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MAY 22, 2024

Volume 21 • Issue 5

INTRODUCING
The **CLASS of 2024**
RANDOLPH HIGH SCHOOL
(pages 8-13)

Rice County Steam & Gas Annual Flea Market & Swap Meet May 25th & 26th



The Rice County Steam & Gas Show has announced their annual Swap Meet and Flea Market for May 25th & 26th. A full line up of events are included.

Check out their website and facebook page for more information. www.ricecountysteamandgas.com

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

Cannon Valley Fair July 3-6, 2024 Parade and Fireworks July 4th



After many years of the Cannon Valley Fair running July 1-4, the dates changed this year to July 3-6, 2024. Entry Day is July 2 from 2 - 7 pm.

July 3rd is Kids Day. In addition, the Goodhue County Commissioners will have their meeting at the fairgrounds in the pavilion. Goldstar amusements will open at 1 PM and

run until 11 pm daily. July 4th is Veteran and Senior Citizen Day along with Free Grounds Admission Day. The Grand Parade is still happening on July 4th, beginning at 11 AM. A full day of events will include the Annual Fireworks display at Dusk on July 4. July 5 & 6 include a full schedule of events with AutoCross in the grandstand. July 6 will include the Demo Derby in the Grandstand. Gates open at 3 PM for the grandstand. The annual

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. Watch www.dennisondays.org for updates to the schedule.

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.



SHANE + MARTIN

Anywhere



events will wrap up July 6th with Live Music from Blynd Eye on the Free Stage. A full Schedule of events and updates can be found online at www.cannonvalleyfair.org

Randolph Sanitary Sewer Project Update

In response to the high volume of traffic cutting through the road closure, residents may see law enforcement on site more. Driving through a road closure or moving construction barricades is not only unsafe, but is also illegal. Downtown businesses do remain open during construction, but must be accessed by the detours. Updated project information is available on the city web site. The City Thanks everyone for their cooperation during this challenging construction project.

HAVE A SAFE MEMORIAL DAY WEEKEND

- Open Regular Hours Friday -
Closed Saturday, May 25th
& Sunday, May 26th for Staff Maintenance



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True North

When we're using a map we need to understand that there are two different types of north. They are: True North and Magnetic north. True north (geodetic north) refers to the direction along the surface of the earth as you proceed towards the geographic North Pole. The Magnetic north refers to the direction a compass needle will point corresponding to the magnetic field lines of the Earth.

We use a compass to point us to magnetic north. A compass needle will always point towards the Magnetic north pole. The pole may not be the exact point since the compass aligns itself to the local geomagnetic field which varies constantly. The pole is the wandering point in the Northern Hemisphere where the magnetic field points vertically downwards.

The two norths are important to map readers and navigators in making them understand topography. The difference between the magnetic north and the true north is the angle of incline. Each area can be a little different; a few degrees can be either added or subtracted to get the specific north one is looking for. The direction and source of your compass will impact where you end up. What does this all matter?

Consider this. If you're going somewhere and you're off course by just one degree, after one foot, you'll miss your target by 0.2 inches. (doesn't seem to important- right) But what about as you get farther out?

- After 100 yards, you'll be off by 5.2 feet. Not huge, but noticeable.
- After a mile, you'll be off by 92.2 feet. One

degree is starting to make a difference.

- After traveling from San Francisco to L.A., you'll be off by 6 miles.
- If you were trying to get from San Francisco to Washington, D.C., you'd end up on the other side of Baltimore, 42.6 miles away.
- In a rocket going to the moon, you'd be 4,169 miles off (nearly twice the diameter of the moon).
- Going to the sun, you'd miss by over 1.6 million miles (nearly twice the diameter of the sun).

Over time, a mere one-degree error in course makes a huge difference! What we are pointing our life at matters! Our direction matters. The truth in our faith matters. Where we are heading on our faith journey matters!

Magnetic north almost never- aligns with True North. Magnetic North misses the mark because it is focused on the magnetic pull. Truth North is unchanging. We can count on it to be in the same place it was the last time. And the next time too. As believers, we need to follow something that doesn't change, something that is true all the time. To be on the right track we must be following 'True North.' Jesus' truth never changes. Hebrews 13:8, "Jesus Christ is the same yesterday, today, and forever." He is our true North! Jesus is the only way you will find True North.

Jesus is the one sent from God to be our Savior- the perfect Passover lamb for all humankind. Jesus gave His all for you and me. He desires that we focus our hearts and lives on Him.

Jesus said in John 11:25 "I am the resurrection and the life. The one who believes in me will live, even though they die." We can have life forever with Him- when we choose to believe Him; we must believe that He is the Messiah. We need to believe that He is our truth for today and for the future too.

We all have the tendency to drift from True North. Often, we begin our walk with Jesus with high hopes and expectations- and then something happens. Life happens. Sorrow or hardship take over and we begin to drift.

We don't see Jesus loving hand in our lives when everything seems to be going wrong! We struggle to believe and to have faith. Our hope takes a hit.

When that happens, we have to readjust and find our true north once again! We have to get back into the Bible. We can't stop meeting together- but meet all the more with other believers. Hebrews 10:23-25 says, "23 Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. 24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." We need to hold tight to our hope- trust in God's promises and keep being with other believers! We are not meant to live life or faith alone!!! Look at the words in Hebrews: hold tight, without wavering, think of ways, motivate one another, meet together, encourage each other... ESPECIALLY NOW! Especially now as the day of Christ return is drawing near.

If we don't hang tight, we will drift off course. There are many magnetic pulls that can take us away from True North.

- We can drift when we get our lives focused more on ourselves than on Jesus Words and His truth.
- We begin to drift when we allow compromise and sin into our lives.
- We drift when we focus more on the problems than the one with the solution. Jesus tells us to not worry- He's got this! Instead of focusing on the problem- we must keep our focus on Jesus Christ.

To stay on course we need to grow a daily walk with Jesus. As we read His Word each day and obey His truths we will be committed to the true north. Will it be easy- probably not! Satan loves to put roadblocks in our way. The world would rather have a pasty, ineffective follower of Jesus than one that is totally committed to Him. Reading the Bible, going to church, being a part of a small group are all ways to keep us on

course.

When we follow True North, those things that are pulling us away or making our life a mess will need to be removed. When we recognize the mess we've made, or the wrong direction- it is ok to get help. You may need to go to counseling, or to treatment. You may need to get involved in a Celebrate Recovery or another 12-step program. To be restored to true north- you must first admit your need- you need to tell Jesus and someone you trust that you are lost! It's not easy to admit being lost. It happens to new believers as well as people that have been on the journey for a while. But once you recognize that you have lost your way- seek Jesus- go to Him, get back on course! You may have to go back through a lot of that junk that got you where you are now- but stay true. Remember the power and the love of the resurrected Jesus- Because He lives, we have hope for tomorrow. REMEMBER:

Jesus has the power to give you hope today, and for all your tomorrows.

Jesus is True North, Follow Him!

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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

AREA CHURCH DIRECTORY

Work: Serving God With Excellence

Whatever you do, work at it with all your heart, as working for the Lord. . . . — Colossians 3:23

Work is not merely a means of earning a living; it is an opportunity to serve God with excellence. Whether it's in our job or career, our studies, or our daily chores and tasks, we can bring glory to God by working with diligence and wholeheartedness.

Our attitude toward work reflects our devotion to Christ. When we view our labor as an offering to the Lord, even mundane tasks take on significance.

Every effort made with love and dedication is an act of worship.

God calls us to work for him and not for human approval. We find our ultimate reward in him.

Knowing that God sees and values our efforts, we serve with joy and a sense of purpose.

May our work ethic be characterized by integrity and humility. Whether we are enjoying success or facing challenges, we can keep our eyes fixed on the One we serve, knowing that our labor is not in vain.

And as we go about our work each day as working for the Lord, we become a reflection of God's love and a light in this world.

Lord, I offer my work and all I do as worship to you. Help me to serve diligently and with integrity. May my labor bring you glory and reflect your love to others. In Jesus' name, Amen.

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10:15 a.m. Sunday School
Questions? Call 507-645-0042

Jean Ranae Pommerening

Jean Ranae Pommerening, 67, of Cannon Falls, died on Monday, May 6, 2024, at St. Mary's Hospital in Rochester.



Jean was born on August 12, 1956, in Cannon Falls, Minnesota, the daughter of Frederick and Jeanetta Brunotte. She attended Randolph schools. She married Michael Pommerening on April 7, 1973. Working multiple jobs through the years, she enjoyed her time outside by fishing, camping, gardening, garage saleing, and spending time with her friends, her family, playing bingo, and scratch-offs.

Survivors include her six children Becky (Doug), Brice, Brook, Brittany (Jake), Blake, and Bailey (Elijah); multiple beloved grandchildren, nieces, nephews, and siblings Patricia Warner and Frederick Brunotte. She was preceded in death by her parents, Frederick and Jeanetta Brunotte, her husband Michael Pommerening, and her sister Sharon Mechura.

A celebration of life is being planned for June 9th, at Hannah's Bend Park in Cannon Falls. More details to follow.

Carol June (Illa) Moorhouse

Carol June (Illa) Moorhouse, age 91 of Cannon Falls, died peacefully on Wednesday morning, May 8, 2024 at her home at Cannon Rivers Senior Living.



Carol was born on June 13, 1932 in Crystal, North Dakota to Elmer and Cora (Wagner) Onstad. She graduated from Walsh County Ag School in Park River, ND in 1950.

