



Randolph-Hampton-Castle Rock Messenger™

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November 5, 2025

Volume 22 • Issue 11

Adopt a Family

Randolph School will again host an Adopt a Family Program for the Holidays this winter.

If you have any questions, please give one of the school social workers a call at (507) 645-4773 or email: Lori Nicolai extension 303 or nicolail@district195.org, Stephanie Groenke extension 236 groenkes@district195.org.

Announcements

• **Randolph Rockets Theatre presents the classic and beloved musical Little Shop of Horrors!** Show Times: Friday, November 14 @ 7:00 pm. Saturday, November 15 @ 2:00 and 7:00 pm. Admission: \$8 Adults; \$5 Seniors 65+; \$5 Children and Students. *Doors open 30 minutes prior to each show. There is NO reserved seating--first come, first serve!

(continued on page 2)



Courtesy of Randolph Schools

Hometown NASCAR Youth Champion x2

Submitted

Kelby Eilen, a 12 year old from Hampton, MN, has been racing quarter-midget cars for

seven years and this year has been his biggest yet!

Racing has been a part of Kelby's life since he went to his first race to "watch" his dad at 13 days old. He has grown up at the big race tracks across the midwest and at the age of 6 jumped into his own car and has never looked back.



Kelby's Light World Formula win in Castle Rock, WA

Kelby's home track is MQMRA-Little Elko Speedway in Elko, MN where he has won multiple championships throughout the years. This year he added the NASCAR Youth Series to his schedule which had him traveling across the country to places like Las Vegas, Talladega, Charlotte, and the Brickyard at Indianapolis Motor Speedway competing in quarter-midget races.

(continued on page 3)

Toys for Tots Drive

Randolph FCCLA Chapter is sponsoring the Toys for Tots drive this year. This program helps local children in need. Families will receive Christmas gifts for Christmas.

We are collecting toys from December 1st until December 19th. Toys must be new and unwrapped.

Bring in donations to the District Office. Thank you.



St. Mary's Catholic Church Annual Sausage Supper

St. Mary's Catholic Church in New Trier's Annual Sausage Supper will be held Sunday, November 23. Dine in and drive through available from Noon-6:00p.m.

There will be raffle tickets with over \$10,000 in cash & prizes, meat raffles, silent auction, crafts and refreshments.

For more information, see ad on page 14.

Cattlemen's Saloon Opens in Dennison

Cattlemen's Saloon in Dennison opened earlier in October to much local anticipation.

"The road to get here has had a few bumps in it", commented Marie Kylo, who owns the bar with her husband Sean. Many know we opened the bar originally as 625 Bar & Grill in 2023. After 2 years we made the hard decision to close earlier this summer due to a variety of challenges in the business. "We took the summer to look at our options and decided to reimagine what the space could be. With that, came CATTLEMEN'S SALOON," Sean added, focusing on the bar, atmosphere and service. We gave the space a new look, theme and decor."

(continued on page 8)



Althoff Hardware Closing

After 92 years of serving our community, Althoff Hardware will be closing its doors on November 29th. As we enter our final month of operation, we invite you to stop and enjoy great savings on all remaining products throughout November, and stay tuned for details on special discounts and a liquidation auction coming in December.

Thank you for your support over the years — we hope to see you all soon!



Lutefisk Dinner

MONDAY, DECEMBER 1

Available: 11:00 AM - 1:00 PM
& 4:00 PM - 7:00 PM
Takeout: 3:00 PM - 4:00 PM

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



23910 Hogan Ave.
New Trier, MN

RESERVATIONS REQUIRED by Nov. 17, 2025

651-437-5618

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

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



Join Us for a Traditional Thanksgiving Dinner

Thursday, November 27 • Serving 10:30 a.m.-3:00 p.m.

(Final seating 3:00 p.m. • Bar Open Later)

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



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

RESERVATIONS STRONGLY SUGGESTED: CALL 507-645-9992

37540 Goodhue Avenue, Dennison, MN

Hours: Wed. & Thurs. 11:00AM-8:30PM; Fri. & Sat. 11:00AM-9:30PM; Sun. 9:00AM-8:00PM

Bar Open Later

www.firesidelounge.net



Turned off from Jesus and the Bible?



By Ashley Dudek,
founder of Isaiah Ministries, bringing
Biblical teaching to help overcome
life's everyday challenges.
www.isaiahministries.cc

Can you believe that I did not like pizza as a kid? That's right! I remember going to a really good pizza place in my hometown called Charlie's Pizza for a pizza party as a young child. I ordered spaghetti as everyone else ordered pizza, 'cause I was not going to have any of that yucky, soft bread, with half melted cheese on it stuff. However, when the food came out, I saw the pizza and it looked surprisingly good.

You see, when I thought of pizza as a youngster, I only thought of the pizza I knew—school pizza. Some of you may have liked it, but I did not. Our school pizza was in a square, there was so little cheese that you could see the red sauce, and it had a soft and soggy texture with a weird smell. So when pizza was mentioned, I was instantly turned off. Until I had the good stuff. If my memory serves me right, it was on that pizza party day, at Charlie's Pizza, that I discovered what true pizza tasted like, and it was amazing.

I often wonder if people have associated Jesus and the Bible with "school pizza." Just as I was turned off by the elementary pizza, perhaps people have been turned off from Jesus and the Bible because He and the Word were misrepresented.

One day, I was having coffee with a friend in late spring. You could feel the warmth in the air, yet there was a chill in the wind as we sat outside on the patio as I was sipping a white chocolate mocha and my friend was drinking a matcha. My friend and I were catching up on life since it had been a few years since we'd seen each other.

We eventually started talking about church and how at times some of them can be a little legalistic. Meaning people can teach the Bible in such a way that it is rule-bound and there is little life, joy, and spirit behind that knowledge of the Word they are educating on (see Ephesians 2:8-9 and 1 Corinthians 13:2). This opened the door to my friend mentioning how the Bible can at times be hard for her to read because in the past she had people in her life that twisted the Scripture by using it

out of context (see 2 Peter 3:16-18). People may do this for personal gain, manipulation, control, or other various reasons.

I eagerly sat up and told her the story about the pizza. My little heart was like, "What they did was not okay! Please try eating 'the Bread' again. The Word of God (which can be referred to with the metaphor of Bread) changes everything!" My friend, with such respect, listened and received what I had to say.

Oh, taste and see that the Lord is good;
Blessed is the man who trusts in Him!
Psalm 34:8

It grieves my heart to hear stories of people who were raised in a religious, rule-bound home or church. When legalism (rules) is left and right, it can lead a person to fall into shame or not feeling good enough. It saddens me when I hear about stories like my friend's, where church leaders twist the Scriptures, therefore causing confusion and discomfort to those who are listening to them.

I am in shock when I hear stories of people being kicked out of church for how they looked or because of a sin they had committed. Is it not the church's role to accept the outcast, the ones that look different, and the "mess-ups" (see Romans 15:7)? If we look in the mirror, sure, maybe we appear a little more polished, but we are just the same as them. We sin and mess up too.

Perhaps there was a pastor, youth group leader, or relative in your life that called themselves a Christian, but that was the last thing they acted like. They could have been cold, overbearing, and not very loving. Maybe there was a church or a "Christian" that judged you, did not accept you, or looked down on you. Oh, my sweet friends, I apologize if this happened to you. I am sorry for the people who have called themselves Christians but behaved the opposite. Please do not let this stop you from getting reacquainted with Jesus and the Bible.

Yes, the Bible does have certain standards, but those standards are there for our good.

When we learn about the ways Jesus wants us to live, they need to be taught with love and gentleness as well as within the context of the Scriptures (see 2 Timothy 3:16-17 and Galatians 5:22-23). Not like the Sadducees and Pharisees. If you don't know who these groups of people were, in a nutshell, they were two religious groups in Jesus's day. They were stuck in following the "rules."

Trust me, I love doctrine (teaching of the Bible); however, it needs to be presented in the right manner. If you are reading this and have been hurt in any way by the church and/or Christians, and therefore are turned off from Jesus and the Bible, please attempt Jesus and the Bible again. They may taste completely different than in the times of the past.

Solution:

1. Know the Lord LOVES you. He is not those who hurt you and/or misrepresented the Bible. Many people quote John 3:16, which is awesome, but why do they not include verse 17? Do you know what it says? "For God did not send His Son into the world to condemn the world, but that the world through Him might be saved." Jesus does not condemn, my sweet friends, and once again, He is not those who have hurt you.

2. A little offense may arise as I say this next point, but if you have not forgiven those who have hurt you, I would highly encourage you to forgive them. We all are indeed human, and no one is perfect. I know it can be hard to forgive those who have hurt you, but Jesus must be onto something if He encourages us to forgive those who have sinned against us (see Matthew 18:21-22).

3. Give Jesus and the Bible another try. Ask the Lord for "new eyes" as you enter into conversation with Him and start reading about Him in the Word of God. If you are not sure where to start reading in the Bible, try the book of John and the Psalms. I do truly believe this time around it will be different—a Charlie's Pizza kind of different!

Announcements



- November 11 - Randolph School Veteran's Day Program 9:00a.m.
 - Friday, November 21 - Randolph Gr. 5 Band Concert 2:00 p.m.
 - November 26, 27, 28 - NO SCHOOL
 - Randolph Food Shelf located at St. Mark's Church 28595 Randolph Blvd.
- Monthly Open Hours: 1st Tuesday 8:00 - 9:30 am; 2nd, 3rd, 4th Tuesdays 4:30 - 6:00 pm. Questions call (507) 263-9182.

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



Business & Subscription Office:
P.O. Box 125, Dennison, MN 55018
Phone or Text: 507-649-3327
Fax: 507-645-9878

Website: www.randolphmn.com

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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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

CHRIST UMC

Rev. Thomas Countryman
29470 Gaylord Ave., Cannon Falls
507-757-8043
www.christunitedmethodist.org
Sunday Worship 8:30a.m.
Sunday School 8:30a.m.

STANTON UMC

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

AREA CHURCH DIRECTORY

First Table of God's Law

"Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment."
— Matthew 22:37-38

My wife and I recently attended a symphony. Seventy-five musicians on the stage gave their best. The star of the show was a young violinist playing a 1699 Stradivarius violin. At the end of the performance, with the crowd on their feet applauding, the young man left the stage. The applause continued, and he reappeared and bowed. The applause increased, and he returned a second time.

