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DECEMBER, 2023

Volume 21 • Issue 9

Minnesota Country Music Salute CD Raises Funds for Military Families

2023 marks the final Minnesota country music salute CD which was created to raise funds for the Minnesota Military Family Foundation and Minnesota wheels of honor. Bob FM radio, with broadcast signals across southern and central Minnesota started this project 10 years ago, and this will be the final CD in the series.



You may go to the Bob FM radio website and order a CD, or locally you can pick it up at the Fireside Lounge and Supper Club in Dennison Minnesota.

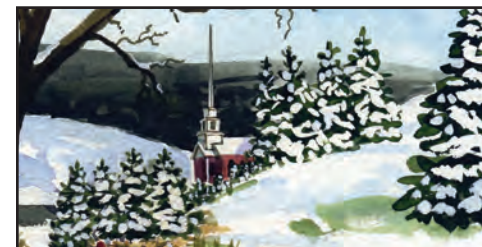
(continued on page 6)

Christmas Memories from the Past

David is 89 years old this Christmas. He remembers Christmas as a child in Salt Lake City, where his dad was a teacher at a school in Utah. The lived in a two-story house with a steep stairway leading to the upper level. On Christmas morning the kids would sit on the steps waiting for their parents to open the door. The presents were not wrapped, but

were on the dining table covered by a sheet. They would join hands and march around the table like a train until the sheet was removed. One year they received the nicest gift ever. His dad found three pedal cars second hand and each boy got one. There was a firetruck, and airplane and a car. The girls would get clothing.

(continued on page 7)



Breakfast with Santa Fundraising Event



Courtesy of Randolph-Hampton Fire District

Thank you! Thank you for attending our annual "Breakfast with Santa" fundraising event. This year 432 people were served! Thank you to ALL of the volunteers that make this event possible! The winners of the coloring contest will be notified. Please mark your calendars for next year's Breakfast with Santa: Sunday, December 8th. *(additional pictures on pages 8 & 9)*

photos courtesy of Randolph-Hampton Fire District

Announcements

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

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Christmas: "Season of Hope"



By Colin Rueter

Hope is a powerful topic. In C.S. Lewis' *The Lion, the Witch and the Wardrobe*, there is a scene where Mr. Tumnus, a fawn in Narnia, is lamenting to Lucy Pevensie about the fact that due to a terrible curse, Narnia endures an everlasting winter but they never have Christmas. In fact, there is no celebrating of any kind. Every day is the same—cold, dark, and desperate. "It is winter in Narnia," said Mr. Tumnus, "and has been for ever so long.... always winter, but never Christmas." Later, all the children hear sleigh bells. It is the driver of a sleigh who is a giant of a man dressed all in red and white. It is Father Christmas! He declares, "I have broken through at last. [the White Witch] has kept me out for a long time, but her magic is weakening. Aslan is on the move! A merry Christmas! Long live the true King!" Hope is coming for Narnia!

The hope that I speak of, that Lewis shows us as Aslan in the story, is a person! Hope is Emmanuel, God with us! Hope is not wishful thinking in positive change, but recognizing that the God who created all things came to

this place of perpetual winter to shine His light and give us perpetual, living hope through His Son. We were cold, helpless, and lifeless, so God came in the flesh, born of a virgin, sinless throughout His whole life, giving His life as a ransom for many, and being raised from the dead so that all who believe in Him would not perish but have eternal life. Our hope is living because Jesus lives today and we celebrate this Christmas season with a hope that does not disappoint.

I want to close by bringing us to a specific passage that is not common to Christmas. The Apostle Peter wrote a letter to a people who are suffering for their faith in Jesus Christ. He writes a common greeting in verse 1 & 2, reminding them that they were chosen by God, according to the foreknowledge of God the Father. 1 Peter 1:20 says that Christ Himself was foreknown by the Father in the same way. God didn't just know about us; He knew us—personally—and He chose us, even while we were still sinners (Romans 5:8). We are chosen through the sanctifying work of the Holy Spirit to set us apart for God, making us people God can call holy and His children. We fulfill our purpose in God choosing us as His children when we obey Christ. Here is our text this Christmas from 1 Peter 1:3-9, "Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is

inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls." Peter reminds us that God is to be praised because He has caused us to be born anew to a living hope, real hope through Jesus Christ, and that the temporal world now cannot overcome that hope. Though trials may come, they test our faith and refine it so that it is revealed as genuine, real, and active in our life. Though we do not see Jesus, we know and love Him, therefore we obey and faithfully walk with Him. Light momentary affliction today prepares for us the glory when we see Jesus' face to face and our joy is full.

Do you have the sense some days, like those Pevensie children shivering and confused in a cold land, that despair clouds your hope? You are not alone. Many people cringe at the mere thought of another pain or trial, others rise to the occasion, most are somewhere in between. Friends, Christmas is a season of hope, even though with everything going on in our world today we are tempted to despair. Peter's encouragement is one of perseverance in faith because God is with us. It isn't enough for us to simply get up every

morning and trudge through each day nor paste a smile on our faces and ignore troubles. C.S. Lewis brilliantly wrote *The Chronicles* allegory soon after the World War, a time of despair for many and time of needed reflection on true hope. It seems that a story like this is needed again and again to awaken our hearts to see the world as it is, always winter, and yet give hope to our hearts that it won't stay this way – Christmas is coming, Aslan is on the move, Hope is here. Come to Jesus this Christmas and know Hope. May He help us to reflect on the hope He brings through the written word that we would know Him better this Christmas season. So onward! It is in the darkest times that our collective light shines brightest for the world to see and by grace praise our Father in heaven. Merry Christmas and hold fast Christian. Behold, the King is coming soon!

Friends, this season can bring a plethora of emotions, including loneliness, sadness, and anxiety, even with the hope that Jesus brings. Therefore, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me via my personal email: niloc1214@gmail.com

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AREA CHURCH DIRECTORY
 The Glory of Jesus

They crucified two rebels with him, one on his right and one on his left. — Mark 15:27

When we think of the glory of God, we probably have something like Isaiah 6 in mind. The prophet Isaiah had a vision of God in a heavenly temple, "high and exalted, seated on a throne." Seraphim (fiery creatures with wings) were flying about, singing, "The whole earth is full of his glory." And the temple trembled and shook (Isaiah 6:1-4).

That's glory. Glory is big. Glory is high. Glory is powerful. No doubt that's what James and John have in mind when they ask to sit on either side of Jesus in his glory. They want the best seats in the house. They want to be where the action is. They want to be where power resides.

They have no idea what they're talking about. Because Jesus is on a long mission that will redefine glory. Glory will not describe an untouchable God so high up as to be invisible, except in a vision. No. Glory will now describe God in human flesh, lifted a few feet off the ground and nailed to a cross. Glory will now describe the God available to be touched, to be spat upon, to be mocked. This is what it means for God to be human. And this is how glory is redefined when God becomes a suffering servant.

"We have seen his glory," John says (John 1:14).
Jesus, we praise you for your glory. It's a glory that overturns our expectations. Thank you for setting them right-side up. Amen.

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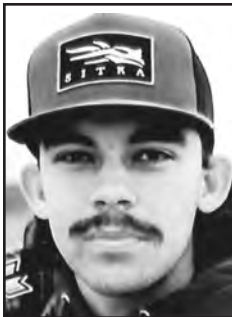
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 Questions? Call 507-645-0042

Tayven Matthew Geiger

In loving memory of Tayven Matthew Geiger.



It is with heavy hearts that we announce the sudden passing of Tayven, an amazing and beloved young man from Cannon Falls, Minnesota. Tayven tragically lost his life on November 29, 2023,

in a car accident. Tayven was born on May 12, 2006, in Rochester, MN. He was 17 years old.

Tayven's parents, Nick and Mari, are devas-

tated by the unimaginable loss of their precious son. Their grief is shared by all who had the pleasure of knowing Tayven, as he leaves behind a void that cannot be filled.

Tayven's love for the great outdoors was always seen, whether it was duck hunting or deer hunting. But most of all, Tayven's passion was being with friends, whether it be scouting for birds, being on the water, or being in the fields. He held his loved ones and friends close to his heart and cherished every moment spent with them. Tayven's loyalty and devotion to his family and friends were truly remarkable. His infectious smile, his eyes, and personality made him a joy to be around and he effortlessly formed connec-

tions with everyone he met.

In addition to his love for the outdoors and his cherished relationships, Tayven was also a star baseball player and played for many different teams and organizations. His team in Randolph, MN, won the state championship in 2022, a testament to his dedication and skill. Tayven's passion for the game was evident in his every move on the field, and his teammates admired him for his unwavering commitment and team spirit.

Tayven was a bright young man with a kind and compassionate spirit. His ability to get along with people from all walks of life was a testament to his genuine nature and empathetic soul. He always had a way of making others feel seen and valued. Leaving a lasting impact on their lives.

In this time of profound sadness, let us remember Tayven for the incredible person he was, spending time with family and friends, and living life to the fullest, just as Tayven did.

Tayven is survived by his parents Nick and Mari, maternal grandparents Orlin and Nancy Friedrich, aunt Megan (Matthew) Daigle, uncle Mark (Cam) Friedrich, cousins Sophie, Madison, and George Daigle; Matthew Knox, and Kathryn Friedrich, and great-

grandmother Elaine Friedrich. Tayven was preceded in death by his grandmother Louise Geiger, his uncle Matthew Friedrich, and his unborn brothers.

