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JUNE 26, 2024

Volume 21 • Issue 6

Cannon Valley Fair July 3-6, 2024



The Cannon Valley Fair kicks off Wednesday July 3rd at the Fairgrounds in Cannon Falls.

Gold Star Amusements will be on the midway during the fair starting at 1 PM July 3rd. Advance discount unlimited ride-wristbands are available for \$20.00 each at Cannon Spe-

cialties and Cannon Belles Coffee & Ice Cream Shoppe until June 30th. The wristbands are good for one session of rides from 1-5 pm or 5-10 pm.

The Goodhue County Commissioners meeting will take place July 3rd at 10 AM. The kids pedal pull will take place at 1 pm near the grandstand on Wednesday. Thursday is Veterans & Senior Citizen Day and Free Grounds Admission Day. The 4th of

July Grand Day Parade will be at 11 AM on Thursday with the annual fireworks display at dusk on the 4th. This years grandstand highlights include the Rodeo Wednesday July 3rd, including bull riding, barrel racing and bronc riding. Thursday July 4th, Harness Racing will be at 2 PM with Free Admission. Auto Cross will take place at 3 PM on Friday July 5th. And Saturdays grandstand event is the annual demo derby at 5 PM.



Live music will round out each days events at the fair. Check out the schedule in this issue of the Messenger and watch for any updates on the fairs website, www.cannonvalley-fair.org along with their facebook page.



Thanks Coach Trom



After 11 years of coaching Randolph girls basketball program, Coach Trom has officially retired from that part of his coaching duties. He will continue to lead the Randolph softball program. In his 11 years, Coach Trom amassed 173 wins, with a winning percentage of 60.28%. He leaves as the program's winningest coach. (courtesy of Randolph School)

Announcements

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

Do you have an announcement?
Email:

hometownmessenger@gmail.com



**WE WILL BE CLOSED
JULY 1-9 FOR
STAFF MAINTENANCE**

Opening Wednesday, July 10
at 11:00am

Have a Safe & Happy 4th of July!



37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
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Walk In the Light



By Colin Rueter

We continue our journey through 1 John in the section that many Bibles title: "Walking in the Light." John wants to ensure that his readers will know the connection between compete joy and walking in Christ, that is, living in His righteousness and not sin. This is the message that John is sharing, that God is light and we must, therefore, walk in the light if we say we have fellowship with Him. We

begin our understanding of God here with this message. John declares this on the simple understanding that God Himself is light; and light has no darkness at all in it; for there to be darkness, there must be an absence of light. A good definition of God is: God is the only infinite, eternal, and unchangeable spirit, the Perfect Being in whom all things begin, and continue, and end (Romans 11:36). Another way of saying that God is perfect is to say that God is light. One commentator stated, "LIGHT is the purest, the most subtle, the most useful, and the most diffusive of all God's creatures; it is, therefore, a very proper emblem of the purity, perfection, and goodness of the Divine nature." Therefore, if there is a problem with our fellowship with God, it is our fault, our sin is darkness. It is not the fault of God because there is no sin or darkness in Him at all. Any approach to relationship with God that assumes, or even implies, that God might be wrong, and perhaps must be forgiven by us, is at its root blasphemous and directly contradicts what John clearly states here.

John first deals with a false claim to fellowship. Based on this, we understand that it is possible for some to claim a relationship with God that they do not have. We can also say that it is possible for someone to think they have a relationship with God that they do not have. Many Christians are not aware of their true condition apart from God. They know they are saved, and have experienced conversion and have repented at some time in their life. Yet they do not live in true fellowship with God. Walking in the light, or darkness, is meant to say there is a pattern of living to be seen. The issue here is fellowship, not salvation. The Christian who temporarily walks in darkness is still saved, but not in fellowship with God. John sees things much more clearly than our sophisticated age does, which doesn't want to see anything in black or white, but everything in a pale shade of gray, flexible based on the individual.

The modern world often thinks in terms of "my truth" in an individualistic sense. John is focused on the reality of God's truth, ultimate truth, absolute truth. The Christian life is described as walking, which implies activity. Christian life feeds upon mediation, but is displayed in action. "Walking" implies action, continuity, and progress. Since God is active and walking, if you have fellowship with Him, you will also be active and walking, washed clean by the blood of Jesus (vs 7).

Charles Spurgeon is helpful here, saying, "Does my walking in the light take away my sins? Not at all. I am as much a sinner in the light as in the darkness, if it were possible for me to be in the light without being washed in the blood. Well, but we have fellowship with God, and does not having fellowship with God take away sin? Beloved, do not misunderstand me – no man can have fellowship with God unless sin be taken away; but his fellowship with God, and his walking in light, does not take away his sin – not at all. The whole process of the removal of sin is here, 'And the blood of Jesus Christ his Son cleanseth us from all sin.'" John has introduced the ideas of walking in the light and being cleansed from sin. But he did not for a moment believe that a Christian can become sinlessly perfect.

Therefore, John speaks about confession of sin because Christians will still sin and we must be reminded that since our sins have been forgiven in our repentance, therefore we have fellowship with God Almighty as we confess those sins, knowing they've been paid for and we can be set free from them. When we confess our sin, we are willing to say (and believe) the same thing about our sin that God says about it. Jesus' story about the religious man and the sinner who prayed before God illustrated this; the Pharisee bragged about how righteous he was, while the sinner just said God be merciful to me a sinner (Luke 18:10-14). The one who confessed his sin was the one who agreed with

God about how bad he was. So, then confessing sin and walking in the light increases our fellowship with God and with other believers, knowing that we walk can with clarity as we keep his commandments (2:3-6).

So What?

John means to help the follower of Jesus to walk with clarity, joy, and grace which has been given through Jesus. We all go through ups and downs in our Christian faith. Whatever the struggle, whether external or internal, we often feel ourselves on changing ground of emotion or circumstance. Yet God calls us to lives of increasing consistency, stability, with the evidence of our inner transformation becoming more and more apparent as time passes. This occurs when we place complete trust in the work and grace of God, believing that He will certainly conform us to the image of His Son, Jesus. So often, people think Jesus is off in some faraway place and that He doesn't really concern Himself with our daily struggles, issues, and concerns. But John is telling us that Jesus is right here with us in both the simple, mundane parts of our lives and in the complex, soul-wrenching parts. John testifies as a witness of his personal experiences that God became flesh and lived among men to save, redeem, and be worshipped by us. That means Christ came here to live with us and He still lives with us. As He walked the earth alongside John, so does He walk every day with us. We need to apply this truth, this reality, to our lives and live as if Jesus were standing right next to us every second of the day. If we put this truth into practice, Christ will add holiness to our lives, making us more and more like Him and bring Him the glory due His name.

Next month we will walk through Chapter 2, verses 7-14. Until then, brothers and sisters, walk in the grace of Jesus Christ as He has called you to be light to the world! As always, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me via my personal email: niloc1214@gmail.com



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Published in cooperation with

Mainstreet Publishing Minnesota, Inc.

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AREA CHURCH DIRECTORY

Keep Up the Good Work!

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. — Galatians 6:9

It can be hard not to grow weary of doing good. Physically tired, emotionally and spiritually drained, we might be ready to give up.

The brokenness in our world knows no end. There is always another hungry person to be fed. No sooner is a hospital bed open, and another person fills it. Someone who is healthy today will be sick tomorrow. In a sinful and broken world, there will always be hungry, sick, lonely, imprisoned, or impoverished people. Wars and rumors of wars will always produce refugees. The world's problems will last until Jesus returns. In the meantime, though, we are encouraged, "Do not grow weary of doing good!" And only in God's strength can we continue. We may certainly resign from a committee, leave a specific ministry of mercy, and stop volunteering at a soup kitchen. But we must not grow weary of doing good! If we change ministries, we can still continue to minister in other ways. In the end, as we become people who must be fed, clothed, and visited, our ministry may be reduced to a smile, an encouraging word, or a prayer. And that may be our most effective ministry of all. By God's grace, may we all rejoice to hear the words "Well done, good and faithful servant!"

Dear Jesus, sometimes we grow weary and discouraged. Help us, in the power of your Spirit, to press on. Thank you for giving us eternal life and for welcoming us into your kingdom. Amen.