Carol moved to the Twin Cities where she met and married Donald J. Illa on November 29, 1952 in Minneapolis, and they had five children. Carol was a homemaker, and when her children were all in school, she worked at Randolph Schools as head cook for 12 years. Don and Carol had a motor home and loved to travel, spending winters in Arizona. Don died unexpectedly on September 10, 1987. She then went to work at the Piccadilly Boutique in Cannon Falls prior to retiring.

Carol married Bob Engler on February 11, 1989. Bob and Carol shared their love of travel and purchased a winter home in Apache

Junction, AZ. Bob died on August 6, 2004. She married Willis E. Moorhouse on November 26, 2007 at Randolph Baptist Church. Willis and Carol continued wintering in Arizona and traveling. Willis died on February 17, 2021.

All who knew Carol benefited from her love of cooking. Other interests included gardening, sewing, and crafting. Above all, she enjoyed spending time with her family and will be greatly missed.

Carol is survived by her children, Sandy (Mike) Wood, Kevin (Loralie) Illa, Deb Ohmann, and Mary (Joe) Gergen; daughter-in-law, Cindy Illa; 10 grandchildren and 13 great-grandchildren; step children, Gary (Mary Kay) Moorhouse, Karen (Ken) Volkert, and Doug (Liz) Moorhouse; 8 step grandchildren and 9 step great-grandchildren; and nieces and nephews.

She was preceded in death by her parents; her husbands; son, Keith on March 14, 2023; and siblings, Marjorie (Sam) Bornholdt, Merle (Marion) Onstad, and Doris (Larry) Larson.

Visitation was held on Tuesday, May 14 from 1:00 - 3:00 p.m. at Lundberg Funeral Home in Cannon Falls. A private family service and burial was held.

Pallbearers were Mike Ohmann, Mitch Gergen, Kyle Illa, Ryan Illa, Max Mittelstaedt, and Adam Schoeneck.

Memorials are preferred to Alzheimer's Association, American Cancer Society or Parkinson's Foundation.

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

Audrey (Felton) McKeag

Audrey (Felton) McKeag, age 84, of Stanton, died Wednesday May 8, 2024, at Cannon Rivers Senior Living in Cannon Falls.



Audrey Lena Felton was born on November 22, 1939, the daughter of William and Ella (Bachman) Felton, on a farm north of Randolph.

On January 18, 1956 Audrey was united in marriage to David W. McKeag at First English Lutheran Church in Cannon Falls. Together they raised four children and she lived almost 68 years at the same address in rural Stanton.

Audrey was well known as a baker at Curt's Cannon Ball, making homemade pies and her famous monster cookies. After she quit baking, she learned the fine art of lefse making. Audrey and Dave would make more than a thousand dozen lefse a holiday season. They had people coming from all over the area for her tender lefse. Beside her deep faith and love of Jesus, she loved digging in the dirt and planting flowers. She knew all the best greenhouses in the area and was always eager to try a new variety or color of plant. She always looked forward to spring when the greenhouses opened.

Audrey's greatest blessing was her family. Survivors include her children, David B.

(Jan) McKeag, Dixie (Marv) Schaffer, Dan McKeag, and Mike (Jodie) McKeag; grandchildren, Brett Schaffer, David D. (Nicci) McKeag, Luke Schaffer, Jessy (Jason) Welvaert, Jenny (Ricky Coffman) McKeag, Ellie McKeag and Trevor (Carly) Grems; great-grandchildren, Reyce and Jayce Schaffer, William and Isabella Welvaert, Graham and Hadley Grems; and many nieces and nephews. She was preceded in death by her husband; her parents; her siblings, Harold Felton, Arnold Felton, Yvonne Montgomery, and Arlene Ringeisen; and her daughter-in-law, Zandra Soza McKeag. She will be missed by many...

No Flowers please, Audrey firmly believed flowers are for the living. Memorials are preferred to the donor's choice.

A memorial service will be at St. Mark's Lutheran Church in Randolph on Sunday, June 30, 2024. Visitation will be from 1 to 3 pm and a short service will begin around 3 pm.

Joan Marie Burch

Joan Marie Burch was born on September 9, 1940 in St. Paul, MN to George Lawton and Luella (Robinson) Burch.



She married Harold T. A. Melhouse on August 22, 1959 at Stanton Methodist Church. They lived in Phoenix, AZ for two years and then

moved back to Leon Township to farm with his dad. While in Arizona, their two oldest children were born. Their other two sons were born in Minnesota. Joan went to Randolph High School and was a cheerleader for many years. She went on to Mankato State College.

Joan taught physical education at Wastedo School in the late 60's, taught chapter I for 25 years, and drove school bus for Merlyn Swanson and the Cannon Falls school district for 40 years. She did this along with being the "right hand man" for our farming and snowmobile business.

Joan was an active member of Urland Lutheran Church where she taught Sunday school, Luther League, was treasurer for many years, and involved in Peace Circle, Bible studies and mission works.

Her husband and her family were her top priorities in life, along with her God by her side at all times. She enjoyed entertaining and party planning. She will be remembered for her love of church, family events, baking and cooking.

Joan had many interests included golfing, snowmobiling, boating, snow and water skiing, dancing, CF sports teams, cards, board games and all kinds of sporting events, the top being the VIKINGS. In earlier years she did pottery and tennis league.

She is survived by her husband, Harold; children, Blaine (Lynn), Natalie (Gail), Mitchell (Carol), and Regan (Janell); grandchildren, Ryan (Diane), Derek (Megan), Amber, Matthew (Sarah), Justin (Nikie) Corniea, Tyler (Erin), Nathan, Kayla (Trey), and Aaron; great grandchildren, Caiden, Car-

son, Cash, Everlee, Henry, Winslow, Elliana, Owen, Lawson, Mavrick, McKennon, and Luna; sister, Lou (Iver) Larson; sister-in-law, Bonnie Burch; many nieces and nephews; and best friends, Jan and Nan.

She was preceded in death by her parents; parents-in-law, Burton and Alma Melhouse; brother, George Burch; brothers and sisters-in-law, Morris, Jean, Alva, Carol, Curt, and Donna.

Funeral service was held on Wednesday, May 15 at 11:00 am, with visitation from 10-11:00 am, at Urland Lutheran Church, Cannon Falls. Interment followed at the church cemetery.

Active pallbearers were her grandsons. Honorary pallbearers will be her granddaughters.

Memorials are preferred to Urland Lutheran Church, Cannon Falls Food Shelf, or donor's choice.

Vivian A. Bedard

Vivian A. Bedard, age 92, of Hampton, died on Thursday, May 16, at the Benedictine Living Community in Northfield, MN.



Vivian Agnes Bedard was born in Minneapolis on September 17, 1931, the daughter of Gustave and Agnes (Schmitz) Knott. She grew up

in Minneapolis, graduating from Minneapolis North High School in 1949. On October 26, 1957, Vivian married Robert Horace Bedard. Initially living in Minneapolis, they built a home in Burnsville, where they lived until moving to Hampton in 1969.

Vivian was an active member of St. Mathias Catholic Church. She sang in the church choir, and took care of flowers and vestments for the altar. Her hobbies included gardening, sewing, flowers, music, and painting. She enjoyed animals, particularly horses, and loved bird watching. In her younger years Vivian liked to go deer and pheasant hunting with her husband. They also enjoyed square-dancing and snowmobiling.

Survivors include her children Sheri (Dan) Dowden of Goodhue, Sheila (Troy) Schifsky of Delta, WI, Renee (Kent) Otte of Randolph, and Michele (Bob) Hemphill of Hampton; grandchildren Taylor (Samantha), Brandon, and Cameron Dowden, Colton (Alexandria), Carson, Chase, and Cooper Schifsky, Grant, Alec, and Kellen Otte, and Jack Hemphill; great-grandson Adrian Dowden; brother Virgil (Gloria) Knott; sister-in-law Irene Knott; and several nieces and nephews. Vivian was preceded in death by her parents Gustave and Agnes, her husband Robert, sister Evelyn (Arland) McCaul, and brothers Lester (Delores) Knott and Gustave Knott.

Memorial contributions are suggested to St. Mathias Catholic Church.

The memorial mass for Vivian will be at 4:00 pm, Tuesday, May 28, at St. Mathias Catholic Church, 23315 Northfield Blvd, Hampton, MN 55031. There will be a visitation at the church one hour prior to the service. Interment will be at the St. Mathias Cemetery, followed by dinner in the church basement.

Got a Great Local News Story?

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Randolph-Hampton-Castle Rock
Messenger

Let's Tackle the Spread of Garlic Mustard in our Woodlands



By Kourtney Spitzack

Garlic mustard (*Alliaria petiolata*) can be found in most regions of Minnesota and is listed on the Minnesota Department of Agriculture's (MDA) Restricted Noxious Weed List. This means that the plant and any propagating part of it cannot be transported, sold or imported in the state, except as allowed under Minnesota Statute §18.82 by permit. Although this species is not required by law to be destroyed or controlled, it is strongly encouraged to manage these plants so that they do not spread out into new areas.

Garlic mustard was more than likely introduced into the United States during the 1800's, when it was brought over from Europe to be used for medicinal or food pur-

poses. It can now be found in many areas in the eastern, midwestern, and now, a few areas in the western United States as well.

