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JULY, 2021

Volume 3 • Issue 4

Announcements

- The United Methodist Church of Dodge Center at 20 First Street NE offers a meal carry out from 5:00-6:00pm the third Wednesday of each month; the next one is at 5pm on July 21.
- American Red Cross blood donation opportunity in Dodge Center: 7/23/2021: 9 a.m. - 3 p.m., Dodge Center City Hall, 35 E. Main St.

Do you have an announcement?
Email:
hometownmessenger@gmail.com

Bible Lutheran Church Gets New Building



Since 1999, Bible Lutheran Church has been worshipping in a building owned by the Seventh Day Baptist Church in Dodge Center, Minnesota. Bible Lutheran Church is a part of The American Association of Lutheran Churches, a group that holds to the inerrancy and infallibility of Scripture.

(continued on page 4)

Faith Lutheran Welcomes Interim Pastor

By Kenya Narveson

Institutions make necessary changes to stay current on the needs of the people in the community in which it serves. The changes are decided by people in leadership roles that have the community's best interests within their core value system. Faith Lutheran Church is an institution that has been a sacred place in the Dodge Center community since 1938. A long term substitute Pastor will guide and assist the Faith Lutheran Church leadership in a new direc-

tion that meets the needs of the people attending; and in the communities beyond Dodge Center. Interim Pastor Mike Zaske will be a guiding force alongside designated leaders to the decisions and changes that will take place at Faith Lutheran; until a permanent Pastor is found.

Pastor Mike grew up in the small town of Gaylord, MN. After high school, he attended Notre Dame University thanks to an Air Force Scholarship he was awarded. He graduated with a Computer Science Degree

and moved his wife and 2 young children to Arkansas where he accepted a computer programmer position. His computer programmer position placed him in a place where coworkers



Interim Pastor
Mike Zaske

inquired about the Lutheran Church's practices and beliefs. He would answer the questions best he could. His knowledge from his Biblical teachings as a child helped. But the questions became more complex and he decided he should consult his Pastor in Gaylord, MN. After several complex conversations with his Pastor; he decided to return home to Minnesota and attend Seminary School and became a Pastor for 12yrs in Southwest Minnesota.

Currently Pastor Mike commutes from Rosemount, Minnesota and enjoys the Dodge Center community. Pastor Mike expressed, "Dodge Center has many similarities as my hometown. The size of the town, the high school is celebrated, and the people are amazing and I love it." Serving as an Interim Pastor over the last 5 years; he has had the joys of being a guided force to changes in local churches in different cities such as Faribault and Rochester. The success of his work is based on the congregation's happiness with the newly appointed Pastor, and eventually the congregation of Faith Lutheran will find happiness with a long term Pastor as well.

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Dodge Center Library Offers Summertime Activities

By Kenya Narveson

Libraries are one of the cornerstones of a healthy community. Hidden in books are the adventures of information, history, and truth. Public libraries are free educational resource centers that serve the surrounding community with access to books, internet access, and educational programs. The Dodge Center Public Library is gaining momentum in returning to their educational programs post-Covid. They have an active summer program for children and other programs like book clubs and crochet classes for adults.

Ingvild Herfindahl is the current Director for the Dodge Center Public Library. She's excited about maintaining and restarting programs since last year's Covid interruption.

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Godly Wisdom

By Norman Hoffeld
BIBLE LUTHERAN CHURCH

There is a quote I came across that is believed to have originated with John Wayne. It's certainly the kind of quote that one would think of when they think of John Wayne. It goes like this:

"Life is hard. It's even harder when you are stupid"

We need to understand that there is worldly wisdom and there is Biblical wisdom. And as you can imagine there is a huge difference between the two; although I have to say that many of the liberal "Christian" denominations are very influenced by worldly wisdom.

Now, what do we mean by Biblical wisdom? One definition I heard was "seeing life from God's point of view." That's short and concise and gets the point across.

Another definition of wisdom that comes from Pastor Charles Stanley is similar: "Wisdom is the capacity to see things from God's perspective and respond according to scriptural principles."

There is a constant call for Godly wisdom in the word of God. From Proverbs 3:13-18, we read:

Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver

and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her.

Long life is in her right hand; in her left hand are riches and honor.

Her ways are ways of pleasantness, and all her paths are peace.

She is a tree of life to those who lay hold of her; those who hold her fast are called blessed.

In the New Testament, we hear the words of the Apostle Paul written to the church at Corinth. He says:

1 Corinthians 3:6-16:
Yet among the mature we do impart wisdom, although it is not a wisdom of this age or of the rulers of this age, who are doomed to pass away. But we impart a secret and hidden wisdom of God, which God decreed before the ages for our

glory. None of the rulers of this age understood this, for if they had, they would not have crucified the Lord of glory. But, as it is written,

"What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him"—

these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.

The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. The spiritual person judges all things, but is himself to be judged by no one. For who has understood the mind of the Lord so as to instruct him? But we have the mind of Christ.

(1 Corinthians 3:6-16)

This passage from 1 Corinthians shows us that the wisdom of God is available to us through the "Spirit of God" that dwells in us. That's extremely important to remember. We have access to the wisdom of God because the Holy Spirit dwells in us.

However, we need to constantly seek God's wisdom in prayer. How many foolish decisions have we made because we made them without consulting the Lord. We look back and say to ourselves: "I wish

I had sought the direction of the Lord before doing what I did." This applies to all the decisions in life that we make. It applies especially to the decision of who to marry, where to live, what kind of home to buy, what kind of car to buy, etc. It is important that we not only value Biblical or Godly wisdom, but that we pray to the Lord that He would grant us that wisdom.

I can't emphasize this enough. Sometimes underneath, we want to have wisdom in the decisions we make, but many times we fail to ask the Lord for that wisdom – sometimes, I'm afraid, it is because we do what we want to do without even thinking about what the Lord wants us to do.

Finally, I want to end by quoting from a well-known Christian leader and author – A. W. Tozer

"To believe actively that our Heavenly Father constantly spreads around us providential circumstances that work for our present good and our everlasting well-being brings to the soul a veritable benediction. Most of us go through

life praying a little, planning a little, jockeying for position, hoping but never being quite certain of anything, and always secretly afraid that we will miss the way. This is a tragic waste of truth and never gives rest to the heart.

"There is a better way. It is to repudiate our own wisdom and take instead the infinite wisdom of God... God has charged Himself with full responsibility for our eternal happiness and stands ready to take over the management of our lives the moment we turn in faith to Him."

We all need to make this our goal in life!

FAITH IN ACTION NEEDS YOU!

Covid 19 has been hard on most individuals. It has closed down many of the things that we all hold dear – seeing family, worshiping together in church, going out to a favorite restaurant, browsing in shops, and on and on. Faith in Action has felt the impact of the pandemic also. Many of our limited volunteer drivers chose to put volunteering on hold early on in the pandemic. At first, it didn't effect our services because most medical appointments were canceled or postponed so there was no need for transportation services. As things began opening up, appointments became available again but some drivers still weren't comfortable transporting someone in the confines of their cars. The vaccine is helping to get us back on track but there is still an urgent need for volunteers to drive seniors to appointments.

