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brain that functions like a mental scratch pad. But push through that urge to shut down. Enlist help and seek advice — first steps are always the hardest. Write down ideas. Set goals. Be specific. Identify next steps and actions that are measurable and realistic. Give yourself time, but also set deadlines for next steps and decisions. Again, when stress gets the best of you and you feel like you want to shut down, there are others out there who will help. Stay connected to your community (including church, school activities, etc.), and ask lots of questions.

Farming is truly a stressful occupation. But there are ways to find and then use the throttles that control that flow of hormones and chemicals that fuels chronic stress. Find those throttles and put them to use. The world depends on you and appreciates what you do.

### Alice in Dairyland Finals May 2021 planning committee invitation

You are invited to be a part of an exciting planning committee that will showcase Dunn County's diverse agri-businesses and beautiful settings. As you may be aware, Dunn County has been selected as the host site for the 74th Alice in Dairyland Finals in 2021. The Dunn County Alice in Dairyland Committee invites you to participate in this planning effort that will invite Alice to Dunn County throughout 2020 and 2021. We will partner with the WI Department of Agriculture, Trade and Consumer Protection (WDATCP) in hosting the Finals event and showcasing much that Dunn County has to offer. Volunteers are needed to support the following committees:

- Steering Committee: manages and directs all phases of the planning through the Alice finals.
- Finale and Tickets Sub-Committee: coordinate details for the Alice Finals program in May 2021.
- Finance Sub-Committee: establish a budget and assist with fundraising activities.
- General Arrangements Sub-Committee: coordinate arrangements for the Alice Finals in May 2021.
- Promotions Sub-Committee: coordinate details related to media and advertising of the Alice visits and Finals.
- Special Events Sub-Committee: coordinate details for Alice visits to Dunn County June 2020 to May 2021.

On behalf of the Dunn County Alice in Dairyland Committee, thank you for your consideration in assisting with this exciting effort! Please contact Katie Wantoch, Dunn County Alice in Dairyland Committee Chair, for more information at [Katie.wantoch@wis.edu](mailto:Katie.wantoch@wis.edu) or calling the Extension office at (715) 232-1636.

### Farm Technology Days July 2020 volunteers needed

Huntsinger Farms of Eau Claire has been selected to host the 2020 Wisconsin Farm Technology Days in Eau Claire County. The event is schedule for July 21st-23rd, 2020.

Huntsinger Farms and its subsidiary Silver Spring Foods, Inc. was founded by Ellis Huntsinger, who is nationally recognized as a pioneer in Horseradish farming, in 1929. Still family-owned by Huntsinger's granddaughter Nancy Bartusch and two great-grandsons, Eric and Ryan Rygg, Huntsinger Farms is now the world's largest grower and processor of horseradish.

They use a five to seven year crop rotation of 1400 acres of corn, 2100 acres of soybeans, and 310 acres of snap beans, to support the production of 700 acres of horseradish. They are vertically integrated with Silver Spring Foods, Inc. and grow and harvest over 7.5 million pounds of horseradish per year. Crews harvest horseradish in the spring and fall after plants have been in the ground about 12-24 months. "Hosting the 2020 Eau Claire County Farm Technology Days is a once in a lifetime honor for Huntsinger Farms and the Huntsinger Family. Farm Technology Days will give us a unique opportunity to share our knowledge and experience farming this specialty crop," said Eric Rygg.

Volunteers make the Farm Technology Days show work! To help on one of the many committees, please fill out the form at [http://www.wifarmtechnologydays.com/eau\\_claire/pdf/volunteer.pdf](http://www.wifarmtechnologydays.com/eau_claire/pdf/volunteer.pdf) or contact the Eau Claire County Extension Office at 715-839-4712. The committees needing assistance are:

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|------------------------|--------------------------|-----------------------------------|
| ◇ Admissions           | ◇ Grounds                | ◇ Signs                           |
| ◇ Family Living        | ◇ Heritage Equipment     | ◇ Tent City                       |
| ◇ Field Demonstrations | ◇ Hospitality            | ◇ Traffic, Emergency & Government |
| ◇ Food                 | ◇ Parking                | ◇ Youth                           |
| ◇ Funds Development    | ◇ Publicity & Promotions | ◇ Utilities                       |