Tayven Geiger, you will forever remain in our hearts.

Visitation was Monday, December 4, 2023 from 3:00 - 7:00 pm, at the Grand O2 Event Center, 32057 64th Ave, Cannon Falls, MN 55009. Funeral service was on Tuesday, December 5, 2023, at 11:00 am, also at the Grand O2 Event Center, with a visitation one hour prior to the service.

In lieu of flowers, memorials are suggested to the Tayven Geiger Memorial Fund, at Castle Rock Bank. Donations can be deposited at any Castle Rock Bank location, or may be mailed directly to:

P. O. Box 98, Randolph, MN 55065.

There is also a Venmo account that is linked to the memorial fund, for those wishing to use that option. The last four digits for verification are 7201. All deposited money will go directly to Tayven's family.

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Greetings of the Season

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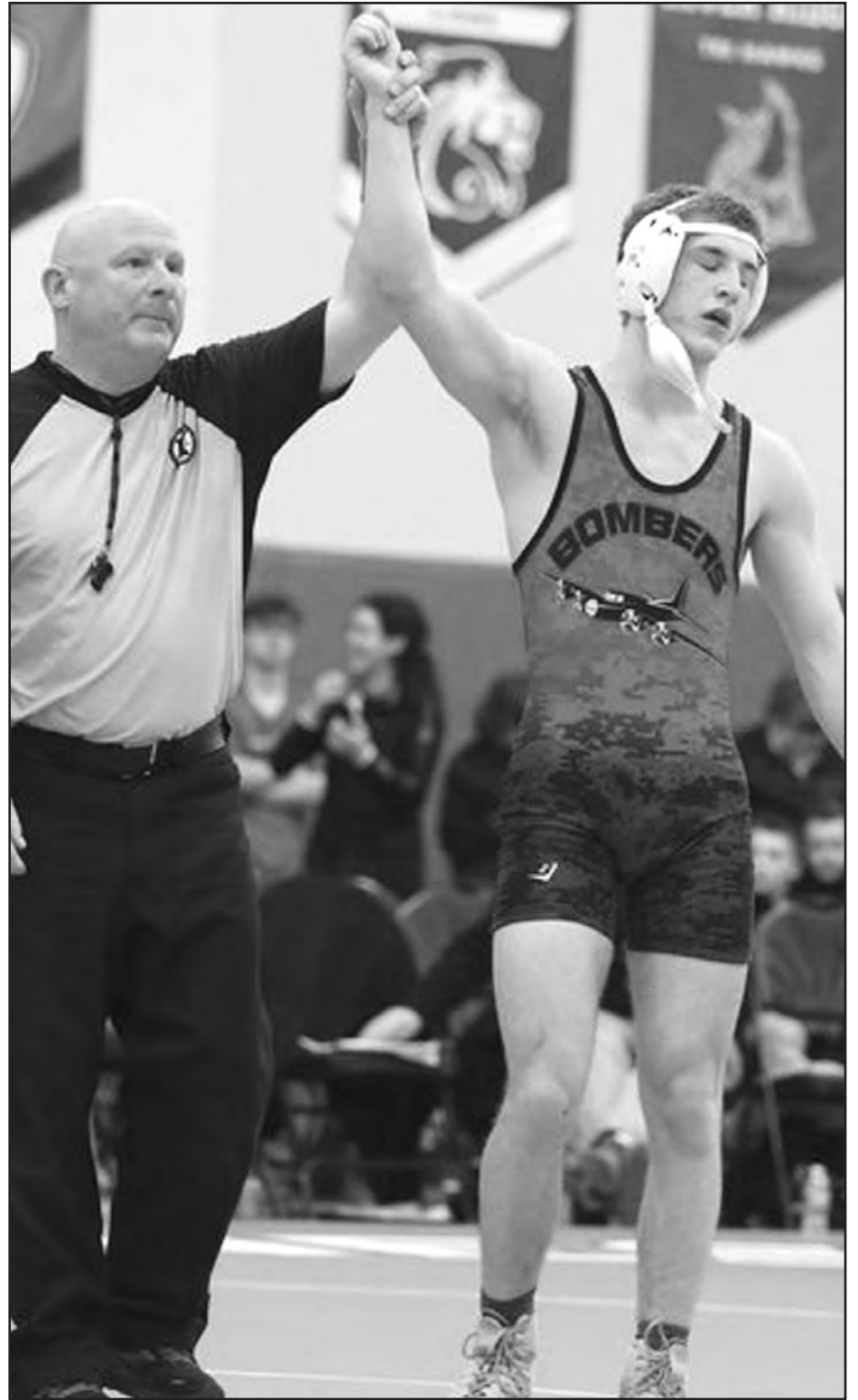
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Merry Christmas

Thanks so much for your business at the holidays and all year.




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Randolph FFA members helped unload and sort over 4,000 items for our annual fruit sales! I was able to snag a few pictures through out the craziness of unloading the semi and other trucks! A huge thank you to our Alumni who donated their time to help verify and load image.png orders for our members.



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Merry Christmas!

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Down on the Farm/ Up at the Cabin

Adventures in Real Estate: How Not to Buy a Farm

By Claudia Vanderborght

“Stay home and dork around...”

Well, you can't do that living in a four-bedroom, split-level home on one-half acre in a typical Farmington neighborhood. Adventures require new locations and new experiences -- and Monica and Claudia have adventure flowing through their veins.

Monica was an experienced home buyer, having already bought and sold several suburban homes. Shopping for and buying rural real estate was different, and a farm -- where she could stay home and dork around -- was yet more challenging. First, Monica had to figure out the what, where, when, and why of the real estate purchase.

What:

Four bedrooms? (Renting out a room or two certainly helps pay the mortgage ... Monica had done that before.)

Split-entry / walk out. (Monica had added kitchens to two other homes, essentially converting them into duplexes. A separate entrance would be nice.)

Not a "nice" or "perfect" home. (Beige carpeting, like in the Eagan townhouse, would be a disaster on a farm.) Dogs, grandchildren, muddy boots ... a pretty home was not important.

20 acres (probably out of her price range) with pasture land, rolling hills, and some trees. All wishful thinking. But wishing isn't all that bad.

45 minutes from Apple Valley and east of 35W. (Eliminates driving into the sun on the morning and evening commute, and it wouldn't be too far for friends and family to visit.)

Some kind of outbuilding.

When:

No immediate rush. (Monica had already sold her home and had been sleeping on an air mattress in her dad's Apple Valley townhouse for several months.)

Why:

Monica had never tried farming before. It sounded like fun!! She would have plenty of reasons to stay home and dork around!

Wish list in hand, Monica and her good friend Norm started looking at rural homes and small farms. Each and every time Monica found a good candidate and put in an offer, the place had already been sold. Arrghh!

Finally, Monica found a lovely rural home in Wastedo: it needed some work and a garage, but it had been on the market for some time and it met many of the criteria on the wish list. An offer was made and accepted. Jubilation!!

Unfortunately, the jubilation did not last long. First, the owner refused to schedule the required home inspection. Then, she canceled all appointments -- usually at the last minute. The owner wouldn't answer phone calls from Monica or any realtors. Monica tried stopping by the house, but no one would

answer the door. This was crazy!!! (Remember the When? Time was quickly running out as school would begin in three months and Monica did not want to start the new school year sleeping on the air mattress). Besides, an agreement had been signed. What was the problem?

Monica would not give up (stubborn German heritage) and left several notes. These were answered with a Temporary Restraining Order for harassment. Monica did some research and discovered that the owner was most likely in default and -- trying to stall the bank's attempt at foreclosure -- had put the house up for sale and accepted an offer, never intending to honor that agreement.

Now Monica was angry. She had lost months of opportunity time and still had no home, nor any current prospects. (Don't make a German angry.) First, Monica called the bank's loan department and reported the attempted fraud. Then, she filed a claim for Breach of Contract in Small Claims Court. The judge noted that his court was not the place for this type of case, but still sided with Monica and awarded her the earnest money plus an extra thousand dollars.

But house hunting was becoming less and less fun.

Then she found a 20-acre property in Wanamingo township that had just dropped its price. But that's a story for next time.

Minnesota Country Music Salute CD Raises Funds for Military Families

(continued from page 1)

Ten years ago, Neil Freeman, General Manager and long time on air voice of Bob FM radio, came up with the idea of tying together two groups that the regional station supported, The homegrown musical artists of Minnesota and the military member support organizations.

By creating a compilation CD to sell across Minnesota the project was a success. With the help of many sponsors, artists and listeners who went out to purchase these CD's over the years, the station has donated over \$235,000 so far to the Minnesota Military Family Foundation Minnesota Wheels of Honor and Tribute to the Troops. Freeman noted, "this

will be the last year we produce the CD, as people consume music in many different ways now, but we look forward to extending our support in the future to these fine organizations in other ways. Further information can be found on the station website at www.mybobcountry.com

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Christmas Memories from the Past

(continued from page 1)

Their dad would get a tree a couple days before Christmas and the kids would decorate it with strips of shiny, silver icicles. The family would draw names and each one would buy a gift for whose name they had. David always hoped someone other than his older sister would draw his name, because she gave him practical things. He remembers that his mom would sew clothing out of feed sacks and they were quite good material.