Was this violinist an egotistical young man? No. Giving the audience the opportunity to express their gratitude and amazement for a beautiful performance added to the listeners' joy. If the violinist had simply walked off and not returned, the audience would have felt shortchanged. Expressing appreciation is an important part of enjoying a great performance.

The first table of God's law to his people (commandments 1-4) calls them to love the Lord with all their heart, soul, and mind. God wants us to honor and glorify him in all we think, say, and do. The first table of the law is designed to enable us to truly appreciate God's beauty and glory. Calling for our love and respect in this way is not egotistical. Rather, it is a sign that the utterly amazing and loving God wants us deeply to enjoy the best life, blessings, and hope possible.

Lord God, thank you for your law, which teaches us to see and enjoy your amazing, beautiful love for us all. Help us to think and act and live in your ways always. In Jesus' name, Amen.

The Church Directory is Sponsored by:



23280 Main Street, Hampton
(651) 437-9535



300 West Main Street
Cannon Falls



ST. MARK'S LUTHERAN CHURCH

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

ST. MATHIAS CATHOLIC CHURCH, HAMPTON

stmathias-hampton.com
5:00 p.m. Saturday Mass
7:30a.m. Monday Mass
Questions? Call Mon.-Friday 651-437-9030

ST. MARY'S CATHOLIC CHURCH, NEW TRIER

stmarys-newtrier.com
8:00a.m. Sunday Mass
7:30a.m. Friday Mass
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

Hometown NASCAR Youth Champion x2

(continued from page 1)

Kelby races four different cars in their respectable classes each race weekend and earned national championships in both the Senior Honda and Light World Formula divisions; an achievement that has made him speechless at times.

“It is pretty awesome,” stated Kelby when interviewed at the recent NASCAR Championship weekend in Phoenix, AZ. “It is crazy to think that my first NASCAR Youth season would be so amazing. It is definitely going to be hard to beat!”

Kelby stacked his first two wins in Indianapolis and followed it up with two more in Castle Rock, WA. Those wins, along with a handful of podium finishes, and a lot of hard work led him to the two championships as well as two more top five finishes in points with his other two cars.

When asked what his biggest challenge was Kelby stated “trying to get to know the tracks in a short amount of time and then racing your hardest against the best quarter-midget drivers in the country.”

Quarter-midgets are raced by kids ages 5-15



Kelby in the hot chute ready to race

and classes are broken up by age and/or weight. Each national race will get 250 or more cars with the biggest race weekend being at the Brickyard in Indianapolis which will top 600 cars. Kelby’s hometrack will get between 50-60 cars each race weekend and is a great place for any kid interested in racing to start.

Kelby will celebrate his achievements in December at the NASCAR Youth Series banquet which will be held during the PRI Show in Indianapolis, Indiana.



Kelby and his family after his big wins at The Brickyard in Indianapolis, IN

HAPPY THANKSGIVING

As we gear up for another Thanksgiving, we're thankful to be celebrating it with the customers and friends who have made our year so special.

Call to schedule your appointment today! 507-263-7000

bigrservicecenter.com

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

OBITUARY

Sheila Jean Rother

Sheila Jean Rother, age 57, a beloved mother and friend, passed away of natural causes at her home in Cannon Falls on October 26, 2025.

Sheila had a deep appreciation of nature and the serenity it would bring her. She was at peace listening to the loons singing in the distance, the simple beauty of searching for unique rocks along the shoreline, and the wild spirit of wolves that reflected her own strength and independence. Above all, her heart belonged to her son Jerry, whom she cherished beyond measure.

Sheila was a 1987 graduate of Randolph High School and spent most of her working years at Henkel in Cannon Falls (formerly Berquist Companies).

Sheila is survived by son Jerry (Chris) Regenscheid; parents Jack and Shelby Rother; siblings Sandy Rother, John (Brian) Olson-Rother, Tom (Dori) Rother, and Michele (Bill) Bergstrom; nieces and nephews and their families, Tonya (Nathan) Craig, Jeremy Grimes, Jesse Grimes, Brice Rother and Gage Bergstrom; along with many other relatives and friends.

She was preceded in death by her grandparents and her beloved cat, Pika.

In your quiet moments under the stars or along your favorite peaceful path, think of Sheila and her spirit will live on.

A celebration of her life will be held at a later date.



Section Playoffs vs. Cannon Falls 10.21.25: Randolph 28, Cannon Falls 20



Charles Lazarus Performs at Randolph High School



In October, our 4th–6th grade music students along with our high school band and choir had the amazing opportunity to hear Charles Lazarus from the Minnesota Orchestra perform right here at RHS!

This special visit was part of the Class Notes program, sponsored by Minnesota Public Radio (MPR) — the event was completely free for our students!

It was an unforgettable experience filled with music, inspiration, and a whole lot of excitement! Thank you, Charles Lazarus and MPR, for bringing world-class music to Randolph! *Courtesy of Randolph Schools*

Randolph School

November 5, 2025

- RANDOLPH-HAMPTON-CASTLE ROCK MESSENGER -

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Section Championship vs. Goodhue 10.31.25: Randolph 0, Goodhue 40



Happy Thanksgiving

We'd like to send our warmest wishes for a Happy Thanksgiving to our valued customers.


**FARMERS MILL
& ELEVATOR, INC.**

651-463-8041 Metro 1-800-645-5648 507-645-5648
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P.O. Box 488 • 27920 Danville Ave. • Castle Rock, MN 55010



School Closings/Delays Information

Courtesy of Randolph School

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

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

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

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

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

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

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



November & December Upcoming Events

November 6	7th & 8th Grade FFA Middle School Ag Experience, Plainview-Elgin-Millville
November 7	Region Meats, Soils, Forestry CDE, Houston, MN Meats CDE Team, Soils CDE Team, Forestry CDE Team
November 12, 7-8 am	FFA Officer Meeting, Ag Room
November 13, 7 pm	FFA Alumni Board Meeting, Ag Room
November 14	FFA LDE Judging Day (Creed, Best Informed Greenhand, Farm Business), Riverland Community College, Austin
November 17, 6-7 pm	FFA Monthly Meeting, Ag Room
November 17, 7-9 pm	FA Outreach Class, Ag Room
December 5-6,	FFA Greenhand Regional Leadership Camp, Eagle Bluff Center
December 10, 7-8 am	FFA Officer Meeting, Ag Room
December 10	FFA Fruit Sales Delivery Day
December 11, 7 pm	FFA Alumni Board Meeting, Ag Room
December 14-16	State FFA Winter Leadership Development Events @ St. Cloud State University
December 15, 6-7 pm	FFA Monthly Meeting, Ag Room
December 15, 7-9 pm	FFA Outreach Class, Ag Room

Randolph Community Food Shelf

St. Mark's Lutheran Church

28595 Randolph Blvd.

Randolph, MN 55065

(507) 263-9182

stmarksrandolph@gmail.com

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

SNOWMOBILE
Safety Course

Classroom Overview & Driving Portion

Randolph Trailblazers will be offering classroom review & the driving portion of the snowmobile safety course on December 6, 2025 at 9:00 am at Dubbels Trucking. Pickup will also be at Dubbels Trucking. The Address is 5224 284th St. E., Randolph, MN.

Must be 11 years of age before class start date and have completed the online course in order to be eligible to take this class.

Cost: \$10.00 for the Driving Portion to be paid at the driving class. Cash or checks payable to Randolph Trailblazers.

**Please email randolphtrailblazers@gmail.com with the name, address, email & phone to register for the class. **

Online Course to be completed on your own before this Driving Class

There is an Online Course that the student must complete on their own time prior to December 6, 2025. After registration, go to www.snowmobilecourse.com and follow the instructions. It will take 2-4 hours to complete. Once they complete the online course, students print out a "youth follow-up voucher" and bring it with you to the driving class.

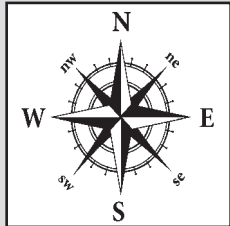
Students will need proper riding apparel, mask, gloves and a helmet, a snowmobile will be provided.

A PARENT/GUARDIAN MUST COME TO DUBBELS TRUCKING TO SIGN FORMS THE MORNING OF December 6, 2025. The address is 5224 284th St. E., Randolph, MN.



Changes in Latitudes, Changes in Attitudes

Hunting Season



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.

It is that time of year again. Hunting season. When the manly tradition of heading out into the woods to shoot meat for your freezer arrives. I don't have a problem with hunting. I owned a gun shop for many years and made a living selling firearms and ammunition. But some hunters lack common sense. Like the

one who came in opening day to buy a hunting license and slugs for his 16 gauge. I was all sold out of 16 gauge-ammo already. And he thought it was my fault he couldn't go hunting. I made a comment about there being 364 other days in a year to purchase ammo, he didn't think it applied to him.

Being a lifelong farmer, I raised livestock to keep myself in meat all year long, so cleaning game seemed more work than I wished to invest. Being a landowner, I found myself dealing with the hunters who didn't respect private property. We had over 100 acres of woodland which seemed mighty tempting to many people. It was also home to my beef cow/calf herd and I preferred to keep it that way.

We leased the woodland out to a hunter who paid way more in hunting rights than he could ever harvest in meat. But he enjoyed the sport and we could trust him to not shoot our cattle. But outside of that we had some interesting interactions. Anyone who hunts is required to have permission to enter private property. Without that you become a trespasser. Your hunting license becomes rather worthless once you cross that line.

One autumn day in the late 1980's we were cutting firewood deep in the property when one of my friends noticed a guy sitting on a stump above us with a shotgun. I walked up to him and asked what he was doing. He told me he knew Campbell, the owner, and had

permission to hunt. I, with my father's sense of humor, asked what Campbell looked like. His answer was rather evasive until I informed him who I was and requested he leave ASAP.

I often times came down to check the cattle and found the gates left open. We eventually hard wired the electric fence in front of the gates to prevent unauthorized access. Every fall while riding through on my daily herd check I would come across a deer stand. My paid hunter only used a ground blind so we knew it was an interloper. For liability reasons we had to dismantle the trespasser's unit and see if he would show up to claim it. Whoever did it must have had lots of money because they donated a couple stands each year.

