

Volume 4 • Issue I

Postal Customer ECRWSS

APRIL, 2022

DODGE CENTER MINNESOTA

Dodge Center Lions Seeking Nominations for Citizen of the Year

Dodge Center Lions are seeking nominations for Citizen of the Year. Community members may nominate someone for the honor. If you are aware of an active community volunteer, please submit a letter of nomination stating the reasons you believe that person is a good candidate to be named Dodge Center Citizen of the Year. Active couples in Dodge Center may be nominated together. Nominations must be submitted to Dodge Center Lions Club, P.O. Box 364, Dodge Center, MN 55927 by May 15, 2022.

Special Congressional Election Next Month includes all of Dodge County

There's a special election on May 24th. Maybe you've heard about it, but maybe you haven't. It is a "Special Election" mind you. *(continued on page 3)*

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.

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

Triton Teacher of the Year

By Kenya Narveson

)odge Center

Kristen Tischer was awarded the 2021-2022 Teacher of the Year Award. She is a high School math teacher. Kristen has taught Geometry, Accelerated Geometry, Algebra, Advanced Algebra, PreCalculus, Computer Programming, Probability, Power Math, and FUN math.

Currently she teaches Geometry, Accelerated Geometry, Computer Programming and Power Math to high school students grades 9-12.

Triton hired Kristen in 2005 as a full time teacher. Previously she had been a long term

substitute and summer school teacher in the Rochester school district. She was familiar with the Rochester school district because she graduated from John Marshall High School; then went to the University of Minnesota- Duluth and graduated with an education degree.

As part of the nomination process for Teacher of the Year, colleagues have to write a brief explanation of who they are nominating. Some of her colleagues wrote," Kristen Tischer brings kindness to everyone she teaches and works with. Every year her students state how much they appreciate her.



Kristen Tischer

Her extra effort with students that struggle with mathematics, does not go unnoticed. Her ability to get the best out of those students is truly life changing. They may not pass a math class without her help." Another colleague wrote,"Kristen is the teacher I aspire to be. She's organized, she is extremely knowledgeable, and most importantly she is warm hearted and caring. Mrs. Tischer makes her classroom a welcoming space for all.

Her door is always open and she always makes time for students, even students that are not on her roster.

(continued on page 4)

MBT Bank Welcomes new President Adam Richards is the new market president at MBT Bank



Adam Richards

He is looking forward to helping the bank grow in town. He sees Dodge Center as an industrial city that provides a good wage to many employees and provides the opportu-

in Dodge Center. Adam grew up on a crop and hog farm

near Buffalo Lake, Minnesota. He attended Luther College

and majored in business and economics. After working for

the Target Corporation in different locations in Minnesota

and Wisconsin he decided to get back into the agriculture

sector and took a position with Stine Seed Co. He spent ten

years with Wells Fargo, starting in Dodge Center and then

Faribault when the Dodge Center location closed. He most

recently worked for Reliance Bank in Faribault, before

nity to offer many banking needs from small consumer loans to large business lines of credit.

coming to MBT Bank.

Adam and his wife, Angie, live in Mantorville with their two children, Parker and Calleigh, who are in seventh and tenth grade, respectively. Angie is in sales and catering with Avra Hospitality in Rochester. They stay active with all the school sports the kids are in and are also big U of M fans and enjoy tailgating at games.





transaction, Dodge County Land Title Company is committed to providing real estate transactional expertise and personal customer service.



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Religion

- DODGE CENTER MESSENGER -





Rev. Karen R. Larson Zwingli United Church of Christ (The Berne Church)

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends." John 15:12-13

When I was a child in church, I felt warmly cared for by our small-town congregation and encouraged by the message I heard there of God's love and salvation. Because of that love, I wanted to follow Jesus Christ, the Son of God.

But as I got older, I began to hear a different message underlying the first, one that seemed to contradict the good news of God's love. This message had to do with how Jesus saves-the actual mechanics of salvation. I learned that, by dying on the cross, Jesus paid the whole debt of human sin, which was necessary for God to accept sinners he would otherwise condemn to hell. Without the death of this innocent one, divine justice would force God to reject all of us.

This message pushed me away from the Church. Maybe it did you, too. Why would a

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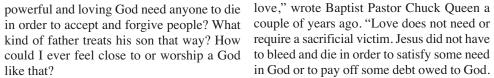
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Messenger



This message-called the penal substitution theory of the atonement-remains popular among many Christians. In some circles, it is the only approved way to understand Christ and the cross.

Substitution theory, however, is only one of many theories of the atonement-how humans are reconciled with God through Christ-all of which are grounded in Scripture. (See Romans 3:21-26 for substitution theory.)

Another theory, popular in the early Church, teaches that Christ's life was paid as a ransom to Satan, to free humanity from his evil clutches (Matthew 20:28, 1 Timothy 2:5-6). Another theory claims that Christ's crucifixion and resurrection are God's victory over evil and death in a cosmic spiritual war (read the Revelation to John). A newer theory claims that the sinless Jesus is the sacrificial scapegoat (Leviticus 16) who exposes the foolishness of all scapegoating to end violence-based religion forever.