For the Christmas day meal there would be chicken, mashed potatoes, gravy, cranberries and home baked bread. They would get real butter, which was hard to come by due to the war rations. His dad loved nuts and he had a nutcracker to open the shells. There was also licorice, bubble gum and jelly beans for treats. All the kids participated in the church program and he enjoyed the festive time of getting dressed up and singing Christmas songs. They went to a Methodist Church there, which was only unusual because it was a Mormon county.

One of his non-Christmas memories was riding back to Minnesota in his parent's 1949 Chevrolet each summer to visit the grandparents. Dave loved the green grass and fishing so much her moved back to Minnesota when he came back from his two years in the service.

Nancy is 84 years old. She recalls her parents going out to chop a tree for Christmas when she was young. They were gone a long time. Her mom was real particular about the

tree. It had to be perfect. When her dad put the tree up in the house the kids got to decorate it. The next morning when she got up, she realized that her mom had redecorated the tree while they slept.

There were seven kids in her family growing up. They went to church on Christmas Eve. The kids would have their part to recite in the program and costumes to match. They usually would each get a new outfit to wear for Christmas. Afterward they would open gifts. The boys would get toys like trucks and the girls got dolls and clothes. Her dad would give them some money to buy small presents for each other. They didn't have much, but they were happy. Christmas day the house was full of company. Her grandparents would arrive early in the day with small gifts like socks and underwear. The relatives would show up in time for a big meal. The main course was lutefisk, lefse and oysters. There was also turkey, potatoes, gravy, apple and pumpkin pie, her favorite. Afterwards the kids would go outside to play and make snow angels and snowmen.

Larry is 87 years old and grew up in a family of six kids, four boys and two girls. They lived in Rochester and his dad worked at the Mayo Clinic. He recalls how his dad rode his bike to work at the clinic every day and they didn't own a car until the family purchased a new 1955 Plymouth.

When Larry was young the family would celebrate Christmas by opening gifts on Christmas eve. One of the gifts he received as a young man was a wrist watch, which he considered about the greatest thing on earth. Another gift he recalls from his youth was a pair of cowboy boots. His birthday also fell in December, an event that kind of got lost in the excitement of the holiday.

On Christmas day there was always dinner with the family consisting of turkey and dressing. His grandparents were from Ireland. After Larry got older, he played the dollar drop game with the kids, where they tried to catch a crisp new dollar bill before it hit the floor. A few years ago he asked if they were too old to play the game, but they wanted to keep up the tradition so he procures some new money from the bank for the occasion.

Larry lived at Ryan's Bay in Lake Zumbro for over fifty years and used to drive the ski boat and pickup boat as well as serve as the announcer for the water ski performances on the lake.

Mary is 95 years old and grew up on a farm in western Minnesota. She remembers the Christmas programs at the country school and churches when she was young were more about Jesus' birthday than Santa Claus. They consisted of Christmas songs and recitations the kids memorized. She can recall playing an angel in one of the pageants. There was a man dressed as Santa who gave

each kid a bag of candy at the school program.

As the oldest of seven kids, Mary helped a lot with the cooking at Christmas time. Family would come over for the Christmas meal of turkey, mashed potatoes, gravy, sweet potatoes and cranberry salad. One specialty was her dad's favorite treat from old England. He would steam plum pudding with raisins and currants for four hours and then make a sweet sauce that was poured hot over the pudding. The memories of the meals with the family was more important than the gifts.

For fun they would ski behind the pickup on country roads. The kids took turns with the one pair of skis and had to remember to throw the rope over the mailboxes as they passed by. After the lakes froze they would ski behind the pickup on the flat surface as there were no hills to be found where they grew up.

When Mary went to nursing college in Chicago her parents mailed her a Christmas dinner in dry ice one year. She cooked it and shared it with her nurse friends who were all far away from their homes over the holidays.

Jean is 94 years old and grew up on a farm with her twin sister and one brother. The family endured lean years but her parents always made it a special day for the kids and managed to have some toys for gifts along with clothes and games. She recalls a baby doll for a gift one year.

The family would go to church on Christmas eve and then on Christmas morning would wake to open gifts. The Christmas meal included ham, pork roast, potatoes, chocolate milk and pies. Activities were always playing games as a family. They included Yahtzee and card games like Old Maid. One of her favorite treats was the chocolate cake her mom would bake.

Arletta is 89 years old and grew up living in town with her five brothers and sisters. She remembers going to church on Christmas eve and the next day all her uncles, aunts and cousins went to grandmother's house for a big meal. There would be 30 to 40 all packed in the house together. Her grandmother cooked on a wood stove and served turkey, dressing, cranberry bread and apple pie. There would also be homemade ice cream in the afternoon.

Presents were pajamas and books for the girls and toy car, trucks and farm machinery for the boys. Her favorite was a handmade doll with a china face.

After the noon meal the adults would sit around the table and play 500 while the kids headed outside to slide down the nearest hill on sleds and toboggans.

Bev is 94 years old and was an only child growing up in town during the Great Depression era. Christmas was a big event at her parent's house and her mother baked all sorts of wonderful holiday foods. She got to open her gifts Christmas eve and her favorite gifts as a child were dolls and a doll buggy.

She especially remembers school and church Christmas programs where each child would memorize a piece to be recited in front of the parents.

Christmas day they would get in the car and drive to a relative's farm for a big meal and afterwards she played outside with her cousins.

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A Strong Immune System



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

As we move into the winter months, there is a steady increase in colds and flu reported throughout the country. This yearly cycle of illness has become almost routine to the point that many expect to get sick and just believe it is an unavoidable fact of human existence. However, another amazing fact about human existence is the complex immune system existing in each one of us. Your immune system is the built-in defense process that works to keep you alive. Without this immune system, you would not be alive today. This system is constantly guarding against germs and invaders that want to take advantage of you. We need to become more aware of how this immune system works and how to support the important work it does.

White blood cells are the “troops” on the front line of your immune system. There are

many types of white blood cells, just like there are different branches of the military. Each type of white blood cell does a specific job to protect your body. Just like our military men and women, these white blood cells need food to be able to keep doing their job well. When specific nutrients get limited, then the white blood cells will not be able to complete the job well. To keep your front line “troops” in top condition for the winter season, you need to make sure these cells are getting the nutrients they need.

Some of the key nutrients include:

VITAMIN C – one of the least expensive vitamins on the market and an essential nutrient to help the white blood cells eliminate bacteria and germs. Early in the COVID pandemic Vitamin C in high doses was identified as a helpful nutrient to reduce symptoms. Intravenous Vitamin C was used in hospitals to help reverse the downward health spiral of many patients. Best food sources of Vitamin C include: Bell peppers, broccoli, kiwi, whole oranges, and strawberries. Vitamin C chewable tablets with bioflavonoids will be a higher quality choice for supplement. I do not recommend orange juice because the high sugar content of the juice will make the white blood cells sluggish.

VITAMIN D – is a fat-soluble vitamin essential for balanced cell activity. This vitamin is able to enter the nucleus of the cell to turn on and off important processes. We learned from the pandemic that those individuals who had 30 ng/ml or higher of Vitamin D in their blood did not need to go into the Intensive Care of the hospital for COVID

treatment. Sources of Vitamin D include: Cod Liver Oil, Goose liver, salmon, sardines, and whole eggs. The whole food choices listed are preferred to any fortified food source. More resources on Vitamin D are available at www.grassrootshealth.net.

ZINC – is an essential mineral for a strong immune system. Current descriptions of virus infections suggest that a virus takes over a cell and forces it to replicate more virus particles. The COVID virus is described to produce excess spike proteins which begin to cause damage in the body. Zinc helps to stop this replication process before it gets out of control. Zinc is also essential for constructing the proteins that will fight against bacteria. Best food sources for zinc include: Beef, lamb, lentils, pepitas, and cashews. A zinc tablet of 15 mg / day is another way to supplement if you do not eat these food sources regularly.

While sugar is known as an energy source, it does not help the immune cells to get more work done. A 1973 study observed that when white blood cells were exposed to glucose

sugar they slowed down and remained sluggish for up to 5 hours. The same study observed the cells were most actively attacking bacteria when there had been no sugar around for 24-36 hours. As you move into the holiday season, be attentive to how frequently treats are consumed and pay attention to your body signals. A glass of water will help your immune system more than another candy.

You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

I can help you make healthy changes for 2024 with a personal food plan to generate health and improved quality of life. Contact me today to discuss your health goals for the new year.

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

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Tea bags: No Good. Pork Bad. Strawberries Excellent (right kind)



By Shauna Burshem, D.C.

Purchasing organic pork is the best bet for your health. The antibiotic carbadox is added to pig feed to prevent infections and fatten up the animals. Due to cancer concerns the drug has been banned in the European Union since 1999 and in Canada since 2006. China, Brazil, Australia and the United Kingdom have also banned the drug due to concerns over its cancer risks. A 2017 study found that carbadox consumption increased antibiotic resistance not only to carbadox, but also

many other commonly used antibiotics. Organically raised pork is free of antibiotics as well as growth hormones. On November 7th, 2023 the U.S. Food and Drug administration announced they are considering withdrawing their approval of the drug in the animal feed. But based on past government announcements there is no telling how long or if their consideration will actually take place.

