



Randolph-Hampton-Castle Rock Messenger™

PRSRT STD
U.S. POSTAGE PAID
PERMIT #2
Dennison, MN 55018

Postal Customer
ECRWSS

June 18, 2026

Volume 23 • Issue 6

Free Cash & Diamond Show Saturday, June 20



For fans young and old, if you have ever been to Breezy Point Resort, or enjoyed the Fall Event at The Fireside Lounge in Dennison, you have seen Doug Allen Nash and His tribute to the legends Johnny

Cash and Neil Diamond.

The popular Vegas Style Tribute Show returns to Dennison, June 20th, Fathers Day weekend.

(continued on page 10)

Cannon Valley Fair July 1-4, 2026

The Cannon Valley Fair kicks off Wednesday July 1st at the Fairgrounds in Cannon Falls. Open Class and Exhibit Entry Day is Tuesday June 30th from 2-7 PM The Goodhue County Commissioners meeting will kick off the days events at 10AM in the pavilion Wednesday.

Gold Star Amusements will be on the midway during the fair starting at 1 PM July 1st. Advance discount unlimited ride-wristbands

are available for \$25.00 each at Cannon Belles Coffee & Ice Cream Shoppe until June 30th.

Saturday is Veterans & Senior Citizen Day and Free Grounds Admission Day. The 4th of July Grand Day Parade will be at 11 AM on Saturday with the annual fireworks display at dusk on Saturday night. This years grandstand highlights include the Wednesday night rodeo, Thursday night is the Adam Calvert



concert, Friday Night is the Demo Derby and Saturday afternoon is harness horse racing.

Music on the free stage from DJ "CHOPPER" music will round out each days events Wednesday and Thursday. Friday night there will be with Live Music on the Free Stage, with the band to be announced.

(continued on page 9)

Announcements

• **Randolph Community Food Shelf**, St. Mark's Lutheran Church, 289595 Randolph Blvd, Randolph, MN. 507-263-9182. Randolph MN Area Food Shelf. Monthly Food Shelf Hours: 1st Tuesday 8-9:30am. 2nd, 3rd, 4th Tuesdays 4:30-6:30pm. Randolph Community Food Shelf is for anyone in need within the Randolph School District (Randolph, Stanton, Hampton, New Trier areas). We are here to help! Please pull around to the Southwest corner door for easy loading of your items.

• **Mark your calendar! 2026 Dennison Days August 7 & 8!**

Randolph-Hampton Fire District Welcomes Five New Members



Left to right: Drew Weidner, Collin Otto, Cole Gerold, Ruben Kriesel, Logan Kornovich

Courtesy of Randolph-Hampton Fire District

In May, the Randolph-Hampton Fire District proudly welcomed five new members into our fire family during a swearing-in and badge pinning ceremony.

(continued on page 14)

38th Annual Friendship Wagon Train June 20-27, 2026



The volunteers of the 2026 Friendship Wagon Train will assemble at the fairgrounds in Cannon Falls, MN, on Friday, June 19.

(continued on page 17)

Northfield WiFi Fast. Reliable. Local.

High-speed fiber powered Internet from a local provider you can trust—**keeping southeastern Minnesota and western Wisconsin connected.**



Blazing
Fast Speeds



Rock Solid
Reliability



Local People
Local Support



Proudly Serving
Southeastern MN
& Western WI



More Than Internet. *We're Your Neighbor.*

Proud to support and connect the communities we live in, work in, and call home.



Call or Text
888-991-9293



Email Our Sales Team
sales@nfdwifi.net



Learn More
northfieldwifi.com

LOCAL PROVIDER * LOCAL SUPPORT * NO DATA CAPS





507-753-2408
507-273-1999



- We Install Lift Pumps
- Opening Sewer Lines
- Tank Finder

We Service
Randolph, Hampton
& New Trier

CATERING SERVICES AVAILABLE

- Weddings
- Grooms Dinners
- Graduation Parties
- Class Reunions
- Luncheons
- Corporate Events
- Business Events
- Banquets
- Birthday Parties
- Showers
- Funerals and more



Contact us for more info: **651-437-5618**
trophyhousenewtrier@gmail.com
www.trophyhousenewtrier.com

WE'RE HAPPY TO CATER YOUR NEXT EVENT!

Upcoming Events... July 4th & 5th - CLOSED | July 21 - Cornhole League (Register your team now!)

For More Information:  The Trophy House  Trophy House - New Trier www.trophyhousenewtrier.com



BIKE NIGHT
@ The R Bar
EVERY WEDNESDAY, 4PM START

\$8 CHEESEBURGER BASKET
\$2 CANNED BUSCH LIGHT



THE BISCUITS

Saturday, June 20
8:00PM
LIVE MUSIC!
The Biscuits



MIKE POOT & JUSTIN BURK

Sunday, June 21
1:00-4:00PM
LIVE MUSIC!
Mike Poot/Justin Burk



BREAKFAST SATURDAY & SUNDAY 9:00AM TO 11:30AM



Meat Raffle @ THE R BAR
EVERY SATURDAY @ 1PM
Sponsored by the Waterford Warriors Snowmobile Club

AND VIRTUAL RACES!

MONDAY - ALL DAY HAPPY HOUR! OPEN 3-9PM
FRIDAY - SMOKED PORKY PLATTER - AVAILABLE ALL DAY!



Check Our Facebook Page for Daily Specials and Weekend Entertainment!

4354 292nd St E, Randolph • **507-646-0107**
rbar.randolph@gmail.com

Monday 3:00pm-9:00pm; Tuesday-Thursday 11:00am-11:00pm
Friday 11:00am-1:00am; Saturday 9:00am-1:00am; Sunday 9:00am-9:00pm



DENNISON DAYS AUGUST 7 & 8, 2026

All You Can Eat Pancake Breakfast
Farmers Market Downtown
Citywide Garage Sales
Classic Car Show on Mainstreet
Euchre
Kids Pedal Tractor Pull
Parade Downtown

Be in the Parade! \$100.00 Prize for Best Parade Entry! Call 507-645-9992
Watch for more events to be added!

FRIDAY, AUGUST 7 FROM 7:00-11:00 PM
LIVE MUSIC BY THE OLD COUNTRY BOYS




www.dennisondays.org

SHANE MARTIN



RAIN OR SHINE

Under the Main Street Tent Saturday, August 8
All Ages Event. No Cover Charge. 21 to Drink.

Difficulties of the Secret Place



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

Emotions got the best of me, yet again. Thoughts that I do not want echo in my mind repeatedly. Rumination has reared its ugly head. Annoyed eyes. Loose words spilling out. Jealousy. Comparing. Lost temper with hubby. Angry with self. These are just a few ways I am messy. The greatest thing for me to do in the midst of these “messes” is to go to the Secret Place, but at times that is easier said than done.

The best things for us can sometimes be the hardest things to do. The last two months I have discussed the topic of the Secret Place and the benefits of it. If you missed those articles or want a quick review, here you go:

The Secret Place is partially your one-on-one time with Jesus, with your Bible and perhaps journal out, and at a much deeper level, it is a life that remains in the hiddenness of the Lord. It means you dwell, abide, and stay in all of Jesus’s promises, truths, direction, and love for you—no matter what. You talk to Him at your inner core, and you do not stop.

The benefits of the Secret Place are limitless! A few of them include working through

conflict, overcoming fear, healing from trauma, and learning the Father’s love. Last month we discussed how the Lord can guide, speak to, and protect us in the Secret Place as well.

Even though the Secret Place is the best thing for us, guess what? It can be one of the hardest things to actually enter into and stay in. There are numerous reasons why the Secret Place can be difficult, such as distractions, emotional or physical pain, lack of motivation, not feeling the Lord, not knowing what to say or do with Jesus, not being sure how to read the Bible, depression, or as alluded to earlier, feeling too messy to enter into the presence of the Lord.

In this article and the articles to come, I am going to address various difficulties of the Secret Place and some solutions around them. Go grab a cup of joe or some tea, and if you feel a little too messy for Jesus, by the time you are done with this article, you will have realized you are not, and I bet you will even be motivated to go talk to the big guy upstairs!

Some may feel that they have messed up so badly they cannot enter into conversation with Jesus.

Oh, my friend, if you believe this, you are mistaken. The Lord will take you in no matter what you have done. Did you know that the majority of the Bible is written about and even by people that messed up? That is right, A LOT of the people in the Bible screwed up—and screwed up bad!

I will give you one scenario of a man named David. David made an “oopsies” by committing adultery. Then he had the husband of the woman he committed adultery with killed. Yep. You can read the full story in 2 Samuel 11–12. What is amazing, though, is that he repented (see Psalm 51) and was known as a man after God’s heart (see Acts 13:22). He was a man after God’s heart not based on performance (things he did or did not do) but because of his personal relationship and adoration with God. Another person in the Bible that made some pretty big errors was

Paul. Prior to Paul becoming a follower of Jesus, he even persecuted Christians!

Studying about these men’s lives could be a good thing to do in the Secret Place and will probably make you not feel so bad about the things you have done wrong. Neither of these men let their identity fall under their “mess-ups,” but they knew they were sons of God and were loved by Him; therefore, they talked to the Lord and kept talking to Him. They remained in the Secret Place.

If you believe that you are too messed-up to spend time in the presence of the Lord, that is one FAT LIE from the enemy. I think this verse might help you out a little too. “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9).

As you read 1 John 1:9 above, do you see the word all? That means no matter what you have done or said, if you repent, you are forgiven! Don’t let shame keep you away. Come out from the bushes as Adam and Eve did, and let Father God clothe you with love and compassion. Understand your identity in Him and remain hidden in those truths.

Perhaps you are asking yourself, “But what if I am in the midst of making mistakes, sinning, and messing up?” The same principle holds true: go running to the Lord in the midst of the screwups. Any good parent would want their child to go to them when they are struggling, right?! What makes our heavenly Father any different? Again, do not let shame keep you away. Go talk to Jesus about whatever it is you’re struggling with. Ask Him the roots to why you are doing what you are doing, strategy to overcome it, and strength in the midst of it. Another comforting verse to help you not feel so alone is “For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do” (Romans 7:15).

Solution:

- If you have repented for your sins, know **YOU ARE FORGIVEN!**

- If you have sinned and not yet repented, then I would suggest you do. Remember, in a

nutshell, repenting is telling the Lord you are sorry, and turning away from whatever it is you did.

- If you feel shame or guilt, I would recommend looking up various verses on forgiveness. Read them over and over. Renew your mind to the fact that you are clean. Yes, **YOU ARE CLEAN**. What a beautiful gift! You can look up verses by doing a simple internet search or even looking in the back of your Bible at the concordance (most Bibles have this). I’ll get the ball rolling by giving you a few Scriptures on forgiveness right now that you can go look up: Isaiah 1:18, Psalm 86:5, and Colossians 1:13–14. Understand that condemnation is not of God either. Here are a couple verses around this topic as well: Romans 8:1 and 1 John 3:20.

4. If you are still feeling stuck in shame or guilt, I would also encourage you to talk with the Lord about these feelings. Sit down, go for a walk or a drive, or whatever it is, and pour out your heart to Him. The other day I messed up bad. Like if it was a test, I would have gotten an F minus. I would have been so embarrassed if anyone heard how I spoke to and treated my husband. Geez! I was completely in the wrong. I felt so ashamed and was starting to spiral down into that dark pit of self-anger and even depression. Therefore, I went to the Lord and we talked about it. All of my anger “toward my husband” was not even about him. It was rooted in trauma from my past, not feeling physically good, my cup being drained, and what I believe to have been some spiritual warfare too. Talking with the Lord is so good. There is a reason why I did what I did. There is a reason why you did what you did or are doing what you are doing; the Lord will show it to you. He will do this with kindness and love; you need to just give Him a chance.

