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APRIL, 2021

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## Berne Wood Fired Pizza Announces Season Lineup



The Berne Wood Fired Pizza will return for the tenth year with a full line-up of music and pizza. Their schedule starts Wednesday June 2nd and continues each and every Wednesday through August 25th. This year they will be offering advance registration through Eventbrite, an online event sales platform. You may reserve seating for groups of 2, 4 or 6 people for the evening concert. Walkups will be seated based on availability. Bring your own chairs with you. Take out orders will be filled as well. There are six different varieties of pizza available with prices at \$20 and \$23 cash, exact change please. Pop, water, ice cream and chips are sold on site. You may bring your own beverages in as well.

There are two bands each evening starting at 5pm with the opening act and 6:30pm for the headliner. There is no charge for the concert. There will be a classic car and bike cruise-in on June 9th, July 14th and August 11th. An Artisans Market Night is planned for August 4th. Schedule of bands can be found @bernepizza.org. Volunteers staff the event each week and proceeds are donated to numerous local charities and foundations each year.

## Dodge County Hockey player Makes All-State

By Kenya Narveson

The Dodge County Hockey Program has a star player by the name of Brody Lamb. Brody helped the Wildcats soar into new heights this season. Brody has received many awards along the way; including a First Team All-State forward and the Associated Press 2021 Minnesota boys hockey Player of the Year. He led the state in goals (52), points (87), short-handed goals (10) and points per game (3.62) as a junior.

The Wildcats went to a state tournament two years ago. Last year they earned the No. 1 seed in the Section 1A playoffs, only to be defeated by Mankato East in the semi-finals. That inspired Lamb to return to high school hockey for his junior year, in hopes of helping the Wildcats reach another state tournament.

They believed they could go to state again and they did. Going 19-4-1 and beating Mankato West 4-3 for the Section 1A championship on March 24 at Dodge County Ice Arena in Kasson.

"I think he'll look back as he gets older at

what he's done for the entire program and for Dodge County hockey, both boys and girls, the younger kids, too," Dodge County boys hockey head coach Nick Worden said. "He probably doesn't fully see it yet, but he will down the road. Not at all to diminish the success of our other good hockey players, but when you have a player like Brody... he has injected another level of excitement."

Hockey roots run deep in the Lamb family. Jeff, His father starred in town at Mayo and eventually moved into professional ranks. Brody has committed to play college hockey at the University of Minnesota.

Currently, the Golden Gophers rank Number 1 in both polls. Lamb feels good about his college choice.

"I can't do it by myself. My linemates Matt Donovan, Gavin Giesler and Brendon Wolesky for some of the year, they help me a lot and just shooting pucks in the driveway when I was younger I would say got my shot good," Brody Lamb said. "Vision on the ice helps, too."

(continued on page 7)



Brody Lamb

## Support the VFW poppy sales



Before Memorial Day in 1922, VFW members conducted the first poppy distribution, becoming the first veterans' organization to organize a nationwide distribution. The poppy soon was adopted as the official memorial flower of the Veterans of Foreign Wars of the United States, as it remains today.

In 1923 it was decided that VFW "Buddy"® Poppies would be assembled by disabled and needy veterans who would be paid for their work to provide them with financial assistance. The next year, disabled veterans at the Buddy Poppy factory in Pittsburgh assembled VFW Buddy Poppies. The designation "Buddy Poppy" was adopted at that time.

In February 1924, the name Buddy Poppy was registered with the U.S. Patent Office. A certificate was issued on May 20, 1924, granting the organization all trademark rights in the name of Buddy under the classification of artificial flowers. This trademark is a guarantee that all poppies bearing that name and the VFW label are genuine products of the work of disabled and needy veterans. No other organization, firm or individual can legally use the name Buddy Poppy.

Today, Buddy Poppies are still assembled by disabled and needy veterans in VA Hospitals.

(continued on page 3)

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## Don't Forget This Source of Hope

By Pastor Dave Brederland  
Faith Community Church

May will soon be here and often it is accompanied by lots of hope. Hope that spring is finally here and there's no more snow. Hope that school is almost over. Hope that the crops are in the ground. Hope that the Twins will be in first place. Hope that Mother's Day will be special. Hope that this year's walleye fishing will be better than last year's. Hope that the COVID-19 intrusions into life and businesses will end.

We need hope. It is difficult to go through life without hope. At times, we may think that hope is as rare as a weed-free garden. But there is a source of hope that we can count on, the Scriptures. The Apostle Paul wrote: For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. (Romans 15:4 ESV)

Let's think about that last phrase: through the encouragement of the Scriptures we might have hope. Paul is reminding his original readers that the Old Testament is a source of hope. We find encouragement in them, but only if we read them.

