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OCTOBER 8, 2025

Volume 22 • Issue 10

National 4-H Week October 5-11

By Aly Kloeckner and Amanda
Gebhart, 4-H Extension Educators



From fairgrounds to classrooms, community gardens to robotics labs, 4-H youth are proving they're not just ready for the future – they're Beyond Ready. During National 4-H Week, celebrated Oct. 5–11, 2025, local clubs will share how 4-H equips young people with the skills, confidence, and resilience to lead in a world full of opportunity and change.

(continued on page 6)

Randolph-Hampton Fire District Presents Check to the Randolph Volleyball Team

Courtesy of Randolph-
Hampton Fire District

Thanks to Coach O'Reilly and Randolph Rocket Volleyball hard work, we were able to serve a 2,025 meals at this years Chicken BBQ.

To show our gratitude, we were thrilled to present the team with a \$1,000 check. It's partnerships like this that make our event possible.

Thank you for everything!



Randolph High School 2025 Homecoming Royalty



Left to right: Junior Attendants Brady Beissel and Paige Otte, Junior Princess Stella Duncomb, Carson Lorenzen, Hadley Cooreman, Frankie Novak, Liv Gergen, Henry Pagel, Adelynn Haugen, Carter Olson, Kinley Hustad, King Conrad Wedel, and Queen Maya Preston Courtesy of Randolph Schools

Announcements

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

Do you have an announcement?

Email:

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TROPHY HOUSE
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Pastors Corner Rejoice in the Harvest!

By Pastor Marty Weigand

As I write these words, it's getting into harvest season. Farmers who chop their corn have already harvested numerous large fields. Soon the soybeans will be ready for harvest. Then will come combining of corn that planned for that kind of harvest. It looks like God will be blessing the farmers of our area with a bountiful harvest. (God has already been blessing me with a bountiful harvest of tomatoes, green beans, peppers and berries from my garden patches.) For this we ought to thank God! As the Bible says about him in Psalm 104:14 (This and other Scripture quotes from NIV). "He makes grass grow for cattle and plants for man to cultivate, bringing forth food from the earth."

But there's another harvest going on, for

which we ought to thank God, and gladly join in the work of reaping this harvest. This harvest is going on around the world, and in every season— even the dead of winter. Our Lord Jesus spoke about this harvest in John 4:35-36. He told his disciples, "Open your eyes and look at the fields! They are ripe for harvest. Even now the reaper draws his wages, even now he harvests the crop for eternal life, so that the sower and the reaper may be glad together." Jesus was talking about the harvest of souls for eternal life. This harvest takes place as people spread the good news of Jesus and God's gift of salvation in him to other people, so they may believe in him and so be "harvested"— not to go in a grain bin, but to enjoy new life now, and then eternal life with Jesus in his heavenly kingdom.

When Jesus spoke these words he had just been working to "harvest" one soul, a woman from a town in Samaria.

She had been living a very messed up life; but Jesus cared for her soul, shared with her the news of who he is and why he had come, and she was brought to trust in him as her

Savior. Then she told the people of her town about Jesus, and now they were on their way out to the well where Jesus was. The people would invite Jesus to stay with them, because "Many in of the Samaritans from that town believed in him because of the woman's testimony." When Jesus stayed two more days and taught the people, "because of his words, many more became believers." They said to the woman..."Now we have heard for ourselves, and we know that this man really is the Savior of the world." (Jn 4:19-42)

Dear Christians who read this, whom has God put in your life to whom you can tell the good news of Jesus, or invite them to come and hear it at your church? Even if they don't believe or come right away, you are planting seeds that may eventually result in a harvest of a soul for eternal life. And if you think a good harvest of corn or beans is worth rejoicing over, how much more is the harvest of even one precious soul for eternal life in Jesus! So come, join in the happy work of bringing in this harvest!

If you who are reading this don't know Jesus Christ as your Savior, may these words

be a seed God plants in your heart: "This man really is the Savior of the world." That means he came to be the Savior not only of "respectable" people (though all of us our sinners) but also of people who have lived or are living an obviously messed up life, like that Samaritan woman Jesus spoke with. He died on the cross to pay for the sins of not only Samaritans and Jews in another part of the world, but also for all your sins. And he rose from the dead to live as your Savior, that you might believe in him and have eternal life. Talk to someone you know is a Christian, and/or come to a Bible-believing church, and learn more about him!



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RANDOLPH BAPTIST CHURCH

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

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507-757-8043
www.christunitedmethodist.org
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Sunday School 8:30a.m.

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Reverend Thomas Countryman
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Sunday Worship at 10:15a.m.
Email your church announcements, schedule, etc.
to the
Randolph-Hampton-Castle Rock Messenger at:
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AREA CHURCH DIRECTORY
God's Mission Has Disciples

The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name." — Luke 10:17

Wally was a church member who had a big heart for mission. He and I led a course for several years about the basics of Christian faith, and we saw a lot of good change in people's lives during that time. I remember thinking sometimes as I drove home, "It doesn't get any better than this!"

It seems that Jesus' disciples sensed something like that in their own context when he sent them out in pairs. Jesus celebrated their success by declaring that through their work, Satan himself was being defeated. What a statement! It truly doesn't get better than that!

This month we have focused on some big mission words: gospel, witness, holistic, and intercultural. These are important words and concepts. But they don't mean a thing if they remain just ideas. They come alive and truly mean something when they describe how we join Jesus in the work of changing lives and renewing communities.

As Wally interacted with the people he met, whether it was in his greenhouse operation, talking to a visitor at church, striking up a conversation at the coffee shop, or hosting our course, he wasn't thinking about those big words. He just wanted to make sure that every person knew they were loved with an everlasting love and that they would meet Jesus. Jesus commissions us, his disciples, with the same call.

