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AUGUST, 2023

Volume 4 • Issue 11

## Concord Locker Provides Custom Meat Processing

By Cheri Roshon

When you think about what makes a community successful, what comes to mind? I would venture a guess that most people would answer that question with "Successful businesses that are important to the local economy." After all, a small town needs businesses to take care of the needs of the local inhabitants. So, food, gasoline and housing are a few necessities that come to mind. Then you may have thought of where you get your hair cut, your animals groomed, and the local restaurants that feed you when you don't want to do the cooking. Not having to travel to uti-

lize these necessities is important when the economy is uncertain, therefore the term "shop local" becomes important.

South east Minnesota has long been known for it's agricultural endeavors. Both dairy and meat animals are raised here. Corn and grains to feed the animals and raise them for market is a big part of the economy. Today we are going to focus on the importance of local butchering, and why this is important to the animal and the consumer.

Raising animals for market is a big business in southern Minnesota. The closer to home we can process the livestock, the less carbon footprint we create, and the less trauma to the animals. In many cases, butchering is now done onsite for the safety and cleanliness of

the end product. West Concord Store and Locker is our story today. Located in what is known as "Old Concord", it is owned and operated by Drew and Dustin Cook. The brothers are from Pine Island, and both learned the ropes, so to speak, from Owens Locker. They were friends with the past owner, and would work their winters helping out in Old Concord. When the owner decided to sell, the Cook brothers bought him out, and for over 2 ½ years, they have been doing local and custom processing for the area. They have added specialty custom processing for both pork and beef, and are one of the local lockers where you can have your deer processed as well.

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### CITY OF CLAREMONT CITY COUNCIL MEETING TUESDAY, JULY 11, 2023 7:00 P.M.

Pursuant to due call and notice thereof, a regular City Council meeting was held on Tuesday, July 11, 2023, at 7:00 p.m. at Claremont City Hall.

Members present: Mayor Tasha Dahl, City Council Members Jacob Klejeski, Hunter McGovern, and Krystal Sultze. Members absent: Deb Ellis.

City staff and others present: Interim Administrator/Clerk Elizabeth Sorg, Maintenance Director Casey Dahl, City Attorney Mark Rahrlick, and Grant Erler.

The Pledge of Allegiance was recited.

#### AGENDA

Motion by McGovern to approve the agenda with one addition of a request from Grant Erler added under Committee Reports, second by Sultze.

(continued on page 28)



## Local Eco-Farm Hosts Bicycle Rider Traveling from San Fran to Maine

Story by A. McGuire-Campbell

"Dude, that's a logging road!" I say to him, looking at the photo on his smart phone.

"I know, right?!" laughs Sam. It's Sam's third day here. He rode his bike from San Francisco.

We are pruning my husband's Grandmother's Mock Orange tree. It has grown wild and untended for the last 20-plus years and now we must bring it into alignment.

On a busy homestead and working farm this tree is a low priority. Today, I'm taking advantage of the extra hands that are always needed around here.

Sam carefully sorts the stems that have blossomed and works around them with the clippers. He watches what I do. He wants me to be happy with his work.

"Then, I got sick. Could have been bad water." Based on what Sam is telling me between clipping vines, I think I might know. "Maybe dehydration or sunstroke." I suggest, helpfully. "Maybe."

Sam explains - while riding the first leg of his 3600-mile bike trek - during the 2200-foot ascent of Grants Pass, Oregon, he simply had to stop.

(continued on page 8)

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## The Idols in our Life

By Pastor Norman C. Hoffeld  
Bible Lutheran Church

Elizabeth Elliot makes a point in one of her books that God desires us to grow in our lives for Him and that means God wants to break down the idols of our life – one by one. That point forces us to deal with the question—What is an idol? If we are called to eliminate them, we have to understand what they are.

An idol is anything that is more important to you than God. Idols are not just statues made of gold, silver or stone. An idol is often a good thing in our life like children, grandchildren, having money, a good position, a good education, a beautiful car, a college degree, your wife or husband, your family or your career. Many of these things are good to have, but when we value them more than God, we make them into an idol. It is probably safe to say that all of us have, at one time or another, had idols in our lives. There are things (sometimes sins) that overwhelm us.

They occupy all our thinking and our time. Politics can become our idol. Sex can become our idol. A possession can become our idol. Revenge can become our idol when it takes over our life by causing us to think constantly about how someone has hurt us, or wounded us. Our time is consumed because our thoughts are controlled by how can we retaliate and make them hurt as much as we are hurt. One of the ways of determining your idol is to examine how you spend your money. If you are spending too much money on something, it has probably become your idol.

One of the lessons in the story of Abraham and Isaac concerns the threat of idolatry. When Abraham was told by God to take his son Isaac and sacrifice him on the altar, he faced the question: “Is this son, who you waited for many years, first in your life, or is

the Lord God first in your life?” Remember that Abraham was a very old man when his wife Sarah gave birth to Isaac. The child he had waited for could easily become central in his life. If the Lord God was going to use Abraham in his life to be the father of a nation, he would have to put God first in his life. Idolatry comes into our life when we value something more than God. For most of us, that can easily happen. C. S. Lewis puts it this way in his writing on *The Four Loves*:

*“We must pray that this gift should be given us. But the question whether we are loving God or the earthly beloved more is not, so far as concerns our Christian duty, a question about the comparative intensity of two feelings. The real question is, which (when the alternative comes) do you serve, or choose,*

*or put first? To which claim does your will, in the last resort, yield?”*

The process of replacing idols with devotion to the true God is an ongoing struggle. The only way of dealing with idolatry is to always remind ourselves that everything we have in life is a gift of God. It does not belong to us. Many of the idols in our life are things we get involved in every day. If it is a material thing, then when we die, it goes to someone else. There is a time when we all have to say to our Lord: “Lord, everything I have belongs to you.” The only way to eliminate idols in our lives is to worship the true God – the God who revealed himself in Jesus Christ, the God who sent his only son to the cross to pay for our sins. Jesus Christ has to become the center of our life. Only then will our idols cease.

E-mail your engagement, marriage or birth announcement to the Claremont Messenger  
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## Area Church Directory

### The Lord Provides

*Abraham looked up and there in a thicket he saw a ram. . . . He . . . took the ram and sacrificed it as a burnt offering instead of his son. — Genesis 22:13*

Abraham’s faith is tested with the ultimate challenge: Is he willing to give up his most precious treasure to God? And at the last possible moment, God intervenes, telling Abraham to stop. So Isaac is spared, delivered from a death sentence. And God provides a substitute, a sacrificial ram to be offered instead. The place is then called “The Lord Will Provide.”

Abraham could not have known that about 2,000 years later an even greater sacrifice would be made. God would again provide a substitute, who actually became “the Lamb of God, who takes away the sin of the world!” (John 1:29). That substitute was Jesus, God’s only Son, who gave up his own life to pay for all our sin so that all who believe in him may have eternal life (John 3:16).

God’s judgment against sin fell on his own Son. Jesus, the sacrificial Lamb, stepped in and took our place. On that day, through Jesus’ death on a cross outside Jerusalem, a sufficient sacrifice was provided. (see Mark 15:33-39).

Abraham could not have known all this, but by the grace of God he had received the gift of faith and could trust that God would somehow keep his promises.

*Lamb of God, thank you for being our substitute and dying in our place, opening the way for us to be saved. Give us faith to believe in you and to serve you every day. Amen.*



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## Jack Denton Boots

Jack Denton Boots of rural Claremont passed away peacefully in his home surrounded by family on August 2, 2023.



Jack Denton Boots was born on August 7, 1928, and was raised in the small town of DeSoto, Iowa. After graduating

high school, Jack began a career as a signalman on the Chicago Rock Island and Pacific Railroad (CRI&P).

At the beginning of the Korean war, Jack was called to duty and enlisted in the U.S. Coast Guard. Serving from 1950 to 1953. After completing his service, Jack returned to his position on the CRI&P and in November of 1953, took a position as a signal maintainer in Albert Lea, Minnesota.

In September of 1954, Jack met his future wife, Helen Francille McMillan (Fran) while out with friends. They would become husband and wife on July 17, 1955. To this union were born 3 children, Jane Boots, of Louisville, Kentucky; Jennifer Boots, of Albert Lea, Minnesota; and John (Sharlene) Boots, of Hudson, Wisconsin. In 1967, after the untimely death of Jack's brother and wife, they added and then adopted 3 more children

into their family, Julie, Kris, and Mike Boots.

Jack and Fran enjoyed traveling throughout their life with family and friends. They traveled overseas with good friends to the United Kingdom, Italy, Egypt, and the US State of Hawaii. They also traveled extensively through the United States and Canada. They enjoyed traveling up to northern Minnesota, where fishing was always a summer highlight with family and friends.

