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JULY, 2021

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We've Got Hogfest!

By Megan Ziegler, Staff Writer for the Claremont Messenger

I recently had the privilege to attend a 150th anniversary of a fellow small town in southern Minnesota. Part of the festivities included an all-class reunion where former cheerleaders led the staple cheer of,

“We’ve got spirit, yes we do! We’ve got spirit, how about you?” Each of the generations of graduating classmates responded in kind, vying for the bragging rights of being the loudest respondent. Seeing the camaraderie and excitement reminded me that those people may have spirit, but we have

Hogfest. That’s right, everyone! “We’ve got Hogfest, yes we do! We’ve got Hogfest, how about you?” Many of our rural communities have lasting events that bring people together year after year, ours being Hogfest. I sat down with Hogfest 2021 Committee Chairman Kiel Schleusner to talk about the plan for this year’s festivities. Here’s what we know about the celebration the first weekend in August.

After being cancelled in 2020 due to Covid-19, this year’s slogan is “Return to Greatness.” The primary goals of Hogfest are for community members to have fun and to re-engage with neighbors, local businesses, and area organizations that support good causes. Families also use the event to make lasting, multi-generational memories with one another. These are important facets of helping to stimulate growth in small towns.

As with any big event, substantial planning has gone into having a variety of activities to accommodate multiple interests ranging from food considerations to live music. There are also kid-friendly activities, sporting events, and other entertainment options. Kiel Schleusner, David Luedtke, Jessica Schleusner, Vickie Madsen and Debbie Ellis spearheaded the efforts for the past year to organize the event.

True to its name, Hogfest kicks off with a community pork feed beginning at 5pm on Friday, August 6th. The menu will consist of smoked pulled pork, a pickle, chips, sweet-



corn, lemonade and water. Dinner is held at the pavilion by the Claremont Fire Station. Good will donations are welcomed. The recommended amount is \$5 per person. Kids under 10 years old are free. This year, staff members from the American Equity Bank in downtown Claremont will be there to mingle and assist with serving the dinner. Two years ago, the Claremont Insurance Agency staff members served the dinner. The Hogfest committee knows this is a great way to foster a positive relationship between local businesses and the community members they serve.

(continued on page 3)

Announcements

Need transportation to the free swim days at the Natalie Webb Aquatic Center in Dodge Center?

The date is Tuesday, August 10th.

A bus will pick you up at 11:15am in front of the Claremont Presbyterian Church (201 East Street). The bus will load at 3:15pm, to return to the church, and plan to arrive in Claremont about 3:45pm.

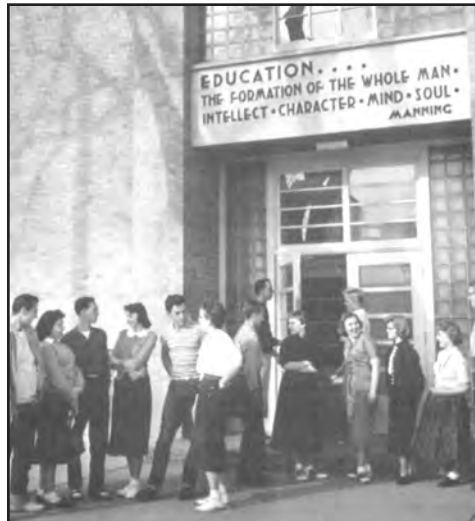
Kids 7-17 are eligible to attend.

The cost is \$1.00 per participant. Bottle of water provided.

You must wear your swimming suit and bring a towel. Bathrooms are available but changing rooms are not. You may also want to bring sunscreen and money for snacks.

Call the Claremont Presbyterian Church to register, 507-528-2320 and leave your name and contact information for a responsible adult. You will get an answering machine when you call.

Claremont All School Reunion



The Claremont High School all school reunion is being held on Saturday, July 17th at the Owatonna VFW at 135 Oakdale Street. It is a gathering of all who attended or graduated from Claremont High School over the years. Social time starts at 4pm with a dinner at 5:30pm and more social time at 6:30 to 10pm.

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HOT FAMILY MEAL

Breakfast at the American Legion Hall - East Main Street

Sunday July 25, 2021

7:00 AM to 11:00 AM



Adults: \$8.00

Ages 5-12: \$6.00

Preschool: Free



Proceeds are for additional building improvements come see what we have already done!

Godly Wisdom

By Norman Hoffeld
BIBLE LUTHERAN CHURCH

There is a quote I came across that is believed to have originated with John Wayne. It's certainly the kind of quote that one would think of when they think of John Wayne. It goes like this:

"Life is hard. It's even harder when you are stupid"

We need to understand that there is worldly wisdom and there is Biblical wisdom. And as you can imagine there is a huge difference between the two; although I have to say that many of the liberal "Christian" denominations are very influenced by worldly wisdom.

Now, what do we mean by Biblical wisdom? One definition I heard was "seeing life from God's point of view." That's short and concise and gets the point across.

Another definition of wisdom that comes from Pastor Charles Stanley is similar: "Wisdom is the capacity to see things from God's perspective and respond according to scriptural principles."

There is a constant call for Godly wisdom in the word of God. From Proverbs 3:13-18, we read:

Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver

and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her.

Long life is in her right hand; in her left hand are riches and honor. Her ways are ways of pleasantness, and all her paths are peace.

She is a tree of life to those who lay hold of her; those who hold her fast are called blessed.

In the New Testament, we hear the words of the Apostle Paul written to the church at Corinth. He says:

1 Corinthians 3:6-16:

6 Yet among the mature we do impart wisdom, although it is not a wisdom of this age or of the rulers of this age, who are doomed to pass away. 7 But we impart a secret and hidden wisdom of God, which God decreed before the ages for our glory. 8 None of the rulers of this age understood this, for if they had, they would not have crucified the Lord of

glory. 9 But, as it is written, "What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him" —

10 these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. 11 For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. 12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. 13 And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.

14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. 15 The spiritual person judges all things, but is himself to be judged by no one. 16 "For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.

(1 Corinthians 3:6-16)

This passage from 1 Corinthians shows us that the wisdom of God is available to us through the "Spirit of God" that dwells in us. That's extremely important to remember. We have access to the wisdom of God because the Holy Spirit dwells in us.

However, we need to constantly seek God's wisdom in prayer. How many foolish decisions have we made because we made them without consulting the Lord. We look back and say to ourselves: "I wish I had sought the direction of the Lord before doing what I did." This applies to all the decisions in life that we make. It applies

especially to the decision of who to marry, where to live, what kind of home to buy, what kind of car to buy, etc. It is important that we not only value Biblical or Godly wisdom, but that we pray to the Lord that He would grant us that wisdom.

I can't emphasize this enough. Sometimes underneath, we want to have wisdom in the decisions we make, but many times we fail to ask the Lord for that wisdom — sometimes, I'm afraid, it is because we do what we want to do without even thinking about what the Lord wants us to do.

Finally, I want to end by quoting from a well-known Christian leader and author — A. W. Tozer

"To believe actively that our Heavenly Father constantly spreads around us providential circumstances that work for our

present good and our everlasting well-being brings to the soul a veritable benediction. Most of us go through

life praying a little, planning a little, jockeying for position, hoping but never being quite certain of anything, and always secretly afraid that we will miss the way. This is a tragic waste of truth and never gives rest to the heart.

"There is a better way. It is to repudiate our own wisdom and take instead the infinite wisdom of God... God has charged Himself with full responsibility for our eternal happiness and stands ready to take over the management of our lives the moment we turn in faith to Him."

