



# Randolph-Hampton-Castle Rock Messenger™

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FEBRUARY 28, 2024

Volume 21 • Issue 2

## Annual Victorian Tea Luncheon to be held at Dakota City Heritage Village



Dakota City Heritage Village's annual Victorian tea luncheon is scheduled for Saturday, May 11, 2024 at Crystal Lake Golf Club in Lakeville, MN.

*(continued on page 4)*

**REMEMBER TO RETURN YOUR VOLUNTARY SUBSCRIPTION**

*Keep the Messenger coming!  
Thank you for your support!*

## 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](mailto:hometownmessenger@gmail.com)*

## Shane Martin Band to Perform at Dennison Days June 21 & 22

The Dennison Lions Club, organizers of the annual Dennison Days town festival announced late last year that the date for the 2024 festival will move from the first weekend of August to June 21 & 22, 2024.

Event organizers stated the reason for the change is the fact that there are so many more events competing with the August date than there used to be. Minnesota artist Shane

Martin will perform Saturday June 22nd, including his Alabama "Songs of The South" Tribute as part of the evening performance. More information can be found here at [www.shanemartin.com](http://www.shanemartin.com). Additional events as well as the Friday night line up of events and live music will be announced soon. Watch [www.dennisondays.org](http://www.dennisondays.org) for updates to the schedule.

*(continued on page 3)*



## Huge Food Drive - Double Your Gift

Wangen Prairie Lutheran Church (24289 County Road 24, Cannon Falls) is sponsoring a food drive in March for the Cannon Falls Food Shelf. Bring non-perishable food to the Church or Family Fare Supermarket (425 Main Street West) on any Saturday morning (9 to noon) in March. At the end of the month, Wangen Prairie Church will match these contributions, pound for pound, doubling the contributions. All the food will be piled on the Church altar during March, so come check it out!

Wangen Prairie Church is "blessed to be a blessing to others", continually looking for ways to love our neighbors through practical actions. Last fall, the Church provided almost 400 winter coats to those in need in the local community, and over 200 blankets and quilts, many hand made by the congregation and pictured to the left.

*(continued on page 2)*

## MEAT RAFFLES

Sundays at 4:00 PM



## BINGO!

Tuesdays at 6:00 PM

Dennison Lions Club Charitable Gambling Permit #2762

Closed Mondays • Tuesday-Friday: Bar 4pm-Close; Kitchen 4-8pm  
Saturday: Bar 11am-Close; Kitchen 11am-9pm • Sunday: Bar 1-9pm; Kitchen 1-8pm

- ON/OFF SALE -

Main Street, Dennison • Phone 507-782-9061



## FRIDAY NIGHT FISH FRY

- 2 Piece Fish Dinner \$17.99
- 3 Piece Fish Dinner \$19.99
- All You Can Eat Fish Dinner \$22.99

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



Kitchen Opens at 11am

Dinners and All You Can Eat  
Fish Starts at 4pm

651-437-5618

*Sorry, but we do not take reservations during lent. First come, first served.*



## Faith



By Colin Rueter

How's your faith? It does not matter if you are an atheist, theist, new age mystic. Does-

## Huge Food Drive - Double Your Gift

(continued from page 1)

Food prices have gone up an average of 7% in each of the last two years (versus an annual average increase of 2% in the prior 20 years), so the need is great. The Food Shelf especially needs hearty soups; canned fruit and chicken; pasta and spaghetti sauce; Hamburger Helper; canned or boxed main dishes; crackers; coffee; tea; pudding and Jello mixes; cereal and oatmeal; cake and cookie mixes; snacks; deodorant; shampoo and conditioner; dish and hand soap; and toilet paper.

Contact Pastor Shannon Bauer (507-298-7719) or Lori Pasch (507-298-7282) for more information and upcoming "adventures" in serving our community. Join us! And keep an eye on the Beacon for progress reports.

n't matter if you're religious, a church-going person, or a Christian; yes, there's a difference. You have placed faith in something or someone. You may say, "Well, I don't have faith, I have my self-reasoning and confidence in where I place my trust and hope." This would make for a longer conversation, but since this is an article, might I ask, "How can you trust your reasoning?" I would also say that the word confidence comes from the Latin words, *con fide...* 'with faith'. So, friends, we all have faith, the question is whether it is set upon solid ground or shifting sands.

First, let's define "faith." The Oxford dictionary defines faith as "complete trust or confidence in someone or something." I would add details needed for those who claim to be Christian that our faith is complete trust in the Son of God, Jesus Christ, for our salvation, adoption, and future hope. Simply put, the biblical definition of faith is "trusting in something you cannot explicitly prove" (Hebrews 11:1). This definition of faith contains two aspects: intellectual assent and trust. Intellectual assent is believing something to be true. Trust is relying on the fact that the something is true. A chair is often used to help illustrate this. Intellectual assent is recognizing that a chair is a chair and agreeing that it is designed to support a person who sits on it. Trust is sitting in the chair. Understanding these two aspects of faith is crucial. Many people believe certain facts and intellectually agree with biblical facts about Jesus Christ. But knowing those facts to be true is not what the Bible means by "faith." The biblical definition of faith requires intellectual assent to the facts and trust in the facts. Honestly, we can believe certain things to be true, yet they are not, no matter how hard we believe in them. Hence, the truth of those facts and acting on that truth is crucial. Simply believing the facts that Jesus is God incarnate who died on the cross to pay the penalty for our sins and was resurrected is not enough to be saved. We must personally and fully rely on the death of Christ as the atoning sacrifice

for our sins. The faith God asks of us for salvation is belief in what the Bible says about who Jesus is and what He accomplished and fully trusting in Jesus for that salvation (Acts 16:31). Biblical faith is always accompanied by repentance, a turning away from your sin towards Jesus (Matthew 21:32; Mark 1:15). In addition, we are to believe what the Bible says, and we are to obey it. We are to agree with the truth of God's Word, all of it, and we are to seek transformation by it (Romans 12:2). Without faith, it is impossible to please God (Hebrews 11:6). Without faith, we cannot be saved (John 3:16). Without faith, life cannot be what God intends it to be, abundant and full of joy (John 10).

I will simply say here that if your faith is grounded in anything or any person other than Jesus Christ for your hope, happiness, significance, or security, you are in trouble deep, both today and into eternity. Placing your faith, complete trust, in Jesus is the only solid ground to be assured of your needed salvation, but also to navigate through life in this broken world and into heaven (Matthew 7:24-27).

### So What?

Faith matters. The question is: Does it matter to you and where is it placed? We live in an age where faith has a place, for it does in the life of every human on earth. Yet, how you answer the question above indicates whether your faith is built on something solid or whether it teeters on the wavering sands of self, culture, or ever-changing worldly ideologies, which are as secure as Jell-o hammered to the wall.

Friends, place your faith in the one place where it will make a difference, Jesus Christ as He has been revealed in scripture, and you will have life. Do not adjust Jesus to fit your life, but transform your life to follow Jesus. Just as the first disciples dropped everything, counted the cost, and followed Him, so must you consider and decide. God has revealed enough about Himself through His creation (Romans 1:18-21), through His written

Word, the Bible (2 Timothy 3:16-17; 2 Peter 1:16-21), and through His Son (John 14:9), that we can enter into a meaningful and saving relationship with Him. Once you have placed your faith in Jesus, you are saved (John 10:7-16; Acts 4:12; Romans 10:5-13). Once saved, you live your life to the glory of the God who saved you (1 Cor. 10:31). This means attending and becoming a member of a Bible preaching/believing church, setting your love upon God's people in word, deed, and prayer, and sharing the gospel (good news of Jesus) with others around you. Lastly, this means that you live your life, with all the trials, temptations, joys, and hope, looking to Jesus who is the author and perfecter of your faith (Hebrews 12:2). It is good to "examine yourselves to see whether you are in the faith; test yourselves" (2 Corinthians 13:5). If you question whether you are a Christian, then self-examination is in order. Doubts about our salvation can be troubling, but false assurances are worse. You are not saved by church attendance, being baptized, being 'good', or 'being one with nature.' Thankfully, we have Scripture as our guide. There are specific things we can look for when determining the validity of our profession of faith: trust in Christ, obedience to His Word, love for God's people, and continued spiritual growth. We don't need to live in doubt about tomorrow. We can navigate our life with living hope (1 Peter 1:3-9), even as we endure wounds from those who might call themselves Christians, navigate rejection by family and friends when we proclaim that Jesus is the only way to be saved from God's wrath (John 14:6), and when your hopes for this life fall short. When you trust Jesus by faith and live to please and honor Him, you can know beyond a doubt that you are a Christian and that you have a glorious future in the life to come (John 14:15-17; Revelation 21:22-27, 22:1-5).

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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### AREA CHURCH DIRECTORY

#### Greeting

*John, to the seven churches in the province of Asia: Grace and peace to you from him who is, and who was, and who is to come, and from the seven spirits before his throne, and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. — Revelation 1:4-5*

John is writing a letter, so he begins here with a greeting. Though he is writing to seven churches in the Roman province of Asia (present-day Turkey), this letter is not limited to those seven churches. Written under the guidance of the Holy Spirit of God, this letter is meant for the entire church of Jesus Christ. The church is made aware of God's grace in Christ to strengthen its faith in times of challenge and hardship, including physical persecution that will come its way. God has provided Jesus as the Savior, "the ruler of the kings of the earth." Knowing this helps us to put all things into perspective as history unfolds. John greets his readers with grace and peace from the God who is, was, and always will be—in the name of Jesus, the Christ (Messiah). Jesus is the faithful witness to all that God provides for the church. Jesus alone is the "firstborn from the dead," and he is the exalted King over all kings (see also Colossians 1:15-20; Psalm 89:27), whether they be emperors, monarchs, presidents, prime ministers, CEOs, or chairs of the board. To Jesus, "who loves us and has freed us from our sins by his blood," belong all glory, power, and praise forever! *Lord and God, thank you for helping us know you as our Savior and King. May we rest in you alone and honor you each day. Amen.*

The Church Directory is Sponsored by:



23280 Main Street, Hampton (651) 437-9535



300 West Main Street Cannon Falls



#### RANDOLPH BAPTIST CHURCH

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.

