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JANUARY 31, 2024

Volume 21 • Issue 1

Happy New Year!

We want to Thank You for your continued support of the Randolph-Hampton-Castle Rock Messenger again this past year!

Thank you

Your hometown newspaper continues with an unwavering goal to bring the local and area news to you.

In addition, in an effort to deliver the news and information more timely between print issues, last year we launched our on-line edition of the Messenger.

Check it out if you haven't already, There is additional bonus content on the site as well that is not in the print edition.

Thanks to local advertisers and your voluntary subscriptions, we are in your mailbox each month. Enclosed in this month's issue is a subscription envelope. We hope you will consider renewing your voluntary subscription.

(continued on page 21)

Supporting Our Local FFA & Celebrating National FFA Week February 17-24, 2024

Randolph FFA Chapter Highlights

Submitted by Randolph FFA

It was a busy 2023 for the Randolph FFA, and 2024 will continue to keep the group busy learning and serving! . Some highlights from 2023 include the FFA food stand that we brought to different locations with the Minnesota Corn and Soybean Growers Association, leadership camps, the Children's Barnyard at the Dakota County Fair. Randolph also placed as Reserve Champion Overall Market and Breeding Livestock exhibitors at the Minnesota State Fair. With the start of the new school year came the start of our monthly all chapter meetings and outreach classes. New to this year, our officer team has come up with a new plan to get more members to attend this class by having guest speakers give a different lesson for the night. Some potential topics are corn/biodiesel, floral design, and dairy production. In October, our chapter raised \$17,100 for our annual Corn Drive for Camp Courage. A big thank you to everyone who



Randolph FFA Students at National FFA Convention

donated for this cause. In November, we sent eight members to the National FFA Convention in Indianapolis, Indiana. While there they toured Fair Oaks Farm, attended several sessions, went to the rodeo, and explored career options in the college and career fair.

This year for fruit sales we sold over 4000
(continued on page 16)

Announcements

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

Do you have an announcement?

Email:

hometownmessenger@gmail.com



Benefit to be held for Bryson McGrath

Courtesy of Randolph High School Activities - Tackle Cancer

Our annual Tackle Cancer event would not be possible without the incredible support of our community.

(continued on page 6)

Chili Cook Off and Live Music part of Dennison Flake Out Festival Saturday, Feb. 3rd



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

(continued on page 21)

Flake Out Festival & Winter Parade
Saturday, February 3, 2024
Dennison, MN

- Euchre Tournament • Chili Cookoff •
- Designer Purse & Gift Card Bingo •
- Denni Dazzle Parade • Live Music • Raffle •

(Schedule of Events on page 15)

FRIDAY NIGHT FISH FRY

- 2 Piece Fish Dinner
- 3 Piece Fish Dinner
- All You Can Eat Fish Dinner

Deep fried cod served with salad or coleslaw choice of potato and garlic toast.

TROPHY HOUSE
CATERING

Kitchen Opens at 11am
Dinners and All You Can Eat Fish Starts at 4pm
651-437-5618

Year of Favor



By Colin Rueter

Friends, every year we are reminded through Christmas of the eternal joy through Christ. While we may not always feel the joy of the season, we are reminded that this is why Jesus came in the flesh [I recently wrote about this in a blog]. To summarize: Jesus came veiled in flesh to seek and save the sinner by willingly giving his life as the substitutionary atonement for sin, thus reconciling God and humanity for those who believe in Jesus alone by faith [Isaiah 53; Matthew 1:21; John 1; John 3:16-17; Romans 3:21-26, 4:13-25, 5:1-11; Ephesians 2:1-22]. We cannot understand the glories of Christmas without keeping the cross at Calvary and the empty tomb in view. Friends, we have living hope in this.

So, as we look ahead to 2024, I want to remind you, Christian, and plead with those who have not yet trusted in Christ, to look to Him who is faithful, who died for you, and who sits in the throne of glory with abounding grace in this year of favor.

In Luke chapter four, Jesus has begun His ministry and is teaching by the power of the Spirit (4:14-15). He has returned to His hometown of Nazareth to teach in the synagogue to

read the scroll from the prophet Isaiah. He unrolls the scroll and read from Chapter 61:1-2: "The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor." And he rolled up the scroll and gave it back to the attendant and sat down. And the eyes of all in the synagogue were fixed on him. And he began to say to them, "Today this Scripture has been fulfilled in your hearing." The people of God knew this passage, along with the passages in Isaiah before and in them created a longing for this day. In this moment, prophecy was being fulfilled! We just celebrated this moment in the season of Christmas, friends.

There have been thousands of babies born who became kings to rule a nation, but only once has a King become a baby to save the nations. Jesus was born into a world of infant massacres, tyrant political leaders, sexual perversion, systematic oppression, a place where outcasts had no voice, and religious leaders were corrupted by power. He came in a very dark time to push back the darkness, to bring light. This same Jesus we need today – thankful that He is the same then, today, and forever. I want to highlight two things from this passage that Jesus fulfills: 1) God's mission and 2) Gives us hope and joy.

God's mission is an extended time of favor (grace) to bring good news through the Anointed One, Jesus. Look at Isaiah 61, verse 1 – there is a coming hope of the Messiah. The One who is to be anointed with the Holy Spirit, bringing good news to the poor, to heal the broken, free captives, and break chains. This chapter comes after Isaiah has spoken of the Suffering Servant (Ch 53), the LORD's abounding compassion (Ch 55), then salvation to all peoples (Ch 56), addressing evil/oppression (Ch 59), and leading into future, everlasting glory for God's people (Ch 60). Seeing His plan be accomplished from before time is God's good pleasure. His mis-

sion from eternity past delights God, satisfies Him, as He sees the right timing of the Messiah and salvation coming to the nations. This is the gospel and it is our hope and joy.

The gospel is the good news of Jesus Christ, the Messiah. It is beautiful and it will triumph. The gospel is the only cause on the face of the earth that will finally succeed as intended. I want to be a part of that cause, that mission! Every other cause, no matter the impact, is doomed to extinction. This passage, after showing us God missions, gives us hope and joy – real hope, real joy. First, this passage gives us hope because we are the ones being given good news in verse 1. We are poor, broken, lost, chained. We are not just set free though...no, we are planted as oaks of righteousness with beautiful crowns, anointed with gladness, and given a garment of praise to the glory of God. This hope of a Spirit-empowered life will then bring us joy, being happy in God. If we look to Him in promised faith, through the Hope He gives... Joy comes with it! Our joy is not in experiences (though we have some), they are grounded in the Living Savior – no one can take that from me or you! The life saturated in God's truth is a life that is deeply durable in the face of drought and a life that succeeds in God's good purposes into eternity because it is grounded in truth. His objective, never-changing, life-giving, life-sustaining, raise the dead to life, healing all wounds, redeeming the broken, binding the hurting, grace-abounding, TRUTH through His word, the Bible. This is the truth we look to by faith as we look at the promise of the LORD's favor.

Isaiah speaks about the Lord's time, a time of favor when the Anointed One comes and after this time will be a time of vengeance. We are in the first time of favor and are awaiting the day of fulfillment on the day of vengeance in Christ's second coming. Be assured that this Day is coming. For the follower of Jesus, this day is a great day. We see justice done, wrongs punished, and a life of eternity beginning with Jesus forever. However, if you have not placed your faith in

Christ alone for salvation, tremble for this Day. God's wrath will be rightly poured out on you for your rebellion and sin. Turn to Jesus today, friend, and be saved from the wrath to come in order that you receive today hope and joy in Jesus.

So What?

This passage in Isaiah shows God's faithfulness in prophecy fulfilled through Jesus. It reminds us of our greatest need. This season we have been reminded how this need is met. Our need is not a bigger house, a better job, a more loving husband, a more patient wife, or even a spouse, period. It is not better behaving kids, more kids, or even to have kids. It is not the scholarship or acceptance letter to the college of your choice, more money in your budget, a newer car, keeping your lake cabin, getting the tropical vacation, or gaining more friends, via real life or social media. Our greatest need is to be saved from our sin and God's wrath. You are a sinner. God is Holy.

His righteous judgment will be seen, yet this righteous, Holy judge is full of mercy and compassion and has a mission to redeem us.

God will exchange your suffering and death for resurrection. He has promised spiritual blessings and an eternal life with Him. Jesus is building His Church – He has commanded and empowered us to join the mission. This is what makes Jesus' coming over 2000 years ago magnificent! Because He came: We were poor, now rich. We were brokenhearted, now rejoicing. We were captive to sin, now set free. We were under God's wrath, now called His sons and daughters. It means we are called upon to display his glory. Show that He's glorious. Act like He's glorious. Make much of him like He's the most valuable, glorious thing in the universe because He is. May this be your life's vision as you look ahead to 2024. As always, 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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29020 Dawson Avenue in the heart of Randolph (adjacent to Randolph Public School grounds).
Sunday School 9:00a.m.
(children, teen, and adult classes)
Sunday Worship 10:00a.m.
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Pastor Dennis Ingolfsland
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Email your church announcements, schedule, etc. to the Randolph-Hampton-Castle Rock Messenger at: hometownmessenger@gmail.com

AREA CHURCH DIRECTORY
The Return of the King

"Suddenly the Lord you are seeking will come to his temple."
— Malachi 3:1

When Jesus is 40 days old, his parents bring him to the temple to present the required offering after a son is born. It's a big day. Here's why.
When the Israelites, under Moses, set up a tabernacle (a portable temple) in the wilderness, a cloud of glory signaled the presence of God. God was there in the midst of his people. Later, when they built a temple, under Solomon, the cloud of glory filled it to overflowing. God was enthroned in the temple as Israel's true King.
Many years later, the prophet Ezekiel saw God's throne leave the temple—and the cloud of glory with it (Ezekiel 10). Soon the temple itself lay in ruins, destroyed by Babylon. Later the people of Israel returned from exile and built another temple. But this time there was no cloud of glory, no sign that God had come to live in the new temple.
Many more years later, Mary and Joseph came to the temple carrying Jesus. And the Lord, Israel's true King, was in the midst of his people once again. What kind of king will he be? And what kind of kingdom will he bring?
We are faced with those questions to this day. How will we welcome King Jesus and his kingdom? With humility? With joy? With thanksgiving? With hope? With holy obedience? The answer is in our lives and in the life of the church.
esus, you came to live among us for a while. And you will come again. We want to welcome you wherever you appear. And wherever you are, your kingdom is. Amen.

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7:30a.m. Friday Mass
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9:00 a.m. Worship Service, Coffee After
10:15 a.m. Sunday School
Questions? Call 507-645-0042

Richard H. "Dick" Swanson

Richard H. "Dick" Swanson, age 78 of Hampton, passed away at his home on Friday, January 5, 2024 after lengthy illnesses.

Dick was born on October 8, 1945 to Henry and Mildred Swanson. He grew up in South St. Paul and after graduation from South St. Paul High School, Dick joined the US Air Force and served four years. After his honorable discharge, he returned home to work for Cenex for 30 years.

He married Kathleen Mahoney on October 17, 1975. They built their home in Hampton Township in 1979.

Dick loved his family, friends, and dogs. He also loved his John Deere tractor, Hammond organs, and baby grand piano.

He will be greatly missed by his wife, Kathleen; sons, Mike and Rob; grandchildren, Ripley, Avery, and Brooklyn; brother, Dave (Linda); sister, Joanne Boyle; sister-in-law, Judy Swanson; and special friends, Dick Weldon and Doug Staehnke.

Dick was preceded in death by his parents, "Mil" and Swany"; brother, Don; and brother-in-law, Bernie Boyle.

A special thank you to the wonderful staff with Brighton Hospice for Dick's care.

Mass of Christian Burial was on Friday, January 12 at 11:00 am, with visitation from 10-

11:00 am, at St. Mary's Catholic Church in New Trier. Interment followed at the church cemetery.

Honorary pallbearers were Mike Swanson, Andy, Paul, Jim, and Peter Benjamin, and Brody Holter.

Arrangements by Lundberg Funeral Home, Cannon Falls. Online condolences may be directed to www.LundbergFuneral.com.

Cynthia Louise Grisim

Cynthia Louise Grisim, 67, of Northfield, passed away peacefully surrounded by her loved ones on Wednesday, December 20, 2023, at Mayo Clinic Methodist Campus in Rochester, MN, after a seven-year battle with cancer.

Born on September 30, 1956, in the small town of Mondovi, Wisconsin, Cindy's roots were as deep and nurturing as the family farm she grew up on. Her warmth and radiant spirit enriched the lives of all who knew her, and her memory will be cherished forever.

Cindy's personal story is woven through the fabric of the communities that were fortunate enough to have her. Following graduation from high school in her hometown, her journey brought her to Faribault, where her embodiment of Midwestern values shone brightly at Wimpey's restaurant and later at Erickson's grocery store in Northfield. It was

there she met her husband, Glen, and together they shared a love that provided the foundation for a family of strong bonds and joyful memories. United in marriage on October 16, 1976, at Sacred Heart in Mondovi, their partnership thrived on mutual devotion and respect.

Cindy's professional dedication was evident in her remarkable 35-year tenure at Carleton College, affecting the lives of countless students and colleagues before her retirement earlier this year.

In tandem with her career, Cindy and Glen operated Grisim Farms providing sweet corn for the past 43 years. Her involvement extended from training new employees to the hands-on work of harvesting and selling the corn. The business was a testament to her commitment to nurturing both the earth and human connections. Cindy's artistic talents also flourished in the whimsical painted pumpkins that became an integral part of her family's autumnal traditions. From her father-in-law's initial request, her brushstrokes graced hundreds of pumpkins each season, bringing joy to the community as she brought their imaginative requests to life in collaboration with HyVee, Nelson's Pumpkin Farm, among others.

The same hands that so tenderly cared for her family business were also the hands that cast fishing lines into the tranquil waters of Big Pine Lake at their beloved lake home in Perham, MN. An avid lover of the outdoors, Cindy's zest for life extended to the thrill of roller coasters and the magic of Disney—an enthusiasm she shared with her family on their numerous treks to Disneyworld.

Cindy's selfless nature, endless optimism, and friendly demeanor are the words that best encapsulate her essence. Her ability to uplift others and foster warmth and kindness were unparalleled. Her presence was a bright light that seemed to make the world a better, more hopeful place. Cindy will be deeply missed, but the seeds of kindness she sowed throughout her life will bloom endlessly in the hearts of those she touched.

Cindy leaves behind her husband, Glen; sons, Jesse (Alice) of Shakopee and Chad (Jessica) of Northfield; grandchildren, Jacob, Mason, Clayton, Ashlynn, and Benjamin; and siblings, Shirley (John) Smith of Eau Galle, WI, Sandy (Bernie) Weiss of Mondovi, WI, Tom Brantner (Janet Kopinski) of Mondovi, WI, Dawn (James) Ulwelling of Eau Claire, WI, and Jeff (Sue) Brantner of Prescott, WI. Cindy was preceded in death by her parents, Awald and Bernice (Hayden) Brantner, and her brothers, Gary, David, and Kevin.