Jack loved playing golf, bowling, and playing cards with local friends. He had a passion for professional sports following both the Minnesota Twins and the Minnesota Vikings as a true fan. Jack loved to fish and took many young family friends out for their first time, passing on the passion. Over the years Jack participated in coaching youth athletics, teaching many to learn to love the games he enjoyed growing up.

Jack is survived by his children, his grand-

children, Brent (Amy) Boots and Danny (Chelsea) Boots, and his great grandchildren, Psalm Marie, Titus Lee, Esther Loraine, and Amos Guthrie Boots, and many other loved family and friends.

He will also be deeply missed by special friends, the Jan and Jerry Hickman family of Albert Lea, Minnesota, and all those strong family friends in his community that have played such a significant role in Jack's life. Special notice to the Seykora, Prestegard, and Bartlett families.

Jack was preceded in death by his wife Fran, parents Clyde L. Boots and Beatrice Jensen Boots, Brother Clyde J. Boots, and his wife Betty L. Boots.

Visitation was held at Michaelson Funeral Home in Owatonna on Friday, August 11, 2023 from 5:00 – 7:00 PM. Private burial was held in Aurora Lutheran Cemetery.

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# Hogfest



Bean bag tournament on Main street



Saturday was a beautiful, warm sunny afternoon



Food vendors opened at 11am each day



Chick-fil-A came to Claremont



Street vendors were lined up along Mainstreet



There was something for everyone

# Hogfest

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Household items of all kinds for sale



Silent auction items in the Claremont American Legion



A 2 cylinder John Deere starts to pull



A view of the weight sled



Some classic tractors on display



An old International pulling down at the end of his run

# Dodge County Fair



Project displays of what students did throughout the school year. Triton and Hayfield FFA members and students entered all of the projects shown.



Tristan Nelson of Triton FFA with the champion large construction/mechanic project at the 2023 Dodge County Fair FFA Project Displays Show.



Elyssa Robinson of Triton FFA waiting in the holding pen with her pig waiting for champion consideration. Elyssa had both the Grand Champion Breeding Swine and Supreme Champion Market Hog.



Dasmine Marquardt (left) and Stella Streich (right) of Triton FFA exhibited goats at the fair. Stella had Grand Champion Dairy Goat and Dasmine had Grand Champion Meat Breeding Doe.



Dasmine Marquardt (left) and Stella Streich (right) of Triton FFA setting up their goats for evaluation.

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# Dodge County Fair

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John Moenning of Triton FFA moving his pig so the judge can have a better view of it.



Cadence Spearman of Triton FFA setting up her sheep for the judge to evaluate.



Noah Kasper of Triton FFA with his Reserve Supreme Champion Beef Female. Other members that exhibited were Elyssa Robinson and Jason Wolf.



Cadence Spearman of Triton FFA with the Supreme Champion Dairy animal at the fair.



Other members that exhibited are Elyssa Robinson and John Moenning



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Jason Wolf of Triton FFA leading his dairy steer in the arena for the judge to evaluate.

## Local Eco-Farm Hosts Bicycle Rider Traveling from San Fran to Maine

(continued from page 1)

Abandoned his 100-pound bicycle at the side of the road and crawled, dragging his backpack 50 yards to the tree line. He erected his tent between bouts of vomiting. Spent three days there, huddled inside the tent burning up with high fever and sweating chills that rattled his teeth. Eventually, it passed.

He's more careful now about clean water and taking rest breaks. After that, he rode at night to avoid the Mediterranean style climate that grows Oregon's gorgeous apricots and nectarines but was (possibly) (probably) detrimental to bike riders.

### More Similar Than Different

Grants Pass, Oregon was originally established as a stagecoach stop in the 1860s. Named for the famous General's success at Vicksburg, the apostrophe was jettisoned as dead weight somewhere along the way with no fanfare, just abandoned. Then became a railhead in 1884 when the (now) Southern Pacific Railroad was completed. Originally populated by Hudson Bay Trappers, from whom I am descended, later Gold was discovered in the area. It's safe to say Grants Pass has never been the easy route.

### Been There Done That

Now, I have a little bit of experience with Grants Pass, Oregon as I traversed the Rogue River back when I was a young Adventuress. So, as Sam talks about his travels, I have reactions. We camped as a family at Crater Lake National Park in the 1970's. I skied the Cascade Mountains in the 80's and 90's. I was waylaid at a Best Western Hotel in 1991 while the Siskiyou Pass was cleared of heavy, wet snow. I found a tire shop willing to put snow chains on my tiny Mazda sports car and still, Troopers did not allow me to proceed for another 72 hours.

I am well-acquainted with the terrain Sam is describing. During my short stays in the area, I realize the entire town population is

part of the SAR Community; Search and Rescue being a full-time endeavor for residents. First Responders (most volunteers) outnumber visitors. Her Sister City is Rubtsovsk, Russia; I feel like that says a lot.

Today, Grants Pass is most attractive to hikers, runners, cyclists, wilderness aficionados, climbers, rafters, cavers, jet boat and extreme sports enthusiasts. And bears. Lots of bears.

### Jesus Arrives

I know Sam only a little bit from his Reviews, a few emails and because he has arrived at our farm on a bicycle. He called from St. Paul; said his ride would be 76 miles. Exactly. He would see us soon. Frankly, I just shook my head and kept working. I expected to get another phone call at about Vermillion, or perhaps even Cannon Falls, asking for a pick-up, but none came. Eventually, around 8 p.m. a helmeted, neon clad figure road into the yard.

Sam departed his home in wealthy Yacht Harbor, San Francisco, where he normally spends summers teaching youngsters how to ocean sail, a few weeks ago. He's tall, well over 6 feet tall. He has longish hair and a beard. He favors natural fabrics and sandals. He may or may not wear an earring. He looks like a modern-day Jesus. Sam is the well born son of a UK Diplomat.

"I like to average about 100 miles per day on the bike" He tells me. He takes the train when no suitable bike route exists. He stays on Organic Farms, Homesteads, and Sustainable Collectives along the way. He helps around the farm in exchange for room and board, working half the day and the other half day he spends exploring the area.

Sam is enroute to his buddy's wedding in Portland, Maine. Then, he's heading to Quebec. On the bike. He plans to visit friends in Chicago and has a Farm in Wisconsin lined up, also.

When Sam told the soon-to-be-married Groom he would ride to the event, the Groom simply sighed and said, "Of course you will". Sam could easily have bought a first-class ticket to his friend's wedding. He consciously chose this method of travel. He wants to make a smaller carbon footprint. I feel it wasn't the first time the friend heard this kind of news. He looks fully recovered and today, Grant's Pass is just a cool story to tell new friends.

### Wwoofers, Not Hippies

The organization that brought my family and Sam together is an online platform called

World-Wide Opportunities on Organic Farms or WWOOF-USA. Every free country on the planet is represented on the Wwoof website.

Back in the day, the late 1980's and early 1990's for me, this type of organization was called a Work Away stay. Made into a type of Pop Culture by youth of the 60's and 70's who dropped out to travel, to find themselves and out of necessity, participate in working vacations.

Instead of going to college, you could take a gap year between High School and your two-year degree. But you had to carry the (heavy) (thick) paperback travel guide with you and try to telephone the farm (often while out of country) ahead of your arrival.

The farms were often remote, difficult to get to locations. Sometimes inexperienced people arrived, and the time involved in showing the young adults how to do the work, and making sure it was finished ended up being a negative for the grower. Some-time workers who committed failed to show. Some of the listings were out of date. The process had varying degrees of success, as expected.

Now, all the information one needs to become a Wwoofer is conveniently located on an easily accessed, low-cost website.

The Host Farm and the Wwoofer - as they are known in the community - are united via memberships on the website. Using self-written descriptions, photos and profiles participants may be matched up according to location, farming practices, dietary restrictions, or skills. No money is exchanged between the Farm and the Visitor. A Wwoofer

may not replace a paid worker in any circumstance. I think about our current situation. No worries. The only people working here are owners.

In exchange for help, the Host Farm is expected to provide a meaningful but casual educational exchange of ecologically sound farming practices and share daily life with their visitor.

Make no mistake, this is not cheap labor. While in our case Sam craved hard physical work, that is not always the case. A Host may be required to think on their feet if a Wwoofer arrives with less ability than originally promised. There are loads of jobs on a farm that do not require much expertise, just a strong back and knees, so we are good to go.

The Wwoof website requires Hosts and Guests to participate in several hours of ZOOM-type seminars in order to be verified. A peer-to-peer review system (much like Airbnb) allows Host and Guest to 'rate' and 'review' their experience when it's over, just to keep everyone honest.

During the ZOOM Meeting the Instructor tells us "Well, you're dealing with people. Just try to form good relationships. Not everyone is always going to be a great fit. Just be kind. Be honest. Communicate. And let us know if you have any real problems."