Still another theory says that Jesus's willingness to love, heal, feed, forgive, and question the status quo-even when they lead to his own suffering and death-shows us the nature of God and a godly life (John 15:9-17). God is not remote but very present with us in our own suffering and death. The cross breaks our hearts of stone and wins us over to Christ.

"God's attitude toward God's children is

Faith Lutheran Church

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Traditional Worship 8a.m.; Fellowship 9a.m Christian Education 9:15a.m. Contemporary Worship 10a.m.

Grace Lutheran Church

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

14 Central Avenue N, Dodge Center Rev. Elliot Malm• 507-633-2253

couple of years ago. "Love does not need or require a sacrificial victim. Jesus did not have to bleed and die in order to satisfy some need in God or to pay off some debt owed to God. God is able to forgive freely."

All these theories of the atonement are merely human constructions. As Anselm wrote a thousand years ago, theology is "faith seeking understanding." Naturally, we want to understand how Christ saves us-and surely God appreciates how his little ones try. Yet humility requires we not get overly attached to any of our ideas.

Perhaps one standard by which we can judge our ideas is the difference they make in our lives. Good theology shows up as good living. The way we imagine God interacting with humanity becomes the model for our own ways of being in relationship. Believing in a wrathful, punitive God often leads to angry, judgmental people. Believing in a God who hangs out with sinners, invites transformation, and delights in reconciliation can turn us into people who reflect that image ... into people who act like Jesus.

With his death looming near, Jesus said, "No one has greater love than this, to lay down one's life for one's friends." In this Easter season, may we grow closer to this One who gave up his life on an empire's instrument of torture-not to appease an angry God-but to show the lengths to which God will go to love the world.

I believe this is what the cross means. It is the ultimate invitation into the heart of God.



Beth Hanggi

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Area Church Directory Lord, King, and Savior

Scripture Reading — Isaiah 32:1-8

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Each one will be like a shelter from the wind and a refuge from the storm, like streams of water in the desert. — Isaiah 32:2

How amazing parents are! They sacrifice so much for their children and are eager to provide opportunities for them. A key preoccupation of seafarers during their visits to ports around the world is to buy books, toys, and clothes to bring back for their children. Parents show love and protection in so many ways for their children, and God does the same for us.

In Isaiah 32, God shares a wonderful announcement. This comes in the midst of warnings to God's people, who have turned away from him to rely on the power of other nations (see Isaiah 28-31). But even though the people have been unfaithful, Isaiah reminds them that God has promised a kingdom of righteousness.

Today we know that the King who "will reign in righteousness" is Jesus, and leaders who follow his ways will rule with justice. This means that everyone-young and old, men and women, parents and children-all will be able to flourish and learn and grow in peace.

God's kingdom is a refuge from the storms and troubles of life. The Savior, Jesus, has given us new life and promises it "to the full" (John 10:10). We need not fear or dread the future. Families and communities can thrive. And our King invites us to welcome others in from the storm. Praver

Lord, King, and Savior, you are our refuge and strength. You care for us with love and compassion. Help us to care for and love others as you have done for us. Amen.

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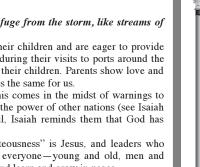
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Dodge Center SDA Church 410 3rd Ave. SW, Dodge Center • 507-374-6895 Sabbath School 9:15a.m.; Saturday Worship 11a.m.

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)





April, 2022

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Community & Obituaries

April, 2022

- DODGE CENTER MESSENGER -

And early voting has already started. If

you're in the 1st Congressional District, you

can go today to your county seat of govern-

ment and vote and be involved in the elec-

If you're looking for a candidate to select,

you probably haven't heard about me, be-

cause I'm brand new to the political scene.

I've never run for office before, and I've

never even thought about jumping into the

fray out of a need to be "known" like most

toral process — it is always worth it!

Special Congressional Election Next Month includes all of Dodge County

(continued from page 1)

Rodney Dale Thompson

Rodney Dale Thompson, 85, of Dodge Center, MN died on April 4, 2022, at Mayo Clinic St. Mary's Campus in Rochester, MN.



Rodney was born on April 1, 1937, in St. Mary's Hospital in Rochester, MN. He was the son of Kenneth and Mildred (Knudson) Thompson. They lived on a farm where he grew up loving farming. He told his children that at the age of 6 he had his own milk cow. He rode his pony to fetch cows from the pasture, enjoyed tractor driving and all things farming.

He graduated from the Dodge Center High School where he played football and was a member of the FFA. After high school he joined the U.S. Naval Air Reserves.

He met his wife, Carol Ann Rasmussen in high school. They were married and continued on the farm where

they raised their family. They were blessed with four children: Deborah (Keith) Gustafson of Waleska, GA, Stephen (Elizabeth) Thompson of Pembroke Pines, FL, Paul Thompson of Minnetonka, MN, and Marcia Thompson of Dodge Center, MN. They have eight grandchildren: Erik (Sookie) Gustafson, Nathan (Jessica) Thomas, Zachary (Kanlaya) Thompson, Lisa (Bert) Sloan, Zoe Thompson, Travis (Meghan) Thomas, Michael and Kristina Thompson. There are three great-grandchildren: Elsa, Lukas, and Aria.