One fall I was hauling round bales out of the field and met a pickup coming into the field drive. The driver looked most displeased to see me and waved me out of the way. I looked displeased right back and motioned him to leave. When I returned for another load of bales, I saw that same pickup parked in the corner of my field. I reported it to the sheriff and had him ticketed for trespassing. Another early fall morning while I was plowing, I interrupted a couple hunting pheasants in my cornfield. They were mad I was scaring the birds and I told them to leave immediately.

The funniest story was watching a tree stand being built in my back field one harvest season. I was irritated that no one got permission to do so and it boiled over the night before hunting opener. I took my chainsaw out and cut the saplings off level with the ground. I chained all four trees together and pulled them out of the field. My neighbor told me later that a guy showed up in their barn early



the next morning while they were milking their cows. He was mad as could be, and asked them what happened to his deer stand. They couldn't stop laughing and told him to go ask the property owner. He never did and I assume it was the same guy I had ticketed for trespassing.

TURKEY BINGO

BINGO

43	22	72	36	4
29	18	63	52	5
70	8	FREE	24	3
6	27	16	30	4
31	12	39	57	26

EVERYONE'S INVITED!

Saturday,

November 22

7:00 PM

**Dennison
City Hall**

\$5.00/card

**DONATIONS
WELCOME
FOR
KENYON AREA
FOOD SHELF**

A Minnesotan: Thanksgiving Turkeys



By RosaLin Alcoser

Once again the days are growing short, the nights are growing long, the air is now cold and November has truly rolled around. Which means once again that it's time for Thanksgiving.

The Thanksgiving Day turkey is one of the most icon part of the holiday. Weather he is on your table or only on your TV screen I can assume that a turkey will be present at most of your Thanksgiving celebrations.

While I could go on with story's of turkey cooking mishaps. The many hunting stories of great turkey hunts that could

be collected or about my older sister's confirmation turkey; yes she got a turkey as a confirmation gift. Instead I'm going to tell you about a group of turkeys that my husband often talks about and misses just a little bit.

This summer while my husband and I were vacationing in South Dakota. We encountered a rafter of big old mean Toms right outside of our Air B&B. There had to be about five or six of them out that evening.

At first these turkeys were neck wrestling in the drive way right were we had been parking our car. We slowly rolled towards the turkeys just enough to get them to move. This did work as they did move. They moved all the way to slightly father up the drive way; where they decided to resume their neck wrestling.

After serval minutes of watching these big old Tom Turkeys neck wrestle each other from our car. We finally had to beep the car horn to scare them away so that we could get out of the car.

While this did send them running it did not send them running far.

Once we were safely inside and away form the turkeys my husband, who is from the cities, figured out that if he stood on the deck and called at them they would call back. A lot of time that evening was spent with him yelling 'balalala' at the turkeys to get them to call ack to him. Which much to his delight they did.

Farm Girl Chatter Silent Whispers at Dusk

By McKell Lemmerman

Hello, my name is McKell Lemmerman and I am from Mazeppa. I have turned my lifelong passion for cattle into a thriving local business. In addition to owning my own beef herd, I offer hands-on cattle services for area farmers, including vaccinating, castrating, de-horning, and implanting. Whether it's a large operation or a small family herd, I approach every job with dedication and care. No job is too big or too small. My commitment to efficiency and strong work ethic have made me a trusted name among farmers in the Southeast area

I've always been a small-town girl with big farm dreams. Every sound at dusk tells a

story - of care, of rhythm, of a life rooted deep in earth and grace. This column is my way of gathering these moments on the farm.

Silent Whispers at Dusk

As I sit here admiring God's creation, the sun begins its slow descent behind the hills, casting long shadows across the fields. The sky is a masterpiece—streaked with shades of gold, rose, and soft lavender. It's the kind of beauty that doesn't need words, just eyes willing to see it and a heart open enough to feel it.

The air has cooled, carrying with it the earthy scent of cut grass, fields being worked, and the fading warmth of the day. I'm perched on the edge of the fence, the work of the day is nearly done, but the land still hums with life.

Cows move slowly, their low moos soft and steady as they make their way out in the pasture. Not loud, not frantic—just little murmurs, like they're saying goodnight. Horses stand quietly under the shade of the old pine trees, offering gentle nickers as the evening settles in. All while a farm dog trots lazily across the gravel, tail swishing, keeping an eye on everything without a rush.

In the distance, the combine finishes its



final pass through the field. Its engine groans gently, not with urgency but with satisfaction—like a farmer leaning back in his chair after supper, tired in the best kind of way. Even the tractors, parked by the edge of the field, seem to hum with quiet purpose as the farmhands end their day. Soon, the low rumble of engines joins the symphony—metal meeting earth, machine joining man in this ancient rhythm of harvest and hope. The tractor hum fades as it turns toward home, and the combine leaving behind neat rows and the scent of freshly harvested grain.

I close my eyes for a moment and listen.

It's not silent, not really. But it's a different kind of sound. A sacred kind. The kind that seeps into your bones and slows your heartbeat. The kind that makes you grateful without needing a reason. I listen to the sounds—not loud, not sharp—but layered and rich. The quiet moos, the whisper of wind through the corn stalks, the clink of metal as tools are set down for the night. It's not silent. It's harmony. A lullaby of work well done.

The sunset wraps everything in gold, like heaven's own blanket tucking in the farm for sleep. It reflects off the tin roof of the barn

and dances on the surface of the land, where the livestock roam and the farmers work.

I breathe it all in.

Out here, gratitude doesn't need to be spoken; it's lived. It's dust on your boots, and in the ache of your shoulders after a long day. It's in the knowledge that even if no one sees the work, God does. And that's enough.

I realize how much life there is in stillness. The kind of life that doesn't scream for attention, but quietly hums along, working, moving, breathing—alive in every sense. Sometimes, I think people forget about places like this. Places where time doesn't demand attention but simply passes, like clouds across the sky. Where the work is hard but honest, and joy is found in the simplest things.

In the quiet harmony of this land, I am reminded that sometimes, the most beautiful songs are sung in whispers. As the light fades, I sit a while longer, not needing anything more than this moment. A quiet place, a full heart, and the soft song of the land saying goodnight.

Nightfall whispers through the fields I call home,
McKell

Cattlemen's Saloon Opens in Dennison

(continued from page 1)

The kitchen is not fully open at this time, but Cattlemen's offers pizzas and snacks, along with complimentary fresh popcorn. "We plan to offer some -Pop Up- kitchen nights as we move ahead into the fall and winter, including our broasted chicken dinners and a few other options on different nights but we're taking a more intentional approach to see what our customers want too.

We hope to add more kitchen hours in the future, but staffing will dictate that. You have to have consistency or people aren't coming back.

That was sometimes one of our issues in the past with staffing. We have a good restaurant option in Dennison, so people can eat there and stop here before or after for a drink and a little different atmosphere," the Kyllos said.

Sean continued, "The bar business has changed a lot in the past few years. People's social habits are different, and how they spend their money when they go out is a lot different than it was 5-10 years ago. We're just trying to adapt.

We are excited to be back serving many of our old customers and meeting some new ones.. We still have a few projects in the building with our refresh, which we will work on Wednesdays when we are closed."

Sean and Marie will both continue with their day jobs, and work the bar with the help of

additional staff.

With Sean on the road more with his job, Marie is taking more of a lead on the day to day operations.

Pool league returned to the bar last week, which is every Thursday evening, along with the Sunday Meat Raffle at 3:30, and Bingo Tuesday nights at 6 PM.

"We're glad to be back in the saddle, so to speak", Marie said. "It an exciting time with the refresh, and we are looking forward to seeing old and new friends.

Cattlemen's will be having live music several times each month, including Andy Tackett on October 24th. More fun things are in the works according to the Kyllos.

A Grand Opening will take place in November. Details will be coming up, and check out their Facebook Page for updates.

Current Bar Hours are Thursday - Tuesday 3 PM - Close. Closed Wednesdays.

Cattlemen's Saloon is located on Main Street in Dennison.

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## That's the Latest Cool Weather



**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](http://RoadFarming.com). You can email him at [emery@roadfarming.com](mailto:emery@roadfarming.com).*

In the upper Midwest, the fall season is the favorite of a majority of natives. It's my favorite time of year and it always has been. I think that's because growing up on the farm, the hard work of picking rock, walking soybean fields to pull weeds, baling hay and straw, plus other hot work in 90 degree plus heat is now done. This time of year the weather finally cools down and with the cooler weather it also brought the baking sea-

son. My mom was a great cook but she refused to use the oven in the summer. Many people did the same. It just didn't make sense to make a hot house hotter. But with the coolness of fall came some apple pies and some wonderful hot dishes. This time of year also brought about the lefse making season. I've written about this before and I've regaled this story to anyone who would listen, how lefse was not a favorite of mine. And you call yourself a Norwegian, people would say. I thought it was one of those things that maybe a generation skips but all my siblings loved lefse. And my parents' generation and my kid's generation all love the potato tortilla so I guess it's just me.

As a kid, lutefisk was totally revolting. This was something I had in common with some of my siblings and many others of Scandinavian heritage. But as I've gotten older, I've come to tolerate lutefisk to where once a year I can enjoy a food that came about because way back when, it was how you kept fish good without refrigeration. When I met my father in law in Norway, Lisbeth's dad Knut, I asked him if they still eat lutefisk in Norway. He said 'No, we have refrigerators now.'

This always makes me think back to how certain customs and things came about. Who was it that decided if you soak the good cod fish in lye for 3 weeks and then dry it, it'll keep until you're ready to eat it. Or how about the people who decided rutabaga was edible or that rhubarb was edible but cockle-



**Emery in his first car, a 1971 Ford Maverick Grabber**

bur was not even though they look the same. I believe some people went through some awful taste tests to figure out what was edible.

So now you know, I now like lutefisk or should I say I tolerate lutefisk, and I still don't like lefse. Once on Facebook, there was one of these questionnaires that asks you to tell things about yourself that others may or may not know. Here's how I answered the question of things you may not know about

me.

- Favorite Childhood Game: Duck, Duck Grey Duck. I never played Duck, Duck Goose.