As the Host, I was required to provide clean, dry, safe housing for Sam and make sure he had enough food for three meals a day. We were delighted to learn Sam was not a Vegan, and in fact, quickly ate all that was placed in front of him.

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## Local Eco-Farm Hosts Bicycle Rider Traveling from San Fran to Maine

(continued from page 8)

Sam worked hard and ate hard, developing a hollow leg every day right around 5 pm. My husband found this comforting in a way;

it harkened back to the days when the Wranglers would sit down to dinner with the family.

I think initially my husband imagined we'd be hosting surly young kids, with unusual hair styles and pierced eyebrows, unaccustomed to hard work, and always on their phone. Sam blew that idea out of the water in one meal. We never even saw his phone unless it was to show photos to illustrate an interesting tale.

### Finding Yourself

One old-timer quipped, "They work four whole hours a day? All by themselves? For two weeks? Yep, that's a vacation." His friends at the counter laughed.

As a Gen Y or Millennial, Sam finds him-

self living in a world he had no hand in creating and it's frustrating for him. He eschews Cable News and Syndicated Newspapers, as he knows they have incentives to build hype into a story. Sam just needs the facts. He can make up his own mind. For news, he uses Twitter. He keenly follows the weather.

He is a digital native; one who uses the Internet, mobile devices, and social media, exclusively. He can work from anywhere with a fast WIFI connection.

Sam has never lived in a world where he was not digitally tracked 24/7. Not for security reasons. But because where he is and what he does may indicate what his next purchase may be. As his phone caught up to his travels, he was bombarded with ads the Algorithm thought he might appreciate.

"Water purification tablets" He holds his phone up so I can see the ad.

"Bit late" I say. We laugh at his phone.

"Privacy? I don't think I've ever had pri-

vacancy, not really." He does not remember a world without TSA, and consciously decides whether he really needs books with paper pages. He does not know where he was when the 2nd Tower was hit on 9/11. Sam was born in 1995. He is a year older than my daughter. I suspect Sam's mom knows where he was that day, too.

He knows current farming practices are unsustainable; he just doesn't know what to do about it. He decided to approach it in a "boots on the ground" kind of way. He wants to see it for himself. Close up. Make his own determinations.

Sam's Gen is more civic-minded than we give them credit for; they have a real desire to connect locally and globally. They are seeking transparency above all, and experiences. Their currency is not money or houses; they're not interested in acquiring material items like us; The Boomers and Gen Xers. Which is good, because wealth and security is hardly accessible to those of us who have worked a lifetime, already.

They want Freedom. It's all about flexibility with these guys. Freedom to go, to stay, when to work, when not to work. Work/Life Balance. For them, there is no reason to work until the day you tip over, never enjoying the fruits of your labor. They're taking retirement early. I can't really fault them; I know folks who did their time, and two weeks after the Retirement Party, discovered they had a terminal illness.

A recent text from Sam says he is leaving Quebec and headed for Vermont. He plans to spend Labor Day with friends, relaxing.

For more info contact: [www.wwoof.org](http://www.wwoof.org)

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## 2023 Minnesota Renaissance Festival

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Students & Teachers a



# SAFE & SUCCESSFUL SCHOOL YEAR

Follow these important rules on the school bus for your safety and the safety of your fellow passengers.

- Arrive at your bus stop at least five minutes early. Running to catch the bus is very dangerous.
- Stand at least three giant steps away from the curb when you see the bus approaching your bus stop.
- Stay put until the bus stops, the door opens and the driver tells you it's okay to enter the bus.
- Always use the handrails when entering and exiting the bus.
- Never walk behind the bus. If you must cross the street, cross in front of the bus. Walk on the sidewalk alongside the bus at least five giant steps before crossing in front of it, making sure you and the driver can see one another.
- Stay seated and wear your seatbelt the entire time the bus is moving. Avoid yelling or loud talking that could distract the driver.

**FIRST DAY OF SCHOOL**  
 Wednesday, Sept. 6  
 Grades 6-12  
 Thursday, Sept. 7  
 Grades K-5



**MBT Bank**  
[www.mbtbank.bank](http://www.mbtbank.bank)

Austin | Blooming Prairie | Dodge Center | Hayfield | Mantorville | Rochester





## Welcome to the 2023-24 school year!

We appreciate you taking the time to read through this edition of the Triton Times and for your continued engagement and support. We hope you find this information helpful as we want to be prepared to maximize the opportunities this school year will present.

We have a few important dates to remember as we prepare for the school year. Please reference the list below and plan accordingly.

### First Day of School, Orientation Day for Sixth and Ninth Grade

Students in sixth and ninth grade will be the only students that attend school on Tuesday, September 5. On this day we will have orientation experiences. Transportation will run as scheduled on this day. Then all students in grades 6-12 will attend school as normal on

Wednesday, September 6. We have implemented this change as we feel orientation experiences are very important and when scheduled in the summer families have many events and activities taking place. This first day is considered a school day for students in sixth and ninth grade and we are hoping for 100% attendance.

### Middle School and High School Open House - Thursday, August 31 (3:00 - 6:00 PM)

We encourage all students and families to attend the Open House. Students will pick up important forms for the school year, receive their schedules, set up their lockers, pick up their Chromebooks, and have an opportunity to ask questions. *(continued on page 16)*



## Cobra Communications



**Craig Schlichting**  
Superintendent

As the summer months draw to a close, I'm eagerly anticipating the return of students to our school building. Our fall sports kick-off event on August 9th was a great success featuring an inspiring guest speaker. It's truly rewarding to have speakers who reinforce the values that we instill here at Triton. We're excited to have more guest speakers throughout the school year, as they play a vital role in promoting positive decision-making among our students.

Over the summer, an important change occurred with the City of Dodge Center's commitment to supporting our School Resource Officer (SRO) Program. While we've had an SRO for many years, we are now fortunate to have a dedicated officer working full-time within our district. One of the significant advantages of this change is the opportunity for the SRO to build strong relationships with our students. This includes teaching the DARE program to our fifth graders, fostering positive connection between law enforcement and our students. Throughout my years at Triton, I have witnessed firsthand the positive outcomes that arise from these relationships.

The upcoming school year promises to bring various changes due to recent legislative updates. In my three decades of educa-

tion, I can confidently say that this is the most extensive wave of new legislation affecting our schools that I have ever seen. Embracing change is essential when it benefits our students and enhances the learning environment. I'm optimistic that these changes will indeed have the desired impact on our students. At Triton, we are already implementing many best practices to support our students, and I believe these new initiatives will further elevate their educational experience.

Another significant change this year is the introduction of the MN-FSM (Minnesota Free School Meals) program. This program ensures that every student receives a free breakfast and lunch each school day.

It's noteworthy that Minnesota is now the fourth state to adopt such a program. While

the MN-FSM program covers regular meals, a la carte items will require separate payment as they have in the past. Additionally, if any wishes to purchase an extra meal, they will need to pay the adult price for that meal.

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

**#WeAreTriton**



JOIN US FOR TMS-THS

## Open House

THURSDAY, AUGUST 31

3:00-6:00 PM

**CHECK-IN AT THE ACTIVITIES ENTRANCE. MEET WITH TEACHERS, PICK UP CHROMEBOOKS, SCHEDULES, SET UP LOCKERS.**

**WE WILL ALSO HAVE FOOD TRUCKS AT THE ACTIVITIES ENTRANCE. WE ENCOURAGE YOU TO BRING THE WHOLE FAMILY AND STAY FOR THE COBRA FOOTBALL GAME!**

SAVE THE DATE

## TMS & THS Open House

THURSDAY, AUGUST 31, 2023

3:00-6:00 PM

Join us to celebrate the new school year!

Food Trucks will be available.

## 6th Grade Family Information Night

THURSDAY, AUGUST 31, 2023

5:30-6:00 PM Performing Arts Center

## 6th Grade WEB Orientation and 9th Grade Link Crew Orientation

TUESDAY, SEPTEMBER 5, 2023

FIRST DAY OF SCHOOL for 6th Grade and 9th Grade ONLY

(All other TMS & THS Students will start Wednesday, Sept. 6)



## **Triton Families and Students, Starting School Year 2023-2024 meals are free for all students.**

We are still encouraging ALL families to fill out the educational benefit form (formerly Free & Reduced Lunch form). This form goes far beyond the original Free and reduced lunch eligibility for families. It could also qualify families for reduced athletic/activity fees, funding for internet access and technology and AP Testing support. For the school district it brings in additional compensatory funding from the State of MN that can be used for a multitude of things to benefit the kids and our schools.

Parents/guardians: you are responsible for any negative balance that your student's account may have. These accounts need to be paid and brought up to date. If you need help with doing that, please reach out to me as we still have some funds left in our Cobra Kindne\$\$ account. This account allows families WITH A CURRENT NEGATIVE BALANCE the opportunity to receive matching funds to get the account taken care of. You must communicate with Misty/Taher to qualify and receive this donation/funds.

