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MAY 22, 2024

Volume 18 • Issue 5

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

- The irrigation restrictions run to **October 15th**. Please be mindful of which day to water your lawn!
- The Dundas Clean-Up Day is **Saturday, May 11th from 7am-11am at the Mill Towns Trailhead parking lot**. If there are questions you can contact Dick's Sanitation at 952-469-2239.

Do you have an announcement?
Email:

hometownmessenger@gmail.com

The Dundas Women's Study Club is Celebrating 100 Years

By Diane Schrader

The Dundas Women's Study Club is celebrating what its twenty charter members wouldn't have imagined when they gathered on September 16, 1924 for their very first meeting. Over the next 100 years, women of the Dundas area gathered to study various topics of interest, from government to geography, from mental illness to various social problems, from local politics to education in the schools. Topics were researched by members and their findings were presented as papers read at the monthly meetings.

In the early days, the club met twice a

month and two papers were read at each meeting, plus discussions of current events. Generally, there was a theme for the year such as countries of South America, advances in medicine, community improvement, world trade, refugee relief, the Bible, and travelling in the U.S. Members did their research without a computer.

While women had the right to vote, many were somewhat confined to their homes, and still wanted to influence legislation and provide better working and living conditions for their families. Many did not have the opportunity to get a college education but were de-



termined to learn in the Study Club setting.
(continued on page 7)

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.

(continued on page 8)

Third Thursdays 'Evolving,' Adding 'The Show on the Square'

Courtesy of KYMN Radio

Moving into late Spring means warmer temperatures which always

brings more community events. The Third Thursdays Downtown events, sponsored by the Friends of Downtown Northfield and the Riverwalk Market Fair, resumed with a host of vendors from the Saturday Riverwalk Market Fair, along with live music and programming, a craft beverage area, and specials offered by many downtown businesses.

(continued on page 6)



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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. True 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 hu-

mankind. 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!

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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LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

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Candace "Cookie" Lee Williams

Candace "Cookie" Lee Williams, age 77, of Dundas, a beacon of love and faith, passed away unexpectedly on Monday, May 6, 2024, at Mill City Senior Living in Faribault.

Born on January 22, 1947, in Northfield, to Richard and Marlys (Benham) Rice, Cookie's early life was steeped in the values of family and community, shaping her into the remarkable



woman remembered today. She grew up in Northfield, where she graduated from Northfield High School in 1965. Her career path took her from waitressing to banking, but her most cherished role was serving as a para professional in Northfield Schools for 12 years. Known for her unwavering dedication, she retired in 2003, having made a lasting impact on the lives of countless children. Cookie loved to see kids learn and succeed in life.

In 1967, Cookie married Roger Williams. Together, they built a life of love and hard work in rural Dundas, where they were blessed with over 57 years of shared memories. A devoted mother to her son, Chris, and devoted wife to her husband, Roger, she filled their home with kindness and warmth.

As a military wife and mother, Cookie supported Roger and Chris throughout their combined 58 years of service in the MN National Guard. She was a huge contributor to the military support group during Chris's deployment in Iraq. Cookie was so proud of them both, as well as her brother, Rick (Marines) and brother-in-law, Gary (Vietnam).

Cookie's sincerity and generosity were cornerstones of her life, exemplified by her active involvement at Little Prairie United Methodist Church. Her leadership in arranging funeral lunches was just one of the many ways she expressed her care for others. Cookie was a part of the ladies aid, bible study, Sunday school teacher, meal coordinator, and coordinator of other activities in the church. She was very proud of her devotion to the church.

As a homemaker, when times were tough, she learned to sew clothes for herself and her family. That creative attitude led her to quilting. Cookie learned this from the pioneer ladies at Little Prairie UMC and she continued with a passion to help younger women

learn the skill of quilting. She strived to make every quilt as perfect as she could. Cookie would always say "This one is close, but it's not perfect yet." She was interviewed about quilting and that interview was recorded and submitted to the Smithsonian in Washington D.C. to preserve the art of quilting in America's history.

When Roger and Cookie were fully retired, they traveled to Alaska and Hawaii. Cookie said that the world has such beautiful places and you cannot describe it, you have to see it to appreciate it. A guiding light in her family and community, Cookie's loving nature, kindness, and faith-filled heart were her greatest gifts to the world. Her smile and bubbly attitude will be cherished by all who had the privilege of knowing her.