Being a volunteer for Faith in Action is a very flexible position. When clients call for transportation, our coordinator contacts volunteers with the dates and times needed. At that point, it is the volunteer's decision whether they can take the transport or not. If not, the coordinator will contact other volunteers to fill the need. In a given month, a volunteer might choose to provide transportation for seniors perhaps 1 to 4 times. Please consider putting your "faith in action" by becoming a Faith in Action volunteer driver. On our website, fiadodgecounty.org (under forms on the menu) you will find a volunteer application to print, complete and return. If you do not have internet access, please call 507-634-3654 for an application.

Area Church Directory

Grieving and Quenching the Spirit

Do not grieve the Holy Spirit. . . . Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. — Ephesians 4:30-32

The Bible includes warnings about grieving the Spirit and hindering his work. Ananias and Sapphira lied to the church and the Holy Spirit (Acts 5:1-10). They sold a piece of property, kept some of the money, and gave the rest to the church. That wasn't a bad thing, of course, but then they lied about their gift, saying they donated all of the money from the sale. They wanted people to be impressed by their generosity. But they could not get away with their deception. If we make a false commitment to God, pretending we are following the Spirit and even bragging about it, we fall into dangerous hypocrisy.

Following our own selfish desires, we can quench or suppress the Spirit. We can dampen the Spirit's fire by not following the Spirit's leading. We can refuse to use the gifts of the Spirit when they are available. But if we do things like that, how can we expect to be faithful and useful to God?

We can also grieve the Spirit by rebelling against God and doing as we please (see Isaiah 63:10). We can be stubborn and mean-spirited. Instead of being kind and compassionate, we can act with bitterness and anger. We can be unwholesome and immoral.

How can we protect ourselves from these destructive ways? We can ask the Holy Spirit to fill us and guide us each day so that we can live in step with him. Then God can use us in wonderful ways.

Prayer
Protect us, Lord, from grieving and quenching your Spirit. Fill us and direct us to follow your will, not our own. Amen.

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Faith Lutheran Church
308 2nd St. NW, Dodge Center
Intern Pastor Kira Anderson • 507-374-2174
Traditional Worship 8a.m.; Fellowship 9a.m.
Christian Education 9:15a.m.
Contemporary Worship 10a.m.

Grace Lutheran Church
404 Central Avenue N, Dodge Center
Tim Chase • 507-633-2253
Worship 9a.m.; Sunday School 10:30a.m.

Praise Fellowship Church
602 Central Avenue S, Dodge Center
Roger Langworthy • 507-374-6400
Kidz Church 9:15a.m.; Sunday Worship 9:30a.m.

Dodge Center Methodist Church
201 1st St. SE, Dodge Center
Rev. Chad Christensen • 507-374-6885
Worship 8a.m.

St. John Baptist De La Salle
20 2nd St. NE, Dodge Center • 507-374-6830
Mass Saturday 5p.m.

Living Water Assembly Church
104 1st St. NW, Dodge Center
Roy Andrews • 507-374-6561
Sunday 10a.m.

Dodge Center SDA Church
410 3rd Ave. SW, Dodge Center • 507-374-6895
Sabbath School 9:15a.m.; Saturday Worship 11a.m.

**Anchor of Hope Church,
a 7th Day Baptist Congregation**
203 E. Main St., Dodge Center
507-374-6755
Saturday 10a.m. Worship; 11:45a.m. Sabbath School

Bible Lutheran Church
(American Assoc. of Lutheran Churches)
11 1st Ave. N.E., Dodge Center
www.biblelc.org • 612-803-1212
Sunday School 9:15a.m.; Worship 10:30a.m.
(weekly sermons available on You Tube and on website)

Ronald (Ronnie) Wayne Papenfus

Ronald (Ronnie) Wayne Papenfus died of natural causes at his home at the age of 66 on July 4, 2021. Ronnie was born to Charles and Marjorie (Aulwes) Papenfus on March 12, 1955, in Albert Lea, Minnesota. Ronnie lived his childhood in Albert Lea, Austin and Dodge Center, Minnesota and as an adult in Austin, Texas, and Minneapolis.

Ronnie joined the US Army where he earned his GED and served in Germany during the Vietnam War. Ronnie worked as a roofer, welder and in construction. Most recently, he did custodial work at U.S. Bank stadium. Throughout life, Ronnie battled alcohol addiction and the struggles and obstacles that accompany it. Ronnie was a kindhearted, private person, with a small but close circle of friends. He had a love for classic cars, vintage motorcycles and always had a "get rich quick" scheme he was working on. Ronnie loved his mom's home cooking, especially her lefse.

Ronnie is survived by his two older brothers Rocky and Ric (Deb) Papenfus, and four younger sisters, Laurie Reynolds, Linda (Keith) Cooper, Judy Kent (Ken

Sien), and Jenny (Dean) Blowers, his step-father, David (Carolyn) Matthiesen and many nieces and nephews. He was preceded in death by his father, Charles Papenfus, his mother, Marjorie Matthiesen, and nephew Nicholas Papenfus.

Ronnie will be sadly missed by his family and friends. Czaplewski Funeral Home is handling arrangements and the family will host a gathering to share memories to honor Ronnie's life at a later date.

Dana Marie Head Hickey

Dana Marie Head Hickey, 50, of Melrose, WI, formerly of Dodge Center, MN passed away peacefully on Saturday, July 3, 2021 at Mayo Clinic St. Mary's Campus in Rochester, MN.

Dana was born on June 2, 1971, the daughter of Al and Marie (Northway) Head in Rochester, MN. After graduating from Kasson-Mantorville High School she attended Rochester Community and Technical College. She spent most of her 30 years at Mayo Clinic as a Medical Administrative Assistant. Most recently she was a Medical Staff Assignment Coordinator. Dana enjoyed sitting in the sun, scrapbooking, embroidery, bicycling,

and spending time with friends and family. Nothing mattered more to her than her loved ones, she cared about everyone in her life with a deep, unmatched passion that will be forever missed.

Dana is survived by her children, Brady (Kylie) Hickey of Dodge Center, Levi Hickey (Ashley Patterson) of Dodge Center; two siblings, Brad (Amber) Head of Mantorville, Andy (Angie) Head of Mantorville; her parents, Al and Marie (Northway) Head of Florida; Nieces and Nephews, Caden, Peyton, Noah, Howard, Corbin, Emerson Head, and several aunts, uncles, and cousins.

She was preceded in death by Maternal and Paternal Grandparents.

A celebration of life was Thursday, July 8, 2021, from 5:00-8:00 p.m. at Czaplewski Family Funeral Homes, 801 7th Street SE in Kasson, MN.

To share a special memory or condolence please visit www.czaplewskifuneralhomes.com, Czaplewski Family Funeral Homes, 801 7th St SE Kasson, MN 55944 (507)634-6510. Blessed be her memory.

Emily Rose Delzer

Emily Rose Delzer, age 30, of Woodbury, MN, formerly of Mantorville, MN died Saturday, July 10, 2021. Emily was born January 17, 1991, to Paul and Jackie (Posey) Delzer in Rochester, MN. She was baptized and confirmed at St. Johns Lutheran Church in

Kasson, MN. Emily was the oldest of her five siblings. Emily graduated from Kasson-Mantorville High School in 2009. She enjoyed spending time with her family and boyfriend, cooking, watching cooking shows, and playing with her dog, Buddy. Emily loved spending time with her niece and nephew, spoiling them every chance she got. She also loved going out to try new restaurants and found peace and joy in just driving around. Emily was formerly working at REM group home in Kasson and was currently working for Kwik Trip as a food service manager in Woodbury. Her great sense of humor, beautiful smile, sweet soul, and caring heart will be missed by many.