Garlic mustard can grow from one to four feet in height. It is a biennial early-season herb that will germinate from seed. In its first year, it will form a rosette, which will then bolt into a flowering stem, produce seed, and then die in its second year. The leaves are coarsely toothed and alternate along the upright stem. The lower leaves are heart-shaped, while the upper leaves are more triangular.

Flower clusters can be found at the tops of the stems from May through June. The flowers are white in color, small in size and have four petals. After flowering, slender, oblong, black seeds form at the top of the stems. Once these seeds are produced, they can be viable in the soil for the following five to ten years. When the plant is crushed, it emanates a garlic fragrance.

There are some other species that have a similar appearance to garlic mustard. These include crinkleroot, wild ginger, violets and creeping charlie. This similar appearance mainly occurs in the first year, prior to the plant sending up an upright flower. With crinkleroot, it has a very similar flower to garlic mustard.

Garlic mustard likes to grow in upland woodlands and forests that are in the floodplains. They can also be frequently found along trails, open forest canopies, roadsides, and some other disturbed areas. It can create a thick mat that can outcompete and shade out other species and native plants.

(continued on page 5)



Garlic mustard



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Let's Tackle the Spread of Garlic Mustard in our Woodlands

(continued from page 4)

This is why it is important to keep an eye on garlic mustard and remove it from landscapes if found. Hand-pulling garlic mustard can be an effective means of control, as long as all parts of the plant and roots are removed. If you are removing flowering garlic mustard, use caution because the flower can still produce seeds after it has been pulled. Removal of the plants might need to be repeated due to there being a seed bank or shoots left in the soil.

With a sound management plan, native vegetation will grow back in the areas where garlic mustard once was.

Some native substitutes that can replace garlic mustard in the landscape include rue-anemone (*Thalictrum thalictroides*), cut-leaved toothwort (*Cardamine concate-*



Native plants that can be planted after garlic mustard is removed include rue-anemone (*Thalictrum thalictroides*) [(top left) photo by Wendy VanDyk Evans, Bugwood.org], cut-leaved toothwort (*Cardamine concatenata*) [(top right) photo by Steven Katovich, Bugwood.org], bloodroot (*Sanguinaria canadensis*) [(bottom left) photo by Richard Gardner, Bugwood.org] and wild ginger (*Asarum canadense*) [(bottom right) photo by Steven Katovich, Bugwood.org]

ate), bloodroot (*Sanguinaria canadensis*) and wild ginger (*Asarum canadense*).



Species that look similar to garlic mustard include crinkleroot [(top left) photo by Steven Katovich, Bugwood.org], wild ginger [(top right) photo by Steven Katovich, Bugwood.org], violets [(bottom left) photo by Joy Viola, Northeastern University, Bugwood.org] and creeping charlie [(bottom right) photo by Bruce Ackley, The Ohio State University, Bugwood.org]

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Milo Peterson Ford Co.



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<p>4WD, super crew, 5.5' box, 36,688 miles, agate black metallic, 3.5L V-6 #23112U</p>	<p>Spring Special! \$41,999</p>	<p>AWD, 25,400 miles, star white metallic, ecoboost 2.0L turbocharged #23189U</p>	<p>Spring Special! \$28,585</p>	<p>4 door, advanced 4x4, 18,527 miles, cactus gray, 2.7L V-6 ecoboost #23121U</p>	<p>Spring Special! \$51,950</p>	<p>AWD, 10,923 miles, carbonized gray, metallic, ecoboost 2.0L turbocharged #23140U</p>	<p>Spring Special! \$28,999</p>
	<p>2017 FORD EXPLORER LIMITED</p>		<p>2022 FORD SUPER DUTY F-350 SRW LARIAT</p>	<div style="display: flex; justify-content: space-between;"> <h2>Spring Car Care</h2> </div> <p>At Milo Peterson Ford Co., our highly qualified technicians are here to provide exceptional service in a timely manner.</p> <p>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>Magnetic metallic, 2.3L ecoboost, 76,312 miles #24005U</p>	<p>Spring Special! \$20,775</p>	<p>4WD, crew cab, 6.75' box, rapid red metallic, 50,103 miles, power stroke 6.7L V-8 turbo diesel #24031U</p>	<p>Spring Special! \$67,999</p>				

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Down on the Farm/ Up at the Cabin

*Farm Living is the
Life for Me*

By Monica & Claudia Vanderborcht

Two weeks before teachers were scheduled to return to school, Monica became the proud owner of her "new" 20 acre farm in Wanamingo township.

Moving In:

Friends came to help -- parishioners from her new church, neighbors from her previous homes, colleagues from her school. Many hands make short work -- the Pack Rat shipping container was quickly emptied, and (priority number one) the bed was assembled. (No more sleeping on an air mattress!!! YAY!)

And Now I Need:

A bigger lawn mower. The push mower from the suburbs was not going to work on a five-acre yard.

A chainsaw. Monica had been told that the electricity bills could run as high as \$700 a month in the winter. But downstairs was a fireplace with an insert and a blower. Claudia (Monica's sister) had, for decades, heated her homes exclusively with wood. After researching the many makes, models, and sizes, Monica bought an Echo with 16" blade. It wasn't too long, it wasn't too heavy -- it was just right. (Her guy-friends were gladly willing to fell the big stuff with their chainsaws that didn't get much use in suburbia.)

An ATV and trailer to haul the wood that was cut.

A hydraulic wood splitter to size the pieces for handling, stacking, and fitting into the fireplace.

A farm truck. Dean (4WD Club and motor-head friend) found a 13-year-old F250 that would surely fit her farm needs and budget ... but Monica had to buy it THAT DAY or it would be gone. Stop working on lesson plans. Stop assembling the dining room table. Drive up to Elk River to see the truck. Yup, it's a truck.

Yup, it seems to drive okay. (Monica's experience with vehicles -- at this point -- was limited to sedans, minivans, Jeep Wranglers, and Goldwing motorcycles). Yup, I'll take it ... but I will have to pick it up next week.

Plow blade. Silly to have someone else plow the long driveway when you own an F250. Another new skill to learn. (It can't be that difficult, can it?)

Farm clothes. Slacks, blouses, and pretty sandals are great for teaching, but are obviously impractical for farm chores. Muck boots, overalls, heavy winter jackets, and gloves that can get dirty while still keeping you warm. Monica was never shy of shopping at thrift stores; there was plenty to be found there and at a reasonable price.

Winterizing the Home

The pretty stuff was going to have to wait (replacing the rust-stained robin's egg blue tub and commode was just not important, repainting the dingy living room walls could be done later, the bare concrete floors in the basement could wait another year - or two, the harvest gold range would cook food just like any other color of stove).

But the attic insulation was thin. (When Monica accompanied the building inspector, he mentioned adding insulation would decrease that dreaded electricity bill. He also assured Monica there were no monsters lurking up there.) YouTube can teach you anything! So Monica and her grandson braved the attic heat in October and blew in cellulose.

Insulating the 1970s single-pane windows with plastic was a multi-day task: thirteen 48" windows downstairs, seven 48" windows upstairs, plus one enormous 108" picture window (a challenge!)

Adding a deck and sliding glass door off the kitchen. Most people would not consider this a winterizing project, but Monica grilled most evenings (yes, even in January and February).

Cutting, Hauling, Splitting, Stacking the Firewood

They say that heating with wood heats you more than once. Maybe five times. Six?

Cutting: Dead-fall was plentiful, so felling live trees and waiting for them to dry was not an issue.

Cutting and Hauling: The woods were overgrown and nearly impassable -- ATV-sized trails needed to be made so wood could be hauled out.

More Hauling: Claudia suggested a LOT of kindling. You just needed to bend down, pick up a dry stick, and toss it into the trailer.

Stacking: An old, dilapidated shed near the house needed only a few racks to turn it into an airy, usable woodshed.

More Stacking: Throughout the winter, the firewood supply in the house needs to be replenished.

Definitely six times. Maybe seven. Enjoying the Farm

Watching the corn and soybeans that surrounded the farm turn from lush green to crisp brown. Seeing and hearing the huge combines harvest the crops and smelling the rich, black dirt left behind.



Listening to the geese fly overhead, heading south for the winter.

Noticing the sun rise and set just a little farther south every day.

Deciding where to put the chicken coop in the spring. Considering what livestock to put

in the pastures and pole barn.

Sitting on the new deck on a sunny October afternoon, adult beverage at hand, and celebrating the amazing differences between a suburban home and a rural farm.

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Camryn Dahlen



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Caleb Hachfeld



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Julia Hines

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RANDOLPH HIGH SCHOOL CLASS OF 2024



Carly Kimmes



Presley Kimmes



Jasmine Kitchens



Faith Koltavy



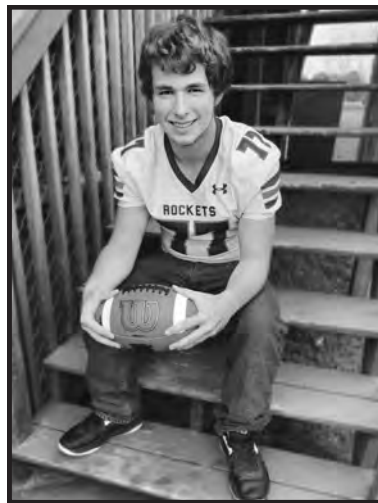
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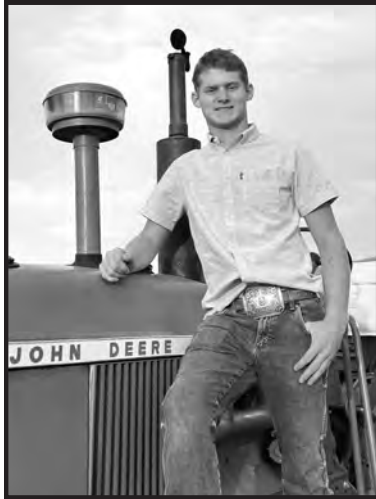
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We wish you all the best!

