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August 6, 2026

Volume 23 • Issue 8

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.

• **Need a new mattress? Wait and shop the Music Department's mattress sale on October 10, 2026, at Randolph High School!** The past two sales we have sold over 110 mattresses and raised \$21,000. This sale is a fundraiser to help our music students raise money for their trip to New Orleans in March 2027.



Welcome to Dennison Days August 7 & 8



In cooperation with our local businesses and many individuals, The Dennison Lions Club is happy to host and welcome you to Dennison Days 2026

Friday and Saturday, August 7 & 8.

Many of your favorite events are returning this year, along with some new ones including our Friday Night events, The Biggest Dip Contest and The Pie Eating Contest.

58th Annual Chicken BBQ & Street Dance August 15th



The annual Randolph-Hampton Fire Department Chicken BBQ is Saturday August 15th, 2026.

Serving from 3 PM to 8 PM, this annual fundraiser supports the fire department. Raffle tickets are also available for purchase with the drawing taking place at 9 PM.

Be sure to mark your calendar for this annual community event!



Live Music from The Old Country Boys will entertain you Friday evening.

Raffle Tickets are available with a \$500.000 grand prize available to the winner, along with other prizes. *(continued on page 3)*

Randolph Schools Open House

Wednesday, September 2, 2026

Picture Day will be on this day.

The following will be available for families on Wednesday, September 2, 2026, from 3:00 pm to 7:00 pm.

• Elementary and Preschool Open House-Meet your teachers

• Rocket Clothing for sale

• Put Money in Lunch Accounts – Al la carte only (Breakfast & lunch are free for students Preschool – Grade 12)

• Elementary Students grades 1-6 will be able to pay for Snack Cart/Milk Break. Please fill out this form and return it with payment

• Bus Route Information

• Learn about High School Activities

• High School Students will be able to get locker assignments and meet teachers.

Car pass registration in the High School Office. *(continued on page 3)*

Randolph FFA Participates in 4th of July Parade



Randolph FFA had its own float in the Cannon Falls 4th of July parade. Members spent their time handing out candy, spritzing people with water, and celebrating Independence Day!! *Courtesy of Randolph FFA*

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Difficulties of the Secret Place: You Don't Feel the Lord



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

I sit in the riverbank of your creation. With water flowing. And wind less than blowing.

Melody chirps in the air. Fragrance of peddles in the breeze.

Your world lies at my tips. But why the dam

that interrupts belief. It's evident that you are the turning of the leaf.

Whirling, static, haze of mind. With looping, cycling, and spinning that pays a fine. Feelings mimic this ride.

It's been strokes that I have felt you. Sensed you.

The gnats bite like the unbelief that I tread. Swarm and swarm is an understatement.

But even though I don't see you. I acknowledge, speak, pray to you. What would I do without you.

This has to mean something. The Bread even toasts, that I am blessed. John 20:29 will confess.

So, feelings and emotions. Take more than a rest, leave. Because I really do believe.

We are now in conclusion with the series of, "The difficulties of the Secret Place." The last few months we talked on how various things can keep us from the Secret Place such as feeling too messy, depression, and now today's article as alluded to in the above poem, you don't feel the Lord.

If the Secret Place is a new concept for you or need a friendly reminder of what it is, 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.

There are times when I can sense the presence of the Lord, and it feels so amazing as tears fill my eyes and I am overtaken by Jesus's existence and holiness. I get emotional, but in the very best way. When I feel like this, the Secret Place is very easy to enter

into and stay in! However, this does not always happen.

There are times when I do not feel Jesus at all. In fact, there was probably a three-to-four-year time period when I did not shed one tear of experiencing His majesty. I felt so numb. I remained in the Secret Place and talked to the Lord daily. He was still speaking, guiding, and encouraging me. However, I still felt like a dried-up well. I have walked this walk long enough to know that even though I may not feel the Lord, that does not mean He is not in the room.

If we are not feeling the presence of the Lord, does that mean He is not there? Of course He is there! **We cannot always lean into our feelings (or sensations) for guidance and assurance; we need to lean into the Word of God for our direction and validation.**

If we are not feeling the presence of the Lord, does that mean He is not hearing our prayers? No way! Of course He is hearing you and me! On the topic of being tired when you pray, I even heard one pastor say, "You might be tired, but the Holy Spirit is not tired." At times, if someone (or even yourself) is needing prayer for healing, deliverance, or anything, if we do not feel the Lord or if we are tired, we may think our prayers won't be as powerful. Well, that is silly because it is not us doing the healing or deliverance—it's Jesus in us. We are the ones speaking; He is the one doing the work.