Emily is preceded in death by her grandfather, George Delzer.

She is survived by her parents, Paul and Jackie Delzer of Mantorville, MN; siblings, Larisa (Andrew Wanek), Dakota, Ariana, and Hunter; grandparents Carol Delzer, Keith and June Posey; aunts and uncles, Cosette and Bud Harris, Tricia and Jason Bennerotte, Julie and Steve Eipers, and Sonja and James Posey; nephew, Ezra; niece, Everly; significant other Grady Schneider and his parents, Lynn and Gary Schneider; many cousins and her special dog, Buddy.

Funeral services were held at 2:00pm Thursday, July 15th, 2021 at Czaplewski Family Funeral Homes in Kasson (801 7th St SE). Pastor Paul Hauschild officiated with visitation one hour prior to the service. Burial took place at Riverside Cemetery in Dodge Center, MN.

David Matthiesen

David Matthiesen, 78, of Kasson, MN died on Friday, July 9, 2021, at Mayo Clinic St. Mary's campus in Rochester, MN.

David was born in Austin, MN on October 9th 1942 to Ollene (Granle) and

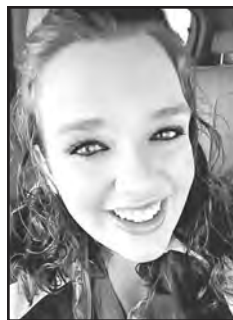
Adonnis Matthiesen, living his childhood days around the Austin area. He joined the U.S. Army at age 20, serving during the Vietnam War. After serving he met and married Marjorie Kent on February 16th 1968 and took on the role of father to her six children. Their daughter, Jennifer, was born exactly one year later. Dave began working for Harry McNeilus as a "Friendly steel handler" which began his 42-year career with the McNeilus family. He met and married Carolyn Sakoman on May 18th 2018. She brought sunshine to his life everyday, so much so that he took an "early retirement" at the age of 75. Family meant everything to Dave. He took great pride in his children and grandchildren. He literally loved to take the road less traveled, going camping, and completing Sudoku puzzles on the back deck. Dave always had a remodeling project going and was his happiest when tearing something down or building something. Leaving us with great memories to build on.

Dave was survived by his wife Carolyn Matthiesen and her family, his six children; Rocky Papenfus, Rick (Debbie) Papenfus, Laurie Reynolds, Linda (Keith) Cooper, Judy Kent (Ken Sien), Jenny (Dean) Blowers; eleven Grandchildren: Nicole (Nick) Schamp, Cody (Kindra) Papenfus, Melanie (Andrew) Schieck, Tonya Narveson, Boe (Rachel) Narveson, Jerry (Meredith) Cooper, Lauren (Jesse) Jerle, Jenny "Bud" Cooper, Meghan (Brady) Clark, Samantha and Jonathan Blowers, Sydney Sien and Emily Sien, and many nieces, nephews and great grandchildren. His five sisters; Darlene Carroll, Diane Hagen, Dee (Rod) Wolf, Denise Matthiesen, Dorothy Matthiesen, and brother Dennis (Shelley) Matthiesen.

Dave was preceded in death by his wife Marjorie, his parents, brothers; Duane and Dean, sister Debbie, son Ronnie, grandson Nicholas.

A memorial service for David will be held at 11:00am Tuesday, July 13th, 2021 at Czaplewski Family Funeral Homes, 801 7th St SE in Kasson with Pastor Amy Anderson officiating. Visitation will take place one hour prior to the service at the funeral home.

To share a special memory or condolence please visit www.czaplewskifuneralhomes.com, Czaplewski Family Funeral Homes, 801 7th St SE Kasson, MN 55944 (507)634-6510. Blessed be his memory.



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Blood Shortage Continues; Red Cross Needs Donors Now

American Red Cross



While donors across the country have rolled up a sleeve to give this summer, the need for blood remains crucial for patients relying on lifesaving transfusions. The American Red Cross continues to experience a severe blood shortage and donors of all blood types – especially type O – are urged to make an appointment to give now.

Right now, the Red Cross needs to collect more than 1,000 additional blood donations each day to meet current demand as hospitals respond to an unusually high number of traumas and emergency room visits, organ transplants and elective surgeries.

To thank donors who help refuel the blood supply this month, all who come to give July 7-31 will receive a \$10 Amazon.com Gift Card via email and will also receive

automatic entry for a chance to win gas for a year (a \$5,000 value). More information and details are available at rcblood.org/fuel. Also, all those who come to donate throughout the entire month of July will be automatically entered for a chance to win a trip for four to Cedar Point or Knott's Berry Farm. To learn more, visit rcblood.org/CedarFair.

Donors who give now will help stock the shelves for the rest of the summer season. Schedule an appointment to give blood by using the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

In most cases, those who have received a COVID-19 vaccine can donate. However, knowing the name of the manufacturer of the vaccine they received is important in determining donation eligibility.

Upcoming blood donation opportunities:

Dodge Center

7/23/2021: 9 a.m. - 3 p.m., Dodge Center City Hall, 35 E. Main St.

Blooming Prairie

7/21/2021: 1 p.m. - 6 p.m., City Center, 138 Highway S

Owatonna

7/27/2021: 10 a.m. - 4 p.m., Good Shepherd Lutheran Church, 2500 7th Ave. NE

Bible Lutheran Church Gets New Building

(continued from page 1)

Several months ago, our Pastor got a call from a neighboring pastor offering us a building for free that they had used in the development of their church. The building had been used by Praise Fellowship. In addition to the building, Praise Fellowship also gave us the furnishings, a sound system and video system. After prayer, we accepted their offer realizing that having our own building would involve much work. We immediately undertook the task of getting ready to move into the new building. The pastor called several places and was notified that a free altar, pulpit, lectern and baptismal was available from Concordia Lutheran Church in South St. Paul. We arranged to pick up these items and installed them in our new building.

On Sunday, May 2, Bible Lutheran Church began meeting in our own building for the first time. We also had a local sign

company make us a large sign that identified us in the community of Dodge Center. We are located at 11 1st Ave NE. We are looking forward to our dedication service in the Fall.

Needless to say, we have been blessed by the Lord and our prayer is that we will glorify Him in the work that He has given us in Dodge Center, Minnesota. We welcome all who are looking for a church to visit us at our new location.

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Craig Schlichting
Superintendent



The progress on the projects for our district continues to move along on the outside and inside of the school building. The projects have been right on schedule and I am looking forward to having it all completed before the school year begins. Our district has excellent facilities and they are in great condition. There is so much to be proud of with the school facilities that we have at Triton Public Schools. When you add the people in our communities to the equation of our school, and put the people of our communities in our buildings, I do feel we have the best there is to offer.