Jesus, help me to be available to you. In my interactions with others, may I bring your message of life, healing, and hope. Equip me with your Spirit, Lord. Amen.

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& 1st Wednesday at 11:00a.m.
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7:30a.m. Monday Mass
Questions? Call Mon.-Friday 651-437-9030

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8:00a.m. Sunday Mass
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Questions? Call Mon.-Friday 651-437-9030

UNITED METHODIST CHURCH, CASTLE ROCK

9:00 a.m. Worship Service, Coffee After
10:15 a.m. Sunday School
Questions? Call 507-645-0042

Lloyd J. Peine

Lloyd J. Peine, age 95 and a life-long farmer in New Trier, passed away peacefully at Benedictine Living ~ Regina on Sunday morning, September 21, 2025.

Lloyd Joseph, the son of Henry and Margaret (Wollmering) Peine, was born on July 21, 1930, in Empire Township, Dakota County, Minnesota. On September 7, 1955, Lloyd was united in marriage to Lenore G. Dohmen at

St. Mary's Catholic Church in New Trier, and they were blessed with seventy years of marriage, five loving children, ten grandchildren, seventeen great grandchildren, and many wonderful memories with family and friends. Lloyd was a life-long farmer and implement dealer in the New Trier area, and certainly never missed a chance to play a good game of Euchre along the way. He and Lenore loved their regular breakfasts at Little Oscar's and dinners at the Trophy House and Dan's Bar. Lloyd was a dedicated member of St. Mary's Catholic Church and the New Trier community and was there to help any friends and neighbors in any way that he could.

He was preceded in death by his parents;

siblings, Mary Rose Feidt, Marjorie Beissel, Vi Weber, Irma Greene, Henry Peine Jr., Lawrence Peine, Ervin Peine, Kenneth "Butch" Peine, and John Peine; and by his grandson, Brian Peine.

Lloyd is survived by his loving wife, Lenore; children, Glen (Katherine) Peine, Laurie (Glen) Otte, Rick (Cheryl) Peine, David (JoAnn) Peine, and Lisa Rohr; ten grandchildren and seventeen great grandchildren; and by many other nieces, nephews, other relatives, and dear friends.

Mass of Christian Burial was held 11:00 a.m. Friday, September 26, 2025, at St. Mary's Catholic Church in New Trier. Father Michael Tix officiated. Interment followed at the parish cemetery.

Family and friends were cordially invited to a visitation from 4:00 to 7:00 p.m. Thursday evening at Starkson Family Life Celebration Chapel of Hastings, and from 10:00 to 11:00 a.m. at church on Friday morning.

In lieu of flowers, Lloyd's family requests memorials be made to St. Mary's Catholic Church in his memory.

Arrangements are being completed by Starkson Family Life Celebration Chapel of Hastings.



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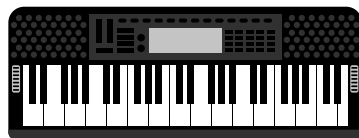
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Randolph Community Food Shelf

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www.stmarksrandolph.com
Facebook: Randolph MN Area Food Shelf

Monthly Food Shelf Hours:
1st Tuesday 8:00 - 9:30 am
2nd, 3rd, 4th Tuesdays 4:30-6 pm

Randolph Community Food Shelf is for anyone in need within the Randolph School District. (Randolph, Stanton, Hampton & New Trier area)
We are here to help!

Please pull around to the southwest corner door for easy loading of your items

Everyone's Invited to our

TURKEY DINNER

Sunday, October 26th
at Dennison Lutheran Church
Serving 11:00am-1:00pm

Menu:
Turkey Roast,
Dressing,
Mashed Potatoes,
Corn, and Pies

Adults \$13.00 • Children \$5.00
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Randolph Football



9-12-25 (Homecoming) Randolph 44, Kenyon-Wanamingo 8 *Courtesy of Randolph School*



Randolph Football

October 8, 2025

- RANDOLPH-HAMPTON-CASTLE ROCK MESSENGER -

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9-20-25 Randolph 20, Rushford-Peterson 21

Courtesy of Randolph School



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Positions Available at Randolph School

Randolph School has the following positions available:

- Elementary Paraprofessional
- High School Paraprofessional
- Boy's Junior High Basketball Coach

Submit resume to: Michael Kelley, Superintendent
Randolph Public Schools

P.O. Box 38, 29101 Dawson Avenue, Randolph, MN 55065
Phone 507-263-2151, ext. 204

OR send via email to: kelleym@district195.org.
Positions will be open until filled.

Holden Lutheran Church

All Saints Dinner

Sunday, November 2, 2025

Dine In: 12-2 and 4:30-6:30

Meat Balls and Gravy* Pulsa
Scalloped Potatoes * Buttered Carrots
Cranberry Relish * Lefse * Fruit Soup
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Cost: \$20/meal • Dine-in: Children 5-12 \$10, 4 and Under Free
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To Go Meals are available
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are preferred.
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holdendinner@gmail.com



9-27-25 (Tackle Cancer)

Courtesy of Randolph School



National 4-H Week October 5-11

(continued from page 1)

Minnesota 4-H will be celebrating National 4-H Week by participating in a social media campaign to encourage new membership, and each club will be creating and submitting a display in a local business near you!

4-H alumni around the country are always the first to acknowledge the significant positive impact 4-H had on them as young people; the opportunities and experiences that 4-H provides youth empowers them to become true leaders. In fact, research has shown that young people in 4-H are over twice as likely to contribute to their communities, and are less likely to experience depression or risky behaviors.

To find out more information about 4-H, or to locate a 4-H club in your area, please visit the 4-H website at extension.umn.edu.