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

Pastor Dennis Ingolfsland

Questions? Call church office 507-663-1437

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Pastor Lue Moua

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Questions? Call 507-645-0042

That's the Latest Comedy



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. You can view past columns at his website RoadFarming.com. You can email him at emery@roadfarming.com.

In 2010, my wife and I went to St. Paul to the Fitzgerald Theater to watch a radio program. Being an old radio guy, that phrase

Got a Great Local News Story?

Tell us about it today!



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'watching a radio program' seems to be a contradiction to the norm. But indeed, about a 1000 people would flock in from across the country to watch 'A Prairie Home Companion' with Garrison Keillor. Garrison would write most if not all the scripts for the comedy bits and of course his tales of Lake Wobegon, his hometown where it was a quiet week there on the edge of the prairie. He described the little town as one that time forgot and the decades cannot improve. Some of the sponsors included the Ketchup Advisory Board, Bebop-A-Reebop Rhubarb Pie and who can forget the Powdermilk Biscuits? The tagline for the Powdermilk biscuits read: Made from whole wheat raised by Norwegian bachelor farmers, so you know they're not only good for you, they're pure...mostly.

One of the original members of the Powdermilk Biscuit Band, which played on the program, is a guy my wife and I got to know at the State Fair, Adam Granger. Adam would take part in the annual State Fair Fiddle Contest. I emceed the event for a number of years and Adam was a guitar player who would accompany many of the fiddle contestants.

But to quote the late Steve Cannon of WCCO fame, I digress. My point about writing about Garrison Keillor is that once a year he would devote the entire program to joke telling. Yes they had some music and the news of Lake Wobegon, but the rest of the program was Keillor, guest stars and the show regulars telling jokes, many which were submitted by listeners and the audience. So with that introduction, this is my somewhat annual joke column.

To start with, I found a list that my daughter Bente helped me write several years ago about how some days go better than others. It's kind of like the song by Mary Chapin Carpenter who wrote that somedays you're the bug, somedays you're the windshield.

With that, I hope none of these describe how your day has gone. You start every sentence with 'Some days we're the'...and then the line, such as Some days we're the 'crack in the sidewalk of life; buttonweeds in the soybean field of life; we're the hair (hare) in the rabbit stew of life; manure in the hog pit of life; hole in the sock of life; root canal in the mouth of life; wrinkles on the skin of life; leak in the radiator of life. Don't forget to put 'some days we're the' in front of these lines. Some days we're the hemorrhoid in the butt of life. My daughter wrote 'Dad, don't do this one! And then drew an arrow to that line so I knew for sure which one she was referring to. I did it anyway because some days are like that.

Just a few more here: We're the: cobwebs in the corner of life; gutter balls in the bowling game of life; wobbly leg on the table of life; hangnails on the finger of life; lint in your pocket of life; penalty in the hockey game of life; and finally but not leastly: We're the boogers in the nose of life!

I had written several columns ago how I would do top five and top ten lists. I found this old one I used on the radio way back when. The top five reasons no one will steal a farm pickup.

#5. They have a range of 20 miles before they overheat, breakdown or run out of gas. #4. The dog on the toolbox looks real mean. #3. Top speed is 45 miles per hour. #2. The

large round bale in the back makes it hard to see if you're being chased. You could use the mirrors if they weren't cracked and covered in duct tape. And the number one reason no one will steal a farm pickup...It's hard to commit a crime with everyone waving at you!

Top 10 George Carlinisms! To the unfamiliar, George Carlin was a comedian. Controversial? Probably. Ahead of his time? Maybe. Funny? Definitely!

Top 10 things George Carlin asked: #10. How come wrong numbers are never busy? #9. Do people in Australia call the rest of the world 'up over'? #8. Does that screwdriver belong to Philip? #7. Why is it that night falls but day breaks? #6. Why is the third hand on a watch called the second hand? #5. Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons? #4. Are part-time bandleaders semi-conductors? #3. Did Noah keep his bees in Archives? #2. Can you buy an entire chess set in a pawn shop? #1. Do you think that when they asked George Washington for his ID, that he just whipped out a quarter?

Now for my encore, the top five real signs spotted across the country?

#5. In a Maine Restaurant: "Open 7 days a week and weekends." #4. In a Florida maternity ward: "No children allowed." #3. In a New York restaurant: "Customers who find our waitresses rude ought to see the manager." #2 On the menu of a New Orleans restaurant: Blackened bluefish." And the number 1 real sign: In a Texas funeral parlor: "Ask about our layaway plan." And that's the news from Lake Wobegon!!

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June Dairy Month

We recognize our area's
devoted dairy producers for
playing an important role in
keeping our economy and
our bodies healthy
and strong.



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Five Years of Data Reveal Higher Profitability for Ag Water Quality Certified Farms

Farmers also saw other improved financial metrics compared to non-certified farms

Farmers enrolled in the Minnesota Agricultural Water Quality Certification Program (MAWQCP) have higher profits than non-certified farms, according to five years of data from the Minnesota State Agricultural Centers of Excellence.

The "Influence of Intensified Environmental Practices on Farm Profitability" study examines financial and crop and livestock production information from farmers enrolled in the Minnesota State Farm Business Management education program. The 126 MAWQCP farms in the study saw more gross cash farm income and net farm income in 2023 than non-certified farms. Looking at five-year average data, the average net cash income for MAWQCP farms was over \$213,600 compared to nearly \$163,000 for non-MAWQCP farms. Other key financial metrics are also better for those enrolled in

the MAWQCP, such as debt-to-asset ratios and operating expense ratios.

The five years of data serve as an indicator of a positive return on investment for whole-farm conservation management that farmers implement to become certified.

"We now have continuous data that shows the Minnesota Ag Water Quality Certification Program provides better economic outcomes on top of the benefits to our water and soil resources," said Agriculture Commissioner Thom Petersen. "With so many advantages to the MAWQCP, I encourage all farmers and landowners to look into certifying their land and contact their local Soil and Water Conservation District for more information."

"The MAWQCP producers participating in Farm Business Management can enhance farm profitability by benchmarking various aspects of their farm operations," said Keith Olander, Executive Director of AgCentric, and Agricultural Partnerships. "This study shows that these producers operate with a higher level of efficiency compared to their peers."

To find details on the economic study, visit: <https://www.agcentric.org/farm-business-management/annual-fbm-reports/>.

The MAWQCP puts farmers in touch with local conservation district experts to identify and mitigate any risks their farms pose to

water quality on a field-by-field basis. Producers going through the certification process have priority access to financial assistance. After being certified, each farm is deemed in compliance with new water quality laws and regulations for 10 years.

Since the program's statewide launch in 2016, the 1,500 Minnesota Agricultural Water Quality certified farms have added more than 2,915 new conservation practices that protect Minnesota's waters. Those new

practices have kept over 48,250 tons of sediment out of Minnesota rivers while saving 144,125 tons of soil and nearly 60,375 pounds of phosphorous on farms each year. The conservation practices have also reduced nitrogen loss up to 49% and cut greenhouse gas emissions by over 58,250 tons per year.

Farmers and landowners interested in becoming water quality certified can contact their local Soil and Water Conservation District or visit MyLandMyLegacy.com.

Top MN Dairy Farms Recognized for Superior Cow Care

MDA honors 90 herds with lowest somatic cell count

Minnesota Agriculture Commissioner Thom Petersen today released the annual list of top Minnesota dairy herds with low somatic cell counts (SCC). Somatic cell count is a key indicator of milk quality – a lower SCC count is better for cheese production and a longer shelf life for bottled milk.

In honor of National Dairy Month, 90 Minnesota dairy farms are being recognized for their superior herd management skills by achieving an average SCC of under 100,000.

"We applaud these farmers' efforts to maintain high milk quality standards, especially in the face of new and ongoing challenges," Petersen said. "Their success is a testament to these farms' resilience, and a major accomplishment."

Although somatic cells occur naturally and are not a food safety concern, dairy farmers monitor them because they can be used as a measure of the health of their cows. Processors also pay a premium for milk with low counts. A farmer whose herd has a very low count can receive a higher price per hundredweight compared to a farmer whose herd average is high.

Minnesota Department of Agriculture and University of Minnesota dairy experts have worked with the state's dairy farmers for 20 years to lower somatic cell counts. When the initiative began in 2003, the herds honored that year included those with SCC averages as high as 144,000, compared to the current goal of obtaining a SCC under 100,000.