There are a number of things going on in our communities this summer, and you don't have to travel far to enjoy them! The 36th Annual West Concord Survival Days begins on Thursday night at 7:00,

July 22nd with the Guns vs. Hoses Charity Softball Event. The following three days have an awesome variety of events for all ages. The Claremont Hog Fest returns this year with the theme "Return to Greatness" and they are planning some great activities. This festival will kick-off on Friday August 6th at 5:00 pm with a community dinner. This will be followed up with two more days of activities that are sure to offer something of interest for everyone. There is also some great pizza and entertainment on Wednesday nights happening in Berne, each week featuring a different band and you can enjoy the concerts free of charge while sitting in your favorite lawn chair. You can also find live music at The Annadine in Dodge Center as well as a Bean Bag Tournament later in August put on by the Wrestling Program with the proceeds donated to Suicide Awareness. I know that I have really enjoyed getting out and about this summer already and talking with people face to face again; it has been refreshing to see people.

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 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

Faith Lutheran Welcomes Interim Pastor

(continued from page 1)

Along his journey, he has encountered many wonderful people that are associated within the church organization and in the community. A friendship was cultivated with a Physical Therapist that he needed to repair an injury to his ankle that happened in February of this year. And Kira Anderson who is the Intern Pastor at Faith Lutheran; she knew Pastor Mike from his first Interim Pastor assignment at a church she attended and was on staff in Faribault. She's currently attending Seminary School and has been

a tremendous help in taking on the tasks of what is required of a full time Pastor role.

Pastor Mike and the leaders are excited to make necessary decisions and changes to meet the needs of the community. Faith Lutheran is moving in a new direction that will benefit the congregation, Dodge Center, and surrounding communities. Faith Lutheran is currently open and following CDC Guidelines for small gatherings. Visit faithdc.org for more information.

Dodge Center Library Offers Summertime Activities

(continued from page 1)

Last year, they offered Crafts in a Bag with instructions that you can take along with you. Since it was a huge success; they are offering Crafts in a Bag this year along with outdoor programs.

Summer Programs include story time at the various parks, activities for older children such as Slime Science, and reading clubs. Grace Sullivan and her children Ezra (8) and Elijah (5) enjoy the programs offered at the library. The Summer Reading Program, the take home art projects, and checking out DVD's. Elijah enjoys earning badges for completing reading and challenge activities. And he loves the Slime Science in the park. Ezra enjoys the books; especially graphic novels.

The library also has a book sale three times a year. People in the community donate books that are placed for sale. The proceeds of book sales go to fund the Library. I visited the book sale and found books for my nephews ages 4 and 9.

Whether you're checking out a book, joining a book club, checking out a board game, or joining the knitting and crocheting group. The Dodge Center Public Library is a place for expanding your horizons, learning, and connecting people together.

You can still join in the summer fun and stay tuned for fall programs:

End of Summer Reading party on August 4 from 2-4pm at the North Park.

Outdoor storytime at Flag Park by the library every Monday at 9am.

Outdoor storytime at Lions' Park every Wednesday at 9am.

Outdoor storytime at North Park every Friday at 9am.

Slimy Science at the North Park pavilion every Tuesday at 1pm (June 8-July 27)

Lego Club at the Lions' Park pavilion every Wednesday at 1pm (June 9-July 28)

Game Day at the North Park pavilion every Friday at 1pm (June 11-July 30)

No registration is required for any of these activities, and all are FREE and open to the public. All activities are subject to weather cancellations. Check our Facebook or Instagram page for any updates or changes.



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TRITON CLASS OF 2021



SENIOR SPOTLIGHT

Chloe Jensen was a senior at Triton High School this year. Her parents are Dale and Tammy Jensen.

Her brothers and sisters are Justin, Amber, Dalen, Dakota, Serena, Dane, Jenna.

In school she was active in Volleyball, Wrestling Statistician Extraordinaire, MHS, SADD, Link Crew, AFS, Softball.

Her favorite food is potatoes.

Her Favorite Band is the Triton School Choir.

After Graduation she plans to finish her associate's degree in nursing at RCTC and then transfer to Winona State University to earn her bachelor's degree.



CHLOE JENSEN

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We've Got Hogfest!

By Megan Ziegler

I recently had the privilege to attend a 150th anniversary of a fellow small town in southern Minnesota. Part of the festivities included an all-class reunion where former cheerleaders led the staple cheer of, "We've got spirit, yes we do! We've got spirit, how about you?" Each of the generations of graduating classmates responded in kind, vying for the bragging rights of being the loudest respondent. Seeing the camaraderie and excitement reminded me that those people may have spirit, but we have Hogfest. That's right, everyone! "We've got Hogfest, yes we do! We've got Hogfest, how about you?" Many of our rural communities have lasting events that bring people together year after year, ours being Hogfest. I sat down with Hogfest 2021 Committee Chairman Kiel Schleusner to talk about the plan for this year's festivities. Here's what we know about the celebration the first weekend in August.

After being cancelled in 2020 due to Covid-19, this year's slogan is "Return to Greatness." The primary goals of Hogfest are for community members to have fun

and to re-engage with neighbors, local businesses, and area organizations that support good causes. Families also use the event to make lasting, multi-generational memories with one another. These are important facets of helping to stimulate growth in small towns.

As with any big event, substantial planning has gone into having a variety of activities to accommodate multiple interests ranging from food considerations to live music. There are also kid-friendly activities, sporting events, and other entertainment options. Kiel Schleusner, David Luedtke, Jessica Schleusner, Vickie Madsen and Debbie Ellis spearheaded the efforts for the past year to organize the event.

True to its name, Hogfest kicks off with a community pork feed beginning at 5pm on Friday, August 6th. The menu will consist of smoked pulled pork, a pickle, chips, sweetcorn, lemonade and water. Dinner is held at the pavilion by the Claremont Fire Station. Good will donations are welcomed. The recommended amount is \$5 per person. Kids under 10 years old are free. This year, staff members from the American Equity Bank in downtown Claremont will be there to mingle and assist with serving the dinner. Two years ago, the Claremont Insurance Agency staff members served the dinner. The Hogfest committee knows this is a great way to foster a positive relationship between local businesses and the community members they serve.

The beer garden will be open from 5pm until midnight on Friday, and beginning at 8am on Saturday and Sunday.

There's plenty to do after the community pork feed on Friday evening. Folks can watch the exciting Garden State Tractor Pull show downtown at 6pm supported by the Claremont Service Center, Inc. Friday caps off with a street dance beginning at 8pm and ending at midnight. Kiel recommends that everyone, "Stick around, have fun and come to the dance!" KOWZ radio station host Brad Kubat will be DJing. If you get hungry again after all that dancing, there will be two food trucks downtown this year to offer a variety of flavors for event-goers, those being True Smoke BBQ and The Compadres Mexican food. They are open daily from approximately mid-morning until late evening.

Saturday, August 7th will be a day full of sports, fun and entertainment! Organize your team for the 8am Volleyball Tournament held at the volleyball courts in downtown Claremont featuring new sand. Family-friendly activities include the bounce house from 10am-3pm, the sand pit with buried coins to find and keep opening at 10am, the petting zoo sponsored by 4-H from 10am-5pm, and face painting by Rookie the Clown from 1pm-3pm. Just for Kix dance group from Owatonna, MN has games and fundraising too. The potato sack races are at 11am, three-legged races are at 12pm, and the tug of war is at 1pm. The



kids cornhole tournament begins at 1pm as well. The kids' games are downtown behind the CHS offices, on the large grass lot.