Mass of Christian Burial was held at 10:30 AM, Saturday, January 6, 2024, at the Church of St. Dominic. Father Louis Floeder officiated. Visitation was from 4 to 7 PM, Friday, January 5, 2024, at Bierman, Benson & Langehough Funeral Home and continued one hour prior to the service at the church. Interment followed at Oaklawn Cemetery in Northfield.

Online condolences can be made at <https://www.northfieldfuneral.com>.

Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory.

(obituaries continued on page 4)

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Helen Peterson

Helen Peterson, age 94, of Northfield, Minnesota, passed away peacefully on Sunday, January 14 at the Northfield Retirement Care Center.

Born December 8, 1929, to Carl and Elsie (Schrader) Wegner. Helen grew up with older sister Phyllis, and two younger brothers Harland and Paul. As a child Helen lived on the family farm near Cannon Lake in Warsaw Township, attending country school until 1936 when she moved with her family to a home on Plum Street in Northfield. Helen worked at the Ideal Café as an after-school job before graduating from Northfield High School in 1947. Following graduation, Helen worked as a bank teller in Northfield; it was through that employment that she met her husband, Burton Peterson.

They were married on October 6, 1956, at Trinity Lutheran Church in Northfield. Together they took over the family farm from Burt's mother and raised five children. Helen kept plenty busy juggling being a homemaker and partner to Burt on the farm.

After their children were grown, Helen and Burt moved off the farm and built a house on the hill just up the road to keep an eye on things. The farm, located east of Northfield, is now operated by their three sons.

Helen was known to her family and friends as an amazing cook; she spent many hours

tending her flower and vegetable gardens, canning or freezing much of what she grew. Helen could always be counted on to lend a hand when it came to helping with 4-H sewing projects, church quilting circle and other community efforts.

Throughout her lifetime Helen participated in Bowling League, Red Hatter's Club, doing Hardanger embroidery (of which many family members will cherish as gifts), traveling with Burt and friends, cheering on the Minnesota Twins and UMN Gopher Basketball teams, playing games – especially 500 and dominoes, delivering Meals on Wheels, serving on the Northfield Cemetery Board, and being a devoted member of St. Peter's Lutheran Church of Northfield.

A fierce supporter of her farm family, Helen always kept tabs on what her boys were up to, and she never missed an opportunity to tell the NRC care team how spring planting or fall harvest was going. Helen found no greater joy than spending time with her children and grandchildren. She was a staple in the stands at 4-H livestock shows, church events, choir concerts, sporting events, and more.

Following a stroke in the spring of 2016, Helen moved to the Northfield Retirement Center, where she remained until her passing.

Helen is survived by her children, Sue Wilberts of Lauderdale, Chris (Marcia) Peterson of Northfield, Brian (Mary) Peterson of Northfield, Julie Ploetz of Cambridge, and Bruce (Carol) Peterson of Northfield; brothers Harland (Evie) Wegner of Northfield, Paul (Marguerite) Wegner of St. Cloud, and sister-in-law Lu Peterson of Edina; 12 grand-

children, 12 great-grandchildren (with three more on the way), and many other family and friends. Helen is preceded in death by her husband Burton, sister Phyllis and sons in law Chris Wilberts and Scot Ploetz, and nephew Bill Wegner.

Helen's family welcomes you to join them in celebrating her life on Friday, February 9, 2024, at St. Peter's Lutheran Church in Northfield. Visitation will begin at 9:30 AM, with church service to follow beginning at 11:30 AM. Pastor David Weeks will be officiating. A reception will follow the service at

the church. Private interment will be in Northfield Cemetery.

In lieu of flowers, memorials are preferred to St. Peter's Lutheran Church Endowment, Northfield Cemetery, or Northfield Retirement Community.

Online condolences can be made at <https://www.northfieldfuneral.com>.

Funeral arrangements are trusted to Bierman, Benson & Langehough Funeral Home & Crematory.



All Track and Field Supporters will receive 25% off all FLAHERTY'S PIZZAS from 6:30 PM - 8:30 PM!

50/50 Raffle

Track and Field Fundraiser

Monday, March 4th

6:30 PM - 8:30 PM

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Edward Lorentz

Edward Lorentz, age 88, of Cannon Falls, passed away on Saturday, January 13, 2024, surrounded by his family at the Mayo Clinic Health System Cannon Falls.

Ed was born on March 29, 1935, in Hastings, the son of Frank and Mathilda (Schaffer) Lorentz.

He graduated from Cannon Falls High School in 1954. On June 22, 1957, Ed was



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married to Mary Ries at St. John the Baptist Church in Vermillion. As a young man, Ed worked for the Roiger-Freeberg Grocery Store until 1963. He then worked a few years for St. Paul Ammonia plant. In 1968, Ed and Mary purchased the Bremer Locker and founded Lorentz Meats, which they ran until he "semi-retired" in 1998.

Ed was active in his community. He served over twenty years in the U.S. Army Reserve, retiring in 1977 as a Command Sargent Major. Ed was a longtime member of St. Pius V Catholic Church. He was a member of the Knights of Columbus, the Cannon Falls Rotary, the Chamber of Commerce, and the American Legion. Ed served on the Cannon Falls School Board. He was active in the Minnesota Association of Meat Processors, serving as President in 1981. Ed and Mary served as Co-Executive Secretaries for this organization for 13 years. He was active as a volunteer for the Cannon Falls Food Shelf and the Cannon Valley Fair. Ed enjoyed woodworking, sharing good food, and travel.

Survivors include his wife Mary, sons Tom (Beth) Lorentz, Rob (Julie) Lorentz, and Mike

(Brenda Myran) Lorentz; grandchildren An-

drew, Katherine, Jill (Tommy), Jen (Dan), Maya, Simone, and Thomas; great-grandchildren Edsel, Alexi, Kaiya, and Katara; sister-in-law Kay Lorentz; as well as many nieces and nephews. Ed was preceded in death by his parents and his brothers and sisters Sr. Mary Bona, Nick (Martha) Lorentz, Jerome (Marie) Lorentz, Ann (Irvin)

Freeberg, Francis Lorentz, Joe (Mary Jane) Lorentz, Mary (Carl) Hoffman, and Peter (Pearl) Lorentz.

There was a visitation on Thursday, January 18, from 4:00-7:00 p.m. at St. Pius V Catholic Church, 410 Colvill St. W., Cannon Falls. There was a memorial service, also at St. Pius, on Friday, January 19, at 4:00 p.m., with a visitation one hour prior to the service. A meal followed the Memorial Service on Friday.

In lieu of flowers, memorials are preferred to the St. Pius V Catholic Church, the Cannon Falls Food Shelf, or Catholic Charities.

Delores Anna Clara (Spillman) Rehtzigel

Delores Anna Clara (Spillman) Rehtzigel, age 92 of Cannon Falls, died peacefully at her home at Cannon Rivers Senior Living on Wednesday morning, January 24, 2024.

Delores was born on May 25, 1931 in Farmington, MN, the daughter of Fred-

erick and Anna (Polzin) Spillman. She went to District 63 country school in the Randolph area for 7 years and graduated from Randolph High School.

Delores married Arthur "Art" Rehtzigel on December 17, 1949 at First English Lutheran Church in Cannon Falls, and they raised six children.

Delores was a homemaker and kept a spotlessly clean home. She loved growing flowers, canning, baking, quilting, dancing and listening to old time music, and playing 500.

She was preceded in death by her parents; husband, Art; son, Ron; son-in-law, Fred Holte; grandchildren, Jessi Fritz and Brock Rehtzigel; and brothers, Allen (Violet) Spillman and Walton (Betty) Spillman.

She is survived by her children, Bonnie Holte of Harris, Dennis (Patty) of Red Wing, Doug (Jan) and Randy (Ann), all of Cannon Falls, and Brenda (Jack) Rehtzigel-Ables of Zumbrota; daughter-in-law, Cindy of Cannon Falls; and many grandchildren and great-grandchildren.

Funeral service was held on Sunday, January 28 at 2:00 pm, with visitation from 12 pm - 2 pm, at St. Paul's Ev. Lutheran Church, Cannon Falls. This funeral was live-streamed and available to watch. Interment followed at the Cannon Falls Cemetery, along with a lunch at church.

In lieu of flowers, memorials are preferred to St. Paul's Church or donor's choice.

Active pallbearers were grandsons, Justin, Connor, Logan, Nolan, and Matthew Rehtzigel, and Jon Holte.

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NATIONAL FFA WEEK February 17-24, 2024



The National FFA Organization promotes the growth of tomorrow's agricultural leaders through education.

We salute Cannon Falls, Randolph, Kenyon-Wanamingo and Northfield FFA members for their dedication to developing leadership skills, confidence and career direction that will help them succeed in their chosen fields.

From hard work on the farm to important lessons in the classroom, FFA has shown its strength and determination to achieve success.



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Benefit to be held for Bryson McGrath

(continued from page 1)

Each year the Hansen family sponsors a spot on the back of our shirt through their family business.

Over here at Rockets Tackle Cancer, we

love to support those who support us. It's all about giving back! The Hansen family reside in Randolph with their two kids who attend Randolph School. They will be hosting a benefit in honor of their 3-year-old grandson, Bryson, who has been in a fight against cancer since December of 2022.

If you would like to donate, please do! They are also looking for SILENT AUCTION baskets/items! Any questions, please reach out to Jenni. Otherwise, I'm happy to answer questions as well.

Visit: <https://givebutter.com/4Z5BA8>

Tackle Cancer Sets All-Time Record



Courtesy of Facebook

It's official. The @mfca_now Tackle Cancer campaign set an all-time record of \$566,626 this fall! Thank you! That money will support Mn cancer research and patient aid projects through @RSCRCF - in 12 years TC has raised over \$3.5 million! Incredible!

Place Your Ad in the February Issue of the Messenger

Email: hometownmessenger@gmail.com
or call 507-649-3327



Join us for a benefit in support of

BRYSON MCGRATH

At age 2 Bryson was diagnosed with stage 3 high risk neuroblastoma when a 7 inch tumor was discovered in his abdomen. Neuroblastoma is a rare pediatric cancer with a 50% survival rate. After 9 surgeries, 6 cycles of chemotherapy, 12 sessions of radiation, 2 septic infections, and 172 days in the hospital he was declared disease free! Just 3 months later he relapsed when his scans showed 2 new tumors. Now his chance of survival is a grim 5% but that will never stop us from tackling this beast.

Cancer is tough but Bryson is tougher!
Please help us kick cancer in the caboose!

Sunday, February 18th, 2024

12:00pm - 4:00pm

\$25 ADULTS (12 & OLDER)

\$10 KIDS (AGES 5-11)

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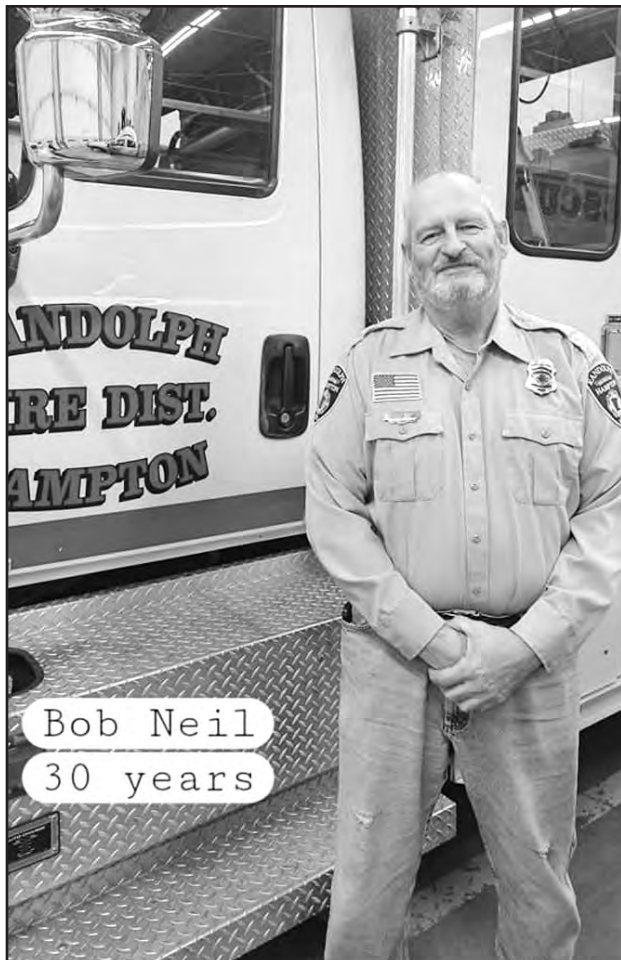
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Combined years of service between these four men equal 134 years. Arne Rauvola 41 years, Paul Gergen 32 years, Dan Lee (not pictured) 31 years and Bob Neil 30 years. Extraordinary. Words can not express our gratitude. Thank you for the years of dedication you have shown the communities of Randolph-Hampton. Congratulations on your retirement. We sincerely thank you.

Courtesy of Randolph-Hampton Fire District



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Cannon Falls - Randolph Mat Rats Wrestling Club attended their first team tournament of the season. 2024 Gopher Conference Tournament in Hayfield on Saturday January 21, 2024.
 Round 1 Mat Rats loss to Westfield 19-49
 Round 2 Mat Rats WIN 58-28 over Kenyon Wanamingo
 Round 3 Mat Rats win 52-34 over WEM/JWP
 Round 4 Mat Rats bye
 Round 5 Mat Rats win over Medford 64-22
 Mat Rats took 2nd place as a team out of 5 teams. Great day of wrestling.

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Cannon Falls Invitational Results for Cannon Falls January 6, 2024

Submitted by Chad Otterness

Cannon Falls/Randolph places 2nd at their home tournament.

Winning championships were Adam Parrish, Calvin Singwald, Tristin Zingler and Teigan Baird.

Team Scores:

1. Dover-Eyota 229.5
2. Cannon Falls 179.0
3. Woodbury 170.0
4. Pine Island 136.0
5. Ellsworth 135.5
6. Triton 87.0
7. St. Charles 74.0
8. Austin 68.0
9. Rosemount 65.5
10. Byron 56.0
11. St. Agnes 52.0
12. Rochester John Marshall 31.0
13. Winona-Winona Cotter 14.0
14. Wabasha-Kellogg 13.0
15. La Crescent-Hokah 6.0

107

Owen Parish (7-7) placed 3rd and scored 14.0 team points.

Champ. Round 1 - Owen Parish (Cannon Falls) 7-7 received a bye () (Bye)

Quarterfinal - Owen Parish (Cannon Falls) 7-7 won by decision over Miles Barclay (St. Charles) 8-4 (Dec 9-6)

Semifinal - Austin Peterson (Ellsworth) 22-8 won by fall over Owen Parish (Cannon Falls) 7-7 (Fall 5:45)

3rd Place Match - Owen Parish (Cannon Falls) 7-7 won by major decision over Kolten Hoffmann (Pine Island) 13-7 (MD 11-3)

114

Adam Parish (20-4) placed 1st and scored 26.0 team points.