So please, whether it is in your own personal time or when you are with others, if you do not feel the Lord or if you are tired, that does not mean He is not in your midst nor hearing you. **HE IS THERE! HE DOES HEAR YOU!** Remain in the Secret Place. Pray the prayer. Not only read the Word, but trust the Word. For example, you may not be feeling the love of Jesus, but guess what, the Bible says you are loved, **SO YOU ARE LOVED, BELIEVE IT!** The sensation of His presence will come again.

Perhaps you have never experienced the Lord as I described a couple paragraphs back.

Feelings of awe and wonder as tears build up in the best way possible. Maybe you feel like a dried-up well too, and it's always been like that. If you do feel dry, no worries. Remember, the Lord is still answering prayers and working even if you're not sensing Him. With that said, if you are wanting to experience the Lord with more emotion, I would encourage you to ask Him.

I was talking to my husband right around the three-to-four-year mark of me feeling pretty dull, and I told him that I wanted to sense the presence of the Lord more. He replied, "Pray that it comes back, even more than it has ever been." So I did, and it came!

It was a normal day as I grabbed my coffee and plomped on my couch with my Bible open. I picked up where I left off the day prior which was in Leviticus 9.

Then, when I got to verses 22–24 and Leviticus 10:1–7 I felt the presence of God.

All of a sudden, my mind was enlightened and eyes grew wide. Something clicked in my brain with the words I was reading and I said aloud, "There is something here!" Meaning there is something the Lord wants to teach me. He sure did have something to show me—He taught me about His holiness.

He did this by sparking a fire within my brain and I took that fire and studied the Scriptures by using a commentary. As I studied, revelation brewed. Oh guys, His holiness, may we grasp it and not forget it. God (Jesus) being holy means He is set apart. Nothing is like the Lord God Almighty. NOTHING. We need to honor His holiness and not profane it. Once this exposure came, so did the tears. Oh, how I pray for more encounters and revelations like that one for both you and me!

I pray, in the name of Jesus, whoever is reading this will be touched by your presence in an overwhelming way, that they will experience your holiness and splendor. I pray they, too, will open the Word and revelation will fall. As they wait for it, God, let them know you are still ever so close and love them dearly. Amen! *(continued on page 3)*

Randolph Community Food Shelf

St. Mark's Lutheran Church
28595 Randolph Blvd.
Randolph, MN 55065
(507) 263-9182

randolphcommunityfoodshelf@gmail.com
www.stmarkrandolph.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!

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Email: hometownmessenger@gmail.com
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Questions? Call church office 507-663-1437

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AREA CHURCH DIRECTORY

Finding Honey

If you find honey, eat just enough—too much of it, and you will vomit. — Proverbs 25:16

Late summer to early fall is usually the time when beekeepers "find" honey. At that time of year for bees, the days of gathering pollen and nectar are winding down. Wise beekeepers provide extra room in the hive, taking advantage of the bees' hoarding instinct and "tricking" them into making more honey than they need. A healthy hive will often have two to three times as much honey as the bees will need for winter. The beekeepers then take the extra honey, making sure to leave enough for the bees to survive on.

Finding honey is not so difficult with the hive boxes and removable frames we have today. In the wild, though, it can be a lot more challenging to find and gather this treasure. Through the centuries people have learned to search for honey in hollow trees, small caves, remote cliffs, and other protected spots that are near abundant varieties of flowering plants.

While honey is sweet, our proverb for today tells us to "eat just enough" and not too much. It makes good sense not to overdose on honey—or on any of the sweet things in life. Wisdom calls us to a healthy balancing act.

Sadly, the siren song of our world today is that "more is always better." But finding honey reveals the wisdom of enjoying sweet things in life within wholesome limits.

In what ways is the Spirit of God directing you to set wise limits in your life?

Thank you, Lord, for the sweet things in life. Guide us to follow you and to gain a heart of wisdom. In Jesus, Amen.

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Sunday Worship 10:00a.m. & on Facebook
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10:15 a.m. Sunday School
Questions? Call 507-645-0042

Difficulties of the Secret Place: You Don't Feel the Lord

(continued from page 2)

Solution:

• You “not feeling” the Lord does not mean

He is not there or working. HE IS THERE! Sometimes we will not always sense Him, and that is okay. Don't let that discourage you. Continue to press into Him. **Lean into the truths of the Word, not your feelings.**

• If you are wanting to experience the Lord at a more emotional level, then ask. Simply pray, “Jesus, I want to be overcome by your presence.”

• As you wait for the Lord to reveal Himself in this matter, be patient. It may not happen right away. Stay in the Secret Place as you worship, pray, and get into the Word of God.

A lot of spiritual endurance is getting produced in you as you do this, much more than you realize!