Today we know that encouragement comes in many varieties. It comes in the gentle coaxing of a parent to a child to eat their food. It comes in the loud voice of a coach or a drill sergeant. It comes in the forms of incentives. And there are many more ways.

As we read through the Scriptures, we find a wide-array of individuals and situations that bring us encouragement leading to hope. We read of those who got second chances after a dismal failure (i.e., King David, Jonah). Other times we find those who disobeyed and suffered loss, some even on the spot (e.g.: Nadab, Abihu, Uzzah) – leading us to hope that we listen to and obey God's instruction. We find encouragement to have hope when we see others expressing heartache (see the Psalms). There are "impossible situations" that people find themselves in that God delivers them (recall the Red Sea crossing, Daniel in the lions' den, and more). There are plenty of positive examples and negative ones too. The Scriptures are replete with a host of personalities and contexts.

But the greatest encouragement of all comes from those Scriptures that tell us of

the coming One, the Messiah, the Servant of the Lord. We get our greatest hope from knowing that help is on the way. Reading the New Testament, we discover that Jesus is the promised One. We read of the depth of Jesus' love, the redeeming power of his death and resurrection, and our own hope of resurrection through our relationship with the risen Jesus. We read of the Apostle Peter, brash and boisterous, but humbled, and finally restored and recommissioned. We have hope that when our lives follow the trajectory of Peter's, Christ can forgive us and put us back into service. We have hope because Jesus is the resurrection and the life (see John 11:25).

Don't allow your 'hope' to be simply wishful thinking. Have hope because of the precedents set in real history in the Scriptures. Have hope because Jesus is risen. He is risen indeed!

### Lhonda Fate (Maddox) Hokanson

Lhonda Fate (Maddox) Hokanson, 54 passed away from natural causes on Saturday February 27, 2021 at the Rochester St.Mary's Hospital where she had been a patient since Tuesday. Lhonda was born Nov.15 1966 in Manatee County, Florida to Linda Maddox , Her Step dad LeRoy Maddox. She left Florida at a very early age and found her way to Minn. Where she met the love of her life, Greg Hokanson. They got married on August 20,1999 in Cannon Falls. She was employed by Semcac for 25 years helping people in the food shelf. She loved unicorns, working on computers and spending as much time as possible with her family and friends. She was survived by her husband, Greg, son Michael of Dodge Center, one brother, Lamar of Florida, two stepsons, Tyler of Rush City, Mn, and Travis (Stephanie) Claremont, Mn. And 9 grandkids and numerous friends. She was preceded in death by her mother, and one brother, and one step grandson. There is no services at this time due to covid. Will have a Celebrate of life at a later date .



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## Area Church Directory In the Middle of the Garden

*In the middle of the garden were the tree of life and the tree of the knowledge of good and evil. — Genesis 2:9*

In the school where I serve as a campus pastor and as an English teacher, we talk about metaphors and how important they are in a piece of literature. We also pay attention to imagery used by an author to show meaningful threads throughout a narrative. The Bible is God's Word to us, revealing to us the grand story of creation, salvation in Christ, and life with God and his people forever. The Bible is also a literary masterpiece, filled with imagery and metaphors that carry through in meaningful threads from beginning to end.

For example, of the many trees described in the Bible, the two here in Genesis 2 are prototypes for other trees mentioned later on: trees that indicate life and fruitfulness, and trees that represent potentials for brokenness and disobedience. The tree of life presented abundant life and intimacy with God, while the other tree presented consequences connected with choosing and doing wrong.

The tree of life especially prefigures many stories featuring hope, redemption, promise, and comfort, indicating that even from the beginning, people were not left to live here alone but were given a protected place of abundance and well-being. Emphasis is placed on the loving relationship between God and creation, summed up in the rich image of the tree of life—and later we find this tree again in the new heaven and new earth, where we will live with God forever (Revelation 22:1-2).

*Prayer; Lord, thank you for showing us your loving and generous promises in the imagery of the tree of life. Guide us to hope and truly live in you always. Amen.*

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check your church website or Facebook  
page for updates.



## Support the VFW poppy sales

(continued from page 1)

The VFW Buddy Poppy program provides compensation to the veterans who assemble the poppies, provides financial assistance in maintaining state and national veterans' rehabilitation and service pro-

grams and partially supports the VFW National Home for Children.

The Buddy Poppy was inspired by the poem, "In Flanders Field", written during the First World War by Canadian physician Lieutenant-Colonel John McCrae. He was inspired to write it on May 3, 1915, after presiding over the funeral of friend and fellow soldier Lieutenant Alexis Helmer, who died in the Second Battle of Ypres. According to legend, fellow soldiers retrieved the poem after McCrae, initially dissatisfied with his work, discarded it. "In Flanders Fields" was first published on December 8 of that year in the London magazine Punch.

