bond- you can sense it anywhere you meet a group of believers. I love being around God's people, in the airports, in other churches, in long lines, in other countries- even though they may look different or even worship differently, we are a family! We are one. That was the plan- That was always a part of the plan of God for the people He created. He desired that each one would truly follow Jesus and become a part of His family.

Jesus brought peace to us. Jesus united the Jews and Gentiles. Jesus united you and me, by breaking down the wall that separated us.

When Jesus died and rose again he broke down the wall that separated us from God and He broke down the wall that separated people from one another. Jesus created a new people- believers in Christ- new men and women believing and following Him. We are the church!!! We are united in Christ- Being One in Christ has benefits and responsibilities for each believer:

- Unity and harmony among brothers and sisters in the body of Christ. In Christ, we all have a seat at the table. No one is better or closer to God than the other. Does that mean we forget our unique differences and cultures? Absolutely not. But it does mean those differences have no power to separate us from God or each other if we live in the freedom of this truth.

- Embrace our differences, even celebrate them, as long as we love with the Love of God, which binds us all together in perfect harmony. Relational unity in the church is the best witness to the reality of Jesus Christ and God to the world.

- There is no room for Discrimination, prejudice, and racism in God's family! God made human beings— the entire human race—in His image and likeness

- Every form of condescension, partiality, and intolerance based on race, rank, and gender must be repented of and nailed to the cross because we are all one in Jesus Christ. Paul said, "In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives

in all of us" (Colossians 3:11, NLT).

- Be united in passion, plan, and purpose. Christians are all redeemed by the same blood; we are all going to the same heaven; we have a shared aspiration, a shared enemy, and a shared hope and joy. When we get together, no matter where or how- our hearts will serve as one.

At the tomb on Resurrection morning- it was the women that received the message first- then it went to the disciples and then on Pentecost the message was proclaimed throughout Jerusalem. Jesus ended his earthly ministry with the mandate to the disciples- "go and make disciples of ALL the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."

All are welcome at the cross. All are welcome in the faith- ALL brings us together in Jesus. Easter makes us ONE!



For something different

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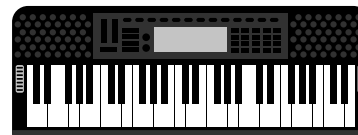
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Place your ad in the next issue of the Randolph-Hampton-Castle Rock Messenger.
Email: hometownmessenger@gmail.com
or call 507-649-3327

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<p>RANDOLPH BAPTIST CHURCH</p> <p>Pastor Dennis Ingolfssland 29020 Dawson Avenue in the heart of Randolph (adjacent to Randolph Public School grounds). Sunday School 9:00a.m. (children, teen, and adult classes) Sunday Worship 10:00a.m. Adult Bible Study Every Wednesday at 6:00p.m. Questions? Call church office 507-663-1437</p>	<p>CHRIST UMC</p> <p>Rev. Thomas Countryman 29470 Gaylord Ave., Cannon Falls 507-757-8043 www.christunitedmethodist.org Sunday Worship 8:30a.m. Sunday School 8:30a.m.</p>
<p>STANTON UMC</p> <p>Reverend Thomas Countryman 1020 Hwy. 19 Blvd., Stanton • 507-321-3598 www.stantonunitedmethodist.org Sunday Worship at 10:15a.m. Email your church announcements, schedule, etc. to the Randolph-Hampton-Castle Rock Messenger at: hometownmessenger@gmail.com</p>	

AREA CHURCH DIRECTORY
Studying God's Word
Your word is a lamp for my feet, a light on my path.
— Psalm 119:105

Have you discovered the profound impact of studying God's Word? In my youth, I often underestimated its importance, seeing Bible study as merely a religious duty. But then came a time when I faced uncertainty and sought direction. And a wise mentor pointed me to Psalm 119:105, emphasizing that God's Word illuminates our path, guiding us through life's challenges and uncertainties.

Studying God's Word is not just about gaining knowledge; it's about encountering God himself. Through Scripture we discover God's character, his promises, and his will for our lives. God's Word provides wisdom for decision-making, comfort in times of distress, and hope for the future.

The Bible reveals God's redemptive plan and his unfailing love for humanity. It teaches us how to live according to his principles and align our lives with his purposes. As we explore Scripture with an open heart and mind, we invite the Holy Spirit to speak to us, transforming our thoughts and renewing our minds.

I am grateful for being able to study God's Word. It has deepened my faith, strengthened my relationship with Jesus, and equipped me to serve others with compassion and grace. Each passage has been a source of encouragement, correction, and inspiration in my walk with God.

May God's Word be a lamp to illuminate your path and a constant source of wisdom and strength.

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<p>ST. MARK'S LUTHERAN CHURCH</p> <p>Pastor Lue Moua 28595 Randolph Blvd. www.stmarksrandolph.com Sunday Worship 10:00a.m. & on Facebook Bible Study Tuesdays at 9:00a.m. & 1st Wednesday at 11:00a.m. WELCA 1st Wednesday at 10:00a.m. Questions? Call 507-263-9182</p>	<p>ST. MATHIAS CATHOLIC CHURCH, HAMPTON</p> <p>stmathias-hampton.com 5:00 p.m. Saturday Mass 7:30a.m. Monday Mass Questions? Call Mon.-Friday 651-437-9030</p>
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Judy's 7777**

Submitted by Bob Duncan: scribed@aol.com

A lady friend of many years died of cancer. Every Thursday I'd relieve her husband, sit by her sofa and we talked. She told me she had no fear because she knew she would be with God. I wanted to write something as a memorial. This is it. She was too weak to read it asking me to. When I finished she said, "I like it." At her request the family reprinted it into a hand-out pamphlet at her funeral Easter Sunday, 2006.

Judy's First Conversation with God

God

Hi Judy. Have a coffee mug!

Judy

Who are you?

God

God.

Judy

Is that your real name?

God

I'm called many names.

Judy

If this is heaven, it's just as I dreamed it would be.

God

"The plans of the heart belong to man..." Proverbs 16.1.

Judy

Is there a hell?

God

As you choose.

Judy

Is there a nothing?

God

Nothing does not exist.

Judy

How old are you?

God

Same as you.

Judy

Why do people die?

God

All living organisms have a shelf life.

God

Next? Give me a hard one.

Judy

Okay. Are you married?

God

Was my only begotten son born out of wedlock?

Judy

Why am I here?

God

Your record shows that other than the pack of Wrigley's Spearmint you stole in the third grade, you were honest. You made things more better. You lied only when the truth would hurt someone. Your love was pure, never strayed.

Judy

I listened to that little voice in the pit of my stomach.

Judy

Why are you laughing?

God

That little voice was from your soul.

Judy

How can eternity be continuous?

God

It's a circle.

Judy

Did your divine hand write the Bible?

God

What do you think?

Judy

Which religion is the best?

God

Sunshine or rain, pick one.

Judy

Why are there so many?

God

Faith, belief and acceptance are free to everyone.

Judy

I think you're taking the 5th.

God

Not at all. Concepts of heavens and the spirit worlds are custom made by their owners, free will, and held dear... streets paved with gold?, chandeliers imported from Italy? "Answers about the ethereal are the same for all peoples," as they hope them to be.

God

Here, look in the mirror.

Judy

It's you and me.

God

"Do you not know that you are a temple of God and the Spirit of God dwells in you." 1 Corinthians 6:19

God

You believed in me and helped others without asking anything in return. Except for one itty-bitty difference, we are one in the same.

Judy

Do I get another coffee mug?

God

One per customer.

God

The soul is born here, in the sight of God. In the mantle of Man, it fulfills its destiny, returns home, leaving behind its temporary earthly form as a forever reminder of its one-time presence.

Judy

Why all the bad stuff?

God

Free will.

Judy

You make all of this sound so simple.

God

It is. Man makes it complicated. Too many cooks ruin the stew.

God

Bottom line, Judy... "Omne quod creditis, fuit, est et in aeternum erit" *"All is as ye believe...was...is...and forever will be."*

God

So, look around. I understand your old friends have a welcome home party waiting in the wings. Speaking of wings, you must see our remodeled wings kiosk. We have the traditional flappy-flappy ones with seven new colors, including a soft and delicate pastel. The fixed wing wings are for soaring only. Blaze orange. Locator beacon.

Judy

One last question. Earlier you said that You and I are the same except for one itty-bitty difference. What is it?

I'm the one who gives out the coffee mugs."