She is survived by her husband, Roger; son, Chris of Faribault; brother, Ray of Northfield; and sisters, Shelly of Prescott, WI and Dolly of Holly Hill, FL. She was preceded in death by her parents; father and mother-in-law, Roger "Bill" and Hazel; sister, Lila Winter; and brother, Rick Rice.

A memorial service was held at 11 AM, Monday, May 20, 2024, at Little Prairie United Methodist Church, Dundas. Visitation was from 2-5 PM, Sunday, May 19, 2024, at Bierman, Benson & Langehough Funeral Home, and continued one hour prior to the service at the church. Interment will be at a later date in Fort Snelling National Cemetery, Minneapolis.

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

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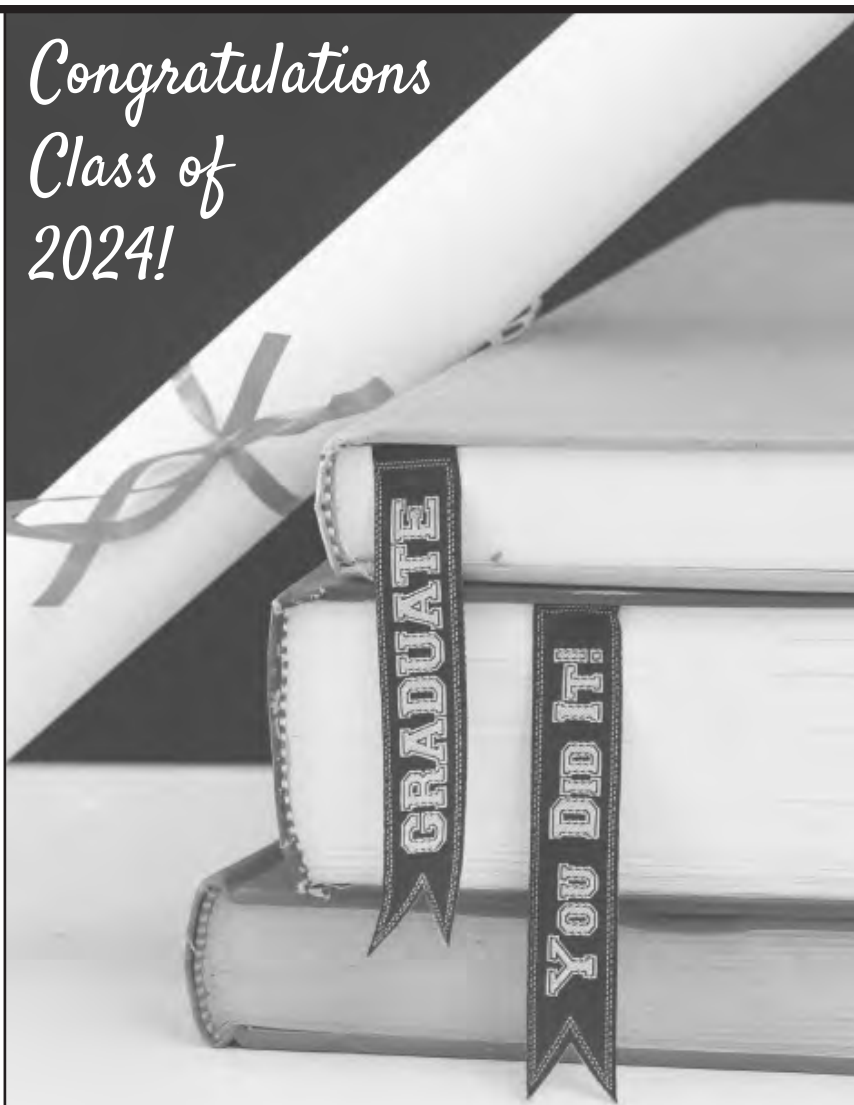
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Let's Tackle the Spread of Garlic Mustard in our Woodlands



By Kourtney Spitzack,
Rice SWCD District Technician

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 Eu-

rope to be used for medicinal or food purposes. 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. This is



Garlic mustard

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.

(continued on page 5)

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File Before June 4th to Run for SWCD Supervisor

People concerned about water quality and soil health in Rice County should consider filing by June 4, 2024, to run for the position of supervisor of the Rice Soil and Water Conservation District (SWCD).

“Supervisors play an important role in how our community deals with a wide variety of resource management issues, including wetlands, water quality, soil erosion, and habitat restoration,” noted Richard Peterson, District Supervisor with the Rice SWCD. “Serving as a supervisor is a terrific opportunity for people who want a voice in how we manage our environment,” he added.