For the 2023-2024 school year here are some things parents/guardians need to know for your student to make a "meal" that qualifies for the free lunch or breakfast. They must have 3 out of the 5 components listed below, for both Breakfast and Lunch.

### Components

- Meat/Meat alternative
- Grain
- Fruit
- Vegetable
- Milk

### Breakfast-

- Main meal on tray (meat/meat alternative)
- Fruit or Vegetable (must have ½ cup of one or the other. Do not need both but can take both.

- Milk

### Lunch- (main line & Diner area)

- Main meal (meat/meat alternative)
- Grain
- Fruit or Vegetable (must have ½ cup of one or the other. Do not need both but can take both.

- Milk

### **\*\*MIDDLE/HIGH SCHOOL PARENTS & STUDENTS- PLEASE READ\*\***

There is an "ala carte only" option when charging to accounts. This option is not covered as FREE! These specialty items must be charged on an account or paid for with cash. Ala Carte is open to Middle & High Students (grades 6th-12th).

Please have a conversation with your student about the Ala Carte option and what their boundaries are when using it. The Taher staff is unable to monitor every student that comes through when it comes to allergies or limits. This is up to individual families.

One thing we can do, if requested by the parent/guardian, is:

- Blocking your student. If you want your student blocked from ala carte options, you will need to contact myself (Misty) or Kelly by phone at 507-418-7531 or email at mlangley@triton.k12.mn.us, kjohnson@triton.k12.mn.us When emailing please put the name of student(s) that you want blocked in the subject line.

PLEASE NOTE: Students are still able to use cash to purchase ala carte. (Using cash does not affect their account)

- Students MUST have a positive balance in their account, or pay cash day of purchase, for any ala carte purchases. Any student with a negative balance will NOT be allowed extras or ala carte items. **THEY WILL BE ALLOWED TO GET THE REGULAR MEAL.** Please speak with your students about this. If you have any questions, please reach out.

Ala carte items include.

- cookie, ice cream, smoothies, chips, juices, pickles, fruit snacks, extra diner sandwich, extra pizza slice, extra fries, extra milks, or a second meal, etc)

**\*\*Ala carte has nothing to do with the regular student meals that are free\*\***

Sack lunches from home- If your student brings lunch from home and wants a milk; it is an extra charge of \$.70. Milk is only free with school breakfast & lunch. Please make sure you have funds in your student's account.

3 options for applying money to your student's account:

- Pay online through infinite campus (if you need assistance please contact: Elementary, Middle or High School office).
- Check- Send with student to school or drop off in any office. Make check payable to Triton and put your students name on the memo line.
- Cash- Send cash with your student to school or drop off to any office- please make sure to have it in an envelope with the student's first and last name.

Any questions or concerns please contact:

EMAIL: mlangley@triton.k12.mn.us or kjohnson@triton.k12.mn.us

Direct Line: 507-418-7531

## **Familias y estudiantes de Triton, Comenzando el año escolar 2023-2024 las comidas son GRATIS para todos los estudiantes.**

Todavía estamos alentando a TODAS las familias a completar el formulario de beneficios educativos (anteriormente formulario de almuerzo gratis o reducción). Este formulario va mucho más allá de la elegibilidad original para el almuerzo gratis o a precio reducido para las familias. También podría calificar a las familias para una tarifa reducida de Atlético/ actividad, financiamiento para acceso a Internet y tecnología y apoyo para los exámenes de AP. Para el distrito escolar trae fondos compensatorios adicionales del estado de MN que pueden usarse para muchas cosas en beneficio de los niños y nuestras escuelas.

Padres/tutores: Usted es responsable de cualquier saldo negativo que la cuenta de su hijo(a) pueda tener. Estas cuentas deben pagarse y actualizarse. Si necesitan ayuda para hacerlo, comuníquese conmigo ya que todavía tenemos algunos fondos en nuestra cuenta de cobra kindne\$\$\$. Esta cuenta permite a las familias con un saldo negativo actual la oportunidad de recibir fondos equivalentes para que la cuenta sea atendida. Debe comunicarse con Misty o Taher para calificar y recibir esta donación/fondos.

Para el año escolar 2023-2024 aquí hay algunas cosas que los padres/tutores deben saber para que su hijo(a) haga una "comida" que califique para el almuerzo o desayuno gratis. Deben tener 3 de los 5 componentes listados a continuación, tanto para el desayuno como para el almuerzo.

### Componentes

- Carne/ carne alternative
- Grano
- Fruta
- Vegetales
- Lenche

### Desayuno

- Plato principal en la bandeja (carne/ carne alternative)
- Fruta o vegetales (debe tener ½ taza de uno u otro. No necesita ambos pero puede tomar ambos)

- Leche

### Almuerzo (línea principal y área de comedor)

- plato principal en la bandeja (carne/ carne alternative)
- Grano
- Fruta o vegetales (debe tener ½ taza de uno u otro. No necesita ambos pero puede tomar ambos)

- Leche

### **\*\*Padres y estudiantes de Secundaria/ Preparatoria por favor lean\*\***

Hay un opción "solo Ala carte" al cargar a cuentas. !Esta opción no está cubierta como Gratuita! Estos artículos especiales deben cargarse en una cuenta o pagarse en efectivo. Ala carte está abierto a estudiantes de Secundaria y Preparatoria (grados de 6 a 12).

Tenga una conversación con su hijo(a) sobre la opción Ala carte y cuáles son sus límites al usarla. El personal de Taher no puede monitorear a cada estudiante que llega cuando se trata de alergias o límites. Esto depende de las familias individuales.

Una cosa que podemos hacer, si lo solicita el padre/tutor es:

- Bloqueando a su hijo(a): Si desea que su hijo(a) sea bloqueado de las opciones Ala carte, deberá comunicarse conmigo (Misty) o con Kelly por teléfono al 507-418-7531 o correo electrónico a mlangley@triton.k12.mn.us, kjohnson@triton.k12.mn.us cuando envíe un correo electrónico, escriba el nombre del estudiante(s) que desea bloquear en la línea de asunto.

Tenga en cuenta: Los estudiantes aún pueden usar efectivo para comprar Ala carte. (Usar efectivo no afecta su cuenta).

- Los estudiantes deben tener un saldo positivo en su cuenta, o pagar en efectivo el día de la compra, para cualquier compra Ala carte. A cualquier estudiante con un saldo negativo NO se le permitirán extras o artículos Ala carte. Se les permitirá obtener la comida regular. Por favor hable con sus hijos sobre esto. Si tiene alguna pregunta, comuníquese con nosotros.

Los artículos Ala carte incluyen:

- Galletas, helados, batidos, papas fritas, jugos, pepinillos, fruit snacks, extra sandwich, extra rabanada de pizza, extra paps fritas, extra leches o una segunda comida, etc.

**\*\*Ala carte no tiene nada que ver con las comidas regulares de los estudiantes que son Gratis\*\***

Almuerzos de casa- Si su hijo(a) trae almuerzo de casa y quiere leche es un cargo extra de \$.70. La leche solo es gratis con el desayuno y el almuerzo escolar. Por favor asegúrese de tener fondos en la cuenta de su hijo(a).

3 opciones para poner dinero a la cuenta de su hijo(a):

- Pague en línea a través del infinito campus (si necesita ayuda, comuníquese con: la oficina de la escuela Primaria, Intermedia o Secundaria)
- Cheque- envíe con su hijo(a) a la escuela o dejelo en cualquier oficina escolar. Haga el cheque a nombre de Triton y ponga el nombre de sus hijos en la línea de notas.
- Efectivo: Envíe efectivo con su hijo(a) a la escuela o dejelo en cualquier oficina escolar; asegúrese de tenerlo en su sobre con el nombre y apellido de su hijo(a).

Cualquier pregunta o inquietud por favor comuníquese con;

Correo electrónico: mlangley@triton.k12.mn.us o kjohnson@triton.k12.mn.us

Línea directa: 507-418-7531



# TRITON PUBLIC SCHOOLS

ISD #2125 | 813 West Highway Street | Dodge Center, MN 55927

*Proudly serving the communities of Claremont, Dodge Center, and West Concord*

*Developing Lifelong Learners*

Dear Parent/Guardian:

Our school offers healthy meals each day. Starting school year 2023-24, we are joining Minnesota's Free School Meals Program. All students can get one breakfast and one lunch free of charge each day at school. Although no application is required to receive this free meal benefit, filling out the Application for Educational Benefits is still important! Your child(ren) may qualify for other benefits like reduced fees at school. Your application may also help the school qualify for education funds, discounts, and other meal programs.

To apply, complete the enclosed Application for Educational Benefits and return it to:

**Triton Public Schools**

**813 West Highway Street Dodge Center, MN 55927**

Who should complete this application? Children in households participating in the Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Food Distribution Program on Indian Reservations (FDPIR), and foster, homeless, migrant and runaway children qualify without reporting household income. Alternatively, children can qualify if their household income is within the maximum income shown for their household size on the instructions.