Quarterfinal - Adam Parish (Cannon Falls) 20-4 won by fall over Pierce Osburn (Woodbury) 7-11 (Fall 1:56)

Semifinal - Adam Parish (Cannon Falls) 20-4 won by fall over Carson Wright (Ellsworth) 22-10 (Fall 1:52)

1st Place Match - Adam Parish (Cannon Falls) 20-4 won by fall over Sam Thein (Pine Island) 12-9 (Fall 3:13)

127

Caiden Walrod (10-6) placed 4th and scored 11.0 team points.

Champ. Round 1 - Caiden Walrod (Cannon Falls) 10-6 received a bye () (Bye)

Quarterfinal - Caiden Walrod (Cannon Falls) 10-6 won by decision over Alex Ortiz (Triton) 8-12 (Dec 8-7)

Semifinal - Caden Haag (Dover-Eyota) 18-7 won by fall over Caiden Walrod (Cannon Falls) 10-6 (Fall 0:37)

3rd Place Match - Braxton Wohlferd (St. Charles) 18-10 won by decision over Caiden Walrod (Cannon Falls) 10-6 (Dec 6-0)

133

Calvin Singewald (20-4) placed 1st and scored 29.0 team points.

Champ. Round 1 - Calvin Singewald (Cannon Falls) 20-4 received a bye () (Bye)

Quarterfinal - Calvin Singewald (Cannon Falls) 20-4 won by fall over Moises Gonzales (Woodbury) 2-2 (Fall 3:53)

Semifinal - Calvin Singewald (Cannon Falls) 20-4 won by fall over Jacob Sampers (Rosemount) 8-15 (Fall 3:34)

1st Place Match - Calvin Singewald (Cannon Falls) 20-4 won by major decision over Caleb Howe (Woodbury) 17-12 (MD 15-6)

139

Jonathon Opelt (14-8) placed 3rd and scored 15.0 team points.

Champ. Round 1 - Jonathon Opelt (Cannon Falls) 14-8 won by decision over Henry Dohnalik (La Crescent-Hokah) 3-7 (Dec 5-2)

Quarterfinal - Jonathon Opelt (Cannon Falls) 14-8 won by decision over Henry Penn (Ellsworth) 21-12 (Dec 9-2)

Semifinal - Bolton Thesing (Dover-Eyota) 17-2 won by fall over Jonathon Opelt (Cannon Falls) 14-8 (Fall 3:23)

3rd Place Match - Jonathon Opelt (Cannon Falls) 14-8 won by fall over Dino Tokin (Woodbury) 18-9 (Fall 4:50)

145

Griffin Peterson (8-13) placed 6th and scored 11.0 team points.

Champ. Round 1 - Griffin Peterson (Cannon Falls) 8-13 won by decision over Samuel Sampers (Rosemount) 9-10 (Dec 9-7)

Quarterfinal - Aidan Olson (St. Charles) 17-3 won by fall over Griffin Peterson (Cannon Falls) 8-13 (Fall 1:26)

Cons. Round 2 - Griffin Peterson (Cannon Falls) 8-13 won by fall over Bryce Gaddis (Byron) 0-3 (Fall 0:56)

Cons. Semi - Griffin Peterson (Cannon Falls) 8-13 won by fall over Chris Fogal (Pine Island) 2-2 (Fall 4:00)

5th Place Match - Owen Allred (Winona-Winona Cotter) 11-10 won by fall over Griffin Peterson (Cannon Falls) 8-13 (Fall 5:06)

152

Jacob Bigalk (1-12) place is unknown and scored 0.0 team points.



75th Career Win for Tristan Zingler

courtesy of Randolph School

Champ. Round 1 - Antonio Garcia (Austin) 9-10 won by fall over Jacob Bigalk (Cannon Falls) 1-12 (Fall 1:58)

Cons. Round 1 - Nic Lunemann (Woodbury) 9-8 won by fall over Jacob Bigalk (Cannon Falls) 1-12 (Fall 2:33)

160

Lucas Freeberg (7-12) place is unknown and scored 0.0 team points.

Champ. Round 1 - Jackson Welsh (Dover-Eyota) 13-8 won by fall over Lucas Freeberg (Cannon Falls) 7-12 (Fall 5:51)

Cons. Round 1 - Cole Glatz (Rosemount) 11-11 won by decision over Lucas Freeberg (Cannon Falls) 7-12 (Dec 7-6)

172

Jaeden Baird (9-10) placed 5th and scored 11.0 team points.

Champ. Round 1 - Jaeden Baird (Cannon Falls) 9-10 received a bye () (Bye)

Quarterfinal - Landon Lehnertz (Dover-Eyota) 17-2 won by fall over Jaeden Baird (Cannon Falls) 9-10 (Fall 2:45)

Cons. Round 2 - Jaeden Baird (Cannon Falls) 9-10 won by fall over Bryndon Koepfel (St. Charles) 9-12 (Fall 3:40)

Cons. Semi - Jaeden Baird (Cannon Falls) 9-10 won by decision over Bryan Horn (Rosemount) 12-8 (Dec 10-3)

5th Place Match - Jaeden Baird (Cannon Falls) 9-10 won by fall over Justin Bergmann (Wabasha-Kellogg) 9-8 (Fall 3:07)

189

Tristan Zingler (17-2) placed 1st and scored 28.0 team points.

Champ. Round 1 - Tristan Zingler (Cannon Falls) 17-2 received a bye () (Bye)

Quarterfinal - Tristan Zingler (Cannon Falls) 17-2 won by fall over Tyler Schade (Rosemount) 1-4 (Fall 1:48)

Semifinal - Tristan Zingler (Cannon Falls) 17-2 won by fall over Parker Taveirne (Woodbury) 6-13 (Fall 0:40)

1st Place Match - Tristan Zingler (Cannon Falls) 17-2 won by decision over Andrew Wendt (Dover-Eyota) 14-9 (Dec 11-4)

215

Teigan Baird (17-5) placed 1st and scored 28.0 team points.

Champ. Round 1 - Teigan Baird (Cannon Falls) 17-5 won by fall over Sam Clyde (St. Agnes) 10-16 (Fall 1:19)

Quarterfinal - Teigan Baird (Cannon Falls) 17-5 won by fall over Breken Young (Ellsworth) 7-15 (Fall 0:29)

Semifinal - Teigan Baird (Cannon Falls) 17-5 won by decision over William Roth (Byron) 8-7 (Dec 6-4)

1st Place Match - Teigan Baird (Cannon Falls) 17-5 won by fall over Alex Naze (Triton) 18-3 (Fall 4:29)

285

Mason Dolan (1-2) place is unknown and scored 6.0 team points.

Champ. Round 1 - Carter Nickleson-Sinclair (Woodbury) 6-15 won by fall over Mason Dolan (Cannon Falls) 1-2 (Fall 0:32)

Cons. Round 1 - Mason Dolan (Cannon Falls) 1-2 received a bye () (Bye)

Cons. Round 2 - Mason Dolan (Cannon Falls) 1-2 won by fall over David Pasko (Rosemount) 1-2 (Fall 2:19)

Cons. Semi - Mason Edwards (Byron) 4-1 won by fall over Mason Dolan (Cannon Falls) 1-2 (Fall 0:42)

Stewartville Tournament

Submitted by Chad Otterness

Cannon Falls/Randolph recently competed in the Stewartville Wrestling Tournament and placed 4th out of 10 teams!

Stewartville Darrell Jaeger Invitational

- 1 Stewartville 228.0
- 2 Maple River 195.5
- 3 Rochester Mayo 192.5
- 4 Cannon Falls/Randolph 155.0
- 5 GMLOKS 129.0
- 6 Byron 80.5
- 7 Triton 70.0
- 8 NRHEG 56.5
- 9 Trinity School 51.0
- 10 Rochester John Marshall 38.0

Individual Results: CF/R had three champions, Adam Parrish, Calvin Singwald, and Tristan Zingler. Owen Parrish earned 2nd place at 107 LBS.

107

Owen Parrish (10-8) placed 2nd and scored 19.0 team points.

Champ. Round 1 - Owen Parrish (Cannon Falls) 10-8 received a bye () (Bye)

Quarterfinal - Owen Parrish (Cannon Falls) 10-8 won by decision over Cade Sursely (Stewartville) 9-8 (Dec 7-6)

Semifinal - Owen Parrish (Cannon Falls) 10-8 won by major decision over Daniel Gregory (Trinity School) 12-5 (MD 13-3)

1st Place Match - Noah Gonzalez (Maple River) 19-6 won by major decision over Owen Parrish (Cannon Falls) 10-8 (MD 11-0)

114

Adam Parrish (24-4) placed 1st and scored 28.0 team points.

Champ. Round 1 - Adam Parrish (Cannon Falls) 24-4 received a bye () (Bye)

Quarterfinal - Adam Parrish (Cannon Falls) 24-4 won by fall over Zac Moyer (Stewartville) 6-8 (Fall 2:32)

Semifinal - Adam Parrish (Cannon Falls) 24-4 won by fall over Gavin Connelly (Byron) 3-12 (Fall 0:46)

1st Place Match - Adam Parrish (Cannon Falls) 24-4 won by fall over Quade Mullenbach (Stewartville) 11-8 (Fall 4:52)

127

Caiden Walrod (11-9) placed 5th and scored 7.0 team points.

Champ. Round 1 - Caiden Walrod (Cannon Falls) 11-9 received a bye () (Bye)

Quarterfinal - Adam Buenger (Rochester Mayo) 9-8 won by fall over Caiden Walrod (Cannon Falls) 11-9 (Fall 3:05)

Cons. Round 2 - Caiden Walrod (Cannon Falls) 11-9 received a bye () (Bye)

Cons. Round 3 - Caiden Walrod (Cannon Falls) 11-9 received a bye () (Bye)

Cons. Semi - Cael Smith (GMLOKS) 18-4 won by major decision over Caiden Walrod (Cannon Falls) 11-9 (MD 10-2)

5th Place Match - Caiden Walrod (Cannon Falls) 11-9 won by fall over Isaac King (Trinity School) 4-11 (Fall 1:20)

133

Calvin Singewald (24-4) placed 1st and scored 26.0 team points.

Champ. Round 1 - Calvin Singewald (Cannon Falls) 24-4 received a bye () (Bye)

Quarterfinal - Calvin Singewald (Cannon Falls) 24-4 won by fall over Braydon Oney (Byron) 1-14 (Fall 2:58)

Semifinal - Calvin Singewald (Cannon Falls) 24-4 won by fall over Brayden Mithun (Maple River) 6-5 (Fall 3:52)

1st Place Match - Calvin Singewald (Cannon Falls) 24-4 won by decision over Hunter Karnitz (Stewartville) 16-2 (Dec 2-0)

139

Griffin Peterson (10-15) placed 4th and scored 12.0 team points.

Champ. Round 1 - Griffin Peterson (Cannon Falls) 10-15 received a bye () (Bye)

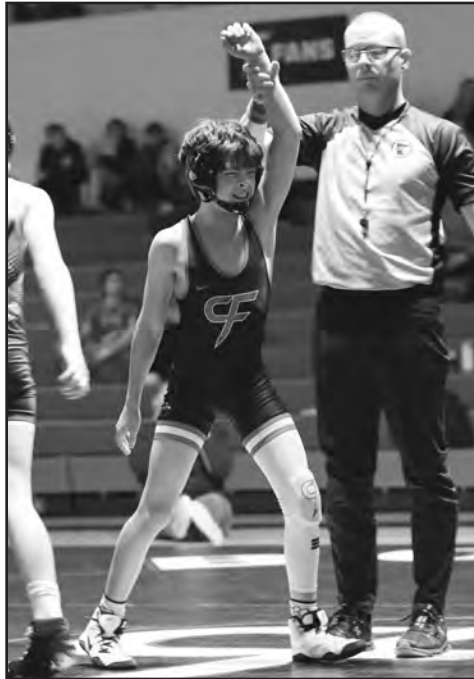
Quarterfinal - Kellen Burger (Rochester Mayo) 15-9 won by fall over Griffin Peterson (Cannon Falls) 10-15 (Fall 1:35)

Cons. Round 2 - Griffin Peterson (Cannon Falls) 10-15 received a bye () (Bye)

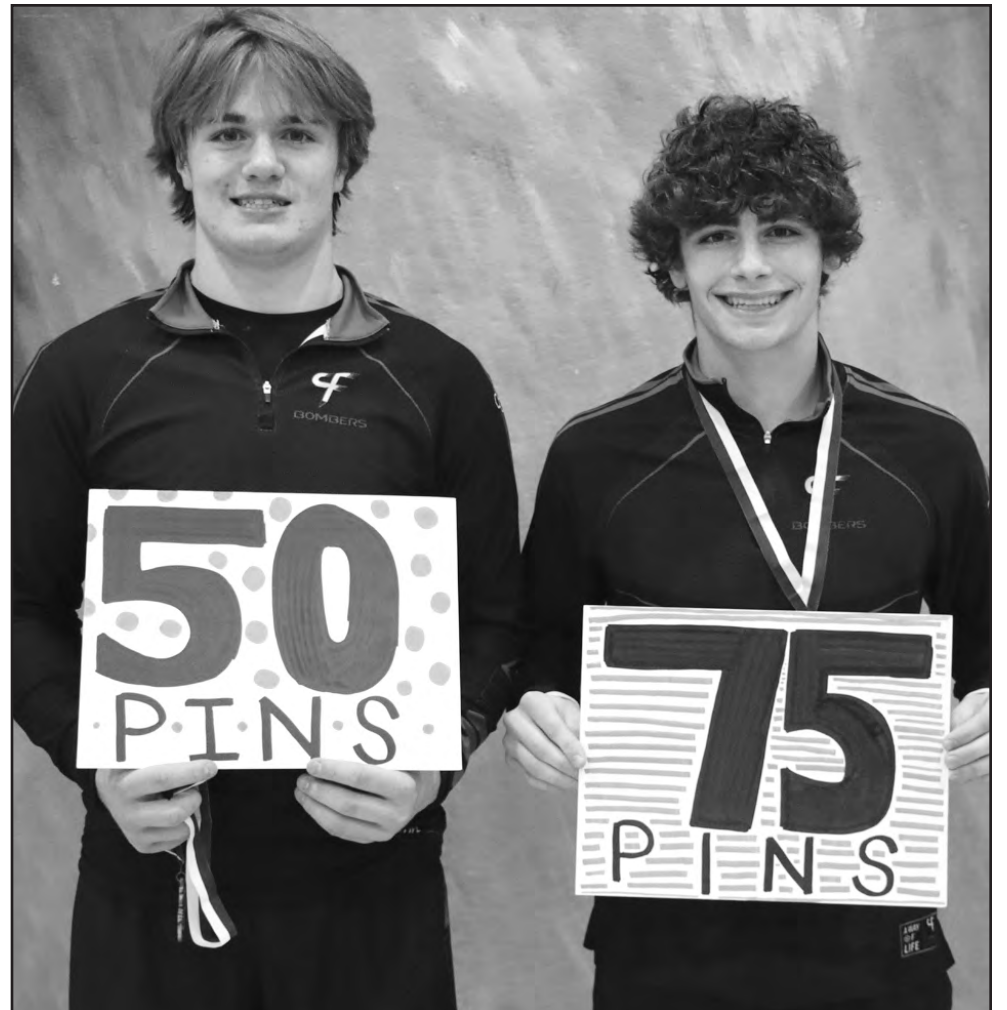
Cons. Round 3 - Griffin Peterson (Cannon Falls) 10-15 received a bye () (Bye)

Cons. Semi - Griffin Peterson (Cannon Falls) 10-15 won by fall over Deven Parpart (NRHEG) 12-7 (Fall 3:37)

3rd Place Match - Kellen Burger (Rochester Mayo) 15-9 won by decision over Griffin Pe-



Owen Parrish of CF-R with a win over his Stewartville opponent



Randolph sophomore wrestler, Tristan Zingler 50th career pin Saturday Jan. 13 and Cannon Falls Senior wrestler, Calvin Singewald 75th career pin Saturday Jan. 13 at the Stewartville Darrell Jaeger Tournament.

terson (Cannon Falls) 10-15 (Dec 5-0)

145

Jacob Bigalk (1-16) placed 6th and scored 3.0 team points.