Minnesota Dairy Herds with Low Somatic Cell Counts (SCC)

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Reuter Farms
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Email: info@freebergs.com

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Email: vdungan@insurancebrokersmn.com

Northfield Agency

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Phone: 507-645-8861
Email: nfldns@hotmail.com

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Hastings, MN
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Email: service@juliehaggerty.com

Flom Agency

118 4th Street North
Cannon Falls, MN
Phone: 507-263-2020
Email: connie@flomins.com

Down on the Farm/ Up at the Cabin After-hour Adventures (There are no after-hours on a farm)

By Monica & Claudia Vanderborght

Monica can be a very sound sleeper. There have been many nights when Claudia climbed the stairs from her living space (basement) to Monica's (first floor):

Knock, knock, knock. "Monica, wake up! Someone has been mooing for 20 minutes." Indigo had delivered her first calf at 2:00 A.M. and she wanted to show it off.

Knock, knock, knock. "Monica, wake up! The chickens are screaming!" A fox had broken into the coop.

Knock, knock, knock. "Monica, wake up! The cows are making a racket." Half the herd had broken out of the pasture into the neighbor's cornfield and the other half complained LOUDLY that it wasn't fair.

Knock, knock, knock. "Monica, wake up! There's a critter under my bed."

Now, Monica is one tough cookie. Runny spring cow manure and mud leaking into her worn-out muck boots doesn't bother her. Goat afterbirth smeared all over her shirt and arms doesn't faze her. Trying to tuck a chicken's prolapsed uterus back into place doesn't make her blink twice.

But snakes and rodents just give her the

creepy crawlies.

Technically, opossums aren't rodents. They are marsupials – like kangaroos. But they sure look more like large rats than kangaroos.

We knew there were opossums on the farm. Rarely we would see one scamper along the tree line. Occasionally, we'd find evidence of their thievery (empty broken eggshells) in the laying boxes. Once, Monica even got to pet an opossum when she reached into a laying box for an egg and felt fur instead of feathers. Did you know that possums hiss when they are upset? The neighbors (two miles away) probably heard that scream!

Monica was awake. "What do you mean, there is a critter under your bed?"

"I think an opossum came through the cat door and ate all the cat food. Then – looking for more – wandered all the way through the downstairs and couldn't figure out how to get back outside."

Getting out of bed, Monica said, "Okay. Let me get the .22."

Claudia returned downstairs – how to get the critter outside? No way would we move it from the bedroom to the hallway, past the laundry room and the kitchen, through the living room and screened porch, onto the lawn. We had no problems moving 20 cows where we wanted them (goats were a bit trickier). But a single opossum in the middle of the night would be a challenge.

By the time Monica clomped down the stairs in her knee-high muck boots (the good ones), Claudia was ready. The other back door (thankfully just beyond Claudia's bedroom) was propped open. All downstairs



doors were tightly shut. The halls were blocked off. And Claudia was armed with the longest broom she could find.

Monica stationed herself outside the back

door, 0.22 in hand, thigh-length nightshirt flapping in the breeze (picture Elmer Fudd). Claudia returned to the bedroom – also in muck boots and nightshirt – broom at the ready (picture Lucille Ball).

Poke, prod, poke under the bed. Hiss, hiss was the answer.

Poke, prod, poke. Hiss, hiss.

Claudia was going to have to get on her hands and knees and actually look under the bed to deliver more accurate blows.

Ew!!

With the opossum in sight, Claudia was able to poke and prod more effectively. (Don't come this way! Please, don't come this way!!)

Finally, the opossum waddled out of the bedroom, down to the back door, and out onto the lawn. Monica dispatched him before he could scurry away.

Needless to say, getting back to sleep after all that was a challenge, but we had another great farm story to share with all of our suburbanite friends!



Thank You, Dairy Producers!

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CANNON VALLEY FAIR ★ JULY 3-6, 2024

Cannon Falls, Minnesota

2024 SCHEDULE

June 29th

9 am 4H, FFA & WSCA Open Horse Show – Horse Arena

July 2nd – ENTRY DAY

2-7 pm – Open Class Exhibit Building Entry
2-7 pm – 4 H Building Exhibit Entry and Judging

July 3 – KIDS DAY

9 am – 5 pm – Livestock Entry
10 am – Goodhue County Commissioners Meeting – PAVILION
11:30 am – Mandana Balloon Artistry – FREE STAGE
12:30 pm – Kids Pedal Pull Registration – Near Grandstand
1 pm – Kids Pedal Pull – Near Grandstand
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
2 pm – 5 pm – Mandana Balloon Twisting – PAVILION
2 pm – 5 pm – Cannon Valley Youth Jackpot Beef Check-In & Weigh-In – ARENA
3 pm – Just for Kix Performance – FREE STAGE
5 pm – 4H and FFA Beef Show followed by Open Class Beef Show – ARENA
6 pm – Cannon Valley Youth Jackpot Beef Show – ARENA
7 pm – Rice Rodeo Company – Bull Riding, Barrel Racing & Bronc Riding – GRANDSTAND
8:30 – Midnight – CHICKEN RANCH DUO – FREE STAGE

July 4th – VETERAN & SENIOR CITIZEN DAY – FREE GROUNDS ADMISSION DAY!

11 am – Grande Day Parade Starts
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
2 pm – Harness Horse Racing – GRANDSTAND – FREE Admission
2 pm – 5 pm – DAVE CARPENTER BAND – FREE STAGE
3 pm – 4H Dog Project Demonstration – ARENA
8:30 – Midnight – LIVE MUSIC – FREE STAGE
Dusk—Fireworks Show

July 5th

9 AM – 4H & FFA Rabbit Show followed by 4H & FFA Poultry
11 am – Auto Cross Pit Gate Opens
Noon – 4H & FFA Sheep Show Followed by Open Class Sheep Show
Noon – 3 pm MN RadZoo – FREE STAGE
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
3 pm Auto Cross Starts – GRANDSTAND – Ticket gate open at 1:30 pm
3 pm – 5 pm – Cannon Valley Youth Jackpot Market Lamb Check-in & Weigh-in – SHEEP & GOAT ARENA
4 pm – 7 pm – 4-H Demonstrations
6 pm – Cannon Valley Youth Jackpot Market Lamb Show
8:30 – Midnight – THE CHUBS – FREE STAGE

July 6th

9:30 am – 4H & FFA Dairy Show – ARENA
10:30 am – 11:30 am – Dr. Street Magician – Strolling the Grounds
11:00 am – 4H & FFA Goat Show – GOAT ARENA
Noon – Dr. Street Magician Show – FREE STAGE
Noon – District VI Holstein Show – ARENA
1 pm Demo Derby Pit Gate Opens
1 pm-11 pm – Gold Star Amusements OPEN – Wristband Special 1-5 pm OR 5-10 pm
1:30 pm – 2:30 pm – Dr. Street Magician – Strolling the Grounds
3 pm – Dr. Street Magician Show – FREE STAGE
5 pm – Demo Derby – Ticket Gates open at 3:00 pm – GRANDSTAND
6 – 8 pm – Livestock Released & Building Exhibits Released
8:30 – Midnight – BLYND EYE – FREE STAGE

Admission to the fairgrounds is \$5.00 per person daily (5 and under Free) or Season Pass available for \$12.00.

PARKING IS FREE!

Bull Riding, Barrel Racing & Bronc Riding grandstand admission is \$20.00 per person and 5 and under are FREE. Demo Derby & Auto Cross grandstand admission per event is \$15.00 per person or \$5.00 for those under 12 years and under. Pit Pass is available for \$25.00.

Harness Racing GRANDSTAND Admission is FREE.

RODEO
WEDNESDAY, JULY 3 - 7 PM
Admission \$20 - UNDER 5 FREE

CHICKEN RANCH

8:30 - Midnight FREE STAGE

AUTO CROSS
FRIDAY, JULY 5 - 3 PM
Pit gate open at 11:00
Grandstand Ticket Gates Open 1:30 P.M.

- Compact Car 4 cyl
- Compact Car 4 cyl AWD
- Mid Size Car 6 cyl
- Mid Size Car 6 cyl Powder Puff
- Mini Vans
- Full Size Car
- Full Size Car Front Wheel Drive
- Full Size Car Rear Wheel Drive
- Compact Truck/SUV No V8
- Compact Truck/SUV V8
- Full Size Truck 2x4
- Full Size Truck 4x4

ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org

8:30 - Midnight FREE STAGE

DEMOLITION DERBY
SATURDAY, JULY 6 - 5 PM
Pit gate open at 2:00 P.M.
Grandstand Ticket Gates Open 3:00 P.M.