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TODAY & ALWAYS

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Congratulations to the Class of 2024!*



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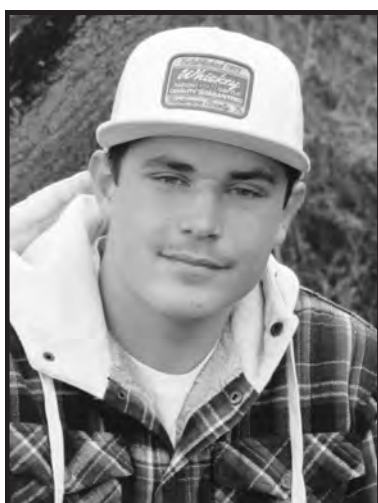
Keziah Thao



Cami Thompson



Kaitlyn VanDeSteege



John Wedel



Gabrielle Wiik



Jocelyn Zingler

Randolph High School Commencement
Saturday, June 1, 2024
7:00 p.m.
High School Football Field or in the North Gym
If the weather permits, the ceremony will be on the football field. If it is on the football field, you must bring your own chair, only if it's outside.

Class Motto
"We didn't realize we were making memories; we just knew we were having fun."

Class Flower: Blue Iris/White Baby's Breath

Class Color: Silver/Light Blue

Cap and Gown Color: Blue

Tassel Color: Blue, Orange, and White

Stole: Orange

Class of 2024

Best wishes to all of the dedicated seniors who are celebrating their graduation this year!

Congratulations, Cannon Falls & Randolph Classes of 2024!



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Max Kuhn and Grady Taylor Place 4th at Class A State Speech Tournament



Congratulations to Max Kuhn and Grady Taylor on their 4th Place finish in Duo Interpretation at the Class A State Speech Tournament! What an accomplishment! Go Rockets! *Courtesy of Randolph School*

MN FFA State Degree Recipients



Congratulations to our MN FFA State Degree Recipients Mattea Quigley, Noah Quigley and Jack Feldman *Courtesy of Randolph School*

DO YOU HAVE A STORY IDEA?



Email: hometownmessenger@gmail.com

Grady Taylor is Headed to Nationals

Courtesy of Randolph School
Grady Taylor is headed to Nationals in FFA Creed Speaking...1st Place at State....We are so proud of Grady.



KIDS SUMMER ADVENTURE!

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AUGUST 5TH - 9TH, 2024

KINDERGARTEN TO 5TH GRADE
9 AM - 5 PM

\$130 DEADLINE TO REGISTER JULY 15TH

The whole Cannon Valley Community is invited!

PK3 TO 5 YEAR OLDS
9 AM - 11:30 AM

\$20 DEADLINE TO REGISTER JULY 15TH

FIELD TRIPS

Grand Slam • Air Insanity • Chuck Cheese • Como Zoo • Bowling
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**Field Trips are subject to change

Register online at riverwoodcf.org/events

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CLOSED SATURDAY FOR BREAKFAST - OPEN AT 11AM
MEAT RAFFLE SATURDAY 1:00PM
SUNDAY CLOSED IN RECOGNITION OF MEMORIAL DAY

2024 Class OF congratulations

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DENNISON DAYS



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SATURDAY FOOD STANDS OPEN AT 11AM!

June 21 & 22, 2024



All You Can Eat PANCAKE BREAKFAST

Includes Pancakes, Eggs, Sausage & Beverages

SATURDAY, JUNE 22
8:00 AM to 11:00 AM



SATURDAY, JUNE 22 CLASSIC CAR SHOW

8:00 AM
Trophies at NOON

TRUCK & TRACTOR PULL
10:00 AM

SATURDAY, JUNE 22
KIDS PEDAL TRACTOR PULL
11:00 AM

BE IN THE PARADE

SATURDAY at 1:30 PM!

A Kiddie Parade Leads Off Main Parade
(Ages 12 & under)

Sign up at 12:00 p.m. South Main Street

\$100.00 Prize for Best Parade Entry!

Call 507-645-9992

Dennison Lions Club DENNISON DAYS RAFFLE

- 1st Prize: \$500 Cash**
- 2nd Prize: \$200 Cash**
- 3rd Prize: \$100 Cash**
- 4th Prize: \$50 Cash**

Drawing held at 9:00p.m. at the Fireside Lounge

Need not be present to win. Winner is responsible for any taxes or fees. SPONSORED BY DENNISON LIONS CLUB CHARITABLE GAMBLING PERMIT #2762

FRIDAY, JUNE 21 KICK OFF

Gopher State Garden Tractor Pull
6:00 PM

LIVE MUSIC
8:30 PM-Midnight
Russ Franek & The Biscuits

SATURDAY, JUNE 22

LIVE MUSIC
7:30 PM-Midnight
Main Street
Shane Martin
www.shanemartin.com

Saturday Schedule of Events

- 8-11a.m. **All You Can Eat Pancake Breakfast** Hosted by Nerstrand-Dennison Fire Dept., and Dennison Community Church \$12 for adults, \$5 for kids 12 & under, 3 & under FREE. Includes pancakes, eggs, sausage, coffee, juice, milk. Under Mainstreet tent.
- 8a.m. **Farmers Market Downtown • Citywide Garage Sales**
5K Run Begins at Paul's Plumbing Building, North of Dennison Depot. For more information text Ted at 507-301-4314 or e-mail: dennisonvangoffice@gmail.com
Classic Car Show on Mainstreet Presented by Clutchmen Car Club. Trophies at Noon. Contact Eric Swanson 612-282-6562.
- 8:30a.m. **Euchure at Fireside Lounge** For information, contact Jen Eggum 507-649-0602
Sign Up for Clutchmen Truck & Tractor Pull at Pull Site
Truck Pull Mike Beebe 651-341-2424 • Tractor Pull Thad Sonsdahl 507-330-0180
- 10a.m. **Truck & Tractor Pull Begins on the Hill**, sign up begins at 8:30a.m.
Cow Milking Contest Main Street, hosted by David Flom Dairy
- 11a.m. **Food Stands Open**
Joel Stenhaug & Jim Tracy Memorial Horseshoe Tournament in City Park Presented by the Dennison Lions
Kids Pedal Tractor Pull on Mainstreet (At Mainstreet intersection) Sign up begins at 10:30a.m.
- 1-3p.m. **Kids Carnival**
- 1:30p.m. **Parade Downtown - A Kiddie Parade Leads Off Main Parade** (Ages 12 & Under)
\$100.00 Prize for Best Parade Entry! Sign up at 12:00 p.m. South Mainstreet. Call 507-645-9992
- 2p.m. **625 Bar & Grill Bags Tournament** Sign up at 625 or call 507-782-9061
Live Music at 625 Bar & Grill
Kids Bingo Under the tent. Presented by Dennison Lions. Ages 3-11.
- 4:00p.m. **Purse & Gift Card Bingo** Presented by Dennison Lions & Fireside Lounge
- 5:30p.m. **Game Show TBD**
- 7:30-11:30p.m. **Live Music from "SHANE MARTIN" Alabama Tribute on Mainstreet** 18+ event. No Cover Charge. 21 to drink. Presented by Capitol Construction and Fireside Lounge & Supper Club

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For updated info. go to www.dennisondays.org

New Breakfast Cereals – Loaded with Chemicals



By Shauna Burshem, D.C.

General Mills has launched a new cereal line called “LOADED.” GM is filling their cereal squares with vanilla cream. But tests are revealing alarming levels of heavy metals in the filling. Loaded contains more than double the amount of the EPA’s allowable levels for lead, 400% higher levels of cadmium and up to 1650% higher aluminum levels compared to the EPA’s standards for drinking water. The weed killer Glyphosate and eight other pesticides were also detected.

Daily walking is one of the most effective ways to stay fit and active. Regular walking has been shown to reduce the risk of chronic

age-related diseases like heart disease, high blood pressure, type 2 diabetes and cancer. The largest health gains came from walking up to 7000 or 8000 steps per day, continuing to about 12,000 steps per day as being ideal.

Excited about 5G wireless? Don’t be. Studies reveal that 5G wireless has the potential to induce neurological damage, psychiatric problems and due to its effect on brain development, increasing the risk of conditions like dementia. Also, a December 2023 study showed that 5G wireless had an effect on sperm count and motility.

Pregnancy and vaccines do not go hand and hand despite what medical doctors will tell you. Studies show that pregnant women given the swine flu vaccine had a statistical number of increased miscarriages. In addition, when combined with the flu vaccine it was reported that women were more likely to miscarry within 28 days following the vaccination. Sadly, the American Academy of Physicians (AAP) recommends that all newborns should receive a hepatitis B vaccine within 24 hrs of birth despite hepatitis B being a disease that is primarily contracted from IV drug use or promiscuous sexual activity. Speaking of vaccinations, young people who received the COVID-19 vaccine were significantly more likely to die than those who did not receive the shot. According to data from the United Kingdom’s Office of National Statistics those who received four covid vaccine had a 318% higher mortality rate than the unvaccinated group. As far as childhood vaccinations in general, another study found that vaccinated children had higher rates of asthma, allergies, eczema, respiratory infections, behavioral issues and

other health conditions. Back to the covid vaccine, a separate study found that for every life saved there were nearly 14 times more deaths caused by the covid vaccine.