Jesus and Me (JAM) Kids Club 3:00-5:00p.m. first and second Wednesday of the school month.

Pastor Dennis Ingolfsland

Questions? Call church office 507-663-1437

#### CHRIST UMC

Rev. Thomas Countryman  
29470 Gaylord Ave., Cannon Falls  
507-757-8043

www.christunitedmethodist.org

Sunday Worship 8:30a.m.

Sunday School 8:30a.m.

#### STANTON UMC

Reverend Thomas Countryman  
1020 Hwy. 19 Blvd., Stanton • 507-321-3598  
www.stantonunitedmethodist.org

Sunday Worship at 10:15a.m.

Email your church announcements, schedule, etc. to the Randolph-Hampton-Castle Rock Messenger at: hometownmessenger@gmail.com

#### ST. MARK'S LUTHERAN CHURCH

28595 Randolph Blvd.  
www.stmarksrandolph.com

Pastor Lue Moua

Sunday Worship 10:00a.m. & on Facebook

Bible Study Tuesdays at 9:00a.m.

& 1st Wednesday at 11:00a.m.

WELCA 1st Wednesday at 10:00a.m.

Questions? Call 507-263-9182

#### ST. MATHIAS CATHOLIC CHURCH, HAMPTON

stmathias-hampton.com  
5:00 p.m. Saturday Mass  
7:30a.m. Monday Mass

Questions? Call Mon.-Friday 651-437-9030

#### ST. MARY'S CATHOLIC CHURCH, NEW TRIER

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8:00a.m. Sunday Mass  
7:30a.m. Friday Mass

Questions? Call Mon.-Friday 651-437-9030

#### UNITED METHODIST CHURCH, CASTLE ROCK

9:00 a.m. Worship Service, Coffee After  
10:15 a.m. Sunday School

Questions? Call 507-645-0042

## Loraine Gail (Van Voorhis) Moorhouse

Loraine Gail (Van Voorhis) Moorhouse, age 90, of Randolph, died after a short hospital stay in Northfield, MN.



Loraine was born on Oct. 17, 1933, at home in Stanton Township (Oxford/Cherry Valley area). She was the second child of George and Beryl (Miller) Van Voorhis. The farm on which she was born was formerly owned by her grandfather Van Voorhis and later purchased by her [parents]. It was across the road from a farm homesteaded by her Great-Great-Grandfather Van Voorhis.

She graduated Cannon Falls High School, worked as a telephone operator and office girl for Minn Continental Telephone in Cannon Falls. She married Grayden Moorhouse on April 12, 1958, at St. Ansgar's Lutheran Church in Cannon Falls.

Loraine lived her entire married life just North of Randolph, MN. She was a member of First English Lutheran Church of Cannon Falls since 1958. She was active in the WELCA, having served as vice-president for two years and president for five years. She served on the church council for four years, and another term of three years. She was also Church Council Secretary. Loraine was a long-term volunteer at the Cannon Falls Food Shelf. She served on their board for 6 years. She helped form and incorporate the food shelf. She enjoyed making quilts and knitting. She worked on family histories on both her side and on Grayden's family. She enjoyed going to Minneapolis Moline tractor shows across the U.S. with her husband. She even drove in a few parades.

Survivors include her children Kevin (Kathy) of Cannon Falls, Allen of Cannon Falls, and Gail of Randolph; grandchildren Matthew (Rachel) Moorhouse and Stacy Moorhouse; great-grandchildren Olivia and Addison; nieces, grand-nieces and grand-nephews, and cousins. She was preceded in death by her parents George and Beryl Van Voorhis, sister Ethel, brother-in-law John, and husband Grayden.

In Lieu of flowers, memorials are preferred to First English Lutheran Church and the Cannon Falls Food Shelf.

Funeral services were held on Monday, February 19, 2024 at 11:00 am, at First English Lutheran Church, 511 Belle St, Cannon Falls, MN 55009. There was a visitation at the church from 9-11:00 am, prior to the service. Interment was in the Cannon Falls Cemetery.

## Holden Community Park Accepting Reservations



The Holden Community Park is now accepting reservations. This is a gathering place for families, community groups, celebrations, family and class reunions and meetings. The park is open from June 1 – September 30 and is located just west of the Holden Lutheran Church on Co Rd 30, Kenyon.

The park building is equipped with AC, refrigerator, stove, microwave and indoor bathrooms. Folding tables and chairs which are available for use within the facility. Picnic tables, playground equipment and a fire pit are also located just outside the back entrance. A prayer path also winds through the woods.

Please contact Peggy Kroenbach if you would like to reserve the building. (p\_kronbach@yahoo.com, # 507/227-4992)

## Dennison Days

(continued from page 1)

Other events making a return this year are the Classic Car Show, Truck & Tractor Pull, Bingo, Pancake Breakfast and more.

Anyone with questions or suggestions for events for the 2024 festival should contact Lions Club President Diane Ruddle.

## Top Notch Properties & Realty Services



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

## Annual Victorian Tea Luncheon to be held at Dakota City Heritage Village

(continued from page 1)

This special event is an afternoon dedicated to celebrating and appreciating the incredible women in our lives.

Friends and relatives are invited to congregate in tea attire to appreciate an era gone by which includes a four-course meal with tea and entertainment. All ages are welcome! This is a great day to bring Mom, Grand-

mother, and Grandchildren together. A proper tea is a healing ritual between friends and family where trust, empathy, love and friendship abide.

Seating starts at 11:30 am with the tea luncheon starting at 12 noon. Crystal Lake Golf Club is located at 16725 Innsbrook Drive, Lakeville, MN.

All proceeds benefit Dakota City Heritage Village.

Tickets currently NOW Available ONLINE at dakotacity.org.

ONLINE TICKET INFORMATION: Ticket Price online is \$52 including service charge.

IMPORTANT INFORMATION WHEN PLACING YOUR ORDER: In order to be seated with your group, club, family or friends, we need you to list their names or the group/club name in comments please. Full names please.



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## Randolph FFA Alumni Annual Meeting & TOY AUCTION

**Tuesday, March 26th, 2024 at 7pm**

Randolph Ag Room • 29110 Davisson Ave, Randolph, MN 55065

All proceeds raised at the toy auction will be used for Scholarships.

Other activities we do to support the Randolph FFA chapter:  
Tractor Pull, Winter gathering, Spring gathering, Mentorship program,  
Tractor parade, Tracy Farm, and many others as needed.

Other activities throughout the year to assist the active chapters.

FARMER APPRECIATION BREAKFAST MARCH 23rd 8-11 AM

The Annual Tractor Parade will be April 12th, 9am

Drivers must be 15 years or older



## Enjoy Our Lent Fish Fry & Dinner Specials

**Every Friday starting at 4:00pm**

Reservations Suggested, Call 507-645-9992

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11:00am-3:00pm

Daily Features

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

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

FINALLY FRIDAY All You Can Eat Fish Dinner

SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

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



Open Wednesday-Thursday 11:00am-8:30pm (Bar Open Later)

Friday-Saturday 11:00am-9:30pm (Bar Open Later)

Sunday 9:00am-8:00pm (Bar Open Later)

37540 Goodhue Ave., Dennison, MN  
507-645-9992 • www.firesidelounge.net

## Grants Available to Support Minnesota Specialty Crops

The Minnesota Department of Agriculture (MDA) has opened applications for grant

funding to help increase the competitiveness of Minnesota-grown specialty crops in domestic and foreign markets.

The Specialty Crop Block Grant Program (SCBGP) funds projects focused on marketing and promotion, research and development, expanding availability and access, and addressing challenges confronting producers of specialty crops. The MDA anticipates awarding approximately \$1.25 million in this round of grants using a competitive review process, with a maximum award of \$125,000 and a minimum award of \$20,000.

Nonprofits, producer organizations, government agencies, tribal organizations, universities, and other organizations involved in Minnesota agriculture are encouraged to apply for grant funding. Individual produc-

ers, for-profit businesses, and commercial entities are also eligible to apply as long as projects provide a sector-wide impact.

Grant funding for the SCBGP is provided annually by a United States Department of Agriculture (USDA) Block Grant under the legislative authority of the Farm Bill. USDA defines specialty crops as fruits and vegetables, tree nuts, dried fruits, horticulture and nursery crops, floriculture, and processed

products that have 50% or more specialty crop content by weight, exclusive of added water.

Applications for 2024 SCBGP funds must be submitted by 4 p.m. Central Time on Thursday, March 21, 2024. Full program details and application materials, as well as information on previously funded projects, can be found on the MDA's Specialty Crop Block Grant Program web page.

## Got a Great Local News Story?

Tell us about it today!



Email:

hometownmessenger@gmail.com

## Minnesota Farmers Encouraged to Take Part in Annual Survey

*Survey focuses on best management practices for corn and soybean farmers*

The Minnesota Department of Agriculture (MDA) is encouraging farmers to take part in its annual pesticide and fertilizer survey. This year the survey will focus on best management practices (BMPs) for corn and soybean farmers. The data being collected helps the MDA track the awareness, adoption, and use of nitrogen and pesticide BMPs and provides guidance to education and research programs.