Champ. Round 1 - Jacob Bigalk (Cannon Falls) 1-16 received a bye () (Bye)

Quarterfinal - Lucas Larson (Stewartville) 11-4 won by fall over Jacob Bigalk (Cannon Falls) 1-16 (Fall 5:08)

Cons. Round 2 - Jacob Bigalk (Cannon Falls) 1-16 received a bye () (Bye)

Cons. Round 3 - Jacob Bigalk (Cannon Falls) 1-16 received a bye () (Bye)

Cons. Semi - Max Erickson (Rochester Mayo) 9-10 won by fall over Jacob Bigalk (Cannon Falls) 1-16 (Fall 2:24)

5th Place Match - Dominic McNamara (Trinity School) 7-9 won by fall over Jacob Bigalk (Cannon Falls) 1-16 (Fall 3:15)

160

Lucas Freeberg (7-15) place is unknown and scored 0.0 team points.

Champ. Round 1 - Brayden Lorentzen (Byron) 15-9 won by tech fall over Lucas Freeberg (Cannon Falls) 7-15 (TF-1.5 5:35 (16-1))

Cons. Round 1 - Lucas Freeberg (Cannon Falls) 7-15 received a bye () (Bye)

Cons. Round 2 - Brayden Stier (Stewartville) 5-3 won by disqualification over Lucas Freeberg (Cannon Falls) 7-15 (DQ)

172

Jaeden Baird (11-13) placed 4th and scored 10.0 team points.

Champ. Round 1 - Jaeden Baird (Cannon Falls) 11-13 received a bye () (Bye)

Quarterfinal - Byron Getchell (Maple River) 21-4 won by fall over Jaeden Baird (Cannon Falls) 11-13 (Fall 2:26)

Cons. Round 2 - Jaeden Baird (Cannon Falls) 11-13 received a bye () (Bye)

Cons. Round 3 - Jaeden Baird (Cannon Falls) 11-13 won by decision over John Paul Lorentz (Byron) 2-13 (Dec 10-6)

Cons. Semi - Jaeden Baird (Cannon Falls) 11-13 won by decision over Cole Kodada (Trinity) 9-14 (Dec 5-4)

3rd Place Match - James Nelson (Rochester Mayo) 14-5 won by decision over Jaeden Baird (Cannon Falls) 11-13 (Dec 9-3)

189

Tristan Zingler (20-2) placed 1st and scored 26.0 team points.

Champ. Round 1 - Tristan Zingler (Cannon Falls) 20-2 received a bye () (Bye)

Quarterfinal - Tristan Zingler (Cannon Falls) 20-2 received a bye () (Bye)

Semifinal - Tristan Zingler (Cannon Falls) 20-2 won by fall over Lincoln Dube (Stewartville) 9-6 (Fall 1:05)

(continued on page 11)

Governor's Duals Results for Cannon Falls/Randolph

Submitted by Chad Otterness

The Bombers went 2-2 at St. Paul Johnson!
 Chaska/Chanhassen 47, Cannon Falls/Randolph 27
 Cannon Falls/Randolph 59, East Ridge 12
 Grand Rapids 34, Cannon Falls/Randolph 29
 Cannon Falls/Randolph 54, St. Paul Johnson 24

Stewartville Tournament

(continued from page 10)

1st Place Match - Tristan Zingler (Cannon Falls) 20-2 won by fall over George Roesler (NRHEG) 14-4 (Fall 4:53)

215

Teigan Baird (20-7) placed 3rd and scored 17.0 team points.

Champ. Round 1 - Teigan Baird (Cannon Falls) 20-7 received a bye () (Bye)

Quarterfinal - Teigan Baird (Cannon Falls) 20-7 won by fall over Anthony Nelson (Stewartville) 4-12 (Fall 1:28)

Semifinal - William Roth (Byron) 10-8 won by decision over Teigan Baird (Cannon Falls) 20-7 (Dec 4-1)

Cons. Semi - Teigan Baird (Cannon Falls) 20-7 won by decision over Evan Hernandez (Rochester John Marshall) 5-8 (Dec 1-0)

3rd Place Match - Teigan Baird (Cannon Falls) 20-7 won by major decision over Dizel Butler (Maple River) 13-11 (MD 11-2)

285

Mason Dolan (2-5) placed 6th and scored 7.0 team points.

Champ. Round 1 - Mason Dolan (Cannon Falls) 2-5 received a bye () (Bye)

Quarterfinal - Colten Gardner (GMLOKS) 12-10 won by fall over Mason Dolan (Cannon Falls) 2-5 (Fall 1:58)

Cons. Round 2 - Mason Dolan (Cannon Falls) 2-5 received a bye () (Bye)

Cons. Round 3 - Mason Dolan (Cannon Falls) 2-5 won by fall over Jace Ihrke (NRHEG) 4-6 (Fall 0:38)

Cons. Semi - Mason Edwards (Byron) 5-2 won by fall over Mason Dolan (Cannon Falls) 2-5 (Fall 1:46)

5th Place Match - Thadeus Zabel (Byron) 5-12 won by fall over Mason Dolan (Cannon Falls) 2-5 (Fall 5:41)

JV Results:

Stewartville Junior Varsity Invitational Results for Cannon Falls.

Wyatt Mosser takes 1st place in the JV tournament! 3-0 on the day!

Dylan Menge's place is unknown and has scored 0.0 team points.

Quarterfinal - Christopher Kasper (Triton) won by fall over Dylan Menge (Cannon Falls) (Fall 0:32)

Cons. Round 1 - Gavin Edwards (Byron) won by fall over Dylan Menge (Cannon Falls) (Fall 1:01)

Stewartville Girl's Invitational Results for Cannon Falls

142

Monette Otterness (5-6) placed 2nd and scored 0.0 team points.

Round 1 - Annabelle Petsinger (NRHEG) 2-0 won by fall over Monette Otterness (Cannon Falls) 5-6 (Fall 1:00)

Round 2 - Annabelle Petsinger (NRHEG) 2-0 won by fall over Monette Otterness (Cannon Falls) 5-6 (Fall 5:46)

JV 160

Wyatt Mosser's place is 1st and has scored 22.0 team points.

Quarterfinal - Wyatt Mosser (Cannon Falls) won by fall over Jameson Barrientos (Rochester Mayo) (Fall 2:30)

Semifinal - Wyatt Mosser (Cannon Falls) won by decision over Jaxon Brown (Chatfield) (Dec 10-9)

1st Place Match - Wyatt Mosser (Cannon Falls) won by decision over Jesse Ingals (Stewartville) (Dec 3-1)



Lucas Freeberg earned his 50 th win for the Cannon Falls-Randolph Wrestling team at the Governor's Duals in St. Paul
 (additional pictures on page 12)

Lake City Tri January 25, 2024

Cannon Falls 43 Plainview-Elgin-Millville 28

107: Owen Parish (CAFA) over Cooper Mack (PEM) (Fall 7:18)

114: Adam Parish (CAFA) over Matthew Graner (PEM) (Fall 1:32)

121: Ethan Albers (CAFA) over Tucker Binner (PEM) (Dec 14-7)

127: Carson Rahman (PEM) over (CAFA) (For.)

133: Calvin Singewald (CAFA) over Aiden Graner (PEM) (MD 13-2)

139: Nolan Ford (PEM) over Griffin Peterson (CAFA) (Fall 5:37)

145: Jonathon Opelt (CAFA) over Joshua Schad (PEM) (Fall 4:23)

152: Lucas Freeberg (CAFA) over Hunter Johnson (PEM) (Fall 0:24)

160: Jaeden Baird (CAFA) over (PEM) (For.)

172: Alex Hinrichs (PEM) over Rocco Casalenda (CAFA) (Fall 1:54)

189: Tristan Zingler (CAFA) over Brady Melcher (PEM) (Fall 1:19)

215: Alexander Bedsted (PEM) over Teigan Baird (CAFA) (MD 8-0)

285: Drew Rahman (PEM) over Talent Rifemberick (CAFA) (Fall 1:56)

Cannon Falls 47 Lake City 24

107 Parish, Owen (CF) over Atkinson, Parker (LC) Tech Fall 15-0 0-5

114 Parish, Adam (CF) over Watters, Lincoln (LC) Fall 0:56 0-11

121 Lopez Ramirez, Adrian (LC) over Otterness, Edmond (CF) Fall 00:26 6-11

127 Albers, Ethan (CF) over Forfeit, (LC) FORFEIT 6-17

133 Singewald, Calvin (CF) over Keller, Danny (LC) Fall 02:41 6-23

139 Lopez Ramirez, Benny (LC) over Peterson, Griffin (CF) Fall 0:51 12-23

145 Opelt, Jonathon (CF) over Forfeit, (LC) FORFEIT 12-29

152 Bigalk, Jacob (CF) over Siewert, Tate (LC) Fall 0:48 12-35

160 Baird, Jaden (CF) over Rojas, Jayro (LC) Decision 10-4 12-38

172 Roberson, Weston (LC) over Casalenda, Rocco (CF) Fall 1:47 18-38

189 Zingler, Tristan (CF) over Forfeit, (LC) FORFEIT 18-44

215 Baird, Teigan (CF) over Burgeson, Brayden (LC) Decision 4-3 18-47

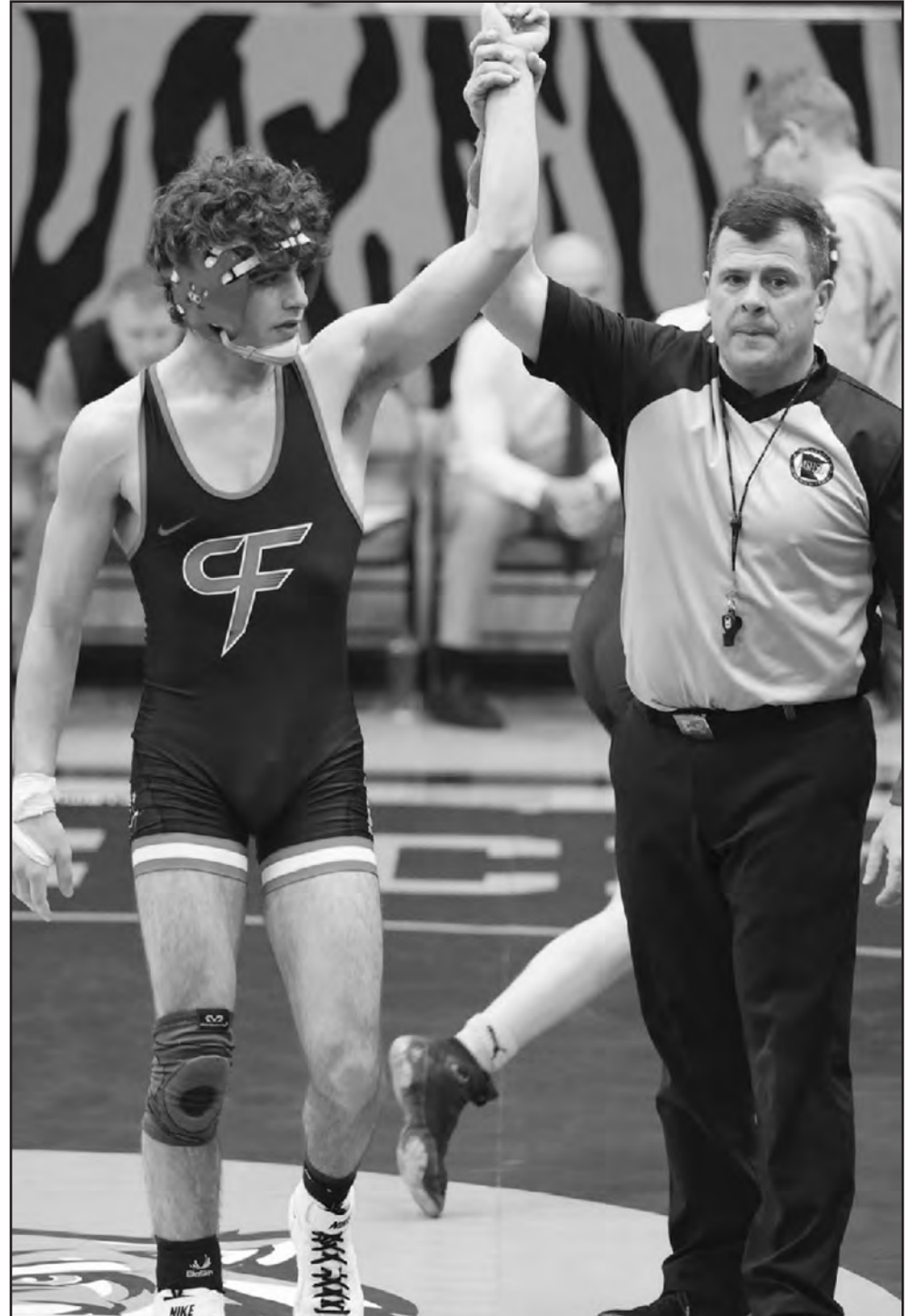
285 Meyer, Karl (LC) over Dolan, Mason (CF) Fall 1:22 24-47

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Jaeden Baird gets his 25th pin for Cannon Falls-Randolph at the Governor's Duals



Calvin Singwald of Cannon Falls-Randolph with a win at the Governor's Duals at St. Paul Johnson High School.