There's also the main Cornhole Tournament ran by Mankato Area Cornhole on Saturday, August 7th. Registration for the Cornhole Tournament is from 11-11:45am with bags flying at 12pm. The cost is \$40 for competitive division per team, and \$20 for social division per team. Participating in this event is not only fun, but also supports a good cause as Mankato Area Cornhole generates money for homeless veterans.

(continued on page 7)

Lumps and Bumps on My Pet

Imagine petting your dog or cat and finding a lump, something you hadn't noticed there before. Feeling alarmed, you turn to an online search engine, which yields lots of scary diagnoses: cancer, tumor, cyst, fatty mass.

What does this all mean? And which condition does your pet actually have?

According to Dr. Dana Connell, a third-year veterinary oncology resident at the University of Illinois Veterinary Teaching Hospital in Urbana, the best action for pet owners to take in this common scenario is seeking veterinary advice.

"Lumps can be found anywhere on a pet's body," Dr. Connell says, "though they are typically found on the top of the head or chin, in areas where the animal is frequently touched." Lumps, or masses, also appear on the legs and underside of the body, but are less likely to be discovered there by the owner.

The size of a mass varies, depending on what it is made of and how long it has been on the pet. Masses are seen commonly in both dogs and cats, but the tendency in practice is to see more dogs. Any breed of dog or cat may develop a mass.

It is important to determine what the lump is so that it can be treated appropriately.

Different types of masses will have different consistencies. Those that are fatty in nature will be underneath the skin, soft, and freely movable. Other masses can be hard and immovable.

"The pet's age may provide an indication of what the lump is," Dr. Connell says. For example, a young animal is more likely to have an abscess, cyst, or trauma manifest as a lump. A veterinarian will take into account how old the patient is and how long the mass has been there.

"Usually the first step for a diagnosis is to perform a fine-needle aspirate," explains Dr. Connell. During this procedure, a thin needle is inserted into the mass to collect cells. The cells are then placed on a slide and examined under a microscope. Some mass types, such round cell tumors and carcinomas, are easily identifiable with a fine-needle aspirate.

If this procedure does not yield a diagnosis, then a biopsy is often the next step. During a biopsy, a small section of the mass is removed for testing. A biopsy can be done under local anesthesia or full general anesthesia, depending on the animal's temperament and what the veterinarian determines to be the safest method.

"If neither of these procedures provides a conclusive diagnosis, your veterinarian may recommend a CT scan," Dr. Connell says. CT stands for "computed tomography," an imaging method uses a computer to generate a three-dimensional representation of the body from a series of X-rays. This imaging option provides a clearer picture of more invasive lumps and is especially useful for surgical planning and staging. This can be used in addition to the biopsy.

"After we determine what the mass is, we can discuss treatment options with the owner," Dr. Connell says, "A lot of times owners are afraid to come to the veterinarian after they've found a lump because they fear it is cancer and a death sentence for the pet."

The truth is, having the pet examined as soon as the lump is found will give the pet the best chance at a healthy life.

A tumor can either be benign or malignant. If benign, the veterinarian will likely advise the owners to monitor the lump to check for any changes or growth. If the animal becomes bothered by the lump, then it could be removed. A malignant tumor will require more aggressive treatment tailored to the individual animal. For some masses, the tumor can be removed with surgery, which may be followed with chemotherapy or radiation therapy.

"In June the Veterinary Teaching Hospital began offering radiation therapy with a state-of-the-art linear accelerator that delivers a high degree of precision. That means it targets tumors and spares nearby healthy tissue," explains Dr. Connell. "We now have the most advanced technology for veterinary radiation cancer treatment in the Midwest."

Dr. Connell's main advice for owners is to seek expert opinions from a veterinary professional as soon as possible. "Accurate information is empowering, whereas the volume of information and potential diagnoses found online can be overwhelming."

If you have questions regarding a lump or bump on your pet, contact your local veterinarian.

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We've Got Hogfest!

(continued from page 6)

Another big event on Saturday, August 7th is the Southeast Area Tractor Pullers antique tractor and truck pull beginning at 10am. The tractor and truck pull will be held at the CHS lot on the southwest side of Claremont on Front Street. Registration and a driver's meeting will be held before the 10am start time. The cost is \$20 per hook. Classes consist of farmstock, sportsman, improved farm, and open classes ranging from 4,500 up to 13,500 pounds. During this event, you can grab a delicious walking-taco and a variety of beverages from the Claremont Fire Department concessions, starting at 10am.

Saturday wraps up with live music performed by The Dangers from 8pm-12am for the second street dance of the weekend. The Dangers feature rock, country rock and country genres.

Sunday, August 8th kicks off with the ever-popular pancake breakfast, provided and served by the Hogfest committee, from 7am-11am inside the Claremont Fire Station. A goodwill donation of \$5 per adult and \$3 per child is recommended. The menu consists of pancakes, toast, bacon, eggs, sausage, milk, juice and coffee.

If you're interested in a non-denominational community church service, the Presbyterian church from Claremont hosts this event at the pavilion at 10am. All are welcome.

Next, come and view the incredible lineup of cars, customs, rat rod, hot rods and motorcycles at the car show sponsored by Southside Speed Shop in Owatonna, MN. Registration for the car show begins at 8am on Sunday, and the event runs from 9am-1pm. The cost to enter a vehicle is \$10. Spectators are free. This event will be held in partnership with the non-profit organization Operation: 23 to Zero. All proceeds will go to support the organization's efforts to curb veteran and military suicides through robust networking and support from fellow military members.

Sunday afternoon's events include the parade and the water wars. The parade begins at 2pm. There's no fee to enter the parade for residents. Staging will be near CFS and County One. The parade, led by the Guard and followed first by community members and kids' entries, will proceed down Front Street going east, then north on East Street, then west on Second Street, then north on County One, and finally east on 3rd Street. Parade entries from community members, such as floats, tractors, or classic cars are encouraged with the gentle reminder to keep them family-friendly and positive. The kids' portion of the parade will be judged, and there will be prizes for the top five entries. And yes, candy throw-

ing is welcome.

After the parade on Sunday, starting between 3 and 4pm, will be the water wars. Watch the action as teams of firemen and firewomen compete in moving the 55-gallon drum with their water power.

As with any big event, safety and health considerations have been an important aspect for the planning committee. Police officers, Claremont Fire Department members and First Responders will be on-site and available at all times. Hogfest staff members can be identified by the word "STAFF" printed on the back of their teal Hogfest t-shirts. There will be washing stations near the porta potties for people to use. No Covid restrictions have been set by event organizers as they trust people to exercise good judgment and personal preference as appropriate. Approximately forty garbage cans provided by Skjeveland Enterprises will be set up throughout the town to help keep the streets clean. These are periodically emptied throughout the weekend by dedicated Hogfest staff.

Hogfest has its own Facebook page to inform the community of event details. You can purchase a Hogfest t-shirt for \$20 or a Hogfest hoodie for \$40 using the links posted on Facebook to show your Hogfest pride and support the event. Promoting the event is also done on KOWZ radio station and through the monthly newsletter that Claremont city residents receive with their water bill. Please be sure to check out the Facebook page at



"facebook.com/ClaremontHogfest" for the latest information as the weekend draws near.