The mailed survey is being sent to the 7,600 Minnesota farmers selected for this project. Farmers that have not returned their questionnaire by mail will be contacted by phone after March 15.

The survey is conducted for the MDA by the USDA National Agriculture Statistics Service out of their regional offices.

Minnesota farmers may be getting calls from multiple agencies and companies conducting a variety of surveys this time of year, but the information gathered from this survey is critical for research and educational purposes.

If you have questions about the MDA's annual survey, or if you wish to view results of previous surveys, visit the MDA website at [www.mda.state.mn.us/pesticidefertilizersurveys](http://www.mda.state.mn.us/pesticidefertilizersurveys). Producers can also call the Minnesota Department of Agriculture at 651-955-4066 from 7 a.m. – 9 p.m., Monday – Saturday.

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# Milo Peterson Ford Co.



## Drive into Spring with a Ford from Peterson Ford

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<p>4 door super crew cab, 5.5' box, 25,150 miles, rapid red, 2.7L ecoboost V-6 #23067U</p>	<p><b>SALE</b> <b>\$40,999</b></p>	<p>6,620 miles, carbonized gray metallic, ecoboost 2.0L I4, turbocharged #23158U</p>	<p><b>SALE</b> <b>\$33,690</b></p>	<p>14,248 miles, stone blue metallic, ecoboost 2.0L I4 turbocharged #23213U</p>	<p><b>SALE</b> <b>\$28,775</b></p>	<p>25,400 miles, star white metallic, ecoboost 2.0L I4 turbocharged #23189U</p>	<p><b>SALE</b> <b>\$29,350</b></p>
	<p><b>2021 FORD RANGER LARIAT 4WD</b></p>		<p><b>2022 FORD MAVERICK XLT 4WD</b></p>	<h3>Cold Weather Car Care</h3> <p>At Milo Peterson Ford Co., our highly qualified technicians are here to provide exceptional service in a timely manner. From oil changes to transmission replacements, we are dedicated to maintaining top tier customer service, for both new and pre-owned car buyers! Allow our staff to demonstrate our commitment to excellence.</p> <p>Call our service department to schedule your maintenance needs. Open Monday thru Friday 7:30am to 5pm.</p>			
<p>Super crew cab, 5' box, 4 door, 17,475 miles, oxford white, 2.3L ecoboost, turbocharged #23209U</p>	<p><b>SALE</b> <b>\$38,999</b></p>	<p>Super crew cab, 4 door, oxford white, 9,130 miles, ecoboost 2.0L turbocharged #23207U</p>	<p><b>SALE</b> <b>\$29,999</b></p>				

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## Waterville Triangular

Submitted by Chad Otterness

Thursday, Feb. 8th at Janesville/Waterville

**Cannon Falls goes 3-0 at the JWP/WEM Duals**

**Cannon Falls 77 Madelia/Truman 0**

107: Owen Parrish (CAFA) over Gabriel Gunderson (MT) (TF 17-2 0:00)

114: Adam Parrish (CAFA) over (MT) (For.)

121: Edmond Otterness (CAFA) over (MT) (For.)

127: Caiden Walrod (CAFA) over (MT) (For.)

133: Calvin Singewald (CAFA) over Noel Davila (MT) (Fall 4:30)

139: Jonathon Opelt (CAFA) over Nick Firchau (MT) (Fall 3:44)

145: Jacob Bigalk (CAFA) over (MT) (For.)

152: Monette Otterness (CAFA) over (MT) (For.)

160: Lucas Freeberg (CAFA) over (MT) (For.)

172: Jaeden Baird (CAFA) over (MT) (For.)

189: Rocco Casalenda (CAFA) over Kolten Tande (MT) (Fall 1:13)

215: Teigan Baird (CAFA) over (MT) (For.)

285: Mason Dolan (CAFA) over (MT) (For.)

**Cannon Falls 48 WEM-JWP 30**

107: Owen Parrish (CAFA) over Isaac Miller (WEJW) (Fall 2:49)

114: Adam Parrish (CAFA) over Johnathan Balzotti (WEJW) (Fall 0:28)

121: Parker James (WEJW) over Edmond Otterness (CAFA) (Fall 1:13)

127: Carson Petry (WEJW) over Caiden Walrod (CAFA) (Fall 0:16)

133: Calvin Singewald (CAFA) over Carson James (WEJW) (Fall 4:14)

139: Jonathon Opelt (CAFA) over Trenton Huber (WEJW) (Fall 3:22)

145: Lucas Morsching (WEJW) over Jacob Bigalk (CAFA) (Fall 1:14)

152: Lucas Freeberg (CAFA) over Patrick Adams (WEJW) (Fall 1:26)

160: Gavin Krause (WEJW) over (CAFA) (For.)

172: Jaeden Baird (CAFA) over Isaac Quast (WEJW) (Fall 3:39)

189: Tristan Zingler (CAFA) over Maddox Moreno (WEJW) (Fall 0:58)

215: Teigan Baird (CAFA) over Kaven Sheehy (WEJW) (Fall 1:24)

285: Keegan Kuball (WEJW) over Mason Dolan (CAFA) (Fall 0:58)

**Cannon Falls 59 Triton 16**

107: Owen Parrish (CAFA) over Jaxon Jensen (TRIT) (TF 16-0 0:00)

114: Adam Parrish (CAFA) over Theo Kispert (TRIT) (Fall 1:43)

121: Edmond Otterness (CAFA) over (TRIT) (For.)

127: Alex Ortiz (TRIT) over Caiden Walrod (CAFA) (MD 14-4)

133: Calvin Singewald (CAFA) over (TRIT) (For.)

139: Jonathon Opelt (CAFA) over (TRIT) (For.)

145: Hunter Garness (TRIT) over Jacob Bigalk (CAFA) (Fall 3:45)

152: Austan Adreon (TRIT) over Dylan Menge (CAFA) (Fall 0:18)

160: Lucas Freeberg (CAFA) over (TRIT) (For.)

172: Jaeden Baird (CAFA) over (TRIT) (For.)

189: Tristan Zingler (CAFA) over (TRIT) (For.)

215: Teigan Baird (CAFA) over Alex Naze (TRIT) (Fall 4:13)

285: Mason Dolan (CAFA) over John Moenning (TRIT) (Fall 1:05)