5. Understand your identity in Christ. You are **NOT YOUR MISTAKES**. You are a child of God, redeemed, strong, and a conqueror! You can look up verses on identity in Christ by doing a simple internet search as well. The first part of the book of Ephesians is loaded with them.

You are **NOT** too messy for Jesus. I promise. You are loved. — Ashley

RANDOLPH BAPTIST CHURCH

Pastor Dennis Ingolfsland
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
Fight the Good Mental Fight

I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin. . . . — Romans 7:22-23

It is hard to overstate how much our minds are like battlefields. This is true for all believers in Christ, including the apostle Paul, who describes his own struggles in our text for today.

In this passage Paul says that one set of thoughts in his mind is turned toward God and aims to do good. The other set of thoughts, however, is turned toward evil and wants to sin. Paul thanks God in Christ that he is indeed saved. But in the very next verse he recognizes that he is still of two minds; he is a slave to God's law at the same time that he is a slave to sin. In verse 24 Paul seems to despair of living in this sort of spiritual duplicity. “What a wretched man I am!” he says.

In this way Paul expresses the frustrating way the Christian life goes—we are pulled one way and tugged the other by opposing powers within us. Though we are truly and irrevocably saved through the blood of Jesus Christ, we are at the same time slaves to our sinful old selves.

Thus we are in constant battle. Who will rule our heart and mind today? Who will rule our thinking about our work, marriage, or politics? The inner thoughts that we barely even notice may really be spiritual combat.

Though the battle rages on, we can ultimately say, with Paul, “Thanks be to God, who delivers me through Jesus Christ our Lord!”

O God, you have freed us from the curse of sin and death. But we need your power in our minds each day. Guide us to live by your Spirit. Amen.

The Church Directory is Sponsored by:

Merchants Bank
www.merchantsbank.com
Member FDIC

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

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

Published in cooperation with Mainstreet Publishing Minnesota, Inc.
© 2026, Randolph-Hampton-Castle Rock Messenger
All rights reserved.

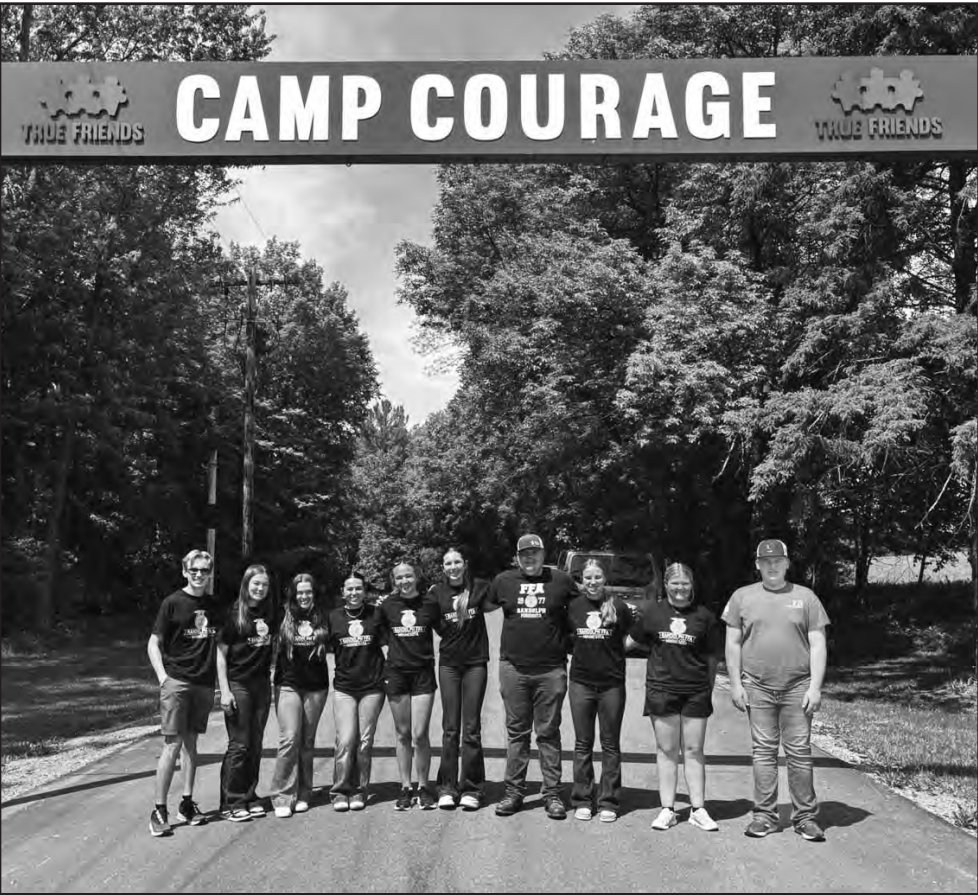
Randolph FFA Officer Retreat

Courtesy of Randolph FFA

In June, the 2026-2027 chapter officers held their Officer Retreat. They spent their time planning activities, creating committees, preparing for the upcoming year, and ended the night with team bonding. They can't wait

to see what this next year brings for the chapter!

As part of the '26-'27 Officer Retreat our team got the opportunity to have an tour of True Friend's Camp Courage. True Friends's Camp Courage is a summer camp that provides outdoor recreation, learning, and community experiences for children and adults with disabilities in an inclusive and accessible environment. Our team got to see the different parts of the camp along with the history. Through our annual corn drive donations are raised and given to support this program in order to give people new opportunities and able to look forward to go to camp all year long!!



SAVE THE DATE!

LOOKING FOR
TEAMS, HOLE
SPONSORS &
RAFFLE PRIZES!

JULY 27TH
10AM
SHOTGUN
GOPHER
HILLS
GOLF
COURSE

RANDOLPH BOOSTER CLUB

Golf Tournament!

3RD ANNUAL

BEAN BAG TOURNAMENT

SATURDAY

JULY 25TH, 2026

Randolph-Hampton Fire Station
5265 238th Street East
Hampton, MN 55031

REGISTER

SPONSOR

MORE INFO

2025-2026

RANDOLPH FFA

SENIOR SPOT LIGHT

KYNDRA OTTO

Courtesy of Randolph FFA



Years in FFA:
3 years

FFA Activities:
Goat/Beef Exhibitor
Elementary Ag Day

Future Plans:
University of South Dakota - Animal Science

2025-2026

RANDOLPH FFA

SENIOR SPOT LIGHT

GRACE SIMPSON

Courtesy of Randolph FFA



Years in FFA:
3 years

FFA Activities:
National Convention

Future Plans:
University of River Falls - Dairy Science

2025-2026

RANDOLPH FFA

SENIOR SPOT LIGHT

MAGGIE MLSNA

Courtesy of Randolph FFA



Years in FFA:
5 years

FFA Activities:
Sheep Exhibitor
Dairy CDE

Future Plans:
1st Farmers & Merchant Bank, Cannon Falls

2025-2026

RANDOLPH FFA

SENIOR SPOT LIGHT

WYATT HERMAN

Courtesy of Randolph FFA



Years in FFA:
5 years

FFA Activities:
National General Livestock CDE Team
Beef/Sheep Exhibitor
Chapter Vice President

Future Plans:
Butler Community College, Kansas - Pre-Vet

2025-2026

RANDOLPH FFA

SENIOR SPOT LIGHT

ANNALISA LARSON

Courtesy of Randolph FFA



Years in FFA:
4 years

FFA Activities:
Sheep Exhibitor
Chapter Reporter

Future Plans:
University of MN - Carlson Finance

2025-2026

RANDOLPH FFA

SENIOR SPOT LIGHT

JACOB BUCKLEY

Courtesy of Randolph FFA



Years in FFA:
3 years

Activities:
Ag Mech CDE
Tracy Farm

Future Plans:
Freelance Videographer

Farm Girl Chatter Sweet Summertime

By McKell Lemmerman

You can always tell when summertime officially hits farm country. The gravel roads get dusty, the tractors start multiplying like rabbits, and every farmer suddenly develops a degree in weather forecasting. One little cloud rolls in and there's already three guys standing outside saying, "looks like rain coming."

Summer on the farm is a different kind of beautiful. The fields turn bright green almost overnight, fresh grass starts growing faster than anyone can keep up with, and the countryside finally wakes up after another long Minnesota winter. There's something about hearing thunder roll through the hills while rain taps on the shed roof that makes everything feel alive again.

The livestock knows it, too. They spend their days belly-deep in fresh grass at what can only be described as an all-you-can-eat gourmet buffet. Honestly, some of them look so relaxed you'd think they booked a spa weekend.

Then there are babies. Calves, foals, kids, lambs—whatever kind of critter you raise—

summer is when they discover speed. One minute they're peacefully standing next to mom, and the next they're sprinting laps around the pasture.

This is also the season of everyone's favorite insect, yup the fly. The livestock stand in the middle of the field acting majestic until a fly lands on them and suddenly, they're performing karate moves.

As the days go on, the farmers are out there sweating through three shirts a day; sweat dripping into places no sweat should ever be. Everyone smells faint of sunscreen and diesel fuel.

Summer evenings make it all worth it though. Sitting outside after chores are done with a cold drink in hand, listening to the frogs sing from the ditch while the sun drops behind the fields. Friends stop by unannounced; lawn chairs magically appear from garages, and conversations last longer.

There's peace in those moments. Just a sweet summertime and the simple kind of happiness you can only find out in the country.



McKell Lemmerman
507.884.0039
Mazeppa, MN

McKell Lemmerman
507-884-0039
Implant
Vaccinate
Dehorn
Castrate

Share Your Good News with the Community!

Submit your engagement, wedding or birth announcement

Email: hometownmessenger@gmail.com

Randolph Community Food Shelf

St. Mark's Lutheran Church

28595 Randolph Blvd.

Randolph, MN 55065

(507) 263-9182

randolphmnfoodshelf@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 4:30-6:30 pm

Randolph Community Food Shelf is for
anyone in need within the Randolph School District
(Randolph, Stanton, Hampton, New Trier areas).

We are here to help!

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



JUNE DAIRY MONTH



**Celebrate Dairy.
Celebrate a
Healthy Future.**



WERNER INSURANCE AGENCY, LLC

Branch of Miller Hartwig Insurance Agency of Lakeville

AUTO | HOME | FARM | COMMERCIAL | RECREATIONAL VEHICLE | LIFE



Jeanne Werner
Agent/Owner



Ann Weckop
Agent



Ashley Kimmes
Agent



Jennifer Endres
Agent

Your Local and Experienced Insurance Experts

23325 Water Street Hampton, MN 55031

(651) 437-9200

(651) 437-9212

**NOW AT
ARENA TRAILER SALES**

Ritchie
Fresh Water
For Life

Cannon Falls, MN | www.arenatrailers.com | 507-263-4488 call or text!



**ARENA
TRAILER SALES**

Phone: 507-263-4488

28195 Harry Avenue
Randolph

www.arenatrailers.com

CPKKT Dura Star 4-STAR LAKOTA SMC TITAN 5&S

Changes in Latitudes, Changes in Attitudes

What is in a Name?



By Terry Campbell

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

I wonder how many people dislike their name? An Internet search claims 16% of the population of the United States wish they had been given a different name. I do know some who have changed their name when the were

old enough to do so. As a child I would have happily done just that.