- Mega Stock Mid Size Car (Youth)
- Mega Stock Mid Size Car (Adult)
- Mega Stock Mini's
- Mega Stock 80's & Newer
- Mega Stock Full Size Truck
- Limited Weld Mid Size Car
- Limited Weld Mini's
- Limited Weld Full Size Car
- Limited Weld Full Size Truck

Pre Registration Online

ADULTS: \$15 - CHILDREN 12 & UNDER, \$5 - PIT PASS: \$25
For rules and regulations go to: www.cannonvalleyfair.org

8:30 - Midnight FREE STAGE

HARNESS HORSE RACING
THURSDAY, JULY 4 - 2 PM


FREE STAGE

Fireworks
July 4 – Dusk

Bryan Anderson
8:30 PM – Midnight


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BOB FM
Volume 10

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Talking Mental Health and Brain Development with U of M



Damien Fair,
PA-C, PhD,



Kathryn Cullen,
MD

Early brain development has important implications for mental health outcomes. At the University of Minnesota, the Masonic Institute for the Developing Brain (MIDB) is working to advance knowledge around brain health to help children grow and thrive.

Damien Fair, PA-C, PhD, and Kathryn Cullen, MD, talk about the connection between brain development and mental health, supporting early brain development and their research.

Q: How do brain health and mental health intersect?

Dr. Fair: As a neuroscientist, I am pressed to say that the brain is the most important organ of your body. It serves as the control center for all bodily functions and processes. Its complex network of over 100 billion neurons and 100 trillion connections enables it to control and integrate all aspects of human ex-

perience, including all aspects of our quality of life. Not surprisingly, optimizing brain health and its ability to function effectively for cognitive tasks, memory, physical activities and so on, is extremely important.

Mental health often pertains to emotional, psychological and social well-being, which can be influenced by brain health. Promoting brain health through proper nutrition, physical exercise, reading and other forms of mental stimulation supports mental health. Likewise, managing mental health through therapy, stress reduction and social interactions can influence and even enhance brain health.

Q: How does early brain development affect mental health later in childhood and adolescence?

Dr. Cullen: This is an active area of research. The teenage years represent an important time for brain development, as well as vulnerability to mental health problems. On average, most mental health disorders emerge during the adolescent period. We know these disorders have neurodevelopmental origins, but exactly how this works is still unknown. Research is now beginning to chart the developmental trajectories associated with typical and atypical neurodevelopment to better understand how to promote healthy development.

Q: How does the external environment influence the brain?

Dr. Fair: The environment is highly influential in brain development. The brain is highly “plastic” — meaning it is designed to be malleable and will work to develop optimally under all sorts of conditions. It matures maximally in supportive environments and can be resilient to many adverse conditions, but not all. Positive early childhood experiences, such as nurturing care and educational activities, stimulate healthy brain growth, while neglect or adverse experiences such as chronic stress or trauma exposure can impede development.

Proper nutrition, especially during prenatal and early childhood (e.g., the first 1000 days), is vital for brain health. Physical activity is another environmental factor that boosts and promotes growth essential for brain health. Access to education and diverse learning opportunities fosters brain and cognitive development. In other words, a stimulating, nurturing environment is crucial for optimal brain development.

Q: What can be done early in a child's life to support a healthy mind and brain?

Dr. Cullen: Supporting brain development and mental health early in a child's life really comes down to the basics. Children need safety and protection from harm. They need love and support. They need to get enough sleep. They need healthy nutrition, and they need opportunities to learn and play. Ensuring these basic needs can allow the brain to develop and allow children to become their best selves.

Q: What are you doing to advance research in this area?

Dr. Fair: The University of Minnesota is running all sorts of studies around youth brain health. We lead two national studies on brain development during the two critical periods of development: childhood and adolescence. The HEALTHY Brain and Child Development study is following about 7,500 infants and children from the second trimester through early childhood for the next 10 years. It aims to understand how environmental factors, like nutrition, family bonding and substance use exposures, affect early brain health. The Adolescent Brain Cognitive Development (ABCD) study, fol-

lows about 12,000 kids ages 9-10 through adolescence where brain health around puberty, social interactions, social media and screens, sleep, state policies, and all sorts of other environmental exposures can be examined. At MIDB, we are also doing many studies on therapeutics for mental health disorders such as adolescent depression and applied science work to help educators and policymakers to improve the classroom and legislation that benefits all of youth.

Dr. Cullen: My lab is currently studying brain developmental trajectories associated with depression, self-injury and suicide risk in adolescents. Some of our work uses the data from the ABCD study that Dr. Fair has been co-leading. Our work also involves in-depth mental health assessments of adolescents who are at risk and exploring different kinds of interventions aimed at promoting healthy developmental trajectories in these youth. Most recently, we have been examining creativity in youth and exploring creative arts interventions as a way to improve mental health and well-being in young people.

Damien Fair, PA-C, PhD, is co-director of the Masonic Institute of the Developing Brain and a professor at the U of M Medical School and Institute of Child Development. His research focuses on mechanisms and principles that underlie the developing brain. The majority of this work uses functional MRI and resting state functional connectivity MRI to assess typical and atypical populations.

Kathryn Cullen, MD, is a professor and the head of the child and adolescent mental health division at the University of Minnesota Medical School, as well as a psychiatrist at M Health Fairview. Dr. Cullen leads an NIH-funded research team examining the neurodevelopmental underpinnings of depression, self-injury and suicide risk in adolescents and young adults and investigating interventions aimed at promoting healthy trajectories in youth.

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Dairy



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

June is national dairy month. So it is appropriate to consider this amazing food source, it's health benefits, and the controversies and misunderstandings surrounding this food.

Milk is a unique food source produced by the female of some species for the initial food of the newborn. This liquid food contains protein, fats, minerals and vitamins specific to the species and specific to the age of the baby. This liquid also contains active enzymes and immune support to help the newborn baby become an active participant of life.

These unique features of milk have been used by man for centuries to sustain the human population and provide a consistent food source in diverse environments. Dairy was a primary focus of farmers across the Midwest as the nation grew with many creameries located across each county collecting the daily contributions from the local

herds. Wisconsin and California lead the nation in milk production. In the United States, more than 72 million gallons of milk are produced each day. From this source, all the additional products of butter, ice cream, cheese, yogurt, Kiefer, and various treats are produced. No wonder we celebrate dairy as it is involved in so many significant food items we enjoy.

Some individuals are not able to enjoy dairy because of severe reactions caused by a lack of digestive enzymes or caused by an allergic reaction. Lactase is the specific enzyme required in your intestines to break down the lactose sugar in milk. If a person does not make this enzyme, an uncomfortable reaction typically results in diarrhea. A person who experiences this reaction can simply avoid drinking milk, or they can obtain lactase enzyme as a supplement to consume with the milk. Some products like Lactaid are available to help aid digestion of milk products. An allergic reaction to milk will not be eliminated by using lactase enzyme. An allergic reaction is an immune response to the protein in milk in whatever form of milk product may be. Typically, an allergic reaction to a milk product may be avoided by selecting a different source of milk like goat, sheep, or donkey. There are also many non-dairy sourced products that have become available in recent years.

A primary controversy regarding milk production has been the availability of raw milk to the general consumer. Raw milk contains all the active enzymes and is the most easily digested form of the food. Raw milk has been the primary way man has consumed milk for centuries, and in recent history the

Mayo hospital had a raw milk therapy that was used successfully for clients having digestive challenges. This all changed with the promotion of pasteurized milk.

The history of pasteurized milk provides an important observation on the influence of business over health. In the 1950s, most milk was delivered in glass bottles, and you could observe a layer of cream at the top of the bottle. Some competition developed as the consumer could see how much cream was available in each bottle. Creameries tried to "fix" this challenge with the process of homogenization, which forces the milk through a fine mesh to break up the fat molecules into pieces that are so small the fat stays suspended in the fluid and does not rise to the top. Unfortunately, once milk is homogenized the live enzymes in the raw milk activate a reaction that causes the milk to spoil within 24 hours. The solution to this problem was pasteurization. Pasteurization kills the enzyme activity improving the shelf life of the homogenized milk.