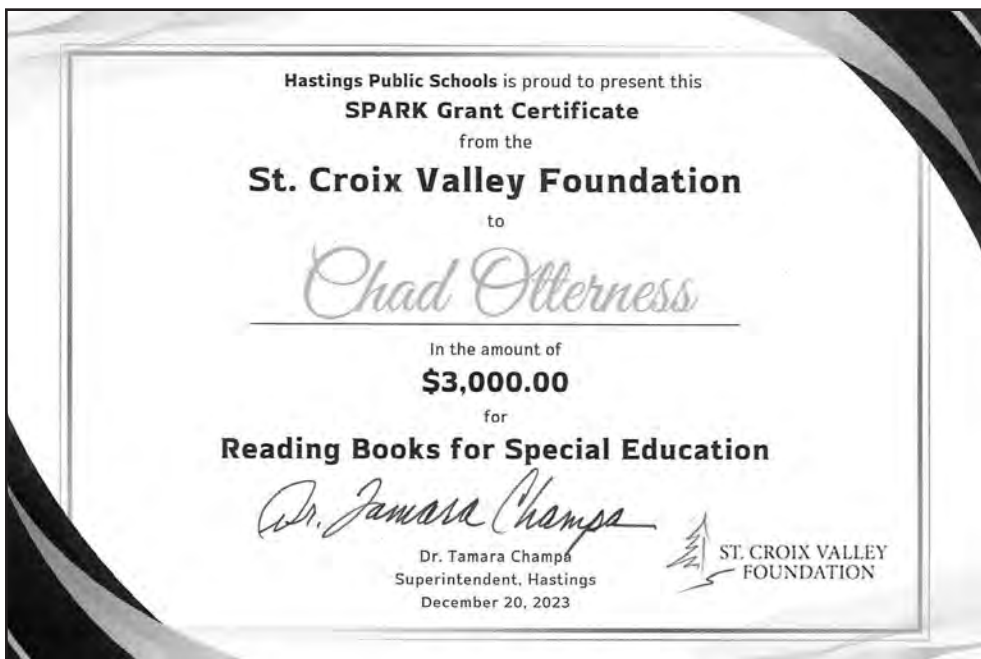
Calvin Singwald of CFR at Governor's Duals in St. Paul

Otterness Awarded the Spark Grant

Chad Otterness has recently been awarded the Spark Grant at Hastings High School in Hastings, Minnesota! Chad is a special education teacher at Hastings Schools.

The Spark Grant is provided by the St. Croix Valley Foundation.

The \$3,000 grant will help to fund the purchase of reading materials for special education related programming and other initiatives that will enhance students' reading levels.



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Healthy Sugar?



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In this past season you probably noticed that “sweet tooth” become extra active. The holiday season is filled with opportunity for sweets of all different kinds. For many the holiday would not be complete without a particular candy or cookie or dessert being present. Now as the new year takes hold many resolve to do a better job of self-discipline in choosing what to eat. Let me suggest you direct your effort to improve the quality and decrease the quantity of sugar you consume this year.

There is no question that sugar has a strong hold on our community. From government data we can find that the average American consumed less than 10 pounds of sugar a year back in 1880. More than 100 years later, the average American consumes about 2 pounds of sugar each week. Not only has the quantity increased more than 10-fold, but this sugar is

processed to the point of pure energy with no additional mineral or vitamin content attached to it.

Go back to 1959 and less than one percent of the American population was diabetic. Today more than 30 percent of the American population is identified as pre-diabetic or diabetic. The greatest increase in diabetes is occurring among the young Americans. Those managing diabetes will have more significant medication costs, more doctor visits, and twice as long hospital stays. New medications are coming out promising to control the downward spiral of disease, but the cost of these medicines continues to increase.

There is a better solution. You can choose healthy sugars to replace the pure energy of the white sugar and corn syrup you currently have in the cupboard. As you start this new direction, I encourage you to throw out the white sugar and corn syrup and select healthy sugars that contain minerals and enzymes that will aid digestion and help to keep your health.

These healthy sugars have a variety of flavors. You are familiar with them, but probably have not used them as well as they can be used. So let’s review some of these options:

Whole Fruit – a piece of whole fruit at the end of a meal, or as part of a meal is an excellent way to satisfy the sweet tooth and get vitamins and minerals as well. In a previous article, I spoke on the benefit of an apple each day. Make whole fruit a priority in your meal planning and you will be healthier for it.

Raw Honey – organic raw honey contains

enzymes that will help aid digestion and additional nutrients that benefit health. Raw honey will contain active enzymes and unfiltered honey will contain additional bee propolis and pollen that can help reduce some allergies and improve digestion. Less honey will be required in recipes because it tastes sweeter than sugar.

Black Strap molasses – molasses is a by-product of the sugar refining process. Molasses contains all minerals that are removed from refined sugar. Rich in iron, calcium, potassium, and copper, this addition to recipes is always noticed. Often associated with gingerbread flavors, but molasses can also be used in many other recipes.

Maple Syrup – the sap of the maple tree collected in early spring contains minerals and nutrients essential for the new life of the spring leaves. Grade C maple syrup contains the most vitamins and minerals and is the strongest flavor. Grade A maple syrup also contains minerals and is a good substitute for white sugar in any recipe.

Rapadura or Sucanat – these two products are made from sugar cane juice. The juice does not go through the extensive processing required for white sugar. Therefore, there is still some mineral content remaining with these sweet products. There is a slight molasses or caramel flavor that is pleasant to

taste.

Make your health a priority in 2024. There will be change that is required. Little changes can make a big difference over time. Changing your sugar choices can be one of those little changes. If you would like to reverse diabetes or prevent diabetes, I can help you start a plan.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net Start this year with a new plan. Foundation to Thrive is a 16 week lifestyle transformation to help you reach your health goals in 2024.

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Vitamin D more effective than flu shot!



By Shauna Burshem, D.C.

11% of U.S. Children are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). ADHD is characterized by patterns of inattention, hyperactivity and impulsivity that interferes with daily living and learning. Recent research has shown that aromatherapy may be a potential helpful tool for children with ADHD. The essential oil vetiver shows the most promise as it showed changes in brain activity when inhaled. Children who inhaled vetiver three times day for 30 days

showed improved brain wave patterns and behavior and did better in school. When the oil is inhaled, microdroplets are carried to an area of the brain that is the center for reason, emotion and smell. The droplets also make their way to the lungs where they enter the circulatory system. Brain activity improvements were measured via EEG (electro-encephalograph) scans.

Studies are showing the link between refined sugar intake and cancer risk. All dietary carbohydrates are digested into sugars called glucose. Compared to natural sugars, the fructose found in fruits and honey, refined sugars and many carbohydrate starches cause an issue in the gut where an endotoxin is produced. The endotoxin destroys mitochondrial cell function which then results in cancer metabolism. This backs up the claim that cancer cells feed on sugar. But, now we know not all sugars, just the refined ones. These are the sugars that are added to foods. For example, candy, chocolate, ice cream, soft drinks, etc. A study published in 2014 showed that cancer patients that drank two or more servings of sugar-sweetened soft drinks had a 67% chance of cancer recurrence and death compared to those who drank less than two servings per month. All cancer patients should avoid all refined sugars and only satisfy their sweet tooth with

fruits and honey.

A consistent review of past and current research is providing evidence that vitamin D deficiency may actually be a cause of colds and flu. Science is now confirming that vitamin D optimization boosts immunity and cuts the rate of colds and flu. Vitamin D supplementation is actually more effective than the flu shot. Studies show that if a person is severely vitamin D deficient (if you are never exposed to sunshine and you do not take a vitamin D supplement, you more than likely are), vitamin D supplementation is 10 times more effective than a flu vaccine. A recent scientific review of randomized clinical controlled studies confirmed that vitamin D supplementation boosts immune system function and cuts rates of cold and flu. People who took vitamin D daily were less likely to report acute respiratory infections like influenza or the common cold.

Chiropractic for kids! Chiropractic care is a 100% all natural approach to building and maintaining your child's health from birth to adulthood. Here are just a few reasons why chiropractic care makes perfect sense for kids. The number one reason is immune system health. Periodic spinal check-ups remove neural impulse blockages that come from fixated or stuck spinal bones. This decrease in nerve impulses inhibits function and performance of the immune system. Many studies show that spinal alignment issues contribute neural factors that influence immune system function. The number two reason is spinal curvature problems. As a small

toddler learning to walk, many bumps and falls are taken. These bumps and falls can cause spinal bones to become fixated in the wrong position. Once the spinal bones are not aligned properly and the child continues to grow or has growth spurts, the spine can grow crooked which causes a curvature issue like scoliosis. Once children become older and even more active (think sports, bike riding, skateboarding etc.), alignment issues from these activities are even more common. In today's society, what child does not spend a lot of time on their phone, tablet or video games? This forward slumped posture not only causes postural issues, but tension on the spinal muscles which then causes misalignment leading to further curvature problems, not to mention neck and back discomfort or headaches.

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3:00 PM Designer Purse & Gift Card Bingo at City Hall
\$30/packet, 10 games, designer purses and \$150 gift cards

6:30 PM 9th Annual Denni Dazzle Parade
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7:00 PM Live Music from Bryan Anderson at 625 Bar & Grill

8:00 PM LIVE MUSIC AT THE FIRESIDE "Wreckless"

9:00 PM Raffle Winners Announced at Fireside

Flake Out Festival Raffle Saturday, February 3
Buy a Raffle Ticket from any Lions Member, Fireside Lounge, Dennison Depot Gas Station, 625 Bar & Grill or Heritage Bank in Dennison for \$5.00 for your chance to win!

Grand Prize - \$500.00 Cash
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(continued from page 1)

items around the community. Also, with the help of members and alumni, we seamlessly unloaded a semi-load of fruit and two trucks, organized everything and sent it all out without any hiccups. In December, our General Livestock Evaluation team placed third overall at the National Western Roundup in Denver, Colorado (team members included: Katie Radman, Ella Hegland, Maria Hegland, and Wyatt Herman). Looking forward, we have a few Career Development Experiences and Leadership Development Experiences being sent to the Minnesota State FFA Convention in April. For CDEs, our General Livestock and Dairy Evaluation teams qualified for state, as well as Mattea Quigley and Jaelyn Holz qualifying individually for Dairy Handling. For LDEs, Gradyn Taylor and Max Kuhn are going for the Creed Speaking contest so far. What a tremendous few months! We hope to make the next ones even better.

Starting in 1948, the National FFA Board of Directors designated a weeklong tradition to recognize George Washington's example and legacy as a leader and farmer. For the past 74 years, FFA members across the country have

taken part in agricultural, leadership and service-based activities during National FFA Week.

"National FFA Week is a significant event that really showcases the heart of our organization," says Christine White, chief program officer for the National FFA Organization. "Local chapters use this as an opportunity to highlight program success, recognize community supporters and amplify the mission of the organization."

Again this year, more than 700,000 FFA members will spend the week of February 17-24 developing their potential for premier leadership, personal growth and career success through agricultural education.

They will do so in creative and innovative ways. Whether volunteering to clean up the local fairgrounds or throwing a citywide party to celebrate the 1732 birth of our first president, there is no limit to how this week can be recognized.

"It could be hosting a breakfast for teachers, an open house for FFA supporters or bestowing chapter-level degrees. It truly is an opportunity to celebrate all things FFA. As a former member and agricultural educator, FFA Week is something I always looked forward to since it was a way to share my passion for the organization," White says. "FFA members should embrace the planning, execution and celebration that occurs with developing activities and events for FFA Week. The skills of teamwork, communication and advocating are ones you will carry with you beyond your FFA experience."

Keep track of all that is happening by following #FFAWeek on your social channels.



FFA Members running the food stand

Find more about all the resources available at FFA.org/National-FFA-Week.

The organization also wants to Thank Alumni and Supporters!

Whether they wore the blue jacket or simply support an organization they were never a member of, these individuals are celebrated on National FFA Alumni and Supporters Day. Since 1971, alumni and supporters have found ways to significantly contribute to their local chapters.

Jeremy Krerowicz, the past president of the Denmark FFA Alumni in Wisconsin, fondly remembers his time as a member, and he used those experiences as motivation to lead the 2020 Outstanding FFA Alumni and Supporters Chapter.

"Our members love to see the students grow," Krerowicz says. "We love seeing them being recognized at state and national

conventions, during their chapter banquet and throughout the community. It shows that we are doing our part. We help them with the resources they need to get that far."

In every state in the nation, alumni and supporters chapters work to create environments where people and communities can develop their potential for premier leadership, personal growth and career success.

They are raising funds to send members to the Washington Leadership Conference, hosting students with supervised agricultural experiences (SAEs), helping to advocate for their local chapters and more. 2024 marks the 53rd anniversary of the National FFA Alumni Association. Randolph FFA is also fortunate to have an very active alumni as well as great community support.

Thank you, alumni and supporters!

Here's Where To Buy Your Minnesota Country Salute CD Buy the FINAL Minnesota Country Salute CD

Once again the net proceeds from this years Minnesota Country Salute CD will go to the Minnesota Military Family Foundation and Minnesota Wheels of Honor. Starting Veteran's Day you'll be able buy your copy at any one of these locations and make sure the service men and women and first responders of Minnesota have the support they need.

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About the Minnesota Country Salute CD Project:

A decade ago while sitting on his porch, Neil Freeman came up with the idea of tying together two groups that BOB FM supports. The Homegrown artists of Minnesota and the military member support organizations.

By creating a compilation CD to sell across Minnesota, he nailed it. With the help of many sponsors and listeners who went out and purchased these CDs over the years, BOB FM has donated over \$235,000 to the Minnesota Military Family Foundation, Minnesota Wheels of Honor, and Tribute to the Troops.

If you or your business would like to help further this mission, or help distribute the CD, please contact Neil Freeman, neil@mybobcountry.com.



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By Minnesota FFA



The Minnesota FFA Foundation continues the important work supporting the development of young people through Agriculture, Food, and Natural Resources (AFNR) programs and the

FFA.

Minnesota FFA continues to grow both in the number of schools offering AFNR/FFA programs and the number of students enrolled. Thirty new programs have been added in the past four years, bringing the number of Minnesota schools that offer AFNR/FFA programs to more than 220. The growth doesn't stop there, as numerous schools are actively

engaged in the chartering process to add an AFNR/FFA program for the upcoming school year.

"We invite individuals and businesses to make a start-of-the-year donation for 2024, supporting the development of students through the Minnesota FFA Foundation. Donors play an important role, in removing barriers so that the more than 40,000 Minnesota students enrolled in AFNR classes have the opportunity to prepare for careers in agriculture and develop the skills to be leaders for their local community," shares Val Aarsvold, executive director, the Minnesota FFA Foundation.

Support provided to the Minnesota FFA Foundation is directed toward four main areas, including Youth Leadership, Teacher Preparation, Scholarships, and the Minnesota FFA State Convention.

One-time gifts, as well as ongoing and planned gifts, are welcome. If you would like to discuss giving options, contact Val Aarsvold at 507-259-3586 or visit www.mnf-foundation.org.



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Down on the Farm/ Up at the Cabin

How to Make Friends in a New Community: Being Helpful

By Claudia Vanderborght

When all is said and done, it still takes time for a home purchase to close. Monica finally had a purchase agreement on a small farm: 20 acres with rolling topography and some fenced pasture, a barely nice four-bedroom home with attached garage, and a huge 40' x 90' pole barn. And still some summer remained to make local friends before her teaching job began in September.

Monica's daughter was grown with a family of her own – it's difficult to make friends when your kids are adults. But church would be a key to meeting some local folks and maybe some farmer friends. (Farming sounded like fun, but Monica realized that she knew nothing and would have a lot to learn.)