As a child I was not happy with my name. I hated it. Everyone I knew with that name was a girl. Believe me, an eight-year-old boy in 1965 did not want a girl's name.

I was the third child so the novelty of naming a kid was over. I was "baby boy" when I came home from the hospital. I was also the middle child. They didn't even bother to give me a middle name. They had things going on. My mom had two kids already, which I imagine my grandma was watching while she was in the hospital. By the way, I was a cheap child. My mom saved the hospital bill when I was born. It was \$98.00.

My dad had just built a new hog barn and was farrowing the group of sows the night I was born. He told me it was a hot July and the temperature was about 100 degrees in the farrowing barn that night.

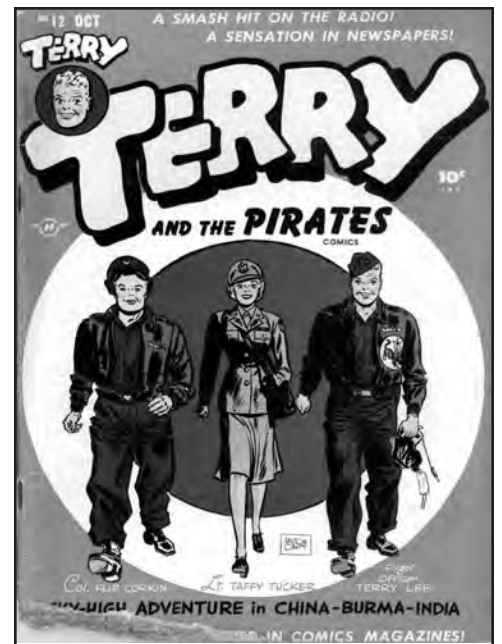
My mom said I was kind of a hefty baby and already had curly hair when I was born. The nurses nick-named me Gorgeous George after a pro wrestler in the 1950's. George Raymond Wagner (Gorgeous George), was quite a celebrity and turned pro wrestling into the showmanship sport it has become today. Muhammed Ali patterned his flamboyant boxing ring antics after Gorgeous George.

A few days after I came home from the hospital I still was "baby boy". It was time for decisions. Years ago, my dad told me how I got my name. It came to him as he read the newspaper while eating breakfast one morning.

There was a comic strip in the newspaper called "Terry and the Pirates." It was very

popular and was in syndication from 1934 to 1973. It was created by Milton Caniff about an adventurous American boy, Terry Lee, who went on adventures in the far east starting with searching for a lost gold mine in China. With the outbreak of World War 2, he joined the United States Army as a pilot. Milton Caniff was very patriotic and the series then became almost exclusively about World War II with much action centering on a U.S. Army base in China. He even provided a spin off for the Stars & Stripes military newspaper. The cartoon series did win the first cartoonist of the year award in 1946 from the National Cartoonist Society.

So, it seems I was named after a cartoon character. My parents would call me Terry Lee, but the middle name was never official. I would have rather been just Lee. I guess it could have been worse. I have got used to it as time passed. Funny how when one gets older, what is important changes.



A Minnesotan: The Woods



By RosaLin Alcoser

One of the best things about living in Minnesota is how absolutely beautiful our summers are. By far our state has some of the best summer weather—mostly because we don't get baked alive all summer long—but also some of the most lush greenery I've ever seen.

We also have some of the best parks to spend the summers in, on both the city and state level. As someone who grew up in rural Minnesota and now lives in the twin cities I really do appreciate how wonderful the parks are in this state. Since if I want to be in a heavily wooded area for about a half hour to an hour I can easily do that within walking distance from my home. In

contrast if I really just want to be out of the city and back in the woods again we have so many options for doing that as well.

Especially for people who like to hike. I grew up just walking about in the woods, which I now know is basically what hiking is, because it was something to do and it was fun. It was rural Minnesota in the mid to late 2000s going outside to play in the woods is just what we did. And if rural Minnesotan kids don't do that any more they should because it's fun. Now that I live in the city I have become a person who likes to hike, because frankly going outside into the woods is still fun.

About a half hour south west of Cannon Falls is Nerstrand Big Woods State Park. This park is home to the endangered Dwarf Trout Lily, which as we learned from a park ranger only grows in three counties in Minnesota. Funnily enough I did recognize this flower from being a child in one of three counties and I'm fairly certain that I probably picked it at somepoint—so oops.

Aside from being home to an endangered plant, Nerstrand Big Woods State Park is just a beautiful park with so many paths to walk. So if you are someone who likes to go walking in the woods and either doesn't have woods in your back yard or wants different woods to walk in. I would highly recommend going there to walk and to see the Dwarf Trout Lily.

JUNE DAIRY MONTH



Celebrating the role milk and dairy foods play in
nourishing people and supporting healthy communities.



Phone: 507-263-4276 • Fax: 507-263-4207
www.freebergins.com

Laura Freeberg (laura@freebergins.com)
Geri Geiken (geri@freebergins.com)



502 Huseth St., Kenyon • 507-789-6321



Toro Timecutter 77404

42" Iron Forged Deck
22hp Briggs V-twin Engine
3 Gallon Fuel Tank

\$3,699.99

TUESDAY MORNINGS AT THE VILLAGE

9 AM to 12 PM
Come volunteer
with us!

TUESDAY MORNING LADIES

Join the group of women who help with a variety of tasks supporting the educational programs and the Village. One week might be helping with office work such as getting mailings out, another week might be doing crafts for an upcoming event. There is time for socializing with a mid-morning coffee and donut break. Many hands get a lot of work done! Come as often as you are able.

MACHINERY MEN

Work on antique tractors used in parades and on display; assist in maintenance and repair of agricultural implements. The men meet every Tuesday morning at Dakota City. They start their meeting with coffee and donuts then work on the equipment. Come as often as you are able.

DID YOU KNOW?

Dakota City shares a home with over 200 acres of restored prairie land!

WHAT IS A PRAIRIE?

A prairie is a grassland ecosystem with very few trees. The vegetation mainly consists of grasses and flowers. Tallgrass prairies, like Dakota County's, can grow grass up to 8 feet high. Their roots can be even three times longer than that! Prairies support a multitude of plant and animal species, including rodents, birds, bugs, snakes, and coyotes.

TELL ME MORE?

Behind the Dakota County Fairgrounds is a large area originally known as the "Big Slough". Indigenous people named the prairie's lake the Lake of Many-Colored Feathers due to all of the native birds. This prairie is a permanent prairie easement, so it will never be developed upon. The prairie is dedicated to preserving and educating about Minnesota's natural beauty!

JUNE DAIRY MONTH

As we celebrate June Dairy Month, we celebrate our area's dedicated dairy farm families.
Thanks, dairy farmers!

Office: 651-775-3873
Randolph, MN
otteexcavating@yahoo.com
www.otteexcavating.com

Excavating • Septic Installs • Septic Pumping • Grading • Basements • Driveways • Demolition

Thank You, Dairy Producers!

For producing a variety of wholesome and tasty dairy products enjoyed by friends and neighbors in our community.

RIVER COUNTRY COOPERATIVE

"Established 1935"

Fertilizer • Seed • Soil Sampling • Chemicals • Custom Application • Field Scouting
Bulk, LP, Gas and Diesel Fuel

Kenyon 507-789-6201	Hastings 800-349-5743	Randolph 800-657-3285	Hampton 800-225-4316
------------------------	--------------------------	--------------------------	-------------------------

Cannon Valley Fair July 1-4, 2026

(continued from page 1)

Check out the schedule in this issue of the Messenger and watch for any updates on the fairs website, www.cannonvalleyfair.org along with their facebook page.



city water & well water can be
WORRY-FREE WATER
with Kinetico

get help with
your home's water



651.427.9283
hwcwater.com



Haferman
WATER CONDITIONING, INC.
Haferman Water is an Independent, Authorized Kinetico Dealer

Kinetico
home water systems

"Drive In" Movie

Wed. June 24th, 11:30am- 1pm
For kids 4 - 10

We will build our "cars" out of cardboard, art supplies, and tape. Then we will "drive" them and watch a short film (PG)!

Cannon Falls Library
306 W Mill St.
Cannon Falls, MN 55009
507-263-2804

Be aware, space and cardboard is limited. We may have to shut the door when we reach room capacity (39 people).

Libraries Rock! Craft afternoon

COME PAINT ROCKS!
DECORATE YOUR YARD, LEAVE THEM OUTSIDE THE LIBRARY, OR HIDE THEM AROUND TOWN!

**THURS., JUNE 25
4-5:30PM**

See you there!

Cannon Falls Library
306 Mill St. W.
Cannon Falls, MN 55009
507-263-2804 / cfl_lgr@seico.info

Teens, adults & kids 6+ welcome! All supplies provided.

TAKE HOME ACTIVITIES FOR KIDS

Fridays in the Summer
(not on June 19th or July 3rd)
and last day is August 14th

Intended for kids 6-12

These activities could be crafts, mind puzzles, math sheets, coloring pages, or other worksheets. While supplies last!

Cannon Falls Library
306 W Mill St
Cannon Falls MN 55009
507-263-2804

CELEBRATING OUR LOCAL DAIRY FARMERS



**During Dairy Month and all year,
thanks for all you do!**



Brian 507-649-1137
Brock 507-254-6651

Dennison, MN

GOBIN
SEED COMPANY



Dairy MONTH

**During June Dairy Month and throughout the year,
know that the dairy products you enjoy likely started
with milk produced from farms in our area.**

Thank you for supporting local dairy farm families!

Committed to Excellence! Home of the Professionals!



www.interstatebuildingsupply.com

830 4th Street, Cannon Falls, MN 55009 • 507.263.5066
Monday-Friday 7:30am-5:00pm; Saturday & Sunday Closed

**Lumber - Decking
Roofing - Windows
Doors and Millwork
Cabinets - Countertops
Flooring
and Much More!**

It's an
Exciting
Spring on
Bridge Square
in Northfield

Saturday, June 20 from 9am-1pm
61 vendors!

Senior Saturday! We're celebrating FiftyNorth's 50th anniversary. To honor this occasion, every senior (65+) who visits the market will receive a \$5 token to spend on fresh, produce like asparagus, radish, spinach, lettuce, and strawberries.

Thank you to the Northfield Rotary Club for

sponsoring Senior Saturday!
Grab a pastry and listen to the live performance by the talented FiftyNorth Band from 9-11am.

Stick around to catch local favorite Matt Arthur bringing his soulful sounds from 11am-1pm.

Saturday, June 27 from 9am-1pm
60 vendors!

Now that school is out, bring the whole family to the square for some market fun! Search for the hidden crocheted radish to win \$10, make a wish in the fountain, and enjoy the waterfall.

Get ready for a high-energy performance by Barbara B.! She'll be rocking the square on the keyboard, flute, and keytar, playing a fun mix of current pop hits, country favorites, funk, and jazz.

A special thank you to the youth and leaders from Rice County 4-H for volunteering to host the kids' POP Club booth!



Free Cash & Diamond Show
Saturday, June 20

(continued from page 1)

Plus, this summers show will take it up a notch as Doug takes the stage with his LIVE BAND. In addition to the tribute show, the band will stay around after the tribute show for a couple sets of music for your listening and dancing pleasure. (www.dougallennash.com)

It is in this production, Nash includes one of his own songs "June" co-written and co-produced with Jeff Silverman in Nashville, TN. Engineering mix by Grammy Award Winners John Carter Cash and Chuck Turner at Cash Cabin Studio in Hendersonville, TN.