4-H, the nation's largest youth development organization, grows confident young people who are empowered for life today and prepared for careers tomorrow. 4-H programs reach nearly six million young people across the U.S. through experiences that develop critical life skills. Through the Beyond Ready national initiative, 4-H aims to increase that number to ten million youth annually by 2030. 4-H is the youth development program of our nation's Cooperative Extension System and USDA and serves every county and parish in the U.S. through a network of 110 public universities and more than 3,000 local Extension offices. Globally, 4-H collaborates with independent programs to empower one million youth in 50 countries. The research-backed 4-H experience grows young people who are four times more likely to contribute to their communities; two times more likely to have the goal of being a leader; two times more likely to report living life with intentionality and purpose; and three times more likely to participate in community service.



CRAFT SALE

52nd Annual 100 Ladies and Gentlemen Craft Sale 2024

October 16, 17, 18, 19, 23, 24, 25, 26
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October Upcoming Events

October 9	7 pm FFA Alumni Board Meeting, Ag Room
October 10	8-2 pm FFA UWRF CDE Event: (Poultry Invite, State Qualifiers: General Livestock, Dairy, Horse)
October 15	FFA Blue Jackets- Bright Futures App Due
October 15	FFA Corn Drive for Camp Courage (Jr & Sr) (Randolph 1/2 Day)
October 20	6-7 pm FFA Monthly Meeting, Ag Room
October 20	7-9 pm FFA Outreach Class, Ag Room
October 29 - November 1	National Convention, Indianapolis, Indiana – Leave Wednesday at 6:30 am - Return Saturday @ 10 pm
October 27	FFA Fruit Sales Start

Randolph Football

October 8, 2025

- RANDOLPH-HAMPTON-CASTLE ROCK MESSENGER -

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9-27-25 (Tackle Cancer) Randolph 6, Dover-Eyota 30

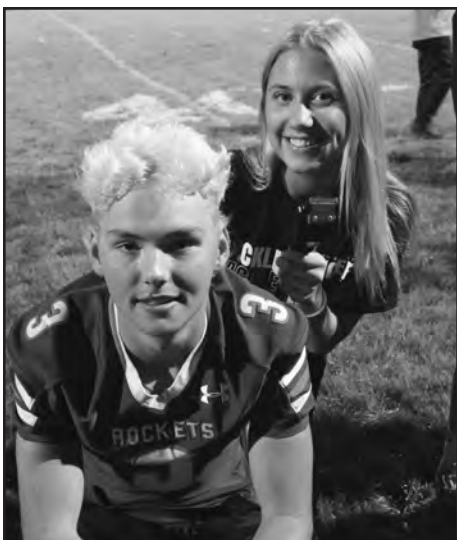
Courtesy of Randolph School



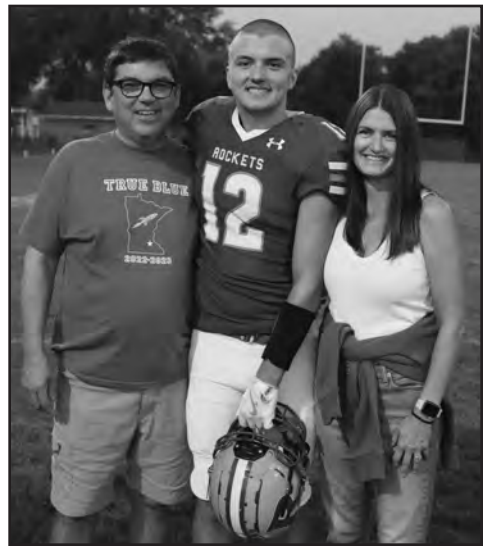
Tackle Cancer - Senior Head Shaving



Courtesy of Randolph School



Randolph Football



10-3-25 Randolph 0, Caledonia 34 (Senior/Parent's Night) *Courtesy of Randolph School*





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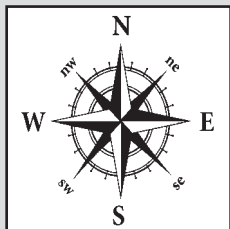
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Changes in Latitudes, Changes in Attitudes

The Walking Implement Salesman



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

I grew up on a farm in the 1960's. Farm equipment was intriguing to a young boy. I collected all the farm implement brochures and pored over them. What was even better was the huge selection of Ertl farm toys that mirrored the actual implement they were designed after. Every time we went to the farm dealership, I would head to the toy section while my dad stood at the parts counter or visited with the salesman.

Quite often the implement salesman would stop by the farm, making his rounds in the country. He knew the machinery we had as he had not only sold it to my dad but also observed the frequency we stopped in for parts, giving him a good idea when we were ready to trade up.

My dad was always trying to save money. In the late 60's he decided we should assemble our own farm machinery. He declared he could do it better than some guy on an assembly line who didn't care if it worked or not. Maybe that was true, but us boys ended up assembling it. We got a 15' Glencoe mounted field cultivator. It came in wood crates and a sheet of instructions. I believe they have air impact wrenches on assembly lines. We did not. The next project was a John Deere side delivery hay rake. I am surprised the thing ever raked hay. Over the years it kept falling apart. I am not sure a 12 year-old boy can torque nuts onto bolts properly.

We welcomed the salesman whenever he stopped by. It was like he was this gate keeper of a wonderful world of new equipment which wouldn't break down. It didn't really matter what logo was on his jacket, he was there to help keep the farm running smoothly. Sometimes they had to use persuasion to convince my dad. His mind set was to keep fixing for the rest of our life. We had an old sickle mower we cut hay with. Harlan Nere-son from Center Supply introduced my dad to the New Idea Cut/ditioner. He brought it out for my dad to use. We went out and mowed hay with it once. No amount of talking could convince my dad like making a round in the field without plugging the sickle



section. It sounded like you were grinding ear corn every time you hit a gopher mound, but it kept on mowing hay without stopping.