Although, “not feeling the Lord” may want to keep you from the Secret Place, do not let

it. Feelings can lie. And guess what, you are even blessed when you believe and you do not see! Blessed are those who have not seen and yet have believed. (John 20:29)
Blessings my friends, Ashley

Randolph Schools Open House

Wednesday, September 2, 2026

(continued from page 1)

There will be an orientation for all incoming 7th grade students and their parents from 6:30 - 7:00 pm in the North Gym. Families of students in grades 7 - 12 who are new to the district are also encouraged to attend.

Welcome to Dennison Days August 7 & 8

(continued from page 1)

Tickets are available at Heritage Bank Dennison, Dennison Depot, Fireside Lounge and Cattlemen's Saloon.

In Nerstrand, raffle tickets are available at Parkside General Store.

Saturday events kick off with the pancake breakfast, classic car show, medallion hunt and euchre.

The days events continue with the kids pedal pull, kids bingo, costume kickball in city park and the awarding of the car show trophies.

Cattlemen's will host a makers market with items from local artisans.

We welcome you to participate in the parade at 1:30 with a \$300 prize for best float entry.

The afternoon events including more kids activities, the bags tournament, powertool, gift card and purse bingo and the keg toss.

Saturday evening entertainment will be from The Shane Martin Band.

Check out the full schedule of events inside this publication, and watch the Dennison Days website and Facebook page for any updates.

We hope you enjoy Dennison Days 2026!



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AUGUST 29TH, 2026

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The Annual
Lutefisk and Norwegian Meatball Supper
Vang Lutheran Church
2060 County 49 Blvd
Dennison MN 55018
Saturday, October 3rd 2026



Menu:

Lutefisk with melted butter, Norwegian Meatballs with Gravy, Mashed Potatoes, Corn, Fruit Soup, Lefse and Norwegian baking's

Join us for our annual supper, buffet style

In church seating starts at 11:00am through last seating at 1:00pm and 4:00pm with last seating at 5:00pm.

No reservations are needed.

Groups of 8 or more please call church at 507-789-5186 to reserve a table.

Home or business delivery is by reservation only, from 11:30am-2:15pm and 4:30pm through 5:30pm. Call 507-789-5186 and leave message.

We will confirm your reservation within 2-3 days.

**Ticket price \$26.00 payments by check or cash
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Farm Girl Chatter
Long Hot Summer Days
By McKell Lemmerman

That's right. Seems fitting for the time of year when you step outside and already have sweat in places you don't want it. Livestock hover over the water tanks and shove each other out of the shade trees like little kids trying to be first in line.

By 9 a.m., your shirt's stuck to your back, your boots feel like they're full of soup, the tractor's seat could fry an egg, and the steering wheel feels like it was forged in a blacksmith shop.

The cows stand belly-deep in the pond with that look that says, "If you need me, I'll be here until October." The horses have perfected the art of planting themselves under the one shade tree in the pasture, swishing flies and refusing to move unless grain is involved. Even they have enough sense to know when it's too hot to do anything productive.

The flies, on the other hand, always have the best summer of their lives. They don't care how much fly spray you buy or how fancy the tag in the cow's ear is—they're back before

you can put the cap on the bottle. By lunchtime you've burned more calories, swatting flies than you've burned stacking hay. The livestock swish and kick at the little flying demons only to realize they're just using them for a free ride around the pasture. And don't even think about leaving the pickup windows down unless you're looking to start your own fly sanctuary.

Speaking of hay, whoever came up with the phrase "make hay while the sun shines" clearly never throws square bales in July. Nothing builds character quite like hugging 60-pound bales in 95-degree weather while itchy hay dust super glues itself to every drop of sweat you've got.

By supper time, everyone's moving a little slower. The dogs have dug themselves a hole to China just to find cool dirt. The livestock are parked around every water tank like its happy hour, and you're on your second or third glass of iced tea wondering if sweating counts as cardio. "It's not the heat... it's humidity," like that's supposed to make anyone feel better. Still, once the sun finally drops below the trees and a little breeze rolls across the farm, it's hard to complain too much. The cicadas and frogs are singing. The best friends of the flies, yup, the mosquitoes are filing flight plans. The kids smell like sunscreen and dirt. And the sunset reminds you why you put up with the heat, the dust, the flies, and everything else summer throws at a farmer.

Because before long, we'll be standing in chore boots three sizes too big with three layers of socks, wishing for one more long, hot summer day.



**Randolph FFA Alumni Tractor and Truck Pull
& Randolph/Hampton Fire Department
58th Annual Chicken BBQ**

SATURDAY, AUGUST 15, 2026

PULL BEGINS AT 9:00 A.M. SHARP

Tractor Classes		
Farm Stock Altered Farm	Improved Stock Pro Farm	Light Improved
Semi/Truck Classes		
Call for class information.		