Further details will be posted soon, but mark your calendars for Saturday June 20th. Showtime is 7 PM in Dennison.



Harvey
Oliver
& Opsahl

www.hoo.cpa

Call: 507-534-3837

Email: info@hoo.cpa

100 4th Ave, Suite 1, Plainview, MN 55964

From expert tax prep to streamlined bookkeeping, we can help.
Call us today!

Jolene Harvey, CPA • Michael Oliver, CPA • Ben Opsahl, Enrolled Agent • Colton Burke, CPA

Our Services

- Business & Personal Tax Service
- Tax Planning
- Bookkeeping & Payroll
- Financial Statement Preparation
- Business Consulting
- QuickBooks Pro Advisors
- Agricultural tax return preparation/bookkeeping/payroll

Serving clients in Plainview, Rochester, Zumbrota, St. Charles, Lake City & surrounding areas

THANK YOU,
DAIRY
PRODUCERS!
Proud to Support
National
Dairy Month



www.vsgmi.com



COMMUNITY GROWN
INSURANCE
...you're covered!



Trust in Tomorrow.

Castle Rock
Agency

27925 Danville Avenue
Castle Rock, MN
Phone: 651-463-7590
Email:
michelle.kensler@castlerockbank.net

Nelson
Agency

119 4th Street
Cannon Falls, MN
Phone: 507-263-3812
Email:
info@nelsoninsurancecf.com

Freeberg
Agency

100 4th Street North
Cannon Falls, MN
Phone: 507-263-4276
Email:
info@freebergins.com

Ins Brokers of
Cannon Falls

106 4th Street North
Cannon Falls, MN
Phone: 507-263-5100
Email:
v.dungan@insurancebrokersmn.com

Northfield
Agency

711 Division Street S
Northfield, MN
Phone: 507-645-8861
Email:
nfdins@hotmail.com

Haggerty
Agency

1206 North Frontage Road
Hastings, MN
Phone: 651-437-5410
Email:
service@juliehaggerty.com

Flom Agency

118 4th Street North
Cannon Falls, MN
Phone: 507-263-2020
Email:
connie@flomins.com



We recognize our area's
devoted dairy producers for
playing an important role
in keeping our economy
and our bodies healthy
and strong.



syngenta THE
SEEDS SEEDCARE
INSTITUTE™

www.syngenta.com
Stanton, MN



Summer Fun



KICKOFF



SATURDAY, JUNE 20 • 7:00 PM

**A TRIBUTE TO
TWO AMERICAN ICONS
JOHNNY CASH**

- and -

NEIL DIAMOND

- Featuring -

DOUG ALLEN NASH

www.dougallennash.com



MAIN STREET • DENNISON, MN

PRESENTED BY FIRESIDE LOUNGE & SUPPER CLUB

THE SAPPHIRE EVENT ROOM & COCKTAIL LOUNGE - MAINSTREET MESSENGER

No Cover Charge! Bring Your Lawn Chairs!

**BRING DAD!
CELEBRATE
FATHER'S DAY!**





CANNON VALLEY FAIR

Cannon Falls, MN



www.cannonvalleyfair.org

FREE PARKING! FREE MUSIC!

ADMISSION GATE PRICES \$7.00 DA

- 2026 SCHEDULE -

SATURDAY, JUNE 27

9:00 a.m.4H, FFA Horse Show and Open WSCA Games Show – Horse Arena

TUESDAY, JUNE 30

2:00 p.m. – 7:00 p.m.Open Class Exhibit Building Entry & 4H Building Exhibit Entry and Judging

WEDNESDAY, JULY 1

9:00 a.m. – 6:00 p.m.Livestock Entry

10 a.m.Goodhue County Commissioners Meeting – PAVILION

11:00 a.m. – NoonCanvas & Carnival Painting – FREE STAGE

11:30 a.m. 12:30 p.m. 1:30 p.m. & 2:30 p.m.Minnow Races – By PAVILION

Noon – 1:00 p.m. 2:00 p.m. & 3:00 p.m.Pan for “Gold” – By PAVILION

12:30 p.m. 2:30 p.m. & 5:30 p.m.The Fire Fighter Training Show – GROUNDS

1:00 p.m. – 11:00 p.m.Gold Star Amusements OPEN — Wristband Special All Day

2:00 p.m. – 6:00 p.m.Basketball Challenge – GROUNDS

3:00 p.m. – 6:00 p.m.Cannon Valley Youth Jackpot Meat Goat Check-In

and Weigh-In – SHEEP ARENA

4:00 p.m. – 8:00 p.m.Bull Riding & Gyro Ride – By PAVILION

5:30 p.m.Rodeo Gates Opens – GRANDSTAND

6:00 p.m.Cannon Valley Youth Jackpot Meat Goat Show – SHEEP ARENA

7:00 p.m.Rodeo Starts – GRANDSTAND

9:00 p.m. – MidnightDJ Chopper – FREE STAGE

THURSDAY, JULY 2 - KID'S DAY

10:00 a.m.4H & FFA Rabbit Show Followed by 4H & FFA Poultry Show – ARENA

10:00 a.m.Yoga hosted by Snap Fitness – FREE STAGE

11:00 a.m. – NoonCanvas & Carnival Painting – FREE STAGE

11:00 a.m. – 2:00 p.m.Scout Rockets – GRANDSTAND

11:00 a.m. – 2:00 p.m.Girl Scouts Art Project – Legion PAVILION

11:30 a.m. 12:30 p.m. 1:30 p.m. & 2:30 p.m.Minnow Races – By PAVILION

11:30 a.m. 1:30 p.m. & 2:30 p.m.Steve Solkela's Overpopulated One-Man Band – FREE STAGE

Noon – 1:00 p.m. 2:00 p.m. & 3:00 p.m.Pan for “Gold” – By PAVILION

Noon – 3:00 p.m.4H & FFA Goat Show – ARENA

12:30 p.m. 2:30 p.m. & 5:30 p.m.The Fire Fighter Training Show – GROUNDS

1:00 p.m. – 11:00 p.m.Gold Star Amusements OPEN — Wristband Special All Day

2:00 p.m. – 6:00 p.m.Basketball Challenge – GROUNDS

2:30 p.m. – 5:00 p.m.Steve Solkela's Overpopulated One-Man Band – STROLLING THE GROUNDS

3:00 p.m. – 5:30 p.m.Cannon Valley Youth Jackpot Beef Check-In & Weigh-In – ARENA

4:00 p.m.Just 4 Kix – FREE STAGE

4:00 p.m. – 7:00 p.m.4H Demonstrations – 4H BUILDING

4:00 p.m. – 8:00 p.m.Bull Riding & Gyro Ride – By PAVILION

5:30 p.m.4H & FFA Beef Show – ARENA

6:00 p.m.Cannon Valley Youth Jackpot Beef Show – ARENA

6:00 p.m.Adam Colvert Concert Gate Open – GRANDSTAND

7:30 p.m.Adam Colvert Concert Starts – GRANDSTAND

9:00 p.m. – MidnightDJ Chopper – FREE STAGE

FRIDAY, JULY 3

9:00 a.m. – Noon4H & FFA Da

9:00 a.m.4H & FFA Sheep Show Followed by Open Class Sheep Sho

11:30 a.m. – NoonBird Ho

11:30 a.m. 12:30 p.m. 1:30 p.m. & 2:30 p.m.Minnow Ra

11:30 a.m. 1:30 p.m. & 2:30 p.m.Steve Solkela's Overpopulated One-Man B

Noon – 3:00 p.m.District VI Holstein

Noon – 1:00 p.m. 2:00 p.m. & 3:00 p.m.Pan for “Gold”

12:30 p.m. 2:30 p.m. & 5:30 p.m.The Fire Fighter Training

1:00 p.m. – 11:00 p.m.Gold Star Amusements OPEN — Wristbar

1:00 p.m. – 4:00 p.m.Kids Tractor Pull –

1:00 p.m.Demo Derb

2:00 p.m.Steve Solkela's Overpopulated One-Man Band – STROLLIN

2:30 p.m. – 5:00 p.m.Basketball Chall

2:00 p.m. – 6:00 p.m.Cannon Valley Youth Jackpot Market Sheep Check-In & Weigh-In – SHEEP ARENA

3:00 p.m. – 5:00 p.m.Demo D

4:00 p.m.Bull Riding & Gyro Ri

4:00 p.m. – 8:00 p.m.Demo Derby Star

6:00 p.m.Cannon Valley Youth Jackpot Market Sheep

8:30 p.m. – 11:30 p.m.Muddcat Me

SATURDAY, JULY 4 – VETERAN & SENIOR CITIZEN DAY • FREE GROUNDS ADM

6:00 a.m. – 10:00 a.m.Barbeque Cor

11:00 a.m.Grande

12:30 p.m. 2:30 p.m. & 5:30 p.m.The Fire Fighter Training

1:00 p.m. – 11:00 p.m.Gold Star Amusements OPEN — Wristbar

2:00 p.m. – 6:00 p.m.Basketball Chall

2:00 pmHarness Horse Racin

3:00 p.m.4H Dog Project Demo

4:30 p.m.Barbeque Compet

6:00 p.m. – 8:00 p.m.Livestock & Building

6:00 p.m.Barbeque Competition Public Wing Sales (v

Dusk



GOLD STAR AMUSEMENTS EVERYDAY

1:00-1 1:00 p.m.

Proud FAIR SPONSORS

First Farmers & Merchants
We believe in you.
Member FDIC. And the community.
www.ffmbank.com
920 S. 4th St.
507-263-3030
Family Fare 507-263-0630

BAUER SERVICES
26469 130TH AVE, WELCH, MN
651-246-9153

The Fireside
LOUNGE & SUPPER CLUB
37540 Goodhue Avenue, Denison, MN 55018
Kitchen Hours:
Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM
Sunday 9:00 AM-8:00 PM
Bar Open Later
507-645-9992 • www.firesidelounge.net

College City Beverage

Merchants Bank
300 West Main Street
Cannon Falls, MN 55009
(507) 263-4281
www.merchantsbank.com
FOLLOW US ON: YouTube in f

R JULY 1-4, 2026

Minnesota

507-263-3548

CAL ENTERTAINMENT!

FAMILY • \$15.00 SEASON PASS

DJ CHOPPER
JULY 1 & 2
9PM-Midnight

MUDCAT MELBY
JULY 3
8:30 & 11:30PM

BACKYARD BOYS' BBQ BONANZA!

B4

KIDS HAMBURGER COMPETITION!
SHOW OFF YOUR BURGER SKILLS!

RIB & CHICKEN WING COMPETITION!
FOR ADULTS!

BIG TROPHIES & CASH PRIZES!

**CANNON VALLEY FAIR
JULY 4, 2026
ENTRY FEE \$100
MEAT WILL BE PROVIDED**

SCAN TO REGISTER & LEARN MORE!

For more information and to register go to: www.cannonvalleyfair.org

GRANDSTAND



Rodeo

Wednesday, July 1 - 7 p.m.

Gate Opens at 5:30 p.m.
\$25.00 per person
5 and under FREE



Adam Calvert Concert

Thursday, July 2 - 7 p.m.



Gate Opens at 6:00 p.m.



Scan QR code to buy tickets

\$25.00 per person VIP Pass \$50.00

Demolition Derby

Friday, July 3 - 6 p.m.

Pit Gate Opens at 2:00 p.m.