When I was younger a couple of my neighbors told me about a guy they called the walking implement salesman. No one could recall his name but it seemed he had worked for Brewer Implement in Kasson. Brewer Implement was a family-owned International Harvester dealership which had been serving Dodge County for a century. The story was the original contract for the business had been signed by Cyrus McCormick himself. The dealership was sold in 1968 to Chuck Bishop and Charlie Wacholz.

This salesman would head out each morning on foot with a shoulder bag filled with

equipment brochures and sales forms. He would walk the dusty country roads from farm to farm and visit every place he walked by. In those days a family farm included the whole family and if you showed up close to a mealtime you would be invited to stay for lunch. If it wasn't close to a mealtime you would be invited to stay for coffee or lemonade and a dessert, depending on the season. Sun, rain or snow, he made the rounds and returned each evening with signed sales agreements for the dealership to deliver to the farmer. Everyone stopping by the farm was a welcome visitor and the slower pace of life on the farm seventy-five years ago made time for socializing and enjoying company.

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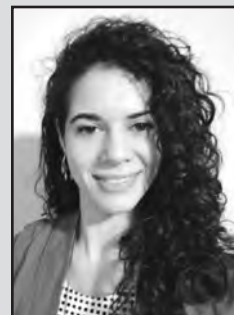


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A Minnesotan: Halloween



By RosaLin Alcoser

I absolutely love Halloween. I love everything about it from the customs and trick-or-treating to the decorations. To the point that I somehow convinced my husband to let me put up all of the Halloween decorations before Labor Day this year. Out of all of it though it's the costumes that are my absolute favorite.

Every year for as far back as I can remember I have worn a costume on Halloween night; and even before that because my mom dressed me up. I have been a pumpkin, a caterpillar, a cat, princesses, characters from books and film, and even creatures from mythology.

I have made customs, taken apart pieces of old dance costumes to make new ones and even gotten creative with random items that I found in the back of my closet

to repurpose into a costume.

A few years ago I even spent the better half of a year working on my Halloween costume. Which admirably was one of my more excessive Halloween projects. Taking up my kitchen table for months on end to the point that I pretty much stopped using it for anything else.

Over the years though no matter how many customs I put together. Or how much time I spend putting one together. My favorite Halloween costume of all time is still from Halloween of 2002. The year that my older sister and I went out as a pair of puppies.

At the time it was just fun. Running about in a 101 dalmations costume hoodie and sweats with black eye liner on my little face. Saying things like 'trick or throws, smell our paws, give us something for our jaws,' which by the way mortified our mother's friend who took us trick or treating that year.

Looking back on it years later it was really cute that we did that. It was also one of the most fun Halloweens that I can remember having as a child. Which I would like to credit to the costume. Because without the costumes and without being a pair of puppies it wouldn't have worked out in the same way.



Lutefisk Dinner

MONDAY, DECEMBER 1

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Takeout: 3:00 PM - 4:00 PM



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Fri. & Sat.: 11am-8pm
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Bar is open later

Come See the All New



DENNISON, MN

CATTLEMEN'S SALOON



TUESDAY BINGO
6:00 PM

Dennison Lions Club
Charitable Gambling Permit #2762

SUNDAY MEAT RAFFLE
3:30 PM

TICKET

MAIN STREET, DENNISON • 507-782-9753

Monday - Tuesday - Thursday - Friday 3 PM - Close; Saturday - 11 AM - Close
Sunday - Noon - Close; Closed Wednesdays

Our kitchen is not open yet, but watch for "Pop Up" kitchen features coming soon!





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CHEESE BREAD
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2012

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FORESTER

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2020

FORD

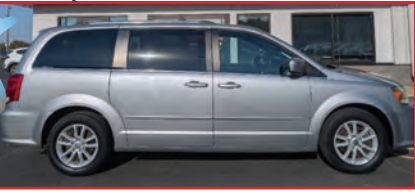
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XLT

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Inflammation



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Inflammation is a common symptom for every health challenge you experience. Inflammation is the way the body signals something is wrong. Sometimes your body is able to correct the problem with time, such as the healing of a cut, a broken bone, or a virus. At other times, the symptom of inflammation is signaling the need for an outside intervention of nutrients or medicine. As we grow up, we learn some of these signals and how to relieve the pain. Sometimes we need some additional training about what is going on.

Inflammation can be seen in five possible ways: Swelling, Redness, Pain, Loss of function, or Heat. You often see these symptoms related to illness or injury. Inflammation is also described as acute (momentary), or chronic (long-term). Acute inflammation is that injury or illness that takes a day or a week to heal and then you are moving back into regular activity. Chronic inflammation is that

long, drawn out pain or loss of function that seems to have no way to end. But many forms of chronic inflammation can be stopped. You just need some additional information on how to make this happen.

Your white blood cells are constantly patrolling your body to address any threat. When a threat is identified the white blood cells will release a warning signal to area cells that something is wrong. This chemical release results in the swelling, pain, and redness associated with Inflammation. Chronic inflammation means these chemical signals are continuing to be made because a change from outside the body is needed. Pain relief medications can provide temporary relief like wearing ear plugs can help reduce the noise, but pain relief medication does not remove the cause of the chemical signal.

To remove the cause of the inflammation signal specific nutrients should be increased and specific foods should be avoided. Anti-inflammation diets will provide the format for the right balance that will generate healing and reduce inflammation. Specific nutrients to increase include:

Omega-3 Fatty acids, which you obtain through extra virgin olive oil, fish, flaxseed oil, chia seeds, cod liver oil, and walnuts. American culture has a very low intake of Omega-3 fatty acids, which help to reduce pain by creating a healthy balance with Omega-6 fatty acids. A recommendation of three tablespoons of extra virgin olive oil per day is a good starting point.