We all need to make this our goal in life!

FAITH IN ACTION NEEDS YOU!

Covid 19 has been hard on most individuals. It has closed down many of the things that we all hold dear — seeing family, worshiping together in church, going out to a favorite restaurant, browsing in shops, and on and on. Faith in Action has felt the impact of the pandemic also. Many of our limited volunteer drivers chose to put volunteering on hold early on in the pandemic. At first, it didn't effect our services because most medical appointments were canceled or postponed so there was no need for transportation services. As things began opening up, appointments became available again but some drivers still weren't comfortable transporting someone in the confines of their cars. The vaccine is helping to get us back on track but there is still an urgent need for volunteers to drive seniors to appointments.

Being a volunteer for Faith in Action is a very flexible position. When clients call for transportation, our coordinator contacts volunteers with the dates and times needed. At that point, it is the volunteer's decision whether they can take the transport or not. If not, the coordinator will contact other volunteers to fill the need. In a given month, a volunteer might choose to provide transportation for seniors perhaps 1 to 4 times. Please consider putting your "faith in action" by becoming a Faith in Action volunteer driver. On our website, fiadodgecounty.org (under forms on the menu) you will find a volunteer application to print, complete and return. If you do not have internet access, please call 507-634-3654 for an application.

Area Church Directory

Grieving and Quenching the Spirit

Do not grieve the Holy Spirit. . . . Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. — Ephesians 4:30-32

The Bible includes warnings about grieving the Spirit and hindering his work.

Ananias and Sapphira lied to the church and the Holy Spirit (Acts 5:1-10). They sold a piece of property, kept some of the money, and gave the rest to the church. That wasn't a bad thing, of course, but then they lied about their gift, saying they donated all of the money from the sale. They wanted people to be impressed by their generosity. But they could not get away with their deception. If we make a false commitment to God, pretending we are following the Spirit and even bragging about it, we fall into dangerous hypocrisy.

Following our own selfish desires, we can quench or suppress the Spirit. We can dampen the Spirit's fire by not following the Spirit's leading. We can refuse to use the gifts of the Spirit when they are available. But if we do things like that, how can we expect to be faithful and useful to God?

We can also grieve the Spirit by rebelling against God and doing as we please (see Isaiah 63:10). We can be stubborn and mean-spirited. Instead of being kind and compassionate, we can act with bitterness and anger. We can be unwholesome and immoral.

How can we protect ourselves from these destructive ways? We can ask the Holy Spirit to fill us and guide us each day so that we can live in step with him. Then God can use us in wonderful ways.

Prayer

Protect us, Lord, from grieving and quenching your Spirit. Fill us and direct us to follow your will, not our own. Amen.



1st Presbyterian Church

200 East Street, Claremont
528-2320

Pastor Doug Walters
Sunday Worship at 10:00a.m.

St. John Lutheran Church

4532 SE 84th Avenue, Claremont
528-2404

Pastor Alan Broadwell
Sunday Service at 10:30a.m.

Email your church announcements, schedule, etc.
to: hometownmessenger@gmail.com

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We've Got Hogfest!

(continued from page 1)

The beer garden will be open from 5pm until midnight on Friday, and beginning at 8am on Saturday and Sunday.

There's plenty to do after the community pork feed on Friday evening. Folks can watch the exciting Garden State Tractor Pull show downtown at 6pm supported by the Claremont Service Center, Inc. Friday caps off with a street dance beginning at 8pm and ending at midnight. Kiel recommends that everyone, "Stick around, have fun and come to the dance!" KOWZ radio station host Brad Kubat will be DJing. If you get hungry again after all that dancing, there will be two food trucks downtown this year to offer a variety of flavors for event-goers, those being True Smoke BBQ and The Compadres Mexican food. They are open daily from approximately mid-morning until late evening.

Saturday, August 7th will be a day full of sports, fun and entertainment! Organize your team for the 8am Volleyball Tournament held at the volleyball courts in downtown Claremont featuring new sand.

Family-friendly activities include the bounce house from 10am-3pm, the sand pit with buried coins to find and keep opening at 10am, the petting zoo sponsored by 4-H from 10am-5pm, and face painting by Rookie the Clown from 1pm-3pm. Just for Kix dance group from Owatonna, MN has games and fundraising too. The potato sack races are at 11am, three-legged races are at 12pm, and the tug of war is at 1pm. The kids cornhole tournament begins at 1pm as well. The kids' games are downtown behind the CHS offices, on the large grass lot.

There's also the main Cornhole Tournament ran by Mankato Area Cornhole on Saturday, August 7th. Registration for the Cornhole Tournament is from 11-11:45am with bags flying at 12pm. The cost is \$40 for competitive division per team, and \$20 for social division per team. Participating in this event is not only fun, but also supports a good cause as Mankato Area Cornhole generates money for homeless veterans.

Another big event on Saturday, August 7th is the Southeast Area Tractor Pullers antique tractor and truck pull beginning at 10am. The tractor and truck pull will be held at the CHS lot on the southwest side of Claremont on Front Street. Registration and a driver's meeting will be held before the 10am start time. The cost is \$20 per hook.

TRACTOR PULL
Saturday August 7th 10am



CLAREMONT MN HOGFEST 2021
CHS LOT ON FRONT ST.
\$20/Hook Antique Tractors, & Truck Pull

Classes consist of farmstock, sportsman, improved farm, and open classes ranging from 4,500 up to 13,500 pounds. During this event, you can grab a delicious walking-taco and a variety of beverages from the Claremont Fire Department concessions, starting at 10am.

Saturday wraps up with live music performed by The Dangers from 8pm-12am for the second street dance of the weekend. The Dangers feature rock, country rock and country genres.

Sunday, August 8th kicks off with the ever-popular pancake breakfast, provided and served by the Hogfest committee, from 7am-11am inside the Claremont Fire Station. A goodwill donation of \$5 per adult and \$3 per child is recommended. The menu consists of pancakes, toast, bacon, eggs, sausage, milk, juice and coffee.

If you're interested in a non-denominational community church service, the Presbyterian church from Claremont hosts this event at the pavilion at 10am. All are welcome.

Next, come and view the incredible lineup of cars, customs, rat rod, hot rods and motorcycles at the car show sponsored by Southside Speed Shop in Owatonna, MN. Registration for the car show begins at 8am on Sunday, and the event runs from 9am-1pm. The cost to enter a vehicle is \$10. Spectators are free. This event will be held in partnership with the non-profit organization Operation: 23 to Zero. All proceeds will go to support the organization's efforts to curb veteran and military suicides through robust networking and support from fellow military members.


Sunday afternoon's events include the parade and the water wars. The parade begins at 2pm. There's no fee to enter the parade for residents. Staging will be near CFS and County One. The parade, led by the Guard and followed first by community members and kids' entries, will proceed down Front Street going east, then north on East Street, then west on Second Street, then north on County One, and finally east on 3rd Street. Parade entries from community members, such as floats, tractors, or classic cars are encouraged with the gentle reminder to keep them family-friendly and positive. The kids' portion of the parade will be judged, and there will be prizes for the top five entries. And yes, candy throwing is welcome.

After the parade on Sunday, starting

HOGFEST 2021

PRESENTING

THE DANGLERS



LIVE MUSIC STREET DANCE

SAT. AUG 7TH

DOWNTOWN CLAREMONT

8:00PM

between 3 and 4pm, will be the water wars. Watch the action as teams of firemen and firewomen compete in moving the 55-gallon drum with their water power.