### In Flanders Fields

*In Flanders fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you, from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow,  
In Flanders fields.*



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## That's the Latest



By Emery Kleven

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

I recently found out that a former coworker of mine at KDHL passed away. Some of you might remember Tom Wynn. If you're from the Fargo area you certainly would remember him. Tom was a long time morning host at KFGO in Fargo. In 1989 after KDHL was sold to Ingstad Broadcasting, Tom was hired to come and be the morning host at KDHL. I was the farm broadcaster at KDHL during this time. Tom sold his house in Fargo, bought one in Faribault and made the move. It was only a few months into the job that he realized that he missed Fargo so after about 6 months he sold his Faribault house and bought one in Fargo

again and took back his old job at KFGO. He worked 37 of his 60 years in radio at KFGO. Early in his career he worked at WDGY in the Twin Cities.

It was about the same time that when Tom left Fargo to come to Faribault, Dave Lee left KFGO to go to work at WCCO. Prior to his going to the 'good neighbor', Dave did some consulting work at KDHL and I briefly got to work with Dave in Faribault. Dave is retiring this spring after being at 'CCO' since 1989. Tom retired from KFGO in 2017. Tom co-hosted his morning show at KFGO with a guy I got to know, Larry Ristvedt on the Tom and Larry show. Larry was the farm and ranch director for many years at the 'Mighty 790' in Fargo. I would see him once a year at our annual convention of the National Association of Farm Broadcasting in Kansas City. Larry retired in 2010 and passed away in 2013.

It's always hard to see people you've crossed paths with along life's journey pass away. KDHL Hall of Fame sports broadcaster Mike Morrissey passed away a few years back. He was one of the first guys I met when I was hired at KDHL in 1987. Mike and I got along great and always had fun when we'd visit on the radio. During my radio career, I seldom got to do any sports play by play or color commentary. I did however get to do one very memorable game with Mike in the winter of 1989/90. Mike asked me if I'd like to do color commentary for the St Olaf-Carleton basketball game. I jumped at the opportunity. I

thought it would be great fun. KDHL at the time was broadcasting the St Olaf football and basketball games. And I thought what better game to work than the Northfield rivalry of St Olaf and Carleton.

So Mike and I headed to West Gym on the Carleton campus to get set up for the basketball game. As we get there early, we notice a big white sheet hanging on the far wall of the gym. On it was painted in big black letters; Remember 33-0. Mike, who had broadcast the St Olaf/Carleton football game in the fall of 89, said that refers to the drubbing Carleton gave the Oles in that game. Some of the students were trying to rub it into the St Olaf squad but the Carleton coach wanted nothing to do with this. He did not want to give St Olaf any more incentive to play hard that night so he had the maintenance crew take it down. So Mike and I thought that was the end of that. Not so fast!

It was halftime of the game and Mike and I were taking a break while we sent it back to the studio for a news and weather update. While we're sitting at our broadcast position high above the court on the east end as the halftime was nearing an end, here come three male St Olaf students streaking into the gym. If you remember the streaking craze back in the day, they were wearing nothing but tennis shoes and two smiles, one horizontal and one vertical smile. They were carrying the very sheet that alluded to the 33-0 football score that had been removed earlier by the coach's demand. The 3 literally and figuratively

streaked to center court and laid the sheet down in the middle of the floor so the St Olaf fans could read it again.

They spread it out on the floor nice and neat and started running away when one of them comes back to tidy up one of the corners of the sheet. Evidently his mother taught him well how to make a bed. Just at this point, in come two security men, fully clothed mind you, who were going to try and stop this prank from continuing. Out the far door at full speed went the three streakers with the two security people in hot pursuit. We never knew if they caught them.

The custodian who had removed the sheet from the wall before the game, calmly walked out to center court to remove again the dirty laundry.

Mike and I get back on the air for the second half and Mike's explaining some of the halftime entertainment that Carleton College had provided and I said yes there's a full moon in Northfield tonight, in fact three of them. St Olaf went on to win the game but the halftime show was the most memorable part of the evening. That along with the memories of getting to work with a Hall of Famer in Mike Morrissey.

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## Museum Musings

### A Gift from the PWA

(Part 3 in a series of 3)

By Colleen Sathrum Hayne

The Public Works Administration (PWA, not to be confused with the WPA), was created to combat the hard times of the Great Depression and was part of the “New Deal”.

It was a huge federal infrastructure program that spent \$3.8 billion to fund more than 34,000 projects, from the San Francisco Mint to the Grand Coulee Dam—and most importantly, a school project in West Concord, Minnesota.