A research paper presented at the American Society of Nutrition proved that strawberries have health benefits for the heart, metabolic function and brain / cognitive health. Research from previous studies found that eating strawberries improved colon health and could reduce the symptoms of inflammatory bowel disease which includes afflictions of Crohn's disease and ulcerative colitis. Strawberries contain very important nutrients like vitamin C, potassium, magnesium and quercetin (which is an immune system booster). Sadly, strawberries are heavily contaminated with pesticides and have been ranked #1 on the list of the Dirty Dozen's most adulterated fruits and vegetables with pesticides. So, once again it is extremely important to only eat organic strawberries.

In the more bad news department, an analysis of tea bags found that those sealed in plastic release billions of particles of plastic with every cup that is brewed. Tea is a very im-

portant beverage that plays an important role in health. Tea contains antioxidants for health as well as tea can boost brain function and cardiovascular health. The news gets worse though as tea contained in paper teabags are not any safer as the paper tea bag is infused with a known cancer causing agent. Don't despair there is an age old solution. Loose leaf tea brewed in a stainless steel tea ball or tea basket prevents this problem.

Flight attendants have a higher rate of cancer than people in other professions. Flight attendants have a 1.5 times increased rate of breast cancer, 2 times the amount of melanoma and 4 times the amount of non-melanoma skin cancer. Possible reasons for the higher risk is the disruption in circadian rhythm from irregular work schedules, exposure to carcinogens on the plane, fire retardant chemicals, jet fuel, high levels of cosmic ionizing radiation and electromagnetic radiation exposure.

In the "I get paid a lot of money to promote drug department," Kansas City Chief's star Travis Kelce was reportedly paid 20 million dollars from Pfizer drug company to promote the "Two Shots In One Go" campaign for getting the covid-19 shot and flu shot at the same time.

Speaking of the Covid-19 vaccine, the U.S. Army has reversed its policy on kicking out soldiers for refusing to get the Covid-19 vaccine. The icing on the cake is that the army is asking the soldiers who were kicked out to come back and rejoin the service as well as have a correction to their military record. The army dismissed about 15,000 soldiers

during the Covid-19 vaccine campaign and has been sending out recruiting letters to the dismissed troops.

Chiropractic and TRAP shoulder pain: Do you ever get a balled up knot in your upper back or shoulder area? Does it really bother you when you sit at the computer or on your phone for long periods of time? That balled up muscle knot is in your trapezius muscle. The traps are the muscles between your shoulder (deltoids) and your neck. It is a very big muscle and extends from the base of the skull, down the spine to the level of the shoulder blades then up to the AC joint of the shoulder and continues to travel through the side of the neck to the base of the skull. The muscle knots up frequently with over use such as bending your head forward, overuse of the arms above your head and high levels of stress. The traps are the most contracted muscle during times of stress. Trapezius muscle pain is one of the more common complaints in the chiropractor's office. Once the muscle tightens up, it pulls on the moveable bones of the spine creating a misalignment which causes instability in the area. This leads to muscle imbalance and nerve irritation causing pain and discomfort which can be a dull ache or a burning pain and sometimes much more. Chiropractic adjustments to the spine restores stability to the area, relaxing the muscle and relieving the pain. In addition, soft tissue work on the trap muscles such as as massage will relax the muscle to help the chiropractic adjustment hold the spinal bones in their proper position for your body.

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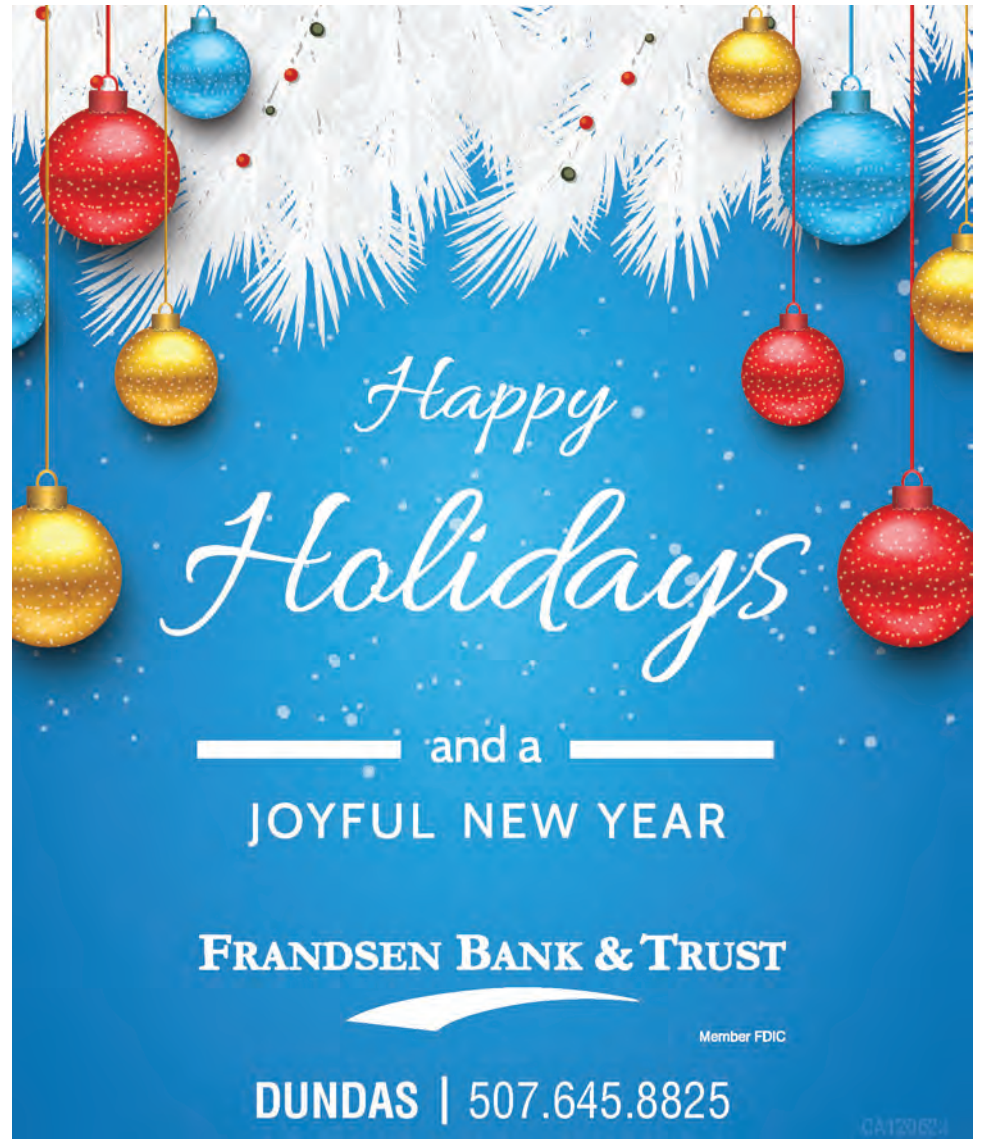
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Unlocking Harmony: Embracing the 3rd Universal Law in Everyday Living



By Susan Hinrichsen
CHC, CLC, MC
susiecoaches@gmail.com

In a world filled with chaos and constant motion, the search for balance and harmony becomes a universal pursuit. Many turn to ancient wisdom and spiritual principles for guidance, and one such guiding light is the 3rd Universal Law. Rooted in the belief that energy flows where attention goes, this law offers a profound path to finding equilibrium in our lives.

Understanding the 3rd Universal Law

The 3rd Universal Law, often expressed as "Energy Flows Where Attention Goes," is a fundamental principle that underscores the interconnectedness of our thoughts and experiences. It suggests that the focus of our attention shapes the energy around us and, in turn, influences the outcomes we manifest in our lives.

Implementing the Practice

1. Mindful Awareness:
Start by becoming aware of your thoughts and emotions. The practice of mindfulness allows you to observe your mental landscape without judgment. Take note of where your attention naturally gravitates.

2. Positive Affirmations:
Consciously direct your attention toward positive affirmations. By repeating uplifting statements, you channel your energy into constructive pathways, fostering a more positive and harmonious environment.

3. Visualization Techniques:
Visualization is a powerful tool in implementing the 3rd Universal Law. Envision your goals and desires with clarity. Picture the life you wish to lead, and as you do, you're actively directing energy toward the realization of those dreams.

4. Gratitude Practice:
Shift your focus towards gratitude. Acknowledge and appreciate the positive aspects of your life. Gratitude not only redirects your attention but also attracts more of what you're thankful for.

The Role of Life Coaching

While implementing the 3rd Universal Law into your life may seem straightforward, many individuals find value in the guidance of a life coach. These professionals specialize in helping individuals navigate the journey of self-discovery and personal transformation. A life coach can provide personalized strategies, accountability, and support as you work to redirect your energy and cultivate a more harmonious existence.

Life coaching sessions often involve discussions about your goals, challenges, and the specific areas of your life where you want to apply the principles of the 3rd Universal

Law. Through this collaborative process, you gain insights, develop actionable plans, and receive encouragement to stay on course.

In essence, a life coach serves as a trusted ally on your path to unlocking the full potential of the 3rd Universal Law, guiding you toward a life that reflects your deepest desires and aspirations. Whether you're seeking clarity in your career, improvements in relationships, or enhanced overall well-being, a life coach can provide valuable support on your journey to intentional living.