Monica settled into a local community church. Although the congregation was small, it was welcoming. With instant friends: there were two female veterans, a single middle-aged teacher, and a few families who farmed. Having time on her hands before house closing and school starting, Monica offered to help her new friends with whatever was needed. One family invited her to help trim grape vines in their vineyard; it was hot, sweaty work, standing on a steep

hillside -- but Monica liked being outdoors and loved learning new skills.

One Sunday, Monica listened to the teacher exclaiming frustration about her basement renter: the gal was behind on rent, causing problems, and refusing to leave. Monica had heard many stories from her dad about how difficult it was to evict tenants, usually costing thousands of dollars and causing months of frustration. Monica is a problem solver, had experience with renters, and loves to help others; she offered her new friend help in evicting the tenant.

"Let's make this official," Monica suggested. "Write up a lease and I will pay you \$1 in rent to make the contract legally binding."

Contract in hand, Monica packed a few clothes, her cooler and grill, the air mattress, a few miscellaneous essentials, and moved into the other basement bedroom. The difficult tenant had gone away for the weekend, so while she was gone Monica helped pack her belongings.

Anything that might be used as a weapon (knives, tools) were stored at the bottom of the box, clothes and dishes on top. Two days later, the delinquent renter returned and discovered Monica -- her new, helpful roommate.

The shouting and cursing began, including pleas like, "Where I am supposed to go? I have nowhere to live! How am I supposed to move? I have nowhere to go..."

After pointing out that this was not the homeowner's or Monica's problem, Monica ignored her. The homeowner simply re-

peated her requests for rent owed.

Knowing that possession is nine-tenths of the law, Monica was careful not to leave the apartment. When dinner time came and she wanted to use the grill, Monica simply locked the bedroom door and climbed in and out of the window!

The tenant was – of course – furious and threatened to call the police. Both the homeowner and Monica agreed that was a wonderful idea (much to the chagrin of the apartment squatter). A very nice officer came to the home, understood the dilemma, and asked to speak with each person individually. When it was her turn, Monica presented her driver's license and military identification (knowing that many officers had served in the military).

"I have my own home," Monica explained,

"but I am just trying to help my friend, the homeowner."

"You know this isn't the normal way of doing things," the officer said.

To which Monica completely agreed. So the officer phoned the chief for advice on the legalities of the situation.

"Good news and bad news," the officer told the young lady. "No, the homeowner cannot force you to move out. You have a legal right to stay and make the homeowner go through the normal eviction process. The bad news is that Monica, having a legitimate lease, also has a legal right to stay."

Within 24 hours, still shouting and cursing, the delinquent renter packed up the rest of her belongings and moved out. Monica left a day or so later.

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Dennison Flake Out Festival

(continued from page 1)

The club is holding a raffle in conjunction with the days events to raise funds to support Lions Clubs activities, support other area non-profit entities and those in need, which the club donates to and supports throughout the year.

A \$500 1st Prize, plus other cash and prizes will be given away. Winner will be announced around 9 PM Saturday night at Fireside Lounge. (Need Not Be Present To Win)

Raffle tickets can be purchased at 625 Bar

& Grill, Dennison Depot, Fireside Lounge, Heritage Bank, or any Lions Club Member.

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. 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 12 Noon. Tasting and voting will be from 12:30-1:30 with a cash prize for 1st and 2nd place. Live music will also be a part of the evening festivities, with BRYAN ANDERSON at 625 Bar & Grill, and the variety band WRECKLESS will be playing at Fireside Lounge.

If you have any questions, contact Lion President Diane at 612-532-0268. See the full schedule of events in this issue of the Messenger.



(2023 Flake Out Festival)

Happy New Year

(continued from page 1)

It insures the paper will continue here in your hometown.

Without this support, we would not be here. We hope you continue to see value in the Messenger. While there are plenty of social media sources and on line sites out there, most don't deliver the hometown news and message like we do here.

Every year, many newspapers have consolidated or gone out of business.

We have watched this happen many times in recent years in small rural communities, and especially the past several years.

With our small staff of 2.5, we understand this challenge first hand here at the Messenger, which is why we publish the Messenger in its monthly format and update you as needed throughout the month on our web site.

Our goal with the Messenger is to help insure our home towns still have a community voice of its own, direct mailing to all residents in the zip code as well as many out of town subscribers. This format allows your hometown to maintain a local monthly paper, and better connect local residents, businesses and the community. We also understand the need for more timely information within the month, so check out the web site for important news that happens between print issues. We continue to expand our digital and online offerings while still maintaining our dedication to our hometowns!

We remain a small family owned business with a goal of supporting our rural communities and businesses. As always, if you have news, information or story ideas, please reach out to us. Again, Thank you for your readership and support.

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MDA Now Accepting Applications for 2024 Beginning Farmer Tax Credit

Eligible parties are encouraged to apply early for funding

The Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA) is now accepting applications for the 2024 Be-

ginning Farmer Tax Credit, an annual program available to landlords and sellers (asset owners) who rent or sell farmland, equipment, livestock, and other agricultural assets to beginning farmers.

Total funding available for the 2024 Beginning Farmer Tax Credit program is \$4 million. The credits are funded in a first-come, first-served manner, so applicants are highly encouraged to apply early in the year before the stated deadlines. Both the asset owners and beginning farmers must submit applications with lease and/or sale documents to be eligible for funding and to hold their place in

Asset owners can claim credits in one of the following categories in a given tax year for each beginning farmer they lease/sell to:

	Tax Credit Amount	Maximum Tax Credit	Application Due Date
Cash Rentals	10% of annual rental income	\$7,000	July 17, 2024
Share Crop Rentals	15% of annual rental income	\$10,000	July 17, 2024
Farmland Sales	8% of sale price (12% if the buyer is an emerging farmer)	\$50,000	November 1, 2024
All other sales (equipment, livestock, etc.)	5% of sale price	\$32,000	November 1, 2024

Updated Minnesota Groundwater Protection Rule Map Now Available

Restrictions begin September 1 of each year

The Minnesota Department of Agriculture (MDA) has issued an updated map that will help farmers across the state comply with the Groundwater Protection Rule. The rule restricts fall application of nitrogen fertilizer in areas vulnerable to groundwater contamination, and it outlines steps to reduce the severity of contamination in areas where nitrate is already elevated in public water supply wells.

The MDA has made changes to the Fall Nitrogen Fertilizer Application Restrictions Map which is accessible on the MDA website. Three Drinking Water Supply Management Areas (DWSMAs) were removed from the map, and none were added. Two of the DWSMAs were found to have non-agricultural sources of nitrate, while the third was removed after further sampling data indicated the nitrate levels were below the threshold for inclusion. Additional information on the fall application restrictions and exceptions to the restrictions can be found on the MDA's website.

The restriction of fall application of nitrogen fertilizer on these acres will begin September 1, 2024. Farmers are encouraged to check the new map prior to fall 2024 to determine if their fields are subject to these restrictions.

For more information on the Groundwater Protection Rule visit www.mda.state.mn.us/nfr.

line. They may apply before sales close, if needed.

Qualifying asset owners can include individuals, trusts, or qualified pass-through entities renting or selling land, livestock, facilities, buildings, or machinery used for farming in Minnesota to a beginning farmer. Through changes made to the program during the 2023 legislative session, parents, grandparents, and siblings are now eligible for the tax credit if they sell farmland to a direct family member. However, this does not apply to leases or non-land sales (e.g., livestock, vehicles).

A beginning farmer is defined as a Minnesota resident with the desire to start farming or who began farming within the past 10 years. They must provide positive projected earnings statements, have a net worth less than \$979,000, and enroll in, or have completed, an approved farm business manage-

ment (FBM) program.

Beginning farmers are also eligible for a nonrefundable Minnesota tax credit equal to the amount paid for FBM tuition, up to a maximum of \$1,500. This tax credit is available for up to three years.

Full eligibility requirements and application materials can be found on the Beginning Farmer Tax Credit web page. Questions may be directed to Jenny Heck at Jenny.Heck@state.mn.us or 651-201-6316.

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New MDA Grant Funding Available for Protecting Livestock Final date to apply is March 7, 2024

To help Minnesota farmers and ranchers protect livestock from disease and other risks, the Minnesota Department of Agriculture (MDA) is offering a new grant opportunity to help eligible producers buy and install supplies or equipment that will help prevent disease outbreaks and protect animals not currently covered by existing depredation programs.

The Protecting Livestock Grant Program, also referred to as the Protect Grant, offers one-time competitive grants of up to \$10,000 and requires a 50% match. While all types of livestock operations are eligible to apply, priority consideration will be given to those who produce:

Cervids (farmed elk and deer): Due to new fencing requirements passed during the 2023 legislative session.

Poultry and ratites (ostrich, emu): Due to the ongoing threat of highly pathogenic avian influenza (HPAI). Since 2022, the most recent outbreak has affected at least 150 poultry operations and more than 6 million birds in Minnesota.

“With risks like chronic wasting disease and HPAI continuing to threaten Minnesota livestock, it’s important for farmers and ranchers to take proactive efforts to protect their animals,” said MDA Commissioner Thom Petersen. “I encourage all livestock producers to apply for these grant funds to fortify their operations.”

For the purpose of this program, “livestock” includes beef and dairy cattle, swine, poultry, goats, mules, bison, sheep, horses, farmed cervids (deer, elk), ratites (flightless birds including emu), llamas, and honeybees.

Eligible projects include fencing, electronic animal ID systems, air filtration, exclusion systems, Danish entry systems, truck washes, and other strategies to prevent and mitigate disease and other risks.

A total of \$500,000 is available, and the MDA expects to award 50-75 grants. Applications are currently being accepted through March 7, 2024. Applicants will be notified as soon as possible, but no later than April 15, about whether their proposal was funded.

The Protecting Livestock Grant Program is funded through the Agricultural Growth and Research Initiative (AGRI) Program, which provides grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota’s agricultural and renewable energy sectors.

Full grant details and the request for proposals (RFP) can be found on the MDA website.

MDA Announces Additional Farmland Succession Support

A new position will assist farmers and landowners with transfer planning

Farmers and agricultural landowners looking for assistance in creating succession plans for their properties have a new support available through the Minnesota Department of Agriculture (MDA).

The MDA has hired Jim Molenaar as its farmland access and succession teams coordinator. In this newly created role, Molenaar will advocate for and guide farmers and ag landowners through the succession process, bringing in additional outside team members that are necessary for success. These team members could include, but are not limited to, legal experts, accountants, and farm business management (FBM) instructors. There is no cost for this service for those who participate.

“I’m thrilled to partner with the MDA to provide this support to Minnesota’s farmers and producers,” said Molenaar. “The transfer of farmland to the next generation is integral

to the future of agriculture in Minnesota, and I look forward to leveraging my experiences to help farmers and their families successfully transition their legacies.”

Molenaar is an experienced and trusted advisor on the topic of succession and farm ownership. In addition to his new role, he works as a Farm Advocate for the MDA, where he offers one-on-one assistance for Minnesota farmers who face crisis caused by either a natural disaster or financial problems. He is also a retired instructor for the FBM program.

According to USDA, the average age of Minnesota farmers has reached an all-time high of 57.4 years. This new position is just one tool the MDA provides to help transfer ag land and operations to beginning and emerging farmers, ensuring the continued strength and resilience of the state’s agricultural economy. Its FarmLink program brings together those who are looking for ag land, farming operations, or mentors with retiring farmers and landowners who want to see their farms or farming operations continue. The agency also offers the Beginning Farmer Tax Credit and the Down Payment Assistant Grant programs.

Molenaar’s contact information, as well as further details about the MDA’s other land access and succession tools, can be found on the agency’s website.

The farmland access and succession teams coordinator position is made possible with support from the Southern Agricultural Center of Excellence.

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New Data Sheds Light on Minnesota's Local and Regional Ag Markets

The three-year project led by the MDA and UMN will inform equitable market development

The Minnesota Department of Agriculture (MDA), University of Minnesota (UMN), and members of the Statewide Cooperative Partnership for Local and Regional Markets have concluded a three-year project to collect baseline data on Minnesota's local and regional agricultural markets. The data, along with a new strategic framework for market development, are now available for public use.

"We are grateful for the many partners that played a role in the Statewide Cooperative Partnership over the last three years," said Minnesota Agriculture Commissioner Thom Petersen. "Never before have we had this level of information to guide our work on local and regional markets. The data and strategic framework that came out of this project provide us with new perspectives on how we can equitably support farmers and producers, retailers, public institutions, and consumers in Minnesota."

Funded by a three-year grant from the

USDA Federal State Marketing Improvement Program (FSMIP), the MDA, UMN, and over 40 partner organizations surveyed Minnesota producers, supply chain partners, and consumers in 2022 to supplement data from the USDA's National Agricultural Statistics Service Agricultural Census.

"The data from our surveys and outreach help tell a more holistic story of the experiences of small and medium-sized farmers in Minnesota and pathways to effectively support them, in a structured way for the first time," said Dr. Hikaru Peterson, the lead researcher for the project and a professor of applied economics in the UMN College of Food, Agricultural, and Natural Resource Sciences. "We look forward to using these findings to expand collaborative efforts to strengthen Minnesota's local and regional markets."

Thanks to outreach efforts of partners around the state, the producer survey reached many small, mid-sized and emerging farmers not previously represented in Minnesota's agricultural data. Of the 497 Minnesota producers who completed the survey, only 37% were represented in the 2017 Census of Agriculture. The supply chain survey and consumer survey collected additional information to better understand purchasing factors, preference and demand for Minnesota products, and barriers to buying local.

The Partnership used data from all three surveys to develop a framework of seven priority areas and twenty strategies for building market opportunities for Minnesota producers, supply chains, and consumers. The pri-

ority areas include procedural equity; relationship building with tribal nations; outreach, education, and engagement; and built and organizational infrastructure.

Examples of specific strategies under the seven priority areas include:

Provide more technical assistance, training, and information for emerging farmers that are culturally appropriate and offered in multiple languages;

Sustain and expand programming aimed at getting more local food into institutions, retail stores, regional distributors, and places where consumers already shop; and

Collaborate with USDA to increase producer participation in the Census of Agriculture, and identify and invest in ways to collect supplemental data every few years

that is needed to support local and regional market development in Minnesota.

The full data reports and action framework can be accessed through the Statewide Cooperative Partnerships website. The MDA and UMN also hosted a webinar to introduce the findings, which can be viewed on the MDA's YouTube channel.

The Statewide Cooperative Partnership will continue to meet regularly to discuss local and regional market data and needs, pursue collaborative approaches to market development and support, and nurture relationships across our food system. These meetings are open to all who are interested in supporting and expanding this work.

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Minnesota-specific Dicamba Herbicide Restrictions Announced for 2024 Growing Season

State restrictions outline date and temperature restrictions

The Minnesota Department of Agriculture (MDA) today announced that state-specific use restrictions for three dicamba herbicide products will be in place for the 2024 growing season in Minnesota. The restrictions are

aimed at curbing off-site movement of the products.