SWCDs are special purpose units of government that manage and direct conservation programs, such as the State Cost-Share Program and the ReInvest in Minnesota (RIM) Wetland Program. An elected board of supervisors governs each of Minnesota’s 88 SWCDs.

This year, the Rice SWCD has three supervisor positions up for election. SWCD candidates appear on the ballot for the general election which will take place November 5, 2024. Candidates are elected county-wide but must reside in one of the nomination districts up for election. These include District 1 (Townships of Wheatland, Webster, Erin, and Forest), District 2 (Townships of Shieldsville, Wells, Morrystown, and Warsaw), and District 4 (Townships of Bridgewater and Northfield). SWCD supervisors serve four-year terms.

SWCD supervisors meet monthly to discuss the business of the SWCD, including state grant allocations to landowners, district conservation priorities, coordination with other local units of government and state agencies, and legislative priorities. Supervisors do not receive a salary, although they do receive compensation for attending meetings and are reimbursed for expenses.

Those interested in running for supervisor should file at the Rice County Property Tax and Elections office from May 21 through June 4, 2024. Additional information about the Rice SWCD can be found online at www.riceswcd.org or by calling the office at 507-332-5408. For more information about filing, visit the website below.

www.ricecountymn.gov/566/Elections

The Rice Soil and Water Conservation District is a subdivision of state government. It is overseen by a five member board of supervisors elected countywide to represent the soil and water conservation needs of the county. The board of supervisors make policy decisions, approve cost-share contracts, and promote soil and water conservation. The mission of the Rice Soil and Water Conservation District is: "To assist land users in the management and conservation of our soil and water resources by means of educational, financial, and technical assistance." Learn more about the District at our website: www.riceswcd.org.

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

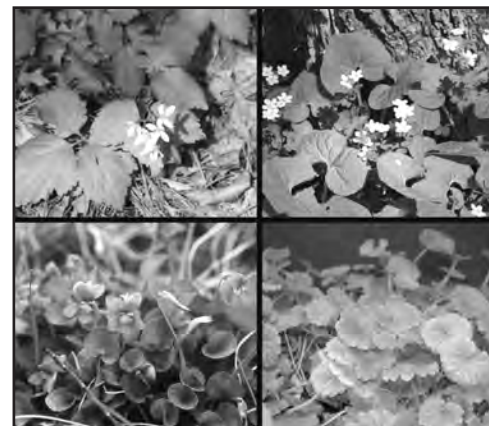
(continued from page 4)

Some native substitutes that can replace garlic mustard in the landscape include rue-anemone (*Thalictrum thalictroides*), cut-leaved toothwort (*Cardamine concatenata*), bloodroot (*Sanguinaria canadensis*) and wild ginger (*Asarum canadense*).

Feel free to call our office at 507-332-5408 if you have any questions.

Kourtney Spitzack is a District Technician with the Rice Soil & Water Conservation District. She assists landowners with buffer implementation and with the district's cover crop and custom interseeding programs. Contact Kourtney with your questions at 507-332-5408.

Pictured to the right: 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*]



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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Third Thursdays 'Evolving,' Adding 'The Show on the Square'

(continued from page 1)

Derek Meyers, who is the new manager of the Riverwalk Market Fair, said this month there will be about twenty of the Market Fair vendors set up in the 400 block of Division Street, between 4th and 5th Streets. The craft beverage area will be operated this month by Chapel Brewing, but will offer Keepsake Cider, a cocktail created by Loon Liquors and beer from Imminent Brewing, Tanzenwald Brewing, and, of course, their own Chapel beer as well.

Meyers said the vendors will be set up in the streets, but some of the existing businesses on Division Street are getting into the mix as well this year.

"We have vendors in the street from the Market Fair, but there will also be brick and mortar businesses out on the street as well. Hideaway and Robins Egg and Ravens Nest and Nautical Bowls have all decided to come out into the street and provide food, something new, something unique."

Kathleen Holmes, the former President of the Friends of Downtown Northfield, was instrumental in the creation of Third Thursdays

Downtown, said the first round of the event last summer was a big success, but that doesn't mean there hasn't been room for improvement and expansion. This year, the events will have more programming on Bridge Square that should be a fun attraction for kids and adults alike.

"This is our second year and we've evolved. We still have the bands downtown, we have a full market, and we're excited for everything that brings, but then we've also added some more programming. We'll call it the Shows on the Square. This month we have the first responder vehicles, and in the coming months we'll have other vehicles and car shows so the kids can walk around, people can walk around and see things."