The Call to Action

As we navigate the complexities of modern existence, the 3rd Universal Law stands as a beacon of hope—a reminder that we possess the power to shape our reality through the focus of our attention. By integrating this law into our daily lives, with the additional support of a life coach, we embark on a journey of self-discovery and transformation, unlocking the doors to a more harmonious and fulfilling existence.

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Giving a Voice to Rural Entrepreneurs



Tim Penny
So. MN Initiative Foundation

As a fifth generation southern Minnesotan, I like to say that I “bleed rural.” Not only have I lived here my entire life, but I have had the great fortune of serving rural Minnesota throughout my career – first during my time in the U.S. Congress, and now as president and CEO of Southern Minnesota Initiative Foundation (SMIF).

Living in rural Minnesota comes with many benefits that have tied me to this place for so long. Even in the relatively larger cities of our region, like Owatonna where I live, there is a neighborly feel – I like that I can stop by the grocery store or the local brewery and run into

people I know. We’re surrounded by natural beauty – from bluffs to lakes – and the cost of living is much lower than in larger cities.

In fact, a 2020 report from the Center for Rural Policy and Development found that wages in rural Minnesota can go further in meeting the cost of living compared to the seven-county metro area.

Despite the many benefits of living here, there are challenges, too, and it can feel like the “rural voice” is diminished or misunderstood. The Rural Voice, a statewide series supported by SMIF, three other Minnesota Initiative Foundations, Compeer Financial and Otto Bremer Trust, was created to act as a town hall style forum for community members to discuss and be heard about topics that are top of mind to those living in Greater Minnesota: workforce, health care, mental health, social isolation and business development. Hosted by Kari Miller from Minnesota Public Radio, the most recent Rural Voice event was held at Schell’s Brewery in New Ulm about what it takes to build a business in rural Minnesota.

One of the things that we heard in this meeting is that rural entrepreneurs need mentors, financial resources, education and networks to support growth. Fortunately, SMIF, in addition to our partners at the Small Business Administration, SCORE and the Small Business Development Centers, Region Nine Development Commission and local chambers of commerce (to name a few) are well-

positioned to help entrepreneurs in all of those areas, either through our own programming or as a connector to our partners. At SMIF, we offer lending and equity opportunities, technical assistance and peer networks, supporting nearly 1,000 entrepreneurs annually.

Another thing that stood out to me during this session was the number of young people who either decided to stay in rural Minnesota or moved here. For some, work from home opportunities have allowed them to live where they want to live instead of where their work is located. For others, like Tristan Blue, owner of Big Hitter Games in Lafayette, rural living has drawn them to the region to start businesses. Tristan shared that his desire to be closer to his family brought him from Minneapolis and Milwaukee to the Mankato area in 2014.

When the pandemic began, he began reevaluating his career (he had been working in the service and construction industries while also performing as a musician). Tristan used the time as an opportunity to explore his childhood dream of creating video games which eventually turned into a business. Due to the online accessibility of partnerships for indie game developers, Tristan found rural Minnesota an easy place to locate his business. When he and his wife had their first child in 2021, they were ready to buy a home and were motivated to move to Lafayette due to the affordability, proximity to his wife’s job

in St. Peter, the geography and history of the area, and the small town experience for raising a family. This is one example of many entrepreneurs moving to the region that I have heard in recent years.

I was also struck by the number of newer businesses that draw tourists to rural Minnesota – breweries, distilleries, wineries. Those types of businesses, combined with the natural beauty of our region, and our charming downtowns, can culminate in an economic boost for small towns. According to Explore Minnesota Tourism’s Leisure and Hospitality Industry report, our 20-county southern Minnesota region generated \$2.7 billion in gross sales and \$93 million in state sales tax in 2021, supporting 28,000 private sector jobs. At SMIF, we have seen the success of tourism businesses through many of our loan clients – from Pleasant Grove Pizza Farm in Waseca to Black Frost Distilling in New Ulm. I’m convinced that the more people who visit here, the more people who will want to move here.

Whether you move here to start a business, or are an entrepreneur already living in southern Minnesota, SMIF is here to play a supporting role. Entrepreneurs are going to keep our corner of the state vibrant – they will create the jobs of the future. Personally, there is no place I would rather be than in rural Minnesota.

You can listen to a recording of the Rural Voice event at mprnews.org.

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Celebrating 800 Years of Nativity Displays

By Catherine Eayrs

As we celebrate Christmas in 2023, Christians around the world are celebrating the 800th anniversary of the tradition of the Nativity scene displayed in homes, churches, and communities. But how did this important religious tradition evolve?

Historians confirm that Saint Francis of Assisi chose Greccio, Italy, as a favored location to visit because the people of this community were devoted to their faith. A local wealthy nobleman and his wife, John and Alticama Velita, offered Francis a place to build a humble hermitage or haven. Here, Francis meditated on the incarnation in which God took human form in the birth and life of Jesus.

Francis asked his good friend, John Velita, to organize the people, animals, and manger with hay so that those who came to worship could experience the birth of Jesus in sight, sound, and smell.

Francis presented the mystery of how we (humans) are connected to the divine and nature in the first live Nativity on Christmas 1223 in a cave in Greccio, Italy. This crèche,

or scene, helped children understand how God came to earth in physical form as recorded in the biblical account of the birth of Jesus to Joseph and Mary, dwelling in a humble stable amid an ox and donkey. Thus, the God of greatness came to earth in poverty. An angel's announcement to shepherds and a special star shining brightly above Bethlehem brought wise men seeking this baby—the Savior of the world.

Biographers and followers of Saint Francis, Thomas of Celano and Bonaventure, wrote the earliest record of the Nativity scene circa 1260. This scene, also known as the crib, manger, or stable, has stirred faithful Christians of numerous denominations throughout the ages.

For centuries, art objects depict the Nativity scene in many forms as painters, sculptors, writers, actors, composers, and musicians demonstrate their talents through their interpretations of this Gospel story. Presently, Christians experience a love for the Nativity through worship, pageants, concerts, greeting cards, decorating, and gift giving. In the United States, amidst numerous secular holiday traditions, Christians remember the most sacred tradition—that Jesus is the Reason for the Season.

I had a marvelous experience to see the display of a very special kind of Nativity figures while living and working in Switzerland 30+ years ago. Brienz, a community near Interlaken in Canton Bern, is a famous woodcarving center. Tourists visit the wood-carving school in Brienz and find a variety of beautifully, hand carved figures for sale in local shops in this area as well as in shops in the



Angel with candles, hand carved by Fritz Fuchs

major cities of Switzerland that feature Swiss made crafts.

Fritz Fuchs, a world-renowned woodcarver and instructor from the Brienz area, visited the Berne Swissfest at Zwingli United Church of Christ, in rural West Concord, several times in the 1980s through the early millennium. Fritz brought a sampling of Swiss folk figures, animals, and Nativity figures to sell at the Swissfest. He designed his own line of Nativity figures and spent several months every year for several decades carving only these figures to keep up with the de-

mand of Nativity sales. Among my most cherished possessions are the Nativity figures hand carved and given to me by Fritz and his family.

I found one of Fritz's most unique, religious designs at his home when my daughter, Annemarie, and I visited the Fuchs family in 2010. It was his depiction of Mary holding the baby Jesus, carved in basswood with an additional element—triangles of all sizes shaped throughout the figure.

(continued on page 19)



Fritz Fuchs hand carving my angel figure in 2010 at a shop in Interlaken



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Celebrating 800 Years of Nativity Displays

(continued from page 18)

His abstract interpretation masterfully shows the form of the earthly mother and child as well as the incarnation through triangles—Father, Son, and Holy Spirit. Fritz Fuchs died in 2021 yet his legacy at Christmas time lives on throughout the world. His hand carved Nativity figures are lovingly displayed at Christmas time by many Swiss people and foreigners who visited Switzerland.

A local woodcarver, LuVerne Schettl, of Oronoco, Minnesota, has made a few of her own Nativity figures. She belongs to the Rochester Woodcarvers. Mrs. Schettl, now age 91, was interviewed a few years ago for the local magazine, Today, which featured her collection of more than 250 Nativity scenes in the December 2015 issue. Her collection is from all over the world and made from various materials—crystal, teakwood, paper, clay, metal, etc. Mrs. Schettl also displays the Nativity in paintings and tapestry. Her grand-

daughter helps her set up her most cherished display of a Nativity village featuring 100 pieces. The tallest display is assembled outdoors and was given to her by her daughter and son-in-law, Andrea and Keith Maxson, of rural Pine Island.

I recommend the following local event for you to see many forms of the Nativity: Wonder of the Nativity—The public is invited to this free annual event featuring more than 200 Nativity scenes displayed on December 1st and 2nd at The Church of Jesus Christ of Latter-day Saints, 2300 Viola Heights Drive NE, Rochester, MN. Visit the website: <https://friendsofrochestermnstake.com/nativity/>

Commemorating the 800th Year of the Nativity, the Sisters of Saint Francis at Assisi Heights, Rochester, Minnesota, are presenting a play, Lighting the Way to Christmas with St. Francis and the Animals, on December 3rd and 4th.

The public is invited to register for this indoor event as luminaries light your path to the Spirituality Center where you may also see beautiful Nativity scenes displayed.