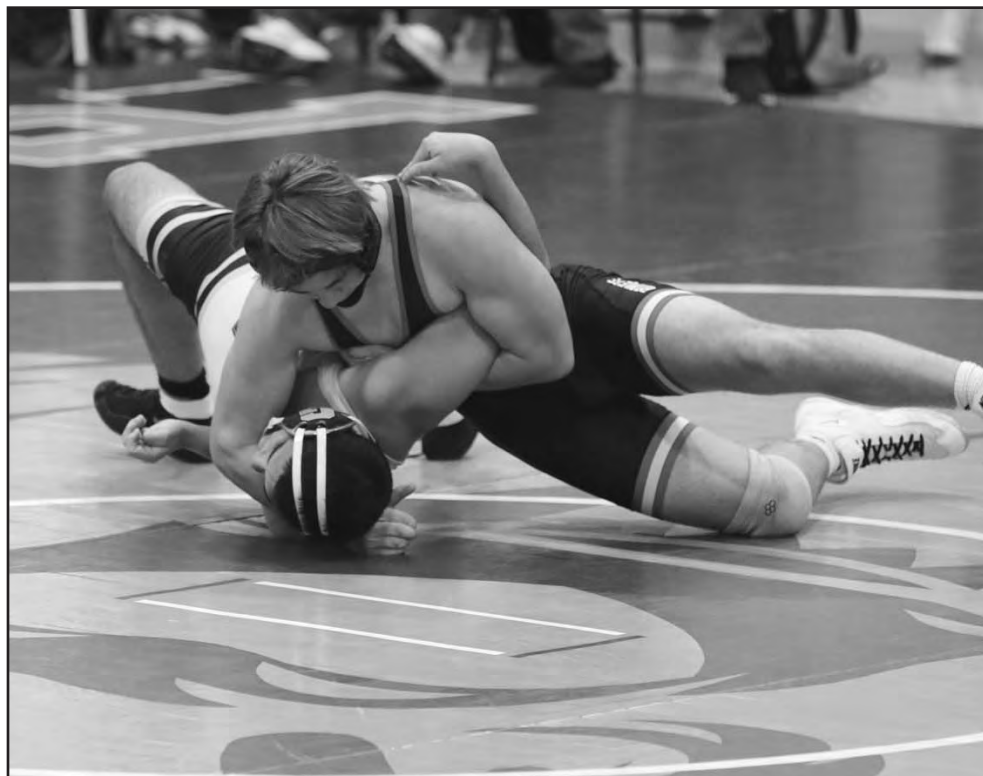
Owen Parrish wrestling at Waterville



Jon Opelt of Cannon Falls/Randolph wrestling at Waterville

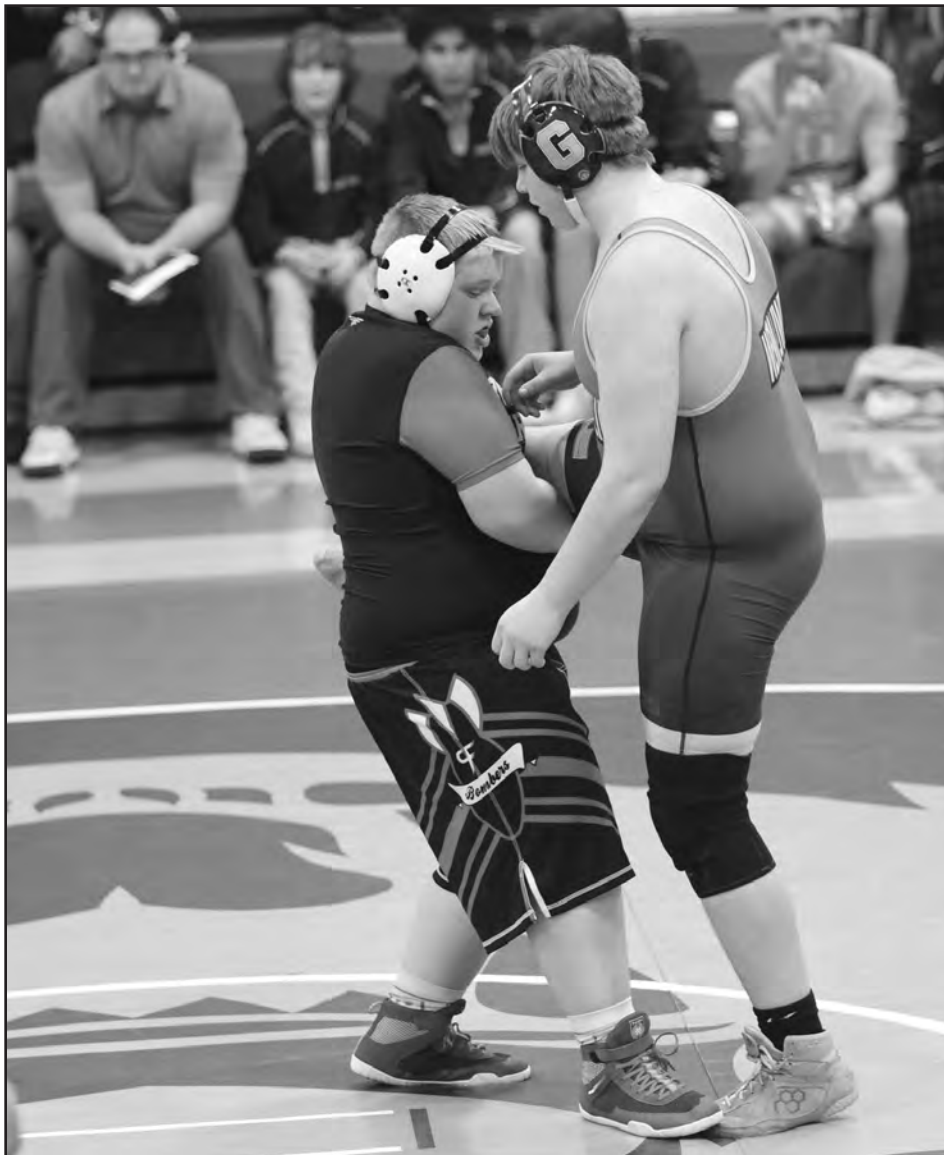


Monette Otterness wrestling vs Waterville



Tristin Zingler of CF/Randolph getting a pin vs WEM/JWP

## Waterville Triangular

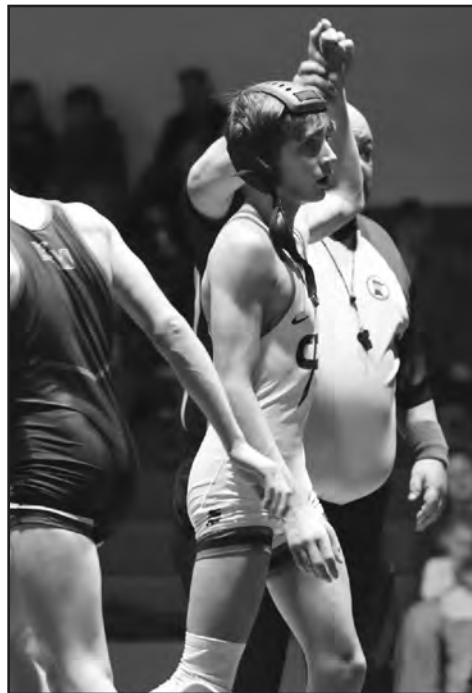


Brooks Zimmerman with a single leg TD vs a Waterville opponent.



Mason Dolan with the win vs JWP/WEM

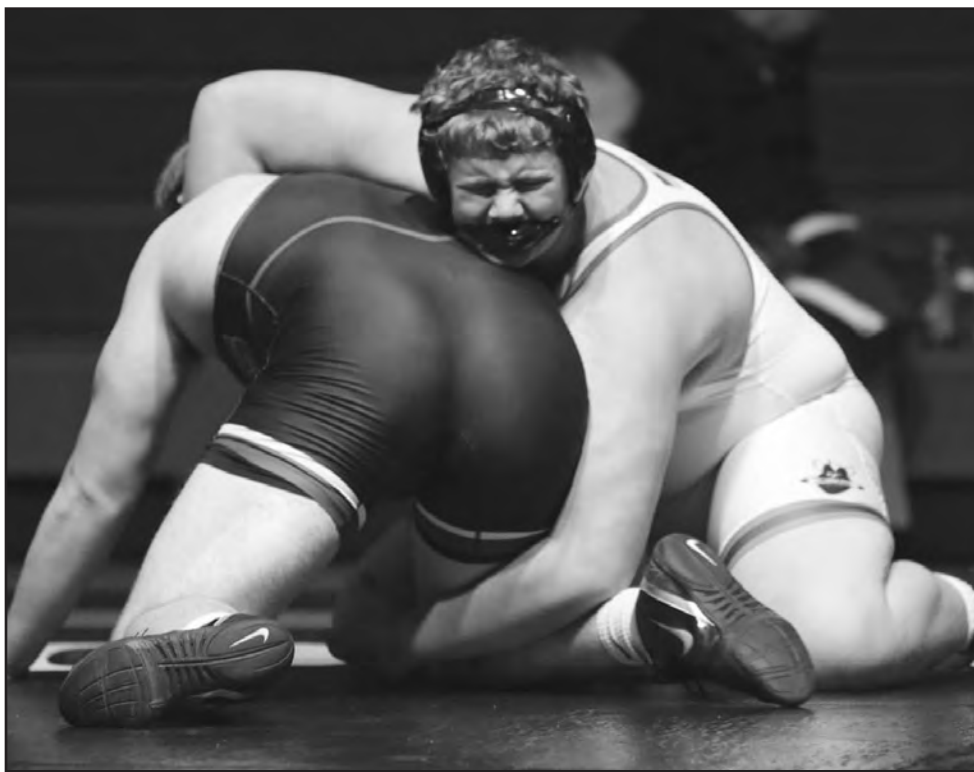
## Cannon Falls vs. Kasson



Adam Parrish of CF/Randolph gets a win over his Kasson opponent!



Tristan Zingler of CF/Randolph gets a win at 189 lbs over his Kasson opponent. February 1, 2024.



Mason Dolan HWT for CF/Randolph works to turn his Kasson opponent.

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## Section 1 AA Team Quarterfinal

**Pine Island defeated Cannon Falls 36-32**

- 107 – Owen Parish (CF) over Kolten Hoffmann (PI) Fall 5:24
- 114 – Adam Parish (CF) over Kyren Gansen (PI) Fall 3:28
- 121 – Ethan Albers (CF) over Caiden Gansen (PI) Fall 3:32
- 127 – Calvin Singewald (CF) over Sam Muller (PI) TF 20-5
- 133 – Gavin Twaddle (PI) over Caiden Walrod (CF) Fall 2:36
- 139 – Nick Thein (PI) over Jacob Bigalk (CF) Fall 0:34
- 145 – Kris Fogal (PI) over Jonathon Opelt (CF) Fall 5:02
- 152 – Griffin Peterson (CF) over Alden Smith (PI) Dec 5-2
- 160 – Zach Schaefer (PI) over Lucas Freeberg (CF) Fall 1:12
- 172 – Ben Grabau (PI) over Rocco Casalenda (CF) Fall 0:36
- 189 – Kason Stayton (PI) over Jaeden Baird (CF) Dec 3-2
- 215 – Tristan Zingler (CF) over Ben Pike (PI) DQ
- 285 – Aiden McDaniel (PI) over Teigan Baird (CF) Dec 9-2



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## 2024 HVL JV Conference Tournament Results for Cannon Falls

### JV 107

**Seneca Chartier's place is unknown and has scored 0.0 team points.**

Champ. Round 1 - Carl Murray (Zumbrota-Mazeppa) won by fall over Seneca Chartier (Cannon Falls) (Fall 0:36)

Cons. Round 1 - Milo Jones (Pine Island) won by fall over Seneca Chartier (Cannon Falls) (Fall 2:52)

### JV 114

**Edmond Otterness's place is unknown and has scored 0.0 team points.**

Champ. Round 1 - Evan Chistianson-Kunz (Pine Island) won by fall over Edmond Otterness (Cannon Falls) (Fall 1:08)

Cons. Round 1 - Edmond Otterness (Cannon Falls) received a bye () (Bye)

Cons. Round 2 - Finn Lodermeier (Goodhue) won by fall over Edmond Otterness (Cannon Falls) (Fall 4:12)

### JV 145

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

Champ. Round 1 - Dylan Menge (Cannon Falls) received a bye () (Bye)

Quarterfinal - Elijah Schei (Stewartville) won by fall over Dylan Menge (Cannon Falls) (Fall 0:45)

Cons. Round 2 - Dylan Menge (Cannon Falls) received a bye () (Bye)

Cons. Round 3 - Austin Roberson (Lake City) won by fall over Dylan Menge (Cannon Falls) (Fall 4:32)

### JV 145

**Austin Bragg's place is unknown and has scored 0.0 team points.**

Champ. Round 1 - Austin Bragg (Cannon Falls) received a bye () (Bye)