Vitamin D provides stimulation to the cells of your body to promote healing and improve communication. You may notice that time spent outside in the sunshine during the sum-

mer makes you feel better. Your body produces Vitamin D with the exposure to sunlight which helps to reduce inflammation.

Turmeric is an herb from Asia having strong anti-inflammatory properties, which has been used for centuries in Asian culture. Turmeric has active compounds called curcuminoids that directly interact with the inflammation signals and calm the response. Recent research studies have found turmeric to be as helpful or even better than standard over the counter pain relief medicine.

To reduce inflammation, specific foods to avoid include:

Omega – 6 fatty acids, which you find in vegetable oil, corn oil, and deep-fried foods including French fries, potato chips, corn chips, and margarine. The typical American diet contains almost ten times more Omega – 6 than your body needs. The primary sources are processed foods and restaurant foods. When high amounts of omega – 6 combine with sugar, inflammation is the result.

Sugar is abundant in American foods. Back around 1900, the average American consumed about five pounds of sugar per year. Today the average American consumes more than one hundred pounds of sugar a year. Sugar can combine with omega – 6 to produce arachidonic acid, which is a fatty acid associated with pain and inflammation. When clients reduce their sugar intake, they

often observe relief from pain.

Chronic inflammation observed with arthritis, fibromyalgia, obesity, and diabetes can be brought under control with an anti-inflammatory plan using whole foods and nutrient supplements targeting the pain sources. Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge is not a result of a medication deficiency.

Contact me to discuss your health goals for the coming year. I can help you create space for decreased pain and natural healing. 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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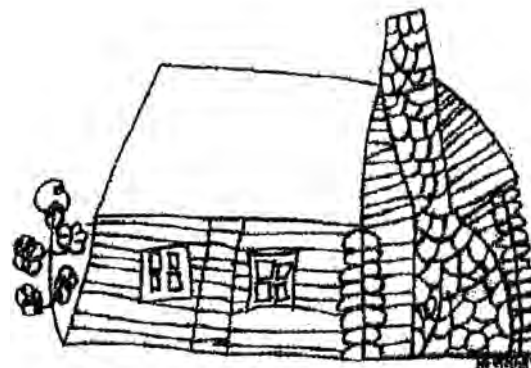
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Have trouble sleeping? Try this. Also, Stress and Cortisol Levels



By Shauna Burshem, D.C.

Sleeping troubles and the gut health connection: Insomnia affects up to half of all adults at some point, leading to restless nights and groggy mornings. Beyond the immediate effects of fatigue and irritability, chronic sleep disruptions are linked to serious health risks, including heart disease, diabetes, depression, and even suicide. Research from the U.S. highlights the alarming connection between insomnia and mental

health, showing that persistent sleep problems increase the likelihood of suicidal thoughts and attempts by more than fivefold and sevenfold, respectively. This creates a vicious cycle where poor sleep exacerbates anxiety and low mood, further disrupting rest.

Traditional treatments for insomnia, such as prescription sleep aids, often come with risks like dependency, while cognitive behavioral therapy remains inaccessible for many due to cost or availability. As a result, researchers are exploring natural alternatives, with probiotics emerging as a promising option. Probiotics, which are live beneficial bacteria, influence the gut-brain axis—a communication network between the digestive system and the central nervous system. By regulating brain chemicals, probiotics can help stabilize mood and promote healthier sleep patterns.

Recent studies have shown that probiotics can significantly improve sleep quality and reduce symptoms of depression in people with insomnia. A systematic review and meta-analysis published in *Frontiers in Microbiology* analyzed six randomized controlled trials involving 424 participants with insomnia. The findings revealed that probiotics reduced Pittsburgh Sleep Quality Index (PSQI) scores by an average of 2.1 points, indicating fewer sleep disturbances and better rest. Additionally, depression symptoms, measured by the Hamilton Depression Scale (HAMD), dropped by 7.72 points, reflecting a meaningful improvement in mood.

The effectiveness of probiotics in improving sleep and mood is linked to their ability to support gut health. Probiotics strengthen the gut lining, reduce inflammation, and enhance

gut-brain communication, all of which play a role in calming the body's stress response. However, for probiotics to work effectively, it's essential to first heal the gut. Introducing probiotics into an unhealthy gut can feed harmful bacteria, potentially worsening symptoms. Therefore, addressing gut health before starting probiotics ensures better outcomes.

Pairing probiotics with good sleep habits further enhances their benefits. Practices like keeping the bedroom dark, getting morning sunlight, and avoiding blue light at night not only improve sleep quality but also support gut health. Together, these strategies create a holistic approach to breaking the cycle of insomnia, improving both rest and overall well-being.

Stress and Cortisol: Chronic stress keeps cortisol, the body's stress hormone, elevated far beyond its intended emergency function. While cortisol is designed to help you react quickly in dangerous situations, modern life's constant pressures—like deadlines, poor sleep, and emotional stress—keep it switched on 24/7. This prolonged activation disrupts your metabolism, weakens your immune system, and leads to issues like stubborn belly fat, poor sleep, and constant fatigue. Over time, your body adapts to this survival mode, leaving you feeling drained, inflamed, and unable to recover properly.