This month, the live music will be provided by Free Ranger, a blues artist from Kenyon, and the Roe Family Singers, an extremely popular old-time folk band from the Twin Cities. The Bridge Square programming this month will be first responder and emergency vehicles, as well as a presentation made by Believet, an organization that trains and offers service dogs for military veterans.

Third Thursdays will run, obviously, each third Thursday of the month beginning this Thursday, through August, from 5pm-8pm. For more information visit riverwalkmarket-fair.org.

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The Dundas Women's Study Club is Celebrating 100 Years

(continued from page 1)

In 1937, the Dundas Women's Study Club joined the General Federation of Women's Clubs, a national organization which provided topics for study and study aids for those who were presenting papers. The General Federation of Women's Clubs was founded in 1890 by Jane Cunningham Croly, a New York newspaper reporter, to support clubs throughout the nation and to further efforts at providing education, improving working conditions, health care and scholarships.

Meetings were held in member's homes, so membership was limited to 25 to fit into most homes. In 1972, meetings were reduced to once a month. In 1974, members voted to withdraw from the General Federation but continued to operate as previously, often getting guest speakers to present topics. There has always been a social component to the meetings, closing with a light lunch and conversation. Each year there is a Christmas party, and ends with a banquet in May.

The Club has had an impact on Dundas and the surrounding community. Letters were frequently sent to local and state entities to request better signs, lighting and maintenance for safer sidewalks, bridge repairs, and a community building in Dundas. A clean-up - fix-up day was proposed. There were many relief activities during and after World War II, including sending CARE packages to war-torn European countries, making bandages, sending seeds, layettes, and other needed supplies. Over the years, many Betty Crocker coupons, S & H Green Stamps, and other coupons were saved for various needs, including an incubator for a hospital, CARE, the welfare of Indigenous People, and the developmentally and physically disabled.

While there was a school in Dundas, it benefited from the Club's concern and generosity. Books were donated to the school, along with a painting (The Santa Fe Trail) which now hangs in the City Hall. Teachers were honored at a tea, and students received prizes for citizenship.

The Club sponsored several flower garden shows, art shows, and a public forum on drug dependency for the Dundas area. Trees were purchased for the park, contributions were made for the park pavilion roof, and for a fire and rescue truck. When a member dies, there is a memorial donation made to the public library in her honor of a book reflecting her interests, a tree is planted in her honor, or a donation is made to a charity she favored.

The club responded to local tragic situations by collecting clothing and household items after a fire, and putting together food packages for needy families. Area food shelves and the Community Action Center continue to receive contributions every year.

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Dennison Farmers Market

By Cheri Roshon

Wednesday, May 29th is the kickoff date for Dennison Farmers Market! From 5 to 7 pm, you will find not only the vendors you have become accustomed to, but a few new members will be there, vending their wares tcher-his year! Located south of Fireside on Main Street, you will find delectable delights to tickle your taste buds, as well as handmade crafts for your home, or to give as unique gifts.

As the summer progresses, there will be lots of produce to choose from, too.

Some of our current vendors are Jacque Meyer from Jac's Home Baked Goods with her delicious home made breads and treats, Deb Fischbach will be selling her delectable hot fudge sauce, bourbon caramel sauce, rolls, cookies, sweet breads and pies. She will

also have bags, pillow cases, pot holders and dish towels. Cheri Roshon is back with her freeze dried candy, and handmade kitchen essentials. Pamela Davis will have cakes, cookies and treats. Donna Vestedahl will be furnishing fresh eggs now, and produce as the summer goes on. Patty Casper will have vegetable starts, flowers and crafts. There will be two new vendors this year, so come on down and see who they are, and what they will have for you!

The Farmer's Market was started many years ago, and the founders had their last season in 2022. Heidi Cooke was kind enough to start anew last year, and has been posting pictures and information on the Dennison Farmer's Market webpage, letting you know weekly what is for sale. The market is hoping to expand some more this year with a bigger variety, so if you or someone you know has something that fits in with our market, please contact Heidi at

dennisonfarmersmarket@gmail.com to let her know, or to ask questions. The market remains free to vend, so let your friends and family know when we will be there.

Spread the word! Buying local is the best way to help boost our economy. When you buy at a farmer's market, not only are you supporting your friends and neighbors, but you know where your food comes from, and that brings peace of mind as well!

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

(continued from page 1)

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.

Save the Date!



DENNISON DAYS

JUNE 21-22, 2024

Be Part of the 2024 Celebration!
Contact The Dennison Lions Club
Meetings Held The Third Tuesday of The Month





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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 loneli-

ness 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 connection.