As with any big event, safety and health considerations have been an important aspect for the planning committee. Police officers, Claremont Fire Department members and First Responders will be on-site and available at all times. Hogfest staff members can be identified by the word "STAFF" printed on the back of their teal Hogfest t-shirts. There will be washing stations near the porta potties for people to use. No Covid restrictions have been set by event organizers as they trust people to exercise good judgment and personal preference as appropriate. Approximately forty garbage cans provided by Skjeveland Enterprises will be set up throughout the town to help keep the streets clean. These are periodically emptied throughout the weekend by dedicated Hogfest staff.

Hogfest has its own Facebook page to inform the community of event details. You can purchase a Hogfest t-shirt for \$20 or a Hogfest hoodie for \$40 using the links posted on Facebook to show your Hogfest pride and support the event. Promoting the event is also done on KOWZ radio station and through the monthly newsletter that Claremont city residents receive with their water bill. Please be sure to check out the Facebook page at "facebook.com/ClaremontHogfest" for the latest information as the weekend draws near.

If you come to Hogfest every year as an avid supporter, thank you. If you're newer to the area, we encourage you to come and check it out. Hogfest couldn't be done without the time, talent and treasure of areas businesses, volunteers, organizations, committee members, community members and spectators. Let's all join together to make this year memorable! And if you catch yourself joking about spirit cheers, more power to you. We've got Hogfest, yes we do! We've got Hogfest, how about you?


HOGFEST 2021

Pancake Breakfast

SUNDAY AUG. 8TH

7 AM - 11AM

Includes
Bacon, Sausage,
Eggs, Toast, Milk
Coffee, Juice



Thank you for supporting
Claremont Hogfest!

GOOD WILL DONATION
\$5/ADULT \$3/KIDS
10 & UNDER

That's the Latest



By Emery Kleven

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

One of the items on my never ending 'honeydew' list is to organize the garage as I'm told it's mostly my stuff. No argument, it is mostly my stuff collected from grade school to high school to my radio days. Some of it is even before grade school. Here's a case in point; the picture included with this column is from the Rochester Post-Bulletin in 1956. My dad Elmer was among the winners at the Dodge Center AG Days tractor pull event.

July 25, 1956 was the date of the second annual tractor pull which was the opening night feature of DC AG Days. There were four weight classes. The heavy weight division was for the weight of the tractor and driver together to be over 7000 pounds. The winner of this division was Leroy Lafrenz of Hayfield with a John Deere diesel 70. The next weight division was from 5501 to 7000 pounds. Elmer Kleven of West Concord won this with his Oliver Super 88. Third class weight division was from 4001 to 5500 pounds. Winner was Leslie Bailey of Dodge Center with his Allis Chalmers WD-40. The lightweight division, from 4000 pounds and under was won by Richard Welsh of Dodge Center. He and his Ford tractor weighed in at 3990 pounds.

Among the other contestants you might recognize some names. They include Harlan Fosness of Claremont; Emil Sowieja, Dodge Center; W.F (Bub) Urch, West Concord who also had a Oliver Super 88 diesel; Del Paulson, Dodge Center with a Massey-Harris 44; Ray Gibbs, West



TRACTOR-PULLING WINNERS NAMED—Sig Mogen, center, one of the DC-AG Days committee members, is shown with the four winners in Wednesday night's tractor-pulling contest at Dodge Center. Left to right: Leslie Bailey, Dodge Center; Elmer Kleven, West Concord; Mogen, Leroy Lafrenz, Hayfield, and Richard Welsh, Dodge Center. The winners will be presented with trophies and wrist watches tonight in the finale of the two-day event. July 25, 1956

Concord with a John Deere 60 and William Henslin of Dodge Center.

DC AG Days was a big deal back then. It was a two day celebration that included not only the tractor pull but a county horseshoe pitching contest, a midget baseball game, a twilight parade, various horticultural, livestock, showmanship and cookery contests ending with the crowning of a DC AG Days queen.

My generation talks about the color of their tractors that they grew up with on the farm. The conversations/arguments were over red versus green but there were other colors of course. My neighbor Ernie Johnson always was partial to the orange. No, not the Kubota orange that has become more prevalent in today's world but the Allis Chalmers which was the original orange tractor. Persian Orange to be exact. And there were two shades of the Persian Orange, #1 and #2. That's probably only important if you are restoring an old Allis to its original color. Did you know Allis Chalmers started out with a dull green color in 1914? They went to orange in the early 1930's.

Much of our tractor talk though was about red and green. I was partial to green but not the 'John Deere' green which begins many arguments, uh I mean conversations! Many of you know if you've read some of my previous columns or if you knew the green

we had on our farm, it was of course Oliver green. Two of the earliest memories of tractors for me as a young lad were the 1954 Oliver Super 88 wide front that was used in the aforementioned tractor pull and the other was the 1959 Oliver 660 diesel narrow front. The Super 88 was a 47 horse gas powered tractor that was a workhorse on our farm for a number of years. The 40 horse 660 diesel was a utility tractor that stayed on the farm from 1959 until I sold it at my second farm auction in 1990.

We did have a red tractor back in those days so I could state the case of red or green. We had a Farmall Super 'M'. I didn't drive that one much but I do remember in the mid 60's pulling a 3 bottom plow with it and getting it stuck in deep mud on the Grover and Agnes Dengler farm. Tim Callister was plowing across the fence and he came and pulled me out. Before the land got tiled, a wet fall didn't begin to describe how wet it was. I mentioned a few months back that we bought a Farmall 'H' at the Phillip Carpenter auction that was across the township road next to the Ellington town hall.

We also had a different shade of green in 1973 when my dad purchased a German made Deutz. It was a lighter shade of green than either the John Deere or Oliver. Coincidentally, the Deutz-Fahr company of Germany purchased the Allis Chalmers



Trophy won by Elmer Kleven at the DC Ag Days tractor pull in 1956

Corporation in 1985. Deutz-Allis was sold to Allis-Gleaner Corp or AGCO in 1990. Interestingly enough, in North America, the Deutz-Allis tractors came in both Deutz-green and Allis-orange.

There have been many colorful tractors over the year. My other neighbor to the west back in the day, Louie Wenzel had the yellow Minneapolis Moline. There are also blue Ford tractors and blue New Holland tractors. Massey Ferguson had a different red from International. And this is only a partial list of what has come up in conversations over the years and still continue today. Well back to organizing the garage. I got sidetracked again by finding one newspaper article and the tractor pulling trophy.

E-mail your engagement, marriage or birth announcement to the Claremont Messenger
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LIVE MUSIC!

Friday, July 16 at 7:00pm

CJ & the BS Boys

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FINE Wine
CRAFT Beer
LIVE Music

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Craig Schlichting
Superintendent

The progress on the projects for our district continues to move along on the outside

and inside of the school building. The projects have been right on schedule and I am looking forward to having it all completed before the school year begins. Our district has excellent facilities and they are in great condition. There is so much to be proud of with the school facilities that we have at Triton Public Schools. When you add the people in our communities to the equation of our school, and put the people of our communities in our buildings, I do feel we have the best there is to offer.

There are a number of things going on in our communities this summer, and you don't have to travel far to enjoy them! The 36th Annual West Concord Survival Days begins on Thursday night at 7:00, July 22nd with the Guns vs. Hoses Charity Softball Event. The following three days have an awesome variety of events for all ages. The

Claremont Hog Fest returns this year with the theme "Return to Greatness" and they are planning some great activities. This festival will kick-off on Friday August 6th at 5:00 pm with a community dinner. This will be followed up with two more days of activities that are sure to offer something of interest for everyone. There is also some great pizza and entertainment on Wednesday nights happening in Berne, each week featuring a different band and you can enjoy the concerts free of charge while sitting in your favorite lawn chair. You can also find live music at The Annadine in Dodge Center as well as a Bean Bag Tournament later in August put on by the Wrestling Program with the proceeds donated to Suicide Awareness. I

know that I have really enjoyed getting out and about this summer already and talking with people face to face again; it has been refreshing to see people.