The pharmaceutical and medical devices industries paid physicians more than \$12 billion over 10 years, according to a study published last month in JAMA. The analysis found the industries made 85,087,744 payments totaling \$12.13 billion to 826,313 physicians — 57.1% of practicing physicians across 39 specialties. Orthopedic sur-

geons, neurologists and psychiatrists, and cardiologists received the most money. Trauma surgeons and pediatric surgeons received the least. “Money given to doctors has a purpose: it is for marketing,” cardiologist Dr. John Mandrola and co-author of the study wrote on his Substack. “If these direct payments to doctors did not work, industry would not spend billions.”

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

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All day Friday, May 24th

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Food Stands • Miniature Railroad Train Rides
SEATP Tractor Pull • Sunday, May 26th • 9am

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Healthy Fats



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

As I mentioned last month, we live in a world where what is considered normal is not healthy. It is normal to see a variety of “low fat” and “fat free” products at the grocery store. We have been told these products will support our health, but since the introduction of this concept in the 1970s there has been a significant increase in chronic illnesses, increased weight, and mental illness. While these “low fat” products may be normal today, they are not the food our grandparents grew up on and they are not promoting better health for us today.

Fat from healthy sources will promote health in the human body. Grass fed beef, pastured free-range chickens, and dairy cows that can graze on fresh pasture provide quality fat in the meat, eggs, and dairy. These sources of fat were essential to the pioneers that established the states that make up this country. The human body uses this fat for fuel and for developing the hormones necessary to keep the body healthy and the brain active. All the nerve cells of the human body are made of fat, which helps to insulate the signal pathways so clear communication can pass from cell to cell. The heart prefers fat for fuel, and reproduction is dependent on quality fat to sustain the significant activity of supporting new life in the womb. Quality fat sustains life.

Another significant factor associated with quality fat is the fat-soluble vitamins. Vitamin D, Vitamin A, Vitamin K, and Vitamin E are absorbed with fat into the body to activate cellular activity, strengthen bones, and defend cells from harmful chemicals. Most Americans are deficient in these four vitamins because they do not choose the food sources that contain these important vitamins. Here are some of the top food sources for these fat-soluble vitamins:

Vitamin A – Top sources include liver, salmon, goat cheese, butter, eggs, cream cheese, whole milk, and cod liver oil. Vegetables like sweet potato, kale, and carrots

contain beta-carotene which the body can transform into active vitamin A, but requires a longer process compared to the active vitamin A from the animal sources.

Vitamin D – Top sources include salmon, halibut, sardines, canned tuna, egg yolks, and cod liver oil. Your own body can make Vitamin D but this requires regular exposure to the sun, which is impossible to do in the northern states for half of the year.

Vitamin E – Top sources include sunflower seeds, almonds, peanuts, peapods, and rainbow trout. Wheat germ was the source where vitamin E was first discovered and is an important reason to consider eating whole grain products.

Vitamin K – Top sources include collard greens, spinach, kale, chicken breast, sauerkraut, kefir, gouda, blue cheese, and egg yolks.

These quality fat sources will provide essential nutrients your body can thrive on. Circle the food items you already use regularly and underline those food items you are willing to try. Combining these food items together into a savory dish will provide you with a satisfying, nutritious meal.

More than 100 years ago, Dr. Weston Price researched the effects of the modern food preparations that were beginning to advance through the western culture of Europe and

the United States. He documented his research in the book, “Nutrition and Physical Degeneration.” In cultures all around the world, he discovered the importance of quality fat to sustain a society. When the culture moved toward more processed foods, more “low fat” foods, and more convenient foods, the result was increased cavities, increased need for braces on teeth, and decreased fertility. These are all the symptoms we see in today’s modern living. You can find out more about Dr. Price’s work and the thriving community that is applying the principles he discovered at <https://www.westonaprice.org/>

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. Adding quality fat 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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Talking Loneliness with U of M



Carrie Henning-Smith
Associate Professor

Photo by University of Minnesota

The U.S. Surgeon General recently declared loneliness an epidemic and a threat to public health, and estimates note about half of the U.S. population is experiencing loneliness. Associate Professor Carrie Henning-Smith from the University of Minnesota School of Public Health answers questions about loneliness and steps people can take if they're experiencing it.

Q: Why is loneliness a public health issue?

Prof. Henning-Smith: Social connectedness is foundational to health — our friendships, families and other interactions greatly impact us. Humans are social creatures, meant to be in relationship with one another. If our social

needs are not being met, especially over prolonged periods, our mental and physical health suffers. Loneliness is associated with a range of negative health outcomes, including cardiovascular disease, dementia, stroke and depression.

Q: What factors drive increased loneliness?

Prof. Henning-Smith: This is a complicated question without an easy answer. On one hand, loneliness has always been part of the human condition. It's been a recurrent theme in music, literature and other art forms for as long as humans have created them. On the other hand, there are unique circumstances in our current world that heighten the risk for loneliness — the most pressing is technology. While technology has the potential to help us make connections, it can be used to limit our in-person interactions with each other, which divides and distracts us from meaningful connections.

Q: How can people experiencing loneliness address it?

Prof. Henning-Smith: It's important to know that loneliness is common — nearly everyone will feel lonely at some point. Acknowledging how common loneliness is is an important first step in breaking down stigma and opening up meaningful conversations to address this epidemic. Reach out to others — perhaps reconnecting with someone you haven't spoken with in a while. Research shows seeking out a new hobby or volunteering in your local community is also helpful. But — and this is really important to be clear about — it's not just up to individuals to solve the problem of loneliness. We need to address structural barriers to social connec-

tion.

Q: Are there actions policymakers can take to break down barriers?

Prof. Henning-Smith: Yes! To address loneliness on a societal level, we need meaningful investment and policy change. This might include improvements to the built environment so spaces are safe, welcoming and accessible. It might also include ensuring everyone has access to a living wage and paid time off so they have time to socialize and be with loved ones. Policymakers could take other concrete steps, such as expanding transportation infrastructure so people can gather more easily, especially people who cannot drive or do not have access to a private vehicle.


Q: Are there differences in loneliness between rural and urban areas?

Prof. Henning-Smith: Research is somewhat mixed. There is good evidence that rural areas have stronger social cohesion than urban areas — rural residents are more likely to know, trust and count on one another than urban residents. However, rural residents face challenges to social connection, including more limited transportation options, lower incomes and poorer underlying health. In our research at the U of M's Rural Health Research Center, we found rural older adults reported larger social networks — more close friends and family — but also higher rates of loneliness. This indicates we need to address structural barriers to connection for rural residents.

Carrie Henning-Smith is deputy director of the University of Minnesota Rural Health Research Center and an associate professor



in the U of M School of Public Health. Her research seeks to advance health equity with a focus on illuminating structural and political barriers to health and well-being. She has conducted research on the impact of loneliness on health and well-being, including how social isolation affects various groups of people such as older adults and people who live in rural communities.



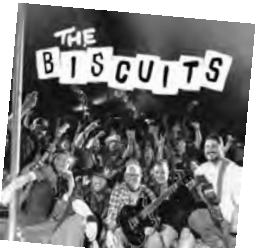
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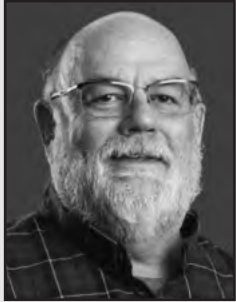
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Tick Season and Lyme Disease



Benjamin Clarke, PhD,
with the University of Minnesota
Medical School, Duluth Campus

Minnesotans can expect to see ticks outdoors as the warmer months approach. Tick bites can transmit diseases — like Lyme disease — to people and animals.

Benjamin Clarke, PhD, with the University of Minnesota Medical School, Duluth Campus, speaks about tick season, Lyme disease symptoms and how to prevent tick bites while outdoors.

“Lyme disease is a systemic inflammatory response to a bacteria called *Borrelia burgdorferi*, which is transmitted through the bite of a blacklegged tick, also known as a deer tick. Often, a bull’s-eye rash will appear near the bite site. Lyme disease will start with flu-like

symptoms of fever, head and muscle aches, and mild brain fog which progresses to fatigue, poor appetite, swollen glands and arthritic pain in the joints. If left untreated, the disease may progress to cause neurological problems like Bell’s palsy and inflammation in the brain and spinal cord.”

“It’s crucial to thoroughly inspect your body for ticks after a walk in the woods. The blacklegged tick is small — young deer ticks are about the size of a poppy seed and difficult to spot. As a preventative measure, avoid high brush and grass where ticks are found. Be sure to wear insect repellent when walking in the woods. Wearing light-colored clothing provides contrast for easier tick inspection, and tucking pants into socks prevents tick contact with the skin.”

“If a tick is attached to your skin, remove it carefully with tweezers and ensure the tick’s head isn’t still embedded in the skin, which can lead to other infections. The chances of getting an infection increase the longer the tick is attached. If you find a tick on your body, go to a clinic as soon as possible for appropriate treatment. If possible, bring the tick along for proper identification to confirm it is a blacklegged tick.”

Dr. Benjamin Clarke is a professor at the U of M Medical School, Duluth Campus. His research interests include Lyme disease, immunology and endocrinology, and the development of active learning tools to teach

biomedical concepts.