I ♥ JUDY

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Dennison Lions Club

ANNUAL SPRING BREAKFAST

Sunday, April 13, 2025

8:00a.m.-12:00p.m.

at Dennison Lutheran Church, Dennison

Pancakes

French Toast

Eggs

Sausages

Juice

Milk

Coffee

Adults \$12.00 • Kids \$5.00 (Kids under 3 Free)

Proceeds will benefit the Dennison Lions Club and Dennison Community Church activities

Dennison Lions Club is a non-profit organization.

Anhydrous Safety Should be Top Concern This Spring

The MDA offers safety tips for those maintaining equipment and applying and transporting NH3

Many farmers and applicators will soon apply anhydrous ammonia (NH3) prior to planting or sidedress after planting. Even with a rush against time and the weather, safety should never be compromised. Acci-

dents involving anhydrous ammonia have proven how dangerous and deadly the chemical can be when not handled properly.

The Minnesota Department of Agriculture (MDA) is providing the following tips to farmers and applicators so they can safely apply anhydrous ammonia.

Always wear appropriate goggles and gloves. Never wear contact lenses.

Be sure to have a clean, adequate emergency water supply of at least 5 gallons.

Exercise caution when making connections and disconnections as if lines contain anhydrous ammonia.

Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3.

Close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose

end valve by the valve body.

Position equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining anhydrous ammonia equipment. Never assume NH3 lines are empty, always wear proper protective equipment, and have access to safety water.

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehi-

cle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, immediately call 911 and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website at www.mda.state.mn.us/nh3.

Minnesota Farm Bureau President Dan Glessing Testifies on Capitol Hill

WASHINGTON – Minnesota Farm Bureau (MBFB) President Dan Glessing testified on March 26 before the U.S. House Committee on Transportation & Infrastructure Subcommittee on Highways and Transit, as part of its hearing - America Builds: How Trucking Supports American Communities.

"The success of American agriculture relies upon a robust, safe, and dependable transportation system," Glessing stated. "The products we grow and raise must travel far beyond our farm gates to reach markets, processors, and consumers. That is why Congress needs to consider common sense solutions that address our supply chain shortfalls."

During his testimony, President Glessing also addressed Farm Bureau's continued support for the Infrastructure Investment and Jobs Act, National Highway Trust Fund fees, and continued exemptions for agriculture haulers. Video of the subcommittee hearing,



starting with President Glessing's testimony, is available here.

President Glessing testified alongside John Elliott, Executive Chairman of Load One; Lewie Pugh, Executive Vice President of Owner-Operator Independent Drivers Association; Ryan Lindsey, Executive Vice President of Government Relations for CRH; and Cole Scandaglia, Senior Legislative Representative and Policy Advisor for the International Brotherhood of Teamsters.

Minnesota Farm Bureau Recognizes Sesquicentennial Farm Honorees

EAGAN, Minn. – The Minnesota Farm Bureau Federation (MFBF) is pleased to recognize 46 recipients of the Sesquicentennial Farm award for 2025.

Since the program began in 2008, 623 families have received the honor.

To qualify, a family farm must be in continuous family ownership for at least 150 years, be 50 acres or larger, and currently be involved in agricultural production.

Honorees will receive a commemorative certificate signed by Governor Tim Walz, Minnesota Department of Agriculture Commissioner Thom Petersen and MFBF President Dan Glessing, along with an outdoor sign signifying Sesquicentennial Farm recognition.

A display featuring all Sesquicentennial and Century farms will be available inside the Minnesota Farm Bureau building during the 2025 Minnesota State Fair.

Dakota County

Hastings – Maher Farms, 1875

Hastings – Mainz Farm, 1874



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That's the Latest Radio



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.

I've mentioned how I got interested in radio when I had to do a report in Mr. Bob Doyle's Social Studies class in 9th grade. The assignment was to write a paper on some occupation. We were allowed to choose any occupation. I told my classmate Louie Loosbrock during a study hall session that I had no idea what I was going to write about. Louie thought for a second and he goes: 'How 'bout disc jockey?' I go yes, that's what I'll write about. And that's where the spark started the fire. Little did I know that assignment led me to a career in radio. I followed up after high school by going to radio school, Brown Institute, in Minneapolis.

Over the years, I met several people in radio or former radio people who also got their start at Brown. When I lived and worked in Nebraska, I would interview U.S. Senator Chuck Hagel, who later was Secretary of Defense. We got talking and it turned out that he also was a graduate of Brown Institute. Hagel had a great voice and could have been another Tom Brokaw but he took a government job. That was a good choice on his part. Later when I was in Washington D.C. with the Nebraska Corn Growers Association, we were doing some Capitol Hill visits and Hagel's office was one of our stops. Chuck saw me and remembered our connection of being 'Brownies' and when I asked if we could do a short interview he took me into a side room where we probably did a 10 to 12 minute interview.

Then he walked out and met with the corn growers who had been waiting in his office for him to show up. I stood in the back of the room while they talked to him about their concerns and then he had to leave. Some of the corn growers asked if I was going to get an interview with him. I told them I already did an interview, that's why he was late to your meeting. Well that cost me the first round of beers later that night.

I never thought that a farm kid from Minnesota would be able to meet and talk with so many influential people. Leaders from the agriculture sector to the government sector from townships all the way to the White House. I also got to meet and interview some in the entertainment sector with most of those in the country music industry. There was



During Cheers night in Sioux City, Emery went as postal worker Cliff Kleven, actually Claven. Emery also got to throw out the first pitch as his radio station was the sponsor of Cheers night. A San Diego Padres scout in the stands said he would have put his radar gun on his pitch, but it didn't register such a slow pitch.

Alan Jackson, Lee Greenwood, LeRoy Van Dyke and Kenny Rogers, just to drop a few names.

One of the pictures with this column shows a couple of government leaders that I got to know and interview. Ann Veneman was Secretary of Agriculture during my 3 years as a national officer in the National Association of Farm Broadcasting (NAFB). Tom Ridge, former Governor of Pennsylvania, was the nation's first Secretary of Homeland Security during this time. One of the real highlights which I've written about before was to be one of the few farm broadcasters back in 2000 to be invited to the White House to take part in an East Room meeting about trade relations with China. In the receiving line after the meeting, I got to meet and shake hands with 3 Presidents, Bill Clinton, Jimmy Carter and Gerald Ford. Here was this nerdy farm kid from little old West Concord, meeting Presidents in the White House. Talk about a fish out of water...that was me!

4 years later, I invited Gerald Ford's son Steve to come and speak at our NAFB annual meeting in Kansas City. We stayed in touch for a few years after that. Steve, in his younger days, was a professional horse trainer and he was tutored in rodeo bronc riding by Casey Tibbs. Tibbs, if you are not familiar, was from Fort Pierre, South Dakota, and was a 9 time World Champion. The Casey Tibbs Museum, which I've been to, is in Fort Pierre. Tibbs was also an actor appearing in a few movies.

I was a good friend with fellow farm broadcaster Cliff Mitchell from Albany, Minnesota. Cliff, along with his radio work, was an auctioneer and was a rodeo guy when he was young. His claim to fame was that one time in a rodeo competition; he defeated Casey Tibbs, which almost never happened.

So kids, if you're reading this, do your Social Studies homework, you never know what it might lead to. I know I didn't.



This picture from USDA headquarters was taken in 2003. Front row l to r: Homeland Security Secretary Tom Ridge, Ag Secretary Ann Veneman, Farm Broadcaster Ron Hayes. Back row l to r: Emery Kleven, Tom Brand, Jeff Nalley




This picture from 1994 at the Woodbury County, Iowa County Fair is Emery Kleven interviewing Country singer LeRoy Van Dyke



In his radio career, Emery partook in a keg throwing contest during Cheers night at the Explorers Stadium in Sioux City, Iowa. Emery won the event over a former champion who was a beer distributor

The Power of Camp: Transforming a Child's Life



By Samuel Smith
Overnight and Marketing Director
at Camp Victory

Each summer, thousands of children embark on an adventure that changes their lives forever—camp. Away from screens, school pressures, and the daily routines of home, camp provides an environment where kids can grow, explore, and thrive in ways that are simply not possible anywhere else. Whether it's a weeklong overnight experience or a summer of day camp, the impact of camp on a child's development is profound and lasting.

Building Confidence and Independence

One of the most significant benefits of camping is the confidence it instills in children. At camp, kids are encouraged to try new things, from learning how to swim, tackling a ropes course or performing in front of their peers. These challenges push them outside of their comfort zones in a safe and supportive environment, leading to newfound self-assurance.

Independence is another invaluable skill developed at camp. Being away from home, even for a short period, teaches children how to manage responsibilities, make decisions, and take care of themselves. From organizing their belongings to navigating friendships and daily schedules, campers gain a sense of autonomy that fosters personal growth.