- Mega Stock Mid Size Car (Youth)
- Mega Stock Mid Size Car (Adult)
- Mega Stock Mini's
- Mega Stock 80's & Newer
- Mega Stock Full Size Truck
- Limited Weld Mid Size Car
- Limited Weld Mini's
- Limited Weld Full Size Car
- Limited Weld Full Size Truck



Pre Registration Online

For rules and regulations go to
www.impdemoderby.com/events

ADULTS: \$20 • CHILDREN 12 & UNDER: \$10 • PIT PASS: \$30

Backyard Boys BBQ Bonanza & Harness Horse Racing

Saturday, July 4th



FREE ADMISSION

BBQ Check in
6:00 a.m. - 10:00 a.m.
BBQ Judging starts
4:30 p.m.
Harness Horse Racing
starts at 2:00 p.m.



ANDERSON
TRUCKING
RANDOLPH FALLS, MN

"You Call...We Haul!"

**For All Your
Aggregate Needs**
507-263-3526
andersonrock@frontiernet.net

Randolph-Hampton Fire District Welcomes Five New Members

(continued from page 1)

These individuals have committed themselves to serving our community with courage, professionalism, and dedication.

The oath they took represents more than words — it symbolizes a promise to protect life, property, and one another when our community needs it most.

We are honored to officially welcome these firefighters to the Randolph-Hampton Fire District and look forward to the impact they will make serving our residents.

Please join us in congratulating our newest members and wishing them a safe and successful fire service career.



THANK YOU!

Our advertisers appreciate your business!

Tell them you saw their ad in The Messenger

Roof Damage

Siding Damage

STORM DAMAGE?

Hail damage isn't always obvious. Don't wait for a leak to show up – **protect your home now!**

INSPECT EARLY

PREVENT COSTLY REPAIRS

PROTECT YOUR HOME

TRUSTED. LOCAL. EXPERTS.

1359 BLUFF ST
DUNDAS, MN 55019
BC807868

ProBuilt is your trusted local team for expert exterior construction, home improvements, and reconstruction following storm, fire, or water damage.

ROOFING

DECKS

SIDING

SHEDS

WINDOWS

BASEMENTS

GUTTERS

SOLAR

PROUDLY SERVING GOODHUE, DODGE, RICE, DAKOTA, OLMSTED, STEELE AND WABASHA COUNTIES

STEVE KING
612-698-9547

JEFF AMY
507-363-3652

TIGE WALKER
507-323-0319

SCHEDULE YOUR **FREE** INSPECTION TODAY!

507-200-1545

probuiltmn.com

info@probuiltmn.com

BOB

TOTAL COUNTRY

107.5 FM

Playing the Best Country of the 80's, 90's - 2K

www.mybobcountry.com

CAR SHOW AND PARTS SWAP MEET

FOCUSED ON OLDER CARS & RODS

DENNISON, MINNESOTA

AUGUST 8TH, 2026

DURING DENNISON DAYS

VENDORS: 6AM

PUBLIC: 8AM

\$15 CAR REGISTRATION FROM 7-10.

TROPHIES AWARDED @ 1PM

FOOD TRAILER

\$10 A SPACE

TRUCK AND TRACTOR PULL

CONTACT JOSH SMITH FOR MORE INFO @ (612)-635-9237




TRUCK & TRACTOR WEEKEND

JUNE 20TH & 21ST 9AM - 5PM

Memories to last a lifetime!



Kids get up close and explore different trucks and tractors!

Free admission for Dads and Grandpas!



Join us for a fun weekend of exploring the trucks and tractors of local farms and businesses. Dads and Grandpas are free! Just for Kix will be here grilling up lunch so come hungry and support a great cause! Windy Willow Farm - 9748 110th St E, Northfield. 507-581-9248.

Sunday, June 28, 2026






VASA-SPRING GARDEN

Annual Tractor Parade and Midsommar Festival

Vasa Lutheran Church
15235 Norelius Road
Welch, MN 55089

VASA CHURCH ACTIVITIES

10:00 a.m. Outdoor Worship (indoors at the Lutheran Center if it rains)

11:00 a.m. Blessing of the tractors and drivers before they head out.

Parade Departs Vasa at 11:00 a.m. & will Arrive at 12:00 at Spring Garden Lutheran Church

Spring Garden Lutheran Church
10239 County 1 Blvd.
Cannon Falls, MN

SPRING GARDEN CHURCH

10:00 a.m. Church Service

11:00 a.m. Midsommar Festival Activities Begin

Food will be Served (Free Will Offering)

Games for the Kids!

LIVE MUSIC!

Swedish Heritage Food

For Entry information, contact VSGMI Office: 507-263-0174

SPONSORED BY Vasa-Spring Garden Mutual Insurance




community grown insurance



Sitting Too Much May Lead to an Early Demise



By Shauna Burshem, D.C.

Do you sit a lot? I have spent a lot of time reviewing patient habits, and one thing I always share with our community is that we often underestimate the quiet habits that shape our health. You might think that going to the gym every morning and getting your sweat in is enough to protect your heart, but recent data tells a different story. If you sit for more than 10.6 hours a day, your risk of heart failure jumps by 45%, and the risk of cardiovascular death increases by 62%. What really stands out is that this happens even to people who exercise regularly, meaning that a morning workout simply does not undo the damage of sitting at a desk for the rest of the day. To understand why this happens, we have to look at what sitting does to the body on a functional level. Prolonged sitting severely impairs your blood circulation, causing blood to pool in your legs and making your heart work much harder than it needs to. On top of that, remaining still for hours decreases your body's insulin sensitivity and significantly reduces mitochondrial activity, sending your cell's energy factories into a low-power state. Over time, these combined factors cause chronic inflammation and do real damage to your cardiovascular health. The good news I want to pass along is that breaking up this sedentary time is entirely in your control and makes an immediate difference. You do not

need a drastic lifestyle overhaul to protect your heart. Studies show that simply reallocating 30 minutes of sitting time to light activity lowers your risk of heart failure by 7%. Regular movement spread consistently throughout your day is absolutely necessary to protect your heart health and keep your metabolic function running exactly how it should.

We can tackle this together by building better rhythms into our daily lives. Simple, everyday strategies like making sure you stand up for just 10 minutes every single hour can completely reset your metabolism and restore your circulation. Finding small ways to integrate more walking into your routine, whether that means pacing during a phone call or taking a quick stroll after lunch, will significantly lower your cardiovascular risks. It is not about perfection; it is about keeping your body in motion and taking care of the heart that works so hard for you.

Sciatica Information: For those that know me, you know I am deeply passionate about helping people understand their bodies and overcome discomfort. Sciatica can hit incredibly hard, stemming from the irritation of your sciatic nerve—the long, powerful nerve running from your lower back down to your foot. When this nerve gets compressed or irritated, it causes sharp, shooting pain, numbness, or a tingling sensation that makes even the simplest daily movements feel like a monumental challenge. The majority of sciatic symptoms come from a pelvic imbalance. Chiropractic care realigns the pelvic joints and relaxes the muscles that irritate the sciatic nerve,

When that sudden bolt of pain strikes, your first instinct is usually to stop moving and rest in bed, but I always tell our community that movement—not prolonged rest—is the true key to your recovery. Staying still actually allows the tissues around the nerve to tighten up even more. By keeping your body moving, you increase crucial blood flow to the area, reduce lingering inflammation, and actively help your nervous system heal much faster than it would if you just stayed on the couch.

You do not need to push through grueling workouts when the pain is intense; instead, you want to focus on gentle, deliberate activities that relieve pressure and prevent stiffness. Short, comfortable walks and swimming are fantastic ways to keep your spine mobile without adding unnecessary stress. Incorporating simple, targeted

stretches right at home—like a gentle knee-to-chest stretch or a prone, cobra-style press-up—can work wonders for decompressing the lower spine and coaxing that irritated nerve to settle down during frustrating flare-ups.

Once you get the immediate pain under control, keeping that sciatica from returning relies heavily on the daily habits we practice. It is extremely important to pay attention to your core foundation by strengthening the muscles in your hips and midsection, which take the heavy lifting off your lower back so your spine isn't overloaded. Limiting how long you sit, correcting your posture so you aren't slouching, and supporting your spine properly with the right pillows while you sleep are simple adjustments that drastically reduce the daily compression on your spinal

discs. Periodic spinal pelvic adjustments are essential for keeping the condition from coming back.

I want to reassure you that while this condition is frustrating, your body is fully capable of healing, and most people recover fully within just a few weeks. The secret is staying consistent with your activity and strategically using a wrapped ice pack during the first few days to calm the initial inflammation, before switching to comforting heat to relax those tight muscles. By staying active and making these mindful lifestyle choices, you are building a strong, resilient spine that is ready to help you get back to enjoying your everyday life pain-free.

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

Fermented Foods



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

There is a myth that has been promoted for decades that bacteria are the source of most of our health problems. The suggested thought is that a bacteria free environment will be a healthy environment. The action step has been promotion of anti-bacteria wipes and hand gels, antibiotic medications, and sterile foods. However, we have not seen a great improvement in health among our communities with these action steps.

The truth is that there are more bacteria cells than human cells living within and on any human body. Our body is outnumbered by millions of bacteria cells that live in community with our body. Most of these bacteria help promote health and fight off the germs that want to cause trouble. I describe the importance of your bacteria community similar to riding a bus. When you get on the bus and see all your friends in the seats, you know this is going to be a great trip. If you get on the bus and see some rowdy thugs, you will not have a great trip. Your goal is to make sure all the bacteria riding with you are friends who want to support you.

There are many probiotic supplement products on the market today. My general recommendation is to look for 1) a product that contains ten to twelve different bacteria names on the ingredient list, 2) a product that is stored in the refrigerator, and 3) a product with at least 25 billion colony forming units (CFU) per capsule. This capsule should be taken in the evening before

bed to allow the bacteria to move through the intestines without a rush of food around.

Probiotic rich foods are an excellent way to regularly support quality bacteria friends for your daily trip. Some of these foods include: sauerkraut, kimchi, kefir, kombucha, yogurt, and cheese. Most any vegetable can be fermented in a simple process in the kitchen. The fermentation process will produce a soured vegetable product similar to pickling but without the vinegar. The vegetable and liquid brine will be rich with bacteria that will stimulate healthy digestion, improved energy, mental clarity, and healthy skin.

A 2021 article in the Stanford Medicine News described a recent 10-week study comparing a high fiber diet with a fermented food diet. At the conclusion of the study, those individuals in the fermented food group had lowered inflammation to nineteen different measures. The participants in the high fiber diet did not see a decrease in any of the nineteen measures. By regularly consuming bacteria rich foods, the “friends on the bus” kept the problems away.

Sources you can access to learn more about fermentation and healthy fermented foods include: www.cuttingedgecultures.com - an online resource providing starter cultures and education, www.culturedfoodlife.com - a website with articles, videos, recipes, and starter cultures for sale. Sandor Katz has a well-known book called, “Wild Fermentation,” and Dr. William Davis authored, “Super Gut.” These sources will start you towards a healthier lifestyle based on quality fermented foods.

Health is the result of healthy choices. A supportive community is needed to help make these healthy choices become a lifestyle. I have written in previous articles about healthy weight and continue to provide resources to support healthy lifestyle choices that can help you reach your health goals. Contact me to discuss your health goals for the coming year. Nutrition is designed for healing. I can help you reach greater health freedom in 2026. Contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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

DENNISON DAYS

AUGUST 7 & 8, 2026

Bring on the FAMILY FUN

SAVE the DATE!