About the University of Minnesota
Medical School

The University of Minnesota Medical School is at the forefront of learning and discovery, transforming medical care and educating the next generation of physicians. Our graduates and faculty produce high-impact biomedical research and advance the practice of medicine. We acknowledge that the U of M Medical School is located on traditional, ancestral and contemporary lands of the Dakota and the Ojibwe, and scores of other Indigenous people, and we affirm our commitment to tribal communities and their sovereignty as we seek to improve and strengthen our relations with tribal nations. For more information about the U of M Medical School, please visit med.umn.edu.



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Give the Gift of Farmland to Benefit Rural Minnesota



Tim Penny
So. MN Initiative Foundation

Late last year, a gift of incredible magnitude was made to benefit the future of rural communities across southern Minnesota and northern Iowa. Glen Taylor, one of Minnesota's most well-known entrepreneurs, decided to donate significant parcels of farmland to a newly created foundation – the Taylor Family Farm Foundation. The income generated by the farmland will be distributed, in part, to three well-established partner foundations, including Southern Minnesota Initiative Foundation (SMIF). Going forward, these funds will support various programming and grantmaking in our rural

region.

It is a dream of mine that other landowners in our region follow Mr. Taylor's example and donate farmland, no matter how small, to benefit the communities of southern Minnesota. At SMIF, we have a program that can help you do just that. It is called Acres for Good.

SMIF's Acres for Good program allows farm families to donate their land as a charitable gift. What makes this model unique is that rather than liquidate the asset as most charities do, SMIF will retain the land and keep it in production by a rental arrangement. This allows retiring farmers the peace of mind that their land will continue to be farmed, especially if they do not have an heir to transfer the land to when the time comes.

What does it mean to give farmland as a gift? There are three options. You can give a gift during your lifetime, and you would get a charitable deduction on income tax. You can wait and give it in your will, and it would be released to SMIF upon your passing. Or you can opt for a retained life estate where you keep the right to farm the land until you pass and then it automatically becomes a charitable gift. If you are not ready to donate all of your tillable farmland, you can also select a portion of your property to donate.

The Acres for Good program is also a way to do good things for your community. Like Mr. Taylor's example, the net income stream from the land can be used to support southern Minnesota communities well into the future. Farmers can choose how they want to allocate their gift of land through this program. There are several options.



For example, the benefit can go toward one of SMIF's 32 Community Foundations which invest in their communities through grants and programs. From Harmony and Byron to Ellendale and St. James, SMIF has community foundations in every corner of its region.

Or, for a region-wide reach, farmers can allocate their gift toward SMIF's general endowment, or SMIF's specific funds which support youth and entrepreneurs in the region.

Another option is to set up a Donor Advised Fund to allocate resources to the donor's specific interests such as a place of worship, an alma mater or a local charity. Whichever avenue, these are all ways to leave a legacy that will make a huge difference in the future of southern Minnesota – and doing it all without having your family


farm sold.

I was elated and impressed that Mr. Taylor would think of donating farmland to reinvest in the region where he grew up, raised his family and built businesses. In doing so, he is leaving a legacy that will last far into the future. SMIF is here to help you create your own ongoing legacy. Even a gift of a few acres can make a big difference for the future of your community or a cause that is dear to your heart.

To learn more about the Acres for Good program visit smifoundation.org/acresforgood or contact Alissa Oeltjenbruns, Vice President of Community Vitality, at 507-214-7023 or alissao@smifoundation.org.

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

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: While traveling I see a lot of vehicles pulled over on the side of the road with either steam or smoke coming from the vehicle. Can you talk about what a person should do in these situations?

Answer: When dealing with a vehicle that is

overheating, most vehicles have dashboard gauges or lights that indicate the engine temperature. Activities such as driving in stop-and-go traffic on a hot day, driving on steep inclines, and towing a trailer can cause your engine to run hotter than normal. When your engine becomes hot, turn off any unnecessary vehicle equipment, such as air conditioning. If the temperature is still too high, turning on the heater will help draw hot air away from the engine. If these techniques do not work and engine temperature suddenly increases or steam rises from the engine, pull over to the side of the road, stop the vehicle, and turn off the ignition immediately.

If you notice smoke rising from beneath the hood of your vehicle, pull off the road, turn off the ignition, and exit the vehicle immediately.

Do not use water to put out the fire — this will actually spread the blaze.

In both situations, be careful when exiting your vehicle and get to a place of safety so you are not hit by other traffic. Call 911 and provide the information the dispatcher requests.

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)

Golf Cart Safety

Summer is here, and it's time to hit the greens, but remember, safety first when using golf carts!

Golf cart ordinances can vary widely depending on the location, but here are some common rules and guidelines often found in local ordinances:

- Age Restrictions: Drivers must typically be at least 16 years old and hold a valid driver's license.
- Registration: Golf carts may need to be registered with the local municipality or relevant authority.
- Insurance: Some areas require golf carts to be insured, similar to motor vehicles.

Following these tips can help you and others safe on the roads this summer.

- Buckle Up for Safety: It is your first defense in case of a crash!
- Stay Alert: Keep your full attention on the path ahead. Avoid using phones or other distractions while operating the cart.
- Obey Speed Limits: Stick to designated paths and respect posted speed limits. Slow down around corners and near pedestrians.
- No Overloading: Don't exceed the passenger or weight limits of your golf cart. Extra weight can affect handling and braking.
- Drive Sober: Never operate a golf cart under the influence of alcohol or drugs. Safe driving requires a clear mind.
- Check Your Cart: Before each use, ensure your golf cart is in good working condition. Check the brakes, tires, and battery.

Whether you're on the golf course, in your community, or on designated paths, safety should always come first. Together, we can drive Minnesota toward zero deaths.



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Look Forward to a Safe Summer by Watching Your Speed

Extra speed enforcement on Minnesota roads May 1-Sept. 2

ST. PAUL — Minnesotans will increasingly drive the streets, roads and interstates for outdoor fun as summer approaches. To keep it a safe time as people travel, law enforcement is participating in a statewide extra speed enforcement and awareness campaign from May 1 through Sept. 2.

A driver speeding past you on the interstate is scary enough, but many speeding-related fatalities occur on other roads that are designed for lower speeds and have intersections, oncoming traffic and pedestrians. The National Highway Traffic Safety Administration (NHTSA) reported that 87 percent of all speeding-related traffic deaths across the U.S. occurred on non-interstate roads in 2022.

Officers, deputies and troopers will be looking for speeders endangering their own lives and the lives of others. The Minnesota De-

partment of Public Safety Office of Traffic Safety (OTS) is coordinating the campaign with NHTSA funding and additional money approved by state legislators. The campaign includes extra patrols and advertising in support of the Toward Zero Deaths traffic safety program.

“We’ve all been there while driving. You’re running late to an activity, or stressed about a work project, or annoyed at the seemingly clueless driver ahead of you,” said OTS Director Mike Hanson. “Take a breath and don’t take out life’s frustrations on the road through speeding and aggressive driving. Traffic deaths are well ahead of last year at this time. We have to work together to stay safe as we look forward to Memorial Day and summertime fun.”

Speeding leads to tragedy

As of April 30, 100 people have died on Minnesota roads due to speeding, impairment and other dangerous driving choices compared to 69 last year at this time. While getting a ticket may be a primary concern when speeding, drivers should worry about far more dangerous consequences:

In 2023, 115 motorists died in speed-related crashes (preliminary).

During the 100 deadliest days (Memorial Day to Labor Day) in the past five years, pre-

liminary numbers show that 246 people lost their lives in speed-related crashes (2019-2023).

Speed contributed to an average of 92 deaths per year from 2014-2018, but an average of 123 deaths per year from 2019-2023.

Through April 21, preliminary numbers show speed-related deaths for this year are comparable with the past two years, but even one death is one too many.

Speed-related traffic fatalities, Jan. 1-April 21

26 in 2024
22 in 2023
29 in 2022
43 in 2021
22 in 2020
18 in 2019
35 in 2018

Reduce your speed.

Reduce your chance of a crash.

Watching your speed and driving to road conditions:

- Gives you more vehicle control.
- Allows you to respond more quickly to changing conditions, such as bad weather, road construction, or in an area at night that isn’t well lit.
- Decreases the severity of the impact during

a crash.

Give yourself room to react

Drivers should keep a three-second following distance to allow for safe stopping and reaction to other vehicles.

It takes more than the length of a football field to stop when traveling at 60 miles per hour.

Visit DriveSmartMN.org to learn more about staying safe on the road.

About the Minnesota Department of Public Safety

The Minnesota Department of Public Safety (DPS) comprises 10 divisions where 2,100 employees operate programs in the areas of law enforcement, crime victim assistance, traffic safety, alcohol and gambling, emergency communications, fire safety, pipeline safety, driver licensing, vehicle registration and emergency management. DPS activity is anchored by three core principles: education, enforcement and prevention.

About the Office of Traffic Safety

The Minnesota Department of Public Safety Office of Traffic Safety (OTS) designs, implements and coordinates federally funded traffic safety enforcement and education programs to improve driver behaviors and reduce the deaths and serious injuries that occur on Minnesota roads. These efforts form a strong foundation for the statewide Toward Zero Deaths traffic safety program. OTS also administers state funds for the motorcycle safety program, child seats for needy families program and school bus stop arm camera project.



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City of Randolph Regular Council Meeting April 10, 2024

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 Jake 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 switching the old business to come after new business items was made by Friedrich, seconded by Carlock. All voting in favor, none opposed, motion passed 5:0.