He was a hard worker and found much enjoyment on the farm. In his spare time, he liked to hunt deer and fish with his sons. The family spent many years at their family campout in northern Minnesota where he led the way on the bike trails. He traveled miles in his motor home. His winter retirement years were spent in southern Texas. He spent many hours watching wildlife out the window.

A memorial service for Rodney was held at 11:00 a.m. Saturday, April 9, 2022, at Faith Lutheran Church, 308 2nd St NW in Dodge Center, MN. Reverend Dave Wall officiated. Visitation was one hour prior to the service at the church. Inurnment was in Riverside cemetery in Dodge Center, MN.

To share a special memory or condolence please visit www.czaplewskifuneralhomes.com, Czaplewski Family Funeral Homes, 25 South Street SW P.O. Box 502, Dodge Center, MN 55927 (507) 374-2155. Blessed be his memory.

Roy John Janousek

Roy John Janousek, age 94, passed away on Saturday, April 2, 2022, at Abbott Northwestern Hospital in Minneapolis.



Roy was born on February 14, 1928, to John and Laura Janousek in Iona, South Dakota. When he was in second grade, his family moved to Dodge Center, Minnesota, and three years later, moved to Kenyon. He graduated in 1941 from District 140, and then attended high school for one year and three days before leaving school to help his parents farm.

On September 21, 1952, Roy married Yvonne Anderson, and they raised four daughters. He continued to farm until his retirement in December, 1969. For the next 12 years, Roy worked in the Parts Department at Hermann Implement in Wanamingo. During this time, Roy and Yvonne established Our Basement

Crafts and Sunrise Gardens, which they continued until Yvonne's passing in February, 2001 Roy continued to do woodworking and selling his products until May, 2014. In February 2002, Roy married Audrey Wille of Kenyon. She preceded him in death in December, 2010.

Roy was a long time member of the United Methodist Church of Kenyon. He had an optimistic attitude and was always willing to help others. He loved to make puzzles and play cards and bingo, but most of all, he loved to grow produce and share it with others. Even in his last years in assisted living, he grew onions, tomatoes and watermelon to share with the other residents.

In addition to his parents and wives, Roy was preceded in death by his brothers, Richard and William; granddaughter, Pamela; and great-granddaughter, Charlee.

He is survived by his daughters, Linda (Jeff) Jansen of Reeds Spring, MO; Peggy (David) Pfister of Northfield, MN; Nancy (Earl) Emerick of Rochester, MN; Darcy (Thaddeus) Monroe of Northfield, MN; nine grandchildren, and eight great-grandchildren.

A private service will be held.

politicians yearn to be. But things have gotten bad, so bad that I've decided now is the time to get involved, because I've never been comfortable sitting on the sidelines.

My life has been a life of service to my country and to my community, and I intend to continue that service on a larger stage because I see problems and I want them fixed.

At the beginning of my adult life, I graduated from Red Wing High School in 2008.

When I joined the Marines, I was just seventeen years old. I was in the Service from Feb 2009 to Feb 2013.

I began my service enlisting in boot camp at Camp Pendleton, CA. There, I started training in artillery with the goal of becoming a Cannoneer at Fort Sill, OK. After School I was stationed back at Camp Pendleton. I went from Unit to Unit trying to get to Afghanistan to join the fight for freedom and democracy, but by this point, the conflict was slowing down, so it was exceedingly difficult for an artilleryman to be assigned a deployment.

I wound up landing a deployment to the Horn of Africa dealing with the Somali pirates and the Yemeni civil war on a helicopter team as provisional infantry.

When we returned home, I only had eight months of service left, and no deployments in sight, so I signed up for the only transition program left after the Obama administration stripped veterans of all government sponsored programs to help them return to the civilian world with careers.

As a member of that transition program, I received lessons and training to become a union pipefitter. The program was the only one left because it was paid for by the members of the Pipefitters union, not by the government, which is a primary reason I am a proud supporter of labor.

Over a decade later, I'm now a Master Steamfitter welder, and I'm proud to make my living as a Hard-working blue-collar American.

As someone who originally hated the ideas of unions while I was in the service, I soon realized these trade unions were among the only organizations left helping our veterans.

They are also not run using taxpayer dollars. If you don't perform up to the standards of the trade, you lose your job. They don't protect incompetence and laziness.

My experience in both the military and in the unions has helped me to understand that there is no society better than a free market society.



Kevin Kocina

Unions are a beneficial part of such a society when they elevate hard work. If they can be self-sustainable and at their core are beneficial to society and helping our veterans, they should not only be allowed to exist, but we as Americans should want them to exist. Maybe this argument is something new to hear from a Republican but I'll never shy away from speaking my beliefs.

Now my run for Congress is without question an uphill battle. My opponents include elected representatives, who have become skilled politicians in St. Paul, and county and state party chairs, who know how the insider's game is played because they've not only played it, but also have been in charge of it. Then there is my campaign.