If you come to Hogfest every year as an avid supporter, thank you. If you're newer to the area, we encourage you to come and check it out. Hogfest couldn't be done without the time, talent and treasure of areas businesses, volunteers, organizations, committee members, community members and spectators. Let's all join together to make this year memorable! And if you catch yourself joking about spirit cheers, more power to you. We've got Hogfest, yes we do! We've got Hogfest, how about you?

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Dennison Days Returns Saturday, August 7



The Dennison Lions Club will host Dennison Days coming up the first weekend in August, and again, many old favorites return to the weekends event schedule.

At press time, some events were still being confirmed, as the Lions Club was only able to begin planning for the event a few weeks ago.

Saturday morning kicks off with the Waffle Breakfast and the BBQ cook off. If you want to participate in the BBQ cook off, just give Steve a call or text at 612-968-9547, or e mail him at kingpin1876@gmail.com.

City Wide Garage sales are also part of the days events.

At press time, Dennison Lutheran Community Church was working to bring the Red Cross Bloodmobile to town again. That will be confirmed in the coming days. Space for flea market or farmers market vendors will be available across the street on the lot located to the south of Fireside.

Also back by popular demand, Dads Waffle Breakfast returns and serves from 8 AM to 11 AM under the big tent on main street hosted by The Dennison Church. The

Classic Car Show hosted by the Clutchmen Club will again be on main street across from the Fireside. Those interested in the Car Show can also contact Steve King at 612-968-9547.

Other activities include Euchre at The Fireside Lounge and the Truck and Tractor Pull on on the north side of town. The 5 K Run/Walk returns this year. Participants can sign up after 7 AM on main street and be a part of a fun activity to help raise funds for the Dennison Community Lutheran Church and their outreach programs. The race kicks off at 8.

For participating runners, a Free Waffle Breakfast is included that you may enjoy before or after the run. Several food booths will be on main street to keep you filled up with your favorite summer "fair" food, including the Cannon Falls Lions Club. Sign Up for the kids pedal pull begins at 10:30 am with the pull at 11 AM on Main Street The Dennison Days Parade is at 1:30 PM.

Afternoon events include: DESIGNER PURSE Bingo under the big top at 2 PM,

The Keg Toss is scheduled for 6:30 across from the Fireside. (Crowd Permitting)

Again this year is FREE EVENING ENTERTAINMENT under the Mainstreet tent This years musical act will be announced soon as well.

After a year without outdoor and family events, the Lions Club looks forward to hosting this annual event once again for the area.

Watch www.dennisondays.org for updates.

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DODGE CENTER COUNCIL MINUTES June 14, 2021

A regular meeting of the City Council of the City of Dodge Center, Minnesota was held on Monday, June 14, 2021 at 6:00 p.m. City Council Chambers and Tele-Meeting, City Hall, Dodge Center, Minnesota.

Council members present: Mayor Bill Ketchum, Gary Trelstad, Cathy Skogen, Paul Blaisdell, Matt Maas

Council members absent:

City staff and others present: Joshua Tetzlaff, City Administrator; Tina Kozisek, Administrative Assistant; Bryce Lange, Assistant City Administrator; Dave Kenworthy, Fire Chief; others.

Meeting Called to Order

Meeting called to order by Mayor Bill Ketchum at 6:00 p.m.

Adopt Agenda

Motion made by Trelstad, seconded by Skogen, to approve the Agenda. Motion carried unanimously.

Public Participation

Alissa Oeltienbruns, Southern Minnesota Initiative Foundation (SMIF) was present to give Council a summary of what the organization has been doing the past year.

Public Hearing –

Garbage Haulers Code Revision

Mayor Ketchum opened the hearing at 6:10 PM. Tetzlaff gave a little background on how these revisions came to be. Back in 2018 there was a committee that met and put these revisions together, but the revisions had never been formally adopted. The updates that are being added are that there will not be more than four licenses and as haulers rescind their licenses the city will continue to drop the number of licenses until there are only two. The City is not obligated to issue a license, haulers are not able to transfer a license unless City Council give prior approval, collection can only be scheduled between 7:00 AM to 6:00 PM Monday-Friday, and the City may revoke a license if there are any violations found. Being there were no additional comments Mayor Ketchum closed the hearing at 6:16 PM.

Motion made by Blaisdell, seconded by Skogen, to approve Ordinance No. 151, Amend Section 8.25 Garbage and Refuse Haulers. Motion carried unanimously.

Approval of Minutes

Motion made by Trelstad, seconded by Skogen, to approve minutes of the May 24, 2021 City Council Meeting, the May 3, 2021 EDA Meeting, the May 18, 2021 HRA Meeting, and the May 3, 2021 Planning & Zoning Commission Meeting. Motion carried unanimously.

Approve Payment of Bills

There were 3 additions to the bills that came in after packet had gone out and would be due before the next Council meeting. Humana for \$934.73, Sunshine Foods \$48.14, and Wex Bank \$1,439.61.

Motion made by Trelstad, seconded by Skogen, to approve payment of bills as

amended. Motion carried unanimously.

Staff Reports

Assistant City Administrator

Bryce Lange, Assistant City Administrator, presented more research into possible solutions to the Meadowview stormwater pond. The first option is to install an Airmax PondSeries aeration system.

The cost of the system is \$1,702.99 and comes with a two-year warranty. Talking with maintenance staff it would be possible to trench electricity to the area in order to power the aeration system. The cost to run electricity for the system is estimated at \$180-\$200 per year. Staff would recommend this option.

The second option is to using Microbes from ChemTech, which would require City staff to apply the product to the pond once per month. This treatment would not only take care of the algae that sits on top of the pond, but would also eat away at the sludge that has settled at the bottom. The cost of this is \$540 per application and would need to be applied 4 times in the summer months.

With the way the pond is currently there is a question if an aeration system alone will work of if a combination of the two would need to be used to start out. Council would like to try to see if the Microbes would work for the odor.

Motion made by Skogen, seconded by Maas, to approve use of ChemTech Microbes to clean up the Meadowview stormwater pond. Motion carried unanimously.

Lange presented information to Council on a possible update to City Code regarding utility sheds. Recently there has been a lot of permits requested for accessory structures such as detached garages and utility sheds over 120 square feet. Our current code defines a utility shed as “an accessory structure of 120 square feet or less.” State Building Code does not require a building permit for a structure under 200 square feet, so this change would align our City Code with State Building Code. This would also require building permits for all detached garages and allow more flexibility for utility sheds on properties, many of the permits being requested are those that are 160 square feet and come already built. The total allowable square footage of all accessory structures on a parcel, and required set backs would remain the same. Staff is requesting to hold a public hearing to con-

sider amending the ordinance.

Motion made by Blaisdell, seconded by Trelstad, to approve staff setting a public hearing to consider amending City Code Sec. 4.10, Subdivision 2, Paragraph 147, and allowing staff to choose the date. Motion carried unanimously.

Administrator’s Report

A. SMIF Annual Donation

In the past the City Council has donated \$1,250 to SMIF. Staff is recommending that a donation of the same amount be made for 2021.

Motion made by Trelstad, seconded by Skogen to donate \$1,250 to SMIF. Motion carried unanimously.