38th Annual Friendship Wagon Train June 20-27, 2026

(continued from page 1)

This dedicated group of individuals will be on their annual mission to raise funds for Special

Olympics Minnesota, traveling every day June 20 through June 26, with the final ceremony being held in New Richland, MN, on the morning of June 27. The public is invited to come out to see them as they pass through the countryside, stop and visit with them at breaks and lunches, and if you have extra time, come to visit them at their evening camps. Souvenir hats and t-shirts will be available to purchase from the wagon train's Peddler Wagon at lunch stops, evening stops, and before they depart town each morning.

In Cannon Falls, they will be camped at the Cannon Valley Fair Association grounds on Friday evening, June 19.

Day 1 (Sat, June 20), will take them from Cannon Falls to Stanton for lunch stop then on to the Transburg farm outside of North-

field.

Day 2 they will travel from the Transburg farm to Nerstrand (lunch) to Kenyon.

Day 3 will be from Kenyon to West Concord (lunch) on to Dodge Center.

Day 4 (Tues, June 23) will be a layover day in Dodge Center, where rides on a wagon(s) will be available to the public during the day.

Day 5 will take them from Dodge Center to Claremont (lunch) to the fairgrounds in Owatonna.

Day 6 will be from Owatonna to Meriden (lunch) to the fairgrounds in Waseca.

On Day 7 (the final travel day) they will depart Waseca going to Wilton (lunch) and then on to New Richland.

On Sat, June 27, a representative from Special Olympics Minnesota will meet them in New Richland, and the group will present to them the donations they collected through

the week.

Groups along the route who will be helping them by preparing and serving meals are many—Lions Clubs from Cannon Falls, Dennison, Kenyon/Wanamingo, Dodge Center, Owatonna, Waseca, and New Richland; Churches from Nerstrand, Claremont, Meriden and Wilton; American Legion Auxiliary and American Legion from West Concord and Dodge Center, FFA groups, 4H Clubs, and individuals.

Any individuals, groups, clubs, businesses who would like to make a donation to Special Olympics may do so anywhere along our route. If you want to mail a donation, or if you want more information about the Friendship Wagon Train, feel free to contact Monica or John Davis at 507-365-8064. All donations are tax deductible.



Owned and Operated
by Dori Gregory Since 2001

Dennison Meat Locker
Provides Quality Custom
Meat Processing Services
to the Community

**WE ALSO OFFER RETAIL SAUSAGE, STEAKS, HAMBURGER
AND OTHER MEAT PRODUCTS**

• Pork • Beef • Poultry • Lamb • Venison
• Whole Roasted Hogs • Elk • Homemade Smoked Sausage

109 Farm Road, Dennison, MN • Monday-Friday 8a.m.-5p.m.; Saturday 8a.m.-2p.m.
www.dennisonmeatlocker.com • dennisonmeats@gmail.com • 507-645-8734

BOB

TOTAL COUNTRY

107.5 FM

Playing the Best Country
of the 80's, 90's - 2K

www.mybobcountry.com

38th Annual Friendship Wagon Train



June 20 – June 27, 2026

- Volunteers raising money for Minnesota Special Olympics
- 100% of donations collected are given directly to Minnesota Special Olympics
- T-shirts and hats will be for sale from the Wagon Train's Peddler Wagon
- Come see the wagons and animals and visit with the wagontrainers
- Any donation, large or small, is greatly appreciated
- For more information, contact **Monica or John Davis**,
[507-696-1418 \(cell\)](tel:507-696-1418),
[507-951-0762 \(cell\)](tel:507-951-0762),
[507-365-8064](tel:507-365-8064)



(June 19 – Assembly in Cannon Falls, MN)

Day 1 – Saturday, June 20
Cannon Falls to Stanton (lunch)
To Herman Transburg Farm

Day 2 – Sunday, June 21
Transburg Farm to Nerstrand (lunch)
To Kenyon

Day 3 – Monday, June 22
Kenyon to West Concord (lunch)
To Dodge Center

Day 4 – Tuesday, June 23
LAYOVER DAY – Dodge Center, MN
AUCTION

Day 5 – Wednesday, June 24
Dodge Center to Claremont (lunch)
To Owatonna

Day 6 – Thursday, June 25
Owatonna to Meriden (lunch)
To Waseca

Day 7 – Friday, June 26
Waseca to Wilton (lunch)
To New Richland

Day 8 – Saturday, June 27
Final Ceremony – New Richland, MN

Top Notch Properties & Realty Services



Eric Ruud
Owner/Broker
612-245-4382



Jeanne Werner
Salesperson
612-328-1893



Tony VanDeSteege
Salesperson
651-336-7257



Kim Rademacher
Salesperson
651-245-1800



For The Quality & Honesty You Deserve!
Check out our website - tnprservices.com

Real Estate Sales & Leasing

300 Oak Street, Farmington, MN 55024

651-460-6674

HAMPTON CITY COUNCIL MEETING TUESDAY, APRIL 14, 2026

The Hampton City Council met on Tuesday, April 14, 2026, at Hampton City Hall for the Regularly Scheduled Meeting. Present were Mayor John Knetter and Council Members Jerry Huddleston, David Luhning, and Erica O'Connor. Councilman Nick Russell was absent. Also present were Brad Fisher of Bolton & Menk, Ryan Otto of Ottomatic, and Marlin Reinardy.

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

Disclosure of Interest – None

Approval of March 17, 2026 Regular Meeting Minutes – Motion by Luhning, seconded by O'Connor, to approve the March 17, 2026 regular meeting minutes. All voted in favor. None opposed. Motion passed 4-0.

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

Public Comments: None

Petitions, Requests, and Communications: The council reviewed a pricing proposal from Ottomatic for the upcoming year, with Knetter noting that the adjustment falls within the terms of the existing contract. Council members generally agreed the increase was fair and reasonable, particularly in light of rising fuel costs and the company's consistent service without prior increases. Discussion clarified that mowing and maintenance services are billed per occurrence, with mowing frequency varying based on park usage and seasonal needs, and chemical and fertilizer applications typically occurring

once or twice annually on an as-needed basis. Additional context was provided regarding ballfield maintenance, scheduling, and recent improvements, including fencing upgrades and field enhancements supported by both Randolph school and Ottomatic. After confirming that the contract is auto-renewing with mutually agreed pricing adjustments, Councilwoman O'Connor made a motion to approve the new proposal, Councilman Huddleston seconded, and the motion passed unanimously.

A deputy provided a public safety update to the council, noting the installation of temporary stoplights at the intersection of Highways 46 and 52, with permanent signals planned due to a history of serious crashes. The deputy also warned of an increase in countywide scam attempts in which callers impersonate law enforcement officials, falsely claim individuals have warrants, and request payment via gift cards; residents were advised that legitimate law enforcement will never request payment in this manner and to report suspicious calls. The deputy reported generally low incident levels aside from increased traffic concerns with warmer weather, highlighting speeding and safety issues on local roads, including Highway 47 and 190th Street. Council members raised concerns about excessive noise and unsafe driving related to truck engine breaking (jake braking) along 240th Street, as well as frequent stop sign violations. The deputy acknowledged the concerns and stated that enforcement efforts would be increased in those areas.

Ordinances and Resolutions – None
Reports of Officers, Boards, and Com-

mittees:

Engineer Report – Brad Fisher of Bolton & Menk provided three updates to the Council. He reported that the water tower improvement project is now substantially complete, with the new tower online and the old tower offline; remaining work includes completing punch list items, installing features such as the aviation light, addressing control system access and alarm issues, minor site work, and coordinating the upcoming demolition of the old tower, which may begin as early as late May. No pay application was submitted this month, but one is anticipated next month as the project nears closeout. Fisher also updated the Council on the CSAH 47 pavement preservation project, noting that after coordination and a site walk with Dakota County, select sidewalk panel replacements were added to the plans, which have since been approved for bidding. Lastly, he reported that follow-up information was provided to representatives of the proposed Pure Jade cannabis grow facility regarding development requirements; however, the applicant has expressed concerns about meeting zoning and timeline constraints and is exploring alternative approaches, though initial feedback from staff indicates those alternatives may not comply with current regulations.

Water / Sewer Report – Mayor Knetter reported that preparations are underway for the spring discharge at the ponds, including required sampling activities. He noted that some maintenance work will also be needed at the site, such as repairing valve handles and addressing other minor issues. A complete list of maintenance items will be com-

piled and provided after discharge operations are finished.

Park Report – Mayor Knetter reported that, in Councilman Nick's absence, quotes are being obtained to potentially repurpose the old water tower top as a pavilion supported by four legs, with further details to be provided at the next meeting. Discussion included salvaging approximately 10–12 feet of the tower legs for reuse, repainting them off-site to reduce costs, and coordinating with contractors to ensure desired components are preserved during demolition, with possible structural review needed for the final design. Additionally, Knetter noted a request from the Randolph school to install an AED at the concession stand to support youth activities, which has been forwarded to the Fire Department Relief Association for consideration. He also highlighted recent improvements to the softball field, completed by the middle school at no cost to the City, including new field materials, fencing, and player seating areas.

Street Report – Councilman Luhning reported that the curb replacement on Hampton Avenue between Water Street and Doffing has been completed and looks very good. Some minor paving patching will still be needed, but attention will also be directed to significant repair work required in the alley behind Lucky's, with arrangements to have a contractor address both areas as feasible. Street sweeping is scheduled for Thursday. Knetter added that hydrant flushing for the water and sewer system is planned for next month.

(continued on page 19)



OIL CHANGE SPECIAL

Oil Change

\$59⁹⁹ + tax

Up to 6 quarts.
Some restrictions apply. By appointment only.

*Full Service
Auto Repair & Tires*




Call to schedule your appointment today!

507-263-7000 bigservicecenter.com

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

RIVER COUNTRY COOPERATIVE

—★—

"Established 1935"

Fertilizer • Seed

Soil Sampling • Chemicals

Custom Application

Field Scouting

Bulk, LP,

Gas and Diesel Fuel

Kenyon
507-789-6201

Randolph
800-657-3285

Hastings
800-349-5743

Hampton
800-225-4316

HAMPTON CITY COUNCIL

(continued from page 18)

Social Media/Website – Councilman Huddleston reported that the City's new email system has been set up, and council members have received instructions for access. Initial setup has been successful on both iPhone and Android devices, though some members still need time to complete the process. The system is cloud-based and can be accessed from personal devices, though it requires downloading applications such as Microsoft Authenticator and may involve some initial setup challenges. The council discussed options for assisting members with setup, including holding a 30-minute work session prior to the next meeting, with additional support available if needed. Huddleston also noted that the City's new website is now live in its initial form, with plans for further development and training on content management. The council discussed posting meeting materials, budgets, and other public information online, while ensuring compliance with state requirements for official publications. There was also interest in using the website to share community updates and support local businesses, with the understanding that both digital and traditional publication methods may be used during the transition.

Unfinished Business – Mayor Knetter reported on discussions with representatives regarding the potential for charitable gambling at Meric's, noting that while the location may not be highly profitable, the participating organization would still contribute a portion of proceeds to the City, designated for parks or community needs. With no local organizations currently able to operate such activities

and the fire department not interested, the council expressed support for allowing an outside organization to proceed. A motion was made and unanimously approved to update the ordinance and permit the Meisville Lions Club to conduct pull tab operations at Meric's.