The effects of high cortisol often go unnoticed at first, manifesting as subtle symptoms like feeling “wired but tired,” irritability, or sugar cravings. However, beneath the surface, elevated cortisol wreaks havoc on your hormone rhythms, metabolic function, and

immune defenses. This imbalance can lead to weight gain, particularly around the midsection, slowed digestion, and muscle loss, even if you're trying to stay active. The longer this cycle continues, the harder it becomes for your body to reset and recover. Fortunately, there are simple, science-backed habits that can help your body naturally flush out excess cortisol and restore balance. Techniques like slow breathing, early morning sunlight exposure, and eating healthy carbs can reset your cortisol rhythm and support recovery from stress overload. Breathwork, in particular, is a powerful tool to lower cortisol quickly. Practices like the “parasympathetic sigh,” which involves a deep inhale followed by a second sip of air and a slow exhale, signal your nervous system to relax and shift into a restorative state. In my office, I use a supplement called Adrenal Deseccated that supports the adrenal gland and helps with high cortisol levels. Lifestyle adjustments can also make a significant difference in managing cortisol levels. For instance, timing your caffeine intake is crucial—having coffee on an empty stomach in the morning can spike cortisol and keep you stuck in a stress cycle. Instead, it's better to wait until after breakfast or reduce your intake if you already feel overstimulated. Similarly, gentle, consistent exercise like walking is more effective at reducing cortisol than high-intensity workouts, which can sometimes exacerbate stress. Low-impact activities are especially beneficial for individuals with conditions like PCOS or adrenal imbalances.

Finally, enjoyable activities like laughter, spending time with pets, and engaging in hobbies aren't just mood boosters—they also trigger biochemical changes that lower cortisol and signal safety to your brain. Additionally, natural progesterone is highlighted as a safe and effective way to block cortisol and restore calm. By incorporating these simple habits and lifestyle changes, you can help your body recover from chronic stress, reset its natural rhythms, and regain energy and resilience.

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

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: My husband and I are wondering if it is true that emergency vehicles can change a light from red to green, if they need to proceed through an intersection. Is this true, or is it just a myth that people now believe to be true? Also, if this is true, how is the light triggered? Is it triggered by the flashing lights of the emergency vehicle or is it triggered through some other method?

Thank you for your column! We read it every time and we appreciate the helpful and accurate information.

Answer: Emergency vehicles can change traffic lights using a system called Opticom. The device on the vehicle emits a specific light or signal, which is detected by a receiver on or near the traffic light. The receiver then triggers the traffic light to change, giving priority to the emergency vehicle.

Question: I know the distracted driving law has been around for a while now, but can you please talk about it some more?

Answer: Driver distraction or inattention is a leading factor in crashes in Minnesota, accounting for at least 25 percent of all crashes annually. Distracted drivers fail to recognize potential hazards on the road and react more slowly to traffic conditions, decreasing their margin of safety.

Types of driver distraction:

- Visual: Looking away from the road.
- Mechanical/physical: Taking hands off the wheel.
- Cognitive: Being "lost in thought."

Ted Foss Move Over Law

This year marks the 25th anniversary of the tragic passing of Minnesota State Patrol Trooper Ted Foss. Cpl. Foss was conducting a routine traffic stop on the shoulder of I-90 in Winona County on Aug. 31, 2000, when he was hit and killed by a passing vehicle. His story is a powerful reminder of why we must move over and slow down for vehicles on the shoulder.

In his honor and to save lives on Minnesota roads, on Sunday, August 31, law enforcement across the state will be actively enforcing the Ted Foss Move Over Law. Failing to change lanes or slow down endangers other drivers and emergency professionals and can leave you facing a fine of more than \$100.

Drivers need to remember:

Move Over. On a road with two or more lanes going the same direction, you must move over one full lane from stopped emergency and maintenance vehicles as well as any vehicle with its hazards on.

Slow Down. If you can't move over safely, you must slow down.

Watch for People. The law also applies to people who are outside their vehicles.

Let's all do our part to keep each other safe on the road. When you see flashing lights, stalled vehicles or people on the side of the road, slow down and move over a lane to keep travelers safe and to give roadway workers room to do their jobs safely. Working together, we can drive Minnesota toward zero deaths.

Distractions inside the vehicle

Distractions inside the vehicle can include activities such as: using a cell phone, using a GPS, reaching for items, eating and drinking, adjusting the radio, talking to other passengers, and reading maps and other materials. Even when you are watching the road, behaviors such as looking at a crash scene or daydreaming can divert attention from your driving responsibilities. For safety, give the task of driving your full attention at all times.

Illegal driver behaviors in Minnesota

Certain driver behaviors are illegal on Minnesota roads. These include using a cell phone or wireless computer device for text messaging, emailing or accessing the internet while driving, including while stopped in traffic. Drivers under age 18 with an instruction permit or provisional license are prohibited from using a cell phone, whether handheld or hands-free, except to call 911 in an emergency. It is also illegal to wear headphones or earphones in both ears simultaneously to listen to a radio or other sound-producing device.

Question: With school back in session, can you talk about school bus safety and what motorists need to know?

Answer: School buses have yellow and red lights that flash alternately to warn drivers they are stopping to load or unload students.

Bus drivers will activate flashing yellow lights at least 100 feet before a school bus stops in a speed zone of 35 mph or less. They will activate the lights at least 300 feet before it stops in a speed zone of more than 35 mph. It is against the law to pass on the right side of a school bus while it is displaying red or yellow flashing lights.

Flashing red lights warn drivers that the school bus is loading or unloading students. When you see a school bus that is stopped with its red lights flashing and its stop arm extended, you must stop your vehicle at least 20 feet from the bus.

Regardless of whether you are facing the front or back of the bus, you must remain stopped until the stop arm is retracted, and the red lights stop flashing. If you don't, you can be charged with a misdemeanor. If con-

victed, you must pay a fine of at least \$500 and lose your driving privileges.

Question: My grandkids get to be on their school's "School Patrol." I am so happy they get to help but can you talk about this? I want people to be aware to help keep them and everyone safe. Thank you for all you do.