I can guarantee you I won't raise the most money and I won't have the backing of the insider's club cultivated through years of being in "the game", but what I will have is my record of service, to my country and my community, and the ability to speak candidly to the community.

If you're looking for a change in who you send out to Washington, consider voting for Kocina this May 24th. I can promise you that my trip to Washington won't be merely another carefully planned step upwards on the roads to political power. I'll never forget who I'm representing, and the day is never going to come when it becomes more about me than about the constituents.

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Triton News

- DODGE CENTER MESSENGER -





Craig Schlichting Superintendent

I am amazed at the abundance of life's lessons that I have had the opportunity to learn. The lesson that I learned the other day was to use the opportunity to teach the importance of reflection with my children. When they were driving to school and ran out of gas, I told them it was their fault for running out of gas. It seemed like such a simple thing they should understand. I blamed them for the problem. When they ran out of gas a second time in the same month, I realized that my approach to "fixing" the problem was unsuccessful. I was frustrated as I listened to the reasons why they ran out of gas a second time, I heard excuses. The excuses they used deflected the responsibility of the problem. I told them that in life they needed to learn the difference between deflecting and reflecting. They were not taking responsibility for the situation, and I told them that deflecting the blame was not going to correct the problem in the future. They needed to take time to reflect on what happened, why it happened, and what they could do to fix the problem. Blaming and excuses are examples of deflecting. I needed them to reflect on what they needed to do differently. I also needed to reflect on my approach to the situation and own the fact that I was unsuccessful with my parenting skills by blaming them.

We had a good discussion about the difference been deflecting and reflecting. The practice of deflecting is looking for a way to blame external forces. For example, the vehicle they were driving doesn't have a gas gauge that works exactly the way it is supposed to. So, it is logical to point out the fact to the upset parent that the gas gauge doesn't work. How could it be their fault when they are driving a vehicle with a faulty gas gauge? Another example of deflecting was to point out the fact that they had asked for help paying for gas and didn't get any. This was also a logical thing to point out as they didn't have a way to pay for the gas they needed. I listened to their reasoning, and then began to ask questions to help them reflect.

Did you realize that you were low on gas when you left home? They answered yes. Did you know last night when you were headed home that it was about time to fill up for gas? They answered yes. I asked them what they could have done differently to avoid running out of gas. They didn't have any answers. I then asked if they knew about the spare gas kept at home. Yes, they knew about it, but they didn't have time to use it. I asked if they you could have put spare gas in the vehicle that morning if they planned and woke up earlier to address the situation? They answered yes. I asked them if they knew they may run out of gas given what happened the last time? They responded yes. I asked what they did differently from the first time, and they didn't have an answer. We were able to conclude that they could have done some things differently to prevent this from happening. I explained to them that we were reflecting on the situation rather than deflecting.

I then had to admit to them that I was mad at myself for not doing a better job of addressing this situation the first time it happened. I told them that I too was deflecting and not reflecting on my skills as a parent. I told them that the first time they ran out of gas, I was deflecting. This time, I was reflecting and trying a different approach. I told them that if I did a better job of helping them reflect on the cause and effect of driving around with a near empty gas tank, that they could address the situation differently the next time the gas gauge was low. I reminded them that they are not the only ones with lessons to learn. I admitted that I don't always get things right, and that the secret to avoid repeating mistakes was to reflect on how to improve. When things don't go the way, we expect they should as parents, it is easy to get mad at our children for screwing up. What is more difficult, is reflecting on what we can do differently to help them be successful. Life lessons are everywhere, we just need to make sure we take the time to learn them.

Please reach out to me with any questions that you may have regarding our school district. You can email me 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

April, 2022

Triton Teacher of the Year

(continued from page 1)

All students seem to embrace Mrs Tischer." In addition to being Triton Teacher of the Year. Kristen will become a candidate for Minnesota Teacher of the Year. The Minnesota Teacher of the Year program has recognized excellence in teaching in Minnesota for 58 years. The program selects one teacher to represent the state's thousands of excellent educators

Kristen loves math and she loves to teach. However, she has a family and hobbies that make her smile as well. She has a loving Husband, and two daughters that are enrolled in middle school and high school.

Kristen fines the balance with being a Mom and a teacher even when she's at home. She also enjoys gardening, and finding projects around the house.

During the summer time she enjoys going to Boundary Waters Canoe Area with her family. Boundary Waters is where you go into the wilderness camping and canoeing around without cell phone reception. Her family, including her parents will go and enjoy this unique camping experience.





Page 4

Triton News

April, 2022

The Musical "Annie" was a Huge Success

The musical Annie, which ran March 30th through April 2nd, was a huge success at Triton High School, bringing in record numbers for attendance. The show was "sold out" for the Friday performance, and by curtain time had only a few tickets remaining for the Saturday performance. "For the first time in my directing career," said Anne Schreiber, "we had to write 'sold out' on signs and social media!" The cast and crew were excited by the turn-outs, and they adjusted their performances to account for the high numbers in the performing arts center. "I was so proud of them," continued Schreiber. "For some of them, this was their first musical, and they made it seem as though they were veterans of the Triton stage!" Junior Talia Kelley, who played Miss Hannigan, summed up the experience by saying, "it was an exhilarating experience that anyone in the cast or in the audience could enjoy." Thanks to all who came to see the show!