Pasteurization has progressed over the years to the level of ultra pasteurization (UHT). Ultra pasteurized milk has been additionally heated to the point that the milk can sit on the shelf without refrigeration for long periods of time. However, you cannot make your own yogurt or cheese from this milk. The healthy bacteria used to make yogurt, cheese, or Kiefer is not able to use UHT milk. This milk has been cooked too much and is undigestible to natural fermentation processes. This makes you wonder if the UHT milk has any health benefit to mankind as well.

More than 100 years ago, Dr. Weston Price

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

Make your health a priority in 2024. Quality dairy options include raw milk, whole fat milk, and naturally fermented products like yogurt, fresh cheese, and Kiefer. Adding quality fat sources can be one of those little changes that can make a big difference in your health. If you would like to pursue a healthy lifestyle and increase longevity, I can help you start a plan.

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

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

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PLEASE... Eat Your Veggies!



By Shauna Burshem, D.C.

Eat your veggies! I heard that a lot during childhood. As a kid, I was never a big fan. My favorite vegetable was corn. And corn isn't even a vegetable, it's a grain. Forget peas, carrots, string beans etc. Disgusting! I don't know about you, I am in my early 40's, when I was a small child, most vegetables eaten were served from cans. Gradually, as I became older, the focus on vegetables moved from canned to fresh. And I am guessing, that helped a lot with the taste. I soon starting liking vegetables and as a young adult in my 20's vegetables became a mainstay in my diet.

Vegetables are the body's main source for vitamins, minerals and fiber. The nutrients that allow us to live a healthy life. Over the

years we have been told to eat a certain amount of vegetables a day for optimal health. The latest scientific research reports that eating a higher amount of fruits and vegetables is associated with a lower risk of dying in men and women. A recent study of over 2 million people worldwide found that the optimal amount and combination of fruits and vegetables for longevity are 2 fruits and 3 vegetables a day.

Diets rich in fruits and vegetables help reduce risk for numerous chronic health conditions that are leading causes of death, including cardiovascular disease and cancer. Yet, only about one in 10 adults eat enough fruits or vegetables, according to the U.S. Centers for Disease Control and Prevention.

The take away from the study revealed:

- Intake of about five servings of fruits and vegetables daily was associated with the lowest risk of death. Eating more than five servings was not associated with additional benefit.

- Eating about two servings daily of fruits and three servings daily of vegetables was associated with the greatest longevity.

- Compared to those who consumed two servings of fruit and vegetables per day, participants who consumed five servings a day of fruits and vegetable had a 13% lower risk of death from all causes; a 12% lower risk of death from cardiovascular disease, including heart disease and stroke; a 10% lower risk of death from cancer; and a 35% lower risk of death from respiratory disease, such as chronic obstructive pulmonary disease (COPD).

- Not all foods that one might consider to be fruits and vegetables offered the same



benefits. For example: Starchy vegetables, such as peas and corn, fruit juices and potatoes were not associated with reduced risk of death from all causes or specific chronic diseases.

- On the other hand, green leafy vegetables, including spinach, lettuce and kale, and fruit

and vegetables rich in beta carotene and vitamin C, such as citrus fruits, berries and carrots, showed benefits.

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

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11TH GRADE

Vienna Anderson; Lilyana Beyer; Kylee

Carey; Addison Davis; Michael Dohmen; Clara Dubbels; Mason Farrington; McKenna Gergen; Avery Gillen-Rexroad; Hayley Kroll; Jeffrey Kuhn; Leyton Lee; Rowan Nordling; Erin Nybakke; Carter Raymond; David Reinardy; Jon Roehl

10TH GRADE

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9TH GRADE

Brady Beissel; Owen Braatz; Kyle Braun; Sarah Dohmen; Sophia Gounaikis; Aubree Hanson; Preston Hubers; Hayden Huddleston; Brekken Kimmes; Emalyn Koktavý; Maksim Krech; Sibley Krueger; Max Kuhn; Rachel LaVan; Lynnea Lee; Brody Little;

Anthony McNamara; Danielle Nelson; Justine Ohmann; Paige Otte; Lucas Pahl; Ellen Radman; Karlea Roehl; Emma Schiller; Lilliana Schuman; Nathan Sheridan; Amelia Stehr; Gavin Sumption; Grady Taylor; Lindsay Taylor; Sadie Wagner; Preston Wernimont

8TH GRADE

Maddyn Alexander; June Banks; Abby Beissel; Reyna Beyer; Jaylee Crouch; Kylie Emery; Marilla Emery; Harlow Esser; Julia Flemming; Hannah Gordy; John Irrthum; Preston Jacobson; Jaeda Johnson; Jackson Kuth; Mogen Leitch; Claire Lindahl; Meghan McCabe; Addison McCoy; Ella May; Alexis Novak; Avery Novak; Adeline Opelt; Georgia Otte; Aubree Paavola; Stella Pagel; Grace Perry; Cameron Seelig; Courtney Siebenaler; Michael Streiff; Leo Waltman; Taylor Werner; Judd Wersal; Lily Wichser

7TH GRADE

Maddison Beissel; Elise Chavis; Amelia Davis; Brynnli Fredrickson; Jackson Ford; Eliza Giles-Olson; Skylar Hassing; Piper Hill; Bella Hohenstein; Ramsey Krueger; Jacqueline Lee-Miranda; Anna Lindahl; Albany Lyon; Noah Meyer; Tenley Otte; Adam Pahl; Julianna Ritz-Gilomen; Brekken Schock; Macy Sunquist; Jonathan Tate; Luciana Whaley

B HONOR ROLL

12TH GRADE

Mia Emmick; Vance Heidenreich; Julia Hines; Geoffrey Krueger; Mya Neprud; Richard Olson; Coltyn Otte; Adrian Pasch; Preston Peine; Gavin Ruud; Grant Seelig; Aidan Sexton; Olivia Smith; DJ Stapf; Kaziah Thao; Cami Thompson; John Wedel

11TH GRADE

Taryn Alexon; Ella Banks; Ava Bilderback; Donnie Coonrod; Cristopher Flores-Miranda;

Stella Gillen-Rexroad; Jackson Green; Lillian Keller; Hunter Kriesel; Jexson Leifeld; Tristan Melnychuk; Kaylee Mohn; Jonathon Opelt; Blaike Ott; Bella Pressnall; Devon Root; Madelyn Schultz; Frank Stehr; Jonathon Toledo; Chloe Vought

10TH GRADE

Oren Alexander; Carter Amy; Jordan Bauer; Hadley Cooreman; Colton Ford; Noah Girgen; Cooper Hansen; Adelynn Haugen; Carson Lorenzen; Alana May; Macy Mohn; Carter Olson; Gavin Podritz; Maya Preston; Jackson Sheridan; Rylynn Sheridan; Gabriella Smith; Elli Stoltenberg; Alexander Van Eps; Alexis Van Eps; Tristan Ziemer; Tristan Zingler

9TH GRADE

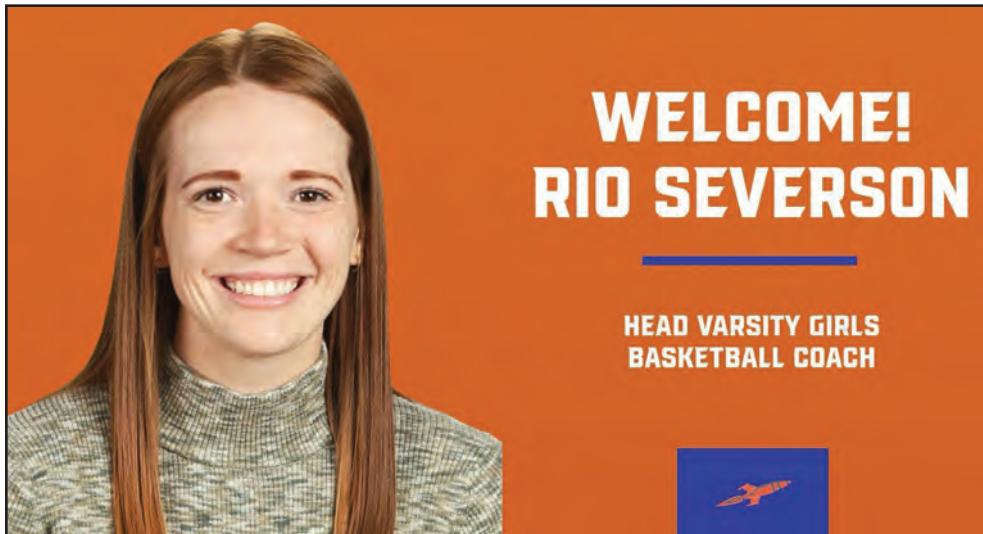
VerenaRae Boehne; Leah Bilderback; Elizabeth Chavis; Ella Gerster; Tanner Hoes; Isabelle Haro; Ruby Heiman; Cody Hill; Grace Jenkins; Maddox Johnson; Piper Kosir; Kaia Krie; Madison Loritz; Mackenzie Murray; Madison Pressnall; Charity Reinardy; Jacob Snyder; Brandon VanDeSteege; Ryleigh Wencil; Julia Wiik