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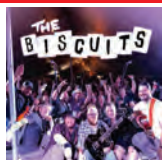
Drawing held at 9:00p.m. at the Fireside Lounge

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FRIDAY, JUNE 21 KICK OFF

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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

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 black-legged 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
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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.

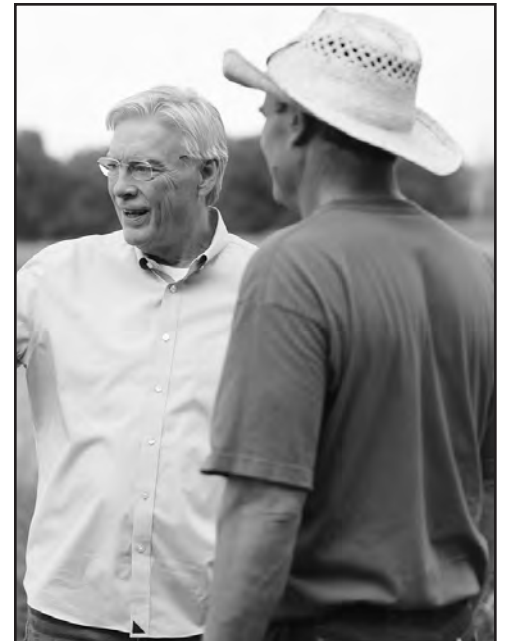
The Acres for Good program is also a way to do good things for your community. Like Mr. Taylor's example, the net income stream from the land can be used to support southern Minnesota communities well into the future. Farmers can choose how they want to allocate their gift of land through this program.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

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JULY 5th: THE CHUBS 8:30 PM

JULY 4th: DAVE CARPENTER BAND 2:00-5:00 PM

JULY 6th: BLYND EYE 8:30 PM

BRYAN ANDERSON 8:30 PM

WWW.CANNONVALLEYFAIR.ORG

Prevention Champions Praised for Work with Those with Substance Abuse Issues

Courtesy of KYMN Radio

May 12th – 18th was National Substance Abuse Prevention Week. In celebration the Rice County Chemical and Mental Health Coalition recognized Toby Anderson, Recovery Care Coordinator with HealthFinders Collaborative; John Sherwin, Chief of Police for the City of Faribault; Eric Swan McDonald, Science Teacher at the Northfield Public Schools Area Learning Center (ALC); and the Recovery Staff at the Community Action Center as 2024 Prevention Champions

A statement released by Healthy Community Initiative said the recipients were recognized for their significant contributions in reducing risk factors for alcohol and drug abuse, supporting recovery, promoting mental health and well-being, and building assets for youth and other community members.

Anderson was praised by the Northfield Union of Youth Executive Director Kelli Podracky for his dedication to youth dealing with chemical dependency.



Northfield Chief of Police Marke Elliott praised Chief Sherwin for his championing of the Police Assisted Recovery Program, which can help some drug offenders get the help they need and avoid jail time.

Eric Swan McDonald led a weekly class called Youth Connect that provided a safe space for students to discuss chemical health related issues, said Jenn Toth, the school social worker at the Northfield Alternative Learning Center.

The Recovery Staff at the Community Action Center was recognized for addressing the needs of participants in supporting them through mental health and chemical use struggles by Ashley Gardner, HCI's Network Impact Coordinator for the Rice County Chemical and Mental Health Coalition. She said the recovery staff members have made a huge difference in people's lives by meeting them where they are and by finding creative ways to provide them with the support they need.

The awards were presented in late April and early May.

Rice County Sheriff's Department Will Spend More Time, Resources Cracking Down on BWI's

Courtesy of KYMN Radio



The Rice County Sheriff's Department is preparing for the summer boating season.

Captain Nathan Budin oversees the Water Patrol Division of the Sheriff's Office. He said members of his department are out on the water right now deploying buoys to act as markers for swimming areas and to warn boaters of shallow water or rocks. He called the buoys a reminder, saying they mark something unseen, and whenever they are encountered, boaters should look at their maps in order to discern the situation. And if a boater forgot their map, Budin said they can use their phone.

"The graphs that are out there and there are even apps on phones that could follow your phone with the GPS. You can Google search a lake. I'm pretty confident you can find a map on Google for any lake in Rice County."