Please reach out to me with any questions that you may have regarding our school district. You can email me at schlich@triton.k12.mn.us or you can call me at 507-418-7530 to reach me at the district office. I would be happy to set up a time to meet with you or your organization. I believe that communication is an important aspect of my job responsibility, and I welcome the opportunity to learn from your perspective. GO COBRAS!

#WeAreTriton

**Good Beer.
Good Drinks.
Good Times.**

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Harold's CLUB

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TRITON CLASS OF 2021

2021 SENIOR SPOTLIGHT



Chloe Jensen was a senior at Triton High School this year. Her parents are Dale and Tammy Jensen.

Her brothers and sisters are Justin, Amber, Dalen, Dakota, Serena, Dane, Jenna.

In school she was active in Volleyball, Wrestling Statistician Extraordinaire, MHS, SADD, Link Crew, AFS, Softball.

Her favorite food is potatoes.

Her Favorite Band is the Triton School Choir.

After Graduation she plans to finish her associate's degree in nursing at RCTC and then transfer to Winona State University to earn her bachelor's degree.

CHLOE JENSEN

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ST. MARK'S LUTHERAN CHURCH

Annual FEAST & FESTIVAL

Sunday AUGUST 01 2021

FEAST 11am - 1:00pm

BBQ PULLED PORK
FRESH SWEET CORN
BAKED BEANS
COLE SLAW
PIES
ROOT BEER FLOATS

FESTIVITIES

- Church Service —
10am
- Live Music —
featuring blue grass music
- Live Auction —
bidding begins at 1pm
- Cash Raffle —
\$20 tickets*
cash payouts totalling \$3,000
winners announced at event
- Kids Activities —
bouncy houses, petting zoo,
dunk tank and much more!

Meal Ticket Prices

	Presale	Day of Event
Adults (ages 12+)	\$12*	\$18
Children (ages 3-11)	\$8*	\$7

*To purchase meal or raffle tickets in advance, email us at stmarkschurchfestival@gmail.com

Blood Shortage Continues; Red Cross Needs Donors Now

American Red Cross



While donors across the country have rolled up a sleeve to give this summer, the need for blood remains crucial for patients relying on lifesaving transfusions. The American Red Cross continues to experience a severe blood shortage and donors of all blood types – especially type O – are urged to make an appointment to give now. Right now, the Red Cross needs to collect more than 1,000 additional blood donations each day to meet current demand as hospitals respond to an unusually high number of traumas and emergency room visits, organ transplants and elective surgeries.

To thank donors who help refuel the blood supply this month, all who come to give July 7-31 will receive a \$10 Amazon.com Gift Card via email and will also receive automatic entry for a chance to win gas for a year (a \$5,000 value). More information and details are available at rcblood.org/fuel.

Also, all those who come to donate throughout the entire month of July will be automatically entered for a chance to win a trip for four to Cedar Point or Knott's Berry Farm. To learn more, visit rcblood.org/CedarFair.

Donors who give now will help stock the shelves for the rest of the summer season. Schedule an appointment to give blood by using the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

In most cases, those who have received a COVID-19 vaccine can donate. However, knowing the name of the manufacturer of the vaccine they received is important in determining donation eligibility.

Upcoming blood donation opportunities:

Dodge Center

7/23/2021: 9 a.m. - 3 p.m., Dodge Center City Hall, 35 E. Main St.

Blooming Prairie

7/21/2021: 1 p.m. - 6 p.m., City Center, 138 Highway S

Owatonna

7/27/2021: 10 a.m. - 4 p.m., Good Shepherd Lutheran Church, 2500 7th Ave. NE

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Seed Grants Available for Clean Energy Projects

Do you and your community need funding to get a clean energy project off the ground? The Clean Energy Resource Teams (CERTs) can help!

CERTs seeks to provide Seed Grants to support for clean energy projects that spur community development in Minnesota. Clean energy projects include those related to energy conservation and efficiency, renewable energy, electric vehicles, and energy storage. Priority will be given to proposals that provide forums for community education about the technologies and their economic, ecological, and community benefits.

“Since 2006, CERTs has awarded more than \$1.3 million to over 393 projects,” said Lissa Pawlisch, Clean Energy Resource Teams Director. “Those projects ranged from energy efficiency for a food shelf and a library to solar curriculum and public EV chargers, and much more.”

Specific examples of projects from each region in previous rounds of Seed Grant

awards:

Central: St. Cloud – Community Grassroots Solutions reached out to East African Community to share information about energy empowerment programs and how they can help with energy burden.

Metro: Minneapolis – MN Renewable Now kicked off their Solstar project aimed at installing solar on homes of 24 Northside residents who otherwise could not afford it

Northeast: Mountain Iron – The City produced a Renewable Mountain Iron report that provides building benchmarking, solar suitability, and solar PV designs and budgets for their facilities.

Northwest: Bemidji – Headwaters Science Center replaced outdated lighting in the building with energy efficient LEDs to inspire and educate others about energy efficiency.

Southeast: La Crescent – City of La Crescent installed two public level 2 electric vehicle charging stations near the city’s new event center and hotel

Southwest: Marshall – Marshall-Lyon County Library invested in much-needed energy efficiency measures that also enhance learning

West Central: Morris – University of Minnesota Morris, in partnership with the Institute on the Environment, developed a user-friendly energy storage guide for community-level sites.

CERTs offers many tools and resources to help you plan your project, so get started



Seed Grants to Catalyze Community Clean Energy

The Clean Energy Resource Teams provide financial assistance through Seed Grants that catalyze projects related to energy efficiency and conservation, renewable energy, electric vehicles, and energy storage in Minnesota. Grants typically range from \$2,000 to \$5,000.

Every two years, CERTs seeks applications to support community-based clean energy projects. Proposals are due at 4pm on October 8th, 2021.

FUNDING OBJECTIVES

- 1 Encourage community-based clean energy projects
- 2 Spur projects that are highly visible and replicable
- 3 Provide a forum for community education

► CleanEnergyResourceTeams.org/SeedGrants



today! CERTs staff are happy to assist you throughout the process from talking through your project idea to getting that idea down on paper. Proposals must be submitted no later than 4:00pm on Friday, October 8th, 2021. Learn more and apply at cleanenergyresourceteams.org/seedgrants.

Funding for these projects is provided through the Minnesota Department of Commerce, Division of Energy Resources.

About CERTs: The Clean Energy Resource Teams are a statewide partnership with a

shared mission to connect individuals and their communities to the resources they need to identify and implement community-based clean energy projects. CERTs partners include University of Minnesota Extension, Regional Sustainable Development Partnerships, Great Plains Institute, Southwest Regional Development Commission, and the Minnesota Department of Commerce, Division of Energy Resources.

Lumps and Bumps on My Pet

Imagine petting your dog or cat and finding a lump, something you hadn’t noticed there before. Feeling alarmed, you turn to an online search engine, which yields lots of scary diagnoses: cancer, tumor, cyst, fatty mass.

What does this all mean? And which condition does your pet actually have?

According to Dr. Dana Connell, a third-year veterinary oncology resident at the University of Illinois Veterinary Teaching Hospital in Urbana, the best action for pet owners to take in this common scenario is seeking veterinary advice.