8TH GRADE

Parker Banks; Ava David; Maclynn Exley; Adelaide Helgren; Lola Hustad; James May; Laila Meyers; Jaxson Nelsen; Mia Podritz; Mary Reinardy; Jaxton Sorem; Maxx Staub; Tucker Swentik; David Wagner; Torrance Ziemer

7TH GRADE

Lilly Anderson; Ashton Bauer; Brennan Beer; Nolan Beissel; Samuel Bell; George Brochman; Brooklynn Gappa; Ryan Goodfellow; Sophia Hansen; Abigail Hoskins; Madilynn Loftus; William Mies; Zoe Mitricska; Annelise Murray; Brendan Otto; Adisen Owen; Emma Pahl



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Safety Tips for Riding Off-Highway Vehicles

By Minnesota DNR

With thousands of miles of trails throughout Minnesota available for riding, off-highway vehicles continue to grow in popularity as a way for people of all ages to experience the outdoors. For some folks, an OHV is a convenient means for getting from Point A to Point B. The journey itself is the goal for other riders, who simply enjoy riding through the fields and woods.

Whatever the reason for riding, there are a variety of steps OHV riders can take to reduce the potential for accidents or injuries and ensure a safe and successful ride.

The golden rules of OHV safety:

Ride only on designated trails and at a safe speed.

Ride on the right.

Wear goggles, long sleeves, long pants, over-the-ankle boots, gloves and DOT-com-

pliant helmets.

Avoid riding on paved roads except to cross when done safely and permitted by law.

Ride sober.

Carry no more than one passenger on an OHV specifically designed for two people, and never carry a passenger on a single-rider OHV.

Ride an OHV that's right for your size.

Actively supervise younger riders. OHVs are not toys.

If an OHV comes factory-installed with seatbelts, wear them.

Take a hands-on and online safety course.

Keys for youth ATV safety

Active supervision – set the ground rules

If a child can control a bike without any problems, it may be a good time to try an OHV.

Youth under age 16 must have permission from their parent or guardian to operate an OHV. Even when permission is granted, active supervision is a must. Youth riders may be able to start and stop an OHV, but lack the experience to respond to something unexpected. Setting ground rules reinforces the serious nature and responsibility that comes with operating an OHV. Allow youth to ride only after they demonstrate they can follow directions and wear their protective gear.

OHV fit – one size does not fit all

OHVs intended for use by adults (16 years



and older) are larger, heavier and have greater speed and performance capabilities than youth models. Children under 16 and capable of driving OHVs should ride a smaller model, with speeds limited accordingly.

Youths age 16 and under must fit the OHV they operate.

- They should be able to reach the foot pegs while sitting upright on the machine, and be able to reach and control the handlebars. This means they must be able to grip the handlebars and have the ability to move them to the left and right, in addition to operating the throttle and brake lever with one hand.

- Youth riders also must be able to shift their weight from side to side and from front to back while maintain their balance.

Helmet use and safety gear

Protective gear is a must while operating OHVs. Whatever size machine they're riding, all operators and passengers under the

age of 18 must wear DOT-certified helmets. One of the most common violations conservation officers see is people under 18 not wearing helmets, particularly on the larger, Class 2 vehicles.

- Full face shield helmets that fit snugly and securely offer most protection.
- Eye protection is recommended, especially in a wooded areas.
- Over-the-ankle shoes with sturdy, non-slip heels and soles should be worn.
- Long-sleeved shirts or jackets, long pants and gloves all afford protection.
- We recommend everyone riding an OHV wear a helmet.

Training and trail safety

Take an ATV safety course (required for riders born after July 1, 1987).

Take an OHM safety course (required for OHM riders under age 16).

Take an ORV safety course.

Trail Ambassador program.

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Supporting Small Towns for Thriving Communities



Tim Penny
So. MN Initiative Foundation

I grew up in the town of Kiester which, according to the latest U.S. Census, has a population of 488. I know firsthand that small towns often face unique challenges, including limited access to financial resources and a reduced tax base. I also know that the nature of living in a small town makes it easy for people to work together and enhance the vitality of the place they call home. At Southern Minnesota Initiative Foundation (SMIF) we know that supporting the small towns in our 20-county region is crucial for fostering equitable development and ensuring that all our communities have the same chance to thrive.

SMIF's Small Town Grant, which opens soon, can help bridge the gap in financial resources by providing the necessary funds for projects that ultimately enhance the quality of life for residents. I'd like to highlight some of the projects that communities have implemented recently with the support of this grant.

In Caledonia (population 2,831), the city used a Small Town Grant to organize a Holiday Pop Up Shop to allow community members with business ideas to temporarily trial their business concept in a brick and mortar setting downtown. This allowed entrepreneurs to introduce new product lines, test new markets and generate awareness of their product. This program generated huge results, as three of the home-based businesses that participated in the program have continued their businesses in a brick-and-mortar setting.

In Elkton (population 133), the grant was used, in part, for sound boards to muffle noise in the community center. More people are renting this space now that the sound is more manageable. This has enhanced the quality of the space as it can be more easily used for town hall meetings and private events without sound issues.

In Dundas, (population 1,744), the grant was used to support a new annual event: Oktoberfest. Dundas residents and businesses benefited from having a new community-wide event that they could call their own. According to one of the organizers, there was even one family who moved to the area from the Twin Cities after attending Oktoberfest.

(continued on page 15)



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Supporting Small Towns for Thriving Communities

(continued from page 14)

The group is already planning for this year's event which will be held on September 21. SMIF's Small Town Grant opens on July 15, 2024. More information can be found at smifoundation.org/smalltowngrant. We are grateful to Paul Johnson's children, Amy De Jong, Paula Rehder and Scott Johnson, for continuing their father's legacy by supporting this program.

Another way that SMIF supports small towns is through our Community Foundation program. There are 32 Community Founda-

tions under SMIF's umbrella. These volunteer-led, place-based foundations are able to quickly meet the needs of their communities. While SMIF provides both administrative and financial support on an annual basis, these foundations recently received an extra boost thanks to an anonymous matching donor. Thanks to this donor, SMIF was able to award \$90,000 in grants to our Community Foundations over the past couple of months.

In Mapleton (population 1,675), the Mapleton Area Foundation is putting the matching funds to good use on a wide variety of projects. They are hiring a firm to provide architectural plans for a daycare, a critical investment in any small town. They are also upgrading some of their community marketing materials including a billboard and a park sign in order to market Mapleton as a place to visit, shop and live. They even received a grant to replace their apple press for a fall festival, which kids look forward to using every year to make apple juice.

In Plainview (population 3,515) the Plainview Elgin Millville Foundation will be implementing an exciting new summer program. They will use the funds to purchase pool passes for youth in the community to make the city pool more accessible for all.

It is so empowering to see what small towns are able to accomplish with increased financial resources. By investing in small towns, we help build resilient, vibrant communities.

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

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Can a truck with collector plates on it be used in a snow plow business? Is it legal to use collector plates on a vehicle driven on a daily basis?

Answer: Driving a vehicle for general transportation with collector plates on is illegal. It is also illegal to use collector plates for business purposes.

There are several different requirements for "collector" license plates.

- The vehicle needs to be at least 20-years-old, or older.
- The owner shall also prove that they also

have one or more vehicles with regular license plates.

- The vehicle is owned and operated solely as a collector's item, and not for general transportation purposes.

What are general transportation purposes? To law enforcement, it means the vehicle can be driven to show it but you cannot use it to go to work, school, shopping, and other everyday activities. It is going to be a judgment call on the part of the officer, but the intent of the law is to only use it for fairs, shows, etc., and not as another vehicle for your family.