In the summer of 1935 when the PWA program was announced, West Concord’s School Board applied for and received a grant in the amount of \$31,500 to be used for the addition of a gymnasium, a high school assembly room, a new heating plant for the old and new buildings, an air washer for ventilation, plumbing and furniture. The total cost for the project was estimated to be \$70,000. The school board felt that they were compelled to try for the grant that they viewed as a gift—or another school district would. At that time West Concord had the highest high school enrollment in the county at 138 students. Their assembly room had a capacity of 81. The school was severely overcrowded.

On October 21st, 1935, a special school election was held to consider the proposition of issuing bonds in the sum of \$38,500 for the purpose of financing the new school building. West Concord voters approved it. The St. Paul architecture/engineering firm of Toltz, King and Day was chosen to draw up the plans and specifications for the new building. Toltz, King, and Day has at least 10 structures on the National Historic Registers in the U.S. and Canada including the Robert Street Bridge and the historic Hamm Building in St. Paul, as well as the Prince of Wales Hotel in Waterton Lakes National Park in Alberta, Canada. Toltz, King, and Day remain a thriving architecture and engineering company today, now known as TKDA.

By November the school board was receiving bids for excavation of the auditorium/gymnasium addition. Payment for laborers was announced at 40 cents an hour for common laborers and up to a dollar an hour for some skilled labor jobs. As excavation began, the West Concord Enterprise suggested that this operation was something well worth watching—especially observing the big gasoline powered machines that were doing the work that would have required many workers in the past. Bids were received for the construction of the new building and Peter Kramer and Nels Johnson were chosen as the general contractors. Mr. Kramer’s work was known as he had built the hotel in town about 20 years before.

Every month brought word of completion of another portion of the project. By July the cement and brick work was done. The roof was complete and the interior work was beginning. Art Moderne was the architectural style of the building. The skylights in the Assembly Room produced a space full of light, even without auxiliary lighting. Most of the window sills were marble. With a beautiful new building beckoning, Superintendent P.C. Snow set about recruiting new high school students county-wide. His enticements included boasting of a fire-proof building with a brand new auditorium and gymnasium; a fully accredited high school; a highly rated music department that had been featured on KROC and WCCO radio; and a multitude of classes from physics to Latin.

School opened on Monday, September 14th with interior work yet to be finished, but enough completed to allow school to go on as scheduled. The basket ball players were imagining what it would be like to be able to play basketball in their own gym and not run to city hall any more. As one of the students wrote in the October 5th, 1936 Enterprise, *“The new building is a fine piece of architecture and we students are mighty proud of it!”*



Toltz, King and Day’s architectural drawing for the new gymnasium/auditorium project



The Prince of Wales Hotel, Waterton Lakes National Park, Alberta, Canada, designed by Toltz, King, and Day and listed on the Canadian Register of Historic Places.



The Robert Street Bridge, St. Paul, designed by Toltz, King, and Day and also on the National Register.



The Hamm Building, St. Paul—another Toltz, King and Day designed building on the National Register



## Triton High School's Production of Adrift Concluded April 10th

Triton High School's production of Adrift in New York concluded April 10th after four successful performances. The melodra-

ma has been performed at Triton before, although never in the midst of a global pandemic. And while things looked different this year, such as some actors wearing masks and a smaller, socially-distanced audience, the show was still enjoyed by all. "We could have only 100 people in the audience," said director Anne Schreiber, "but surprisingly, the auditorium felt full, and the audience seemed to enjoy 'booing' the villain and cheering for the hero!" Two of the four performances, in fact, were sold out. Schreiber added, "The students performed so well; they really gave it their all, and I'm so proud of them!" Since most of the cast were in 7th-11th grade, look to see many of these students on the Triton stage next year.



The hero (Weston Haugen) and heroine (Talia Kelley) are reunited once again



The villain, Desmond (August Kozesik), arrives at the scene through unexpected means.



The hero, Jack Merriwell (Weston Haugen), smashes a bottle over the head of Monty Moran (Wyatt Haugen) as Julianne Auer looks on.



The characters investigate some crucial evidence in a murder case. (From L-R: Jude Gosse, Talia Kelley, Katie Courteau, Maddie Jarrett, Weston Haugen, Ashtyne Avery, Liam Dostal)



Francis Desmond (August Kozesik) tries to get the heroine Nellie (Talia Kelley) to come with him; Danielle Fogery (Julianne Auer) possibly objects.