Tractor Rules:
Rick Peine: (612) 245-3026
Dave Peine: (651) 983-6367

Semi Rules:
Levi Schaffer: (651) 285-6973
Truck Rules:
Ray Mach: (507) 210-0239

CHICKEN BBQ
Chicken BBQ from 3:00 to 8:00 p.m.

Follow RHFD on Facebook

Chicken Barbecue

58TH ANNUAL

Street Dance

SATURDAY, AUGUST 15, 2026

📍 Randolph, Minnesota
Serving from 3:00 to 8:00 p.m.

★ **ADULTS: \$16.00**
12 & UNDER: \$9.00

Tickets available for drawing
★ for prizes of donated merchandise ★
from area merchants.
DRAWING HELD AT 9 P.M.

RANDOLPH/HAMPTON FIRE DISTRICT
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Changes in Latitudes, Changes in Attitudes

Stories about Spirits in Bottles



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.

Growing up I used to find old bottles around the farm. There were buildings dating back to the turn of the last century for me to explore. I found many interesting bottles, some having the lettering cast into the glass. A few still had an aged cork stuck in the mouth. What a story they could tell.

My grandfather had a story that displayed his dry wit. This tale would have taken place around 1920. He was not a drinker so this was an unusual story about a dry fella. My grandfather, as the story goes, was heading to Mantorville with the horse and wagon for supplies one morning. He asked the hired man if there was anything he wanted from town. Mantorville was five miles south of the farm but with a horse drawn wagon that would take over an hour and a half each way. There would be some livestock minerals, farm supplies and household goods to return with. Is quite interesting to think of Mantorville as a shopping destination where one could purchase everything needed for a farm family.

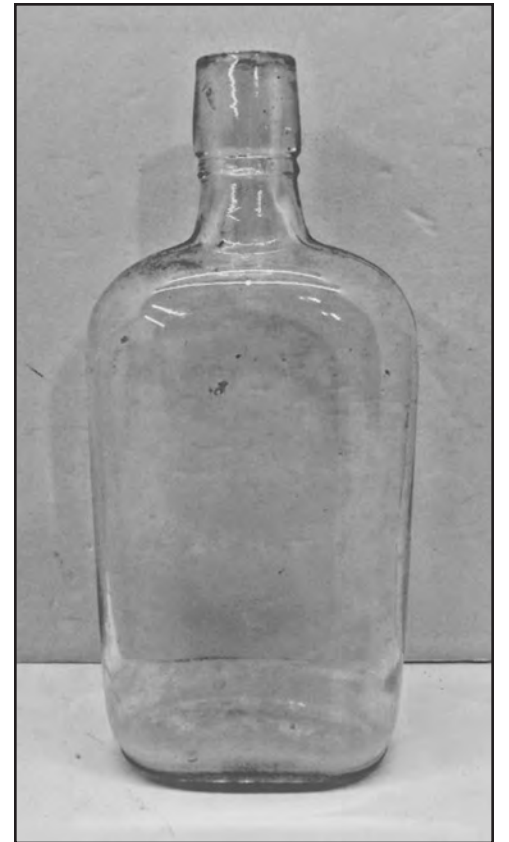
The hired man usually wanted a plug of chewing tobacco and a bottle of whiskey brought back on the weekly trip. A hired hand would usually live in a small shack or a simple room inside the farm house. Prior to the 1920's radio had not been introduced to rural America, and electricity was still a decade away. Probably not much to do for entertainment after a long day of work on the farm.

My grandfather picked up a bottle of whiskey for the hired hand, before he left town and proceeded homeward. My grandfather loved to talk. He stopped at a number of the farms along the way home to visit with the farmer and let his horse get a drink at the stock tank beside the windmill. Being a social and friendly guy, he also offered his host a nip from the bottle. At the last farm he realized that the bottle was getting about half empty. The solution was to refill the bottle from the well pump and press the cork in like

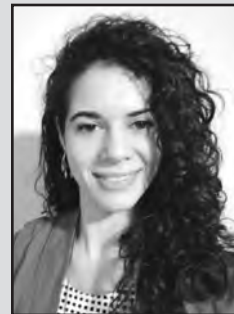
nothing had happened. Once home he delivered chew and the whiskey to the hired man.

The next week when he inquired what he could pick up for the hired man in town he received the same order, but with one caveat. Please get different brand of whiskey than you brought home last week. That one was quite weak.