The department is currently in the process of hiring the regular seasonal help they bring in every year. The seasonal hires are generally college students whose job is to help with the safety and education side of the water patrol, and to spend about four days a week on the water in an enforcement role. Standard procedure within the department is for the seasonal deputies, should they come across a situation that requires a citation or an arrest, to contact a licensed deputy who will then arrive promptly to handle things. However, Budin said, this year there will be more licensed deputies on the water with the seasonal deputies, because the county is cracking down on intoxicated boaters.

"This year we did budget for some overtime where we're going to have some licensed deputies on the water and offer up some overtime shifts as well. The idea behind that money is the seasonal deputies are not licensed, and they don't have arrest powers and we want to focus a little bit more on BWI's this year and a little bit more enforcement. So, we'll have deputies ride with those seasonal deputies as well."

Budin said the Water patrol has three responsibilities: safety and education, enforcement, and rescue & recovery. The department is well outfitted to handle any emergency, however water patrol is different from street patrol, and it can take much more time to reach a boat in distress after they are contacted. Anyone getting into a boat, he said, should be sure they have all the equipment they need to stay safe, especially life jackets.

For more information on recreational safety and the Rice County Water Patrol, visit the Sheriff's Office section of the Rice County Website at ricecountymn.gov.



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Lieske: Senate passes EMS aid package with unanimous support

The Minnesota Senate passed a \$30 million aid package for rural emergency medical services (EMS) with unanimous support. The bill provides \$24 million in emergency aid

for EMS providers who are focused on services in Greater Minnesota. Another \$6 million is dedicated to an innovative sprint medic pilot program.

Throughout the interim, a bipartisan EMS Task Force investigated how the state can improve the life-saving services provided by EMS personnel. The Task Force was created following a 2022 report from the Office of the Legislative Auditor (OLA). Field hearings were held throughout the state, and the task force made key recommendations, many of

which are reflected in the Senate's EMS aid package.

The OLA report found the EMS Regulatory Board (EMSRB) was ineffective in its regulatory role. The bill starts to address these issues with a restructuring of the EMSRB. The powers and duties of the EMSRB are moved to a newly established Office of Emergency Medical Services.

"The crisis that rural EMS providers are dealing with has been getting worse for a number of years,"

Senator Bill Lieske (R-Lonsdale) said. "I have heard from several providers, and they tell me the same thing: the staff shortages and the outdated equipment are making it almost impossible to operate. They need more, but this \$30 million bipartisan aid package is a big first step to make sure Minnesotans in Greater Minnesota have access to fast emergency care."

The aid package includes significant funding for two EMS providers in Senate District 58:

New Prague (\$153,777)
Northfield Hospital and Clinics (\$146,733)

While the aid package will help, the state can only supplement funds for rural EMS. Overall, the funding remains a federal issue with government reimbursement rates failing to cover the total cost of care.

The EMS aid package also includes a sprint medic pilot program, authorizing trained medical staff to be the first response and determining if an ambulance is necessary. This approach is more mobile, flexible, and can prevent unnecessary ambulance calls that ultimately may not be reimbursed. The program will help connect Minnesotans to care more quickly and ensure the correct level of care is provided.

Additional reforms in the bill help address EMS staffing concerns in rural areas. The changes make it easier to be qualified or certified as an Emergency Medical Technician

(EMT), Emergency Medical Responder, or Ambulatory EMT.

Conscientious objections protect health

Friends and neighbors,

Last week, my Democrat colleagues in the Minnesota Senate passed a health and human services funding bill. It is a bloated bill that implements controversial mandates, decreases quality of care, and increases government spending.

While there are several concerning provisions in the bill, there is one in particular I want to talk about.

The provision in question allows childcare providers to deny enrollment to children over 2 months old who are not fully vaccinated according to the recommended schedule.

In other words, it effectively removes the ability for parents to claim a conscientious exemption – only medical exemptions approved by a physician would be permitted.

This is not about anti-vax hysteria. This is about allowing parents to make relevant and critical health-based choices for their children.

Let me tell you a story about why this is important to my family and families everywhere.

When I was five years old, I received my MMR vaccine. Shortly after, I began having an allergic reaction. I could not walk for a month. My body physically could not accept the vaccine.

No medical doctor was willing to write a medical exemption. I literally could not stay on the recommended vaccine schedule. Under this bill, childcare providers could reject me.

The same concerns emerged when it came time to vaccinate my children. After consulting with our pediatrician, we decided spreading out their vaccine schedule made sense for their health and development. The doctor wouldn't write an exemption, though, because we were still doing the vaccines – just not on a normal schedule.