## Cobra Communications



**Craig Schlichting**  
Superintendent

This spring has brought numerous things to celebrate. The first thing I would like to mention is the Teacher Achievement Award that was presented to Ms. Rebecca

Goossens. She was awarded a \$15,000 check as the recipient winner. We are excited to see her being recognized for all of the great work that she does here at Triton. She is also the lead of the Triton BPA which recently had a number of students that did very well in the state competition. Our Broadcast News Team of Kailey Ellingson, Mariel Faber and Natalie Robinson were the State Champions. We also had the second in state Broadcast News Team with Talia Kelley, Kaitlyn Krupa and Lydia Stanton. We also had Makena Jensen place in the top ten at the state competition for Interview Skills. This program has consistently produced amazing results and achievement for our Triton students. This is definitely a program to be proud of as a Cobra!

Since I am talking about programs to be proud of this month, I must mention my recent visit to the high school band class-

room. Mr. Elijah Gray is in his first year leading the band program and has created an atmosphere of pride. I was able to stop into his classroom the other day to check in on a rehearsal and was so proud of what was and is happening in that classroom. He has started a new tradition of having the students stand at the end of their rehearsal to play the school song. I can honestly say, I was moved by that experience and the energy that was in the classroom. The students were playing the school song and genuinely excited and cheering, it was a very cool experience that I was able to record and post on my Twitter feed. I told Mr. Gray that I would be looking forward to stopping in more often for the mini pepfest that was taking place in his classroom.

Ms. Cassidy Breer presented the FCCLA (Family, Career and Community Leaders of America) Program to the school board in April. This is a newer program to Triton since Ms. Breer started it a couple of years ago. She has volunteered her time to get

this program off the ground and going. I have asked the board to approve a new paid position on our extra-curricular contract to solidify this program for the future. The students have already been competing and being recognized for their accomplishments. Not only do they perform community service as an organization, but they also partner with local business and industry for their projects and competitions. I am excited to see what the future has in store for this amazing program.

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

#WeAreTriton

## Dodge County Hockey player Makes All-State

(continued from page 1)

### PLAYER OF THE YEAR

Brody Lamb, Dodge County

### FIRST TEAM

Forward — Brody Lamb, junior, Dodge County

Forward — Kyle Kukkonen, senior, Maple Grove

Forward — Carter Batchelder, senior, Eden Prairie

Defense — Jack Peart, senior, Grand Rapids

Defense — Joe Palodichuk, senior, Hill-Murray

Goalie — Jack Wieneke, senior, Maple Grove

### SECOND TEAM

Forward — Zam Plante, sophomore, Hermantown

Forward — Luke Levandowski, senior, Rosemount

Forward — Layten Liffbrig, senior, Mankato East/Loyola

Defense — Henry Nelson, senior, Maple Grove

Defense — Luke Mittelstadt, senior, Eden Prairie

Goalie — Alex Timmons, senior, Gentry Academy

## TRITON CLASS OF 2021

### SENIOR SPOTLIGHT



Daegan Dostal is a senior at Triton High School. His parents are Rod and Gena Dostal and he is a brother to Braedon, Sabryn, Landon and Ameryn.

He likes playing Football, cross country, volleyball and track and field.

After school he likes working out.

His favorite food is Plaza Morena Chicken sandwich. His favorite band is Dire Straights.

After graduation he plans to attend Winona State University.



**DAEGAN DOSTAL**

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## Make a Difference in So. Minnesota



**Tim Penny**  
So. MN Initiative Foundation

This past year has shown all of us what it means to serve others. Southern Minnesotans have stepped up to stock food shelves, provide support for children during distance learning and find creative ways to support businesses and nonprofits that are struggling. At Southern Minnesota Initiative Foundation (SMIF) we work to help our neighbors in many ways, including by placing people in service roles across our 20-county region through the national AmeriCorps program.

As a congressman, I voted to support the creation of AmeriCorps 26 years ago. I have been pleased to see how central this program has become to our culture of service in this country. AmeriCorps members commit their time in key areas of education, economic opportunity, disaster response, healthy futures, environmental stewardship and veteran support. More than 270,000 Americans across the country serve through AmeriCorps and AmeriCorps Seniors each year to meet critical needs in communities – this has recently been expanded because of the needs that have arisen during the pandemic. Additionally, AmeriCorps is proud to boast more than one million alumni. SMIF has placed more than 600 AmeriCorps members throughout southern Minnesota over the past 26 years.

SMIF is the host organization for a program that focuses on early childhood development called AmeriCorps LEAP (Learning Early Achieves Potential) Initiative. We place up to 20 members in early childhood settings across our region. Members work one-on-one and in small groups with young children, ages three to five, building social and emotional proficiencies to prepare for kindergarten success.