Mayor Knetter also provided an update on the proposed park camera system, noting no new developments, and presented revisions to the camera policy, including clarified access controls limited to the clerk, mayor, council, or designee, and law enforcement as needed, along with a 30-day data retention period unless required for legal purposes. A motion to approve the updated camera policy was made and unanimously passed.

New Business – Mayor Knetter presented a request from Tayven's Pursvit Inc. for a one-day gambling permit in conjunction with their annual bag tournament event at the fire hall, noting that the event has been held successfully in prior years with strong attendance and no complaints. The event includes activities such as a raffle and/or silent auction, and organizers have maintained the facility and surrounding area well. The council expressed support for the request, and a motion to approve the one-day gambling permit was made, seconded, and passed unanimously.

Adjournment - Motion by Luhning, seconded by Huddleston, to adjourn the meeting. All voted in favor. None opposed. Motion passed 4-0. The meeting adjourned at 7:47 p.m.

Respectfully submitted,
Kelly Roan

HAMPTON CITY COUNCIL MEETING MAY 12, 2026

The Hampton City Council met on Tuesday, May 12, 2026, at Hampton City Hall for the Regularly Scheduled Meeting. Present were Mayor John Knetter and Council Members Jerry Huddleston, David Luhning, Erica O'Connor, and Nick Russell. Also present were Brad Fisher of Bolton & Menk.

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

Disclosure of Interest – None

Approval of April 14, 2026 Regular Meeting Minutes – Motion by Luhning, seconded by Huddleston, to approve the April 14, 2026 regular meeting minutes. All voted in favor. None opposed. Motion passed 5-0.

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

Public Comments: The Deputy Sheriff reported that Xcel Energy crews were addressing a downed power line caused by a fallen tree and that the affected road had reopened. He advised residents to report suspicious vehicles parked near agricultural fields, noting several recent incidents of wire theft from irrigation systems, primarily in Greenville Township. The Deputy also informed the Council of a recent change to state law regarding school buses: motorists must stop whenever a bus's red lights are activated, regardless of whether the stop arm is fully extended. He encouraged residents to submit specific dates, times, and locations when requesting placement of the Sheriff's Office speed trailer so enforcement efforts can be targeted effectively. Discussion followed regarding traffic concerns on Belmont Street, particularly near Lincoln Street and the ball-field during weekend events. Council members noted increased traffic and concerns for neighborhood safety, including the presence of children and an autistic child in the area. Possible solutions discussed included requesting a speed trailer for Belmont Street and considering a stop sign at the intersection of Lincoln and Belmont. The Deputy answered questions and concluded his report.

Petitions, Requests, and Communications: Luke Manthey of Infused North had sent an email late Monday evening that he will not be attending the City Council meeting.

Ordinances and Resolutions – None

Reports of Officers, Boards, and Committees:

Engineer Report – Brad Fisher provided an update on the Minnesota Department of Health's Phase 3 Lead Service Line Inventory requirements. He reported that the City is required to submit and certify its current inventory by July 31, 2026, and that no significant changes to the inventory are anticipated. Following submission, additional notification requirements will require letters to be sent to property owners with unknown service line materials or identified galvanized lead components. Fisher noted that further inventory requirements are expected in 2027, including more detailed identification of service line components and the potential development of a lead service line replacement program. He also indicated that grant funding may become available in the future to assist communities with identifying unknown service line materials. Mayor Knetter added that completing and submitting a required Department of Health spreadsheet within the next 30 days could allow the City to avoid increased lead sampling requirements scheduled for 2027 and 2028. Fisher also provided an update on the water tower improvement project, stating that demolition of the old tower has been delayed due to the proximity of overhead Xcel Energy power lines and associated safety requirements. The contractor is coordinating with Xcel Energy to address the issue, while also completing remaining punch list items at the new tower site. No pay application was submitted for the project this month.

Water / Sewer Report – Mayor Knetter reported that wastewater discharge operations are currently underway and that recent sewer sample results have been favorable. Council discussed pond levels at the wastewater facility and ongoing management strategies recommended by the Minnesota Pollution Control Agency. Knetter also provided an update on a water leak located on Colorado Avenue in the Heights of Hampton development. Leak detection efforts identified water surfacing along a pavement seam in the roadway, but the exact source of the leak could not be determined due to its small size. A damaged curb box near the area will be replaced, and additional leak detection efforts will be conducted once direct access to the service line is available. City staff believe the leak may be associated with either a service connection or a joint in the water main.

(continued on page 20)

*From start
to finish,
we do the
entire project.*

Kitchens • Living Rooms
Fireplaces • Floors
Closets • Bathrooms
New Projects • Remodels
Barns • Roofs
Siding • Garages
Pole Sheds



Wood Doc Construction

Emery and John Maher

507-271-4200

www.wooddocconstruction.com

Dennison, MN

Lic. #BC628191

BAUER

Roll Off Service

BAUERROLLOFFSERVICE.COM

Roll Off Units for Commercial & Residential Use

10 Yard to 30 Yard Sizes

We service
Dakota and Goodhue
Counties

651-437-1398

Custom Hauling
Available



HAMPTON CITY COUNCIL (continued from page 19)

The Council discussed the importance of accurately locating the leak before excavation to minimize disruption, costs, and damage to the recently installed asphalt roadway. Further investigation and repairs will be completed as more information becomes available.

Park Report – Councilman Russell reported that installation of the City's security camera system remains pending, with the cameras and required policy now in place and activation expected once installation is completed. Russell also noted that additional wood chips may be needed for City parks, particularly at the Heights playground. Mayor Knetter commended the City's partnership with Randolph for use of the softball field, noting that improvements completed at no cost to the City, including field lining and a new fence, have significantly enhanced the facility. Council members expressed appreciation for the condition of the field and park, highlighting increased community use, frequent games and practices, and the positive impact of providing recreational opportunities for local families and youth. The Council agreed that it was encouraging to see the park and ballfield actively used by residents and visitors.

Street Report – Council Member Luhning reported that street sweeping had been completed successfully and had gone well. Discussion followed regarding the availability of cold patch material for roadway repairs, with staff confirming that approximately four to five bags remain available for use in addressing potholes and other minor street maintenance needs.

owner makes a good-faith effort to address the balance and remains current on an agreed-upon payment plan, the matter will continue to be handled administratively. However, if no contact or payment is received, the account will be brought back to the Council for further consideration, including possible utility shutoff. The Council noted that each delinquent account should be evaluated individually rather than through rigid payment requirements.

Social Media/Website – Council Member Huddleston reported that he and the City Clerk recently met with the City's website provider to receive training and gain access to make basic updates to the City website. The training provided staff with the ability to independently make minor content changes, including updating council and commission information, contact details, agendas, meeting minutes, events, and the City calendar. Training materials were printed for future reference, and staff indicated they would continue learning the system and expanding website content as time allows. Council members expressed appreciation for the progress, noting that local control of website updates has been a long-awaited improvement. Huddleston also noted that while the City's official website currently appears below an unofficial site in online search results, efforts will continue to improve the City's online presence and functionality.

Unfinished Business – None

New Business – The Council discussed a delinquent utility account with a significant outstanding balance and no payments received since February 2025. The City Clerk reported that multiple notices had been sent without response from the property owner. Following discussion, the Council directed staff to issue a 30-day notice requiring the property owner to contact the City and establish an acceptable payment arrangement. Council members emphasized that the City's preference is to work with residents through reasonable payment plans and avoid utility shutoffs whenever possible. If the property

owner makes a good-faith effort to address the balance and remains current on an agreed-upon payment plan, the matter will continue to be handled administratively. However, if no contact or payment is received, the account will be brought back to the Council for further consideration, including possible utility shutoff. The Council noted that each delinquent account should be evaluated individually rather than through rigid payment requirements.

Additionally, Russell reported receiving an inquiry regarding the use of the City baseball field for a professional photo shoot associ-

ated with a campaign celebrating America's 250th birthday. Council members expressed support for the request, provided that the activity does not interfere with scheduled ball games or field use. The Council noted that the project would provide positive exposure for the community and showcase the City's ballfield and small-town character.

Adjournment - Motion by Russell, seconded by Luhning, to adjourn the meeting. All voted in favor. None opposed. Motion passed 5-0. The meeting adjourned at 7:27 p.m.

Respectfully submitted,
Kelly Roan

Nerstrand Meats & Catering

Specialty Meats & Food

Over 100 Years in Business Providing

Homesmoked Bologna, Wieners, Jerky, Homemade Beef Sticks, etc.



www.nerstrandmeatsandcatering.com

231 Main Street, Nerstrand, MN • 507-334-5396

Kenrick Ave., Lakeville, MN • 952-236-0600

FREELANCE WRITER WANTED

Duties include covering feature and human interest stories and upcoming events in the Messenger coverage area.

Will also work with content production for future on-line distribution.

Pay negotiable and based on experience.

Qualified applicants will possess:

- Ability to work with deadlines
- Great people skills
- Knowledge of/access to a computer
- Enjoy small town atmosphere
- The ability to work some night hours as needed for editorial

Email resume and sample of work to: hometownmessenger@gmail.com
or call Terry at 507-951-7417

Dundas
Messenger

Mainstreet
Messenger

Randolph-Hampton-Castle Rock
Messenger

A legendary musical experience

★ ICONIC FEST ★

EST. 2015

Friday & Saturday JULY 10 & 11 2026

Friday, July 10

The Kentucky Headhunters 9:00 PM

ZZ TOP 5:00 PM

STEVIE RAY VAUGHAN 5:00 PM

Confederate Railroad 7:00 PM

Bree Morgan 3:00 PM

Cory Waller & The Wicked Things 5:00 PM

Mark Willis 7:00 PM

Saturday, July 11

Pam Tillis 9:00 PM

2 DAY OUTDOOR MUSIC FESTIVAL!

Held at the Green Lantern 1/2 mile East of Randall on Hwy. 16

For More Information & to Order Tickets Go To WWW.iconicfest.com



Business Link

• **Bellechester • Castle Rock • Claremont • Dennison • Dodge Center •**
Dundas • Goodhue • Hampton • Kenyon • Mazeppa • Nerstrand •
Randolph • Wanamingo • West Concord • Zumbro Falls •

DODGE COUNTY LAND TITLE COMPANY

* Over 40 Years Experience
 * Residential
 * Farm
 * Commercial

Use Dodge County Land Title Company for your next real estate transaction or loan closing.