Bundles, the laundry man (Andrew Edge) gets harrassed by Miss Hannigan (Talia Kelley).



The orphans reflect on their "Hard Knock Life" with, from L-R, Ashtyne Avery, Litany Peterson, Maddie Jarrett, Abby Martin, Elizabeth Hukee, Nancy Fernandez, and Ashley Dominguez-Marquez



President FDR, played by Christopher Reyes, gets inspiration, and his cabinet all sing "Tomorrow" (L-R: Caleb Chilson, Tavan Radke, Sarah Jensen, August Johnson, and Scott Nolan)



Bert Healy, played by Weston Haugen, hosts a radio show that has Annie (Maddie Jarrett), Grace (Kai Zill), and Mr. Warbucks (Jude Gosse) as guests.



Annie, played by Maddie Jarrett, and Mr. Warbucks, played by Jude Gosse, sing "I Don't Need Anything But You" as Warbucks' servants look on.



Drake, played by Liam Dostal, and Grace, played by Kai Zill, welcome Annie (Maddie Jarrett) to Warbucks' mansion as she is lifted up by butlers (Graham Christianson and Andrew Edge). The rest of the servants get in on the fun as well.

Harvey Mackay

- DODGE CENTER MESSENGER -

Win More Friends With Your Ears Than Your Mouth



By Harvey Mackay

Listening is in danger of becoming a lost art. This dated anonymous anecdote just about sums it up.

When I ask you to listen to me and you start giving advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problems, you have failed me, strange as that may seem.

All I ask is that you listen. Not talk or do, just hear me. Advice is cheap: 50 cents will get you both Dear Abby and Dr. Spock in the same newspaper. And I can do for myself, I'm not helpless. Maybe discourage and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and weakness. But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I quit trying to convince you and can get about the business of understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious, and I don't need advice. So, please listen and just hear me, and if you want to talk, wait a minute for your turn, and I will listen to you.

Listening is just as important to business.

When Charles Wang's family arrived in America, they had only two suitcases. Wang, now a multi-billionaire, said his company grew because they listened to their clients. While most computer companies sell people what they need, Wang decided to ask customers what they wanted.

Sam Walton, founder of Walmart, said: "The key to success is to get out into the store and listen to what the associates have to say. It's terribly important for everyone to get involved. Our best ideas come from clerks and stockboys."

Walton once took his corporate plane to Mt. Pleasant, TX, and told the pilot to pick him up 100 miles or so down the road. He jumped in a Walmart truck and rode the rest of the way to "chat with the driver." I suspect he let the driver do most of the talking.

Norman Brinker, the former chairman of the restaurant chain Chili's, said responsive communication is the key to good relations with both employees and shareholders. It pays huge dividends. Almost 80 percent of Chili's menu came from suggestions made by unit managers.

Too many salespeople talk when they should listen. Ben Feldman was the first salesperson to crack the \$25 million mark in a calendar year. And then doubled that figure. He was New York Life's leading sales rep for more than two decades, and he did this in the small town of East Liverpool, Ohio. When asked his secret, he said:

Work hard. Think big.

Listen very well.

The Healthline website shares these tips for learning active listening:

Give people your full attention. Concentrate on their words to the exclusion of everything else. Don't plan your response while they're still speaking, and don't use a pause to steer the conversation around to another topic.

Use positive body language. Your body communicates just as much as your words do, if not more. Make sure you're fully facing the other person. Relax your body but lean in slightly to show interest in what they're saying. Make eye contact. Nod to show you're listening and you understand.

Don't interrupt. You may be tempted to jump in with an idea or solution. Restrain the impulse. Instead, wait to start talking before asking questions or offering your point of



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view.

The story is told of Franklin Roosevelt, who often endured long receiving lines at the White House. He complained that no one really paid any attention to what was said. One day, during a reception, he decided to try an experiment. To each person who passed down the line and shook his hand, he murmured, "I murdered my grandmother this morning." The guests responded with phrases like, "Marvelous! Keep up the good work. We are proud of you. God bless you, sir." It was not until the end of the line, while greeting the ambassador from Bolivia, that his words were actually heard. Nonplussed, the ambassador leaned over and whispered, "I'm sure she had it coming."

Mackay's Moral: If you want people to listen to you, you must listen to them.

Reprinted with permission from nationally syndicated columnist Harvey Mackay, author of the New York Times #1 bestseller "Swim With The Sharks Without Being Eaten Alive."



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Rural Routes & Pets

April, 2022

- DODGE CENTER MESSENGER -

Radio Series Highlighting **Farmer Stress Expands Reach**

Prompted by the many sources of stress affecting farmers and ranchers, the Minnesota Department of Agriculture (MDA), Linder Farm Network, and the Red River Farm Network (RRFN) have joined forces to expand a



radio series called "TransFARMation" throughout the state. The series profiles people in agriculture who have coped with challenging situations and highlights sources of support.