SMIF is also the host for the AmeriCorps VISTA program which helps build capacity for organizations dedicated to providing economic opportunities to citizens in low-

income or poverty circumstances. This year SMIF placed three VISTAs across the region and is hosting an additional two VISTA members in partnership with Minnesota Farmers Market Association, Renewing the Countryside and Sustainable Farming Association. These two VISTAs are working on a Local Food Producer Sustainability Project. James Harren will be developing a needs-based assessment for local food producers to identify where they need support, while Maeve Mallozzi-Kelly will be doing the same thing for farmers and market managers. We are also pleased to be hosting two additional AmeriCorps members: Maddy Fisher is advancing diversity, equity and inclusion initiatives in the region through Lead for Minnesota, and Aliyah Grote-Hirsch is supporting SMIF with recruitment and marketing for the AmeriCorps LEAP program.

One of the things that I love about AmeriCorps is that it embraces members from all stages of life. One of our current LEAP members, Adriana Bermudez, is serving for a second year in her hometown of Northfield and is simultaneously earning her associate's degree. Her experience in the program has influenced her to pursue a career as an early childhood teacher. Another member, Maurya Torgerson, used to own a cosmetology business before she became a parent.. Her time in AmeriCorps has been a meaningful stepping stone as she

thinks about re-entering the workforce and earning a degree in social work.

Other AmeriCorps members, like Peggy Rankin who is in her fourth year of service through LEAP at the Sherburn PreK, are retired professionals looking to give back to their communities. Members who complete their service term receive an award which can be used for paying off student loans or furthering their education. Those members who are 55 or older can gift their award to a child or grandchild. Peggy Rankin gifted her education awards to grandchildren in college.

As we have experienced this past year, we are all invested in helping our neighbors and making this region a place we are proud to call home. It has been incredible to see the impact that AmeriCorps has had in on children and nonprofits in our region over the past 26 years.

We are currently accepting full- and half-time applications for the 2021 – 2022 school year for AmeriCorps LEAP. For questions or to apply, contact Barbara Gunderson, AmeriCorps Director, at 507-456-0353 or [barbarag@smifoundation.org](mailto:barbarag@smifoundation.org). Learn more about AmeriCorps at [AmeriCorps.gov](http://AmeriCorps.gov).

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

## Is Diabetes a Problem in Pets?

"Diabetes mellitus is one of the most common hormonal diseases of dogs and cats," said Dr. Gal. "Treatment of diabetes requires the owner to give daily injections of insulin to the diabetic pet, to switch the pet to a 'diabetes-friendly' diet, and to make frequent visits to the veterinarian to make sure the diabetes is in control."

Maintaining control of the diabetes means giving the right dose of insulin to keep the pet's glucose levels in a safe range to avoid hypoglycemia, or low levels of glucose in the blood. The time, stress, and expense of having a diabetic pet takes a toll on the owner.

"A recent study reported that 20 percent of dogs and cats were euthanized within a year of their diagnosis with diabetes due to the impact that the intensive management of diabetes has on the perceived quality of life of both the pet and the owner," Dr. Gal noted.

Finding a treatment that could reduce diabetic pets' dependence on insulin shots could help more of these pets live longer.

The gastrointestinal microbiome has been defined as "a highly diverse community of microorganisms, primarily bacteria, that inhabit the intestinal tract." There are trillions of bacteria living the intestinal tract of mammals, far more than the number of cells that make up the individual's entire body.

"The gut microbiome has recently been recognized as functioning like a hormonal organ (e.g., the thyroid and pancreas) because it produces hormone-like molecules that affect dog and cat tissues," Dr. Gal said. "Several types of intestinal bacteria produce short-chain fatty acids (SCFAs) by fermentation of dietary fiber. SCFAs influence energy levels, the immune system, and the health of the intestine.

"Recent studies have indicated a strong link between lower levels of SCFAs made by bacteria in the gut and diseases such as pre-diabetes and diabetes in people. Cats with diabetes have also been found to have fewer SCFA-producing bacteria in their gut microbiomes."

It is thought that SCFAs may impact diabetes by producing a substance called glucagon-like peptide 1 (GLP-1), which makes the pancreas more responsive to blood glucose levels.

"Transplantation of feces from a healthy donor into the intestine of a sick patient have been done successfully in people, laboratory rodents, and dogs," explained Dr. Gal. "The procedure was shown to improve insulin sensitivity in obese humans with diabetes. In a recent study from New Zealand, fecal transplantation from healthy dog donors resulted in enriched 'good bacteria' for up to 30 days in dogs with acute intestinal inflammation and hemorrhage after a single fecal transplantation."

Dr. Gal believes that fecal transplantation has the ability to reshape the microbiome ecology of pets.