Visit the website:

<https://rochesterfranciscan.org/events/>

Join the celebration of the Nativity this year and make your Christmas special in your own way. If you miss the special events mentioned this year, check them again in 2024.



Nativity figures hand carved by Fritz Fuchs

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Protect Trees from Winter and Wildlife

Taking proactive measures now can help young yard trees survive winter weather conditions and hungry wildlife, according to the Minnesota Department of Natural Resources.

“Yard trees provide countless benefits to our environment and our well-being. They help clean our air, reduce our electric bills and enhance our surroundings, to name a few,” said Nikki Henger, the DNR’s Forestry Division outreach specialist. “Supporting our yard trees during the winter months will help set the stage for them to thrive in the summer.”

Here are five things people can do to help care for trees in winter:

Mulch and water. Add a 3-inch layer of mulch that is at least 3 inches away from the trunk and about 3 feet in diameter. Water trees regularly until the ground freezes.

Tidy up around the trees. Wildlife such as rabbits and rodents browse on trees and shrubs as a regular part of their diet. Minimize this risk by removing places where wildlife might nest, such as tall grasses, brush piles, tarps or water bags, directly around trees.

Wrap young trees. Tree wraps or plastic guards help protect against rabbits, rodents and sunscald. Newly planted trees should be

wrapped for at least two winters, while thin-barked species should be wrapped for at least five winters. Sunscald occurs when the sun heats up the trunk, followed by quick freezing at night, leading to cracking bark. Be sure to remove the tree guards in late spring.

Add fencing. Effective barriers can be wire fencing, hardware cloth or poultry netting. Bury fencing 2 to 3 inches below ground and extend it about 2 feet above the anticipated snow line to create a more critter-proof barrier. Periodically check fenced areas to ensure wildlife is not trapped inside. If deer are frequent visitors in a large yard or wooded area, consider installing a 10-foot woven wire fence to reduce damage. Bud capping is also commonly used to shield white pine seedlings from deer browse. Fold a 4”x6” piece of paper in half and staple it around the top leader of the tree this time of year until it grows out of reach to deer.

This is a great time to get in touch with a certified arborist about pruning. There is lower risk of disease transmissions, like oak wilt, in winter. It is also easier to visualize the tree branching structure without leaves.

Yard trees need a little attention all year-round and provide a great reason to get outside in December! Following these winter tree care steps will give trees some extra protection during winter to start strong in the spring growing season. To learn more on residential tree care, the DNR’s tree care webpage.

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The Savvy Senior Smart Home Devices to Help Seniors Age in Place

I've been talking to my mobility challenged mother, who lives alone, about automating her house with some smart home products to make it more convenient. She's very interested but we'd like to get your opinion as to which types of smart devices are most helpful for seniors aging in place.

--Searching Daughter

Dear Searching, If your mother is game, smart home products - such as smart lights, video doorbells and voice-activated speakers - can be very useful for aging in place. These devices can add safety and convenience to a home by providing voice and app-controlled operation, which is extremely helpful for seniors who have mobility issues or reduced vision.

Smart home technology can also provide family members peace-of-mind by giving them the ability to electronically keep tabs on their elder loved one when they can't be there.

If you're interested in adding some smart

home products to your mom's house, she'll need home Wi-Fi installed, and she'll need either a smartphone, tablet or smart speaker to operate them. To help you get started, here are some different types of devices to consider that are very helpful to older adults.

Smart speakers: A smart speaker - like the Amazon Echo, Google Nest or Apple HomePod - can serve as the brains of a smart home, controlling the devices with voice commands or automating them.

These devices can also play your mom's favorite music, read audiobooks, make calls, set timers and alarms, provide reminders for medications, appointments and other things, check traffic and weather, answer questions, call for help in emergency situations and much more - all done by voice commands.

Smart light bulbs: To help prevent home falls - which are often caused by fumbling around a dark room looking for a light switch - smart light bulbs will let your mom turn on and off the lights by voice command, smartphone or tablet. These bulbs can also change brightness and color and be programmed to come on and off whenever she wants.

Smart plugs: These small units plug into a standard outlet and connect to the internet. That means your mom can control whatever she plugs into them - from a space heater to a coffee maker - using her voice or phone.

Video doorbell: Safety is also a concern for older adults, especially those who live alone. A video doorbell would let your mom see and speak to visitors at the door without having to walk over and open it.

Smart locks: For convenience and safety, smart locks would give your mom keyless entry to her home, provide customized access to family, friends and caregivers, and let you monitor who comes and goes from your mom's house.

Smart thermostat: This lets your mom pre-program or manually control the temperature in her home with voice command or via phone, and let you monitor it too.

Smart smoke alarms: These will alert your mom when smoke or carbon monoxide is detected and will also send alerts to your phone if a problem is detected.

Stovetop shut-off: To prevent home cooking fires, smart stovetop shut-off devices, like the IGuardStove, will turn off electric and gas stovetops when left unattended, and will alert you via text.

Medical alert system: These devices provide wearable wrist and/or necklace emergency buttons that would allow your mom to call for help if she were to fall or need assistance. Many systems today also provide voice activated and fall detection features, and caregiver tracking apps that will let you keep tabs on her.

Cameras and smart sensors: If your mom needs more in-depth monitoring, there are indoor cameras you can install so you can see, hear and talk to her from your phone. Or, if that's too intrusive, you can install smart contact sensors on her doors so you can know when she comes and goes, or on her refrigerator door so you can know if she's eating.

Dennison Flake Out Festival Planned for February 3rd



The Dennison Lions Club is planning the 2023 Flake Out Festival & Winter Parade for Saturday, February 3rd, 2024

The club is holding a raffle in conjunction with the days events to raise funds to support Lions Clubs activities and help support other area non-profit entities and those in need that the club donates to and supports throughout the year. A \$500 1st Prize, plus other cash prizes will be given away.

The Annual Lighted Parade will take place at 6:30 PM, and anyone can participate. A Cash Prize will be given to the best float.

Other returning favorites include Euchre at Fireside, beginning at 9 AM with 100% Prize Payout and Designer Purse & Gift Card Bingo at City Hall at 3 pm. Returning this year will be a Chili Cookoff Contest. Cook up your best chili recipe and bring it down to city hall at 11 AM. Tasting and voting will be from 11:30-12:30 with a cash prize for 1st and 2nd place. If you have any questions, contact Lion President Diane at 612-532-0268. Watch for a full schedule of events coming soon.

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That's the Latest Farmwork



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. He's a 1971 graduate of West Concord High School. You can view past columns at his website RoadFarming.com. You can email him at emery@roadfarming.com.

ounces and was 33 inches long. We'll see if one over 18 pounds will be caught in time for our January issue.

Now to what I really wanted to write about this month; I have written about and I tell people my background of growing up on the farm 2 miles north of West Concord and eventually taking over the farm from my parents before leaving for the world of farm broadcasting. I have over the years, gotten the question about if I miss the farm and do I miss any certain aspects. The short answer is yes...and no.

I do miss the rural life and small town living but I get back to visit enough to get over that. I do, in the fall, walk out in Keiven's field to see how the corn or beans look up close. The corn this year looked very good considering we had a dry year. I've not heard the official yield from this past growing season but I'm sure it's upwards of 200 bushels per acre.

I don't miss the long hours spent at planting season or harvest season. I certainly don't miss picking rock out of the fields. Nowadays they just replant the rocks by running a big roller over them. Where was this technology back in the day? I also don't miss walking the soybean fields to pick or cut weeds, in particular the buttonweeds, sunflowers, giant ragweed and the occasional volunteer corn. I had a broadcasting friend who used buttonweed as a front of the house decorative plant. He asked if I knew what this plant was. I said, 'yes, would you like me to yank it out for you?' 'No, I kind of like it', he said. I don't need to tell you he was a city kid having grown up in the Twin Cities.

(continued on page 23)

First off, an update from last month when I wrote about a state fishing record set in South Dakota. In late October, a North Dakota fisherman, Aaron Schuck, broke a 21 year old record for the largest walleye caught in South Dakota. In the 'hook and line' category, Schuck's walleye, caught in Lake Oahe, weighed 16 pounds and 8 ounces. Just after the November Messenger went to print, Schuck's 3 week old record was broken when Keith Pazour of Pierre, SD, caught an even bigger walleye on the same lake. Pazour's fish, verified by the SD Game, Fish and Parks department, weighed in at 17 pounds and 13

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That's the Latest Farmwork

(continued from page 22)

I see sunflowers planted on purpose in gardens. And yes, I realize that the high plains states grow acres upon acres of it, but for me, it was a weed that did not belong in the soy-bean fields. Sunflowers aren't as bad as velvetleaf but for me, it stirs up those weed pulling days. I am surprised that some of these city folks don't use the giant ragweed for a hedge. Kingweed as I called it, grows fast and very tall. It's a hardy and sturdy plant too. In the fall, you can chop them down and burn them in the outdoor fire pit.

One thing I do miss, kind of, is the baling hay in the small square bales. They're actually rectangles but they ended up being called small squares. That's why geometry was hard for farm kids. I couldn't do it for a full afternoon anymore like I used to, but it was a good exercise program. I've written before how Coach Lorry Gunhus would make a visit to the farm during the summer to see if I was baling enough hay and if I'm sure I picked up every last rock in the bean fields. I assured him I was and I did.