An owner is responsible for maintaining the proper registration on the vehicle. Violations include:

- "Improper use of registration" – a misdemeanor (90 days and/or \$1,000 fine).
- "Intent to escape tax" – a gross misdemeanor (up to one year and/or \$3,000 fine) depending on the situation.

Those using the vehicle for other purposes should purchase the standard Minnesota plates for it.

Below is a list of some of the other common special plates that can be applied for:

Pioneer plates for vehicles made before 1936.

Classic plates for vehicles made from 1925

to 1948.

Collector plates at least 20 years old and made after 1935.

Street rod plates for vehicles made before 1949 or made to look like a vehicle from before 1949.

Classic motorcycle plates for motorcycles that are 20 years old or older.

Original Minnesota plates for any collector vehicle OR vehicle 20 years old or older.

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

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

Motorcycle Safety: Grass Clippings

Yard work season is here, and with it, grass clippings. Remember, grass clippings blown into the roadway can be extremely dangerous for motorists.

Even when dry, grass clippings are 85% water and can cause a loss of traction, similar to ice. Wet clippings are even more hazardous.

How to prevent blowing grass clippings into the roadway is easy.

Make your last row of mowing the one closest to the street.

Position your mower to blow the clippings back onto your lawn. They'll provide much-needed moisture and nutrients as they decompose, resulting in a healthier lawn.

While people may not intend to create a dangerous situation, it's important to be aware of how your actions can impact others. Together, we can move Minnesota toward zero deaths.



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Hampton City Council Meeting May 14, 2024

The Hampton City Council met on Tuesday, May 14, 2024 at the Hampton City Hall for the regular scheduled meeting. Present were Mayor John Knetter; Council Members Jerry Huddleston, David Luhring, Anthony Verch, and Nick Russell. Also present was Brad Fisher with Bolton & Menk; Chris Meyer, City Treasurer; and Marlin Reinardy.

Regular Meeting called to Order - Mayor Knetter called the Regular Scheduled Meeting to order at 7:01 p.m.

Disclosure of Interest - None

Approval of April 9, 2024 Regular Scheduled Meeting Minutes - Motion by Verch seconded by Luhring to approve the April 9, 2024 Regular Scheduled Meeting Minutes. All voted in favor. None opposed. Motion passed 5:0.

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

Public Comments - A couple that lives on Lewiston Blvd. in Hampton Township was in attendance to question a potential development of property near the city's industrial park area. Mayor Knetter explained the steps required to be done, including public hearings and open comment sessions that the couple would be able to attend, that are a part of the process of property development. He stated that he knows what property that they are talking about and that it currently is owned by Ryan Finnegan. He suggested that the couple contact Finnegan for more information.

Petitions, Requests, and Communications:

2023 Internal Audit - Jerry Huddleston - Councilor Huddleston reported that he participated in the annual internal audit with the Treasurer and Clerk. He summarized the documents that were reviewed and stated that all looked good, the numbers tied out, and all questions were answered.

2023 Vermillion River Watershed JPO Annual Report (informational) - no action required) - Mayor Knetter referred to the report that was included in meeting packets.

Correction to March 12, 2024 City Council meeting minutes - Mayor Knetter stated that this is in regard to the Randolph/Hampton Fire Department Pension Contribution. City Clerk, Judy O'Brien, stated that the presenter at the meeting misspoke when he referred to the dollar amount of the pension payment. What was stated was that the request is for the payment to be increased from \$2,350 to \$2,800. What should have been stated was that the request is for the payment to be increased from \$2,250 to \$2,800. Motion by Luhring seconded by Huddleston to approve the correction to the March 12, 2024 City Council meeting minutes. All voted in favor. None opposed. Motion passed 5:0.

Ordinance review and clarification:

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

Mayor Knetter suggested that this be tabled and reviewed at the next City Council meeting.

Ball park improvements - Marlin Reinardy - Marlin Reinardy summarized the work to be done at both the baseball and softball fields. He would like edging to be done on the infield where the grass is overgrown onto the infield dirt area. He received a bid of over \$2,500, but told the bidder he wouldn't pay more than \$2,500 for the service. Reinardy is requesting that the city pay to have the work done. Motion by Knetter seconded by Verch to approve having the edging done, with the city having money in the budget to pay for the service. All voted in favor. None opposed. Motion passed 5:0.

Reinardy also stated that fencing is needed in front of the dugout at the baseball field, but said the cost of that will be \$1,000 or less, so donation money will be used to pay for that.

Reports of Officers, Boards, and Committees:

Engineer's Report - Brad Fisher, of Bolton & Menk, mentioned that he doesn't have any specific updates on the water tower replacement project at this time, but will have follow-up information at the June Council meeting.

Fisher continued with updates on the 2024 pavement maintenance project. Minnesota Paving & Materials wanted to begin with the mill and overlay part of the project, so on Monday, May 6th completed casting and valve box work in preparation for the mill and overlay in the Heights of Hampton. On Thursday, May 9th, Minnesota Paving & Materials' subcontractor, Allied Blacktop Company, began crack sealing work on various streets throughout the city. Letters were sent to nearby residents, informing them of the work to be done and parking restrictions. The plan is for MPM to return on May 20th to complete milling, base pavement patching, and paving, with the work expected to be completed by the end of that week. Letters were also sent to residents in the Heights of Hampton, summarizing the work to be done, timeline of activities, and parking restrictions. Councilor Luhring commented that the company did a great job with signage for the project.

Water / Sewer Report - Mayor Knetter reported that the spring discharge was completed on Monday morning. He also mentioned that he and Josh Dixon attended the 2024 Pond Stabilization Seminar training. He feels that the training will be useful with regard to the Phosphorus Management Plan that is currently being worked on.

In water issues, Knetter applied for and received a grant in the amount of \$10,000 from the Minnesota Department of Health. Funding will be used to purchase and install a transfer switch in preparation for the acquisition of a back-up generator for Well #2.

Park Report - Councilor Russell referred to an email in Council packets regarding a request from the Randolph Rockets youth baseball team to use the city's softball field. He said he gave them permission to use the field.

When he went to check on the condition of the field, he saw that some clean-up work needed to be done. He thanked Ottomatic for their quick response to get the job done.

Russell next mentioned the estimates from Strese's Tree Service, included in Council packets. Mayor Knetter stated that he thought the prices were a little high at \$1,000 per tree for a 4" tree. Russell said that they were in the ballpark with prices quoted by other companies. Councilor Huddleston stated that he had purchased a tree about a year or so ago that was about the size of the trees listed on Estimate 328, and he paid \$800 for his tree, however he also had to pick up the tree himself, and that price did not include planting. Discussion. Knetter said he hadn't realized that tree prices are as high as they are currently. Russell said that he could get the trees at a cost of \$900 each if he ordered 17 instead of the 13 listed on the estimate. Motion by Knetter seconded by Verch to approve the purchase of 17 trees at a cost of \$900 per tree. All voted in favor. None opposed. Motion passed 5:0. Russell mentioned that the city has \$25,000 in the budget for park improvements that will be used for purchasing the trees. He also stated that he will have the trees planted by alternating the species.

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

Ordinances and Resolutions:

Resolution 2024 - ___ (08) Approving a donation - Motion by Luhring seconded by Huddleston to accept the donation by Banks Outdoors of the bollard post slip covers for the Randolph-Hampton Fire Department. All voted in favor. None opposed. Motion passed 5:0.

Unfinished Business:

City computer support services - Mayor Knetter stated that the companies he contacted weren't aware of the security issues that are needed by the city for its computer support services.

New Business:

Earned Sick and Safe Time - Mayor Knetter referred to the memo in Council packets summarizing the requirements by employers of the new Earned Sick and Safe Time state law. Discussion. There was no motion to provide any benefits to employees, other than the minimum required by law, so payroll accruals will reflect minimum requirements of the law.

Ordinance violation email received by the city on 04/23, and forwarded to Council Members, from resident regarding violations of 24-hour parking ordinance - Councilor Huddleston requested that this be added to the agenda for discussion, to which Mayor Knetter agreed. Huddleston stated that his opinion is that Council needs to work together to handle enforcement of clear ordinance violations, such as a vehicle parked on the street with an expired registration, large trailers parked on the streets, and long-term parking. Councilor Luhring agreed, saying that Councilors need to be better stewards for the city, rather than having the burden placed on one person.