Developing Social Skills and Friendships

In an age where children's interactions occur online, camp offers a rare opportunity for face-to-face socialization. Without the distraction of digital devices, campers engage in genuine conversations, learn conflict resolution, and develop deep, meaningful friendships. The bonds formed at camp often last a lifetime, as children share experiences and overcome challenges together, creating a sense of community and belonging.

Camp also encourages teamwork and collaboration. Whether it's working together to build a shelter, paddle a canoe, or perform a skit, campers learn the importance of cooperation, communication, and empathy. These skills are invaluable, not only during childhood but throughout life.

Encouraging a Love for Nature and Adventure

Many children today have fewer opportunities to engage with nature. Camp reintroduces kids to the great outdoors, fostering an appreciation for the environment and a sense of adventure. From hiking and canoeing to stargazing and campfire storytelling, campers develop a connection to nature that is both refreshing and educational.

Outdoor play and adventure also contribute to physical well-being. Instead of being sedentary in front of screens, campers spend their days running, swimming, climbing, and exploring, promoting a healthy, active lifestyle. These experiences not only improve physical health but also enhance mental well-being by reducing stress and increasing happiness.

Cultivating Resilience and Critical Thinking Skills

At camp, children inevitably face challenges—whether it's homesickness, learning a new skill, or navigating social dynamics. These obstacles teach resilience, as campers learn how to cope with setbacks and push through difficulties. Instead of relying on parents or teachers to solve problems for them, campers develop critical thinking skills and a growth mindset, understanding that failure is a steppingstone to success.

By overcoming small struggles at camp, children build the confidence to tackle bigger challenges in life. This resilience serves them well in school, friendships, and future careers, helping them adapt to new situations

and persevere through hardships.

A Lasting Impact

The magic of camp extends far beyond the summer. The skills, friendships, and memories gained shape a child's future, instilling values of responsibility, perseverance, and kindness. Many former campers look back on their camp experiences as some of the best times of their lives that built character, inspired passion, and created a lifelong love for learning and adventure.

For parents wondering if camp is the right choice for their child, the answer is a resounding yes. Camp is more than just fun and games; it is a powerful, transformative experience that equips children with the tools they need to succeed in life. Whether they return year after year or only experience it once, the impact of camp is undeniable and everlasting.

So, as summer approaches, consider giving your child the gift of camp. It's an investment in their happiness, growth, and future gift that truly lasts a lifetime.

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Camp Victory

ZUMBRO FALLS, MN



SUMMER CAMP 2025

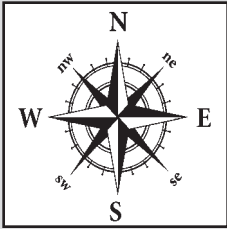
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Changes in Latitudes, Changes in Attitudes

Hillbilly Dinner Show



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 has all the social events of any big city, even in the backwoods. They may be a little crude but they still exist. Big Sandy is one of those places on the banks of the Kentucky Lake. It is a little rough around the edges but they do have a Barbeque place we like to visit. Kid Rock and Hank Williams Jr. like to eat there as well when they are in the area, so I guess that could tell you something. This Barbeque Shack is just that. A small cook shack with a large carport attached to keep off the rain or sun, and depending on the day it might be both. The smoker is right beside the carport so the aroma of brisket and barbeque is quite delicious.

One of their specialties is a huge baked potato smothered in cheese and barbequed pork. It is a favorite of ours and quite a meal all by itself. We decided late one afternoon to make a run down there and enjoy the meal. We didn't know we would be treated to an impromptu side show with our meal.

When we pulled up, we were the only ones

there, but seconds after we arrived a woman walked around the side of the cook shack. The Barbeque stand is right beside the local VFW and the owner frequents the bar there so if you show up and no one is cooking, they will soon appear.

It turned out that they were not open, but the woman worked there and had just stopped by to get something for herself. She offered to open up and serve us. She knew we were friends with the owner, but I think she would have done the same for anyone. She said it would just take 15 minutes to heat up the food and we would get our meal. That was where the evening took quite a turn.

She kept saying how this had been just a terrible day, the worst ever, and she was also exhibiting signs of some level of intoxication. As she was cooking, a guy who was her boyfriend, showed up and she asked him if she could make him a burger. He stormed off. We soon learned his role in the story. After she served our food, she sat down and regaled us with the day's events.

It seems she had driven her boyfriend up to the casino in Kentucky, early that morning. She dropped him off at the door and went to park. She drove into the employee parking lot and promptly ran out of gas. She went looking for gas, while the casino security went looking for the person who parked in the restricted area. Her boyfriend came looking for her when he had burned through his gambling funds. She tried begging fuel off everyone she met, to no avail. With security threatening them for parking in an off-limits zone, they finally got some gas from a guy mowing the grounds.

Off they went for home with him mad and her in tears. Along the way she turned into a Tennessee Watershed restricted area, by her account to show the boyfriend some construction site along the river. She didn't see the NO TRESPASSING signs. Along comes the TWA officer and threatens to arrest them for entering a restricted area. Sure enough, when she tries to start the car, it was out of gas again. Lesson Two is don't gamble away



your gas money.

So, the guy heads out hiking looking for gas again while she takes her dog down under the bridge. At that point she learned that her next mistake was going into a restricted area after just being warned prior to not trespass again. The boyfriend finally procured another can of fuel and they arrived

back at Big Sandy. This one-person play ended with another day shot and one player mad and the other in tears. As we sat for half an hour listening to the sad tale, I couldn't help thinking that less alcohol and more common sense would have been very beneficial to these two actors. But the burgers and the hot potato salad were pretty good.

A Minnesotan: Eggs



By RosaLin Alcoser

Not that it always worked the way I meant it to. Since I also remember many times when the egg would fall off the wire and into the second color. Which did still make a two toned egg, just never in the way that I had meant it to.

The Easter when I was seven years-old is still the most amount of Easter eggs that I've ever seen; outside of large scale egg hunts of course. It was 2003 and eggs were just a little over one dollar that year.

My mother got us three dozen eggs to dye. Then two of her friends also bought and dyed a combined four more dozen. None of which was done in a coordinated attempt. It was the year of seven dozen Easter eggs.

I was in childhood heaven. We had so many eggs to find that year. It was also the only year, in my memory, that my older sister did not insite that the eggs had to be hidden three and four more times. Mostly because that was also the year that my mom's friend's then 25 year-old son hid them without remembering where he hid them. Nor thinking about where a 12 and seven year-old were not allowed to go on the property and without any regard for how hard he hid them.

Making the year of seven dozen eggs also the year that we did not find all of the eggs on Easter. Which meant that year we were still finding them until after the Fourth of July.

Back in my day, eggs were so cheap we could dye them without eating them; or throw them at people's houses. Along with similar phrases are all things that I have recently said while being mad about the price of eggs while at the store. While I never threw an egg at anyone's house in my youth, I have dyed my fair share of eggs.

I have many fond memories of watching the little dye tablets dissolve in the vinegar. Taking a little clear wax crayon to draw designs on some of my eggs before dipping them into the colors. Sometimes carefully dipping one end of the egg into one color, before carefully turning it on my wire to dip it into a different color. Just to make a two toned egg.



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Randolph Students Perform in the Subsection Solo/Small Ensemble Contest



It's ANOTHER great day to be a Rocket! 27 of our best and brightest music students ventured to Kenyon to perform in the subsection solo/small ensemble contest. The jazz band performed. The chamber choir performed. Five students performed vocal solos. Superior ratings abounded. We're so proud of our students, and they should be too! Go Rockets!
Receiving Superiors were: Jazz Band: Helaena Hensley - vocal solo; Avery Gillen-Rexroad - vocal solo; Stella Gillen-Rexroad - vocal solo; Sarah Streiff - vocal solo; Gradyn Taylor and Sarah Streiff - vocal duet *Courtesy of Randolph School*

Randolph Machine League and T-Ball

Randolph Community Education is currently accepting registration for Machine League for Grades 1 & 2, and T-Ball for Ages 3, 4, & 5. Machine League registrations are due April 25. T-Ball registrations are due April 25. Please direct questions to Mr. Rutledge at rutledgem@district195.org.

Summer Machine League/Coach Pitch Registration Form

Cost: \$60

Dates: Every Monday starting June 2 and ending July 28. Starting at 6:00 pm.

Boys and girls in grades 1st and 2nd will play in-house every Monday evening at St. Mark's Church. Players will learn the basic on how to throw, hit and run the bases. Along with common knowledge of the game. Players can either use the machine or have a coach pitch. If for some reason we don't get enough interest in the machine/coach pitch program you will be reimbursed. If that happens you will have the option to join the morning skills camp.