When I was a young lad, it was customary to give Christmas gifts to the milk hauler for the holiday. My mom usually made Christmas sugar cookies and fudge wrapped in a festive looking box. That Christmas the Maple Island milk hauler left a bottle of wine as a gift. Now my parents were teetotalers as well so the bottle was put in the back of the cupboard in the house. My curiosity got the best of me. To avoid suspicion, I knew I couldn't drink the bottle and dispose of it so I came up with a plan. I carefully opened the bottle, drank the contents and then refilled it with grape soda, sealed the cap and put it back in the cupboard. No one was every the wiser. Forty-five years later at a family gathering my sister confessed to my mother that she had opened the bottle of wine and tried it, only to find it totally disgusting. Wine may get better with age but grape soda definitely doesn't.



A Minnesotan: Jello Salad



By RosaLin Alcoser

My family has exactly one tried and true Minnesotan in it; that would be my husband. He is also the only real midwestern in the family. Since the rest of us are really transplants from the South.

Proportionally I have been here the longest of my family since I was a small child the fall of 1999 when we first came this far north. However, I am still a transplant as can be seen in my high heat toler-

ance and how I pronounce many words.

My husband on the other hand is born and raised Minnesotan. So you can imagine our shock when we found out that he, the man who loves hotdish, had never the other tried and true Minnesota food staple. Jello salad.

Now I have seen Jello salad's of all kinds on a pot luck table over the course of my life. Even when we would go visit family back south you would see the pink or green modeled one— you know the one with the marshmallows that was popular with the elderly who had been adults in the 1950s on the table. Never as many as here in Minnesota, but they would be there.

I can remember whole tables of just Jello salad being out when I was little. And somehow growing up in the same state my husband had never had a Jello salad. Until my mom made one for church when she knew he'd be there.

Now like the rest of us Minnesotans he has had a Jello salad. It was one of the classic mandarin orange ones. Which he did like, mostly because he likes orange Jello and mandarin oranges. However, he did tell me afterwards that he would not count it as a salad.



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ROCKET FOOTBALL 2026 SCHEDULE

DATE	OPPONENT	LOCATION
FRI 9/4	CANNON FALLS	HOME
FRI 9/11	GOODHUE	AWAY
FRI 9/18	KENTON WISCONSIN	HOME
FRI 9/25	ROCKFORD PETERSON	HOME
FRI 10/2	DOVER-EYOTA	AWAY
FRI 10/9	CALEDONIA	AWAY
WED 10/14	CENTRAL	HOME
TUES 10/20	LAKE CITY	HOME

ALL GAME TIMES 7:00 PM

Stroke Risk, Watermelon and Condiment Ingredients to Watch Out For



By Shauna Burshem, D.C.

Stroke Risk: Before you've even had your first sip of coffee, your body is already making important adjustments for the day ahead. As you wake, hormone levels shift, blood pressure naturally rises, and your blood becomes slightly more likely to clot. Researchers say these normal morning changes may help explain why strokes seem to occur more often during the early hours. Although a stroke can happen at any time, experts believe the body's internal clock plays a meaningful role in cardiovascular health, especially during the transition from sleep to wakefulness

when the heart and blood vessels face new demands.

This is a useful reminder that circadian rhythm affects much more than sleepiness — it influences many of the body's essential biological processes, including heart and brain health. Supporting cardiovascular wellness starts with daily habits, not just reacting when symptoms appear. Restorative sleep, healthy blood pressure habits through good nutrition and regular movement, stress management, and exposure to natural morning light can all help maintain a healthy circadian rhythm. Since your body starts preparing for the day before you even get out of bed, giving it the right support may be one of the simplest ways to protect long-term heart and brain health.

Watermelon is very good for you: Watermelon is so much more than a sweet treat on a hot afternoon. This juicy fruit comes loaded with nutrients that support hydration, circulation, and your overall well-being. You get vitamins A and C, potassium, and the powerful antioxidant lycopene in every bite. Watermelon also gives you L-citrulline, an amino acid that helps your body make nitric oxide, which keeps your blood flowing smoothly and your blood vessels working well. The benefits go far beyond simply quenching your thirst. Its high water content keeps you hydrated, while its antioxidants help shield your cells from oxidative stress. Research has connected regular watermelon consumption to healthier blood pressure, stronger cardiovascular function, faster muscle recovery after a workout, and better digestive health

thanks to its water, fiber, and natural prebiotics.

For most folks with healthy metabolic function, ripe watermelon is a wonderful source of carbohydrates that also delivers valuable vitamins, minerals, and protective plant compounds. That said, if your gut isn't running at its best, your body may struggle to handle larger amounts of complex carbohydrates right away. This is where supporting your mitochondrial and gut health really pays off. When those systems are working well, your body can better use the nourishment that whole foods like watermelon provide, helping you get the most out of what nature so generously offers.