Adjournment - Motion by Huddleston seconded by Knetter to adjourn the meeting. All voted in favor. None opposed. Motion passed 5:0. The meeting adjourned at 7:44 p.m.

Respectfully submitted,
Judy O'Brien

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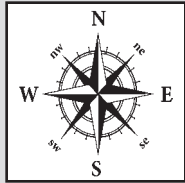
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*Changes in Latitudes,
Changes in Attitudes*
**Invasion of the
Zombie Cicadas**



By Terry Campbell

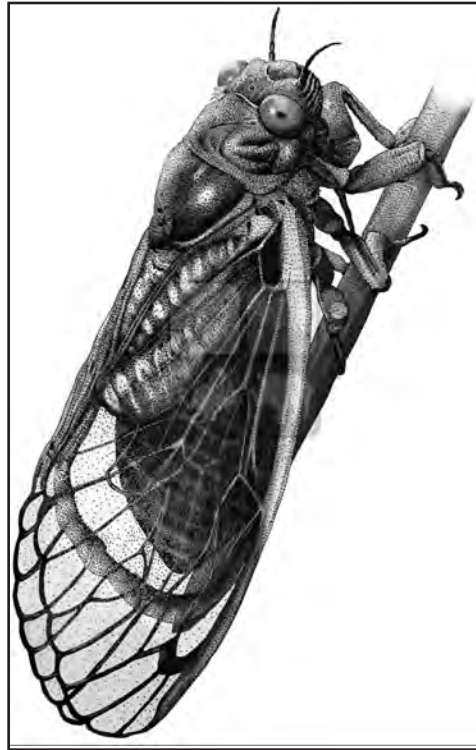
This column is written by Messenger editor and Minnesota native Terry Campbell.

Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

Cicadas come out in the summer. It happens every year in Tennessee. They are best known by the high pitched buzz created by the male vibrating their abdomen over 120 times per second. This sound can reach 100 decibels. They make a lot of noise and start flying around looking for a mate. You can see the evidence of Cicadas since they shed their exoskeleton a couple times while growing. You will see the empty shell attached to the bark of a tree. Every thirteen or seventeen years a brood of cicadas, which have lived under the soil near a tree, will emerge and finish their life process by mating and dying. This year, the first time since 1803, the broods will co-emerge in the same year and populate in the trillions. If that is not enough, a fungus has infected the cicada, turning them into zombies.

The Massospora cicadina fungus attacks the bugs and takes over their body and behavior. The Cicada emerges from the soil with the goal of procreating, but the fungus makes them unable to achieve this objective. This fungus grows as a spore in the abdomen of a Cicada and causes them to swell up and burst releasing a white chalky substance. In the process their genitals fall off. The fungus causes them to become hyper sexualized yet unable to produce.

If that hasn't got your attention yet, the fungus also has a hallucinatory effect on birds which eat them. Baby Copperheads congregate around trees and feed on the Cicadas because it is an easy and plentiful food supply. They haven't figured out what the effect is on snakes yet. On top of that the Cicada holds the title of king of the animal kingdom peeing contest. The Cicada has muscle that pushes waste through a tiny hole, like a jet. The flow rate is triple that of humans and elephants, reaching ten feet per second. If you thought it was raining on a clear day, you



were just getting soaked in Cicada urine.

So you have trillions of frustrated Cicadas flying and trying to mate with other Cicadas while peeing from trees, stoned birds zooming around under the influence of the zombie fungus, a whole brood of vipers growing up on hallucinatory fungal spores and a constant high pitched whine in your ears day and night. The greatest hatch of Cicadas seems to be located between northern Tennessee and southern Illinois. Even if the fungus doesn't affect the Copperheads, a bumper crop of the serpents is anticipated for 2024 from the plentiful food source, which will increase the number of snakes hatching young next spring.

They call it Cicada-geddon and some folks complain that it is too noisy to stay outside. A chef in New York City has offered Cicada cuisine in his restaurant featuring various types of insects. An entomologist has recommended that people skip the Cicada dish until the threat of the infected bugs has gone. For the rest of the world it just looks a little like the plagues have returned.

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**A Minnesotan:
Working Dogs**



By RosaLin Alcoser

Over the course of my life my parents have always had a dog. And all of those dogs have had some sort of job that was either taught to them or they just naturally did.

The dog we had when I was little's job was to keep things out of bushes and watch children. Both of which she naturally did on her own. There was never anything in the bushes and she kept us away from anything that she deemed as a treat to human children.

The next dog my mom trained to stay by her side or if she wasn't home to stay by my side. Which he did very well and it was his job. His main occupation was making sure everyone was safe which he did rather well as he was a giant dog that strangers didn't want to tangle with and

was a coward. This dog once trapped me in a bathroom with him because the tornado sirens were going off. He was very good at his job.

This same job was then taught to the next dog as well. With the expectation, he patrolled the perimeter of the house for mice and other rodents. The house and garage were mouse and rodent free for his entire life.

It is my parents' current job that is different though. This dog is mainly a dog of leisure. That isn't to say she doesn't have a job, it's just not an overly productive job. Much like Ken's job in Barbie Land is just beach, her job is just lake. She doesn't even swim in the lake; she just stands on the edge of it.

I believe this dog has swam exactly three times in her life. Twice when she fell off of the dock. The first time of which she blames me for as she feels I pushed her. When in reality she walked off the side of the dock and started swimming; while I was prepared to jump in and grab her since she was still rather young but didn't since she was swimming.

The third time was the one and only time she ran and jumped off the dock like the other dogs and even I do. Just to see if this was something she really didn't like or if the falling was the problem. She did not care for it and has not done it since.

Instead she keeps to her strengths and keeps doing her job of just being a lake. Not swimmer or lake jumper. Just lake.

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1. Ice cream treat, pl.
 6. Albanian money
 9. Desertlike
 13. Like Bananas Foster
 14. Paleozoic _____
 15. O. Henry's specialty
 16. Printer brand
 17. Always, to a poet
 18. Extended family member
 19. "Breaking Bad" father
 21. "The Lion King" father
 23. Unit of length of yarn
 24. "_____ Me Maybe"
 25. *_____ Anderson, he knew best?
 28. The Supremes, e.g.
 30. Subject matter, pl.
 35. Same as ayah
 37. Plural of #14 Across
 39. Like less processed grain
 40. Kind of shark
 41. U.S. Airline
 43. Short for "and elsewhere"
 44. Opposite of digest
 46. Flabbergast
 47. Like Gulf Stream
 48. Most achy
 50. Not much (2 words)
 52. Reggae's cousin
 53. Rapunzel's abundance
 55. Maintenance closet staple
 57. *_____ Rock of "Everybody Hates Chris"
 60. "Finding Nemo" father
 63. Golfer's sun protection
 64. Aloha prop
 66. Only daughter of Michael Jackson
 68. Not active
 69. Emergency Medical Services
 70. In the cooler (2 words)
 71. "Opie's father
 72. Egyptian boy king, for short
 73. Button on electrical outlet
- DOWN
1. Nth degree
 2. Not many
 3. Turkish money
 4. Online troublemaker
 5. Mike Brady's children, e.g.
 6. Malicious look
 7. Before, in the olden days
 8. Culture Club 1983 hit "_____ Chameleon"
 9. Solo at LaScala
 10. Fish eggs, pl.
 11. Cuzco valley empire
 12. Yellow #5, e.g.
 15. Stream of revenue
 20. Dog-_____ pages
 22. Final, abbr.
 24. Medicated shampoo ingredient (2 words)
 25. *_____ Evans Sr. of "Good Times"
 26. Idealized image
 27. "Prepare to meet your _____!"
 29. Wraths
 31. Exclamation in a stinky room
 32. Smidgins
 33. "National Lampoon" father
 34. 1965 march site
 36. Garden staple
 38. Half a ticket
 42. Carl Jung's inner self
 45. Casual top
 49. T, in Greek
 51. Lethargy
 54. Speck in the ocean
 56. Heathrow craft
 57. Same as genie
 58. Pre-owned
 59. Type of parrot
 60. Atomizer output
 61. Van Gogh's famous flower
 62. On Santa's gift list
 63. Roman road
 65. Down Under runner
 67. Group of dishes



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