The affected dicamba formulations are Engenia by BASF, Tavium by Syngenta, and XtendiMax by Bayer. These are the only dicamba products labeled for use on dicamba-tolerant soybeans.

The three products will have the following restrictions in Minnesota in 2024:

DATE CUTOFF: No application shall be made south of Interstate 94 after June 12, 2024. North of Interstate 94, use is prohibited after June 30, 2024.

TEMPERATURE CUTOFF: No application shall be made if the air temperature of the field at the time of application is over 85 degrees Fahrenheit or if the National Weather

Service's forecasted high temperature for the nearest available location for the day exceeds 85 degrees Fahrenheit.

"These restrictions have been effective over the past two growing season at decreasing complaints of off-target movement," said Agriculture Commissioner Thom Petersen. "These products must be used without impacts on neighboring homes, farms, and gardens. The Minnesota-specific restrictions are based on scientific evidence and have proven to be effective."

During the 2023 growing season, the MDA received 11 formal complaints and four responses to an informal survey, all alleging off-target movement. This is a major decrease from a peak in 2021 which saw a total of 304 formal complaints and survey responses. The MDA implemented the date and temperature restrictions in 2022, which resulted in 32 reports of alleged off-target movement.

There are also other federal requirements for the products that appear on the product labels. They include:

Requiring an approved pH-buffering agent,

also known as a volatility reducing agent, be tank mixed with dicamba products prior to all applications;

Requiring a downwind buffer of 240 feet and 310 feet in areas where listed endangered species are located (visit the EPA website to determine whether a 310-foot buffer is required); and,

Additional recordkeeping items.

In addition to the cutoff dates, Xtendimax and Tavium have crop growth stage cutoffs.

Since dicamba was first registered for use on dicamba-tolerant soybeans in the 2017 growing season, the MDA has fielded complaints each year of alleged off-site movement onto neighboring property. The chemical is highly volatile and can damage non-target plant species through spray drift and/or volatilization. Volatility is influenced by several factors including temperature, relative humidity, rate of application, and crop stage. The annual totals of complaints were:

- 2023: 15 reports
- 2022: 32
- 2021: 304
- 2020: 128
- 2019: 20
- 2018: 51
- 2017: 249

Engenia, Tavium, and XtendiMax formulations of dicamba are approved for use on dicamba-tolerant soybeans only and are "Restricted Use Pesticides." The dicamba products are only for retail sale to and use by certified applicators.

Pesticide product registrations are renewed on an annual basis in Minnesota.

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A Few of My Favorite Things from 2023



Tim Penny
So. MN Initiative Foundation

As the holiday season winds down and we start to look ahead to the new year, I always like to take this time to reflect on, and celebrate, the accomplishments from this past year. At Southern Minnesota Initiative Foundation (SMIF), this means thinking back on the ways that our partners helped to build a stronger southern Minnesota. In no particular order, here are my top ten favorite things that happened in 2023:

1. Small towns were inventive: SMIF's Small Town Grant program surpassed a milestone this year by awarding our 113th project since the program began six years ago. From a National Ruby-Throated Hummingbird Center in Henderson, to an Oktoberfest event in Dundas, the small towns in our region are always coming up with innovative ways to enhance community vitality.

2. Solutions to the child care challenge moved the needle: Through SMIF's technical assistance, we have been able to grow and retain child care options in the region. In St. Peter, a new nonprofit community coalition that includes a child care program is opening. In Northfield, a new business model allowed two new family child care providers to open their businesses in a city-owned building. Additionally, SMIF launched a new "whole community" approach to child care which will provide a network of support for up to four communities as they develop solutions to child care challenges this next year.

3. The regional foods system was strengthened: This year we celebrated the 10th anniversary of the FEAST! Local Foods Marketplace, an event held in Rochester for the public to shop from vendors based in Minnesota, Wisconsin and Iowa. More than 1,400 people attended this year's event – the largest on record. The marketplace has had such an impact on the region that Kim Norton, mayor of Rochester, declared the first Saturday in November as Local Foods Day in Rochester.

4. Local wealth was retained: We were delighted to welcome our 32nd Community Foundation under SMIF's umbrella. Southland Community Foundation supports several small towns in Mower County – Adams, Rose Creek, Elkton, Dexter, Taopi and Johnsburg. They have joined a strong cohort of Community Foundations run by volunteer boards that have granted out more than \$7 million to benefit the future of their communities.

5. Early childhood professionals received



continuing education: More than 1,100 early childhood professionals attended the trainings that SMIF offered this year. Topics that are geared toward educators and child care providers focused on the social emotional development of young children and tips on how to grow a child care business. The support we can provide to early childhood professionals creates a better future for southern Minnesota's children and families.

6. Rural communities committed to economic growth: Six communities were recently selected for the 2024 -2026 Rural Entrepreneurial Ventures (REV) cohort: Caledonia, Kasson, Plainview and collectively the communities of Gibbon, Fairfax and Winthrop. REV is a long-term program that focuses on economic growth in small towns by providing planning, coaching, resources and connections.

7. Paint contributed to community vitality: More than 260 gallons of paint were awarded to communities across the region through SMIF's Paint the Town Grant. Since the grant was awarded in May, it has been exciting to see these projects come to life across the region – from a Main Street mural in Elgin, to a paint refresh on historic buildings in Mantorville.

8. Books supported literacy in young children: This year marked 230,000 books that have been distributed across the region through grants and programming over the past 15 years. We were honored to support 53 organizations through SMIF's Early Literacy Grant, which provides children birth to age eight with books.

9. Entrepreneurs flourished: Between providing loans to businesses and working with entrepreneurs directly on growing their businesses, we were excited about the economic activity that we saw this past year. Additionally we were excited to see some of our partners receive awards including West Oakland Auto, a loan client, who was named SBA's Minnesota Minority-Owned Small Business of the Year. The owners of Angie's BOOMCHICKAPOP, another loan client, who were honored by the SBA as a legacy business. They were not the only loan clients with good news. Beth Fynbo, owner of Busy Baby, was written about in a book about successful women inventors, and one of her products was named a Good Housekeeping 2023 Best Parent Award Winner. The Green-

sted became GAP Certified so that they can distribute their microgreens and salad greens wholesale.

10. Partnerships grew: None of the above accomplishments would have happened without our partners. Some of these collaborations have been around for many years, such as the books that local publishers Capstone and ABDO provide for the Early Literacy Grant program. Other partnerships stem from a history of collaboration that are growing in new, exciting directions, such as Compeer Financial's commitment to supporting and expanding SMIF's REV program. And we are grateful for the new

partnerships that will strengthen our programming, such as Glen Taylor's recent announcement about leaving a legacy for southern Minnesota.

I can't talk about my favorite things from the year without mentioning how grateful I am to our donors and staff. Without their support, we would not be able to make an impact on southern Minnesota's future. We look forward to working with our regional partners again in 2024 to continue investing in the vitality of our region.

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

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Minnesota's New Flag

The Minnesota state legislature has plans to approve the new design for the state flag and seal of Minnesota on May 11, 2024. It is a radical departure from the existing flag which was adopted in 1893. There were a few small changes over the years. In 1957 the design was tweaked in anticipation of the statehood centennial the next year. The nineteen stars, signifying the 19th state of the Union, were moved inside the emblem and the red sash removed from the bottom of the design. Again in 1983 the color of the flag was changed from royal blue to medium blue. In 1989, Lee Herold, of Rochester designed and proposed a new design he called the North Star flag, but the legislators declined to act on it.

In the current design of the Minnesota state seal and flag a Native American rides on horseback in the background, symbolizing Minnesota's Native American heritage, while a pioneer uses a plow in the foreground. There is a sunset on the western horizon. The straight horizon line reflects the plains covering much of Minnesota. The Native American is riding southward. The native's horse and spear and the pioneer's ax, rifle, and plow represent tools of daily life. The only interaction between the figures is one observing the other. The tools used by the Native American and the farmer represent the tools used for



labor and hunting, while the stump symbolizes the taming of the land and the importance of the lumber industry to Minnesota in 1858. The Mississippi River and St. Anthony Falls are depicted in the revised seal to note the importance of these resources in transportation, industry, and the settling of the state. The furrowing of the ground by the plow represents the submission of the land to the pioneer. The plow also symbolizes agriculture's importance to Minnesota and its future. The waterfalls are not on the original state seal. Beyond the falls on the seal are three pine trees representing the state tree (the Norway pine) and the three pine regions of the state: the St. Croix, Mississippi, and Lake Superior.

Certain individuals take issue with the current flag over social complaints. Some believe a flag should be very basic and easy to read design. Others feel that the existing design is fine and not to be messed with. Feel free to contact us and express your opinions on the subject.



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The Hampton City Council met on Tuesday December 12, 2023 at the Hampton City Hall for a special meeting and the regular scheduled meeting. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhring, Anthony Verch, and Nick Russell. Also present was Brad Fisher with Bolton and Menk; Chris Meyer, City Treasurer; Travis Thiel, VRWJPO Administrator; Marie Jacob, Mayor of the City of Randolph; and Judy O'Brien, City Clerk.

Special Meeting Called to Order – The purpose of the special meeting was to discuss the city budget and levy certification for the year 2024. Mayor Knetter called the special meeting to order at 6:39 pm.

Judy O'Brien, City Clerk, summarized levy increases. General tax levy will increase \$1,047, which is a 0.45% increase. The Debt Service tax levy will increase \$2,119, which is a 2.41% increase. Therefore, the total tax levy will increase \$3,166, which is a 0.98% increase from 2023. O'Brien stated that budget line items remained relatively unchanged, with the exception of Local Government Aid revenue, which will increase 12-1/2% in 2024. That additional funding allowed for the Engineering Expense line item to be increased for unanticipated projects that generally come up each year.

There were no public comments.

Adjournment – Motion by Huddleston seconded by Luhring to close the special meeting. All voted in favor. None opposed. Motion passed 5:0. The public hearing closed at 6:44 p.m.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 7:00 p.m. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhring, Anthony Verch, and Nick Russell. Also present was Brad Fisher with Bolton and Menk; Chris Meyer, City Treasurer; Travis Thiel, VRWJPO Administrator; Marie Jacob, Mayor of the City of Randolph; and Judy O'Brien, City Clerk.

Disclosure of Interest – Mayor Knetter stated that Randolph/Hampton Fire Department business will be discussed at this evening's meeting and he is a member of the Fire Department.

Approval of November 14, 2023 Regular Scheduled Meeting Minutes – Motion by Verch seconded by Huddleston to approve the November 14, 2023 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 5:0.

Approval of Disbursements – Motion by Luhring seconded by Russell to approve the December disbursements. All voted in favor. None opposed. Motion passed 5:0.

Public Comments - None

Mayor Knetter recognized a Dakota County Deputy in attendance at the meeting and asked if he had anything to report. The Deputy introduced himself as Sergeant Bobby Lambert. Sergeant Lambert reported that, at this time of the year, there is always an increase in the theft of mail and packages. He recommended that residents ask neighbors to pick up mail and watch for package deliveries to help prevent the theft of these items.

Petitions, Requests, and Communications:

Set time for Special Meeting in January to discuss Resolution 2024-01-Setting Salaries/Fees - Mayor Knetter asked Councilors for their opinions on how much time is needed for the discussion. Consensus was 15 minutes will be sufficient.

Vermillion River Watershed Joint Powers Organization (VRWJPO) Watershed Plan Update – Travis Thiel, VRWJPO Administrator – Travis Thiel was in attendance at the meeting and stated that he was there to provide information regarding updating the VRWJPO Watershed Management Plan. The JPO is currently developing goals and strategies based upon identified stakeholder issues. Thiel provided handouts to Council, one of which summarizes who the Vermillion River Watershed Joint Powers Organization is and what they do. The other handout explains how community members can participate in an online survey that will help identify stakeholder issues.

2022 Internal Audit – Councilor Russell reported that he recently participated in the internal audit with the City's Treasurer and Clerk. He stated that the audit was very informative and that all financial records were accurate and properly documented.

Dakota County quarterly newsletter (informational – no action required) – Mayor Knetter mentioned newsletter, which was included in Council meeting packets.

Randolph/Hampton Fire Department Joint Powers Agreement – Marie Jacob, Mayor of the City of Randolph – Mayor Jacob was in attendance at the meeting. She stated that the R/H FD JPA is 20 years old and needs to be updated. She said that the City of Randolph hired an independent attorney to review the JPA. The attorney prepared notes of recommended changes and Mayor Jacob wondered if Council was interested in reviewing the attorney's recommendations. Mayor Knetter stated that Hampton's current City Attorney also reviewed the JPA and told Knetter that nothing contained in the current agreement is out of line. Councilor Luhring stated that no changes need to be made, per the review done by himself, Knetter, and the City's attorney. Councilor Verch offered that if something is working, there is no need to change it simply because it is 20 years old.

Ordinances and Resolutions:

Resolution 2023-12 Adopting the Final 2023 Tax Levy, Collectible in 2024 - Motion by Luhring seconded by Russell to approve the final 2023 tax levy, collectible in 2024, in the amount of \$324,957. All voted in favor. None opposed. Motion passed 5:0.

Reports of Officers, Boards, and Committees:

Engineer Report – Brad Fisher of Bolton & Menk reported on the Water St. Lift Station Generator Project. Updates include that training was done with City staff, the street sign was moved, and there are still 2 minor punch list items that need to be completed before the project can be closed out. Those items are some additional seeding that needs to be done and the completion of some electrical items.

Fisher also reported that the Minnesota Department of Health Drinking Water Revolving Loan Fund is the primary option to fund the new water tower, per discussions with the City's financial adviser. The project plans need to be submitted to the Drinking Water Revolving Fund by the application deadline.

Water / Sewer Report – Mayor Knetter reported that the discharge was completed and the samples look good. Knetter also mentioned that one of the City's hydrants needs repair, however, because of the age of the hydrant, they might not be able to find repair parts. If that is the case, the hydrant would need to be replaced.

Park Report – Councilor Russell stated that there is nothing to report. Mayor Knetter stated that the contractor who will be removing the trees is planning to get the work done soon.

Street Report – Councilor Luhring stated that there is nothing to report. He would like a review of the streets in the Heights of Hampton to be done early next year so that the repair work can be put out for bid in the spring.

Unfinished Business - None

New Business:

Approve Final 2024 Budget - Motion by Russell seconded by Verch to approve the 2024 Budget as presented. All voted in favor. None opposed. Motion passed 5:0.

CD Purchase Update – Chris Meyer – Meyer provided an annual update on City investments. The City does not currently have any investments in CD's in its portfolio. Rather, excess funds are invested in a Dia-

mond Money Market account, which is an insured cash sweep account. While CD rates are beginning to rise, in order to receive a rate of return that is greater than what the City is currently receiving on its Diamond Money Market account, funds would need to be invested for longer periods of time, taking away the liquidity the City has with its current investments. Meyer's recommendation is to continue investing funds into the Diamond Money Market ICS account

Meyer also provided a report of Adequate Cash/Investment Balances as of 11/30/23 for the General Fund, Water Fund, and Sewer Fund, which he briefly reviewed for Council.