Quarterfinal - Gabe O'Connor (Zumbrota-Mazeppa) won by fall over Austin Bragg (Cannon Falls) (Fall 0:38)

Cons. Round 2 - Caden Lodermeier (Zumbrota-Mazeppa) won by decision over Austin Bragg (Cannon Falls) (Dec 7-1)

### JV 189

**Christopher Flores Miranda's place is 3rd and has scored 16.0 team points.**

Champ. Round 1 - Christopher Flores Miranda (Cannon Falls) received a bye () (Bye)

Quarterfinal - Ethan O'Reilly (Goodhue) won by fall over Christopher Flores Miranda (Cannon Falls) (Fall 2:34)

Cons. Round 2 - Christopher Flores Miranda (Cannon Falls) received a bye () (Bye)

Cons. Round 3 - Christopher Flores Miranda (Cannon Falls) received a bye () (Bye)

Cons. Semi - Christopher Flores Miranda (Cannon Falls) won by fall over Rocco Casalenda (Cannon Falls) (Fall 2:48)

3rd Place Match - Christopher Flores Miranda (Cannon Falls) won by fall over Brayden Schmit (Goodhue) (Fall 1:53)

### JV 189

**Rocco Casalenda's place is 5th and has scored 13.0 team points.**

Champ. Round 1 - Rocco Casalenda (Cannon Falls) received a bye () (Bye)

Quarterfinal - Rocco Casalenda (Cannon Falls) won by fall over Brayden Schmit (Goodhue) (Fall 2:16)

Semifinal - Wyatt King (Stewartville) won by fall over Rocco Casalenda (Cannon Falls) (Fall 3:27)

Cons. Semi - Christopher Flores Miranda (Cannon Falls) won by fall over Rocco Casalenda (Cannon Falls) (Fall 2:48)

5th Place Match - Rocco Casalenda (Cannon Falls) won by fall over Isaiah Schei (Stewartville) (Fall 5:40)

## Cannon Falls/Randolph qualifies 3 for the Minnesota State Wrestling Tournament!

**Submitted by Chad Otterness**

CF/R had 3 section 1AA champs to qualify for the state wrestling championships! Adam Parrish claimed the 114 LB title, Calvin Singwald 127 LB pinned or tech falled his way through the bracket and Tristan Zingler won the 189 LB bracket by upsetting the number 1 seed from Kasson. All three wrestlers will compete in St. Paul at the Excel Center. Teigan Baird placed 5th at HWT.

### MSHSL Section 1AA Results for Cannon Falls

#### 107

**Owen Parish (21-15) placed 8th and scored 0.0 team points.**

Champ. Round 1 - Owen Parish (Cannon Falls) 21-15 won by fall over Cameron Riedl (Austin) 2-17 (Fall 4:16)

Quarterfinal - Cooper Mack (Plainview-Elgin-Millville) 31-17 won by fall over Owen Parish (Cannon Falls) 21-15 (Fall 0:50)

Cons. Round 2 - Owen Parish (Cannon Falls) 21-15 received a bye () (Bye)

Cons. Round 3 - Kolten Hoffmann (Pine Island) 17-18 won by decision over Owen Parish (Cannon Falls) 21-15 (Dec 7-2)

#### 114

**Adam Parish (42-4) placed 1st and scored 0.0 team points.**

Champ. Round 1 - Adam Parish (Cannon Falls) 42-4 received a bye () (Bye)

Quarterfinal - Adam Parish (Cannon Falls) 42-4 won by fall over Aaren Kulas (Caledonia-Houston) 7-28 (Fall 0:46)

Semifinal - Adam Parish (Cannon Falls) 42-4 won by fall over Quade Mullenbach (Stewartville) 24-16 (Fall 2:37)

1st Place Match - Adam Parish (Cannon Falls) 42-4 won by decision over Samuel Moore (Zumbrota-Mazeppa) 35-12 (Dec 11-5)

#### 127

**Calvin Singwald (41-5) placed 1st and scored 0.0 team points.**

Champ. Round 1 - Calvin Singwald (Cannon Falls) 41-5 received a bye () (Bye)

Quarterfinal - Calvin Singwald (Cannon Falls) 41-5 won by fall over Braydon Oney (Byron) 3-25 (Fall 1:08)

Semifinal - Calvin Singwald (Cannon Falls) 41-5 won by tech fall over Keymoni Bent (Kasson-Mantorville) 20-21 (TF-1.5 4:05 (16-1))

1st Place Match - Calvin Singwald (Cannon Falls) 41-5 won by tech fall over Reid Rinn (Stewartville) 22-6 (TF-1.5 5:24 (19-3))

#### 133

**Caiden Walrod (12-14) place is unknown and scored 0.0 team points.**

Champ. Round 1 - Hunter Karnitz (Stewartville) 31-7 won by fall over Caiden Walrod (Cannon Falls) 12-14 (Fall 2:21)

Cons. Round 1 - Caiden Walrod (Cannon Falls) 12-14 received a bye () (Bye)

Cons. Round 2 - Lincoln Cole (Austin) 3-11 won by decision over Caiden Walrod (Cannon Falls) 12-14 (Dec 9-6)

#### 139

**Griffin Peterson (11-20) place is unknown and scored 0.0 team points.**

Champ. Round 1 - Isaac Blocker (Caledonia-Houston) 42-8 won by decision over Griffin Peterson (Cannon Falls) 11-20 (Dec 4-0)

Cons. Round 1 - Griffin Peterson (Cannon Falls) 11-20 received a bye () (Bye)

Cons. Round 2 - Henry Dohnalik (La Crescent-Hokah) 20-22 won by decision over Griffin Peterson (Cannon Falls) 11-20 (Dec 8-6)

#### 145

**Jonathon Opelt (20-11) placed 8th and scored 0.0 team points.**

Champ. Round 1 - Jonathon Opelt (Cannon Falls) 20-11 received a bye () (Bye)

Quarterfinal - Jonah Coleman (Kasson-Mantorville) 32-9 won by decision over Jonathon Opelt (Cannon Falls) 20-11 (Dec 7-0)

Cons. Round 2 - Jonathon Opelt (Cannon Falls) 20-11 received a bye () (Bye)

Cons. Round 3 - Lucas Larson (Stewartville) 27-9 won by decision over Jonathon Opelt (Cannon Falls) 20-11 (Dec 6-5)

#### 152

**Lucas Freeberg (17-21) place is unknown and scored 0.0 team points.**

Champ. Round 1 - Brayden Lorentzen (Byron) 26-15 won by tech fall over Lucas Freeberg (Cannon Falls) 17-21 (TF-1.5 5:16 (17-2))

Cons. Round 1 - Lucas Freeberg (Cannon Falls) 17-21 received a bye () (Bye)

Cons. Round 2 - Antonio Garcia (Austin) 17-17 won by fall over Lucas Freeberg (Cannon Falls) 17-21 (Fall 3:16)

#### 160

**Jacob Bigalk (4-29) place is unknown and scored 0.0 team points.**

Champ. Round 1 - Jacob Bigalk (Cannon Falls) 4-29 received a bye () (Bye)

Quarterfinal - Kaleb Lochner (Zumbrota-Mazeppa) 43-5 won by fall over Jacob Bigalk (Cannon Falls) 4-29 (Fall 0:26)

Cons. Round 2 - Trenton Whiteaker (Austin) 13-27 won by fall over Jacob Bigalk (Cannon Falls) 4-29 (Fall 3:24)



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(continued on page 10)

## Cannon Falls/Randolph qualifies 3 for the Minnesota State Wrestling Tournament!

(continued from page 9)

172

**Jaeden Baird (20-21) placed 8th and scored 0.0 team points.**

Champ. Round 1 - Jaeden Baird (Cannon Falls) 20-21 received a bye ( ) (Bye)

Quarterfinal - Tanner Elzen (Stewartville) 32-6 won by fall over Jaeden Baird (Cannon Falls) 20-21 (Fall 5:38)

Cons. Round 2 - Jaeden Baird (Cannon Falls) 20-21 received a bye ( ) (Bye)

Cons. Round 3 - Cooper Allen (Caledonia-Houston) 24-21 won by decision over Jaeden Baird (Cannon Falls) 20-21 (Dec 5-4)

189

**Tristan Zingler (36-4) placed 1st and scored 0.0 team points.**

Champ. Round 1 - Tristan Zingler (Cannon Falls) 36-4 won by fall over Gavin Staudacher (Plainview-Elgin-Millville) 7-18 (Fall 1:49)

Quarterfinal - Tristan Zingler (Cannon Falls) 36-4 won by fall over Kason Stayton (Pine Island) 6-13 (Fall 4:41)

Semifinal - Tristan Zingler (Cannon Falls) 36-4 won by fall over Wyatt Mulder (Zumbrota-Mazeppa) 18-14 (Fall 3:24)

1st Place Match - Tristan Zingler (Cannon Falls) 36-4 won by decision over Owen Nelson (Kasson-Mantorville) 25-10 (Dec 3-2)

285

**Teigan Baird (34-12) placed 5th and scored 0.0 team points.**

Champ. Round 1 - Teigan Baird (Cannon Falls) 34-12 received a bye ( ) (Bye)

Quarterfinal - Teigan Baird (Cannon Falls) 34-12 won by fall over Graysen Schneider (Stewartville) 17-7 (Fall 4:24)

Semifinal - Samuel Winkels (Austin) 45-1 won by tech fall over Teigan Baird (Cannon Falls) 34-12 (TF-1.5 4:58 (17-2))

Cons. Semi - Aiden McDaniel (Pine Island) 22-18 won by decision over Teigan Baird (Cannon Falls) 34-12 (Dec 10-4)