“Lumps can be found anywhere on a pet’s body,” Dr. Connell says, “though they are typically found on the top of the head or chin, in areas where the animal is frequently touched.” Lumps, or masses, also appear on the legs and underside of the body, but are less likely to be discovered there by the owner.

The size of a mass varies, depending on what it is made of and how long it has been on the pet. Masses are seen commonly in both dogs and cats, but the tendency in practice is to see more dogs. Any breed of dog or cat may develop a mass.

It is important to determine what the lump is so that it can be treated appropriately.

Different types of masses will have different consistencies. Those that are fatty in nature will be underneath the skin, soft, and freely movable. Other masses can be hard and immovable.

“The pet’s age may provide an indication of what the lump is,” Dr. Connell says. For example, a young animal is more likely to have an abscess, cyst, or trauma manifest as a lump. A veterinarian will take into account how old the patient is and how long the mass has been there.

“Usually the first step for a diagnosis is to perform a fine-needle aspirate,” explains Dr. Connell. During this procedure, a thin needle is inserted into the mass to collect cells. The cells are then placed on a slide and examined under a microscope. Some mass types, such as round cell tumors and carcinomas, are easily identifiable with a fine-needle aspirate.

If this procedure does not yield a diagnosis, then a biopsy is often the next step. During a biopsy, a small section of the mass is removed for testing. A biopsy can be done under local anesthesia or full general anesthesia, depending on the animal’s temperament and what the veterinarian determines to be the safest method.

“If neither of these procedures provides a conclusive diagnosis, your veterinarian may recommend a CT scan,” Dr. Connell says. CT stands for “computed tomography,” an imaging method uses a computer to generate a three-dimensional representation of the body from a series of X-rays. This imaging option provides a clearer picture of more invasive lumps and is especially useful for surgical planning and staging. This can be used in addition to the biopsy.

“After we determine what the mass is, we can discuss treatment options with the owner,” Dr. Connell says, “A lot of times owners are afraid to come to the veterinarian after they’ve found a lump because they fear it is cancer and a death sentence for the pet.”

The truth is, having the pet examined as soon as the lump is found will give the pet the best chance at a healthy life.

A tumor can either be benign or malignant. If benign, the veterinarian will likely advise the owners to monitor the lump to check for any changes or growth. If the animal becomes bothered by the lump, then it could be removed. A malignant tumor will require more aggressive treatment tailored to the individual animal. For some masses, the tumor can be removed with surgery, which may be followed with chemotherapy or radiation therapy.

“In June the Veterinary Teaching Hospital began offering radiation therapy with a state-of-the-art linear accelerator that delivers a high degree of precision. That means it targets tumors and spares nearby healthy tissue,” explains Dr. Connell. “We now have the most advanced technology for veterinary radiation cancer treatment in the Midwest.”

Dr. Connell’s main advice for owners is to seek expert opinions from a veterinary professional as soon as possible. “Accurate information is empowering, whereas the volume of information and potential diagnoses found online can be overwhelming.”

If you have questions regarding a lump or bump on your pet, contact your local veterinarian.

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Mental Toughness is Finding Fuel on an Empty Tank



By Harvey Mackay

Phil Mickelson recently became the oldest golfer to win one of the four major professional golf championships by taking it one mental stroke at a time.

Confidence and the physical part of golf has never been an issue for Mickelson, but he recently talked about his mind and the mental lapses that were costing him. He hadn't won a tournament on the PGA Tour in two years or a major championship in eight years, until winning the PGA Championship at Kiawah Island in South Carolina in May.

Mickelson said: "I'm trying to use my

mind like a muscle and just expand it because as I've gotten older, it's been more difficult for me to maintain a sharp focus, a good visualization and see the shot.

"Physically I feel like I'm able to perform and hit the shots that I've hit throughout my career, and I feel like I can do it every bit as well as I have. But I've got to have that clear picture and focus," Mickelson added.

And that's exactly what he did. He didn't hit a shot until he had a clear picture in his mind of what the shot was supposed to look like.

Another golfing great, Arnold Palmer, said: "My father always said to me, 'Remember, whatever game you play, 90 percent of success is from the shoulders up.'"

Famed NFL football coach Vince Lombardi said: "Mental toughness is essential to success. You've got to be mentally tough. Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind – you could call it character in action."

"Champions aren't made in the gyms," according to Muhammad Ali. "Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill."

After Tom Brady won one of his seven Super Bowl championships he was asked what makes his team so special. His answer: "Mental toughness."

Psychologists have defined mental toughness for athletes as "having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure."

Note a trend here. Most people attribute mental toughness to elite athletes. I disagree. Being mentally tough can apply to anyone in any profession. Wikipedia defines it as a measure of individual resilience and confidence that may predict success in sport, education and the workplace.

Mental toughness is keeping everything together when everyone expects you to fall apart.

Mental toughness grows in the moments when you think you can't go on but you keep going anyway. Anyone can give up. But to hold it together when everyone else would understand if you fell apart, that's true mental toughness.

Mental toughness comes into play when the going gets tough. Achievements are more rewarding when you work hard for something.

Fortunately, mental toughness can be cultivated and developed. Start by making a commitment to succeed. Only focus on what you can control. Be confident and thrive on adversity. Learn from your failures, but don't dwell on them. The past is valuable training – nothing more.

Don't complain or show emotions. Train your mind to be stronger than your emotions or else you'll lose yourself every time. In sports, you don't want to show your opponent that you are hurting or tired.



Be well conditioned. Physical strength will get you to the starting line, but mental strength will get you to the finish line.

Ten-time NCAA basketball championship coach John Wooden said: "I always stress condition with my basketball players. I don't mean physical condition only. You cannot attain and maintain physical condition unless you are morally and mentally conditioned."

Solicit feedback. Listening to advice or criticism is not easy for most people. In today's business environment, where the landscape is changing rapidly, learning how to accept feedback is a key skill for advancing. Everyone can improve performance.

History has shown us that the most celebrated winners usually encountered heart-breaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats. They have grit and resilience.

Mackay's Moral: Mental toughness is what separates champions from near champions.

Reprinted with permission from nationally syndicated columnist Harvey Mackay, author of the New York Times #1 bestseller "Swim With The Sharks Without Being Eaten Alive."

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Local Government

July, 2021

- CLAREMONT MESSENGER -

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CITY OF CLAREMONT CITY COUNCIL MEETING TUESDAY, MAY 11, 2021 7:00 P.M.

A regular meeting of the City Council of the City of Claremont, Minnesota was held on Tuesday, May 11, 2021 at 7:00 p.m. at Claremont City Hall.

Members present: Mayor Tasha Dahl, City Council Members Deb Ellis, Heather Grey, Jacob Klejeski, and Vickie Madsen. City Council Members absent: None.

City staff and others present: City Administrator Connor LaPointe, City Clerk/Treasurer Liz Sorg, City Attorney Mark Rahrlick, and Nancy Schwanke.

PUBLIC INPUT

None

CONSENT AGENDA

Motion by Ellis to approve the Consent Agenda which consists of: Minutes of the April 12, 2021 Local Board of Appeal and Equalization, Minutes of the April 13, 2021 Regular City Council Meeting, and Minutes of March 22, 2021 EDA Meeting, second by Madsen. Motion carried unanimously.

COMMITTEE REPORTS

CITY ENGINEER

Nothing at this time.

PERSONNEL COMMITTEE

Nothing at this time.

FINANCE COMMITTEE

Motion by Madsen to approve the financial reports, second by Ellis. Motion carried unanimously.