We encourage you to also sign up for the morning skills camp with Mr. Lindow.

Deadline is Thursday April 25, please return the form along with \$60 to Mr. Rutledge in the Elementary Office. If you want to pay with a credit card please contact Duvae Otte at otted@district195.org or 507-645-4773 ext. 209. **Make checks payable to Randolph Community Education.**

If you have any questions please contact Mr. Rutledge at rutledgem@district195.org or 507-645-4773 ext. 207. Please fill out the form below.

Machine League/Coach Pitch Registrations are due to the Mr. Rutledge by April 25, 2025. Make check payable to Randolph Community Education and return to Mr. Rutledge in the Elementary Office.

Name

Phone (cell)

Email Address

T-shirt Size

YXS

YS

YM

YL

YXL

Volunteer coaches are needed, please consider helping coach your child's team.

Yes, I will help coach – Name

My signature is an expression of my faith in the above program. I understand that ISD 195 and Randolph Community Education are not responsible in the case of an accident.

Parent/Guardian Signature

Date

T-Ball Registration

Pending on the number of teams. We will be splitting up the age groups for t-ball. 3 and 4 year olds will be in one group and 5 and 6 year olds in another group. Both groups will play on Wednesday nights at St. Mark's. Please remember to not bring your dog to t-ball. Please tell family and friends.

Cost: \$50

Location: St. Mark's Church

When: Wednesdays

Time: Will be determined by the number of teams.

Age Group: 3 & 4 year olds Wednesday; 5 & 6 year olds Wednesdays

Make Check Payable to Randolph Community Education.

Send registration and check to Matt Rutledge, 29101 Dawson Ave. PO Box 38 Randolph, MN 55065.

Games start June 4 and end July 30. No Games on Wednesday July 2, 2025

T- Ball Registrations are due to the Mr. Rutledge by April 25, 2025. Make check out to Randolph Community Education and return to Mr. Rutledge in the Elementary Office.

Name

Age

Phone (cell)

Email Address

T-shirt Size

YXS

YS

YM

YL

YXL

Volunteer coaches are needed, please consider helping coach your child's team.

Yes, I will help coach – Name

My signature is an expression of my faith in the above program. I understand that ISD 195 and Randolph Community Education are not responsible in the case of an accident.

Parent/Guardian Signature

Date

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\$35 PER ATHLETE

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JUNE 24TH 8:30-11:00AM 3RD-4TH GRADERS

JUNE 25TH 8:30-11:00AM 5TH-6TH GRADERS

JUNE 26TH 8:30-11:00AM 7TH-8TH GRADERS

REGISTRATION FORMS ARE DUE APRIL 25TH, 2025

LATE REGISTRATIONS WILL NOT BE ACCEPTED

PLEASE PAY WITH CASH OR CHECK

ALL CHECKS CAN BE WRITTEN TO RANDOLPH COMMUNITY EDUCATION

SEND ALL REGISTRATION FORMS AND PAYMENTS TO COACH O'REILLY (FIRST GRADE CLASSROOM)

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YOUTH ATHLETES WILL RECEIVE BASIC SKILLS OF VOLLEYBALL THROUGH THE USE OF PAPERS AND PINK THIS CAMP IS FOR GIRLS ONLY

PARTICIPANT NAME: _____ CURRENT GRADE: _____ SHIRT SIZE: _____

PARTICIPANT NAME: _____ CURRENT GRADE: _____ SHIRT SIZE: _____

PARTICIPANT NAME: _____ CURRENT GRADE: _____ SHIRT SIZE: _____

PARTICIPANT NAME: _____ CURRENT GRADE: _____ SHIRT SIZE: _____

PARTICIPANT NAME: _____ CURRENT GRADE: _____ SHIRT SIZE: _____

PARENT NAME(S): _____ CELL: _____ CELL: _____

PARENT(S) EMAIL: _____ EMAIL: _____

EMERGENCY CONTACT(S): _____ CELL: _____ CELL: _____

PAYMENT TYPE- CASH: _____ CHECK #: _____

I HEREBY AUTHORIZE THAT BY SIGNING THIS FORM, I UNDERSTAND THAT RANDOLPH ISD 195 AND RANDOLPH COMMUNITY EDUCATION ARE NOT RESPONSIBLE IN THE CASE OF AN ACCIDENT.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

I HEREBY AUTHORIZE PICTURES TO BE USED OF MY CHILD(REN) TO PROMOTE RANDOLPH VOLLEYBALL ON SOCIAL MEDIA PLATFORMS/VOLLEYBALL WEBSITE.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

2025 Rocket Summer Speed and Strength Training

ROCKET STRONG

Students Entering Grades 6-12

Mondays, Wednesdays, and Thursdays

Wed. June 4 - Thurs. August 7, 2025 (Excludes June 19th & 30th, July 2nd & 3rd)

COACHES: Braxton Lindow (lindowb@district195.org), Ashleigh Lindow (lindowa@district195.org), Darby Grengs (grengsd@district195.org)

Group 1 (Incoming 9-12 Grade ONLY): 6:30-7:45 AM

Group 2 (Any incoming 7-12 Graders): 7:30-8:45 AM

Group 3 (Incoming 6th Grade ONLY): 9:00-10:00 AM

*Group Preference in Registration

Please indicate your group preference in the registration section. Due to group size and training capabilities, the 6:30 group is ONLY available for students entering grades 9-12. Incoming 7th and 8th graders are welcome to register for the 7:30 group, as well as any high school students who would prefer to join that session.

COST: \$50.00 (includes T Shirt), make checks payable to Randolph Schools

Please return this registration form to Mr. Lindow in Room 127 by Monday May 12th, 2025. You may use this registration form for multiple students.

Student Name (s) _____

Incoming Grade (s) (25-26 School Year) _____

Parent(s) Email Address _____

Group 1 (Grades 9-12, 6:30 start) _____ Group 2 (Grades 7-12, 7:30 start) _____

Check here if incoming 6th Grader (9:00 start) _____

T-shirt Size YS _____ YM _____ YL _____ AS _____ AM _____ AL _____ AXL _____ AXXL _____

I hereby authorize that by signing this form I state that I release ISD #195, Randolph Community Education, all members of the camp staff as well anyone associated with the camp facility, from any liability as a result of injury. I also hereby declare that the enrolled applicant is in good health and I accept all responsibility and assume all costs that may be incurred in the event of an accident.

Parent/ Guardian Signature _____ Date _____

Davis Selected as Randolph's Triple 'A' Award Winner



graphic courtesy of Rio Severson

Congratulations to Addison Davis for being selected as Randolph's Triple 'A' Award winner! The Academics, Arts, and Athletics Award (Triple 'A'), honors high school seniors throughout the state who have a 3.0 or higher GPA and who participate in League sponsored athletic and fine arts activities. *Courtesy of Randolph School*

Region 8 - Officer Visit Outreach Team Building



Courtesy of Randolph FFA

Randolph FFA Floriculture Team



Lindsay Taylor, Mattea Quigley, Kyndra Otto, Sadie Wagner, Lillie Shaleen

Courtesy of Randolph FFA

Dakota/Rice Corn & Soybean Growers Annual Banquet



Logan Tate gave a chapter update to the Dakota/Rice Corn & Soybean Growers Annual Banquet. *Courtesy of Randolph FFA*

Ag Mechanics CDE



Jack Feldman advanced to State Individually placing 5th overall. The team of Jack Feldman, Jacob Buckley, and Mason Farrington placed in the top 10 teams. *Courtesy of Randolph FFA*

Randolph School - FFA

April 9, 2025

- RANDOLPH-HAMPTON-CASTLE ROCK MESSENGER -

Page 11



FFA Farmers Breakfast

Courtesy of Randolph FFA



Mattea Quigley

Randolph FFA Secretary

Mattea Quigley is the Randolph FFA Secretary. Mattea is a junior at Hastings High School and a part time PSEO student at Inver Hills. She has been in FFA for 5 years.

Mattea's SAE is Goat Production. This is her tenth year of breeding and raising Boer goats. Mattea has expanded her knowledge of herd health and genetics since starting her SAE. She records feed, veterinary, and breeding costs as well. She also has learned about heat detection, vaccinations, hoof trimming, rations, and diseases.