Answer: Congratulations to your grandchildren! You should be proud as it is quite an honor to be serve on those School Patrols.

A little history lesson on the School Patrol. The idea of the School Patrol originated with Sister Carmela of the Cathedral School in St. Paul on Feb. 21, 1921 when the first patrolmen were stationed at the intersection of Kellogg Boulevard and Summit Avenue in Saint Paul. Adopted citywide by the City of St. Paul in 1922 as a part of the program of the School System and the St. Paul Police Department, it was also adopted as a statewide program by the Minnesota State Patrol. Generations of children for over 100 years have served on the School Patrol all across Minnesota.

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



meanor.

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.

A recent survey conducted by the National Highway Traffic Safety Administration released the top four reasons a driver may have commit a stop-arm violation. 30.5% driver did not care, 25.5% being in a hurry, 24.3% did not know the law, 12.2% distracted.

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

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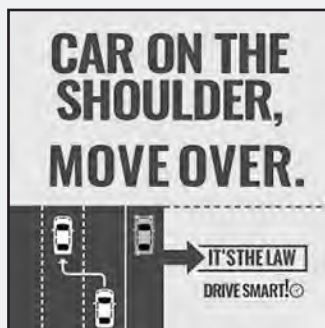
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The Dakota County Sheriff's Office continues to actively investigate the disappearance of Nikki and is seeking any information leading to her whereabouts. You may provide information anonymously at the link above or call 651-564-9097



Community as Classroom



By Benya Kraus
President & CEO Southern
Minnesota Initiative
Foundation

The flurry of back to school excitement, nerves and relief are upon so many families across our region.

At Southern Minnesota Initiative Foundation (SMIF), we have the privilege of working directly with hundreds of child care providers and other Early Childhood professionals across our 20 counties. As I shared at our most recent provider training in Owatonna, child care providers are not only the essential economic development engine for addressing the growing workforce shortages in our region, but they also help shape the character, psychological safety and brain development of our next generation of talent. Studies show that a child's brain is 90% developed by the age of

five. Our child care providers, other Early Childhood professionals and caregivers are therefore critical influences in a child's mental and social development. In a world with increasing vitriol and violence, it is such a gift to have people who nurture kind and caring children who can become kind and caring adults, and who help build a more kind and caring world. But they cannot do it alone.

I had the privilege of meeting with the leaders of The Honoring Dakota Project (HDP) from the Prairie Island Indian Community the other week, where I was introduced to the concept of "Community as Classroom." Their director of education described how they worked with the Red Wing School District to establish an American Indian Parent Advisory Committee with the school board. Today, hundreds of Native and non-Native students can participate in indigenous life ways and cultural practices through after-school extracurriculars. They learn teamwork from drumming circles and mindfulness from bead work. This fall, HDP is organizing a psin cinca (rat potato) and arrowhead harvest along the riverbanks in Winona, fostering an understanding of the interconnectedness between humans and nature. Especially for Native students, learning the Dakota language, teachings and history foster a sense of self-confidence and pride in knowing that where you come from matters. Their work reminds us that there is wisdom to be found beyond the four walls of a classroom – that important truths and values are passed down from our ancestors, relation-

ships and the world around us.

These are universal values that even those of us who are non-Native can know intrinsically. Think of the virtues and cultural knowledge that 4-H students learn when they are taught how to show their livestock: patience, humility and attention to the needs of a living creature beyond yourself. Or what students who participated in Spring Grove's community design lab to co-design how the newly revitalized Spring Grove cinema should be used: creativity, responsibility and empowerment through shared decision-making. Students even worked together to paint a community mural in this space with the support of a Paint the Town Grant from SMIF.

Community as Classroom is not just for children, but also those caring for kids.

Byron Community Education used an Early Care and Education Grant (opening Oct. 8!) to teach staff, parents and children how to manage strong emotions. Sharing mental health resources helped caregivers create calm learning spaces for children, teaching the virtues of perseverance, discipline and compassion for oneself and others.

From Prairie Island to Spring Grove to Byron it takes a community of caring adults and an embrace of learning through community to shape a healthier, more hopeful and resilient next generation. As our Dakota relatives teach us, it requires us to think of community as a classroom.

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




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Hampton Regular and Special City Council Meeting Minutes - August 12, 2025

The Hampton City Council met on Tuesday, August 12, 2025, at Hampton City Hall for a Special Meeting and the Regularly Scheduled Meeting. Present were Mayor John Knetter and Council Members David Luhring, Anthony Verch, arrived 6:47, and Nick Russell. Absent was Council member Jerry Huddleston. Also present were Brad Fisher of Bolton & Menk, Chris Meyer treasurer, and Tom Meyer

Special Meeting Called to Order - Mayor Knetter called the Special Meeting to order at 6:45 PM. City Treasurer Chris Meyer presented a summary of the amended 2025 budget and proposed 2026 budget. Key changes included adjustments related to the Small Cities Assistance Program, a \$42,000 prepayment on the 2019 bond series resulting in \$11,016 in interest savings, and a \$63,311 increase in interest on the 2024 bond series funded by bond proceeds. For 2026, the general tax levy increased by \$139,521 (58.19%) due to the 2024 water revenue bonds, while the debt service levy decreased by \$3,301, leading to an overall levy increase of \$136,220 (41.72%). The 2025 budget retains a \$10,000 grant for a transfer switch related to well #2, although its use remains uncertain. Personnel budget changes included a \$5,500 increase for the Treasurer and a \$2,500 decrease for the Clerk, reflecting a shift in responsibilities. Technology support was increased by \$700 to cover cloud backup and minor website hosting costs. Council Member Verch inquired about website maintenance funding, which was confirmed as covered. No vote was taken; final budget decisions will be made in September.