"We are on the verge of a new era in veterinary (and human) medicine where we can substantially improve the clinical control of diabetes in dogs and people by manipulating gut microbiota," he said.

"Cats develop diabetes through a different pathway from dogs. I believe fecal transplantation has a high potential to induce remission in cats with diabetes, working through the relationship of GLP-1 to pancreatic insulin to substantially improve glucose tolerance and insulin sensitivity."

"Currently, it is not known whether transplanting intestinal microbiota from healthy donors to diabetic patients will re-establish 'good bacteria' that make SCFAs, decrease the 'bad bacteria' associated with diabetes, and lead to better control of blood glucose levels," said Dr. Gal.



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## CITY OF CLAREMONT CITY COUNCIL MEETING TUESDAY, MARCH 2, 2021 7:00 P.M.

A regular meeting of the City Council of the City of Claremont, Minnesota was held on Tuesday, March 2, 2021 at 7:00 p.m. at Claremont City Hall.

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

City staff and others present: City Administrator Connor LaPointe, City Clerk/Treasurer Liz Sorg, City Attorney Mark Rahrack, City Engineer Derek

Olinger, Nancy Schwanke, and via Zoom Abby Schmidt with Abdo, Eick & Meyers.

Motion by Madsen to add proposal for city flowers to the agenda, second by Ellis. Motion carried unanimously.

### PUBLIC INPUT

None

### CONSENT AGENDA

Motion by Grey to approve the Consent Agenda: Minutes of the February 9, 2021 City Council Meeting, Minutes of the February 22, 2021 Special City Council Meeting, and the Minutes of the December 28, 2020 EDA Meeting, second by Madsen. Motion carried unanimously.

### COMMITTEE REPORTS CITY ENGINEER

As a final step in the plan certification process for the water tower rehabilitation project, a resolution is needed to submit a loan application to the PFA. Motion by Ellis to approve Resolution 21-09: Resolution of Application, second by Madsen. Motion carried unanimously.

### PERSONNEL COMMITTEE

Nothing at this time.

### FINANCE COMMITTEE

Abby Schmidt with Abdo, Eick and Meyers presented the 2020 audit. The general fund is doing well but the enterprise funds (water and sewer) have a large deficit. The general fund is subsidizing the sewer fund and the rates should be reviewed and adjusted.

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

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

### PUBLIC HEALTH & SAFETY COMMITTEE

The annual Fire Department meeting with the Townships will be March 4.

Administrator LaPointe listed the antique fire truck on the state auction site.

### PLANNING & ZONING COMMITTEE

Nothing at this time.

### EDA

They had a meeting February 22, and they are reviewing the Land Use Plan proposals.

### PARKS COMMITTEE

Administrator LaPointe stated the Park Committee will be getting together March 3

to discuss the future of Henning Park and any other park ideas for Council consideration.

Terri Schuette submitted a proposal for city flowers. She proposes planting flowers in the 12 pots to be placed in front of existing main street businesses, the city park sign, the small memorial in front of the pavilion, under the electric sign and the flower bed on the corner of Hwy 14 and CR 1. She will donate her time for gathering the materials, planting, and weekly maintenance. City Maintenance Hvitved, Mrs. Schuette and hopefully 1 or 2 more volunteers will water the flowers. The estimated cost is not to exceed \$650 and the Chamber will pay half, providing the City pays the other half. Motion by Madsen to donate \$325 for the City flowers, second by Grey. Motion carried unanimously.

### CITY ATTORNEY

Nothing at this time.

### CITY ADMINISTRATOR

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

Administrator LaPointe reminded the Council of the Board of Appeal and Equalization Meeting on Monday, April 12th at 1:00 p.m.

### OLD BUSINESS

None

### NEW BUSINESS

None

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

ATTEST:

Elizabeth Sorg, City Clerk/Treasurer  
Tasha Dahl, Mayor

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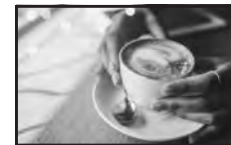
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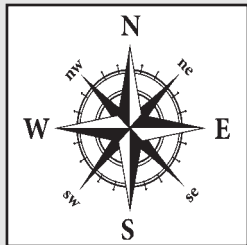


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## Changes in Latitudes, Changes in Attitudes



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 am sitting on my front porch this morning with my dog. Eating a granola bar and drinking ice water. The morning sunrise is beautiful. The only sounds I hear are the birds singing in the branches and a distant rooster crowing. Our neighbor has peafowl and the lonesome call of a peacock can be heard from time to time. The daffodils are

smiling at the sun with their cheerful yellow petals everywhere. There is a magnolia tree beside the house and light pink blossoms are opening up in the warm spring releasing a fresh fragrance.