- Things that drive you crazy: Drivers who don't have their headlights on when it's raining or when it's dark outside. Drivers who can't park between the lines. Drivers who think turning signals are optional.

- Do you talk to yourself? Yes, I need the expert advice

*(continued on page 11)*

# Best Wishes FOR A HAPPY THANKSGIVING

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Cannon Equipment in Cannon Falls to Close Permanently;  
Employees to be Laid Off

CANNON FALLS, Minn. (KTTC) – According to the Minnesota Department of Employment and Economic Development (DEED), the State Rapid Response Team received a Federal Worker Adjustment and Restriction Act (WARN) letter from Cannon Equipment, LLC, informing of its permanent closure and layoffs.

Due to the closure, employees will be permanently laid off on Dec. 31, or within 14 days after that date. The State Rapid Response Team noted that it is unknown if the employees are represented by a union or if bumping rights exist.

About 45 employees are expected to be laid off. The positions affected in the layoff are, but not limited to, the following:

- |                                   |                         |
|-----------------------------------|-------------------------|
| Welder                            | Maintenance             |
| Production Supervisor             | Metal Finishing         |
| Production                        | Plating                 |
| Logistics Manager                 | Custodial Maintenance   |
| Water Spider                      | Metal Fabrication       |
| Laser Tube Operator               | Production Lead         |
| Production Lead - Welding         | Warehouse and Logistics |
| Continuous Improvement Specialist | HR Business Partner     |
| Director of Manufacturing         |                         |

That’s the Latest  
Cool  
Weather

(continued from page 10)

- Favorite color: Sky Blue Purple
- Favorite number: 5,281
- A job in your younger days: Depallitizer operator at the Kenyon Canning Company
- Dream job: Skittle taste tester
- All-Time Favorite Movie: The Sting
- If you could, would you go back to school? Yes but only for the Bumstead sandwiches. (Only grads from West Concord will get that)
- All-Time Favorite TV Show: M\*A\*S\*H.
- I hold the Wasioja Conference basketball record for scoring for 3 different schools while yet attending only one my whole career. It

seems I shot at the wrong end of the court two different times. But in my defense, I was open and I shot 100%. Byron and Pine Island were the other high schools that have me listed in their scoring annals. Fortunately most of my points were for West Concord. Coach Lorry Gunhus was appreciative of that.

- First Car: 1971 Ford Maverick Grabber. My second car, after the Grabber was totaled in a collision with the Mobil gas delivery truck driven by Hank Freerksen, was a 1973 Blue Mercury Comet.
- Guilty Pleasure? Watching the Brazilian Women’s Volleyball Team.

I told the story to my son recently that in 8th grade, I wanted to be 6’4” tall and weigh 210 pounds. Well, I reached 6’4” tall by the end of my junior year in high school but did not reach the weight of 210 until about 5 or 6 years after high school. After that, I was over 210 pounds for many years until September

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**Castle Rock County Road 86 July 9 week of storm drain work.**

*Timeline on Cty 86/280th St W in Castle Rock.*

*July 9, 2025...storm drain work began.*

*September 8...1st layer of asphalt is down for repaving.*

*September 9...2nd layer of asphalt.*

*September 26...road is opened on a rainy day with cones.*

*September 27...Saturday morning weather is nice enough for lines to be painted on Cty 86 for turn lanes and arrows.*

**Reminder for all: watch the speed and slow down to 35 mph in the marked speed zones. Helps all neighbors & residents! photos by Anne Schindeldecker**



**Lots of sizes went in to help pull water off Cty 86, along with storm drain collection ponds dug south of 86 also.**

**Many will recall when Castle Rock had a center pier, whenever it rained, there was a puddle to drive through.**

**With no center pier, the county projected the need to drain more water from the road.**



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County Road 86 in Castle Rock reopened in late September. In 2020 trees were first cut to begin to widen the county road and have the center pier removed with new railroad bridge installed. *photos by Anne Schindeldecker*





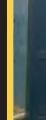

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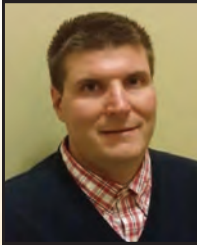
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## Field Reports: What Minnesota Deer Hunters Can Expect This Season

By Minnesota DNR

More than 400,000 deer hunters are preparing for the firearms deer season, which opens Saturday, Nov. 8. The season offers opportunities to spend time outdoors with friends and family, find adventure and put venison in the freezer.

Deer hunting is the primary tool Minnesota Department of Natural Resources uses to manage deer populations, and hunters help keep deer numbers in line with population goals across the state. Managing deer populations contributes to the overall health of Minnesota's landscapes, natural systems and economy.

DNR wildlife staff report that there should be good opportunities to harvest deer in most areas.

Hunters should know the deer permit area number for where they plan to hunt prior to buying a license and ensure they understand chronic wasting disease regulations and sampling requirements and options for that area. Hunters can find these details using the DPA lookup tool. Hunters should also note that the shotgun zone remains in place for the 2025 deer season.

Deer hunters in all CWD management and surveillance zones are required to have deer one year or older sampled for chronic wasting disease during the opening weekend of the firearms A season Saturday, Nov. 8, through Sunday, Nov. 9, and during late CWD hunts Friday, Dec. 19, through Sunday, Dec. 21. In CWD management zones, carcass movement restrictions apply during the entire deer season. Additional information about CWD requirements and sampling can be found at the Minnesota DNR's CWD webpage.

### Southern deer report

Deer populations continue to increase in southern Minnesota, and deer fared well over last year's mild winter. Prolonged summer-long flooding during the fawning and fawn rearing season likely had a negligible effect on the population but has had significant habitat impacts in floodplain habitat and has pushed deer to more upland areas.

Prior to 2024 and 2025 flooding, there were several years without a major flood, and now vegetation in river floodplains offers excellent woody cover for deer, which bodes well for deer hunters. Blufflands that overlook floodplains offer oak and other sources of nuts and seeds that saw a moderate to excellent crop in 2025, especially bur oak. Large areas of grass with embedded wetlands are also prime deer habitat. If water levels continue to lower between now and the firearms season, hunters will have easier access to this type of habitat. Hunters interested in getting their deer tested for CWD can check the CWD testing options page, which includes ways to get deer tested, including using CWD mail-in kits.

### Central deer report

Deer populations remain robust and highly productive in central Minnesota, and deer also fared well over the winter.

Hunters can harvest as many as three deer in many deer permit areas in central Minnesota, and as many as five deer in CWD management zones and the Twin Cities metro zone. To help manage deer populations, wildlife managers encourage hunters to take advantage of opportunities to harvest antlerless deer.

Hunters should also know that CWD sampling will be mandatory during the opening weekend of the regular firearms deer hunting season in 11 CWD management zones (601, 605, 642, 643, 644, 645, 646, 647, 648, 649 and 655) and three surveillance zones (229, 285 and 338). Hunters should be aware that DPA 701 was redesignated as DPA 601 after CWD was detected last year near Rockford. DPA 601 will now have CWD management zone regulations, including carcass movement restrictions and the availability of disease management permits for antlerless deer harvest.

It is important to note that there is a three-buck limit (one permissible by each license type of archery, muzzleloader and firearm) in place for the southeast CWD management zone DPAs 643, 645, 646, 647, 648, 649 and 655. This three-buck limit does not apply to other CWD management DPAs in the state, including southeast DPAs 642 and 644, or to the metro CWD management zones (DPAs 601 and 605). Hunters can find these regulations on the DPA lookup tool.

Other changes that might impact central region deer hunters include the elimination of the B season license — there is now one statewide firearms deer license that may be used in both A and B seasons.

### Northeast deer report

Deer populations in most of the northeast region of Minnesota remain low. The best deer harvest opportunities in the northeast part of the state will be in the southern portion of this region, where deer numbers are higher.

In addition, the highest deer numbers are expected in areas of mixed habitat of open fields and forest. Scouting for local pockets of deer will improve hunter success. Hunters in far northern areas will again have fewer opportunities to harvest antlerless deer, and in some areas, hunters will only be allowed to harvest bucks. This will give local deer populations in these northern areas a chance to grow where their numbers are below goals established through the public deer population goal setting process.

A new change in the northeast is to DPA 183, which has been split into DPA 153 on the west and DPA 154 on the east. This change was made to better accommodate differences in the deer population across the permit area.

Hunters should also know that CWD sampling will be mandatory during the opening weekend of the regular firearms deer hunting season in two CWD management zones (DPAs 604 and 679). The city of Grand Rapids hunts also have mandatory sampling of all deer one year of age or older taken in any season.

### Northwest deer report

Last winter was one of the mildest winters



on record, following the moderate to severe winters of 2021-22 and 2022-23. As a result, the deer population is in good condition throughout the northwest part of the state.

Reports abound of does giving birth to twins and even triplets in many parts of the region this spring and early summer. This level of reproduction will help local herds recover from mortality events experienced during harsher winters. The acorn crop this year was good. When abundant, acorns are one of the most important and nutritious natural foods for deer and other wildlife. Additionally, with prolonged warm temperatures and relatively late frosts, grass and forbs, various food plot crops, and hay fields have remained green throughout much of fall, which helps

deer enter winter in good shape.

Many DPAs in northwest Minnesota have two- or three-deer harvest limits, whereas hunters in DPAs 111 and 203 are limited to bucks only. Some DPAs continue to have lower harvest limits, with the objective of returning local deer herds to established population goals following recent severe winters.

Hunters should also know that CWD sampling will be mandatory during the opening weekend of the regular firearms deer hunting season in four CWD management zones (DPAs 661, 666, 671 and 684) and four CWD surveillance zones (DPAs 239, 262, 269 and 270).

Deer hunting information is available on the Minnesota DNR's deer hunting webpage.



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by 4405-10

## Sleep



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Sleep is an essential part of maintaining a healthy life. Though we may resist it sometimes due to workload or social events, we quickly experience the consequences of those missing minutes of sleep. There is an increasing trend for using sleep aids to help achieve a good night of sleep. Sleep aids like Ambien, Benadryl, Tylenol PM, Zopiclone, or Z-Quil are popular choices for helping the body to move into a sleep cycle. Both the American Academy of Sleep Medicine and Statista predict an annual increase of 6% sales of over-the-counter sleep aids. With this growing trend across our society, let's look at the consequences of these sleep aids and the natural options for pursuing quality sleep.