More than the work of heaving bales of hay 5 high on the rack against the wind, where the chaff blows right back at you, I miss the smell of alfalfa drying in the sun. I will still occasionally pass a field with that very smell and I have to stop and reminisce about years



The old New Holland 270 baler made a lot of 'rectangular' square bales on the Kleven farm with lots of sweat equity put into each bale.

gone by. Then I start to sweat in the heat and decide I don't miss all of the work associated with that great smell.

I often think of the line that it'd be nice to know you're in the good ole' days while you're actually in them. I think I've done that

a lot but not as much as I probably should have.



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City of Randolph Regular Council Meeting November 8, 2023

The regular Randolph City Council meeting was called to order at 7:00 p.m. by Mayor Marie Jacob.

Roll Call

Present were Mayor Marie Jacob, Council Members Jacob Friedrich, Todd Carlock and Tony Price, Treasurer Sandy Nicolai and Clerk Mary Haro.

Also, in attendance was Bolton & Menk engineer, Matt Blazer and legal counsel, Greta Bjerkness.

Approval of Agenda

Motion to approve the agenda with the move of Randolph Trailblazers as the first item under new business, was made by Jacob, seconded by Friedrich. All voting in favor, none opposed, motion passed 5:0.

Public Comments

None.

Minutes

A motion to approve the October 11, 2023 regular council meeting minutes was made by Friedrich, seconded by Jacob. All voting in favor, none opposed, motion passed 5:0.

Approval of Treasurer Report and Payment of Bills

Motion to approve the payment of bills was made by Friedrich and seconded by Haro. All voting in favor, none opposed, motion passed 5:0.

Old Business

Change Orders for Sanitary Sewer Project
We will put this on the agenda for the January meeting.

Fire District Bylaws

Marie sent an email to the individuals on the Hampton City Council appointed to work on this project with the draft documents (Bylaws and JPA) and indicated that there is no cost to them as we have paid the expenses for this but she has not heard back from them on getting together to work on this with the committee that is being formed. The Mayor and Dave Lehring are the two appointed individual in Hampton. We can't move forward without their assistance. She is going to attend their monthly meeting which is next week and just ask them about it.

Surge Protector in Well House

Marie talked to Bryce about this. The VFD is susceptible to power surges. An electrician replaced it with something that is a better system so we don't need a surge protector. She was told that what is in their now is the right fit and right thing—it just needs to be adjusted. Bryce and the electrician's recommendation is that we purchase a second one to have on hand in case we run into this again. This is a lot less cost and the electrician was going to get some prices to Bryce.

New Business

Randolph Trailblazers

Dan Lee on behalf of the Randolph Trailblazer indicated that their trail goes through the land that we are purchasing from the En-

dres'. They asked if they can receive permission to have the trail go through the property.

We just have to be sure that any materials that are being moved and stored there will be out of the way of the trail. They were given the go ahead.

Wetland Delineation Plan

As part of the county project they are installing a storm water pond on Dixie and need to do a delineation for working in a wetland area that we are following all rules.

Haro made a motion that we approve the wetland delineation and wetland replacement plan, seconded by Friedrich. All voting in favor, none opposed, motion passed 5:0.

Bolton & Menk Sewer Update

The road has been paved with a very thin layer. They will be coming out the next week to pave the sidewalks with temporary asphalt. They will be removing the "Road Closed" signs as soon as possible. They still plan to work on Dixie before winter. All the materials on Dickman will be moved to the property where the holding ponds will be once the land acquisition and permits are completed. They attended a hearing at the Randolph Township planning commission for the CPU permit. They tabled it as they had some questions to be answered but they will be having a special meeting before their regular board meeting and if they approve it, it will go in front of the township board for their approval. Once the permit is approved the materials can be moved and they can start moving dirt. The materials need to be placed as far away from the snowmobile trail. It was asked that they do an update to the citizens. We should be hearing from the state next week regarding the permit.

Council Reports

It was noted that there are chickens roaming around. Clerk Haro sent a letter to the homeowner with a copy of our current ordinances. Chickens are not allowed to roam.

There is a tree on the property owned by Progressive Rail. Marie had talked to them and they indicated that they would look at it. Carlock indicated someone was interested in taking it down but it was noted that they should get permission from Progressive Rail before doing any work.

We discussed the back wall of the fire department and Friedrich had a discussion with Frandrup Masonry to fix the back wall on the fire department. They indicated that they had zero concern with the blocks defacing. He indicated that we should pressure wash all the paint off of the blocks and cover it up with tin siding so that the blocks can breathe. As far as the leaking you can't know what's truly leaking until you take off the top and then there are options of what can be done. They found 3 down spouts back there. All the water coming off the roof is coming down the wall. They recommended removing the dirt behind the block to see the rest of the shape of the block and waterproof and drain tile and fill it back in. You can fill the holes or go

higher and check the blocks but you won't know what it is until you get into it. The suggestion is to dig everything out, membrane it, fill in the holes that are there and then put in drain tile and fill it back in, pressure wash the blocks, tin it and get the down spouts so the water flows away. If it leaks after that then the next step would be to start at the top. But the suggestion steps need to be done first. We need to decide what to do and they asked to see an "As Built" which could not be found. He will put a quote together for us and then we can decide.

The next meeting we need to do our final budget do you want to start earlier. Clerk Haro will update the budget and send it around. It was recommended that we get Ehlers involved in the budget next year.

It was asked if we got estimates for the pavillion and roofs on the garage. We will submit a claim with the insurance company.

Marie attended the Township Officers meeting. They are held quarterly and the next one is scheduled for March, 2024. She learned that the Dakota 911 funding is on hold. They are going to come up with a new plan. They received a lot of feedback and every small city and township had signed on with the exception of one. They do still plan to hire new deputies.

Dave from ProRail discussed with Marie that they have an opportunity from MNDOT for a matching grant for railroad improve-

ments. He asked if the city would be willing to write a letter that we approve of improvements on the railroad. It was asked if we could see the letter prior to her sending it to the railroad.

Mayor Jacob moved to close the meeting at 8:00 pm to attend a closed meeting to consider an attorney-client privileged legal matter.

Closed Meeting

Mayor Jacob at 8:01 p.m. called to order a closed meeting pursuant to Minn. Stat. 13D.05 subd. 3(b) for attorney-client privileged communication to discuss the proposed settlement of the Endres property for the sanitary sewer project.

Mayor Jacob moved to reopen the meeting at 8:35 p.m.

Motion to accept Resolution No. 23-15 Approving the Settlement and Stipulation with Endres Revocable Trusts in the amount of \$1,555,000 made by Mayor Jacob, seconded by Carlock. Voting in favor, Mayor Jacob, Councilmembers Carlock, Price, Friedrich and Clerk Haro, none opposed. Motion passed 5:0.

Adjournment

Motion to adjourn the meeting made by Haro seconded by Jacob, the meeting was adjourned at 8:38 p.m. All voting in favor, none opposed, motion passed 5:0.

Respectfully submitted,
Mary Haro

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The Hampton City Council met on Tuesday, November 14, 2023 at the Hampton City Hall for the regular scheduled meeting. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhning, and Anthony Verch. Also present was Brad Fisher with Bolton & Menk.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 6:59 p.m.

Disclosure of Interest – None

Approval of October 10, 2023 Regular Scheduled Meeting Minutes – Motion by Verch seconded by Luhning to approve the October 10, 2023 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 4:0.

Approval of Disbursements – Motion by Verch seconded by Luhning to approve the November disbursements. All voted in favor. None opposed. Motion passed 4:0.

Public Comments – None

Petitions, Requests, and Communications:

Lead/Copper Tap Water Monitoring Report, PWSID 1190010 – Minnesota Department of Health (Informational – No Action Required) – Mayor Knetter referred to correspondence and report in meeting packets. No discussion.

Mayor Knetter recognized two Dakota County Deputies in attendance and asked if they had anything to report. Deputy Webber stated that, with construction wrapping up on Highway 52, there are less problems with people speeding. Another issue law enforcement has been dealing with is dirt bikes on city streets that are traveling at high rates of speed.

There have been extra patrols in the area to try to put a stop to this. Deputy Webber men-

tioned that dirt bikes are never allowed to travel on city streets. The last item mentioned is that there seem to be more traffic crashes on nice, sunny days than when the weather is bad. Deputy Webber stated that drivers need to be more cautious and slow down because speed is the main factor associated with fatal crashes.

Ordinances and Resolutions:

Ordinance 1132 Amending Section 152.336 of the Hampton Code of Ordinances Related to Conditional Use Permits - Mayor Knetter referred to the memo in Council meeting packets from Jenni Faulkner, City Planner. He stated that currently there is no sunset clause for Conditional Use Permits (CUP) in the Ordinance. The reason for the amendment at this time has to do with the CUP for the Dakota County Southern Fleet Maintenance Facility, and the County Board's decision to put the project on hold indefinitely. This amendment requires that the property owner act on the CUP within a certain amount of time, or the CUP is void. This amendment gets the City of Hampton in line with CUP ordinances of other Minnesota cities. Motion by Luhning seconded by Verch to approve Ordinance 1132 amending Section 152.336 of the Hampton Code of Ordinances related to Conditional Use Permits. All voted in favor. None opposed. Motion passed 4:0.