One of Mattea's favorite FFA memories was attending the National FFA Convention this past fall. She enjoyed going axe throwing, visiting the Indianapolis Zoo, attending sessions, and sparking friendships on the long bus rides to and from convention. During 2024-2025 Mattea served as one of the Region VIII Assistant Officers. Part of that role included facilitating Fall Leadership Day and Region Greenhand Camp. Outside of FFA, Mattea is involved in Cross Country, Track and Field, Riverside Company, and FCA at Hastings High School. She is also involved in 4-H, where she shows sheep, goats and dairy cattle. *Courtesy of Randolph FFA*

A piece of advice Mattea would give another FFA member is "Get comfortable being uncomfortable! FFA has so many things to offer, and sometimes, you need to take a step outside of your comfort zone to embrace new opportunities."

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Karlea Roehl

Randolph FFA Treasurer

Karlea Roehl is the Randolph FFA Treasurer. Karlea is a 10th grader at Randolph High School. She has been in FFA for 3 years. After high school Karlea plans to attend college for photography/marketing.

Karlea's SAE is Swine Entrepreneurship. Karlea raises show swine in the summer to show at jackpot shows, the Dakota County Fair, and the Minnesota State Fair. Through her SAE she has learned about proper grooming, nutrition and proper care for her swine.

Karlea's favorite FFA memory was going to the National FFA Convention in Indianapolis, Indiana. She enjoyed going axe throwing with her chapter and others. Karlea is involved in 4-H outside of FFA where she shows swine at jackpot shows in the summer. Outside of showing swine Karlea enjoys teaching younger kids about proper care for swine and teaching them to become a better showman. *Courtesy of Randolph FFA*

Karlea's advice for other FFA members is "Go to the camps, they are a lot of fun and you get to meet new people!"

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Dangers of Popular Weight Loss Medications



By Shauna Burshem, D.C.

The recent popularity of weight loss medications like Ozempic and Wegovy, originally developed as treatments for diabetes, has sparked both intrigue and concern. These drugs, which belong to a group of medications called GLP-1 receptor agonists, have been hailed by some as quick fixes for weight loss, despite providing modest results. Their rise to global fame has even led to shortages, leaving diabetics without access to essential medications. But beyond their limited weight-loss benefits lies a troubling narrative of side effects, risks, and misplaced dependency.

Using these drugs comes with a range of unpleasant and serious health risks. While research has shown that GLP-1 receptor agonists can reduce conditions such as seizures and substance addiction, they simultaneously increase the risk for 19 other health issues. These include gastrointestinal disorders, fainting, kidney problems, thyroid cancer, and acute pancreatitis. Common and immediate side effects like nausea, diarrhea, vomiting, and abdominal pain further make their use a challenging trade-off for users. The question arises—are the risks truly worth the rewards?

Many are quick to buy into the “magic pill” mentality, which promises effortless weight loss, but what we’re seeing is a cycle fed by two powerful industries. Pharmaceutical giants such as Novo Nordisk, Ozempic’s manufacturer, raked in \$40.6 billion in revenue, capitalizing on a society heavily reliant on ultra-processed food and quick-fix solutions. This cycle perpetuates unhealthy habits, rather than encouraging individuals to address the root causes of their weight issues. A truly

sustainable and health-focused solution lies not in bypassing the hard work but in shifting focus to the basics—improving diet, avoiding harmful oils, and nurturing gut and mitochondrial health.

Weight loss is a complicated, personal, and emotional challenge for many people. It’s tempting to take the easier route when promised shortcuts like these, but the risks associated with weight loss drugs raise an important question about priorities. Supporting overall health through conscious, informed choices might take more time and patience, but the rewards extend far beyond the number on a scale—they’re a commitment to your long-term well-being. If you’re struggling, remember that real, lasting health comes from focusing on the bigger picture, not quick fixes.

The Anti-Aging Vitamin You Most Likely Do Not Know About: If you’ve never given Vitamin K2 much thought, don’t worry—you’re in good company. To be honest, I overlooked it myself for years. But once I discovered its amazing health benefits, especially for the heart and bones, I knew I had to share it with others. This unsung nutritional hero plays a critical role in keeping your body running smoothly, working behind the scenes in ways we often take for granted.

One of the most impressive things about Vitamin K2 is how it protects your heart. It acts as a kind of traffic controller for calcium, guiding it into your bones where it belongs, instead of letting it build up in your arteries. Left unchecked, this calcium build-up, known as vascular calcification, can lead to stiff arteries and even an increased risk of heart disease. But Vitamin K2 steps in to keep things in balance. And the science backs this up—studies show that higher levels of Vitamin K2 are linked to significantly lower risks of peripheral artery disease, Type 2 diabetes, and high blood pressure. Those numbers don’t lie, and honestly, it makes you stop and think about just how powerful this little nutrient is.

Beyond the heart, Vitamin K2 is a champion for your bones. It activates proteins that bind calcium to your bones, helping keep them strong and resilient. If you’re like me and occasionally wince when someone takes a spill, thinking about how fragile bones can be, you’ll appreciate how Vitamin K2 works to stave off fractures and conditions like osteoporosis. It’s like giving your bones a protective layer of strength to better handle whatever life throws at them.

And here’s where the dynamic duo of Vitamin D3 and Vitamin K2 truly shines. While Vitamin D3 makes sure your body absorbs all that calcium goodness, Vitamin K2 steps in to play traffic controller, directing the calcium to where it really belongs—your bones and teeth. Without Vitamin K2, that calcium could end up lingering in places it shouldn’t, like your arteries or other soft tissues, which can lead to some pretty serious issues down the line. This perfect partnership not only strengthens your bones but also lends a helping hand to keeping your heart in tip-top shape. It’s amazing how much a little coordination can do for our overall health.

Adding Vitamin K2 to your life doesn’t have to be complicated. You can find it in foods like aged cheeses, fermented dishes like natto, egg yolks, and grass-fed dairy or beef. These are such simple, delicious ways to fuel your body with something it really needs. Ever since I started paying closer attention to Vitamin K2, I’ve felt a sense of assurance knowing I’m doing something proactive for my heart and bones. It doesn’t have to be a grand overhaul—just small, mindful choices can add up to a big difference over time. Your body will absolutely thank you.

Chiropractic Care and Exercise / Workout Performance: If you’re an athlete or fitness enthusiast engaged in activities like bodybuilding, CrossFit, or powerlifting, you already understand how demanding these exercises are on your body. The strain from intense workouts, heavy lifts, and perfecting your technique places significant pressure on your muscles and joints. Chiropractic care could be the game-changer you didn’t know you needed, optimizing your performance and aiding your recovery in ways you never imagined.

Chiropractic care focuses on spinal health and its impact on your overall performance

and well-being. Your spine serves as the foundation for all physical activities, and proper alignment ensures you can handle the demands of heavy lifting and high-intensity workouts. Chiropractors address specific biomechanical issues, helping you move better, recover faster, and avoid injuries. By improving your posture, alignment, and mobility, chiropractic care sets you up for success in achieving your fitness goals.

The benefits of regular chiropractic care for active individuals are vast. It can enhance performance by correcting imbalances, improving mobility, and engaging muscles properly for more powerful lifts. Additionally, chiropractic adjustments play a crucial role in preventing injuries by ensuring that your joints, muscles, and ligaments work together effectively. Athletes often find their recovery time is reduced as adjustments stimulate blood flow and decrease inflammation, helping you bounce back quickly from challenging gym sessions. On top of that, it provides a non-invasive solution for managing pain, addressing its root causes rather than masking it with medication.

If you’re passionate about your workouts and want to optimize every aspect of your training, chiropractic care could be an essential addition to your fitness routine. From improving posture and unlocking the potential for gains to enabling pain-free movement and faster recovery, the advantages are substantial. Whether you’re crushing personal records in powerlifting, perfecting poses in bodybuilding, or pushing yourself to the limit in CrossFit, chiropractic care can help you stay on top of your game and continue reaching new levels of performance. Don’t wait for an injury—take proactive steps to support your body and elevate your training.

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

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Osteoporosis



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

You and I are very dependent on our bones to hold us up and to keep us going. Your muscles are important too, but those muscles are only helpful if they have a bone that they can move. We can take our bones for granted. The bones have held you up for decades, so why should you be concerned? Osteoporosis is a weakening of the bones from the inside out. In the same way that you might think about termites in the framework of the house, your bone framework could be slowly “eaten” way and you don’t even know it.

Bone is made of protein fibers called collagen which are coated with mineral deposits of calcium, magnesium, boron, strontium, and other trace minerals. These protein fibers and mineral deposits will change and adapt to the stress and work that you go through each working day. The more stress and work that you put on the bones, the more the bones

will reshape and strengthen to be able to handle the stress being applied. Your bones are constantly being remodeled. Just as a building contractor can go through a house and remodel the structure by taking down some walls and building up other walls, your bones are constantly being remodeled to adapt to your living conditions. This constant remodeling of bone means that you have an entirely different bone about every seven years.