While these sleep aids can help a person fall asleep, the sleep aids do not help the brain to acquire restful sleep and renewal. The sleep

cycle is a time for your brain to be able to remove useless proteins and garbage that have built up during the day. Your brain is very active throughout the day processing information at one quintillion calculations per second. All this processing will generate some garbage during the daytime, so a key purpose for sleep is to give the brain a chance to move out the garbage during quiet time. This natural cleaning process, called glymphatic flow, only happens during the deep sleep cycles. Sleep aids like Ambien help a person to reach the light sleep cycle but disrupts the ability of the brain to reach the deep sleep cycle where the garbage clearing can take place. A 2025 research article published by the Sleep Research Society found sleep aids decreased the amount of time in the deep sleep cycle. The sleep aid may help a person achieve a quantity of sleep, but the quality of sleep is greatly reduced.

The quality of sleep is measured by the amount of deep sleep achieved where the excess proteins from the normal day activities can be removed. These excess proteins in the brain are associated with symptoms of Alzheimer's and dementia. A 2023 research article in the Journal of Alzheimer's Disease studied over 3000 healthy senior adults for 15 years and discovered that White participants who used sleep aids were almost twice as likely to develop dementia compared to those who did not use sleep aids. The Sleep Research Society found that individuals with insomnia who did not use sleep aids had better brain wave patterns than those who did use

sleep aids for insomnia. Therefore, drugless ways of promoting quality sleep need to be considered.

Specific habits you can start that will help to reduce those sleepless nights include:

- Sleep in a completely dark room. Reduce as much light as possible.
- Aim to be in bed by 10 pm. Sleeping before midnight is critical for circadian rhythms.
- Adjust the temperature of the sleeping area to 65 degrees, no higher than 70 degrees
- Remove electronics and electromagnetic fields (EMFs) from your sleeping area. These forces disrupt your body's natural production of melatonin and serotonin.
- Practice relaxation techniques in preparation for bedtime including breathing exercises, relaxing stretches, meditation, or massage.
- Stop eating food at least three hours before bedtime, especially grains and sugars.
- Stop drinking water two hours before bedtime.
- Stop using computers, cell phones, or TVs at least an hour before bedtime. The blue light from these devices stimulates wakefulness.



- Avoid alcohol
- Avoid caffeine

Additional natural supplements are available to assist the transition to deep sleep cycle. Melatonin and GABA supplements have been effective for some individuals. Supplements containing valerian root or passionflower have also been helpful to increase relaxation and quiet the mind. Magnesium threonate is a targeted magnesium supplement that delivers magnesium to the brain and helps promote rest. These recommendations are not replacements for establishing a consistent, quality bedtime routine as outlined above.

Protecting your brain involves more than just wearing a protective helmet on fast rides. You can protect your brain every day by providing opportunity for quality sleep. The result will be greater mental clarity and improved quality of life. Make healthy sleep a priority in your personal health care this coming year.

Contact me to discuss your health goals for the coming year. I can help you create space for improving sleep and natural healing. Contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com), check out my website at [www.nutritionproportion.net](http://www.nutritionproportion.net), or follow me on Facebook at Nutrition Proportion USA.

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

# Happy Thanksgiving

**Wishing the very best to you and your family this Thanksgiving.**



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## Eggs Do Not Cause High Cholesterol? Colon Cancer Prevention and More!



By Shauna Burshem, D.C.

Colon cancer often develops silently, so prevention through daily habits matters. Diet is a powerful lever you control. It shapes the gut environment, supports detoxification, and can help prevent mutations that lead to tumors. Among the most effective foods are cruciferous vegetables—broccoli, cauliflower, cabbage, and Brussels sprouts—which supply bioactive compounds that protect DNA, strengthen the colon lining, and support a healthier microbiome.

A large analysis in BMC Gastroenterology pooled 17 studies with 639,539 participants and found that higher intake of cruciferous vegetables was linked to a 17% lower risk of colon cancer. Notably, the “sweet spot” was modest: about 40–60 grams per day—roughly half a cup of cooked broccoli—offered the strongest protection. Eating beyond that didn’t add much benefit, suggesting a saturation point and making prevention realistic without drastic dietary changes.

The protective punch comes from glucosinolate-derived compounds like sulforaphane and indole-3-carbinol, released when you chop or chew these vegetables. They activate detox enzymes that clear carcinogens, trigger apoptosis in damaged cells, and slow cell-cycle progression to prevent runaway growth. These mechanisms hold up under rigorous

sensitivity analyses, reinforcing that the link isn’t a fluke or a product of publication bias.

Cruciferous vegetables also improve gut barrier integrity by tightening the junctions between colon-lining cells, which helps keep toxins and harmful bacteria from stoking inflammation. This shift favors beneficial microbes and amplifies the anti-cancer effect. Make a simple, consistent habit: include a moderate serving of cruciferous vegetables on most days, and pair it with smart lifestyle choices—like limiting seed oils and environmental toxins, choosing quality carbohydrates, and exercising—to build a reliable, daily shield against colon cancer.

Walking is one of the simplest, most accessible ways to care for your health. It requires no special gear or gym time and fits naturally into daily life—around the neighborhood, on errands, or during short breaks. Every step supports whole-body wellbeing, from better blood sugar control and stronger bones to improved mood and immune resilience.

While we often focus on minutes or step counts, emerging evidence shows pace may matter even more. A large U.S. study following nearly 80,000 adults for close to two decades found that walking speed offered sharper insight into health outcomes than time alone. Participants reported whether they walked at a slow or brisk pace, allowing researchers to compare real-life habits with long-term results.

The findings were striking: brisk walking—even just 15 minutes a day—was linked to nearly a 20% reduction in overall mortality, with the strongest protection for cardiovascular health, including ischemic heart disease and heart failure. Benefits held regardless of other exercise and were especially pronounced for people with conditions like high blood pressure, diabetes, or obesity. Slow walking still helped, particularly for heart health over longer durations, but the advantages were more modest and less consistent than with a faster pace.

So what counts as “brisk”? Think of a deliberate pace that elevates your heart rate and deepens breathing—you can talk but not sing—typically around 2.5 to 3 mph. To level up your routine, try interval walking (alternating easy and fast bouts), add a weighted vest or Nordic poles, invite a walking buddy, and choose outdoor routes for sunlight and stress relief. Even small daily doses, done briskly, can deliver outsized benefits.

For years, eggs were painted as “cholesterol bombs” that would clog arteries and

raise LDL, but newer research shows that story was oversimplified. A recent American Journal of Clinical Nutrition study cut through the confusion by testing how cholesterol and saturated fat interact, and the results were clear: the context of your diet matters far more than the cholesterol in eggs themselves.

In the trial, adults followed three diets for five weeks: high saturated fat (foods like fatty meat, lard, tallow, cheese, butter, cream, palm oil, and cocoa butter) with high cholesterol, high saturated fat with low cholesterol, and high cholesterol with low saturated fat. Only the third group—eating two eggs daily but keeping saturated fat low—reduced LDL cholesterol. The groups with higher saturated fat saw LDL rise, underscoring that saturated fat, not egg cholesterol, is the bigger driver of “bad” cholesterol increases.

Mechanistically, saturated fat burdens the liver and slows LDL clearance, leaving more LDL circulating. Eggs deliver cholesterol without that saturated fat load, so the liver can keep doing its job, helping prevent the artery buildup tied to heart disease and stroke. In other words, cholesterol doesn’t act in a vacuum—what you eat with it changes the outcome.

The bigger picture backs this up: in older adults, weekly egg intake was associated with a 29% lower risk of heart disease deaths and a 17% reduction in all-cause mortality. The takeaway isn’t “eat unlimited eggs,” but rather that thoughtful, moderate egg consumption within a balanced diet can be not just neutral, but protective.

Food quality and pairings amplify the ben-



efits. Choose pastured eggs, avoid industrial vegetable oils, and build meals around nutrient-dense whole foods to minimize omega-6 linoleic acid intake. Simple swaps—think eggs with greens, avocado, and olive oil instead of bacon, sausage, and fried sides—shift your lipid profile in the right direction.

Bottom line: eggs weren’t the problem—outdated guidance and high saturated fat meals were. With the right context, two eggs a day can fit squarely in a heart-healthy pattern, supporting LDL management rather than sabotaging it. It’s time to retire the cholesterol myth and focus on the full dietary picture.

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

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**Public Health Spotlight****Be Alert to Carbon Monoxide (CO) Poisoning in Your Home as the Weather Gets Colder****By Tisha Bergner, PHEPC**

Carbon monoxide (CO) is an odorless, colorless gas formed by the incomplete combustion of fuels. When people are exposed to CO gas, the CO molecules will displace the oxygen in their bodies and lead to poisoning.

The problem with CO since CO has no odor, color or taste, it cannot be detected by our senses. This means that dangerous concentrations of the gas can build up indoors and humans have no way to detect the problem until they become ill. Furthermore, when people become sick the symptoms are similar to the flu, which can cause victims to ignore the early signs of CO poisoning.

The CDC estimates that approximately 400 people die from unintentional CO exposure in the United States every year. Data specific

to Minnesota show that an average of 14 people die due to unintentional CO poisoning each year. Approximately 300 people visit emergency department each year for treatment of symptoms linked to unintentional CO exposure.

The good news is that carbon monoxide poisoning can be prevented with simple actions such as installing a CO alarm and maintaining fuel burning appliances.

CO is produced whenever a material burns. Homes with fuel-burning appliances or attached garages are more likely to have CO problems. Common sources of CO in our homes include fuel-burning appliances and devices such as:

- Clothes dryers.
- Water heaters.
- Furnaces or boilers.
- Fireplaces, both gas and wood burning.
- Gas stoves and ovens.
- Motor vehicles.
- Grills, generators, power tools, lawn equipment.
- Wood stoves.
- Tobacco smoke.

Carbon monoxide leaks from appliances can cause poisoning. Detection is required in new construction and when installing boilers and water heaters (under fire and boiler codes).