5th Place Match - Teigan Baird (Cannon Falls) 34-12 won by fall over Lucas Dykman (La Crescent-Hokah) 17-24 (Fall 0:45)



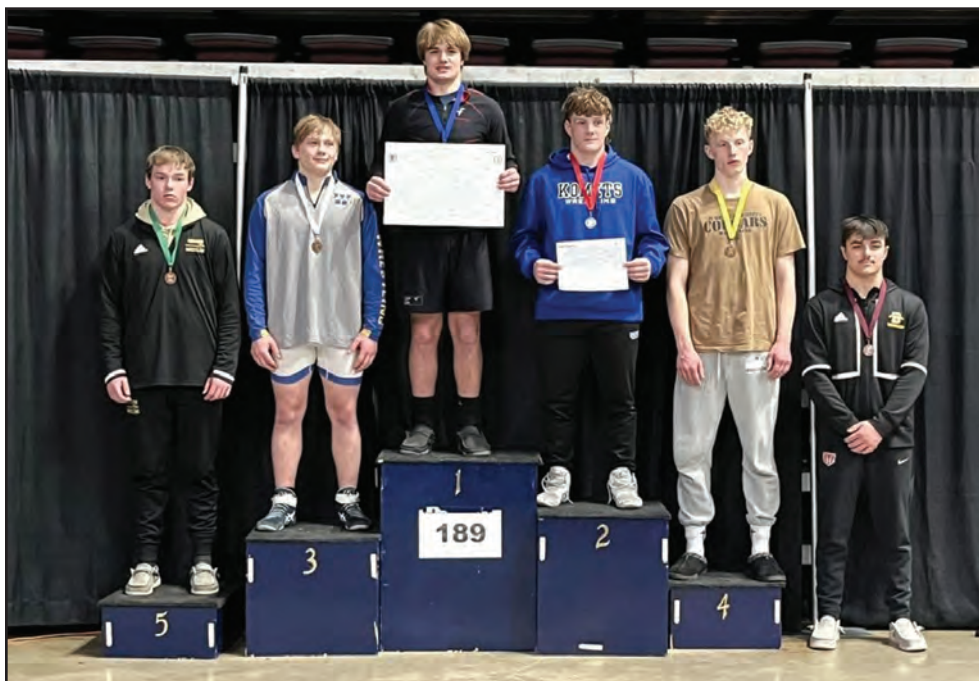
**Tristan Zingler with the Championship match win over Owen Nelson from Kasson 3-2!**



**Adam Parrish 114 LBS Champion**



**Calvin Singwald 127 LBS Champion**



**Tristan Zingler 189 LBS Champion**



**Teigan Baird HWT 5th Place**



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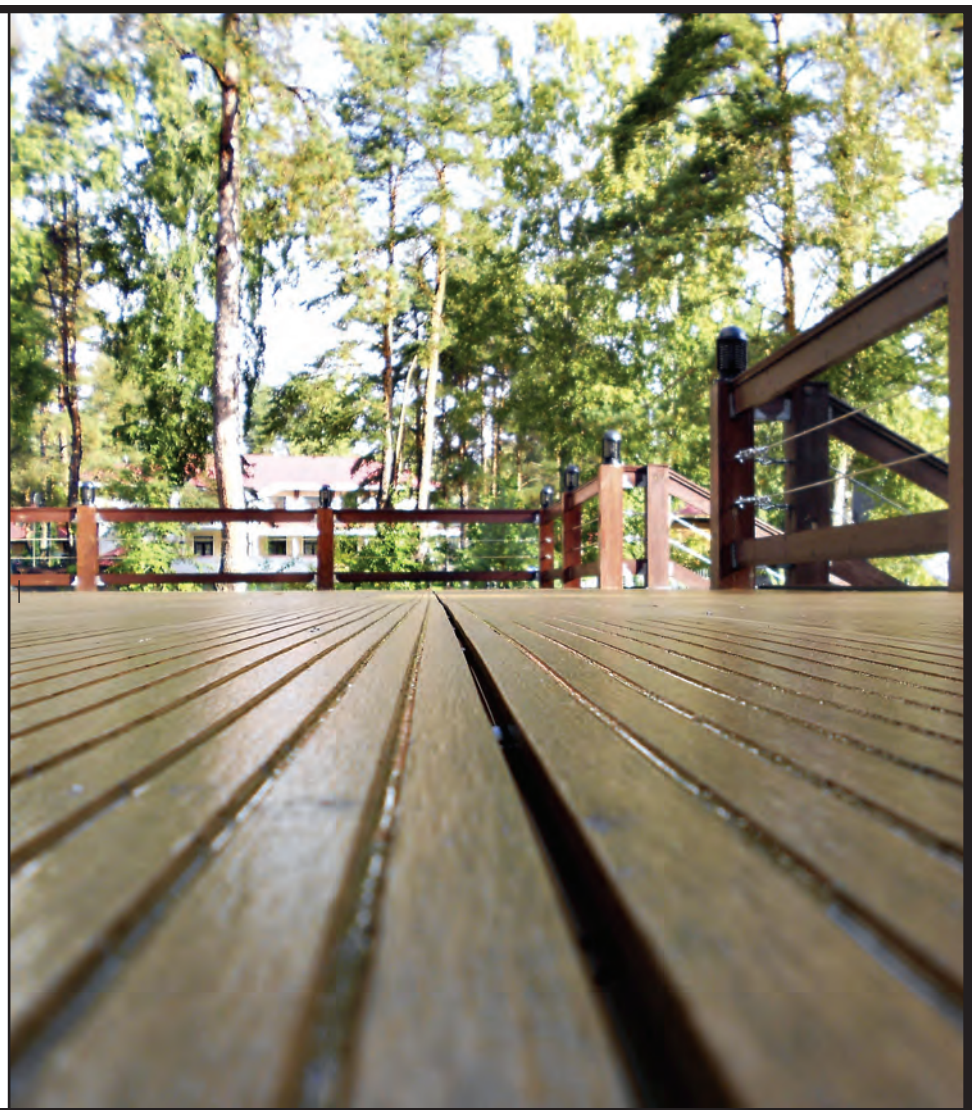
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## Down on the Farm/ Up at the Cabin Tippie the Bathtub Cat

By Claudia Vanderborght

When Monica moved to SkyMar Ranch, she understood that farm pets would be helpful. Mocha, a lab/shepard mix, could hardly believe her good fortune being able to roam the farm without a leash or tether. Four kittens – each named by a different grandchild – were slowly given greater outdoor freedom as they grew.

It was very sad when the siblings, Shelley and Oliver, died from feline leukemia (passed on by their mother). Their funerals were well attended.

Cuddles and Tippie – also siblings – were healthy and happy, lively and curious. Mice were fun to chase. Goats would chase cats (not so fun). Chickens would peck at you if you got too close. Gopher holes could fascinate for hours. And in the house there was always a warm, sunny cushion to have a

thorough wash and a comfy nap.

Before long, Tippie (named for her blond tippie toes and her blond tippie tail) demonstrated a complete understanding of her job. Headless mice began decorating the driveway. A well-placed gall bladder squished wetly under a bare human foot. Dried vomit marked Monica's favorite chair. But those especially active critters – the birds, chipmunks, once even a bunny – deserved special treatment.

Monica's shower curtain was always kept closed (due to the circa 1972 bathtub – robin's egg blue). Tippie discovered that rodents could not escape the slippery tub walls; birds could not fly through the closed shower curtain. Tippie could play with her new friends for hours until their poor little hearts finally gave out.

Claudia's heart was subjected to Tippie's attacks once or twice. Tippie liked to hide in the tub and when Claudia walked by, Tippie would launch herself at the curtain scaring the bejesus out of Claudia. When Claudia explained her near heart attack to Monica, Monica just replied, "Oh yeah. She does that."

Good to know.

Now Monica is one tough cookie. She will scoot under a tractor in the mud to connect the PTO shaft. She will take apart the side panel of a full, gloppy manure spreader to reattach the drive belt. She will reach elbow-deep into a heifer's birth canal to help deliver a calf.

But she doesn't like snakes and she doesn't like rodents.

Monica got pretty used to the bathtub presents left by Tippie. She'd simply pluck the tail feathers or tiny rodent pieces from the tub before stepping in. Not a big deal. However one day, Mocha was sniffing and snuffling at the shower curtain. Expecting the usual, Monica casually slid back the curtain ...

Monica's ear-piercing shriek brought Claudia running to the bathroom, passing Mocha scampering the other way. What on earth???? There Monica stood at the bathtub, still clutching the shower curtain. Both ladies stared, dumbstruck, at the eight-inch long roof rat laying dead on the tub floor. Beady black eyes staring lifelessly.

For weeks, Monica carefully entered the



bathroom and pulled the curtain back ever-so-slowly. Fortunately, Tippie returned to hunting more reasonably-sized prey.



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## Avoid baby carrots. Ice baths, cold showers for health!



By Shauna Burshem, D.C.

One of the most popular events surrounding the annual New Year's celebration is the Polar Bear Plunge. Thousands of people brave the icy cold water for the thrill and celebration of the new year. As crazy as this seems to people observing on television from the warmth of their living room, science confirms there are many benefits to a daily ice bath or taking a cold shower. Athletes around the world use ice baths for muscle recovery and professional sports leagues all utilize the ice bath (NFL, NBA, NHL, MLB). One of

the major non-sports related benefits has to do with mental and emotional health. Ice baths release neurotransmitters (hormones such as serotonin, cortisol, dopamine, norepinephrine and B-endorphin). These chemicals play a crucial role in emotion regulation, stress regulation and reward processing (which helps in the engagement of goal directed behavior). Ice baths will increase the dopamine concentration levels in the body. Dopamine is the happiness hormone. Studies show that 30 days of cold showers will equip your body to better handle stress, leading to an increase in resilience. Ice baths and cold showers may help reduce anxiety symptoms over time.