It is a peaceful time of the day. I love to relax here in the morning and again late in the evening and think. I look at nature and I reflect on miracles all around me. It is such a wonderful experience to take in all that is welcoming the creation we live in. Then I think about something from church Sunday morning.

One woman related about her week, and how she was at the hospital with her dying mother. The family was there and they were praying for a miracle. For two days the elderly lady had not opened her eyes or said a word. A nurse came in to check on her mom and the family went out into the hall to visit.

Suddenly they heard her call out and the daughters rushed back into the room. Their mother opened her eyes, looked at them and smiled. "Do you see the angels?" she asked. With that she closed her eyes and then she was gone. Carried by angels from this life to her eternal home. That, I would say is a miracle.

## A Minnesotan: In the Cities



By RosaLin Alcoser

Back in the late fall there were two things that I said I would not be doing ever. The first was change jobs in the middle of the pandemic. The second was move in the winter. So of course I did both this year.

My parents moved in February of 2019 during a polar vortex which they described to be one of the most difficult moves that they have ever moved and they have moved a lot. After hearing all about that move back when it happened I decided that if I moved back north I would never ever move in the winter.

February of this year I moved from northwestern Minnesota to the Twin Cities on one of the coldest weeks of the year. Needless to say while it was not a polar vortex nor was there much snow moving in the dead of winter was not in my original plans for this year.

I definitely did not plan on moving during the pandemic to go from fairly remote, sometimes, news reporting to an in person marketing job. However, over all the moving on one of the coldest weeks of the pandemic went well. Even if it does mean that I now have to be a city person for the foreseeable future.



By Jim Miller

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Dear Savvy Senior,

**My elderly father gets over 100 pieces of junk mail every week, and I just discovered that he's given away nearly \$5,000 over the past few months to many of the solicitors that mail him this junk. Can you offer any tips on how can I stop this?**

—Irritated Son

Dear Irritated,

Millions of older Americans get bombarded with unwanted junk mail these days, including "mail fraud" schemes that you and your dad need to be particularly careful of. Here's are some tips that may help.

### Mail Fraud Alert

While junk mail comes in many different forms – credit card applications, sweepstakes entries, magazine offers, coupon mailers, donation requests, political fliers, catalogs and more – the most troublesome type is mail fraud, which comes from con artists who are only trying to take your money.

Mail fraud can be tricky to detect because there are many different types of schemes out there that may seem legitimate. Some of the most common mail scams targeting seniors today are phony sweepstakes, foreign lotteries, free prize or vacation scams, fake checks, donation requests from charities or government agencies that don't exist, get-rich chain letters, work-at-home schemes, inheritance and investment scams, and many more.

If your dad is getting any type of junk mail that is asking for money in exchange for free gifts or winnings, or if he's receiving checks that require him to wire money, you need to call the U.S. Postal Inspector Service at 877-876-2455 and report it, and then throw it away.

Unfortunately, once a person gets on these mail fraud lists, also known as "suckers lists," it's very difficult to get off. That's because these criminals regularly trade and sell mailing lists of people who they believe to be susceptible to fraud, and they won't remove a name when you request it.

Knowing this, a good first step to help protect your dad is to alert him to the different kinds of mail fraud and what to watch for. The U.S. Postal Inspection Service can help you with this. They offer a list of the different mail fraud schemes at [Postallnspectors.uspis.gov](http://Postallnspectors.uspis.gov).

Another option is to see if your dad would be willing to let you sort through his mail before he opens it so you can weed out the junk. You may want to have the post office forward his mail directly to you to ensure this.

If your dad feels compelled to donate to certain charities, ask him to let you check them out first to make sure they're legitimate. You can do this at charity watchdog sites like [CharityNavigator.org](http://CharityNavigator.org) and [Give.org](http://Give.org).

### Reduce Junk Mail

While scam artists aren't likely to take your dad's name off their mailing lists, most legitimate mail-order businesses will. To do this, start with the Direct Marketing Association, which offers a consumer opt-out service at [DMAchoice.org](http://DMAchoice.org). This won't eliminate all his junk mail, but it will reduce it. The opt-out service is \$2 for 10 years if you register online, or \$3 by mail.

Then, to put a stop to the credit card and insurance offers he gets, call the consumer credit reporting industry opt-out service at 888-567-8688, and follow the automated prompts to opt him out for either five years or permanently. Be prepared to give his Social Security number and date of birth. You can also do this online at [OptOutPrescreen.com](http://OptOutPrescreen.com). If you choose the permanent opt-out, you'll have to send a form in the mail.

You should also make sure your dad's home and cell phone numbers are registered with the National Do Not Call Registry to help cut down on telemarketing calls.



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