"Farming is a stressful business even during the best of times" said Linder Farm Network owner Lynn Ketelsen. "Right now, crop prices are surging, and the pandemic is waning, but many producers are experiencing high input prices, high feed costs, livestock disease, and challenges related to retirement and farm succession.

The series was a big hit with listeners when it debuted on RRFN in 2019. Starting the week of April 18, 60-second prime time radio stories will be heard on all 40 Linder Farm Network stations in central and southern Minnesota, as well as RRFN's 21 stations further north. In addition, 10-15-minute companion podcasts can be found at www.linderfarmnetwork.com/podcasts and https://www.rrfn.com/transFARMation.

"Many people are struggling, and they need to know they're not alone," said Agriculture Commissioner Thom Petersen. "It's powerful to hear farmers talk about some of the strategies and solutions that helped them when things got tough."



TransFARMation is supported by funding the creators and do not necessarily represent from Farm and Ranch Stress Assistance Program award no. 2021-70035-35461 from the USDA National Institute of Food and Agriculture, the MDA, and a growing list of sponsors. For underwriting opportunities, call Jeff Stewart at 507-456-6970 or Don Wick at 701-795-1315.

Broadcasts are solely the responsibility of

the official views of the USDA or MDA.

If you or someone you know is struggling with stress, anxiety, depression, or other problems, the free and confidential Minnesota Farm & Rural Helpline is available 24 hours, seven days a week at 833-600-2670 or text farmstress to 898211.

Spring Grass and Laminitis in Horses

Every year, once winter is over and the snow has receded, the grass starts its yearly explosion of growth. The spring helps bring hay and fresher forage for our horses. However, with the fresh forage comes the risk of a condition known as "grass founder." This condition, a form of laminitis, can be lethal to horses with certain diseases, such as insulin resistance and Cushing's disease.

Dr. Scott Austin, a boarded specialist in equine internal medicine at the University of Illinois Veterinary Teaching Hospital in Urbana, explains what causes this form of laminitis and how horse owners can protect their horses from getting it.

Laminitis is a very painful condition that involves sensitive structures, called the laminae, found in the hooves of horses. Lamina is a thin piece of tissue that attaches the coffin bone—the bone at the furthest extremity of the horse's leg—to the inside of the hoof wall.

"The word laminitis literally means inflammation of the attachments between the hoof wall and skeleton," explains Dr. Austin.

When damage to the laminae is severe, the coffin bone may sink or rotate within the hoof capsule-a condition called "founder"-resulting in severe and often debilitating pain.

Once rotation of the bone has occurred, the bone's attachment to the hoof wall becomes permanently disrupted. A good farrier can help reduce the ill effects but cannot restore the original anatomy.

"It is much better to prevent laminitis than to manage the damage after the fact," says Dr. Austin.

Laminitis can be triggered by many things, including grain overload, repeated striking of hard ground, hormonal imbalance (Cushing's disease), obesity, and lastly lush grass.

So what makes grass "lush" in the spring and how does it contribute to laminitis? The fertile grass of spring contains higher amounts of nonstructural carbohydrates, such as sugars and starches, and less structural carbohydrates or fiber, than grass later in the season.

Dr. Austin says, "As grass matures, there is a shift to structural carbohydrates making the grass more fibrous. When grass is starting to develop seed, we now this transformation has occured. When you squeeze some in your hand, you feel the stems poke you.

In spring, when horses consume the lush grass, the extra starches and sugars ferment in the horses' gastrointestinal tracts. This fermentation affects the balance of bacteria in the GI tract, which in turn can trigger laminitis.

The actual mechanism by which this change in the microbiome of the GI tract brings about laminitis hasn't been identified. However, many researchers in equine nutrition are working to understand it.

Another problem related to spring grass arises in obese horses that have insulin resistance. "Exposure of an insulin-resistant horse to a high-carbohydrate diet, as we see with lush pastures, will cause a great increase in insulin levels in the horse," says Dr. Austin. "High insulin levels can affect blood flow to the laminae and cause laminitis.

Although veterinarians are not exactly sure the mechanism that causes grass founder, there are many things owners can do to decrease the risk of laminitis in their horses.

"Don't let your horse get fat," warns Dr. Austin. "Learn how to recognize ideal body weight by doing body condition scoring. Obese horses should be tested for insulin resistance, and horses that are insulin resistant should not be allowed to graze on lush pastures."

Instead, he advises keeping these horses in dry lot and feeding hay until pastures are more mature. Additionally, when these horses go out on pasture, use a grazing muzzle to decrease grass consumption.

'If the horse shows any tenderness when walking or turning, immediately remove it from pasture and have it evaluated by a veterinarian," says Dr. Austin. " Horses with previous episodes of laminitis should not be out on pasture or should only go out to mature pasture after consuming their morning hay ration and should wear a muzzle. Pastures should be mowed to keep grass short.'