Public Comments

A citizen brought up the condition of 290th Street and trucks traveling on the road. It will be discussed during the sewer update

A citizen asked if they will be grinding the stumps in yards for the trees that were taken down. They will be doing that. It was also asked if they are compensated for the trees that were taken down. They will replant a tree to replace it. It was also noted that they were not notified that the trees were going to be taken down. There was supposed to have been newsletter going out to citizens but if they are in the right of way they have to right to take them down; however, they should have been notified personally. All the trees that are coming down are now down and the stumps will be ground down. They will send out a newsletter to notify them if they want a tree replaced for the trees that were removed for the sanitary sewer project. They will have options of trees to pick from.

Minutes

A motion to approve the March 13, 2024 regular council meeting minutes with the correction of the date to be February 14, 2024 under the Minutes section was made by Friedrich, seconded by Jacob. All voting in favor, none opposed, motion passed 5:0.

Approval of Treasurer Report and Payment of Bills

Sandy will update the funds for the amounts that we allocated with our budget by next month's meeting.

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

New Business Randolph Trailblazers

Bob Romanowski asked if the City would again sponsor the Randolph Trailblazers for the 24-25 season. The DNR requires them to use a government entity to funnel the money through. This is an in and out for the monies.

A Motion by Friedrich to sponsor the Randolph Trailblazers by Resolution No. 24-05 for the 2024-2025 season, seconded by Price.

All voting in favor, none opposed, motion passed 5:0.

Progressive Rail – Dave Fellon

Dave from Progressive Rail just wanted to update us on some things that are happening. There are some plans being made for the 29 acres they own and they will be coming back soon to share them with us.

He asked if there any plans for the land next to CMS Chemical or other property in the

area? There is appeal to properties next to railroad tracks. If we are interested they would be happy to put an investment in a design. We told him it is difficult to discuss anything without a plan and we would also need to look at our comprehensive plan.

They applied for a matching grant from the State of Minnesota for bridges and they have not heard back yet regarding the grant. There is also a Consolidated Rail Infrastructure and Safety Improvement (CRISI) grant which is federal program with matching funds that usually takes 2 – 5 years to process but this one is going to be done by November that improve safety, efficiency and reliability of freight rail. They just wanted us to be aware of this because it strengthens the rail infrastructure for heavier capacity and longer trains.

Bolton & Menk Sewer Update

The PFA has finalized the agreement which lets us access the funds. Our legal counsel, Greta, has reviewed it. It is still marked as a draft because we have to hire an operator to run the sewer system and they have to approve the contract. We were looking at People Service but they wouldn't adjust their contract to meet the requirements for the state so Bolton & Menk had to find a different company which they are looking at MMS they are less expensive and specialize in smaller towns. Greta has reviewed their contract. They will come down to meet us at next month's meeting. They are willing to sign the contract and postdate it so we don't start accruing fees.

Use of contingencies will require the justification and PFA approval of change orders. What does this mean for us? PFA reviews them to see if they are pertinent to the project.

They stay in touch and make sure the funds are used appropriately. Having to get their approval will that slow down the project. They will most likely review the change orders quickly. Matt will get the approval from PFA before bringing them to us so we have the final say. If the PFA does not approve it then he will go back to the contractor and see if it actually needed.

Mayor Jacob made a motion to approve the draft Grant Agreement – Construction Grant for the Randolph Wastewater Infrastructure Project, seconded by Carlock. All voting in favor, motion passed 5:0. If there is any change to the final agreement he will bring it back to next month's meeting.

Construction has started and they have been putting in the wells. They will do a hard close on 292nd Street in the construction zone mid next week and no one will be able to get through. They will put up "Road Closed Thru Traffic" signs on 290th and Cynthia Path so trucks cannot go through those streets. We asked if we can have deputies to patrol the roads more and stop those vehicles that don't belong on those roads. The roads will be closed for approximately one month and then it will turn back to gravel before being paved. The fire department is getting daily text messages so they are aware of the what is happening with the construction. They have been taking to the post office personnel regarding mail boxes on the route for the roads that will be closed. They can put up temporary boxes if they want them.

We discussed 290th street and the condition it is currently in More traffic is flowing on

this street and the potholes are terrible. We could mill the road and grade it but it will need to be graded continuously. Matt will find out how much it will cost to maintain it. We could patch it but they probably won't last. Jake has 4 -5 bags of fill which will probably take care of one pothole. It was indicated that Dawson is the next road to be worked on and then it will go right on 290th street but left is not scheduled until next summer. Matt can talk to the contractor to see if it could be moved up but after Dawson, the next area will be the other side of the tracks on 292nd as they want to get the areas down that need have to have the dewatering done so that those areas can all be completed and the dewatering completed. We could mill it and put down grave fine limestone and pack it or just get a price to fix it. Matt is going to look at options and get back to us. Jake will use up the bags he has to fill in holes. Also we should look at the cost of putting in a layer of blacktop.

Old Business

The way the website is currently set up is through Jake's personal email. The system wants a base email to go through so it would be easier to go through the city email. Whoever runs the website would need access to the city email. We should change it so it does go through the city email but noted that anyone else should not be deleting any emails on the city site.

Council Reports

Marie noted that the hydrants will be flushed starting on Monday and it has been posted and it should be put on the Facebook page. Once the hydrants are flushed he will shut off the aerator on the tower.

The senior class project is not until May 15th so if we have anything for them to do. Paint picnic tables. Clean up the flower beds in the park. We will get some pots with flowers in them to put at the park.

Some street signs will need to be replaced. We will address having one garbage service come into town once our sewer project is completed and roads are repaved.

Marie is meeting a contractor at City Hall to look at the restrooms and discuss what

needs to be done to bring them up to ADA compliant. We need to know how much it will cost and then look at getting a grant.

Clerk Haro noted that we received the 2023 Drinking Water Report so if anyone would like a copy to let her know. We will post it on the website.

It was noted that the tractor parade is scheduled for Friday, April 12th.

Adjournment

Motion to adjourn the meeting made by Friedrich, seconded by Carlock, the meeting was adjourned at 8:06 p.m. All voting in favor, none opposed, motion passed 5:0.

Respectfully submitted,
Mary Haro

City of Randolph Special Council Meeting April 20, 2024

The special Randolph City Council meeting was called to order at 10:31 a.m. by Mayor Marie Jacob.

Roll Call

Present were Mayor Marie Jacob, Council Members Jake Friedrich, Todd Carlock, and Clerk Mary Haro.

New Business 290th Street

We discussed the potholes on 290th Street and the quote we received from Bill's Blacktop.

Jake will use up the cold patch that he has on north side of 290th street to fill in some potholes.

Motion to pay Bill's Blacktop invoice was made by Friedrich, seconded by Carlock. All voting in favor, none opposed, motion passed 4:0.

Adjournment

Motion to adjourn the special meeting made by Friedrich, seconded by Jacob, the meeting was adjourned at 10:36 a.m. All voting in favor, none opposed, motion passed 4:0.

Respectfully submitted,
Mary Haro

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Hampton City Council Meeting Tuesday, April 9, 2024

The Hampton City Council met on Tuesday, April 9, 2024 at the Hampton City Hall for the regular scheduled meeting. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhning, Anthony Verch (arrived at 7:03 p.m.), and Nick Russell. Also present was Cory Bienfang with Bolton & Menk; and Mike Slavik, Dakota County District 1 Commissioner.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 7:00 p.m.

Disclosure of Interest - None

Approval of March 12, 2024 Regular Scheduled Meeting Minutes - Motion by Luhning seconded by Russell to approve the March 12, 2024 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 5:0.

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

Public Comments:

Mike Slavik, Dakota County District 1 Commissioner, was in attendance and Mayor Knetter asked him if he wanted to address Council at this time. Slavik stated that the first item he wanted to discuss with Council was on the Council agenda, which was the letter sent by the Dakota County Board to members of Minnesota Congress regarding the recently passed housing bill. The bill would effectively eliminate local authority regarding regulating planning and zoning in regard to housing issues in the City. Slavik mentioned that the bill was driven by the State Builder's Association in an effort to end homelessness. Discussion. Slavik stated

that, because of lobbying efforts, the bill was put on hold.

Another issue that Slavik touched on was current and upcoming construction projects in the area that may cause traffic problems. Signage is in place, but if changes need to be made Slavik said to contact him. He mentioned that law enforcement will be doing extra patrols in the area to help curb traffic problems. He asked to be contacted with any concerns about traffic control issues.

The final item brought up by Slavik was the Dakota County Township Officers Association meetings. He mentioned that invitations for future meetings will include cities as well as townships.

Petitions, Requests, and Communications:

Letter from Dakota Co. Board of Commissioners to Senator Lindsey Port and Representative Ginny Klevorn regarding Senate File 3946 and House File 4009, regarding minimum residential densities in cities. This item was discussed by Council during Mike Slavik's report.