**COMMON QUESTIONS:**

I get WIC or Medical Assistance. Can my children qualify? Children in households participating in WIC or Medical Assistance do not automatically qualify. Children may be eligible depending on other household financial information. Please fill out an application.

Who should I include as household members? Include yourself and all other people living in the household, related or not (such as grandparents, other relatives, or friends).

May I apply if someone in my household is not a U.S. citizen? Yes. You or your children do not have to be U.S. citizens for you to complete an application.

What if my income is not always the same? List the amount that you normally get. If you normally get overtime, include it, but not if you get overtime only sometimes. For seasonal work, write in the total annual income.

Will the income information or case number I give be checked? It may be. We may also ask you to send written proof.

How will the information be kept? Information you provide on the form, and your child's approval, will be protected as private data. For more information, see the back page of the Application for Educational Benefits.

If I don't qualify now, may I apply later? Yes. Please complete an application at any time if your income goes down, your household size goes up, or you start getting SNAP, MFIP or FDPIR benefits.

If you have other questions or need help, call 507-418-7530.

Sincerely,

Craig Schlichting, Superintendent

DISTRICT OFFICE (507) 418-7530 | ELEMENTARY SCHOOL (507) 418-7500

MIDDLE SCHOOL (507) 418-7510 | HIGH SCHOOL (507) 418-7520

#WEARETRITON

**How to Complete the Application for Educational Benefits**

Complete the Application for Educational Benefits form for school year 2023-24 if any of the following applies to your household:

- Any household member currently participates in the Minnesota Family Investment Program (MFIP), or the Supplemental Nutrition Assistance Program (SNAP), or the Food Distribution Program on Indian Reservations (FDPIR) or
- The household includes one or more foster children (a welfare agency or court has legal responsibility for the child) or
- The total income of household members is within the guidelines shown below (gross earnings before deductions, not take home pay). Do not include as income: foster care payments, federal education benefits, MFIP payments, or value of assistance

received from SNAP, WIC, or FDPIR. Military: Do not include combat pay or assistance from the Military Privatized Housing Initiative. The income guidelines are effective from July 1, 2023 through June 30, 2024.

Household size	Maximum Total Income				
	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	26,973	2,248	1,124	1,038	519
2	36,482	3,041	1,521	1,404	702
3	45,991	3,833	1,917	1,769	885
4	55,500	4,625	2,313	2,135	1,068
5	65,009	5,418	2,709	2,501	1,251
6	74,518	6,210	3,105	2,867	1,434
7	84,027	7,003	3,502	3,232	1,616
8	93,536	7,795	3,898	3,598	1,799
Add for each additional person	9,509	793	397	366	183

**Step 1: Children**

List all infants and children in the household, their school and grade if applicable, and birthdate. Attach an additional page if needed to list all children. Check the box if a child is in foster care (a welfare agency or court has legal responsibility for the child).

**Step 2: Case Number**

If any household member currently participates in SNAP, MFIP or FDPIR, write in the case number and then go to Step 4. If you do not participate in any of these programs, leave Step 2 blank and continue on to Step 3.

**Step 3: Adult and Child Incomes/ Last 4 Digits of Social Security Number**

- Social Security Number/Total Household Members. An adult household member must provide the last four digits of their Social Security number or check the box if they do not have a Social Security number. Report the total number of household members and ensure all household members are listed individually on the application in the child or adult section as applicable.

- Child Income. If any children in the household have regular income, such as SSI or part-time jobs, list the total amount of regular incomes received by all children, and check the box for the frequency: weekly, bi-weekly, twice a month, or monthly. Do not include occasional earnings like babysitting or lawn mowing.

- Adult income. Report the names of adult household members and income earned in this section.

- List all adults living in the household not listed in Step 1, whether related or not, such as grandparents, relatives, or friends.

- Gross Earnings from Work. This is usually the money received from working at jobs where a paycheck is received. For each income, check the box to show how often the income is received: weekly, bi-weekly, twice per month, or monthly.

- List gross incomes before deductions, not take-home pay. Do not list an hourly wage rate. For adults with no income to report, enter a '0' or leave the section blank. For seasonal work, write in the total annual income.

- Are you Self-Employed or a Farmer? List the net income per month or year after business expenses. Do not list the same income twice on the application. A loss from farm or self-employment must be listed as 0 income and does not reduce other income.

- Any Other Gross Income. List gross incomes before deductions from all other sources, such as SSI, unemployment, child support, public assistance, social security, rental income or annuities.

**Step 4: Signature and Contact Information** An adult household member must sign the form. If you do not want your information to be shared with Minnesota Health Care Programs, check the "Don't share" box in Step 4.

Optional: Please provide the information on ethnicity and race that is requested on the second page of the form. This information is not required and does not affect approval for school meal benefits. The information helps to ensure we are meeting civil rights requirements and fully serving our community.

**APPLICATION ON NEXT PAGE**

# Triton Elementary School

We hope that all our students had a fantastic summer break! It is hard to believe that the first days of the school year are right around the corner. Thank you for taking a few moments to read through some start of the year information. Please do not hesitate to reach out if you have any questions or concerns leading up to, or during, this school year.



## Meet the Teacher Days

September 5th and September 6th will be "Meet the Teacher" days. These are designed for all our pre-K through 5th grade students to have an opportunity to prepare for a successful school year. Students may bring their supplies into their classrooms and will participate in a few quick educational screeners. Families will receive an opportunity to register via Sign Up Genius later in August.

## First Day of School

The first full day of school will be Thursday, September 7th.

## Picture Day

Elementary students will have their picture day on Friday, September 8th.

## Bus Pick Up / Drop Off Times

Families will receive information on exact pick-up times and locations later in August. We do wait to allow any additional students to be accounted for. If you have questions on transportation, you can always call the elementary office.

## Communication Home

We will communicate on a regular basis with our families through a SMORE newsletter. If you are not receiving the newsletters electronically, please reach out to the elementary office and we can add you to the distribution list.

Shane Van Beek Elementary Principal  
svanbeek@triton.k12.mn.us  
507.418.7500 – Elementary Office



# Triton Times

Craig J. Schlichting – Superintendent

Triton Public Schools  
813 West Highway Street  
Dodge Center, MN 55927  
Office – 507-418-7530  
Fax – 507-374-2447  
schlich@triton.k12.mn.us

Produced and published for  
Triton School District  
by Mainstreet Publishing

P.O. Box 1  
West Concord, MN 55985  
E-mail: hometownmessenger@gmail.com  
Tel: 507-645-9877



## 2023-24 Application for Educational Benefits

Complete one application per household for all children. Please use pen (not a pencil). Mail or return completed form to: Triton Public Schools, 813 W. Hwy St., Dodge Center, MN 55927

**STEP 1:** List ALL Household Members who are infants, children, and students up to and including grade 12 (if more spaces are required for additional names, attach another sheet of paper).

**Definition:** A Household Member is "Anyone living with you and shares income and expenses, even if not related." Read *How to Complete the Application for Educational Benefits* for more information. Adults over grade 12 living in the same household should be reported in Step 3. If your children attend different districts or charter/nonpublic schools, return an application at each one.

Child's First Name (list all children in household)	MI	Child's Last Name	School	Grade	Birthdate	Foster Child (v)
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>

**STEP 2:** Do Any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, MFIP or FDIPIR? Medical assistance does not qualify. If NO -> Go to STEP 3. If YES -> Enter SNAP, MFIP or FDIPIR Case Number (between 4-9 digits, do not report EBT card number) \_\_\_\_\_ then go to STEP 4 (Do not complete STEP 3)

**STEP 3:** Report Income for ALL Household Members (Skip this step if you answered 'Yes' to STEP 2)

A. Last Four Digits of Social Security Number (SSN) of Adult Household Member: XXX-XX- Or Check if Adult has No SSN:  Total Number of All Household Members (Children + Adults)

B. Child Income.

Sometimes children in the household earn or receive income, such as from a part time job or SSI. Please include the TOTAL income received by all children listed in STEP 1. Do not include income received by adults in the box to the right.

Total Income Received by All Children	Weekly	Bi-weekly	2x Month	Monthly
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C. All Adult Household Members (including yourself). For each Household Member listed, if they do receive income, report total gross income only. If they do not receive income from any source, write '0' or leave any fields blank. You are certifying (promising) that there is no income to report. Not sure what income to include here? Flip the page and review "Sources of Income" for information. "Sources of Income" will help you with the Child Income section and All Adult Household Members section.