Condiment Use Can Be a Problem: Most of us don't give a second thought to the toppings we pile onto our meals, but those little extras can quietly shape our health over the years. Processed meat-based condiments, like bacon bits and bacon jam, are worth cutting back on. Eating processed meats regularly has been consistently tied to a higher risk of colorectal cancer, which makes those seemingly harmless sprinkles more concerning than they appear. The trouble comes from what's inside them: nitrates, nitrites and other preservatives that can form potentially harmful compounds during processing and cooking.

Many store-bought barbecue sauces call for the same careful look. They're often packed with added sugars, high-fructose corn syrup and a long list of ultra-processed ingredients. Over time, that combination can contribute to metabolic problems while adding to your

body's overall toxic load. The real issue isn't enjoying a favorite sauce now and then on a special occasion. It's the daily pattern of reaching for these products that adds up, giving you plenty of refined sugar and artificial additives with little real nutrition in return.

The good news is that flavor doesn't have to come from a factory. Turning back to simple, whole-food ingredients is one of the easiest ways to brighten a meal without the unwanted extras. Fresh herbs, garlic, onions, homemade salsa and a good mix of spices can transform your food naturally. These small swaps might feel insignificant in the moment, but over the years, choosing real ingredients over processed toppings becomes a meaningful part of supporting your long-term health.

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8:00 AM to 11:00 AM



SATURDAY, AUGUST 8 CLASSIC CAR SHOW

8:00 AM

Trophies at 1:00PM

TRUCK & TRACTOR PULL
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10:00 AM

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OLD COUNTRY BOYS

SATURDAY, AUGUST 8

PROBUILT ServiceMASTER BOB TOTAL COUNTRY
Welcomes
Shane Martin
7:00PM
Presented by Cattlemen's Saloon, Fireside Lounge, Sapphire Cocktail Lounge

SHANE MARTIN

Saturday Schedule of Events

- 8-11a.m. **All You Can Eat Pancake Breakfast** Under Mainstreet tent
Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church. \$12 for adults, \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk
- 8a.m. **Farmers Market Downtown**
Citywide Garage Sales
Classic Car Show on Mainstreet Presented by Clutchmen Car Club. Registration \$10.
Trophies at 1p.m. Contact Jason Aldorfer 612-203-4172
- 8:30a.m. **Euchre at Fireside Lounge** For information, contact Jen Eggum 507-649-0602
- 9:00a.m. **Scavenger Hunt - \$100 Cash Prize!** Meet and sign up at the tent. Hunt will begin at 9am.
- 10a.m. ~~**Truck & Tractor Pull on the Hill**~~ For more information contact Dave Remme 507-649-0710 **CANCELLED**
Kids Pedal Tractor Pull on Mainstreet (At Mainstreet Intersection) Sign up begins at 9:30a.m.
- 11a.m. **Food Stands Open**
- Noon **Kids Bingo** Under the tent. Presented by Dennison Lions. Ages 3-11
Costume Kickball Tournament Hosted by Cattlemen's Saloon. Sign up at Cattlemen's Saloon
- 1:00p.m. **Car Show Trophies Awarded**
- 1-3p.m. **Kids Carnival**
- 1:30p.m. **Parade Downtown - A Kiddie Parade Leads Off Main Parade** (Ages 12 & Under)
\$300.00 Prize for Best Parade Entry! Sign up at Noon. South Mainstreet. Call 507-645-9992
- 2:30p.m. **Cattlemen's Saloon Bags Tournament - Prizes for 1st, 2nd & 3rd Place!**
Sign up at Cattlemen's or call 507-782-9061
- 4:00p.m. **Power Tool, Gift Card & Purse Bingo** Presented by Dennison Lions & Fireside Lounge
- 6:30p.m. **Keg Toss - 100% Payout! \$5/throw** Across from Fireside Lounge
- 7:00p.m.-12a.m. **Live Music - Shane Martin** 18+ event. No Cover Charge. 21 to drink.
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8:00-11:00 AM

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4:00-8:00 pm *Dakota Ramblers Band*

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Fatigue



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

This time of year, the outdoor temperatures are rising higher and the need for some cool, refreshing beverage is obvious. The human body is about 70% water, and maintaining this level of water in the body becomes a life-long practice. Water is important for all the chemical processes that are happening in the body every minute. When water concentration decreases the chemical process will slow down waiting for the right amount of water to be available. One of the primary causes of fatigue and lack of energy may be the lack of water inside the body.

Brain function and clarity of thinking can decrease when not enough water is consumed. A study published by BMC Medicine in 2023 followed almost 2000 participants who were 55 – 75 yrs old. Eighty percent of the participants met the standard for adequate water intake, but the measure of water in the blood serum of fifty-six percent of the participants were at dehydration levels. There was a strong association between dehydration and lower brain function.