This remodeling is not easy work. There are specific cells (osteoclasts) that break down old bone material and other cells (osteoblasts) that put on the new bone material. So if the bones are constantly being remodeled then why does Osteoporosis happen? Great question.

Osteoporosis happens when the cells that break down bone material are doing more work than the bones that build up bone material. When everything is working in balance, the old bone material is being recycled as fast as the new bone material is being built in. But there are conditions that can increase break down of bone and slow down the build up of new bone material. Here are some lifestyle practices that contribute to a decrease in new bone material:

Acidosis – a condition of eating foods that promote an acid reaction in the body without eating foods that cancel the acid reaction. If you have ever taken TUMS or Roloids for heartburn you are familiar with using this calcium tablet to reduce the acid in the stomach. Some of the foods we eat produce an acid reaction and your body will call on the calcium reserves in the bone to help neutral-

ize the acid reaction. Soda pop, white sugar, bread, beef, chicken, and hard cheeses are examples of foods that create an acid reaction. Some of these are healthy sources of nutrients, but we need to balance these foods with other foods that will neutralize the acid. Spinach, cucumbers, green beans, carrots, lettuce, green tea, and avocados are examples of foods that will neutralize the acid reaction. In other words, every plate at mealtime should have some vegetables to help balance the digestion so your body does not need to take more calcium from the bones.

Vegetable Oils – Corn oil and soybean oil are very high in omega 6 fatty acids. While your body does need some Omega 6, Americans tend to get five times as much as they need. Most of this excess comes from deep fried foods, chips, and commercial salad dressings. Make an intentional shift to extra virgin olive oil, flaxseed oil, butter, and coconut oil to reduce your intake of Omega 6 fatty acids.

Vitamin D deficiency – Vitamin D is an essential nutrient that stimulates the body to absorb more calcium. Living in the northern states, obtaining Vitamin D through sun tanning is not an option. To check for a deficiency, you can ask for a simple blood test to evaluate how much Vitamin D your body has. For building bone tissue, the recommendation is a measure of 60 – 80 ng / ml of Vitamin D. This level of Vitamin D will help to ensure your body is absorbing the calcium you are getting in your food.

Vitamin K2 deficiency – Vitamin K2 is an important nutrient that activates the transport

of calcium to the bone tissue. Frequently, someone may start taking a calcium supplement for their bones but the calcium will not get to their bones if Vitamin K2 is not present. Calcification of arteries and muscle tissue can happen when calcium is not delivered to the bone. You can find Vitamin D and K2 together in some supplements.

For more information on preventing or reversing Osteoporosis, you can check out the book, “Healthy Bones, Healthy You” by Lara Pizzorno. This book is a great resource to address the causes and remedies for osteopenia and osteoporosis.

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 establish a food plan that will strengthen your bones and increase your energy allowing you to realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

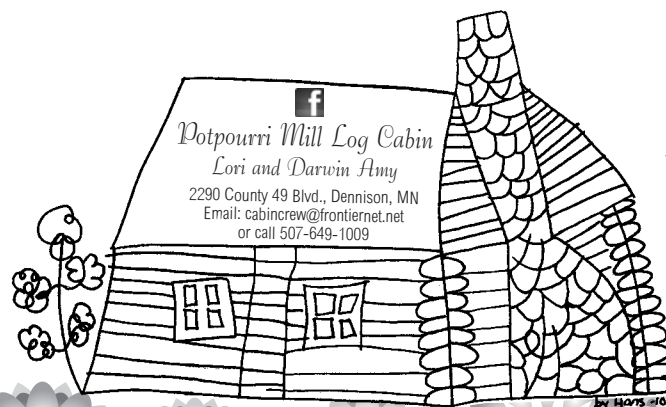
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The Savvy Senior How to Protect Yourself from Identity Theft Scams



By Jim Miller

Dear Savvy Senior,

I am very concerned about Elon Musk and the so-called DOGE team getting access to my Social Security number and personal financial information through their government office raids. What can I personally do to help protect myself from this identity theft mess? — Worried Senior

Dear Worried,

It's a great question! I've been hearing from many older readers around the country that are deeply troubled by the news that the Elon Musk-led Department of Government Effi-

ciency (DOGE) has been granted access to millions of Americans' Social Security records that include highly sensitive personal information.

The major concern among data privacy experts is what could happen if your Social Security number, bank account information or tax records somehow gets leaked or breached in all the data shuffling. If your information gets in the wrong hands it could lead to identity theft, which means scammers could use your personal information to open credit card accounts, bank accounts, telephone service accounts, and make major purchases – all in your name.

If you're concerned about the privacy of your personal information, the best way to protect yourself is to put a "fraud alert," or better yet a "credit freeze" on your credit file.

A fraud alert is a notification placed on your credit report that signals to potential creditors to take extra steps to verify your identity before extending credit in your name. While a credit freeze completely restricts access to your credit report, essentially preventing anyone from opening new accounts in your name without your explicit authorization.

A credit freeze provides much stronger protection than a fraud alert, but there is a drawback. When you freeze your credit, you won't be able to open new credit cards or get a new loan while the freeze is in place. It does not, however, prevent you from using the credit cards you already have open.

If you do need to get a new credit card or some type of loan, you can always lift the freeze on your account until you get the card or loan approved, and then refreeze it.



You'll also be happy to know that a credit freeze is completely free to put in place and lift, as are fraud alerts. And neither action will affect your credit score.

FRAUD ALERT SET-UP

To set up a fraud alert, you'll need to contact one of the three major credit reporting bureaus – Equifax, Experian and TransUnion – either by phone, online or by mail. You only need to contact one of these agencies, and they will notify the other two. Here's the phone and website contact information for each of the three bureaus.

Equifax: 800-685-1111 or
Equifax.com/personal/credit-report-services

Experian: 888-397-3742 or
Experian.com/help

TransUnion: 888-909-8872 or
TransUnion.com/credit-help

If you haven't been a victim of identity

theft, you'll need to set up an "initial fraud alert," which lasts for one year, although you can renew it for additional one-year periods.

CREDIT FREEZE SET-UP

To set up a credit freeze you'll need to contact each of the three previously listed credit reporting bureaus – Equifax, Experian and TransUnion. A credit freeze lasts until you unfreeze it.

But remember, before you apply for new credit card or loan, you'll need to temporarily lift the security freeze by following the procedures from each of the credit reporting bureaus where you placed the freeze.

If, however, you don't want to set up a fraud alert or credit freeze, you can still keep an eye on your credit file by reviewing your credit report regularly. You can get a free credit report each week from Equifax, Experian and TransUnion by going to AnnualCreditReport.com.



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Tim Penny
So. MN Initiative Foundation

One of the things I have enjoyed most about my 18-year tenure as president and CEO of Southern Minnesota Initiative Foundation (SMIF) is visiting with entrepreneurs when I travel across our region. At SMIF we support talented entrepreneurs with early-stage investments, loans, technical assistance, mentoring, networks, events and more. From starting a business to finding support through a peer network, SMIF offers step-by-step support for the innovators that drive economic development in their communities.

Each business is unique and requires specific support. SMIF offers a range of services and financial options to empower new and growing businesses: Business Loans target key industries, including manufacturing, technology, local foods, agriculture and

health care; Building Block Loans support family child care businesses; the Emerging Entrepreneur Loan Program supports the growth of businesses owned and operated by minorities, low-income persons, women, veterans and/or persons with disabilities; the Grow a Farmer Fund provides small-scale sustainable farmers lower-interest loans; and Small Enterprise Loans support small business owners or start-up entrepreneurs with service, retail, local foods, and manufacturing businesses. SMIF also offers the Southern Minnesota Equity Fund which provides financial capital and expertise to early stage and start-up companies. For more information, visit our website or contact Marcia Haley, SMIF's lending director, at marciah@smifoundation.org or 507-214-7021.

With the support of networks and trainings, SMIF fosters innovation and encouragement for entrepreneurs. One of SMIF's programs is Rural Entrepreneurial Venture (REV), a proven entrepreneurial development program designed to advance small town economies through a targeted business approach. REV provides coaching, resources and connections throughout the visioning and implementation process as each community explores what economic development means for their town. Another coaching opportunity through SMIF is the Prosperity Initiative (PI). PI promotes inclusive entrepreneurship

and business growth in a 20-county region of southern Minnesota, supporting entrepreneurs from racial or ethnic minority groups and/or who identify as women, veterans, persons with a disability, people with income below the federal poverty threshold and/or LGBTQIA+ persons. For more information, contact Peggy Paul, SMIF's entrepreneurship director, at peggyp@smifoundation.org or 507-214-7010.