Names of All Adult Household Members (First and Last)	Gross Earnings from Working at Jobs				Report income before deductions or taxes in whole dollars (no cents).	Are you Self-Employed or a Farmer?		Any Other Gross Income					
	Weekly	Bi-weekly	2x Month	Monthly		Monthly	Yearly	Net income from Farm or Self-Employment. Do not duplicate elsewhere.	Weekly	Bi-weekly	2x Month	Monthly	
List all Household members not listed in STEP 1 (including yourself) even if they do not receive income. Include children who are temporarily away at school or in college.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SSI, Unemployment, Public Assistance, Child Support, and others on Page 2
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**STEP 4:** Contact information and adult signature. "I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

I have checked this box if I do not want my information shared with Minnesota Health Care Program as allowed by state law.

Printed name of adult signing form \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Address (if available) \_\_\_\_\_ Apt# \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

SIGN HERE: Signature of Household Adult \_\_\_\_\_ Date \_\_\_\_\_

Do Not Fill Out: For School Office Use Conversions to Annualize All Income:	X52	X16	X24	X12	X1	<input type="checkbox"/> Verified? Attach Tracker	No change <input type="checkbox"/>	Free After Verified <input type="checkbox"/>	Reduced After Verified <input type="checkbox"/>	Denied After Verified <input type="checkbox"/>	All Total Income (include child and adult income)	Household Size:	Categorical Eligibility	Free	Reduced	Denied
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determining Official Signature: _____												Date: _____				
Confirming Official Signature: _____												Date: _____				

See Page 2 for Additional Information. Return completed form to the school at the address listed at the top of the form. Do not mail to the Minnesota Department of Education or United States Department of Agriculture.

## OPTIONAL: Children's Racial and Ethnic Identities

We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility. Respond to both Step One, *Ethnicity* and Step Two, *Race*.

Step One: Ethnicity (check one):  Hispanic or Latino  Not Hispanic or Latino

Step Two: Race (check one or more):  American Indian or Alaskan Native  Asian  Black or African American  Native Hawaiian or Other Pacific Islander  White

## INSTRUCTIONS: Sources of Income

Sources of Income for Children

Sources of Child Income	Examples
<ul style="list-style-type: none"> <li>Earnings from work</li> <li>Social Security                             <ul style="list-style-type: none"> <li>a. Disability Payments</li> <li>b. Survivor's Benefits</li> </ul> </li> <li>Income from person outside the household</li> <li>Income from any other source</li> </ul>	<ul style="list-style-type: none"> <li>A child has a regular full or part-time job where they earn a salary or wages</li> <li>A child is blind or disabled and receives Social Security</li> <li>A Parent is disabled, retired, or deceased, and their child receives Social Security benefits</li> <li>A friend or extended family member regularly gives a child spending money</li> <li>A child receives regular income from a private pension fund, annuity, or trust</li> </ul>

Sources of Income for Adults

Earnings from Work	Public Assistance / Alimony / Child Support	All Other Income
<ul style="list-style-type: none"> <li>Salary, wages, cash bonuses (before deductions or taxes)</li> <li>Net income from self-employment (farm or business)</li> <li>If you are in the U.S. Military:                             <ul style="list-style-type: none"> <li>a. Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances)</li> <li>b. Allowances for off-base housing, food and clothing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Cash Assistance from State or local government</li> <li>Supplemental Security Income</li> <li>Unemployment benefits</li> <li>Worker's compensation</li> <li>Alimony payments</li> <li>Child support payments</li> <li>Veteran's benefits</li> <li>Strike benefits</li> </ul>	<ul style="list-style-type: none"> <li>Social Security</li> <li>Disability benefits</li> <li>Regular income from trusts or estates</li> <li>Annuities</li> <li>Investment income</li> <li>Rental income</li> <li>Regular cash payments from outside household</li> </ul>

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

At public school districts, each student's school meal status also is recorded on a statewide computer system used to report student data to MDE as required by state law. MDE uses this information to: (1) Administer state & federal programs, (2) Calculate compensatory revenue for public schools, and (3) Judge the quality of the state's educational program.

**Nondiscrimination statement:** In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: [program\\_intake@usda.gov](mailto:program_intake@usda.gov)

This institution is an equal opportunity provider.



# TRITON PUBLIC SCHOOLS

ISD #2125 | 813 West Highway Street | Dodge Center, MN 55927

*Proudly serving the communities of Claremont, Dodge Center, and West Concord*

*Developing Lifelong Learners*

Estimado padre/tutor:

Nuestra escuela ofrece comidas saludables todos los días. A partir del año escolar 2023-24, nos uniremos al Programa de Comidas Escolares Gratuitas de Minnesota. Todos los estudiantes pueden recibir un desayuno y un almuerzo gratis cada día en la escuela. Aunque no se requiere una solicitud para recibir este beneficio de comidas gratuitas, ¡completar la solicitud de beneficios educativos sigue siendo importante! Su(s) niño(s) puede(n) tener derecho a otros beneficios como la reducción de cuotas en la escuela. Su solicitud también puede ayudar a la escuela a calificar para fondos educativos, descuentos y otros programas de comidas.

Para presentar la solicitud, complete la solicitud de Beneficios Educativos que se encuentra adjunta y envíela a:

**Triton Public Schools,  
813 W. Highway Street, Dodge Center, MN 55927**

¿Quién debe completar esta solicitud? Los niños de hogares que participan en el Programa Suplementario de Asistencia Nutricional (SNAP, por sus siglas en inglés), el Programa de Inversión Familiar de Minnesota (MFIP, por sus siglas en inglés) o el Programa de Distribución de Alimentos en Reservaciones Indígenas (FDPIR, por sus siglas en inglés), y los niños en hogares de crianza, sin hogar, migrantes y fugitivos califican sin reportar los ingresos del hogar. Alternativamente, los niños pueden calificar si su ingreso familiar está dentro del ingreso máximo indicado para el tamaño de su hogar en las instrucciones.

Preguntas Frecuentes:

Recibo WIC o asistencia médica. ¿Mis niños pueden recibir la ayuda? Los niños de hogares que participan en el programa WIC o en la asistencia médica no cumplen automáticamente los requisitos. Los niños pueden ser elegibles dependiendo de otra información financiera del hogar. Por favor, complete una solicitud.

¿A quién debo incluir como integrante de la familia? Debe incluirse a sí mismo y a todas las demás personas que vivan en el hogar, parientes o no (como abuelos, otros parientes o amigos).

¿Puedo solicitar la ayuda si alguien de mi familia no es ciudadano de los Estados Unidos? Sí. Ni usted ni sus niños tienen que ser ciudadanos estadounidenses para que usted pueda completar una solicitud.

¿Qué ocurre si mis ingresos no son siempre los mismos? Si normalmente cobra horas extras, inclúyalas, pero no si sólo las cobra a veces. En caso de trabajo de temporada, escriba el total de ingresos anuales.

¿Se comprobará la información sobre los ingresos o el número de caso que proporciono? Es posible. También podemos pedirle que nos envíe un justificante por escrito.

¿Cómo se conservará la información? La información que usted presente en el formulario y la aprobación de su niño se protegerán como datos privados. Para más información, consulte la página trasera de la solicitud de beneficios educativos.

Si no cumplo los requisitos ahora, ¿puedo presentar la solicitud más tarde? Sí. Complete una solicitud en cualquier momento si disminuyen sus ingresos, aumenta el tamaño de su unidad familiar o empieza a recibir Beneficios SNAP, MFIP o FDPIR.

Si tiene otras preguntas o necesita ayuda, llame al 507-418-7530.

Atentamente,

Craig Schlichting, Superintendent

Cómo completar la solicitud de Beneficios Educativos

Complete el formulario de Solicitud de Beneficios Educativos para el año escolar 2023-24 si alguna de las siguientes situaciones aplica a su hogar:

Algún integrante de la unidad familiar participa actualmente en el Programa de Inversión Familiar de Minnesota (MFIP), en el Programa de Asistencia Nutricional Complementaria (SNAP) o en el Programa de Distribución de Alimentos en Reservas Indígenas (FDPIR) o

El hogar incluye uno o más niños en acogida (una agencia de asistencia social o un tribunal tiene la responsabilidad legal del niño) o

Los ingresos totales de los integrantes de la unidad familiar están dentro de los límites indicados a continuación (ingresos brutos antes de deducciones, no salario neto). No incluya como ingresos: los pagos por acogimiento familiar, las prestaciones educativas federales, los pagos del MFIP ni el valor de la ayuda recibida de SNAP, WIC o FDPIR.

Militares: No incluya la paga de combate ni la ayuda de la Iniciativa Militar de Vivienda

Privatizada. Las pautas de ingresos están vigentes desde el 1 de julio de 2023 hasta el 30 de junio de 2024.