38 W Main Street, Dodge Center, MN
 Ph: 507-633-6355
 Email: dclandtitle@kmtel.com

TRAXLER
 POWER & EQUIPMENT

Specializing in
 Farm Equipment Repair
 Authorized **UNIK** Dealer
 DOT Inspections/Welding

507-789-6321

NAPA AUTO & TRUCK PARTS

Kenyon NAPA Store
507-789-5254
502 Huseth Street, Kenyon

LODERMEIER'S
 STEEL & WOOD FRAME BUILDINGS

- Machinery Storage
- Commercial
- Livestock Buildings
- Garages

38241 County 6 Blvd, Goodhue
651-923-4441
 Lodermeiers.net

ROVLAND
 Auto Service

- Tires
- Wheel alignments
- Steering & suspension
- Brake repair
- A/C maintenance
- Batteries

641 S Main Wanamingo
507-824-2710

BASIC HANDGUN SAFETY CLASS
 For Those With No Handgun Experience

- Learn handgun safety fundamentals
- Individual classes available
- Learn to shoot safely & properly
- You can fire a variety of handguns

NRA Instructor with 24 Years Experience
CALL TO SET UP YOUR CLASS TIME, SCHEDULED AT YOUR CONVENIENCE
507-951-7417

R&M STEEL

Full Line of Square Tubes, Channels, Angle, Flat & Pipes

Shearing, Cutting and Bending

61154 190th St Dodge Center
507-374-2524

All Your Printing & Sign Needs

D&S Banner, Sign & Print

All Your Printing and Sign Needs
 In House Graphic Design
 Large Format Graphics for Vehicles and Trailers
 Installation services

113 Forest Street, Kenyon, MN 55946
507-789-4611
 dandsbannersignandprint.com

L&D Recycling, Inc.
 Scrap Iron & Metals

Steel, Farm Machinery, Car Bodies, Aluminum, Copper, Batteries, Appliances, E-Scrap

55976 State Hwy. 56, West Concord
 Monday-Friday 8:00am to 4:30pm
 June-October
 Open Saturdays 9:00 to 11:30am
507-527-2408
 www.lidrecycling.com

MANTORVILLE SQUARE
 ANTIQUES & COLLECTIBLES

Largest Antique Store in Dodge County

416 N. Mantorville Ave, Mantorville
507-635-5554
 Facebook@MantorvilleSquareAntiques

SIFT (SAVE IT FROM TRASH)
THRIFT STORE

26 RED WING AVE Kenyon, MN

LIKE US ON **facebook**

Hours: Thur & Fri 12 to 8pm,
 Saturday 9am to 5pm

DOUG AND MARY KLATT
Call us today!
507.259.2386

Mantorville Chocolate Shoppe

420 Main St.
 Mantorville, MN 55955
507-635-5814

OVER 100 CHOCOLATE DELICACIES HANDMADE IN STORE!

UNIQUE CANDIES SWEETEST PLACE IN TOWN

Tues-Sat 11:30-5:00; Sun 12:30-5:00

Appliance Repair

All makes & models.
 On-site service.
 Vent cleaning.
 Home or Commercial.

~Serving SE Minnesota~

Washers, Dryers, Dishwashers, Refrigerators, Stoves, Ranges, Ice Makers & More!

Dustin Sletten
507-676-4406

Tatge Jewelry

Awards By Tatge
 Celebrating 51 Years of Business

625 2nd Street, Kenyon, MN
(507) 789-6522

fw

Flat Water Futures, LLC
 Grain and Livestock Hedging

Todd Ryan
651-764-5590
 tryan@flatwaterfutures.com

Goodhue, MN
 Branch Office

SINCE 1839
Schaeffer's
 SPECIALIZED LUBRICANTS

AGROECOPOWER

Bruce Freerksen
(507) 273-9110
 brucewithschaefferoil@gmail.com
 West Concord, MN

FAHNING & ASSOCIATES LLC.
BETH S. FAHNING-HANGGL
 AGENT #46786

Licensed Life And Health Insurance Agent

35 West Main Street
 Dodge Center, MN 55927
(507) 374-6342

Life • LTCI • Employee Benefits
 Health Insurance • MNsure Certified Agency

Traxler Law PLLC
 traxlerlaw.com

Ann Traxler
 Attorney

PRACTICE AREAS

- Wills, Trusts, & Estates
- Farm and Business Transition Planning
- General Practice
- Probate

502 Huseth St. Ste. C
 Kenyon, MN 55945
507-405-0420
 ann@traxlerlaw.com

PLACE YOUR AD ON THIS PAGE

Call Terry at
507-951-7417
 or
 Email:
 hometownmessenger@gmail.com

Let's talk fence

Alpacas, Apples, Beef Cattle, Deer, Dairy Cattle, Elk, Emus, Gardens, Goats, Grapes, Gorillas, Horses, Lions, Llamas, Ostriches, Ponies, Raccoons, Sheep, Trout, Tigers, Yak

K FENCE

928 Chestnut St NE, Mazeppa MN 55956
 Phone 507-753-2943 • www.kfence.com
Free Estimates • Free Catalogs

Cat Country Tire LLC

ON-SITE OR IN-STORE TIRE SERVICE

OTR/Farm/Truck/SUV/ATV
 AGRICULTURAL TRACK SALES AND INSTALLATION

Jon Harvey & Bradley Marking, Owners
 Serving Bellechester, Goodhue & Surrounding Communities

Online tire ordering is now available on our website!
www.catcountrytire.com

Stop in or call 651-380-8731 for service.

COUNTRY GOODS

LARGEST GIFT STORE IN SO. MN!

ACROSS FREEWAY FROM CABELA'S
INSPIRATIONAL ITEMS HOME DECOR
LAWN DECORATIONS UNIQUE GIFT IDEAS

OPEN MONDAY-SATURDAY 9am-5:30pm; SUNDAY NOON-4pm
 4515 NW 22nd Ave, Owatonna • View/Like us on Facebook
507-451-5661

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
		23					24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
			53		54				55		56			
	57	58	59					60				61	62	63
64						65	66			67				
68						69				70				
71						72				73				

SWITCH & GET

\$25

Off First Month of New Service!

USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

© StatePoint Media

- THEME: GREETINGS
- ACROSS
1. Shapeless masses

6. RFK's brother

9. German card game

13. "The Wolf in Sheep's Clothing" author

14. Ancient Chinese dynasty

15. Top of a steeple

16. Ice house

17. Not outs

18. Gustatory sensation

19. *What's cooking, good ____?"

21. *Greeting aimed at a king

23. Like a fox

24. Easy run

25. "Harper Valley ____"

28. Off-limits

30. Daryl Hannah/Tom Hanks movie

35. Snaky swimmers

37. Coal unit

39. Vigorous fight

40. Done before dealing

41. Walk leisurely

43. Like certain food trend

44. Raccoon's South American cousin

46. Dano or Rudd, e.g.

47. Deep-red variety of chalcedony

48. Straying, as in baseball

50. FBI agent, slangily

52. It's the limit?

53. Alex Honnold's "Free ____"

55. Long Island iced ____

57. *Military greeting

60. *____ greetings, in December

64. Last test

65. Had a meal

67. Ilya Rozanov to Shane Hollander, e.g.

68. Take puppy from a pound

69. Hemingway's "____ Whom the Bell Tolls"

70. Bodily swelling

71. Hibernation stations

72. Pampering spot

73. Extend subscription
- DOWN
1. Leave without farewell, slangily

2. Kids' construction set

3. Capital of Norway

4. Amazon offerings, originally

5. Spoiled, in U.K.

6. Nest material

7. Even, poetically

8. 70s dance joint

9. Capone's shoe cover

10. *Twice-done greeting move, in Italy

11. Creative

12. PGA peg

15. Bacterial throat infections

20. Spiral-horned antelope

22. FedEx competitor

24. Lower back pain, in the olden days

25. *Salaam, in English

26. Operatic voice

27. Hitching post?

29. *Bro fist motion

31. Smaller in amount

32. Road-tripping guide

33. Baby carrier?

34. *Cowboy's greeting

36. Bristle

38. Little Jack Horner's treat

42. Fill with happy spirit

45. Injury's painful partner

49. Toddler

51. Closer

54. Toronto Maple ____

56. Comment to the audience

57. Fries, e.g.

58. At another time, to Romeo or Juliet

59. Swimming lengths

60. Doris Day's "Que ____..."

61. Kitchen appliance

62. Given at birth

63. Cabbage dish

64. Temporary craze

66. *"____ of the morning!"

4	8	6	3	1	9	7	5	2
1	6	7	5	2	4	8	9	3
5	2	3	7	8	9	6	4	1
6	3	9	5	2	4	1	9	7
8	9	4	6	3	7	5	2	1
2	1	7	8	9	6	4	5	3
7	6	3	2	5	1	8	4	9
9	5	2	4	6	3	1	7	8
3	1	9	7	5	2	4	8	6

SUDOKU ANSWERS

W	E	N	E	R	E	A	S	P	A	S	N	S	D	E
A	D	O	P	T	F	O	R	E	F	O	R	E	A	D
F	I	N	A	L	A	T	E	R	I	V	A	L	F	I
S	A	L	U	T	E	S	E	A	S	O	N	S	S	A
T	E	A	T	E	O	L	O	S	T	E	A	T	E	O
E	R	R	A	N	T	G	M	A	N	S	K	Y	S	K
C	O	A	T	I	P	A	U	L	S	A	R	D	S	A
A	N	T	E	A	M	B	L	E	S	L	O	W	S	L
E	E	L	S	L	U	M	P	S	E	T	O	T	O	S
P	T	A	B	U	S	P	L	A	S	H	S	L	A	S
L	O	O	K	I	N	G	C	U	R	T	S	Y	S	Y
I	G	L	O	O	I	N	S	T	A	S	T	E	S	T
A	E	S	O	P	W	E	I	S	P	I	R	E	S	P
B	L	O	B	S	T	E	D	T	E	D	S	K	A	T

We Want Your News!

Got News?

Help Us Get the Word Out!

News, Photos, Events...

Email your news to:
hometownmessenger@gmail.com

SUDOKU

Call today and receive a

FREE SHOWER PACKAGE

PLUS \$1600 OFF

SAFE STEP

WALK-IN TUB

1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

	4		8				1	
			1	3			5	9
		6			5			
6						8	1	2
1			7		6			8
7		9	1					6
				8			2	
3	9				5	7		
	5				3		8	

© StatePoint Media

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.



JUNK TRUCK MN
507-581-1634
Commercial & Residential



WHAT WE DO

- Full Service Junk Removal
- Trash out's
- Decluttering
- Pick Ups & Deliveries
- Shed demo
- Appliance Removal
- Garage & Storage Clean outs

Family & Locally Owned
Licensed & Insured



www.junktruckmn.com **Get A Quote**

Treat Dad This Father's Day

Take a short drive to delicious Fireside!

~ Join Us for Breakfast, Lunch or Dinner ~

Father's Day Weekend
Avoid the Rush... You Can Celebrate with Dad Friday or Saturday too!

Daily Features

WEDNESDAY Enjoy Our Jumbo" Wings Specials!
BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)

THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks!
16oz. Margarita Special! Taco Specials! Fajita Specials!

FINALLY FRIDAY All You Can Eat Fish Dinner

SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

SUNDAY Enjoy Our Sunday Breakfast Beginning at 9a.m. and Sunday Pasta Features



37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
Bar Open Later

507-645-9992 • www.firesidelounge.net

EXPERT ROOFING SOLUTIONS

Master Roofing Contractors Serving Southern Minnesota and Western Wisconsin

ASPHALT & AG STEEL ROOFING

SIDING

WINDOWS

ROOFING & EXTERIORS DONE RIGHT





RENNER ROOFING INC.
Family Owned & Operated
MN LIC BC735974



507-757-8852
WWW.RENNERROOFINGMN.COM

Logos: National Roofing Contractors Association, TILCOR Roofing Systems, BBB, President's Choice, Elite



**We Would Like to Extend Our Pride and Support
to Our Area Dairy Farmers during June Dairy Month**

COMMUNITY BANKING FOR INDIVIDUALS AND BUSINESSES

- Home Equity Loans
- Car Loans
- Construction Loans
- IRAs & CDs
- Checking Accounts
- Mortgages
- Savings Accounts
- Real Time Online Banking
- Mobile App
- Local Decision Making
- Competitive Rates

RANDOLPH
507.403.2777

CASTLE ROCK
651.463.7590

FARMINGTON
651.463.4014

You know us. We know you.



CASTLE ROCK BANK

HOURS: 7:30 AM TO 4:00 PM WEEKDAYS

www.castlerockbank.net

