FORM 4	4
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Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses))												
1. Name and Address of Reporting Person [*] SAMPSON CURTIS A			2. Issuer Name and COMMUNICAT			0.2		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director _X_ 10% Owner					
PO BOX 777, S MA	(First) AIN ST		3. Date of Earliest Tr 07/23/2009	ransaction (1	Montl	h/Day/Yea	ar)		Officer (give title below)Other (specify below)				
(Street) HECTOR, MN 55342			4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person				
TILCTOR, WIN 5554	†∠												
(City)	(State)	(Zip)		Table I - No	on-De	erivative	Securitie	s Acqu	uired, Disposed of, or Beneficially Own	ned			
1.Title of Security		2. Transaction	2A. Deemed	3. Transact	ion	4. Securi	ties Aca	uired	5. Amount of Securities Beneficially	6.	7. Nature		
(Instr. 3)		Date	Execution Date, if	Code		(A) or D	1		Owned Following Reported	Ownership	of Indirect		
, í		(Month/Day/Year)	any	(Instr. 8)		(Instr. 3,	4 and 5)		Transaction(s)	Form:	Beneficial		
			(Month/Day/Year)			-			(Instr. 3 and 4)	Direct (D)	Ownership		
										or Indirect	(Instr. 4)		
							(A) or			(I)			
				Code	V	Amount	(D)	Price		(Instr. 4)			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained SEC 1474 (9-02) in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

				<i>e.g.</i> , put	is, ca	ans, war	гапи	s, options, con	vertible securit	les)					
1. Title of	2.	3. Transaction	3A. Deemed	4.		5. Num	ber	6. Date Exerci	sable and	7. Title and	Amount	8. Price of	9. Number of	10.	11. Nature
Derivativ	Conversion	Date	Execution Date, if	Transac	tion	of		Expiration Dat	e	of Underlyin	ıg	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		Derivat	ive	(Month/Day/Y	ear)	Securities		Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Securiti	es			(Instr. 3 and	4)	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Acquire	ed						Owned	Security:	(Instr. 4)
	Security					(A) or							Following	Direct (D)	
						Dispose	ed						1	or Indirect	
						of (D)							Transaction(s)	· /	
						(Instr. 3	, 4,						(Instr. 4)	(Instr. 4)	
						and 5)									
											Amount				
								Date	Expiration		or				
								Exercisable	Date	Title	Number				
									Date		of				
				Code	V	(A)	(D)				Shares				
Non-															
Qualifie	4									Common					
-	\$ 9.73	05/21/2009		А		3,000		05/21/2009	05/21/2019	Common	3,000	\$ 9.73	15,500	D	
Stock										Stock	,				
Option															

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
SAMPSON CURTIS A PO BOX 777 S MAIN ST HECTOR, MN 55342	Х	Х					

Signatures

/s/ Curtis A. Sampson 07/24/2009

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.