Reports of Officers, Boards, and Committees:

Engineer's Report – Brad Fisher, of Bolton & Menk, mentioned to Council that training begins tomorrow for the Water St. lift station generator. He has a punch list for the project, which includes doing a little more seeding in the area. He stated that they

may be able to close out the project in December.

Fisher referred to his report, included in Council meeting packets, which discusses the Water Tower Improvement Project. A sketch plat submittal went to the Planning Commission in October to begin the steps required to place a water tower at the desired location behind the Silver Bell Motel. Preliminary plans are being prepared for a resubmittal to SHPO to address their unanswered questions. The next steps will be to apply for a Conditional Use Permit (CUP) and a Preliminary Plat with the City in order to receive approval for the tower construction and property acquisition process.

Water / Sewer Report – Mayor Knetter reported that they are actively discharging and hydrants have been flushed.

Park Report – Councilor Russell stated that the trees at the ballfield have yet to be taken down.

Street Report – Councilor Luhning stated that street sweeping is complete and alleys have been repaired.

Unfinished Business - None

New Business:

MNSPECT Building Inspections Contract Amendment – Mayor Knetter mentioned that contract content is the same, with the exception of the percentage of the permit fee of 75%, that increased from 60% in the previous contract. Motion by Verch seconded by Luhning to approve the contract amendment

with MNSPECT. All voted in favor. None opposed. Motion passed 4:0.

Elections Clerk – Mayor Knetter stated that this position is necessary due to the current workload of the City Clerk after the change of going from 2 clerks to 1. Motion by Verch seconded by Huddleston to approve hiring an Elections Clerk. All voted in favor. None opposed. Motion passed 4:0.

Construction of a building on the vacant lot located at Water St. and Main St. (zoned C-CBD; legal description – Hampton Dakota County MN, Lot 7, Block 4) – Tom and Jackie Daley – Mayor Knetter stated that this item was discussed at the last Planning Commission meeting and the recommendation was made to deny this request because the building was to be used for storage, which is not an allowed use for the property, per ordinance. Discussion. Councilors felt that they didn't have enough information to consider approving the request, and the Daley's were not present at the meeting to provide additional information and answer questions. Motion by Huddleston seconded by Luhning to deny the request to construct a storage building on the property. All voted in favor. None opposed. Motion passed 4:0.

Adjournment - Motion by Luhning seconded by Verch to adjourn the meeting. All voted in favor. None opposed. Motion passed 4:0. The meeting adjourned at 7:32 p.m.

Respectfully submitted,
Judy O'Brien

Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I just saw something about a Minnesota traffic safety program that's been around for 20 years. Can you talk more about that?

Answer: Yes, here is some information we shared on our DPS blog: "Minnesota has seen a 32 percent reduction in traffic fatalities between 2003 and 2022, in part due to the Toward Zero Deaths (TZD) traffic safety program.



The Department of Public Safety joined traffic safety partners across Minnesota to mark 20 years of saving lives through the TZD program last week with a conference in Rochester aimed at keeping us all safe, whether you're a driver, passenger or pedestrian. In the two decades the program has existed in Minnesota, our model has gained national recognition and our roads have been considered some of the safest in the nation.

"Traffic statistics aren't just numbers. Each one represents a lost life that devastates the world of that person's family and friends," Office of Traffic Safety (OTS) Director Mike Hanson said. "The Toward Zero Deaths program has saved — and will continue to save — lives."

Minnesotans made significant progress over the years to reduce traffic fatalities, but the challenge now is to regain momentum in saving lives. Over the last 10 years, we haven't seen the consistent, significant reduction in traffic deaths compared to the first decade of the TZD program. The past three years have seen new challenges, such as the COVID-19 pandemic that led to less traffic and more speeding.

"These challenges are re-energizing us to find new ways to continue the progress of the past two decades," Hanson said. "Minnesotans expect and deserve safety on our roads."

The Minnesota legislature approved state funding this year to create the Advisory Council on Traffic Safety. The council is bringing together additional stakeholders and communities, and it's opening up state funding opportunities that didn't exist before. It'll give us more flexibility in local education and outreach and a formal way to tell lawmakers what needs to change to improve traffic safety.

We have stepped up traffic safety enforcement with projects such as Project 20(23) and Highway Enforcement for Aggressive Traffic (HEAT) patrols with the Minnesota State Patrol and other law enforcement agencies in the Twin Cities area and statewide.

The Minnesota departments of health, public safety and transportation, along with traffic safety partners statewide, are working to create a culture of traffic safety in our communities. But we can't do it without your help. Staying safe on our roads is as simple as driving the speed limit, never driving impaired and always paying attention."

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

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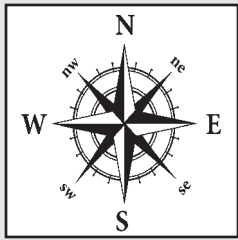
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Changes in Latitudes, Changes in Attitudes My Childhood Christmas



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.

The first Christmas I can remember as a child was 1964. I was seven years old. I had the same interests as any second-grade boy. The toy machinery was the best. When my dad went to the implement dealer for parts I would stand at the toy display and wish. As a typical farm boy I was mesmerized by tractors. We had toy trucks, tractors and all sorts of farm implements and attachments to play with. Couldn't wait to grow up and actually drive them for real.

There is one reason that 1964 stands out in my memory though. Lots of fun things happened before that, but November 3rd, 1964 changed me forever. I always thought my dad was invincible. I remember him carrying huge bags of feed on his shoulder around the farm. He was strong and a farmer. Sort of Superman. It was election day 1964. My dad farmed and worked construction. Not just any construction, but with bulldozers. Caterpillar tractor D-8 dozers. They moved dirt, buried boulder, made roads and dams, pushed over trees and anything else that they wanted. Not only that but my dad flew a helicopter as well. From West Concord to the western part of Minnesota and from job site to job site every day.

But November 3rd was election day and my dad was going to fly back home and take my mom to the Milton Town Hall where they would vote that evening. It was foggy that evening and my dad decided to land at the

Owatonna Airport and get a ride home instead. The altimeter on a helicopter tells you the altitude above sea level. It doesn't tell you about tall trees though. And there was a very tall tree between him and the Owatonna Airport.

I remember my mom sitting us four kids down on the sofa and telling us that our dad had been in a bad accident. She was driving to the Owatonna hospital. My grandma was there to watch us. KDHL radio reported on the accident. They got my dad's name right, but all the neighbors heard that he had been killed in the crash. He survived but was in a body cast for over a month and got out of the hospital in December. My mom had to drive him and he got around on crutches.

Before Christmas my parents decided the family was going to spend the holidays down south. We opened our Christmas presents a week early and headed south. This was before Disney World. There was just sandy beaches and alligators in Florida. But away we went. It was the first time I had been out of Minnesota. We learned how to ride for 1,500 miles with four kids in the back seat of a Chevrolet Impala. My mom would make sandwiches and we ate elbow to elbow with our brothers and sisters. No McDonalds back in those days for us.

I had never seen a Christmas without snow. I didn't think they would decorate for Christmas in Florida. I just figured it was alligators and flamingos and sunny beaches. But there was Santa Claus, reindeer and fake snow. We made fun of them, we knew what snow was and were glad to be away from it.

It was worth it. I was with my family and we were on an adventure together, and I was glad we were all there. I didn't think too deeply about the turn of events until much later. My dad nearly lost everything he had in life and decided to take the next chance to do things together. He had a wife and four kids and he wanted to enjoy doing things together. It became an annual event. We bugged out of Minnesota and headed to Florida every Christmas after that one. And we gladly traded our snow and cold Christmases for a couple weeks in Florida. My dad made it another twenty Christmases to enjoy with the family. And for me, memories with your family are much better than gifts. Have a Merry Christmas.

A Minnesotan: Christmas Games



By RosaLin Alcoser

Christmas is a magical time of the year and in Minnesota one of the few times that no one is really upset by the snow. Including my transplanted hispanic family from the south.

We absolutely love Christmas and for our traditions Christmas starts on December 24 with Christmas Eve and goes until January 6th on Three Kings Day. For us this whole time frame is Christmas.

My family will often play games at Christmas ranging from board games to more intricate puzzles. For most families a puzzle would have a beautiful Christmas scenery or a fun character on it. However, for my family it's a list of clues and riddles that someone has to figure out in order to find their present.

In full disclosure I am usually one of the

family members given the puzzle and to this day have yet to solve one. The game normally ends when they give up on me solving the puzzle or I find the item by searching for it alone.

When I make a game for one of them though it goes a little bit differently and is usually just a game for myself. Christmas 2019 was one of the years that I did this. At the time my father had decided that he could only hang his coats on a brown hanger and everyone had to use a white or blue hanger. Only he could use the brown ones.

So being the good daughter that I am, I systemically took all of the brown hangers out of the coat closet. Every time he left the house, if I was home I would grab the hanger, replace it with a new one, and hide the brown one under his bed.

He knew that it was me and could not find where I had been hiding the hangers. It drove him absolutely nuts for the about week and a half that I did this.

Until one evening right in the middle of Christmas I moved the hangers. The next morning he comes to breakfast to find all of his brown hangers dangling above the table from the chandelier.

This was probably one of the best games I've ever played during Christmas and was also the reason my mother started having me go into work earlier.



Season's Greetings

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