Ingreso máximo total

Número de integrantes de la familia	\$ Por año	\$ Por mes	\$ Dos veces por mes	\$ Por 2 semanas	\$ Por semana
1	26,973	2,248	1,124	1,038	519
2	36,482	3,041	1,521	1,404	702
3	45,991	3,833	1,917	1,769	885
4	55,500	4,625	2,313	2,135	1,068
5	65,009	5,418	2,709	2,501	1,251
6	74,518	6,210	3,105	2,867	1,434
7	84,027	7,003	3,502	3,232	1,616
8	93,536	7,795	3,898	3,598	1,799
Añadir por cada persona adicional	9,509	793	397	366	183

Paso 1: Niños

Indique a todos los bebés y niños del hogar, su colegio y curso, si procede, y fecha de nacimiento. Adjunte una página adicional si es necesario para indicar todos los niños. Marque la casilla si un niño está en acogida temporal (una agencia de asistencia social o un tribunal tiene la responsabilidad legal del niño).

Paso 2: Número de caso

Si algún integrante de la unidad familiar participa actualmente en SNAP, MFIP o FDPIR, escriba el número de caso y vaya al paso 4. Si no participa en ninguno de estos programas, deje el paso 2 en blanco y continúe con el paso 3.

Paso 3: Ingresos de adultos y niños / Los últimos 4 dígitos del número de seguro social Número de la Seguridad Social/Total de integrantes de la unidad familiar. Un integrante adulto del hogar debe presentar los últimos cuatro dígitos de su número de seguro social o marcar la casilla si no tiene número de seguro social. Indique el número total de integrantes de la unidad familiar y asegúrese de que todos los integrantes de la unidad familiar figuran individualmente en la solicitud en la sección de niños o adultos, según proceda.

Ingresos de los adultos Si alguno de los niños de la unidad familiar tiene ingresos regulares, como SSI o trabajos a tiempo parcial, indique el importe total de los ingresos regulares percibidos por todos los niños y marque la casilla correspondiente a la frecuencia: semanal, quincenal, quincenal o mensual. No incluya ingresos ocasionales como cuidar niños o cortar el césped.

Ingresos de los adultos. Indique en este apartado los nombres de los integrantes adultos de la unidad familiar y los ingresos obtenidos.

Indique todos los adultos que viven en el hogar y que no se hayan incluido en el paso 1, ya sean parientes o no, como abuelos, parientes o amigos.

Ingresos brutos del trabajo. Suele tratarse del dinero recibido por trabajar en empleos en los que se recibe un sueldo. Para cada ingreso, marque la casilla que indique la frecuencia con la que se recibe el ingreso: semanal, quincenal, dos veces al mes o mensual.

Indique los ingresos brutos antes de las deducciones, no el sueldo neto. No indique el salario por hora. Para los adultos sin ingresos que declarar, escriba un "0" o deje el apartado en blanco. En caso de trabajo de temporada, escriba el total de ingresos anuales.

¿Es usted trabajador por cuenta propia o agricultor? Indique los ingresos netos mensuales o anuales después de los gastos de la empresa. No indique los mismos ingresos dos veces en la solicitud. Las pérdidas procedentes de la agricultura o del trabajo por cuenta propia deben indicarse como ingresos nulos y no reducen los demás ingresos.

Otros ingresos brutos. Indique los ingresos brutos antes de las deducciones de todas las demás fuentes, como SSI, desempleo, ayuda a los niños, asistencia pública, seguro social, ingresos por alquileres o rentas vitalicias.

Paso 4: Firma e información de contacto Un integrante adulto del hogar debe firmar el formulario. Si no desea que su información se comparta con los programas de asistencia médica de Minnesota, marque la casilla "No compartir" en el paso 4.

Opcional: Proporcione la información sobre etnicidad y raza que se solicita en la segunda página del formulario. Esta información no es obligatoria y no afecta la aprobación de los beneficios de comidas escolares. La información ayuda a garantizar que cumplamos con los requisitos de derechos civiles y sirvamos plenamente a nuestra comunidad.

**APPLICATION ON NEXT PAGE**

# Welcome to the 2023-24 school year!

(continued from page 11)

Food trucks will be available outside the Activities Entrance.

Sixth grade families and students should plan to meet in the PAC for Family Information Night at 5:30 PM.

Thursday, August 31, is also the night of the first home football game. We hope you will attend Open House and stay to cheer on the Cobras!

## Middle and High School Chromebook Distribution

Students in middle and high school will be issued a Chromebook. Students will have numerous opportunities to pick up their device before school starts. It is our goal to have 100 percent device distribution before the first day of school. Please contact the Middle School or High School office if you are not able to attend the open house and pick up your Chromebook. We will work together to find a time that works best for you. Please note that this year there is a \$40 technology fee. This fee can be paid at the time of pick up or in advance via the Infinite Campus parent portal.

Please feel free to reach out with any questions or concerns.

Tricia Johnson, TMS Dean of Students  
tjohnson@triton.k12.mn.us  
(507) 418-7510

Luke Lutterman, TMS-THS Principal  
llutterman@triton.k12.mn.us  
(507) 418-7520



## 2023-24 Solicitud de Beneficios Educativos

Complete una solicitud por hogar para todos los niños. Utilice bolígrafo (no lápiz). Envíe por correo o devuelva el formulario completado a: Triton Public Schools, 813 W Highway Street, Dodge Center, MN 55927.

**Paso 1:** Indique Todos los integrantes del hogar que sean bebés, niños y estudiantes hasta el grado 12 inclusive (si se necesitan más espacios para nombres adicionales, adjunte otra hoja de papel).

**Definición:** Un integrante del Hogar es "Cualquier persona que viva con usted y comparta ingresos y gastos, aunque no sea pariente." Para más información, lea *Cómo completar la solicitud de Beneficios Educativos*. Los adultos mayores de 12 años que vivan en el mismo hogar deben indicarse en el paso 3. Si sus niños asisten a diferentes distritos o colegios charter/no públicos, devuelva una solicitud para cada uno de ellos.

Nombre del niño (indique todos los niños del hogar)	IM	Apellidos del niño	Escuela	Grado	Fecha de nacimiento	Hijo adoptivo (v)
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>

**Paso 2:** ¿Alguno de los integrantes del hogar (incluido usted) participa actualmente en uno o más de los siguientes programas de asistencia: SNAP, MFIP o FDIPIR? La asistencia médica no cumple los requisitos. Si es NO > Vaya al Paso 3. Si es SÍ > Introduzca el número de caso de SNAP, MFIP o FDIPIR (entre 4 y 9 dígitos, no indique el número de la tarjeta EBT) \_\_\_\_\_ y luego vaya al Paso 4 (No complete el Paso 3)

**Paso 3:** Reporte los ingresos de todos los integrantes del hogar (Omite este paso si contestó "SI" al Paso 2)

A. Cuatro últimos dígitos del número de seguro social (SSN) del integrante adulto del hogar: XXX-XX-\_\_\_\_ O marque si el adulto No tiene SSN:  Total de todos los integrantes del hogar (niños + adultos)

B. Ingresos de los niños.

A veces los niños del hogar ganan o reciben ingresos, tales como de un trabajo de medio tiempo o SSI. Por favor, incluya el total de los ingresos recibidos por todos los niños indicados en el Paso 1. No incluya los ingresos recibidos por los adultos en la casilla a la derecha.

Total de ingresos recibidos por todos los niños	Semanal	Quincenal	2 por mes	Mensual
\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C. Todos los integrantes adultos del hogar (incluido usted). Por cada integrante del hogar indicado, si reciben ingresos, indique únicamente los ingresos brutos totales. Si no reciben ingresos de ninguna fuente, escriba "0" o deje algún campo en blanco. Está certificando (prometiéndolo) que no hay ingresos que declarar. ¿No está seguro de qué ingresos debe incluir aquí? Dé la vuelta a la página y consulte la sección "Fuentes de ingresos" para obtener más información. La sección "Fuentes de ingresos" le ayudará a rellenar los apartados "Ingresos de los niños" y "Todos los integrantes adultos de la unidad familiar".

Nombres de todos los adultos del hogar (nombre y apellidos)  List all Household members not listed in STEP 1 (including yourself) even if they do not receive income. Include children who are temporarily away at school or in college.	Ingresos brutos del trabajo				Report income before deductions or taxes in whole dollars (no cents).	¿Es usted trabajador independiente o agricultor?			Otros ingresos brutos				
	Semanal	Quincenal	2 por mes	Mensual		Mensual	Annual	Ingresos netos de la agricultura o del trabajo por cuenta propia. No duplicar en ningún otro sitio.	Semanal	Quincenal	2 por mes	Mensual	SSI, desempleo, asistencia pública, manutención de niños y otros en la página 2
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____

**Paso 4: Información de contacto y firma de un adulto.** "Certifico (prometo) que toda la información en esta solicitud es verdadera y que todos los ingresos están declarados. Entiendo que esta información se da en relación con la obtención de fondos federales, y que los funcionarios de la escuela pueden verificar (comprobar) la información. Soy consciente de que si doy información falsa a propósito, mis niños pueden perder los beneficios de comidas, y puedo ser procesado bajo las leyes estatales y federales aplicables."