This study shows us that even though water was consumed, there were not enough minerals in the water to help properly balance the water inside the cells of the body compared to outside the cells. The difference in the amount of water inside the cell compared to outside the cell is controlled by the elec-

trolytes. When the electrolytes are provided through quality foods and seasonings, the water balance will reach optimum levels that result in energy production. Energy cannot be produced without a proper water balance.

While water is the primary molecule in the body, there is a balance of minerals in the water that make the chemistry work. Calcium, magnesium, sodium, potassium, and carbon dioxide are the primary minerals used in the body for healthy cell communication. These electrolytes are very carefully controlled by the body because an imbalance of any of these minerals can cause communication problems between the cells of the body. Electrolyte imbalances are related to heart problems, kidney problems, and brain disfunction as noted in the study above.

Some will reach for coffee or a caffeinated drink to achieve an energy boost. While a brief boost will be generated from the body's urgent response to get rid of the caffeine, the long-term result will be greater dehydration. Coffee and caffeinated drinks cause the body to become more dehydrated over time because these drinks do not provide water but stimulate the kidneys to get rid of more water. Over time fatigue increases with greater dehydration.

To promote greater energy and hydration, consider the following points:

- Make a habit of drinking water throughout the day. A general guideline is to drink half of your body weight in fluid ounces. (A person weighing 128 pounds would drink 64 oz = 8 cups)
- If your urine is dark yellow, this is a sign of dehydration. More water is needed
- Consume fresh foods that contain water like cucumbers, melons, berries, and salads
- Consider quality salts – Himalayan, Celtic, Sea salt – to be added to foods or water
- Identify an electrolyte mix that contains calcium, magnesium, sodium, and potassium without any added sugar. This electrolyte mix may be used once a day to improve electrolyte balance and water absorption inside the body

If you are struggling with fatigue and lack of energy, I can help identify the cause and



provide support for improving your quality of life. 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.*

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HAMPTON CITY COUNCIL MEETING JUNE 9, 2026

The Hampton City Council met on Tuesday, June 9, 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 Chris Meyer, Treasurer, Brad Fisher of Bolton & Menk, Dakota County Commissioner Mike Slavik, 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 May 12, 2026 Regular Meeting Minutes – Motion by Luhning, seconded by O'Connor, to approve the May 12, 2026 regular meeting minutes. All voted in favor. None opposed. Motion passed 5-0.

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

Public Comments: Marlin Reinardy reported that the baseball park scoreboard is currently inoperable due to an apparent internal failure. The control box has been sent in for evaluation, and the City is awaiting a diagnosis to determine whether repairs or replacement will be necessary. Mayor Knetter noted that funding is available in the budget for the needed repairs or replacement and directed staff to proceed once the issue is identified. Reinardy also shared a resident's concerns regarding the condition of a property at the corner of Lincoln and Main Street, describing it as an eyesore and potential public nuisance.

The Council acknowledged the concern and indicated that a letter would be sent to the property owner and applicable city ordinances would be reviewed.

Dakota County Commissioner Mike Slavik provided an update on several county projects and initiatives. He reported that County Road 86 remains under construction, with hopes of reopening before the start of the school year if weather and utility work allow. Planning continues for the reconstruction of County Road 47, with the Hampton to County Road 86 segment scheduled for construction next year and the southern portion toward Northfield anticipated for 2028. Slavik also discussed ongoing planning for the Mill Towns State Trail connection between Waterford and Lake Byllesby, noting that trail construction is dependent on future state and DNR funding. He updated the Council on the county's 2027 budget process, highlighting the financial impact of new unfunded federal and state mandates, including additional staffing requirements for medical assistance eligibility verification. Slavik also announced plans to invite representatives from small cities to future meetings with township officials to discuss shared issues, particularly the increasing costs of fire protection and public safety services. Council discussion included updates on the County Road 50 project, unresolved right-of-way ownership near the Hampton Park-and-Ride, future trail connections in the area, and questions regarding potential Progressive Rail expansion. Commissioner Slavik indicated he was unaware of any plans for rail expansion north of County Road 86.

Petitions, Requests, and Communica-

tions: The City Council discussed participation in the Metropolitan Council's Small Communities Planning Program as part of the required 2050 Comprehensive Plan update. Mayor Knetter expressed concern that participation could increase pressure to adopt higher residential density standards than the City has historically supported but emphasized that the Council would retain final authority over the Comprehensive Plan. City Engineer Brad Fisher explained that the program would provide consultant and Metropolitan Council staff assistance throughout the planning process, potentially reducing the City's consulting costs while still requiring significant involvement from the Planning Commission and City Council. Councilmembers discussed the financial benefits of participation compared to completing the Comprehensive Plan independently, noting that the City's previous update cost approximately \$30,000. Dakota County Commissioner Mike Slavik shared that other small communities have had positive experiences with the program and indicated that most consultant costs are expected to be covered through the program, though local oversight and decision-making responsibilities remain unchanged. The Council also discussed submitting a letter of support requesting that Bolton & Menk be selected as the City's consulting partner due to its familiarity with Hampton and prior work on the City's infrastructure planning. Following discussion, Council consensus was to move forward with participating in the Small Communities Planning Program while requesting Bolton & Menk as the preferred consultant and main-

taining close local oversight throughout the planning process.