Under this proposal, childcare facilities could reject my children for not staying strictly on schedule.

My family is not unique; situations like this happen every day. It is just one of many reasons why we have conscientious objections in place.

I tried to remove this section of the bill with an amendment, but Senate Democrats rejected it. Their decision was deeply disappointing and out-of-touch with the diverse values represented across our state.

Conscientious exemptions exist for good reason. They reinforce our right to make personal medical choices according to our own beliefs and circumstances.

Most importantly, they provide a critical alternative pathway for those who may face legitimate medical issues their doctor does not officially recognize or qualify for an exemption. No parent should be denied childcare and be forced to choose between their job and protecting their child's health and wellbeing.

Contact me

Your feedback, ideas, and concerns are what allow me to serve you to the best of my ability. Please share your thoughts with me any time at sen.bill.lieske@mnsenate.gov or 651-296-5019.

I would also love it if you follow my new, official Facebook page here:

<https://www.fb.com/SenatorLieske>.

It is a privilege to serve you!

DUNDAS CITY COUNCIL REGULAR MEETING MINUTES

Monday, April 22, 2024 • 7:00 p.m. City Hall

Present: Mayor Glenn Switzer Councilors Luke LaCroix, Ashley Gallagher, Grant Modory, Luke Swartwood

Staff: City Engineer Dustin Tipp, City Administrator/Clerk Jenelle Teppen

CALL TO ORDER

Acting Mayor Modory called the meeting to order at 7:02 PM. Mayor Switzer arrived following the Pledge of Allegiance at 7:03 PM

APPROVAL OF AGENDA

Motion by LaCroix, second by Gallagher, to approve the agenda. Motion Carried Unanimously (MCU)

CONSENT AGENDA

- Regular Minutes of April 8, 2024
- Resolution 2024- 15 Retaining Statutory Tort Limits for Fiscal Year 2024
- Disbursements - \$69,352.08

Motion by Modory, second by Swartwood, to approve the consent agenda. MCU

REGULAR AGENDA

- Consider Approving County Road 1 and Trunk Highway 3 Pedestrian Improvement Project Scope and Cost Estimates

City Engineer Tipp reviewed the proposed project that includes additional sidewalk connections that were outside the original project scope. Administrator Teppen provided cash flow projections of the two Capital Project Funds that will be tapped to pay expenses beyond the \$370,000 that was awarded the City in a State Aid Grant.

Motion by Gallagher, second by Swartwood to approve the Trunk Highway 3/County Road 1 Pedestrian Improvement Project Scope and Cost Estimates. MCU

REPORTS OF OFFICERS, BOARDS AND COMMITTEES

City Engineer – Dustin Tipp

City Engineer Tipp informed the City Council that a pre-construction meeting with the contractor for the Forest Ave/Depot St project is scheduled for the next day, and that it is anticipated that they will begin working in mid-May.

He reported that staff has been in contact with Menards staff regarding a temporary access. Schilling Drive is projected to be closed completely for a short period of time both this year and next when the City commences work on a sanitary sewer project on Schilling Drive.

• Work Session – Review and Discuss Proposed Ice Arena Project

Administrator Teppen reported that she had on a few occasions provided updates to the City Council regarding the on-going discussions at the staff level with City of Northfield and Northfield Public Schools personnel on a proposed ice arena project.

David Bennett, Northfield Public Works Director reviewed the proposed project including an assessment of the condition of the current arena. He indicated that the City of Northfield engaged an architect to put together options including what improvements might be done to the current arena, including required updates to mechanical and refrigeration systems. Option 2 is a one ice sheet arena located on property donated by the Northfield Hockey Association with updated amenities. Option 3 is a two-sheet arena with updated amenities as well as dryland training space/community rooms.

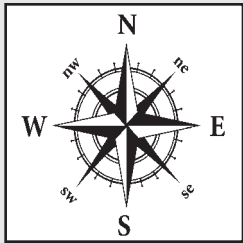
Both Bennett and Northfield City Administrator Ben Martig responded to questions posed by City Council members.

ADJOURN

Motion by LaCroix, second by Swartwood, to adjourn the meeting at 7:58 PM. MCU Minutes prepared by Jenelle Teppen, City Administrator/City Clerk



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

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.

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 conversations with these same people which is my father's favorite thing to do.