SMIF also aims to support entrepreneurs across a variety of industries. Entrepreneurs bring new ideas and advancements to our region. For years, SMIF has sought to springboard the visions of entrepreneurs through pitch events. SMIF is now proud to partner with IgniteMN to host the Ignite Cup Pitch Event, where entrepreneurs showcase their innovative ideas to a panel of experts. Winners are awarded a semi-finalist seat at the MN Cup, cash prizes and resources to take their business to new heights. The Ignite Cup will take place on March 27. Registration to attend the pitch event closes on March 21. Join us to witness the innovations of this year's finalists!

An idea backed by skill and innovation can become the next shop popping up in your downtown. I encourage you to reach out. It is our mission and honor to empower the entrepreneurs in our region.



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U.S. Senator Tina Smith Joins Bipartisan Push to Reverse DOGE's Cuts to Heating Assistance for Minnesotans
Letter comes after it was announced more than 10,000 Minnesotans are waiting on assistance from the federal government

MINNEAPOLIS – U.S. Senator Tina Smith (D-MN) is part of a bipartisan push to reverse course on DOGE's push to fire all staff that administer the Low-Income Heating and Energy Assistance Program (LIHEAP), which helps families pay utility bills when they need help making ends meet through Minnesota's Energy Assistance Program. The Administration has released 90 percent of those federal funds to state partners, but the remaining 10 percent, almost \$400 million, is in limbo without staff to administer the funding to states.

"Firing all the workers from the office that helps families keep their homes warm and safe through the winter is thoughtless and cruel. Hundreds of thousands of Minnesotans are facing severe winter weather right now, and the need for heating assistance is greater than ever. Minnesota still hasn't received all the federal funding it was promised to make sure everyone who is eligible for this assistance can receive it, and we know there are more than 10,000 Minnesotans waiting for this last chunk of funding. People will be left

in limbo unless this Administration listens and reinstates these workers," said Senator Smith. "I want answers. I fought for this funding for a reason, and I'm not just going to sit and watch it get ripped away from Minnesotans."

Senator Smith has long been a champion of the LIHEAP program. She, along with Sen. Klobuchar, secured \$112 million for Minnesota last year, an increase from years prior. Following the announcement that the Trump Administration fired all the workers at LIHEAP, Senator Smith released a statement saying she would demand answers.

In addition to Senator Smith, the letter was signed by Senators Lisa Murkowski (R-AK), Jack Reed (D-RI), Susan Collins (R-ME), Angus S. King, Jr. (I-ME), Cory Booker (D-NJ), Christopher Coons (D-DE), Richard Durbin (D-IL), Jeanne Shaheen (D-NH), Edward J. Markey (D-MA) Jeff Merkley (D-OR), Mark Warner (D-VA), and Ben Ray Lujan (D-NM).

Full text of the letter is available below.
The Honorable Robert Kennedy, Jr.

*Secretary of Health and Human Services
200 Independence Avenue SW
Washington, DC 20201*

Dear Secretary Kennedy:

We write regarding reports that you have terminated staff responsible for administering the Low-Income Home Energy Program (LIHEAP). If true, these terminations threaten to devastate a critical program dedicated to helping Americans afford their home energy bills.

For over 40 years, LIHEAP has been the main federal program that helps low-income households and seniors pay their energy bills, providing vital assistance during both the cold winter and hot summer months. Each year, more than six million households across the country rely on LIHEAP to afford their energy bills. It is an indispensable lifeline, helping to ensure that recipients do not have to choose between paying their energy bills and affording other necessities like food and medicine.

We are concerned that the reported staff terminations will undermine the HHS's abil-

ity to deliver this critical funding to low-income seniors and families. We are also concerned that the local community action agencies that help enroll qualified beneficiaries could be weakened by other actions and funding cuts being undertaken by HHS and the "Department of Government Efficiency" (DOGE). As you know, our states are expecting HHS to release nearly \$400 million in FY25 funding later this month. Any delay in providing this funding will set back efforts to provide summer cooling grants, weatherize low-income homes, and plan for the next winter heating season.

Access to affordable home energy is a matter of health and safety for many low-income households, children, and seniors. To that end, we urge you to reverse course on any staffing or funding cuts that would jeopardize the distribution of these funds to our constituents.

Thank you for your attention to this important matter. We look forward to your prompt response.

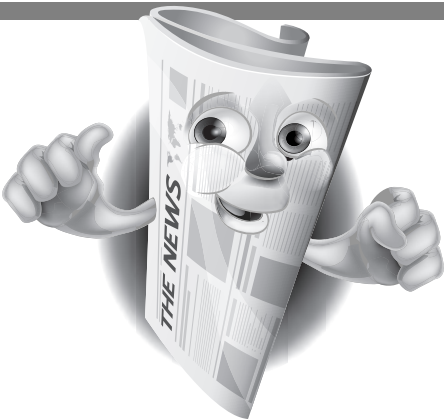


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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



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.

Question: I am in the process of restoring a classic car. I have a question regarding windshield wipers. Do I have to install them on my ride? I am concerned they will take

away from the aesthetics. Everything from how they look on the windshield to the motor under the hood that operates them. I thought I would check with you.

Answer: Yes, you must have working windshield wipers on your vehicle. Minnesota law says the windshield on every motor vehicle shall be equipped with a device for cleaning rain, snow or other moisture from the windshield. The device shall be so constructed as to be controlled or operated by the driver of the vehicle.

Speaking of windshield wipers, a reminder that anytime your visibility is reduced due to rain, snow, sleet, hail, smoke, fog or other conditions that your headlights and taillights must be on.

Question: The other day I was going down the freeway and I saw a vehicle that must've missed their exit as they were backing up near an exit ramp. This didn't appear safe and I'm going to guess illegal. What do you say sir?

Answer: Backing up is not allowed on freeways or expressways, except for emergency vehicles. If someone missed their exit they would need to continue along and use the next exit. I have come across a number of motorists that use the median crossover when they've missed their exit and attempt a "U" turn, this is illegal and unsafe. Some of which have resulted in serious crashes due to this type of negligence.

Stopping on the freeway is prohibited unless it is for an emergency. Pedestrians, bicycles, motorized bicycles and nonmotorized traffic are also prohibited on the freeway.

Question: I have a new driver in the house. We were having some discussion on where a person needs to stop when coming to a stop sign and other situations. Can you please write about that? Thanks!

Answer: Congratulation on the new driver. Here is what a person needs to know when it comes to stopping your vehicle.

Stop Signs:

- Come to a complete stop at stop signs.
- If there is a marked stop line, stop before the line.
- If there is a pedestrian crosswalk, stop before entering the crosswalk.
- Yield the right-of-way to pedestrians, bicyclists, and traffic before proceeding.

Obstructed View:

- If your view of the intersection is obstructed, be prepared to stop again for traffic or pedestrians in your path.

Question: What is a safe routine when backing up using the mirrors in conjunction with the vehicle's backup camera?

Answer: Backing up is not allowed on freeways or expressways, except for emergency vehicles on duty. Backing up on public roads can result in a charge of reckless or careless driving. If you must back out of a driveway onto a public road, back into the nearest lane and drive forward from there. Never back into or across lanes of traffic unless you are sure it is safe.

Before you back up:

- Walk around your vehicle to make sure nothing is behind it.
- Look to the front, sides, and rear.
- Continue looking out the rear window while backing up. Do not rely solely on your

mirrors or back-up camera.

- Back slowly into the nearest traffic lane.

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)



TOO MANY DRIVERS DISTRACTED BY OLD HABITS, SEND A DANGEROUS MESSAGE

Drive Smart: Extra Distracted Driving Enforcement on Minnesota Roads April 1-30

Distracted driving takes away hopes, dreams and lives across Minnesota and can leave people with serious injuries that tragically affect their day-to-day living.

With distracted driving still claiming lives and causing life-changing injuries in our state, we all need a reminder about the dangers of not paying attention behind the wheel. That's why Minnesota law enforcement agencies and traffic safety partners across the state will be participating in a month-long distracted driving extra enforcement and awareness campaign starting April 1.

Law Enforcement will take part in extra enforcement that runs through April 30 and is coordinated by the Minnesota Department of Public Safety Office of Traffic Safety (OTS). No one intends to seriously injure or kill someone by driving distracted. But good intentions don't prevent crashes — smart choices do!

One of the most persistent driving myths is thinking we can multitask behind the wheel. Distractions of any kind are potentially deadly. There's visual distraction like looking away from the road. There's physical distraction like taking your hands off the wheel to do something else. There's cognitive distraction like being lost in thought. And there's the combination of all of these like texting while driving.