Raw carrots are a popular, sweet and healthy snack that is easy to prepare. They not only go great with dips and sauces, but are enjoyable as is. Carrots are low in calories, nutrient dense and have a significant amount of fiber. Most people choose a bag of baby carrots for their convenience, unfortunately baby carrots are bathed in chlorine before sale which increases your risk of chemical byproduct exposure. The best carrots to enjoy are organic whole carrots. Science shows that the act of actually cutting the carrots with your kitchen knife increases the release of healthy antioxidants in the vegetable.

On the topic of healthy snacks, sweet cherries are high in potassium which is important in maintaining healthy blood pressure levels. Cherries also contain a number of strong anticancer nutrients. Tart cherries help with inflammation and can help prevent arthritis and relieve symptoms of gout. To avoid

harmful pesticides, purchase organic cherries. Or better yet, plant your own cherry tree.

One of the more common conditions that presents in our chiropractic office, is plantar fasciitis. Plantar fasciitis is foot pain that occurs on the bottom of the foot. This condition develops in runners and people who walk a lot or stand on their feet all day. The fascia is a soft tissue covering of the bottom of the foot. Plantar fasciitis is inflammation or microtears in the fascia. Fasciitis can also be caused by stress fractures in the foot, a tight Achilles tendon and a decrease in the arch support of your feet. Typically, the onset of symptoms is gradual and noticeable on your first few steps getting out of bed in the morning. The condition can worsen to the point that every step is a sharp, constant pain.

Treatment for plantar fasciitis is based around stretches, ice massage or wearing a splint that prevents foot flexion. In our chiropractic office we treat fasciitis with adjustments of the bones in the foot that make up the arch (metatarsals). Ice massage performed at home involves freezing a plastic water bottle or a golf ball and rolling your foot over top.

Pregnancy Prenatal Chiropractic Care Info: People may use the terms "unmedicated" or "natural" birth to refer to a vaginal birth without an epidural or other pain medication. An epidural involves a healthcare professional placing a catheter in between the vertebra in the space below the spinal cord to administer doses of anesthetic. The anesthetic blocks pain signals from the spine to the brain, preventing the person from feeling pain

in the lower body during labor and delivery. The pros of epidural injection include: Fast, effective pain relief. Pain relief is adjustable.

An epidural with a preplanned cesarean delivery may be less stressful than a vaginal birth or emergency cesarean delivery. An epidural may help a person have a less stressful, traumatic, and exhausting birth experience. The cons of a pregnancy epidural injection include: Inability to walk around, risk of low blood pressure (which may affect the baby's heartbeat), headaches, backaches, nausea, risk of higher risk of medical intervention and assisted birth, difficult to push during the final stages of a vaginal birth, risk of nerve damage, puncture of the spinal cord dura mater, temporary loss of bladder control, difficulty urinating, fever, itchy skin, very low risk of convulsions, difficulty breathing, and death. Published research papers show that regular prenatal chiropractic pregnancy care can shorten labor and lessen the need for medication, including the risk of side effects mentioned above from epidural injections.

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

Once again the net proceeds from this year's 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 to 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.

CD Available at:



37540 Goodhue Ave., Denison, MN  
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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](mailto:neil@mybobcountry.com).



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## Healthy Oils



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Last month, I presented the idea of some healthy sugar sources to replace the nutrient deficient white sugar. The next category to review is healthy oils. Oils and fats are an important nutrient for our bodies. The nerve tissue conducting information throughout our body is made up mostly of fats. Your heart prefers fatty acids as a fuel supply and a proper balance of fat reserves is necessary for the ability to produce healthy children. So quality oils and fats are needed for healthy nerve communication, a healthy heart, and healthy children.

The early 1900s saw a significant increase in the understanding of chemistry and how

different chemicals interact. During this time, most of the vitamins were discovered and the structure and importance of each vitamin was learned. Fats and oils were also carefully analyzed, and we learned how these important molecules are used in the body.

Some of this chemistry worked on how to extract oils from seeds. All seeds have some oil in them because oil is important for starting new plant growth. Some of the primary types of oil in seeds are called Omega-3 and Omega-6 fatty acids. Our body uses both of these types of fatty acids to manage important functions in the body.

Over the years, this extraction process has been perfected to maximize oil production and provide a product to the consumer. Businesses and health services have marketed these oils as healthy, plant based, unsaturated fats. The marketing has worked very well, but the health results have not been positive.

The current Omega 6 to Omega 3 intake ratio among average Americans is at least 12 to 1 with some sources stating the ratio is more like 20 to 1. A healthy balance should be about 2 to 1 of Omega 6 to Omega 3. This imbalance is due to the high consumption of corn oil, soybean oil, and vegetable oil, which are high Omega 6 sources. These oils are the primary oils used in fried foods at restaurants and homes because they are the

least expensive oils on the market. When consumption of Omega 6 is high and the consumption of sugar is high, the end result is inflammation, excess weight, and diabetes. The current intake needs a significant shift to more Omega 3 for improved health and well-being.

So, what are the healthy oil options? What changes can be made in the home to improve health? The first step is to remove corn oil, soybean oil, and vegetable oil from the cupboard and commit to using healthy fats for any heating on the stove or oven. These healthy fats include coconut oil, ghee, butter, lard, and tallow. These were common fats used in the early 1900s before chemistry made the other oils available. These healthy fats do not change their chemistry when heated and do not produce chemicals that can promote inflammation. These saturated fats have been used for centuries to support generations of healthy populations.

Second, add healthy oils at the table for increased intake of healthy Omega-3. These oils include Extra Virgin Olive Oil, Flaxseed oil, Hemp seed oil, and Walnut oil. These oils should not be heated, but generously used at the table on your food. An increased intake of Omega-3 oils over your vegetables,

salads and bread will help to decrease inflammation and improve the balance between Omega-6 and Omega-3. A favorite way to use these oils is to make your own vinaigrette dressing, mixing olive oil and vinegar together with some additional spices. Homemade vinaigrette has excellent flavor, and you can create a variety of dressings using apple cider vinegar, various balsamic vinegars, red wine vinegar, or lemon juice. A recommendation of at least 3 tablespoons each day of these healthy Omega 3 oils will help to reduce inflammation and improve health.

Make your health a priority in 2024. Change is required, but the outcome is worth the effort. Little changes can make a big difference over time. Changing your oil sources can be one of those little changes. If you would like to pursue a healthy lifestyle and increase longevity, 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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The Hampton City Council met on Tuesday, January 9, 2024 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 and Chris Meyer, City Treasurer.

**Special Meeting Called to Order – The purpose of the special meeting was to discuss Resolution #2024-01 – Setting salaries, fees, licenses and permits, charges for services, schedules, appointments and annual designations.** Mayor Knetter called the special meeting to order at 6:45 pm.

Mayor Knetter asked what the opinion of Council was regarding wage increases. Councilor Luhring suggested a 3% increase across the board. Councilor Huddleston stated that the current rate of inflation is higher than 3% and suggested that the rate increase should match that of inflation. Discussion. The consensus of Council is to increase hourly rates by 5%.

Councilor Luhring mentioned that the salaries for the Mayor and City Council members are not listed on the Salary/Fee Schedule and suggested that, for transparency in government, those figures should be listed on the Schedule each year.

Mayor Knetter stated that the new position, Deputy Election Clerk has been filled at an hourly rate of \$23.00. Additionally, the Cleaning Staff position is still open. Knetter would like this to be placed on the February agenda for discussion as to whether the City should pursue hiring another employee or contract with a cleaning service.

Mayor Knetter asked if anyone wanted to

make any other changes to the fee schedule. Councilor Luhring stated that he feels that the fees being charged by the City are comparable to other municipalities.

**Adjournment** – Motion by Luhring seconded by Verch to close the special meeting. All voted in favor. None opposed. Motion passed 5:0. The special meeting closed at 6:53 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.

**Disclosure of Interest** – Mayor Knetter stated that he is an active member of the Randolph/Hampton Fire Department.

**Approval of December 12, 2023 Public Hearing and Regular Scheduled Meeting Minutes** – Motion by Verch seconded by Huddleston to approve the December 12, 2023 Public Hearing and Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 5:0.

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

**Public Comment** – None

**Petitions, Requests, and Communications** – None

**Ordinances and Resolutions:**

**Ordinance 1133 – Adopting Schedule of Fees and Charges** - Motion by Verch seconded by Luhring to approve Ordinance 1133 Adopting Schedule of Fees and Charges. All voted in favor. None opposed. Motion passed 5:0.

**Resolution 2024-01 – Setting salaries, fees, licenses and permits, charges for services, schedules, appointments and annual designations** – Mayor Knetter stated that this resolution confirms the recommendations made by Council during the special meeting. Motion by Luhring seconded by Verch to approve Resolution 2024-01. All voted in favor. None opposed. Motion passed 5:0.

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

**Engineer Report** – Brad Fisher with Bolton and Menk reported that plans and specifications have been prepared for the 2024 Pavement Maintenance Project, which was approved by Council at the June 2023 meeting. The project includes the mill and overlay of the streets in the Heights of Hampton. When finalizing the plans for the project, Fisher stated that he felt the City should also include, within the project's scope, crack sealing of pavement maintenance projects that were done in recent years. The crack sealing would help to maintain or extend the pavement's projected useful life, and Fisher feels the City may benefit from better pricing in the bidding process by including the crack sealing in the project contract. Fisher reviewed the project specifications and estimated bid total, which were included on Fisher's report in Council meeting packets. Fisher stated that the project is ready to be let to bid and asked Council for a motion to approve the beginning of the bidding process. Motion by Russell seconded by Verch to approve putting the project out for bid. All voted in favor. None

opposed. Motion passed 5:0.