B. Replacement of Glass at Post Office

This past winter one of the post office employees stated that while the maintenance crew was blowing snow off of Main Street, a rock was thrown from the blower and hit and broke the window of the post office. The cost of a replacement window is \$447. When talking to the maintenance superintendent the rock ended up in the street because the person contracted to do snow removal for the post office had gotten railroad rock mixed in with the snow being removed from the parking lot. Staff is recommending not paying for the replacement window at the post office.

Motion made by Blaisdell, seconded by Maas to not pay to replace the broken window at the post office. Motion carried unanimously.

C. New Sod

With the recent high temperatures, the sod that was laid in association with the 2020 Improvement Project is beginning to brown from lack of watering. The terms of the contract stated that the contractor was required to water the sod for the first 30 days to allow it to establish. In the past after the contracted time the adjacent resident has continued to water the sod, but with the lack of rain recently residents are requesting a break in their water bill if they continue to water the sod. The City has not done this in the past. Blaisdell wonders if we should check with the contractor again because the sod was supposed to be laid in the fall, not at the start of the summer. No action was taken at this time to allow for further research.

D. Hire Paid On-Call EMT

The ambulance is requesting to hire a paid on-call EMT.

Motion made by Trelstad, seconded by Skogen, to approve hiring a paid on-call EMT. Motion carried unanimously.

**At 6:52 PM the meeting was closed for an Executive Session.

**Council re-opened the meeting at 7:05 PM.

Motion made by Trelstad, seconded by Blaisdell, to schedule a public hearing on a date of staff’s choosing for open discussion on the brush dump land. Motion carried unanimously.

Miscellaneous

None.

Adjournment

Motion made by Trelstad, seconded by Skogen, to adjourn at 7:07 p.m. Motion carried unanimously.

Respectfully Submitted,

Tina Kozisek, Administrative Clerk



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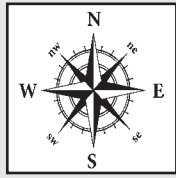
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Changes in Latitudes, Changes in Attitudes

The Tennessee Tilt



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 saw pickup trucks driving around like this and thought there must have been a mechanical failure. Then I found out it was actually a fad. It comes from giving a perfectly good four-wheel drive pickup to someone lacking in common sense. They call it the Tennessee Tilt and it has been seen in neighboring North Carolina where they call it the Carolina Squat. It is a terrible new trend for pickups from the millennial country kids. You take a perfectly good 4x4 truck and then you jack the front up so the headlights are in the trees and the back of your truck resembles a dog with an itchy butt, rubbing across the carpet.

I have spent my life driving pickup trucks. A man is not a real man unless he

owns one. He uses it daily and he treats it with respect. You put every thing in the back including the kitchen sink and you want it to stay there.

No logical, intellectual being would slope the bed of the pickup box to self-unload everything you put in there. You put over-size springs on the rear axle so a heavy load doesn't have you dragging the hitch ball down the highway. You want clearance so you don't get hung up on a stump when you go off road.

But down here some hillbilly brain trust came up with a backwards way to make the most noble vehicle on the road look silly. I first thought that "Bubba" found a way to load his fishing skiff without a trailer. Just back that old truck down to the water and run the john boat up in the box. But it is mostly new pickups which were emasculated and sent down the highway looking like some punk at the mall with his pants hanging below his underwear.

It has become bad enough, that the state legislature passed a law to ban this practice, stating; "A private passenger automobile shall not be modified or altered by elevating the automobile more than 3 inches from the manufacturer's specified height in the front and lowering the automobile more than 2 inches from the manufacturer's specified height in the rear."

One of the great things about being an old farmer is that you are actually smarter than most kids, and ornery enough to tell them so.



A Minnesotan: Fireworks



By RosaLin Alcoser

2020 was the first Fourth of July that I spent in Minnesota in years and it was the first year that I had spent it at the lake in years. The years before when I was in school in Missouri and I spent most of those Fourth of July's in the city.

I have found that the biggest difference between being in the city vs being on the lake for the Fourth of July is the way we view the fireworks. Years where I have spent it at the lake. The large colorful bust of the fireworks can be leisurely viewed from the water, dock, or the deck. It's beautiful as the fireworks go off over the

water from afar.

While when the holiday is spent in the city the experience is different. The fireworks go off from all the different parks and people's yards; sometimes in the yard right next to your house. And the streets are packed with people in lawn chairs to watch the chaotic firework display going off around them.

Last year I personally did not get either of these experiences as I was the town reporter; which meant I was at the one Firework display going on in town. Once the Independence Day softball game was over the firework display started and lasted for about half an hour. It was held at the fairgrounds and while some people lined the streets in town, most people watched from the back of their cars at the fairgrounds.

I spent it watching from the back of my hatchback at the fairgrounds... well, my Mom did. I viewed the whole thing through my camera lens while I jotted down notes about the event.

This year though this year will be different as I now live in the cities and will not be covering local events. Instead I will have to be one of those people who views the chaotic display from their home or by going outside to view it from the street.

S THE SAVVY SENIOR



By Jim Miller

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Dear Savvy Senior,

Over the past few years my 57-year-old husband's snoring has gotten much worse. It's to the point that I have to either wear earplugs or move to a different room. Any suggestions?

—Sleep Deprived Susan

Dear Susan,

Snoring is a very common problem that often gets worse with age. Around 37 million Americans snore on a regular basis according to the National Sleep Center.

Snoring occurs when the airway narrows or is partly blocked during sleep usually due to nasal congestion, floppy tissue, alcohol, or enlarged tonsils. But you and your husband also need to know that snoring can be much more than just an annoyance. It can also be a red flag for obstructive sleep apnea, a serious condition in which the snorer stops and starts breathing during sleep, increasing the risks of cardiovascular disease, stroke, cardiac arrhythmia and hypertension. According to the American Academy of Sleep Medicine, 34 percent of men and 19 percent of women who snore routinely have sleep apnea or are at risk for it.

Self-Help Remedies

Even if you are unsure whether your husband has a primary snoring problem or sleep apnea, sleep experts suggest you start with these steps.

Open a stuffy nose: If nasal congestion is causing your husband to snore, over-the-counter nasal strips such as Breathe Right may help. Or, if allergies are the cause, try saline nasal sprays.

Elevate his head: Buying a foam wedge to elevate his head a few inches can help reduce snoring, or buy him a contoured pillow to lift his chin and keep the tongue from blocking the back of his throat as he sleeps. Also check out Smart Nora, a wireless snoring device that slides under the pillow and gently moves the head to a different position when snoring is detected. This, they say, stimulates the relaxed throat muscles and opens the airway.

Sleep on side: To prevent back sleeping, which triggers snoring, place a pillow against your husband's back to keep him from rolling over or sew a tennis ball in the back of his pajama shirt. Or check out the Night Shift Sleep Positioner, a device that's worn around the neck that vibrates when you roll on your back.

Avoid alcohol before bed: Alcoholic beverages can relax the muscles in the throat, and constrict airflow. He should not consume alcohol three to four hours before bedtime.

Lose excess weight: Fat around the neck can compress the upper airway and impede airflow and is often associated with sleep apnea.

Quit smoking: Smoking causes inflammation in the upper airways that can make snoring worse.

Need More Help

If these lifestyle strategies don't make a big difference, your husband should see his doctor, a sleep specialist, or an otolaryngologist who may recommend an overnight study to test him for apnea.