Motion by Grey to approve payment of the bills, second by Klejeski. Motion carried unanimously.

PUBLIC HEALTH & SAFETY COMMITTEE

Danielle Layland and Morgan Sanford applied to be on the Fire Department. Motion by Ellis to approve both applicants pending passing a background check, second by Madsen. Motion carried unanimously.

Morgan Sanford also applied to be on the First Responders. Motion by Grey to approve Ms. Sanford to the First Responders pending passing a background check, second by Ellis. Motion carried unanimously.

People have been signing up for Fly the Flag Program. For a \$40 donation to the Fire Department, the department members will put up and remove a pole and flag on the person's property for 6 holidays and store the flag for them.

The annual fire relief breakfast will be May 23. Due to COVID, there will not be a silent auction this year.

PLANNING & ZONING COMMITTEE

They are having a meeting June 1.

EDA

They started discussing future development areas for the land use plan and will be talking to resident's and business owners about their future vision for the City.

Two façade improvement applications came in, but they have been notified to submit all required documents for consideration.

PARKS COMMITTEE

City Administrator LaPointe has been in discussions with Mr. Harmer regarding the donation of a portion of his land on Church Street for a ballfield. This donation is going to constitute a parcel split from the Harmer's larger parcel. To accomplish a parcel split, in addition to a survey and appraisal, the county will require that 2021 real estate taxes be paid in full on the entire parcel. There are three options as to how to address the real estate taxes on the donation

parcel: (1) the Harmer's can pay them; (2) the City can pay them; or (3) the real estate taxes can be prorated to the date of closing. The current draft agreement includes option 1. Administrator LaPointe will run the agreement by Mr. Harmer for his approval.

CITY ATTORNEY

Nothing other than what has been discussed.

CITY ADMINISTRATOR

Administrator LaPointe went through his monthly report (which is attached).

Mayor Dahl congratulated Administrator LaPointe for his appointment to the SEMLM Board of Trustees.

OLD BUSINESS

None

NEW BUSINESS

Triton Summer Recreation requested use of Henning Park ballfield for t-ball on Monday evenings and financial support for the summer rec program. Motion by Ellis to approve the use of the ballfield, second by Grey. Motion carried unanimously. Motion by Ellis to donate \$1000 to the program, second by Grey. Motion carried unanimously.

Every spring, the Street Capital Improvement Plan is reviewed and adjusted as necessary. The 3rd street reconstruction project was added to the 2024 project list. The paving of the gravel portion of Church Street was added to the TBD project list. The Front street reconstruction project was moved to 2022. Motion by Grey to approve the 5-Year Street Capital Improvement Plan, second by Klejeski. Motion carried unanimously.

Motion by Ellis to adjourn the meeting at 7:35 p.m., second by Madsen. Motion carried unanimously.

ATTEST:

Elizabeth Sorg, City Clerk/Treasurer
Tasha Dahl, Mayor

CITY OF CLAREMONT CITY COUNCIL MEETING TUESDAY, JUNE 8, 2021 7:00 P.M.

A regular meeting of the City Council of the City of Claremont, Minnesota was held on Tuesday, June 8, 2021, at 7:00 p.m. at Claremont City Hall.

Members present: Mayor Tasha Dahl, City Council Members Deb Ellis, Heather Grey, and Vickie Madsen. Members absent: Jacob Klejeski.

City staff and others present: City Administrator Connor LaPointe, City Clerk/Treasurer Liz Sorg, City Attorney Mark Rahrlick, Dawn Nuss, Nancy Schwanke, and Jon and Kara Spatenka.

APPROVAL OF AGENDA

Motion by Ellis to approve the agenda with one addition under Parks of Bolton & Menk's proposal for surveying the Harmer property and the property south of the Fire Hall, second by Madsen. Motion carried unanimously.

PUBLIC INPUT

Jon and Kara Spatenka asked if they could close a few streets around the former school June 19th for parking and possibly areas for picnic tables for their wedding reception. Motion by Ellis to allow them to block off 1 lane on the west side of East Street from Front Street north to the parking lot of the school on June 19th, second by Madsen. Motion carried unanimously.

CONSENT AGENDA

Motion by Ellis to approve the Consent Agenda which consists of: Minutes of the May 11, 2021 Regular City Council Meeting, Minutes of the April 26, 2021

EDA Meeting, and Minutes of October 6, 2020 Planning and Zoning Meeting, second by Madsen. Motion carried unanimously.

COMMITTEE REPORTS

CITY ENGINEER

Bolton & Menk submitted proposals for 3 projects. The first one is doing sump pump inspections in response to MPCA's 5-year I&I reduction plan. They propose approximately 37 inspections at approximately \$3000-\$4000. The second project is mapping of the City's utility infrastructure. The maps the City has now are incomplete and damaged. Bolton and Menk proposes to create paper and electronic maps at a cost estimate of \$2700. The third project is sidewalk ratings. Over the past several years the city has been updating and maintaining a rating system for streets. They propose to do a similar system for sidewalks at approximately \$2000. All 3 of these projects are budgeted for. Motion by Ellis to move forward with the sump pump inspections, utility mapping, and sidewalk inspections and ratings, second by Madsen. Motion carried unanimously.

PERSONNEL COMMITTEE

Nothing at this time.

FINANCE COMMITTEE

Motion by Grey to approve the financial reports, second by Ellis. Motion carried unanimously.

Motion by Madsen to approve payment of the bills, second by Grey. Motion carried unanimously.

PUBLIC HEALTH & SAFETY COMMITTEE

The Council asked the deputy present to start enforcing the no parking from 2 am – 6 am on Front Street particularly in the downtown area as people are starting to park there overnight again.

A resident has offered to donate gloves, masks, and other protective equipment to those who may need it. They should contact Mayor Dahl if they need some items.

PLANNING & ZONING COMMITTEE

The Commission held a public hearing for a variance request from Dawn Nuss at 100 2nd Street. She would like to build a garage the same distance from the sidewalk as her house, which is 21' from the sidewalk on East Street. She would like to put the garage there, instead of 25' back, so that it does not take away from the aesthetics of the house and neighborhood. Per City Ordinance setbacks are 25'. The Commission recommended the Council approve the variance for the 26 x 32 garage. Motion by Ellis to approve the variance, second by Madsen. Motion carried unanimously. Ms. Nuss asked if the variance expires as she would like to build next year due to the costs of supplies. Administrator LaPointe will check the ordinances to make sure that will be alright and let her know. Ms. Nuss stated if it is not allowed, she will start it this year.

Don Gray's term on the Planning and Zoning Commission expired and he reapplied for another term which the Commission approved. Motion by Madsen to approve Don Gray to the Commission, second by Ellis. Motion carried unanimously.

EDA

They had a meeting May 24 and discussed the Land Use Plan and how to engage community members and heard a presentation from SMIF about their programs and what they have available.

PARKS COMMITTEE

Bolton and Menk submitted a proposal for surveying the Harmer property for the pos-

sible future park at an estimated fee of \$5500. City Attorney Rahrlick contacted Jones, Haugh and Smith from Owatonna for a survey and they roughly estimated \$1200. Rahrlick will get a written proposal from them. Bolton and Menk's proposal had additional work that might not be needed. Bolton and Menk also reviewed the portion of Main Street south of Front Street and the nearby alley as they are currently unplatted and privately owned by either the City or other private property owners. A lot split is proposed on the south end of the fire station property. Without securing proper public access easement or right-of-way the new property would be inaccessible. Bolton and Menk proposed doing a survey for that property at approximately \$6000-\$7000. Jones, Haugh and Smith will be submitting a proposal for that area also. In order to expedite the Harmer property agreement, Administrator LaPointe would like authorization to move forward with getting the surveys done for discussion at the next council meeting. Motion by Grey to authorize Administrator LaPointe to approve which company will do the surveys of the Harmer Property and the property south of the Fire Hall at a cost of less than \$7000 for each property, second by Madsen. Motion carried unanimously. Per previous discussions, the city will be paying for the surveys and appraisal.