Debt Service Transfers – Chris Meyer - Meyer referred to the memo included in Council meeting packets detailing the transfers that need to be made in December in order for the city to make bond payments that are due February 1, 2024. He summarized the transfers that need to be made per fund for each of the bond series. Motion by Verch seconded by Huddleston to approve the transfers as indicated in Meyer's memo. All voted in favor. None opposed. Motion passed 5:0.

Old City Hall lease extension addendum - Motion by Verch seconded by Luhring to approve the lease extension addendum for Old City Hall. All voted in favor. None opposed. Motion passed 5:0.

Adjournment - Motion by Verch seconded by Russell to adjourn the meeting. All voted in favor. None opposed. Motion passed 5:0. The meeting adjourned at 7:47 p.m.

Respectfully submitted,
Judy O'Brien

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City of Randolph Regular Council Meeting December 13, 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.

Approval of Agenda

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

Public Comments

None.

Minutes

A motion to approve the November 8, 2023 regular council meeting minutes was made by Friedrich, seconded by Price. All voting in favor, none opposed, motion passed 5:0.

Approval of Treasurer Report and Payment of Bills

Sandy noted that she accidentally noted

League of Minnesota Cities as the vendor on our list of claims but it should be LeVander, Miller & Gillen. Also the Dakota County Treasurer check for the second half of the property taxes for the property for the holding ponds was returned as they were already paid by the landowner so we need to reimburse them to which she wrote two checks to the Endres Trust for payment which is not noted on our claims list.

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 Fire District Bylaws

Marie went to the Hampton council meeting on December 12th and was told that they had their legal counsel review the JPA and Bylaws and didn't see anything wrong with it so they will not be doing anything further. We want it noted that by recommendation of legal counsel to revise the JPA, that we are not able to move forward with the assistance from the Hampton City Council.

New Business

Mining in Waterford Township

Ann Lundstrom and Lisa Skluzacek talked about the proposed mining in Waterford Township. They discussed the proposed mining and just wanted to make us aware of what was happening.

Bolton & Menk Sewer Update

Matt noted that trees have been marked and will be removed very soon. The commissioner hearing took place and it was agreed

for the purchase of the land. The materials were moved to the land acquired. The MPCA is requesting additional soil borings. We need to do an additional 8 borings.

Motion by Carlock to move forward with Option 2 of soil borings and MSAW Testing Low Resolution for a price of \$84,420 and contingent of MPCA approval, seconded by Jacob. All voting in favor, none opposed, motion passed 5:0.

He also noted that the Township has approved our Conditional Use Permit.

It was asked if the materials could be moved from Denise's property to the property for the holding ponds.

Council Reports

It was noted the tree on the Progressive Rail property has been taken care and the chicken situation seems to be fixed.

We received a bid from Frandrup Masonry to repair the back walls of the fire hall. He

gave an estimate of \$10,365.00. However, since this was not on the agenda we cannot act on this tonight and will add it to our January agenda.

Clerk Haro noted that a claim was made with the League of Minnesota Cities for the hail damage to our building. They will review the damage and get back to us but noted that we will need 3 bids to move forward.

Marie noted that Jim Heiman is still working on a bid for the remodel of the restrooms in City Hall and is working with Gergen Plumbing and will get it to us soon.

Adjournment

Motion to adjourn the meeting made by Friedrich seconded by Jacob, the meeting was adjourned at 8:55 p.m. All voting in favor, none opposed, motion passed 5:0.

Respectfully submitted,

Mary Haro

Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I was driving on the freeway during the worst part of a recent storm. Just had a question—are people supposed to use their emergency flashers when they are driving? So many cars on the freeway were, and it made it impossible to tell if someone was actually stopped or moving slowly (also, if they changed lanes, there was no way to tell). I was having trouble seeing anyway, and this made it worse. Is this something they teach in drivers' education these days?



Answer: This is a great question. A driver can use their hazard lights to warn other motorists of a vehicular traffic hazard that requires caution in approaching, overtaking or passing.

Situations with limited visibility such as a blizzard, thick fog and heavy rain could constitute a traffic hazard. Other hazardous scenarios could include:

- A vehicle having issues maintaining a minimum safe speed.
- A flat tire or mechanical breakdown on the shoulder of the road.
- An impaired driver or driver conducting dangerous behaviors.

If a line of traffic is moving along at the same speed, I am not sure it would be in the best interest for anyone in that lane to be using hazard lights. It is important to know which vehicle is moving at a slower speed than the rest of the flow of traffic or for those needing to make lane changes and needing to signal. As mentioned earlier, it's generally for the lone vehicle causing the hazard.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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

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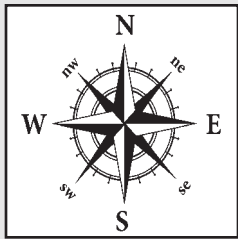
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Changes in Latitudes, Changes in Attitudes Back Home on the River



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.

This is a picture of the Paris Landing bridge. It connects the Land between the Lakes area with the western part of the state of Tennessee. The bridge spans a mile over the Tennessee River and the widest point of Kentucky Lake. It is beautiful on a sunny day and so impressive to see all that water in both directions. This is where we live in Tennessee. Every time I come home down here, I love to look out over the bridge and take in the sight.

One afternoon as we were driving home over the bridge we saw something startling appear beside our car. A Blackhawk helicopter began rising above the bridge to our left. There were two military UH-60's flying at water level beside the bridge. We watched as they landed in an open field in Paris Landing state park. Being curious we turned in and parked in the lot. It was some kind of family of servicemen gathering and lots of kids were waiting to see their dads get out. Fort Campbell, home of the 101st Airborne is only thirty-miles away.

The bridge has quite a rise to accommodate the daily barge traffic and the kid in me couldn't resist the urge to accelerate the Corvette every time we approached the bridge. If you exceed 100 mph it feels like you are in a plane taking off when you reach the top of the bridge. I must not have been the only one doing that because one day I saw a Tennessee Highway Patrol parked by the marina side of the bridge. Nothing like the sight of a squad car to slow you down.

About ten miles upstream is the Danville transfer elevator. We enjoy boating to the site

and the bridge can still be seen in the distance for almost the entire trip. The Danville elevator was a five-story concrete structure that transferred cargo from rail car to paddle wheelers over a century ago. When the lake was formed by the construction of the dam in 1941, the elevator was abandoned and left to stand in the middle of the lake. The arial lift bridge was also removed at that time and a ferry provides passage for automobile traffic across the river there for one dollar per trip.

Twenty-four hours each day barges travel under the bridge as they haul grain, coal and gravel up and down the river. One learns to stay between the green and red buoys on the river, just like the barges do. The dam controls the water level and at winter pool it is six feet lower than summer pool. Unsuspecting boaters during the cold months can suddenly find the bottom of the river in the middle of the lake, and run aground if not careful. We had that happen one fine afternoon last winter as we were exploring the cove near Cypress Bay Marina. We were at least 200 feet from shore as we came around the bend and suddenly we were looking at the rocky floor of Kentucky Lake. I hit the trim and raised the prop out of the water and after further investigation reversed the boat and backed out to deeper water.

The wind coming off the nearly two-mile wide lake can create some substantial waves crashing into the bridge pilings and there is a breakwater at the entrance of the Paris Landing marina to calm the waters. On a windy day there will be over two-foot swells to contend with heading into the marina. The first day we used the boat launch there we encountered quite rough water returning to dock. I rode a wave in looking at the trough and thinking it could easily swamp us. While I tried to keep the bow straight, I could hear my wife yelling "Woo Hoo". She was enjoying the adventure much more that I was. After that we started using Gray's Landing on the other side of the Lake where the water was much calmer.

When we first moved here the Paris Landing Lodge was being demolished to make way for a new facility. The locals were up in arms because the 70 year-old lodge and restaurant was a sentimental place in their hearts. It took about five years to complete the new one but it is a beautiful resort on the lake with a restaurant which is out favorite place to eat and just down the road from our home.

A Minnesotan: Epiphany



By RosaLin Alcoser

And once again it's a new year. I could talk about something along the lines of it being New Year's, however, I did that last year. Instead let me tell you all about the much more existing holiday that comes right after the New Year which would be Epiphany otherwise known as Kings Day or the 12th day of Christmas.

As I've mentioned before my transplanted hispanic family from the south celebrates Christmas from start to finish. Meaning that starting on Christmas day we celebrate the 12 days of Christmas until January 6th when we celebrate the Epiphany.

Epiphany is when the three kings, or three wisemen, arrive to see baby Jesus

and present him with the gifts.

Growing up this meant that my family spent those 12 days playing games and enjoying a much needed break after the rush of getting everything ready for Christmas Eve services, and some years Christmas Day services, in addition to all of the extra things at the church leading up to Christmas.

In my Belizean father's traditions Christmas is when the big Christmas dinner is had and stockings appear, however, presents don't appear until Epiphany when the three kings bring them.

When my older sister and I were children we would often get some presents on Christmas Day and the rest on Epiphany. Or in years where our parents worked a lot on Christmas Eve and Christmas Day nearly everything would be saved for Epiphany.

For us this was also a day for spiced cookies in the shape of a star, to represent the star that guided the Three Kings to Bethlehem. We didn't make them every year and often we would make a pan of ginger bread instead. However, I remember these cookies being a type of crisp ginger cookie.

Now that we're adults and our family is spread out we don't celebrate in the same way as when we were children. However, we do still celebrate the 12 days of Christmas and always make sure to do something individually while wishing one another a Happy Epiphany.

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- ACROSS**
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 6. Half of NFL
 9. "Oscar" of sports
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 14. Sargasso ____
 15. Dugout glider
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 17. First H in HRH
 18. Face-to-face exams
 19. *Ice fishing shelter
 21. *"Polar" activity
 23. *Type of Christmas tree
 24. Diagonal
 25. Tax return professional, acr.
 28. Kind of cola
 30. Diaphragm spasm
 35. Scepters' partners
 37. Of two minds
 39. ____ Jean Baker
 40. *Rabbit's winter one is white
 41. Sheik's bevy?
 43. Type of dam
 44. Butcher's refuse
 46. Etna's emission
 47. Secret disclosure
 48. Stellar
 50. Chap or fella
 52. Diabetic ketoacidosis, acr.
 53. A or O, to blood
 55. Unit of electrical resistance
 57. *Finger warmers
 60. *Certain sleigh ride
 63. Courtroom excuse
 64. Gobbled up
 66. Train runners
 68. Land of taekwondo
 69. "Caroline in the City" Thompson
 70. Relating to Scandinavia
 71. Not home
 72. *Last winter mo.
 73. Klondike river

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 5. Like a longer route?
 6. Grayish
 7. ATM extra
 8. Carpus, pl.
 9. Bring home the bacon
 10. Unforeseen obstacle
 11. *Skier's aid
 12. Da or oui
 15. Jenny McCarthy to Melissa McCarthy
 20. Engagement, archaic
 22. ____-di-dah
 24. Onslaught
 25. *Warming drink
 26. Faculty members, for short
 27. Behind a stern
 29. *Frosty's eyes
 31. Type of hood
 32. Apollo of "Rocky"
 33. Inuit skin boat
 34. *a.k.a. anorak
 36. *Betelgeuse, e.g.
 38. *Snow, in Italy
 42. Lord's estate
 45. Lithuania's neighbor
 49. NaOH
 51. Like a rosebush
 54. Church song
 56. Meow, alt. sp.
 57. ____-in-the-dark
 58. Milano moolah
 59. Toe the line
 60. Product of laceration
 61. Michael Douglas' dad
 62. "The Sun ____ Rises"
 63. *What clues #4 and #34 Down have in common
 65. High affair
 67. Barack Obama, pre-pres.

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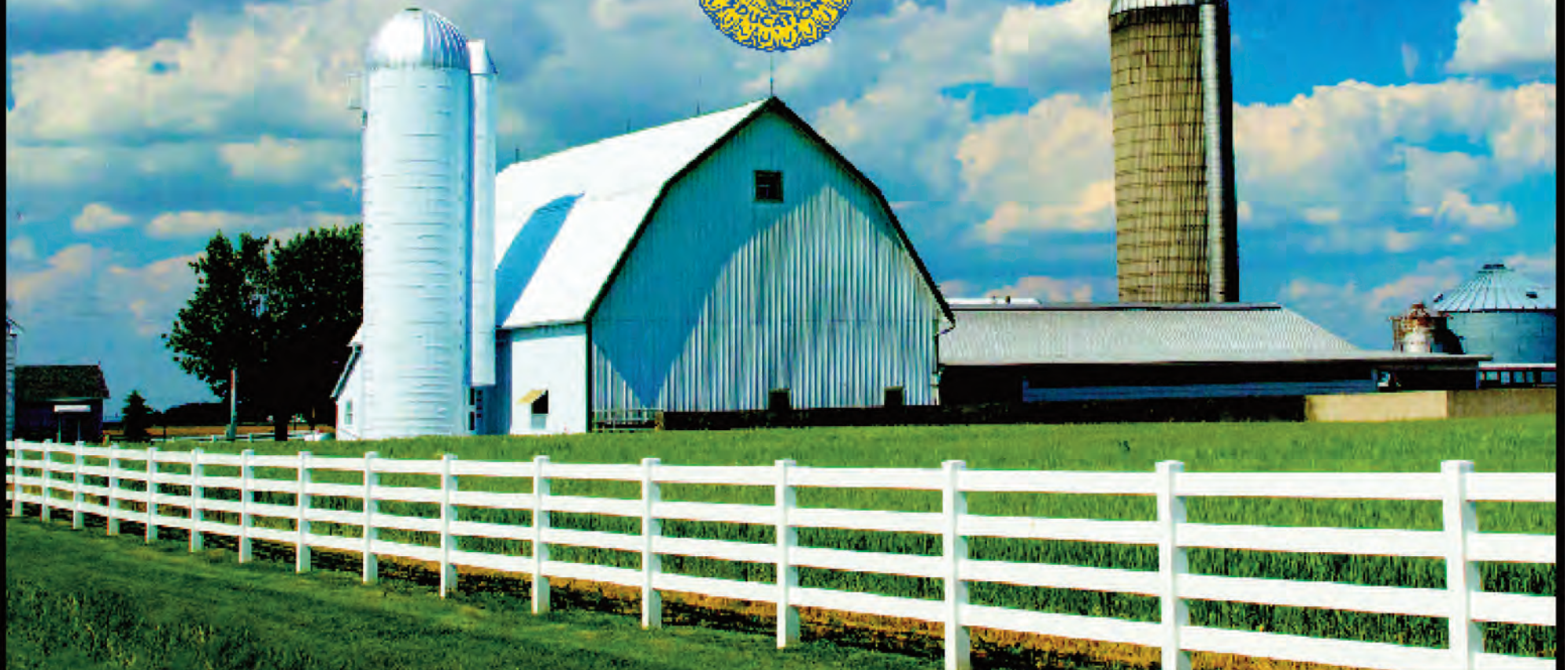
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