**Protecting your family from CO poison-****ing is easy:**

**1. It is important to know what appliances in your home are fuel-burning and make sure that they are maintained properly. All of these appliances should be vented to the outside. You should have your fuel-burning appliances (ex. furnace) checked by a qualified heating contractor every year to look for potential problems. It is also a good idea to know the signs of a potential CO problem:**

- Streaks of soot around fuel-burning appliances, or fallen soot in a fireplace.
- Absence of an upward draft in your chimney.
- Excess moisture and condensation on windows, walls and cold surfaces.
- Rusting on flue pipes or appliance jacks.
- Orange or yellow flame in combustion appliances (the flame should be blue).
- Damaged or discolored bricks at the top of the chimney.

Never use appliances intended for outdoor use inside. Examples include barbecue grills, camp stoves, portable generators or gas-powered lawn equipment. Do not use an oven to heat your home. Not only is it a fire risk, it is also a carbon monoxide hazard. Do not run or idle your vehicle in an attached garage. Instead, back your vehicle out right away. Check that your vehicle's exhaust pipe is not blocked, for example, by snow during the winter.

**2. Identifying CO poisoning can be difficult because the symptoms are similar to the flu. CO is often called the "silent killer" because people will ignore early signs and eventually lose consciousness and be unable to escape to safety.**

For most people, the first signs of exposure include mild headache and breathlessness with moderate exercise. Continued exposure can lead to more severe headaches, dizziness, fatigue and nausea. Eventually symptoms may progress to confusion, irritability, impaired judgment and coordination, and loss of consciousness.

You can tell the difference between CO poisoning and the flu with these clues:

- You feel better when you are away from home.
- Everyone in the home is sick at the same



time (the flu virus usually spreads from person to person).

- The family members most affected spend the most time in the house.
- Indoor pets appear ill.
- You don't have a fever or body aches, and you don't have swollen lymph nodes that are common with the flu and some other infections.

• Symptoms appear or seem to get worse when using fuel-burning equipment.

**3. Install and maintain CO alarms in your home**

Minnesota state law (MN Statute 299F.50) requires that every home have at least one operational CO alarm within 10 feet of every room legally used for sleeping. All CO alarms should conform to the latest Underwriters Laboratory (UL) Standards. Please follow the manufacturer's instructions for placement of your CO alarm, and take note of the suggested replacement date. These will vary depending on the manufacturer.

Don't ignore a CO alarm if it is sounding. If people in the home are exhibiting symptoms of CO poisoning, immediately leave the building and call your local fire department. In cases where residents are feeling fine, call your local gas utility company or a qualified technician to help identify the cause of the problem.

H A P P Y

# Thanksgiving

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## Ask A Trooper

By Sgt. Troy Christianson,  
Minnesota State Patrol



**Question:** Hello, I want to work for a farmer during planting and harvest season driving a semi. I have a valid Class D driver's license but no Commercial Driver's License. Can I cross a state line while working for the farmer, Minnesota into North Dakota?

Answer: Yes, as long as you stay within 150 air miles of the farm. If you have additional questions regarding commercial motor vehicles please contact [cmvinfo@state.mn.us](mailto:cmvinfo@state.mn.us)

Motorists need to be especially alert when they share the road with farm equipment that is often so large and heavy that accelerating, slowing down and stopping take more time and space than other vehicles. These vehicles also have large blind spots for operators and

make wide turns and sometimes cross over the center line. All these factors can and do result in serious crashes.

### Motorists are urged to:

- Slow down and use caution when approaching farm equipment. Don't assume the operator can see you.

- Watch for debris dropped by trucks. It's safer to brake or drive through debris than to veer into oncoming cars or off the road.

- Wait for a safe place to pass.

### Farm equipment operators should:

- Use lights and flashers to make equipment more visible.

- Use slow-moving vehicle emblems on equipment traveling less than 30 mph.

- Consider using a follow vehicle when moving equipment, especially at night.

- Properly secure your load.

- Ensure all lights are clean and fully visible.

- Ensure all safety equipment, including brakes and tires, are well maintained.

**Question:** Can you explain what the lines on the highways and streets indicate? I feel like a lot of people can't figure it out. Thanks.

Answer: Pavement markings direct and regulate traffic.

White lines separate lanes of traffic traveling in the same direction.

- White dashes: You can change lanes where this marking is present.

- Shorter and thicker white dashes: The lane is ending.

- Solid white line: You should not change lanes. Solid white lines also mark crosswalks, stop lines

- at intersections, parking stalls and the edges of a roadway.

- Double solid white lines: You must not change lanes.

- Solid white line with bicycle insignia: This area is for bicycle or electric-assist bicycle traffic only.

- If you are on a bicycle, you must travel in the same direction as adjacent traffic.

Yellow lines separate traffic moving in opposite directions.

- Solid yellow line: You must not pass. Passing in a no-passing zone is illegal.

- Yellow dashes: You may pass.

- Mixed lines (solid and dashes): A solid yellow line may appear on one side of the roadway while a line of dashes appears on the other side. You must obey the marking in your lane of traffic.

- Double solid yellow lines: You must not pass, regardless of which side of the line you are driving.

**Question:** In your last article you wrote about "pavement markings." Could you talk about "turn lanes" as I think there are quite a few people who get confused by this?

Answer: Turn lanes near intersections separate left-turning or right-turning traffic from through traffic. White arrows, sometimes accompanied by the word "only," indicate that drivers must stay within a designated lane while turning onto the cross street. If your vehicle is in this type of lane, you must turn. Some turn lanes have multiple arrows, allowing you to turn left or right, or to go straight. To discourage drivers from changing lanes near an intersection, turn lanes are separated from through traffic lanes by solid white lines.

A center lane between lanes of traffic traveling in opposite directions may be designed

for left turns only. This type of lane is marked by parallel solid and dashed yellow lines. These lines are sometimes accompanied by white arrows on the pavement. Vehicles traveling in either direction can use these lanes to make left turns onto another roadway or a driveway.

**Question:** I feel like I see so many vehicles tailgating and following too close. I remember people talk about a so-many second following tip. Can you remind me and others what that is?

Answer: Applying the "Three-Second Rule" helps you keep a safe distance between your car and the vehicle ahead of you. This rule is for standard-length vehicles driving in ideal conditions.

1. Choose a fixed reference point at the side of the road ahead, such as a telephone pole, signpost,

- tree or bridge.

2. When the vehicle ahead of you passes the reference point, begin counting: "One-thousand-one,

- one-thousand-two, one-thousand-three."

3. If you pass the reference point before you finish counting, you are following too closely.

4. Gradually slow down until you reach a safe following distance and speed.

When road conditions are poor, or if you are driving a vehicle longer than the standard length, increase your following distance to a four- or five-second count.

If the vehicle behind you is following too closely, slow down slightly and allow it to pass.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and 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](mailto:Troy.Christianson@state.mn.us))

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## Fall Driving Alert: Watch for Deer

Fall brings beautiful colors and crisp air, but it also brings the increased risk of deer on the roads. Deer are most active around dawn and dusk, which means the chance of a crash rises dramatically during your commute. The best way to avoid a deer-vehicle crash is to stay attentive behind the wheel and expect the unexpected.

### Tips for All Drivers:

Slow down in areas known for deer or where fields and wooded areas meet.

Be extra cautious from 6 p.m. to 9 p.m. as this is the peak time for deer activity.

Use high beams when possible at night to spot deer eyes reflecting light.

Never swerve to avoid a deer. Swerving can cause you to lose control and go off the road, or crash into oncoming traffic.

Watch for one deer but expect more. Deer often travel in groups.

### Tips for Motorcyclists:

Slow down and use both brakes (front and rear) to stop as quickly as possible when encountering an animal.

If contact is unavoidable, release the brakes and attempt to swerve slowly behind the animal, only if there is room in your lane.

Always focus on maintaining control of your motorcycle.

Slow down, stay alert and always buckle up! Your seat belt is your best defense in case of a crash.



## We Were Never Meant to be Anonymous



**By Benya Kraus**  
President & CEO Southern  
Minnesota Initiative  
Foundation

I was born in Bangkok, Thailand — a metropolis of over 11 million people — and studied in Boston and Chicago. Today, I call Harmony, Minnesota home — a town along the Root River with a population boasting just over 1,000 people.

Despite my affection for small town living, I still think of my urban upbringing fondly, and still salivate thinking of my favorite ramen restaurant in Chicago. Yet, in the midst of so many options of where to eat, who to befriend, where to spend my time, I also know that most of my city experiences included sitting in a crowded train, head down, with my face buried in my phone and clueless to the people around me. I was often more of a consumer of community, rather than a creator. I could go through a whole day and be completely anonymous. And while periods of anonymity can help you explore new parts of yourself, ultimately I don't believe humans are meant to live anonymous lives.

In an age of digital connection and hyper mobility, it's easy to forget the quiet power of being known. Not just recognized, but truly

known — by name, by story, by contribution. The poet Wendell Berry once wrote, "A community is the mental and spiritual condition of knowing that the place is shared, and that the people who share the place define and limit the possibilities of each other's lives." That's not just poetic — it's a blueprint for vitality.

Here in southern Minnesota, we see this truth play out every day. Our small towns are not just dots on a map; they are ecosystems of relationship. The barista who remembers your order, the neighbor who plows your driveway without asking, the school board member who provides in-home child care to your new infant — these are not coincidences. They are the fabric of a life that resists anonymity.

At Southern Minnesota Initiative Foundation, we invest in this fabric. We believe that economic development is inseparable from human development. That thriving communities are built not just on infrastructure, but on trust. And that the vitality of a place depends on the visibility of its people. Just this month, we approved 23 Small Town Grants totaling \$200,000 to support projects focused on creating a sense of belonging for all and are in the process of approving Taylor Rural Improvements Grant applications that can make a big impact on the vibrancy of small towns.

When I tell you about why I love Harmony, it's not just that we have four restaurants, a distillery and a grocery store all along our downtown drag — but that I can tell you about the chef who comes out of the kitchen to sing Pink Pony Club with his five-year-old daughter at open mic night, or the couple who moved from New Mexico to open a maker space for the community because they fell in love with a run-down building that they believed they could bring back to life. Our community knows their stories, and they show up to wrap their support around them. To us, it's not just the end product but the process and people it takes to get there.

Similarly, when SMIF supports early childhood programs, we're not just preparing kids

for school — we're anchoring families in a shared future. When we fund local entrepreneurs, we're not just boosting the economy — we're affirming that dreams belong here. And when we partner with towns to support community initiatives, we're not just contributing resources — we're contributing to a sense of belonging.