CITY ATTORNEY

Nothing other than what has been discussed.

PEOPLESERVICE

According to the operation and maintenance agreement, 100% of any money left over from the maintenance category is refunded to the city if unused. The maintenance budget for 2020-2021 was \$6,000 and the actual expenses were \$5,324. The chemical budget was \$19,400 and the actual expenses were \$17,680. The refund was already issued to the City in the amount of \$2396.

CITY ADMINISTRATOR

Administrator LaPointe went through his monthly report (which is attached).

The Front Street rehabilitation project with the County was not chosen for funding by the Local Road Improvement Program. Dodge County will still mill and overlay the western half of Front Street either in 2021 or 2022. At that time, the Council will also need to discuss whether to do the parking areas or not.

Maintenance Supervisor Hvitved has replaced and installed 90% of the new street signs. He will finish once the rest of the signs and posts are in. Mayor Dahl mentioned a couple signs are hard to see due to tree branches. LaPointe will have Hvitved trim branches where needed.

A local vendor will be building concrete steps into City Hall on the side and rear entrances due to the safety concerns with the current wooden ones.

OLD BUSINESS

None

NEW BUSINESS

Motion by Madsen to approve the 1 Day to 4 Day Temporary On-Sale Liquor License for Hogfest August 6 – 8, second by Grey. Motion carried unanimously.

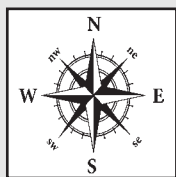
Motion by Ellis to adjourn the meeting at 7:54 p.m., second by Madsen. Motion carried unanimously.

ATTEST:

Elizabeth Sorg, City Clerk/Treasurer
Tasha Dahl, Mayor

Changes in Latitudes, Changes in Attitudes

The Tennessee Tilt



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 saw pickup trucks driving around like this and thought there must have been a mechanical failure. Then I found out it was actually a fad. It comes from giving a perfectly good four-wheel drive pickup to someone lacking in common sense. They call it the Tennessee Tilt and it has been seen in neighboring North Carolina where they call it the Carolina Squat. It is a terrible new trend for pickups from the millennial country kids. You take a perfectly good 4x4 truck and then you jack the front up so the headlights are in the trees and the back of your truck resembles a dog with an itchy butt, rubbing across the carpet.

I have spent my life driving pickup trucks. A man is not a real man unless he

owns one. He uses it daily and he treats it with respect. You put every thing in the back including the kitchen sink and you want it to stay there.

No logical, intellectual being would slope the bed of the pickup box to self-unload everything you put in there. You put over-size springs on the rear axle so a heavy load doesn't have you dragging the hitch ball down the highway. You want clearance so you don't get hung up on a stump when you go off road.

But down here some hillbilly brain trust came up with a backwards way to make the most noble vehicle on the road look silly. I first thought that "Bubba" found a way to load his fishing skiff without a trailer. Just back that old truck down to the water and run the john boat up in the box. But it is mostly new pickups which were emasculated and sent down the highway looking like some punk at the mall with his pants hanging below his underwear.

It has become bad enough, that the state legislature passed a law to ban this practice, stating; "A private passenger automobile shall not be modified or altered by elevating the automobile more than 3 inches from the manufacturer's specified height in the front and lowering the automobile more than 2 inches from the manufacturer's specified height in the rear."

One of the great things about being an old farmer is that you are actually smarter than most kids, and ornery enough to tell them so.



A Minnesotan: Fireworks



By RosaLin Alcoser

2020 was the first Fourth of July that I spent in Minnesota in years and it was the first year that I had spent it at the lake in years. The years before when I was in school in Missouri and I spent most of those Fourth of July's in the city.

I have found that the biggest difference between being in the city vs being on the lake for the Fourth of July is the way we view the fireworks. Years where I have spent it at the lake. The large colorful bust of the fireworks can be leisurely viewed from the water, dock, or the deck. It's beautiful as the fireworks go off over the

water from afar.

While when the holiday is spent in the city the experience is different. The fireworks go off from all the different parks and people's yards; sometimes in the yard right next to your house. And the streets are packed with people in lawn chairs to watch the chaotic firework display going off around them.

Last year I personally did not get either of these experiences as I was the town reporter; which meant I was at the one Firework display going on in town. Once the Independence Day softball game was over the firework display started and lasted for about half an hour. It was held at the fairgrounds and while some people lined the streets in town, most people watched from the back of their cars at the fairgrounds.

I spent it watching from the back of my hatchback at the fairgrounds... well, my Mom did. I viewed the whole thing through my camera lens while I jotted down notes about the event.

This year though this year will be different as I now live in the cities and will not be covering local events. Instead I will have to be one of those people who views the chaotic display from their home or by going outside to view it from the street.

THE SAVVY SENIOR



By Jim Miller

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Dear Savvy Senior,

Over the past few years my 57-year-old husband's snoring has gotten much worse. It's to the point that I have to either wear earplugs or move to a different room. Any suggestions?
— Sleep Deprived Susan

Dear Susan,

Snoring is a very common problem that often gets worse with age. Around 37 million Americans snore on a regular basis according to the National Sleep Center.

Snoring occurs when the airway narrows or is partly blocked during sleep usually due to nasal congestion, floppy tissue, alcohol, or enlarged tonsils. But you and your husband also need to know that snoring can be much more than just an annoyance. It can also be a red flag for obstructive sleep apnea, a serious condition in which the snorer stops and starts breathing during sleep, increasing the risks of cardiovascular disease, stroke, cardiac arrhythmia and hypertension. According to the American Academy of Sleep Medicine, 34 percent of men and 19 percent of women who snore routinely have sleep apnea or are at risk for it.

Self-Help Remedies

Even if you are unsure whether your husband has a primary snoring problem or sleep apnea, sleep experts suggest you start with these steps.

Open a stuffy nose: If nasal congestion is causing your husband to snore, over-the-counter nasal strips such as Breathe Right may help. Or, if allergies are the cause, try saline nasal sprays.

Elevate his head: Buying a foam wedge to elevate his head a few inches can help reduce snoring, or buy him a contoured pillow to lift his chin and keep the tongue from blocking the back of his throat as he sleeps. Also check out Smart Nora, a wireless snoring device that slides under the pillow and gently moves the head to a different position when snoring is detected. This, they say, stimulates the relaxed throat muscles and opens the airway.

Sleep on side: To prevent back sleeping, which triggers snoring, place a pillow against your husband's back to keep him from rolling over or sew a tennis ball in the back of his pajama shirt. Or check out the Night Shift Sleep Positioner, a device that's worn around the neck that vibrates when you roll on your back.

Avoid alcohol before bed: Alcoholic beverages can relax the muscles in the throat, and constrict airflow. He should not consume alcohol three to four hours before bedtime.

Lose excess weight: Fat around the neck can compress the upper airway and impede airflow and is often associated with sleep apnea.

Quit smoking: Smoking causes inflammation in the upper airways that can make snoring worse.

Need More Help

If these lifestyle strategies don't make a big difference, your husband should see his doctor, a sleep specialist, or an otolaryngologist who may recommend an overnight study to test him for apnea.