Ordinances and Resolutions – Resolution 2026__ (5) A Resolution Authorizing Participation in the Met Council's Small Communities Program for Assistance with Preparation of the 2050 Comprehensive Plan – Motion made by Huddleston and seconded by Russell to Approve A Resolution Authorizing Participation in the Met Council's Small Communities Program for Assistance with Preparation of the 2050 Comprehensive Plan, all voted in favor. None opposed. Motion passed 5-0.

Reports of Officers, Boards, and Committees:

Engineer Report – Brad Fisher of Bolton & Menk provided an update on the water tower project, reporting that contractors are completing remaining punch list items, including paint and coating touch-ups, with final work expected the following week. He announced that demolition of the old water tower is scheduled for July 18 and confirmed that arrangements have been made to salvage the tower's top section, including the "H," and the lower portions of the legs for future display. Staff will coordinate notifications to nearby property owners and businesses prior to demolition, as well as traffic control and logistics for relocating the salvaged pieces. Mayor Knetter and Marlin Reinardy discussed future plans for mounting the salvaged tower legs on concrete foundations. Fisher also noted that the project is nearing completion, with only final punch list items, site restoration, and seeding remaining.

(continued on page 12)

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HAMPTON CITY COUNCIL

(continued from page 11)

Fisher reported that the City's lead service line inventory has been resubmitted to the Minnesota Department of Health for review, with future notification requirements to follow once the review is complete. He also updated the Council on the City's GIS mapping system transition, stating that the new ArcGIS Online platform is approximately 90 percent complete and will provide the City with ownership and management of its utility data. Training will be scheduled for City staff and interested Council members, with discussion including potential enhancements such as adding photographs and detailed records of utility infrastructure to improve future maintenance and locating efforts.

Water / Sewer Report – Mayor Knetter reported that seasonal wastewater discharge has been completed and that all sampling results have been satisfactory. He also noted that the City's annual Minnesota Department of Health water system inspection is scheduled for later in the month. The new water tower project was discussed earlier in the meeting during the engineer's report. Councilmember Huddleston asked about providing advance notification to residents during planned water outages. Mayor Knetter explained that during the recent water main break on Colorado Avenue, the contractor attempted to notify affected residents by knocking on 22 doors, although only four residents were home. He noted that the leak repair evolved quickly from an investigation into an emergency repair, limiting notification time. The Council

discussed creating door hanger notices that could be kept on hand for future planned shut-offs. Mayor Knetter also explained that the recent pipe failure was consistent with previous corrosion issues caused by soil conditions and indicated similar failures may occur in the future due to the age and material of the water main.

Park Report – Councilmember Russell reported that the only park update was the need for assistance installing security cameras. Mayor Knetter offered to assist with the installation.

Street Report – Councilmember Luhning reported that there were no updates for the street department.

Social Media/Website – Councilmember Huddleston reported that there were no social media or website updates.

Unfinished Business – None

New Business – Liquor License Renewals: The City Council considered the annual liquor license renewals for The Roundup and Meric's. A motion to approve both renewals was made by Councilmember Luhning, seconded by Councilmember Huddleston, and approved unanimously.

Randolph-Hampton Fire District Bylaw Updates: The Randolph-Hampton Fire Chief presented proposed updates to the Fire District bylaws, which had been approved by the department membership prior to being brought before the City Council. The revisions primarily reorganize the department's leadership structure by adding lieutenant positions and expanding captain responsibilities to improve delegation and long-term planning. Additional

changes eliminate the previous maximum age requirement for firefighters, requiring only that members be at least 18 years of age. The Council discussed the benefits of removing the age restriction, noting it would allow experienced firefighters who relocate to the area or work within the community to continue serving, helping address daytime staffing challenges. Following discussion, Councilmember Huddleston moved to approve the updated bylaws, Councilmember Russell sec-

onded the motion, and the motion passed unanimously.

Adjournment - Motion by Luhning, seconded by O'Connor, to adjourn the meeting. All voted in favor. None opposed. Motion passed 5-0. The meeting adjourned at 7:49 p.m.

Respectfully submitted,
Kelly Roan



YES!



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Friday, August 14
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