For primary snoring or mild to moderate sleep apnea, an oral appliance that fits into the mouth like a retainer may be prescribed. This shifts the lower jaw and tongue forward, keeping the airway open.

Some other options are Theravent snore therapy and Provent sleep apnea therapy, which are small nasal devices that attach over the nostrils to improve airflow.

But the gold standard for moderate to severe sleep apnea is a continuous positive airway pressure, or CPAP, device. This involves sleeping with a mask and is hooked up to a machine that gently blows air up your nose to keep the passages open.

If these don't work or are intolerable, surgery is an option too. There are procedures available today that remove excess tissue in the nose, mouth, or throat. And a newer procedure called hypoglossal nerve stimulation that uses a small device implanted in the chest to help control the movement of the tongue when it blocks the airway.

CROSSWORD

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SUDOKU ANSWERS

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- THEME: SUMMER OLYMPICS
- ACROSS**
1. Welsh dog breed
 6. With juice, or au ____
 9. Pirate's yes, pl.
 13. What a subordinate does
 14. Cigarette residue
 15. Chimney cleaner
 16. Coffin holders
 17. "Sheep be true! ____-ram-ewe!"
 18. Poisonous Christmas berry
 19. *First U.S. city to host Summer Olympics
 21. *Swimmer with most Olympic medals
 23. Part of a min.
 24. *Field hockey's stick and ball, e.g.
 25. Gayle King's network
 28. Capital of Latvia
 30. *Canoeing: slalom and ____
 35. Rhine tributary
 37. Building annexes
 39. A in AV
 40. Three-ply cookie
 41. *Madison cycling, e.g.
 43. *Light ball tap, in volleyball or tennis
 44. What hoarders do
 46. Not happening (2 words)
 47. Half-rotten
 48. *Martial art debuting in Olympics in 2021
 50. Make a plaintive cry
 52. Short for although
 53. Luau instruments
 55. Street in Paris
 57. * ____ horse in gymnastics
 60. *One of pentathlon events
 64. Kentucky Derby drink
 65. Rock in a glass
 67. Small Asian ungulate
 68. Spy's cover
 69. Not a win nor a loss
 70. Run off to marry
 71. Pat dry
 72. Eastern Standard Time
 73. Between shampoo and repeat
- DOWN**
1. Corn units
 2. Final notice?
 3. Rod attachment
 4. Greek sandwiches
 5. Federal Reserve in relation to U.S. currency
 6. *Boxing moves
 7. *All-time Olympic record holder in medal count
 8. Popular fitness magazine
 9. Military no-show
 10. Crowd-sourced review platform
 11. Mature elvers
 12. I do this with my little eye
 15. Tibetan mountaineer
 20. Slipperier
 22. ____-been
 24. London's Tyburn Tree, e.g.
 25. Kick the bucket
 26. Thailand's neighbor
 27. Give sheep a haircut
 29. A valley in Scotland
 31. "Ant-Man" leading actor
 32. Dostoevsky's "The ____"
 33. Beethoven's famous symphony
 34. *2021 Olympic host
 36. Civil Rights icon
 38. Long adventure story
 42. ____ welcome!
 45. Tree cutters' leftovers
 49. ____ out, as in victory
 51. One suffering from tuberculosis
 54. Chosen few
 56. Food safety threat
 57. *Threat to muscles
 58. Mixture
 59. Source of protein
 60. Pedal pushers
 61. Golf club
 62. Midday slumbers
 63. High school club
 64. #6 Down, sing.
 66. Post-Soviet Union union

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*Tour dates are subject to change without notice. See website for details.

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*Tour dates are subject to change without notice.

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West Concord Survival Days 2021

July 22 – 25
36th Annual



Thursday, July 22

7:00 pm Guns vs Hoses Charity Softball Event (Police, Firefighters, EMS)

donations will be made to Mental Health Awareness and Suicide Prevention

Friday, July 23

7:00 am-11:00 am Methodist Church Coffee Shop & Doughnuts

8:00 am City Wide Garage Sales begin - List available in WC Messenger Newspaper

9:00 am-1:00 pm Garage Sale & Museum Open - West Concord Historical Society

6:00 pm Garden Tractor Pull—South on Front Street

6:00 pm Food Stands/Beer Garden Open

6:30 pm Bean Bag Tournament Registration w/7:00pm Start Time--East Main Street Area (if rain, held in Fire Hall)

6:30 pm Memorial Park Ribbon Cutting Ceremony & Activities (kids games & food)/Mayor's Key/
Miss West Concord Pageant/Citizen of the Year/Baby Contest – Memorial Park Sport Court (next to swimming pool)

7:00 pm 5 K Color Run/Walk Registration w/7:15 pm Start Time- Line up at Memorial Park – by the pool

9:00 pm-12:00 am Music under the Big Tent - “Still Jammin’ Too - Band” - Admission \$5 or Button

10:00 pm FIREWORKS - East Main Street (Bring Lawn Chairs) [Rain Day is Saturday Night 10:00 pm]

12:30 am - Last Call, 1:00 am Beer Garden Closes

Saturday, July 24 **Garage Sales Continue**

8:00-11:00 am Fire Department Burrito Breakfast – Fire Hall

8:00 am-noon Scott Hodgman Classic Car & Bike Show – Main Street

8:00 am Softball Tournament Starts

8:30 am-3:30 pm Garage Sale & Museum Open - WCHS

9:00 am Sandpit Volleyball Tournament begins

9:00 am 3 on 3 Basketball Tournament

11:30 am Treasure Hunt at the Swimming Pool - ages 2-12 are welcome, bring swim suit

11:00 am-4:00 pm Kids’ Activities/Bounce House - East side of mini storage

1:00 pm Library Program, “The Irish Piper Story” with music, presented by Laura MacKenzie – Lion’s Park (in case of rain, Methodist Church) *“This presentation made possible by a Library Legacy Grant”*

2:00-5:00 pm Rochester Rough Riders “Mud Bog”-- Hyland Systems (Old Football Practice Field)

3:30-6:00 pm Rookie the Clown – East end of Main Street

5:00 pm Beer Garden/Food Stands Open

7:30 pm Excavator Rodeo – East end of Main Street

8:30 pm-12:30 am Dance Under the Tent - “Devon Worley Band” ~Admission \$10 or \$5 with a button

12:00 am Ticket Sales End, 12:30 am Last Call, 1:00 am Beer Garden Closes

Sunday, July 25

7:00-11:00 am American Legion/Auxiliary Breakfast -- Legion Hall, Main Street

8:00 am Softball, & Volleyball Tournaments Resume

9:30 am Community Worship Service – Lion’s Park (bring your own lawn chair – in event of rain, service will be held at the Methodist Church)

Noon Beer Garden/Food Stands Open

Noon-3:00 pm Trinity Lutheran Pie & Ice Cream Social -- Under the Tent

1:00 pm **Grand Parade** -- Route: Streets (Main/Front→Main→Third→Eugene→First→Olive→Front→Main)

2:00 pm Firefighters’ “Water Fight” - East End of Main Street

2:00-3:30 pm Music under the Big Tent after the Parade “CCB Jazz”

3:30 pm BEER GARDEN CLOSES



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For More Information call City Hall (507) 527-2668 or visit
www.westconcordmn.com

All Events Subject To Change or Cancellation



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