Berry's words remind us that community is not a luxury — it's a necessity. Humans were never meant to live anonymous lives. We are meant to be accountable, celebrated, challenged and cherished. That's what small towns offer, both to long-time residents and the newcomers from across the state, country or from across the world, who help our small towns remain vital. And that's why we must

continue to invest in them — not just with dollars, but with belief.

Before my predecessor retired, he launched the Tim Penny Small Towns endowment fund to establish a long-term investment vehicle dedicated to that very belief. Today, I get the honor of continuing to grow our Small Town Fund and invite those of you reading to join me.

Because in the end, vitality isn't measured by population size. It's measured by the strength of connection. And in southern Minnesota, connection is our greatest resource.

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



**Hampton Township**

### Regular Board Meeting Minutes September 16, 2025 7:00pm

Chair: Jim Sipe  
Supervisor: Ryan Sunquist  
Supervisor: Dan Peine  
Treasurer: Angela Niebur  
Clerk: Molly Weber

Others in attendance were: Erik Porten and Katie, Corey and Amanda Tchida.

This meeting was called to order by Jim Sipe, Chair at 7:00pm with the Pledge of Allegiance to the flag and using the consent agenda. Ryan Sunquist made a motion to approve the consent agenda except the claims and to approve the balance of the agenda. Dan Peine seconded it. Motion carried.

#### PUBLIC COMMENT

• N/A

#### PRESENTATION

• N/A

#### ROAD REPORT- Otte Excavating

- 222nd by Jim Rother township ditch — 2 culverts under his driveway that don't seem like they are ours. 2nd one is not in the right of way. Request pictures of backup with the next rain.

#### PLANNING COMMISSION SYNOPSIS

• Corey Tchida

- o Questions about shed requirements.
- o 9375 250th Street East

Dave Peine made a motion to recommend approval for Corey Tchida construct an accessory use building at 9375 250th Street East since he is within the specs for total square footage and he meets the setbacks for a 40'x50' stick frame or a 40'x48' pole shed. Cassandra Schaffer seconded. Motion carried. (4-0)

40'x48' pole shed with 16' sidewalls. 2.27 acres. Ryan Sunquist made a motion to approve the shed permit for the Tchida's at 9375 250th Street East. Dan Peine seconded. Motion carried. Board advised Corey Tchida to tell Mark Ceminsky exactly when they would like to pull the permit.

#### OLD BUSINESS

- Saeed Kanwar (Project Manager) email about replacement of Bridge L3285 on Inga Avenue — project is underway — Bridge/Culvert are completed. Culverts are in but road was not graded so Ryan Sunquist will reach out to Saeed Kanwar.
- VRWJPO email about Model Ordinance and Local Updates — anything to report-permitting now just for one acre or more — nothing new — they are ready to issue the DRAFT for 60 day review. The biggest factor for us is land disturbance of one acre.

#### NEW BUSINESS

- Waiver of Service for Petition Documents/Condemnation — Mailed copies of both on 09.19.25, 10.19.25 sent MNDot an email to update our physical address. Dan Peine made a motion to acknowledge receipt of the 2 condemnation waiver of service for petition and notice of hearing letters from the Minnesota Department of Transportation. Jim Sipe seconded. Motion carried. Jim Sipe signed the letters. Clerk will mail the letters.
- Jim Sipe resignation — Certificate of Appointment and Oath of Office — Table until October
- 2025 Polling Place Accessibility Grant Application — email sent to Board 09.14.25 — Ryan Sunquist will take care of this.
- Review Agency Notice Letter on Watershed Plan 60-Day Review — email sent to Board 09.14.25 — Jim Sipe will look into this.

#### FYI

- Tire Recycling Opportunities — September 10 (call 651.645.9149) for appointment or October 4 at Empire Maintenance Facility in Rosemount - FYI
- September Plant Newsletter — email sent to Board 09.14.25 - FYI
- Dakota County Township Officer Association Fall Meeting — Wednesday September 17, 2025 @ 7pm — Dakota County Extension Office 4100 220th Street West, Farmington, MN 55024 - FYI
- Permits — 1 permits and 2 others waiting on payment - FYI

#### OTHER BUSINESS-Board Members Only

The board will sign the Minutes and the Treasurers Report

Jim Sipe made a motion to approval signing checks 7066 to 7087, 3 EFTs-PERA, IRS and MN Revenue for 3rd quarter taxes and approve claims list and to approve the August 19, 2025 Board Meeting Minutes. Dan Peine seconded. Motion carried.

Jim Sipe, Angie Niebur and Molly Weber signed the checks.

Township Letters of Information: The supervisors will go through this while the Chair, Treasurer and Clerk sign checks. They will let the clerk know if there is anything we need to address. Pera emails are to continue to be forwarded to the Supervisors and they can delete them if they so choose. Molly Weber should file these and drop them off of site after a year.

#### ADJOURNING OF MEETING

Dan Peine made a motion to adjourn the meeting at 7:54pm. Ryan Sunquist seconded. Motion carried.

Date Signed: 10/21/2025

Supervisor:

Clerk:

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## Hampton City Council Meeting September 9, 2025

The Hampton City Council met on Tuesday, September 9, 2025, at Hampton City Hall for the Regularly Scheduled Meeting. Present were Mayor John Knetter and Council Members Jerry Huddleston, David Luhning, Anthony Verch, and Nick Russell. Also present were Brad Fisher of Bolten & Menk, Chris Meyer treasurer, Stacie Leifeld, and Alayna Lund

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

**Disclosure of Interest** – None

**Approval of August 12, 2025 Special Meeting and Regular Meeting Minutes** – Motion by Luhning, seconded by Verch, to approve the August 12, 2025 special meeting and regular meeting minutes. All voted in favor. None opposed. Motion passed 5-0.

**Approval of Disbursements** - Motion by Verch, seconded by Luhning, to approve the disbursements. All voted in favor. None opposed. Motion passed 5-0.

**Public Comments:** None

**Petitions, Requests, and Communications:** Stacie Leifeld, Charitable Gambling Manager for the Miesville Lions Club, addressed the City Council to discuss the possibility of the club operating charitable gambling at Meric's, following the previous operator's withdrawal due to low profitability. Leifeld noted that although there is interest in

continuing gambling at the location, the current city ordinance presents challenges—specifically, the requirement that a gambling organization must either own land in the city, be located within city limits, or have at least 15 members who reside there. She provided information on the club's annual charitable donations and clarified that the Lions Club operates only paper pull-tabs, dispensing machines, bar jars, and e-tabs, not bingo. Mayor Knetter and council members acknowledged that the ordinance likely hasn't been updated in over 15 years and expressed a willingness to review and possibly revise it. They agreed to add the topic to the agenda for the next council meeting, allowing time to evaluate the ordinance and consider necessary changes. Leifeld thanked the council, and the discussion concluded with general support for exploring the request further.

Alayna Lund appeared before the City Council to inquire whether a conditional use permit would be required for her proposed coffee shop in the old bank (Merchant's Bank) building. Mayor Knetter and Councilman Huddleston clarified that while "coffee shop" is not explicitly listed in the city's ordinance, the property is zoned commercial and falls within the Central Business District (CBD), which is intended to support a variety of retail establishments. Huddleston further explained that, based on the ordinance's stated intent and common definitions in Minnesota zoning practices, a coffee shop clearly

qualifies as a permitted retail use and does not require a conditional use permit. Mayor Knetter agreed and proposed that the council formally acknowledge the proposal as consistent with the CBD's permitted uses. Huddleston made a motion affirming that the coffee shop meets the intent of the ordinance and has the Council's approval to proceed with necessary permitting and remodeling. The motion was seconded by Councilmember Verch and passed unanimously.

Chris Meyer presented a draft of the 2026 budget to the City Council, noting that the only change since the previous month's budget workshop was the addition of \$10,000 to the levy and expenses to cover Bolton & Menk's work on the GIS system transition, which will be addressed further by Brad. Meyer recommended scheduling a special meeting for December 9 at 6:30 p.m. to hold a public hearing on the budget, as required for certification with Dakota County by the end of September. The proposed budget includes a general tax levy of \$149,521, with a total levy increase of 44.78%, consistent with figures previously discussed. Mayor Knetter thanked Meyer for his clarity and thoroughness in preparing the budget materials.

Mayor Knetter noted that the Planning Commission recommended updating City Code paragraph 152.186, recognizing it as outdated and unclear. Russell, speaking on behalf of the Planning Commission, emphasized that the current language is vague and that the version reviewed is nearly 30 years old, highlighting the need for clarification. Huddleston added that the code dates back

27 years and only minimally changed, reflecting limited development in the area, which may have contributed to the original vagueness. Knetter suggested scheduling the update discussion for early next year. Verch and Luhning echoed the need for flexibility in the code, noting the city has historically approached changes on an as-needed basis. The conversation also touched on the upcoming need for a cannabis ordinance. Russell mentioned it's on the agenda and will become increasingly relevant. Knetter explained that the city had delayed action until the state finalized its regulations, which has now occurred. He confirmed the city will need to adopt a cannabis ordinance to remain in compliance with state law. Huddleston clarified that while the city cannot prohibit or license cannabis use, it can implement regulations.

During the City Council meeting, discussion continued regarding the fate of the old water tower. Knetter opened the topic, referencing prior Planning Commission conversations. Russell deferred to Marlin, who proposed relocating just the tank portion of the tower to a city park near the highway where children play, suggesting it could be set partially in the ground for safety. Marlin also offered to contribute or help fundraise for the project. Luhning recalled earlier Council discussions that expressed a desire to preserve the structure. Russell noted he had contacted a restoration company experienced in such work and was awaiting a design and cost estimate.

Fisher clarified that when the tower project was originally bid, there were two options: demolish or salvage. *(continued on page 24)*

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## Hampton City Council Meeting

(continued from page 23)

The Council had chosen demolition due to cost savings, but salvaging the tank had been approximately \$10,000 more. Since the demolition bid was awarded, any changes would require renegotiation. Fisher warned of additional procedures and legal considerations, including the presence of lead paint. Huddleston mentioned a potential alternative location for the tank as a landmark site near other historical features in Hampton and said a contact there was interested in preserving and displaying it, pending dimensional information for transport feasibility.