Adjournment - Motion by Russell. Second by Luhring, to adjourn the Special Meeting. All voted in favor. None opposed. Motion passed 4-0. The special meeting adjourned at 6:55pm.

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

Disclosure of Interest - None

Approval of July 8, 2025 Public Hearing and Regular Meeting Minutes - Motion by Luhring, seconded by Verch, to approve the July 8, 2025 public hearing and regular meeting minutes. All voted in favor. None opposed. Motion passed 4-0.

Approval of Disbursements - Motion by Russell, seconded by Luhring, to approve the May disbursements. All voted in favor. None opposed. Motion passed 4-0.

Public Comments: Alayna Lund introduced herself and expressed interest in converting the former Merchant's Bank building

into a coffee shop. She noted reaching out to the city planner for guidance on zoning and feasibility. Mayor Knetter confirmed the property is zoned commercial and expressed support, with Council Member Verch also enthusiastic about new downtown business.

Attorney Nicole Rash and Shane, CEO of Pure Jade, addressed the Council about a potential cannabis micro-business focused on cultivation and possibly retail near Highways 47 and 52. They described plans for an indoor, low-odor cultivation facility and sought input on zoning and city infrastructure. Mayor Knetter clarified no decisions would be made during public comments and explained the city had delayed cannabis ordinances pending state regulations, which are now finalized. Rash offered assistance with drafting compliant ordinances. Council Member Verch asked about license types, facility size, and retail location. The Council discussed water usage; Shane assured the facility would be sustainable and odor-controlled, using city infrastructure instead of drilling a well. The discussion ended with mutual appreciation and agreement to continue collaboration.

Petitions, Requests, and Communications: Mayor Knetter acknowledged recent flagpole repairs. Ottomatic donated two new flags, and Kuhn Crane and Wagner Construction donated labor and equipment to replace a broken cable at no cost to the city. The Council expressed gratitude for their community support.

Tom Meyer addressed the Council regarding Tom's Live Market. After due diligence, Meyer stated the proposed property was unsuitable due to wetlands, as noted in a SEH report. He would only proceed if the landowners could provide state confirmation that development was possible. He clarified he was not interested in rezoning closer to town if pursued by the owners.

Dan, one of the landowners, explained a formal wetland delineation had not yet been completed but a 2005 delineation identified consistently wet areas near the power pole and culverts. They intend to return with updated information and a formal delineation. Council Member Verch asked about soil borings and previous findings, which Dan confirmed showed persistently wet areas draining under the freeway. Meyer requested pausing discussions until more information is available. Mayor Knetter suggested scheduling a future meeting for detailed discussion. The Council noted a formal delineation would clarify buildable areas, with Verch adding that culverts typically indicate drainage, not official wetlands. The discussion ended with thanks.

Ordinances and Resolutions: Resolution

2025 - 06 Approving Vacation of a Drainage and Utility Easement within the City of Hampton - Motion made by Russell and seconded by Verch to approve the Vacation of a Drainage and Utility Easement within the City of Hampton. All voted in favor. None opposed. 4-0.

Reports of Officers, Boards, and Committees:

Engineer Report - Brad Fisher of Bolton & Menk provided updates on two projects. MnDOT has submitted final documents to the Office of Land Management for the frontage road turnback agreement, marking the last step after the Highway 52 project and annexation agreements with the city and Hampton Township. Final confirmation is expected within six to twelve months.

Regarding the water tower improvement project, Pay Application #4 has been submitted. Recent work includes frontage road restoration, paved driveways, and base layer paving on Lincoln Street. The final wear course will wait until tower construction is complete to avoid damage during ongoing work. The tower foundation is set, and the steel structure is being assembled on-site. Once inspected, the tower will be erected. The project remains on schedule, pending weather for final phases including demolition of the old tower. Council Member Verch commented positively on the progress.

Water / Sewer Report - Mayor Knetter updated on recent repairs to the city's water and sewer systems. A break occurred in the lift station's forced main behind the building. Power Services repaired the break, correcting a low spot, with final filling expected next month. Knetter thanked Marlin for assisting with an access issue during his absence. Pump and meter calibrations revealed the meter on pump three is approximately 25% off; rebuilding or replacement may be needed, though costs are pending. Meters for wells 1 and 3 are located in the pump house.

Council Member Russell inquired about meter size and offered assistance. Further discussion was planned.

Park Report - Council Member Russell reported moving forward with repainting and restoring the pavilion, including graffiti removal and design updates, based on a favorable, budget-compliant quote. Mayor Knetter added that Randolph School, via Mr. Kelly, requested use of the city's softball field for 5th and 6th graders this year. In exchange, the school offered to assist with field maintenance and line marking, which Knetter praised.

Street Report - Council Member Luhring thanked Mayor Knetter for quietly addressing several sidewalk hazards noticed during walks. Overall, streets are in good condition. Luhring and the mayor discussed stocking cold patch material and tools for more efficient minor repairs.

Mayor Knetter raised concerns about speeding on Belmont Street after removal of the radar speed sign by the Dakota County Sheriff's Department. Residents reported increased speeding. Knetter plans to request the sign's return or a speed trailer. Luhring agreed, emphasizing the ongoing issue, especially given the nearby park and residential area.

Council Member Russell suggested adding "Children at Play" signs. Some residents have discussed petitioning to lower the speed limit, possibly to 20 mph. Despite past resistance to yard signs, the Council agreed that additional signage and enforcement could improve safety.

Unfinished Business - None.

New Business - None.

Adjournment - Motion by Russell, seconded by Verch, to adjourn the meeting. All voted in favor. None opposed. Motion passed 4-0. The meeting adjourned at 7:29 p.m. Respectfully submitted, Kelly Roan



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