**Water / Sewer Report** – Mayor Knetter mentioned that he has been in contact with the MPCA regarding the City's sewer permit. He stated that there was miscommunication regarding lab samples because of language contained within the permit.

**Park Report** – Councilor Russell reported that 15 ash trees had been removed at the ball field and that most of the stumps had also been removed. The contractor will use the wood to make wood chips for the parks. Mayor Knetter stated that the City will want to plant new trees. Russell also mentioned that the hockey rink would be flooded on Thursday night. He had 7 yards of gravel hauled in and placed around the hockey rink in order to help prevent water leakage.

**Street Report** – Councilor Luhring stated that he had nothing to report.

**Unfinished Business** – None

**New Business:**

**Planning Commission Appointments** – Terms ended in 2023 for Melissa Timm and Neil Hoadley. They both submitted an Interest Form to serve an additional term. Brief discussion. Motion by Luhring seconded by Verch to appoint Melissa Timm and Neil Hoadley to the Planning Commission. 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 7:35 p.m.

Respectfully submitted,

Judy O'Brien

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## HAMPTON TOWNSHIP NEW MEETING LOCATION

NOTICE IS HEREBY GIVEN that starting with the February meetings, Hampton Township will hold all future meetings at the New Hampton Town Hall, which is located at 5450 260th Street East, Randolph, MN.

The Hampton Township mailing address will remain: Hampton Township, P.O. Box 154, Hampton, MN 55031.  
Hampton Township  
Molly Weber, Clerk

## HAMPTON TOWNSHIP NOTICE OF ANNUAL MEETING, ELECTION OF OFFICERS & BOARD OF CANVASS

NOTICE IS HEREBY GIVEN that the Hampton Township Board, County of Dakota, State of Minnesota, that the Annual Election of Town Officers and Annual Town Meeting will be held Tuesday, March 12, 2024. In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March; March 19, 2024.

The Election Poll Hours will be from 10:00 a.m. to 8:00 p.m.,  
at which time the voters will elect:

One Supervisor position for 3-year term

The Annual Meeting will commence at 8:30 p.m. to conduct all necessary business prescribed by law.

The Annual Election and Meeting will be held at the following location:

The Hampton Township Hall  
5450 260th Street East, Randolph, MN 55065

The Board of Canvass Meeting will be held on Thursday March 14, 2024 at 4:30pm to certify the official election, results.

Respectfully,  
Molly Weber  
Hampton Town Clerk

## Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

*Question: I thought I heard about 911 being able to find accurate locations even when people don't know exactly where they are. Can you talk about that?*

*Answer: Yes, we shared some information on this very subject on our Minnesota Department of Public Safety's blog just recently. I will share the article.*



"As a former dispatcher, Jessica Stanton knows seconds count in an emergency. That's why she was grateful earlier this year for RapidDeploy Radius technology, a new high-tech mapping program that helps public safety telecommunicators locate those who need help with pinpoint accuracy so first responders can find them quickly. Our Emergency Communication Networks (ECN) division offers the mapping program to all Minnesota public safety answering points (PSAPs) for free.

Stanton was working as a public safety telecommunicator for Dakota 911 when a woman called trying to get urgent medical attention for her brother. The problem? She didn't know where he was — and neither did he.

Stanton used the RapidDeploy technology to send the man a text message saying, "This is 911, click this link to share your location." The man clicked the link, giving Stanton his exact location within two or three seconds. She sent a screenshot of the map to first responders, who quickly zeroed in on his location and started providing medical attention.

"Within a couple seconds of speaking to this individual, they actually became unable to communicate due to his medical condition," Stanton said. "It was just the right opportunity, the right time, everything worked out perfectly and hopefully that's how it works out in the future as well."

Rescue efforts involving ground searches can be high stakes; a delay of just a few minutes can cost someone their life. Locating the patient, which once could have taken responders hours, was instantaneous with the click of the link.

"The importance of time cannot be overstated when it comes to saving lives. Thanks to the existence of cutting-edge technology, we can now pinpoint a caller's exact location with remarkable precision, often even before they are aware of it," said ECN Director Dana Wahlberg. "RapidDeploy's Solution is just part of how ECN is constantly adapting technology to meet Minnesota's needs, and we want the public to know about this as well."

The texting technology also allows telecommunicators at PSAPs to quickly overcome language barriers and connect with those in need. RapidDeploy uses a built-in translation feature supporting multiple languages to communicate with callers in their preferred language.

"We've been able to utilize the outbound text feature and language translation to try to make contact and try to find out if there's an emergency situation happening," said Heidi Hieserich, Dakota 911's executive director. "It saves us a tremendous amount of time not having to go through the process of getting translation services on the line with us."

According to the latest census data, 12 percent of Minnesotan families speak languages other than English in their homes. That means nearly 700,000 people could need and would benefit from having access to rapid translation services during an emergency."

For more information on the "Emergency Communication Networks" please visit <https://dps.mn.gov/divisions/ecn/Pages/default.aspx>

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



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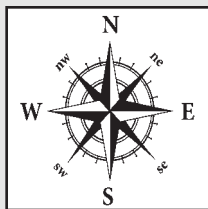
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## Changes in Latitudes, Changes in Attitudes Power Outages and Why



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.*

Power outages can be frequent in Western Tennessee. Virtually everyone has a generator. I had a generator at the construction site because I built for the first year without service to the address. I just always keep it fueled up and plenty of gas in reserve. Windstorms or tornadoes seem to happen about 12 months out of the year down here.

We have had a number of close calls with windstorms but they always just missed us. One night about five years ago, we had just arrived at our cabin in Big Sandy to do some maintenance. I hadn't even got the tools out of the truck when the rain struck. It usually rains with a vengeance, and wind. We retreated to the house and shortly after the power went out. When the storm passed, we headed back home, only to find a big tree

over the road, blocking our path.

In 2020 we went to Nashville on March 2nd to see Collective Soul at the Ryman. After the concert we discussed stopping at one of the restaurants on Broadway for dessert but decided to head home. On the drive home I could see an angry lightning storm behind us. When we turned on the news at home, we saw that a tornado had struck about two blocks from the concert venue we attended.

Three years ago, while we still lived on the Cumberland River and had just started building our new house on the Tennessee River, a big storm came through. The tornado passed within a mile of our home under construction, jumped the river and tore up a path heading east, destroying homes within a couple miles of where we lived twenty miles away. We were in Minnesota at the time and were quite surprised at the devastation when we returned. I recall driving down Cypress Road and observing the trees flattened out across the landscape, thinking I was going to be cleaning up debris instead of building a house.

Last winter we were in the yard putting chairs away because wind gusts were forecast within the hour. We stood and watched as one tree toppled over in the woods across the road. Then we heard a crash about a quarter mile down the road. We could see the power line on the ground and knew what the outcome would be. I pulled the generator up from the garage and plugged it in and fired it up.

So, this December when I arrived, I had to reset all the digital clocks in the house. It is just a fact of life. I had only been home one day, when the following evening the lights flickered and went off. After lighting a couple candles, I decided to go to bed rather

than start the generator. I woke up a couple hours later and the power was back on. The next day I was talking to my neighbor Harry, who lives about a mile down the road. Since there was no wind that night, we supposed it was one of the local boys with too much beer and too little common sense behind the wheel of his pickup who had run into a power pole somewhere.

A couple days later I was walking my dog and I stopped to visit with my neighbor, the mayor. Before he retired, he was the mayor in Pulaski, Tennessee, so everyone calls him the mayor. He asked me if I saw what caused

the electrical outage. He had the pictures on his phone. He was coming home that Friday evening and a guy had just hit a power pole in the ditch. It sheared off the pole and he continued down the ditch a hundred yards before crashing into a house and the vehicle was lodged in the living room. All that was visible was the rear end of the car framed by the red bricks of the house. Was a Friday night so I guess one could expect it. The funny part of all these intoxicated mishaps is that after living in Stewart County for five years I learned it was a dry county.

## A Minnesotan: -10 Degrees or Colder



By RosaLin Alcoser

As Minnesotans we are prepared for the cold and those harsh bitter sub zero days. To the point where for some seeing who can go the longest without switching to jeans and a coat is a thing of pride. We all know at least one of those people who is fine in shorts and a sweatshirt until it is nearly -10 degrees F outside and wonder how in the world they do that while the rest of us are pulling out our heaviest winter parkas.

Whether you are taking pride in not wearing a parka or are safely bundled up in one we are all prepared to face those sub

zero days. Or at least we are when we go outdoors.

The first of the super cold days we had this January were the wind chill and the temperature dropped well below zero. I like many donned my parka and made my way into what should have been the warmth of the office.

My desk is currently right next to the window which is less than ideal in the winter. However, it is also right under a heating vent. So naturally I was expecting to spend the bitterly cold day nice and warm under that vent.

Instead it was spent freezing as the heat in my section of the building was not operating at full capacity. Which made our little corner of the office really, really cold.

I spent half the morning half nestled in my parka to keep from shivering while I worked until I finally couldn't take it anymore and temporarily took over a coworker's desk, who was away for the rest of the day.

The next day Mathanice informed us that not only was our heating vent out but there is also a leak in the window letting in a draft. So those of us who are right next to the window had been sitting in 9 degrees F while inside of the building.

Thankfully now the window has been patched and the vent has been fixed. All in time for things to be a little bit warmer for at least a couple of days.

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