Ordinance review and clarification:

- Ordinance § 152.004(B) - Zoning/General Provisions/Definitions/Lot Lines
- Ordinance § 152.032 - Accessory Building and/or Structures

Mayor Knetter suggested that this be tabled and reviewed at the next City Council meeting. Motion by Knetter seconded by Verch to approve tabling this agenda item until the May Council meeting. All voted in favor. None opposed. Motion passed 5:0

Reports of Officers, Boards, and Committees:

Engineer's Report - Cory Bienfang, of Bolton & Menk, updated Council on the new water tower site land acquisition. The sched-

uled closing date is April 17th, with the City to pay closing costs in the amount of \$1,755.50. Mayor Knetter interjected, stating that he feels that Council should make a motion to recognize and approve of the closing schedule. Motion by Knetter seconded by Luhning to recognize and approve of the closing schedule for the water tower site land purchase. All voted in favor. None opposed. Motion passed 5:0. Bienfang stated that the Mies family has been a great partner for the City in helping to complete the land purchase for the project. The next step is to move forward to the final design phase, with the project still requiring a conditional use permit (CUP). When the final design is completed, a CUP application will be submitted to the Planning Commission.

Bienfang continued, stating that the water tower project team developed several tower graphic options and has narrowed the options down to three for Council consideration. He referred to his staff report, included in Council meeting packets. Attached to the report are pictures of the tower graphic options. Discussion. Councilors gave opinions on tower colors and lettering. Bienfang mentioned that he would take comments back to the project team.

Water / Sewer Report - Mayor Knetter reported that he has been in contact with the MPCA regarding the City's permit requirements in reference to the Phosphorus Management Plan. A progress report was approved by the MPCA. Preparations are being made for discharge. Knetter signed himself and Josh Dixon up for training for sewer pond stabilization. Knetter also stated that he has been removing debris located near the water tower and hauling to the dump. The items are things that were removed from the

storage area at Old City Hall when the City allowed the tenants to take over the use of the area in November.

Park Report - Councilor Russell stated that nets would be going up at the tennis courts next week. Discussion about trees that will replace the ones recently removed in the parks. Russell asked how many should be replaced and if Council had any preferences regarding tree species. He will provide more information regarding tree replacements at next month's meeting.

Street Report - Councilor Luhning stated that spring street sweeping will be scheduled soon. The mill and overlay project in the Heights of Hampton will begin next month. Discussion about tapering the overlay to build up the center of the roadway for better crowning to improve drainage. Mayor Knetter mentioned that he had requested quotes to have the driveways at 23231 Belmont St. and 23391 Belmont St. repaired. He reminded Council that the driveways began to buckle after the 2019 street project on Belmont St. was done. Motion by Verch seconded by Huddleston to approve the driveway repairs. All voted in favor. None opposed. Motion passed 5:0.

Unfinished Business:

Building cleaning service - Mayor Knetter may have found someone to fill the position.

City computer support services - Mayor Knetter has found 2 interested firms.

New Business - None

Adjournment - Motion by Verch seconded by Luhning to adjourn the meeting. All voted in favor. None opposed. Motion passed 5:0. The meeting adjourned at 7:55 p.m. Respectfully submitted,
Judy O'Brien

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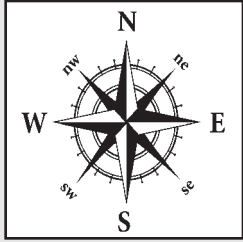
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Changes in Latitudes, Changes in Attitudes The Eclipse



By Terry Campbell

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

I have always been intrigued by the solar system. Growing up in the country the night sky seems so vast and captivating. The Big Dipper was one of the first constellations I was able to identify. If you follow the two stars that make up the front of the dipper you can find the North Star and the Little Dipper. Over sixty years on that tidbit of information. Years ago, I recall watching the northern lights in the winter sky. They seemed more common back years ago.

When I was a young kid, I read about Haley's Comet. My grandmother told about seeing it in the western sky about sunset back in 1910. Sometime in the late 1960's a comet visited earth and I got up a couple nights around 2am to look at it in the south-eastern sky. My fascination with traveling heavenly objects was anticipating the return of Haley's Comet. I was so excited that I would be able to see in 1986 but unfortunately it was barely visible at all to the naked eye.

Solar eclipses were interesting as well. My dad let us look at one through the welding helmet when we were growing up. I was amazed that the event could be tracked and predicted with such accuracy as to alert us to just when it would happen again. So, enters 2024 with the April 8th total solar eclipse and the fact that I would be living right on the edge of the band of totality. A 116 mile-wide

zone where the moon would fully cover the sun at mid-day. What luck, it just clips the north-western edge of Tennessee and our Kentucky Lake home is on the north-western edge of Tennessee.

The hysteria was building for the event. Some thought it was a cosmic sign ushering in a cataclysmic event. Down here they were giving away solar sunglasses everywhere. City hall had them, the Ranger station at Ft. Donelson Park had them, the gas stations sold them and they were at the checkout in the grocery stores. I picked a pair up and was warned not to drive with them on. I didn't know I looked that stupid. Some people asked about getting them for their pets. I have had dogs all my life and never knew them to look at the sun. One lady said she was going to keep her curtains drawn all day Monday so as not to burn her eyeballs. I am not sure how these people live their life every other day of the year without staring into the sun. I think that one of the first things my mom told me was, "don't look at the sun."

So, I was pumped. I knew it wasn't a total eclipse down here but they said it was 97.9% coverage. That seems pretty close to 100 for me. At 1:15 I went outside and put on my shades. First thing I learned is you shouldn't walk down the porch steps with eclipse glasses on. At least I felt like the cardboard sunglasses I had nothing invested in would likely protect my eyesight. Sure enough about a third of the sun was covered by a black moon. I checked a few more times leading up to the 2:01pm maximum coverage point. But I noticed it was still about a bright as any other afternoon would be. I thought it would be getting darker, maybe no shadows. So, at 2:01 I dutifully donned my eye wear and looked upward. Quite spectacular, just a sliver of sun peaking around that big black moon blot. But it was still bright as day outside. There were shadows from trees and the house and my pickup.

Just 2% of the sun can still brighten up the world. Quite impressive how powerful a little sunlight is.

A Minnesotan: Different in a Small Town



By RosaLin Alcoser

One of the main differences between living in the cities, town, or a small town is the amount of time you can take to chat with people when you're out and about. When you're in the city you might have enough time to exchange pleasantries with someone checking you out at a store.

While in town you might be able to build up some sort of rapport with people at places that you regularly frequent. But in a small town you will often be able to hold full conversions with these same people which is my father's favorite thing to do.

Recently my father was doing this very thing while my mother was picking out new glasses. At some point during this my parents had mentioned that my father used to be a chaplain for the Federal Prison System for 26 years when they got out Federal employee health insurance that they have as part of my father's retirement. Which is always important to be mentioned when he meets new people because his favorite joke is that he did 26 years in the federal big house. Which we'll add on to that he got let out every night for good behavior

This is a joke that only goes off well if the people that he's talking to pay attention to the fact that he was the chaplain at the prison. Which the people at the glasses store apparently did not pay attention to. So they proceed to tease up and say things about how everyone deserves a second chance protecting my mother to have to re-explain that he was retired from being the chaplain, not from being an inmate.

As I was not there to witness this event in person I am assuming that this explanation of the joke resolved the whole thing. Nevertheless the interaction was amusing and was a much higher level of interaction than those of us in the cities get with most people we meet while out on errands.

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 21. *Mother in "The Terminator," Sarah ____
 23. Not safe, in baseball
 24. "Hold on!"
 25. Uno ____, in Mexico
 28. Iranian monarch
 30. Be a go-between
 35. Kind of cuckoos
 37. Passing mention
 39. Dwelled
 40. TV show "____ 911!"
 41. *"Beloved" mother
 43. Like a tennis skirt
 44. Scottish kinship groups
 46. Spare in car
 47. Email folder
 48. Vertical dimension
 50. Turf alternative
 52. Morse Code dash
 53. Hippocratic ____
 55. Three, to Caesar
 57. *Margaret White's telekinetic daughter
 60. *Elizabeth Zott of "____ in Chemistry"
 64. Vernacular
 65. R&R hot spot
 67. Capital of Vietnam
 68. Yours is as good as mine?
 69. Tennis retry
 70. Cause anxiety (2 words)
 71. Bookie's quote
 72. Well-kept secret, for some
 73. Teatime treat
- DOWN**
1. Do like volcano
 2. Honey home
 3. Iris holder
 4. Human trunk
 5. iPad "pen"
 6. *Matriarch, ____ Munster of "The Munsters"
 7. *Nadezhda of "The Americans," ____ Elizabeth Jennings, acr.
 8. Muhammad's birthplace
 9. Melissa Rivers' mom
 10. Australian slang for afternoon
 11. Widely hunted ruminant
 12. Follow ems
 15. A particular legume
 20. Not pathos
 22. Second O in EVOO
 24. Kinda white
 25. *Mrs. ____, a.k.a. Marmee
 26. Anoint
 27. Red Sea peninsula
 29. Drive a getaway car, e.g.
 31. Goals
 32. Like a Harvard building?
 33. Plant-based laxative
 34. *____ Bunker, mom to Gloria in "All in the Family"
 36. Dance partner
 38. Drive-____, for short
 42. Like a haunted house
 45. Daisy dukes, e.g.
 49. ____ chi
 51. Casts a line
 54. Popular electric car
 56. Newton's first name
 57. Foul substance
 58. Matured
 59. Bob of "The Joy of Painting" fame
 60. Better than never?
 61. On top of
 62. "High" time
 63. Cosine's counterpart
 64. In the past
 66. *"Married... with Children" mom

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*Purchase of a Safe Step Walk-In Tub is required. Limit one offer per household. Offer expires 5/31/24. Not valid in MA. Payment due at time of delivery. ©2024 Safe Step Walk-In Tub. All rights reserved.

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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