Distracted driving contributes to an average of 29 deaths and 146 serious, life-changing injuries a year on the road (2019-2023).

Distracted Driving is Dangerous Driving

Distracted Driving	2019	2020	2021	2022	2023	Total
Fatalities	34	32	27	22	33	148
Serious Injuries	153	161	154	126	136	730

- Almost 30,000 crashes were distracted driving-related from 2019-2023 (preliminary), contributing to one in 11 crashes in Minnesota.
- In 2023, distracted driving contributed to 136 serious injuries and 33 deaths (preliminary).
- Distracted driving contributes to 9 percent of crashes in Minnesota.

Hands-Free is the Law

The hands-free cell phone use law means drivers can't hold their phone in their hand. Accessing or posting on social media, streaming videos, checking that box score or Googling information on a device while driving are against the law in Minnesota, even in hands-free mode.

Distracted Driving Consequences

- Hands-free cell phone law: The law allows a driver to use their cell phone to make calls, text, listen to music or podcasts and get directions, but only by voice commands or single-touch activation without holding the phone. Remember, hands-free is not necessarily distraction-free.
- \$100 or more including court fees for a first offense.
- \$300 or more including court fees for a second and/or subsequent offense.
- If you injure or kill someone while violating the hands-free law, you can face a felony charge of criminal vehicular operation or homicide.

Drive Smart and Join Minnesotans Driving Distracted-Free

- Cell phones — Park the phone by putting it down, activating the "Do Not Disturb" feature, silencing notifications, turning it off, placing it out of reach or going hands-free.
 - Music and other controls — Pre-program radio stations and arrange music in an easy-to-access spot. Adjust mirrors and ventilation before traveling.
 - Navigation — Map out the destination and enter the GPS route in advance.
 - Eating and drinking — Avoid messy foods and secure drinks.
 - Children — Teach children the importance of good behavior in a vehicle and model proper driving behavior.
 - Passengers — Speak up to stop drivers from distracted driving behavior and offer to help with anything that takes the driver's attention off the road.
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HAMPTON CITY COUNCIL MEETING FEBRUARY 4, 2025

The Hampton City Council met on Tuesday, February 4, 2025, at Hampton City Hall for the regularly scheduled meeting. Present were Mayor John Knetter and Council Members Jerry Huddleston, David Luhring, Anthony Verch, and Nick Russell. Also present were Brad Fisher of Bolten & Menk, Chris Meyer Treasurer, and Katie Donovan

Regular Meeting Called to Order – Mayor Knetter called the regular meeting to order at 7:00pm.

Disclosure of Interest – None

Approval of January 7, 2025 Public Hearing and Regular Scheduled Meeting Minutes – Motion by Verch, seconded by Huddleston, to approve the January 7, 2025 public hearing and regular scheduled meeting minutes. All voted in favor. None opposed. Motion passed 5-0.

Approval of Disbursements - Motion by Luhring, seconded by Russell, to approve the February disbursements. All voted in favor. None opposed. Motion passed 5-0.

Public Comments: None

Petitions, Requests, and Communications: Katie Donovan addresses the council, expressing her frustration with the lack of transparency surrounding the potential data center project. She began her data request because the first AUAR meeting left her with more questions than answers. In response, she and Erik have been conducting their own research through public data requests to gather information that should be readily accessible to citizens. However, Donovan is frustrated with the slow response from the city, noting that it's been over 10 weeks since she submitted her request on November 21, 2024, and it was not even acknowledged until December 18th.

At the AUAR meeting last month, Cory Beinfang suggested that the request should have been completed within a week, but a month has passed without any results. Despite following up with Kelly, Donovan has been told that the city engineer hasn't replied to her request. She questions why the city clerk isn't getting responses from the city engineer about a public data request.

Donovan and Erik have been open in sharing the findings of their research to help inform the public and the council, but without the completion of her data request, they can't fully present all the information they've uncovered. This leaves them with even more questions about what might be hidden or withheld. While Donovan's research has made her feel less concerned about the data center itself, she emphasizes that there is still much to learn.

She acknowledges that the data center could potentially benefit the City of Hampton, but warns that if the city continues to keep citizens in the dark, there will likely be continued pushback from the community, possibly leading to outright rejection of the project. She urges the council to prioritize transparency, as it's crucial to building public trust and ensuring the success of the project.

The council thanks Katie for her time.

Mayor Knetter introduced the email retention policy, noting that Kelly included a doc-

ument in the packet to clarify what constitutes a government document. The policy encourages deleting non-government documents, following guidance from the League of Minnesota Cities. Knetter concluded with this communication as the only update on the topic.

Treasurer Chris Meyer presented the 2024 treasury year-end summary, a required annual report detailing the city's checking account, diamond money market account, and two escrow accounts (landscape and Lemon Bridge Park). The report outlines monthly deposits, interest, disbursements, transfers, and balances, but no action is needed from the council. Meyer also informed the council about the 2024 year-end financial statements, which must be reviewed by the council within 45 days of year-end, with a draft to be provided by February 14th. A final version and presentation will be given at the March meeting. The council thanked Chris for the update.

Ordinances and Resolutions:

Resolution 2025 __ (01) Resolution for Waiver of Municipal Consent – Motion by Knetter. Seconded by Huddleston to approve Resolution 2025_(02). All voted in favor. None opposed. Motion passed 5-0.

Reports of Officers, Boards, and Committees:

Engineer Report – At the start of the meeting, John Knetter asked if anyone had an issue with Brad Fisher starting his Engineer Report first, as he had a meeting to attend. Luhring approved this change. Brad Fisher then addressed the council, providing updates on two key items.

First, Fisher gave an update on the water tower project. After nearly two years of planning and specifications development, the contractor is now on board and preparing to begin work for the upcoming construction season. One final detail that needed confirmation was the water tower's color scheme and graphic design. Fisher presented updated renderings, seeking the council's feedback on the design. The main question was whether to match the base color of the existing tower and how much red should be on top. The council discussed the three options presented, with most members leaning toward a design without the graphic of the current water tower. Instead, they favored using the existing block-style lettering, horizontally placed, to maintain consistency with the city's current look. The design would feature a red top and a combination of gray and black at the bottom to prevent mold visibility. The council also confirmed that the tower would face north-south along the 52 corridor. Fisher received clear direction from the council and noted their preference for a simpler, modern design that still honored the city's water tower heritage.

The second agenda item involved a Minnesota Department of Transportation (MnDot) project for Trunk Highway 50, which is scheduled for construction in 2026. MnDot introduced plans for the highway, extending from Trunk Highway 52 to Trunk Highway 61, with the project impacting mostly the township, but also slightly touching the southeast corner of the city. Fisher ex-

plained the process of municipal consent, where cities typically review and approve design changes. In this case, the council determined that the project was minor enough that it would be in the city's best interest to waive municipal consent. This decision would allow MnDot to proceed with the project without additional city involvement. The council discussed the project briefly, including the possibility of a roundabout or other changes, but Fisher clarified that the plans do not include such changes due to the limited space. After a brief discussion, the council unanimously passed a resolution (2025-02) waiving municipal consent, allowing MnDot to move forward with the project.

The meeting with Brad Fisher concluded with both items moving forward as planned, with the council's unanimous support for both the water tower design and the MnDot project waiver.

Water / Sewer Report – Mayor Knetter provided an update on the city's work with the state to test city wells for PFAS, noting efforts to align schedules with the firm conducting the tests. He also mentioned submitting the sewer-related portion of the 5-year permit to the Office of Pollution Control Agency, though he hasn't received a response yet. Knetter thanked Josh and Bolten

& Menk for their efforts in ensuring the submission was completed on time, avoiding any delays.

Park Report – Nick Russell updated the council on the rink, stating they are continuing to flood it. Regarding graffiti removal, he contacted A Brighter Image of Minnesota, but they won't be able to assist until spring. Russell suggested considering repainting the entire pavilion, including sandblasting the brickwork.

Mayor Knetter mentioned he would look into finding a source for park-quality wood chips and, with the ground frozen and no snow, suggested getting them dumped into the old park to avoid damaging the sod.

Street Report – Nothing to report.

Unfinished Business:

Engine Brake Ordinance – Knetter: We can quit carrying that. I want to delve into compliance and signage.

New Business: None


Adjournment -

Motion by Verch, seconded by Russell, to adjourn the meeting. All voted in favor. None opposed. Motion passed 5-0.

The meeting adjourned at 7:25 p.m.

Respectfully submitted,

Kelly Roan



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Joe Leko, Sheriff

Bulletin #24-4

10/01/2024

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