Verch provided a rough estimate of the tank's diameter (21–24 feet), and Fisher noted the city had found a historical drawing from 1910, which might offer more clarity. Knetter emphasized getting an updated cost and clarified that further discussion should be placed on a future agenda. The group discussed potential structural and safety concerns if the tank is drained and left standing through winter, noting risks related to wind loads and freezing. They debated whether to delay removal until spring to avoid winter complications and confirmed more information was needed from the contractor, especially regarding the demolition method—whether it would come down in one piece or in sections.

Ultimately, it was agreed to tentatively plan for removal in the spring, allowing time to explore preservation options and safety logistics. Fisher committed to gathering more details, including costs, structural concerns, and clarity on the demolition process, and would report back at the next meeting.

**Ordinances and Resolutions: Resolution 2025 – 07 Approving the 2025, tax levy** – Motion made by Luhning and seconded by Russell to approve the 2025, tax levy. All voted in favor. None opposed. 5-0.

### Reports of Officers, Boards, and Committees:

**Engineer Report** – Brad Fisher of Bolton & Menk provided two key updates. First, he reported on the progress of the water tower improvement project. The tower structure has been erected, and final welding inspections are underway. Once approved, painting and coating will follow, likely later this month or potentially into October. Remaining tasks include final installations, site restoration, and grading before winter. Pay Application #5 was submitted and included in this month's disbursements. Fisher confirmed the project remains on schedule and within expectations.

Secondly, Fisher introduced a budgetary consideration regarding the city's GIS data management. Esri, the provider of the city's current GIS platform (hosted via Bolton & Menk), will require all clients to transition ownership of their GIS accounts by late 2026. The city already has an ArcGIS Online account established through a grant, and Fisher recommended transitioning to this setup, allowing the city to retain full data ownership and optionally continue working with Bolton & Menk for maintenance. No immediate action is needed, but Fisher encouraged the Council to consider it in future budgeting, noting significant time and cost savings for engineering, zoning, and infrastructure management. Knetter and Fisher both emphasized

the practical benefits of GIS, especially for locating underground utilities.

Fisher also noted he had shared a planning memo regarding cannabis regulations and reminded the Council that while cities cannot prohibit or license cannabis businesses, they may regulate elements such as hours of operation and signage. Knetter suggested a short working session before the next meeting to discuss those regulatory options. Council agreed to meet at 6:30 p.m. on October 14 for that purpose. Fisher confirmed he would check with the planning team to ensure a representative could attend to help guide legal compliance, and Knetter added that the working session must be publicly posted.

**Water / Sewer Report** – At the meeting, Knetter thanked Brad for his assistance with the Minnesota Department of Health grant requirements. He explained that the cost to set up backup power generation exceeded the grant amount significantly, so the grant writer agreed to allow the city to use the full \$10,000 grant for purchasing equipment and then close out the grant.

Knetter noted another grant round would open this fall offering a 50/50 match, but preferred to wait until spring to apply for a potential 100% funded grant that would cover all costs. He also mentioned that once installation begins, the grant amount could increase to \$15,000. When asked about the generator plan, Knetter said the city would rent a generator capable of running the pumps temporarily, while working toward either converting or swapping an existing generator if compatible. Marlin reminded the Council that the current generator is too small to run the pumps. Knetter confirmed the plan was to at least install the necessary switch and connection to allow a rented generator hookup during outages, with grant funds supporting ongoing infrastructure upgrades over time. He also reported that sewer sampling has been completed, with results pending, and preparations are underway for fall discharge.

**Park Report** – Russell reported that the pavilion painting project has been completed with very good workmanship. However, he noted that the entire north side of the pavilion has significant wood rot and suggested replacing the panels. Additionally, there is a roof leak—possibly around a vent—that is

causing soffit rot, and he plans to inspect the roof further. When asked, it was noted the roof was last replaced over 23 years ago. Russell estimated the panel replacement would cost around \$150 plus paint materials and labor. He also mentioned the doors were repainted and look nice. Wood chips have been installed at the park by Ottomatic, and work has begun on the adjacent field, including removal of the backstop. Knetter explained that Randolph School is funding the field improvements, aiming to complete the work this fall to have it ready for next spring. The school requested to use the old softball field for their fifth and sixth grade baseball teams and will maintain and update the field, including backstop repair and field lining.

Council members expressed support for the arrangement, noting it's better to have the field actively used and maintained rather than left to deteriorate. Russell added that additional ballfield lining is needed for the other field as well.

**Street Report** – Luhning: Nothing to report.

**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 5-0. The meeting adjourned at 7:47 p.m.

Respectfully submitted,

Kelly Roan

## The Data Says - More Local Input Needed



**Rep. Pam Altendorf (R)**  
**District: 20A**

Not long ago, the City of Cannon Falls annexed more than 240 acres of land in Randolph Township in Goodhue County. The purpose: to allow a private developer to build a data center.

Data center projects seem to be exploding all over the state, and this is the first one to be planned in our own backyard. Another 400+ acre data center near Pine Island has also been proposed.

Is this good or bad news? I have heard pros and cons from constituents on both sides of this issue. I am not against data centers, but I am also concerned at the speed these data centers are rushing through this process without much citizen input or consideration of long-term issues.

These current data center projects are past any legislation or input that I can propose at a state level. Very important decisions are being made, legal contracts are being signed and the fate of these centers being built are all happening at a local township and city government level.

These are massive projects. If you own a business or property near a proposed project, farm in the area or have long-term roots here, then it's important to realize that the future benefits or consequences should be questioned, studied and understood now.

City Administrators and city engineers are hired to be working towards the will and best interest of the people in the area. Locally elected officials – elected by you - need to hear directly from their constituents to assure they are voting in a way that reflects the community's best interests.

I personally met with Cannon Falls City Administrator Jon Radermacher and with a group of concerned citizens. Following are among the items and questions brought to my attention.

All negotiations and contracts to build the 240-acre facility are currently happening with a land developing company called Tract. However, Tract is not the end-user, and it will sell to another company. To be clear, the city does not know who the final owner of this property will be.

Will your electricity rates increase? Data centers use an enormous amount of electricity. An article from Bloomberg dated 9.29.2025 stated, "electricity costs as much as 267% more than it did five years ago in areas near data centers."

Will your property values increase or decrease?

Water is used to cool data centers. I was reassured by Radermacher that Cannon Falls has the water capacity to provide the approximate 50 million gallons predicted to be needed yearly. Some wondered about any chemicals being used that could pollute the groundwater or complicate the wastewater processing.

Is there a tax benefit to the city?

Will a data center increase jobs and add to our local economy? During the building stages, many jobs will be needed to build a 240-acre data center. But what about long-term jobs?

Statewide, I am concerned that Governor Walz signed a 2040 Carbon Free Energy bill into law, mandating the elimination of reliable and affordable energy sources such as coal. These data center projects require massive amounts of power which will put large burdens on our energy grid and potentially increase risks for rolling blackouts during peak energy needs.

Data center construction talk is only going to increase in this state. I will continue to seek legislative ways to support economic growth while protecting local concerns, energy, and the environment.

As for the project in our area, there is excitement and nervousness among residents. The best advice I can give is to not assume anything, but to ask questions and occupy a seat at the table before all decisions have been made. Connect with your locally elected officials, share your thoughts, and become informed. Mayors, city council members and city administrators will always come and go, but if this area is your home, then your input is needed now.

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- THEME: IN THE WOODS
- ACROSS
1. Flows' partners

5. "When Harry \_\_\_\_ Sally..."

8. Sound of laughter

12. "Hide" behind the bush

13. BÈBÈ's mother

14. \*Age units in the woods

15. Rum cake

16. Placido Domingo's solo, e.g.

17. Concluded

18. "Into the Woods" star Anna

20. Come clean, with up

21. Terra \_\_\_\_

22. Urge Spot to attack

23. One of seven gnomes

26. Prior to the present (3 words)

30. FEMA provisions, e.g.

31. Erratum, pl.

34. Int. org. in Brussels

35. Merge

37. Time frame

38. Right-hand page

39. 1920s art style

40. Cause of wheezing

42. Like The Hot Chili Peppers

43. \_\_\_\_ God we \_\_\_\_," on U.S. currency

45. Some vipers

47. Clairvoyant's gift

48. Source of chocolate

50. Form of payment

52. \*Edible fungus

55. Multi-layered cake

56. MElange

57. Utah's national park

59. Bake an egg

60. Plural of #22 Down

61. "\_\_\_\_ the Woods" play and movie

62. Prefix for multiple

63. Japanese honorific

64. Barely got by

- DOWN
1. Singular of #1 Across

2. \*Woodpecker's pecker

3. \*One lost in the woods

4. Posture

5. Boy Scout's badge

6. "Fear of Flying" author \_\_\_\_ Jong

7. \*Furniture wood

8. \*Conifer's dropping

9. Peters out

10. Def Leppard's "Rock of \_\_\_\_"

11. Psychedelic drug, acr.

13. St. Valentine, e.g.

14. Equip again

19. One of Seven Dwarfs

22. Rejuvenating spot

23. \_\_\_\_ Arabia

24. Wrinkle-prone fabric

25. Declaration of Independence, e.g.

26. 2002 Winter Olympics state

27. Mother-of-pearl

28. Weasel's cousin

29. \*Golf's great

32. Catch one's breath

33. A in MOMA

36. \*Scientific study in woodlands

38. Meteorologist's tool

40. Nile reptile

41. Masculine one and proud of it, pl.

44. Theater greeter

46. Something extraordinary

48. "Mea \_\_\_\_," or "my fault"

49. Hailing from the East

50. Type of salmon

51. \*Seed covering

52. \*Trunk growth

53. Sty cry

54. Speck

55. Recipe amt.

58. Go-ahead

SUDOKU ANSWERS

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|---|---|---|---|---|---|---|---|---|
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| 8 | 6 | 9 | 5 | 1 | 2 | 7 | 4 | 3 |
| 7 | 4 | 3 | 8 | 6 | 5 | 2 | 9 | 1 |
| 4 | 7 | 6 | 2 | 9 | 1 | 3 | 8 | 5 |
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

# Hats Off to You at Thanksgiving

Thank you for your trust and support.  
We wish you and yours a happy and healthy Thanksgiving!

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