Laminitis is a very painful condition that can be deadly. By learning about risk factors such as spring grass, horse owners can decrease the risk that their horses will founder.



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Just send us your recipe with the ingredient list and preparation instructions and we will draw 4 recipes each month to run in the Messenger with your name as the submitter.

E-mail your recipe to hometownmessenger@gmail.com

If we use your recipe and print it, you will receive a free certificate. Be sure to include your name and address so we can mail you a gift card if your entry is the winner.

April Winners

Lemon Jello Cake (easy, great Spring Easter dessert!) Submitted by Tami Peterson

1 box of lemon cake mix

1 3 oz pkg of lemon jello

4 eggs 1 cup boiling water

3/4 cup corn oil

Dissolve lemon jello in boiling water. Set aside to cool. Place cake mix in a bowl. Add oil and mix well. Add eggs, one at a time, beating well after each addition. Add jello and mix well for 2 minutes. Bake in a greased angel food pan. Bake at 350 for 35-40 minutes.

Broccoli Casserole Submitted by Cyndie Nosek

2 medium onions, chopped 2 stalks celery, chopped Saute in 1/4 cup butter, then combine with:

1 10.5 ounce can mushroom soup

1 4 ounce can mushrooms, undrained 2 cups shredded cheddar cheese

1/2 teaspoon garlic powder

1 teaspoon parsley flakes

10 ounce bag frozen broccoli, thawed

Pour into a buttered 2 quart casserole. Top with crumbs:

10 Ritz crackers, crushed

1/4 cup melted butter

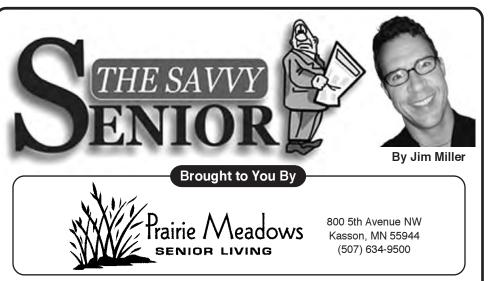
Mix well and sprinkle on top of casserole. Bake at 325 degrees for 30-35 minutes until lightly browned.

Chicken and Bacon Dip Submitted by Connie Turner

1 3oz. cream cheese 1/2 cup sour cream 1/2 cup mayonnaise 1/2 t. chicken bouillon granules 2 T. parmesan cheese 4 strips of bacon, cooked and crumbled 3/4 cup cooked chicken 1 tomato chopped Swiss cheese Mix in a bowl cream cheese, sour cream, mayonnaise and bouillon. Refrigerate overnight. Spread on plate, sprinkle with parmesan cheese, bacon, chicken and tomato. Top with Swiss cheese. Serve with tortilla chips. This is everybody's favorite dip Soft and Chewy Gingersnaps Submitted by Shelly Donkers Preheat oven to 350 degrees. 1 cup sugar 1/4 cup soft butter 1 egg 1/4 cup molasses 2 cups flour 2 tsp soda 1/2 tsp salt 1/2 tsp cinnamon 1/4 tsp ground cloves 1/4 tsp ground ginger

Cream sugar and butter. Beat in egg & molasses. Stir in remaining ingredients. Chill dough.

Shape into 1 in. balls. Roll balls in sugar. Place balls 2 in. apart on greased baking sheet. Bake 9-12 min. until edges are set. Allow to cool on baking sheet for a couple of minutes before removing to cooling rack.



A Common Heart Problem That's Often Ignored

Dear Savvy Senior,

What can you tell me about atrial fibrillation? Every so often, I've noticed my heart starts beating rapidly for no particular reason. Is this something I should be worried about? --Anxious Annie

Dear Annie, Heart palpitations can be harmless if they are brief and infrequent. But if you're experiencing an erratic heart rhythm, you need to get checked out by a doctor for atrial fibrillation, or AFib.

AFib - which is marked by rapid, fluttering beats - can lead to serious complications such as stroke and heart failure, when the weakened heart can't pump enough blood to the rest of the body.

Normally, your heartbeat follows a steady rhythm as your heart contracts and relaxes. But when you have AFib, the upper chambers of your heart (atria) beat rapidly and irregularly, sending blood to the lower chambers (ventricles) less efficiently. These episodes can last for minutes to hours or longer, and can cause palpitations, lightheadedness, fatigue, and/or shortness of breath. Over time, AFib tends to become chronic.

Age is a common risk factor for AFib, which affects roughly 10 percent of people older than 75. Other factors include genetics, obesity, diabetes, high blood pressure, and alcohol and tobacco use. The condition has also been linked to viral infections, including COVID-19.

Diagnosing AFib

If you're experiencing AFib-like symptoms you need to see your doctor who will listen to your heart and likely recommend an electrocardiogram (EKG) or a treadmill heart test, or you may wear a portable monitor for several weeks to look for abnormal heart rhythms to confirm a diagnosis of AFib. Such tests can help distinguish AFib from less serious conditions that may cause the heart to flutter, like anxiety and stress.