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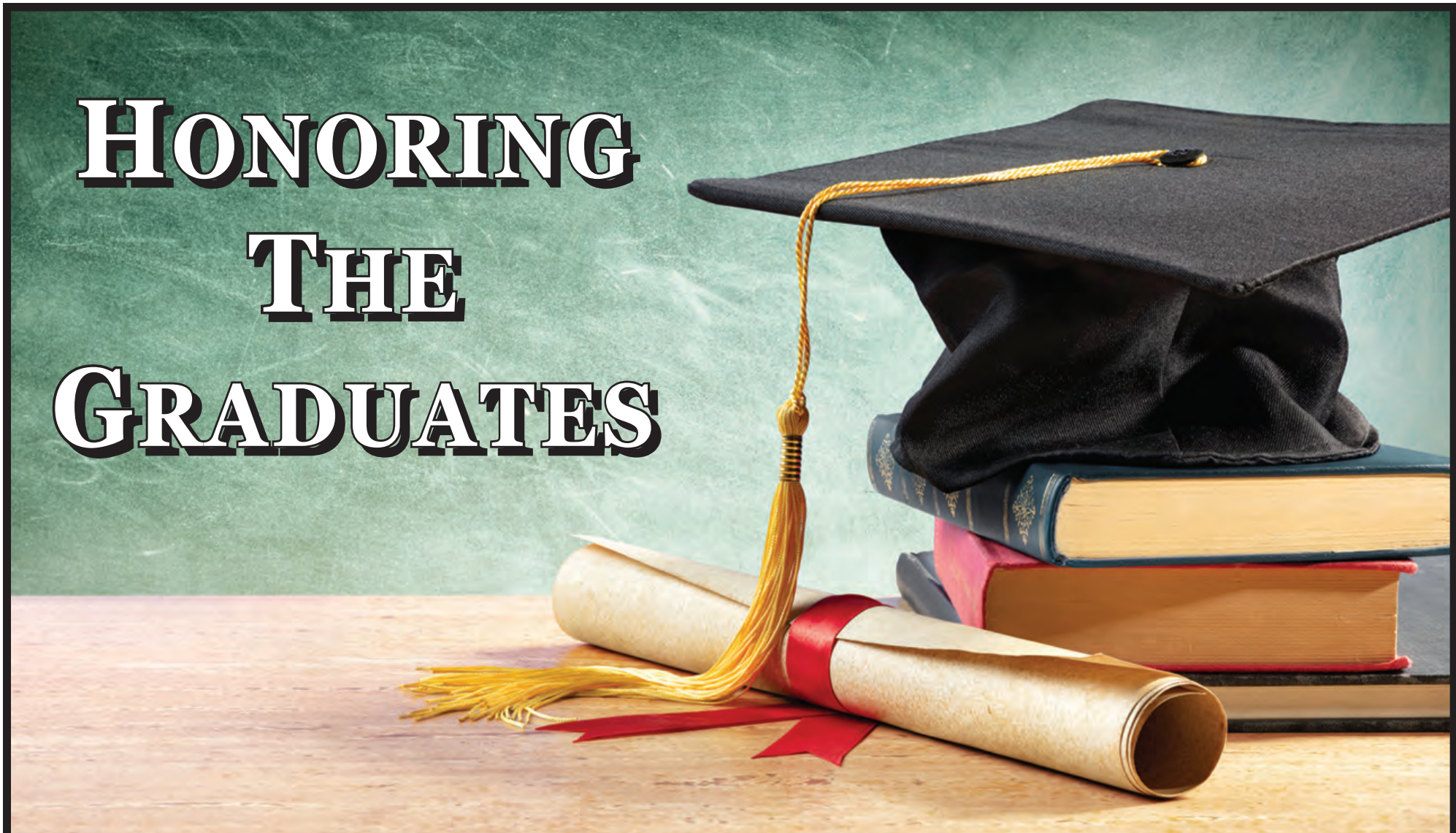
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	3	1						2
8			6		9			
7				2		5		
	4				3	9		
3	7						2	6
			5	2				8
		3		4				7
					7	8		9
5							4	3

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.

- THEME: FICTIONAL MOTHERS
- ACROSS**
1. Bars
 6. Escape or flee
 9. Green gemstone or Heather Graham in "The Hangover"
 13. Turning point
 14. 34th U.S. Pres
 15. Actress Sophia _____
 16. Each and all
 17. Lake, in France
 18. Roof overhangs
 19. "Lovable mother of seven in "Harry Potter" Mrs. _____
 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



HONORING THE GRADUATES

We'd like to extend our sincere congratulations and best wishes to the Class of 2024.

As you celebrate this milestone achievement, please know you have made your community, and your loved ones proud!



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