For primary snoring or mild to moderate sleep apnea, an oral appliance that fits into the mouth like a retainer may be prescribed. This shifts the lower jaw and tongue forward, keeping the airway open.

Some other options are Theravent snore therapy and Provent sleep apnea therapy, which are small nasal devices that attach over the nostrils to improve airflow.

But the gold standard for moderate to severe sleep apnea is a continuous positive airway pressure, or CPAP, device. This involves sleeping with a mask and is hooked up to a machine that gently blows air up your nose to keep the passages open.

If these don't work or are intolerable, surgery is an option too. There are procedures available today that remove excess tissue in the nose, mouth, or throat. And a newer procedure called hypoglossal nerve stimulation that uses a small device implanted in the chest to help control the movement of the tongue when it blocks the airway.

CROSSWORD

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SUDOKU ANSWERS

C	O	R	G	I	J	U	S	A	V	E	S		
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S	E	C	G	E	A	R	S	G	E	A	R	S	
C	B	S	R	I	G	A	S	P	R	I	N	T	
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V	A	M	A	S	S	N	O	G	O	D	O	T	Y
K	A	R	A	T	E	W	A	L	L	T	H	O	
P	O	M	E	L	F	E	N	C	I	N	G		
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- THEME: SUMMER OLYMPICS
- ACROSS
1. Welsh dog breed
 6. With juice, or au ____
 9. Pirate's yes, pl.
 13. What a subordinate does
 14. Cigarette residue
 15. Chimney cleaner
 16. Coffin holders
 17. "Sheep be true! ____-ram-ewe!"
 18. Poisonous Christmas berry
 19. *First U.S. city to host Summer Olympics
 21. *Swimmer with most Olympic medals
 23. Part of a min.
 24. *Field hockey's stick and ball, e.g.
 25. Gayle King's network
 28. Capital of Latvia
 30. *Canoeing: slalom and ____
 35. Rhine tributary
 37. Building annexes
 39. A in AV
 40. Three-ply cookie
 41. *Madison cycling, e.g.
 43. *Light ball tap, in volleyball or tennis
 44. What hoarders do
 46. Not happening (2 words)
 47. Half-rotten
 48. *Martial art debuting in Olympics in 2021
 50. Make a plaintive cry
 52. Short for although
 53. Luau instruments
 55. Street in Paris
 57. *____ horse in gymnastics
 60. *One of pentathlon events
 64. Kentucky Derby drink
 65. Rock in a glass
 67. Small Asian ungulate
 68. Spy's cover
 69. Not a win nor a loss
 70. Run off to marry
 71. Pat dry
 72. Eastern Standard Time
 73. Between shampoo and repeat

- DOWN
1. Corn units
 2. Final notice?
 3. Rod attachment
 4. Greek sandwiches
 5. Federal Reserve in relation to U.S. currency
 6. *Boxing moves
 7. *All-time Olympic record holder in medal count
 8. Popular fitness magazine
 9. Military no-show
 10. Crowd-sourced review platform
 11. Mature elvers
 12. I do this with my little eye
 15. Tibetan mountaineer
 20. Slipperier
 22. ____-been
 24. London's Tyburn Tree, e.g.
 25. Kick the bucket
 26. Thailand's neighbor
 27. Give sheep a haircut
 29. A valley in Scotland
 31. "Ant-Man" leading actor
 32. Dostoevsky's "The ____"
 33. Beethoven's famous symphony
 34. *2021 Olympic host
 36. Civil Rights icon
 38. Long adventure story
 42. ____ welcome!
 45. Tree cutters' leftovers
 49. ____ out, as in victory
 51. One suffering from tuberculosis
 54. Chosen few
 56. Food safety threat
 57. *Threat to muscles
 58. Mixture
 59. Source of protein
 60. Pedal pushers
 61. Golf club
 62. Midday slumbers
 63. High school club
 64. #6 Down, sing.
 66. Post-Soviet Union union

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		8		4				6

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.



West Concord Survival Days 2021

July 22 – 25
36th Annual



Thursday, July 22

7:00 pm Guns vs Hoses Charity Softball Event (Police, Firefighters, EMS)

donations will be made to Mental Health Awareness and Suicide Prevention

Friday, July 23

7:00 am-11:00 am Methodist Church Coffee Shop & Doughnuts

8:00 am City Wide Garage Sales begin - List available in WC Messenger Newspaper

9:00 am-1:00 pm Garage Sale & Museum Open - West Concord Historical Society

6:00 pm Garden Tractor Pull—South on Front Street

6:00 pm Food Stands/Beer Garden Open

6:30 pm Bean Bag Tournament Registration w/7:00pm Start Time--East Main Street Area (if rain, held in Fire Hall)

6:30 pm Memorial Park Ribbon Cutting Ceremony & Activities (kids games & food)/Mayor's Key/
Miss West Concord Pageant/Citizen of the Year/Baby Contest – Memorial Park Sport Court (next to swimming pool)

7:00 pm 5 K Color Run/Walk Registration w/7:15 pm Start Time- Line up at Memorial Park – by the pool

9:00 pm-12:00 am Music under the Big Tent - “Still Jammin’ Too - Band” - Admission \$5 or Button

10:00 pm FIREWORKS - East Main Street (Bring Lawn Chairs) [Rain Day is Saturday Night 10:00 pm]

12:30 am - Last Call, 1:00 am Beer Garden Closes

Saturday, July 24 **Garage Sales Continue**

8:00-11:00 am Fire Department Burrito Breakfast – Fire Hall

8:00 am-noon Scott Hodgman Classic Car & Bike Show – Main Street

8:00 am Softball Tournament Starts

8:30 am-3:30 pm Garage Sale & Museum Open - WCHS

9:00 am Sandpit Volleyball Tournament begins

9:00 am 3 on 3 Basketball Tournament

11:30 am Treasure Hunt at the Swimming Pool - ages 2-12 are welcome, bring swim suit

11:00 am-4:00 pm Kids’ Activities/Bounce House - East side of mini storage

1:00 pm Library Program, “The Irish Piper Story” with music, presented by Laura MacKenzie – Lion’s Park (in case of rain, Methodist Church) *“This presentation made possible by a Library Legacy Grant”*

2:00-5:00 pm Rochester Rough Riders “Mud Bog”-- Hyland Systems (Old Football Practice Field)

3:30-6:00 pm Rookie the Clown – East end of Main Street

5:00 pm Beer Garden/Food Stands Open

7:30 pm Excavator Rodeo – East end of Main Street

8:30 pm-12:30 am Dance Under the Tent - “Devon Worley Band” ~Admission \$10 or \$5 with a button

12:00 am Ticket Sales End, 12:30 am Last Call, 1:00 am Beer Garden Closes

Sunday, July 25

7:00-11:00 am American Legion/Auxiliary Breakfast -- Legion Hall, Main Street

8:00 am Softball, & Volleyball Tournaments Resume

9:30 am Community Worship Service – Lion’s Park (bring your own lawn chair – in event of rain, service will be held at the Methodist Church)

Noon Beer Garden/Food Stands Open

Noon-3:00 pm Trinity Lutheran Pie & Ice Cream Social -- Under the Tent

1:00 pm **Grand Parade** -- Route: Streets (Main/Front→Main→Third→Eugene→First→Olive→Front→Main)

2:00 pm Firefighters’ “Water Fight” - East End of Main Street

2:00-3:30 pm Music under the Big Tent after the Parade “CCB Jazz”

3:30 pm BEER GARDEN CLOSES



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