AFib affects some three million adults in the United States, a number that is expected to quadruple in the coming decade as the population ages and risk factors like obesity, diabetes and high blood pressure become even more common. The lifetime risk of developing AFib is greater than 20 percent, yet many people don't even know they have it.

Treatment Options

A growing body of research underscores the importance of lifestyle steps such as exercise, a healthy diet, and limiting alcohol for treating AFib. Depending on your age and symptoms, your doctor may prescribe drugs to help control your heart rate, like beta blockers such as metoprolol (Toprol XL); and/or rhythm, such as antiarrhythmics like flecainide (Tambocor). You may also need an electrical cardioversion, an outpatient procedure that delivers an electrical shock to the heart to restore a normal rhythm. You will be sedated for this brief procedure and not feel the shocks.

Catheter ablation is another outpatient treatment for AFib that scars a small area of heart tissue that causes irregular heartbeats. This procedure is becoming more common based on evidence of its safety and ability to normalize the heart rhythm and ease symptoms. Ablations can be effective in people 75 and older, but medication may still be required afterward.

If you're at higher risk for stroke, you may be prescribed a blood thinner, too. In the past, Coumadin (warfarin) was the only such drug widely available, but it requires monitoring with regular blood tests. Newer anticoagulants, like apixaban (Eliquis) and rivaroxaban (Xarelto), don't have that requirement and have been shown to be just as effective at preventing strokes.

Local Government

April, 2022



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Changes in Latitudes, Changes in Attitudes

We Sell Farmland



By Terry Campbell This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when its warm here and Tennessee when it's cold here.

I saw an ad in the local paper saying "we sell Farmland". It struck me as such an over simplification. It should have read, "We sell the lifetime hopes and dreams of a farmer." March is the month most farmland is sold. Land transactions are completed before the crop season starts. This last year has seen a 26% increase in the price of farmland over the previous year. Not sure the price of crops and cost of inputs makes that logical.

It may seem like a simple sale, just a business deal for the ever expanding and enlarging farms. But for a farmer, land is their lifeblood. They are intimately attached to it. They raise their crops, livestock, families and dreams in the land. They care for it and it rewards them with its bounty. It is planted in hope, cultivated in hard work and harvested in thankfulness. Some years the return is meager, some years plentiful.

When I grew up there were small farms everywhere across the county. Little family run businesses that provided a good living and a great lifestyle. No better place to raise a family. The kids went to the local school, the parents patronized the small-town businesses, dads and moms were active in the community in a myriad of ways.

I was blessed to grow up on a small farm and I was fortunate to raise my children on a small farm. My daughters played with barn cats, raised calves, operated machinery and even learned that the little pig they fed daily and named "Porker" went to the butcher shop in the livestock trailer and came back in freezer wrap.

My great grand-father broke this land with a horse and plow. I often thought about him listening to the birds sing as the horses pulled the steel wheeled implements across the field. I covered the same ground in a John Deere diesel powered tractor, while listening to the radio. I had it easier than he ever dreamed.

In the end, one gets old and decides to hang up his farm hat. You smell the dirt being worked in the spring and feel the draw of the land. You smell the fresh scent of corn at harvest and remember the pride of a good harvest. Each year farmland will be sold and change hands. The land is timeless. It will produce another crop. Someone else will farm the land. You doubt that they will take care of it like you did though.



A Minnesotan: Seven Dozen Easter Eggs



By RosaLin Alcoser

Easter 2004 was my all time favorite Easter of my childhood. I was seven years old that year and it was the Easter of seven dozen Easter eggs.

That year we spent Easter Sunday at my adopted grandparents house.Which is where we had one of the most memorable Easter Egg Hunts of my childhood. It is the most memorable for two reasons. First off it was the most eggs we ever had outside of a church egg hunt and secondly not all the eggs were found on Easter Sunday.

Why seven dozen Easter eggs you might ask? That's simple, my older sister and I dyed three dozen eggs at home, a dozen each and a spare incase some of them broke during the dyeing process. Then two dozen were dyed at my adoptive grandparents house then their friend dyed another two dozen and left them at the house for us on Easter Sunday. Which is why there were seven dozen eggs that year.

The best part was not dying the Easter Eggs but Easter Sunday itself. After church we went over to my adopted grandparents house and everyone was there; my mom, sister, grandparents, a set of their parents, and their son.

That year their son was about 25 yearsold and he hid the seven dozen eggs while we were at church. This was the only year that I can remember that the eggs were not found and hidden multiple times throughout the afternoon to keep us amused. Because he hid all seven dozen eggs way too hard for children.

They were hidden in places we would never think to look; inside and outside of the house. Up high out of our line of sight and if memory serves me correctly in a couple of places that we were not allowed to be in because we were children.

The eggs were so well hidden that my older sister believes that after spending all day looking we found a good 75-80% of those eggs on Easter Sunday. Then Grandpa was finding the rest well into July of that year, because his son forgot where he hid the ones that we could not find.

I have done dozens of egg hunts in my childhood and helped with many more as a teen and young adult. But the Easter of 2004 where seven dozen Easter Eggs were hidden and not all found will always be my favorite egg hunt of my childhood.







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