He marcado esta casilla si no deseo que mi información se comparta con el programa de asistencia médica de Minnesota según lo permite la ley estatal.

Nombre impreso del adulto que firma la solicitud \_\_\_\_\_ Teléfono de día \_\_\_\_\_

Dirección (si está disponible) \_\_\_\_\_ Apto# \_\_\_\_\_ Ciudad \_\_\_\_\_ CP \_\_\_\_\_

FIRME AQUÍ: Firma del adulto del hogar \_\_\_\_\_ Fecha \_\_\_\_\_

Do Not Fill Out: For School Office Use Conversions to Annualize All Income:	X52	X26	X24	X12	X1	All Total Income (Include child and adult income)	Household Size:	Categorical Eligibility	Free	Reduced	Denied	
	Weekly	Bi-weekly	2X Month	Monthly	Annualize							
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Determining Official Signature:							Date:					
Confirming Official Signature:							Date:					

Consulte la página 2 para obtener información adicional. Devuelva la solicitud completada a la escuela a la dirección indicada en la parte superior del formulario. No lo envíe al Departamento de Educación de Minnesota ni al Departamento de Agricultura de los Estados Unidos.

### OPCIONAL: Identidad racial y origen étnico de los niños

Tenemos la obligación de pedir información sobre la raza y el origen étnico de sus hijos. Esta información es importante y ayuda a asegurar que estamos sirviendo plenamente a nuestra comunidad. Responder a esta sección es opcional y no afecta la elegibilidad de sus hijos. Responda al paso uno, *Origen étnico* y al paso dos, *Raza*.

**Paso uno: Origen étnico (marque una):**  Hispano o Latino  No Hispano o Latino

**Paso dos: Raza (marque una o más):**  Indio americano o nativo de Alaska  Asiático  Negro o afroamericano  Nativo de Hawái u otras islas del Pacífico  Blanco

### INSTRUCCIONES: Fuentes de ingresos

Fuentes de ingresos de los niños

Fuentes de ingresos de niños	Ejemplos
<ul style="list-style-type: none"> <li>Ingresos del trabajo</li> <li>Seguro social                             <ul style="list-style-type: none"> <li>a. Pagos por discapacidad</li> <li>b. Beneficios de sobreviviente</li> </ul> </li> <li>Ingresos procedentes de una persona fuera del hogar</li> <li>Ingresos procedentes de cualquier otra fuente</li> </ul>	<ul style="list-style-type: none"> <li>Un niño tiene un trabajo regular de tiempo completo o parcial en el que recibe un sueldo o salario</li> <li>Un niño es ciego o tiene una discapacidad y recibe el seguro social</li> <li>Un padre o madre tiene una discapacidad, está jubilado o ha fallecido y su hijo recibe Beneficios de la Seguridad Social</li> <li>Un amigo o un miembro de la familia le da regularmente dinero para gastos al niño.</li> <li>Un niño recibe ingresos regulares de un fondo de pensiones privado, anualidad o fideicomiso</li> </ul>

Fuentes de ingresos de los adultos

Ingresos del trabajo	Asistencia pública / Pensión alimenticia	Otros ingresos
<ul style="list-style-type: none"> <li>Sueldo, salario, bonificaciones en efectivo (antes de deducciones o impuestos)</li> <li>Ingresos netos del trabajo por cuenta propia (agricultura o negocio)</li> <li>Si pertenece a las Fuerzas Armadas de EE.UU.:                             <ul style="list-style-type: none"> <li>a. Sueldo base y bonificaciones en efectivo (NO incluya la paga de combate, la FSSA ni los subsidios de vivienda privatizados)</li> <li>b. Sueldos para vivienda, comida y ropa fuera de la base</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Ayudas en efectivo del gobierno estatal o local</li> <li>Ingreso Suplementario del Seguro</li> <li>Beneficios por desempleo</li> <li>Indemnización laboral</li> <li>Pensiones alimenticias</li> <li>Pagos de manutención de niños</li> <li>Beneficios para veteranos</li> <li>Beneficios de huelga</li> </ul>	<ul style="list-style-type: none"> <li>Seguro social</li> <li>Beneficios por incapacidad</li> <li>Ingresos regulares procedentes de fideicomisos o herencias</li> <li>Anualidades</li> <li>Ingresos por inversiones</li> <li>Ingresos por alquiler</li> <li>Pagos regulares en efectivo procedentes de fuera del hogar</li> </ul>

La Ley Nacional de Almuerzos Escolares Richard B. Russell requiere la información de esta solicitud. Usted no tiene que dar la información, pero si no lo hace, no podemos aprobar a su niño para comidas gratis o a precio reducido. Debe incluir los últimos cuatro dígitos del número de seguro social del miembro adulto del hogar que firma la solicitud. Los cuatro últimos dígitos del número de la seguridad social no son necesarios si presenta la solicitud en nombre de un niño en un hogar sustituto o si indica un número de caso del Programa de Asistencia Nutricional Suplementaria (SNAP), del Programa de Asistencia Temporal para Familias Necesitadas (TANF) o del Programa de Distribución de Alimentos en Reservas Indígenas (FDPIR) u otro identificador FDIPIR para su niño, o si indica que el miembro adulto del hogar que firma la solicitud no tiene número de la seguridad social. Utilizaremos su información para determinar si su niño reúne los requisitos para recibir comidas gratuitas o a precio reducido, y para la administración y aplicación de los programas de almuerzo y desayuno. PODRÍAMOS compartir su información de elegibilidad con programas de educación, salud y nutrición para ayudarles a evaluar, financiar o determinar los beneficios de sus programas, auditores para revisiones de programas y funcionarios encargados de hacer cumplir la ley para ayudarles a investigar violaciones de las reglas del programa.

En los distritos escolares públicos, la declaración de comidas escolares de cada estudiante también se registra en un sistema informático estatal que se utiliza para informar de los datos de los estudiantes al MDE, tal y como exige la ley estatal. El MDE utiliza esta información para: (1) Administrar programas estatales y federales, (2) Calcular los ingresos de compensación para las escuelas públicas, y (3) Juzgar la calidad del programa educativo del estado.

**Declaración de no discriminación:** De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, nacionalidad, sexo (incluidas la identidad de género y la orientación sexual), discapacidad, edad o represalias por actividades previas relacionadas con los derechos civiles.

La información del programa puede estar disponible en idiomas distintos del inglés. Las personas con discapacidades que necesiten medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de signos americano), deben ponerse en contacto con la agencia estatal o local responsable que administra el programa o con el Centro TARGET del USDA en el (202) 720-2600 (voz y TTY) o ponerse en contacto con el USDA a través del Servicio Federal de Retransmisión en el (800) 877-8339.

Para presentar una denuncia por discriminación en un programa, el denunciante debe completar el formulario AD-3027, USDA Programa de Formulario de Denuncia de Discriminación que se puede obtener en línea en: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del denunciante, así como una descripción escrita de la supuesta acción discriminatoria lo suficientemente detallada como para informar al Subsecretario de Derechos Civiles (ASCR) sobre la causa y la fecha de una supuesta violación de los derechos civiles. El formulario AD-3027 completado o la carta deben enviarse al USDA por:

- (1) correo postal: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; o
- (3) correo electrónico: [program\\_intake@usda.gov](mailto:program_intake@usda.gov)
- (4) Esta institución ofrece igualdad de oportunidades.



**TRITON ELEMENTARY SCHOOL SUPPLY LIST 2023-2024**

<b>KINDERGARTEN</b>	<b>FIRST GRADE</b>	<b>SECOND GRADE</b>
<ul style="list-style-type: none"> <li>• 1 plastic two pocket folder (Any color)</li> <li>• 1 notebook WideRuled or College Ruled (any color)</li> <li>• 4 boxes CRAYOLA Crayons</li> <li>• 2 boxes CRAYOLA markers</li> <li>• 4 black EXPO whiteboard markers</li> <li>• 8 glue sticks</li> <li>• 2 containers Clorox disinfecting wipes</li> <li>• <u>Last names starting with A-L:</u> 1 box of Gallon size ziploc bags</li> <li>• <u>Last names starting with M-Z:</u> 1 box of Quart size ziploc bags</li> <li>• Water bottle (to leave at school)</li> <li>• Kids scissors</li> <li>• 1 box of kleenex</li> <li>• Pencil Box</li> <li>• Headphones</li> <li>• 1 whiteboard eraser</li> <li>• Backpack</li> <li>• Non-marking shoes for gym to keep at school</li> </ul>	<ul style="list-style-type: none"> <li>• 1 box of 8 classic color Broad line Crayola markers</li> <li>• 1 container of disinfecting wipes</li> <li>• 1 large box of kleenex</li> <li>• 1 student scissor</li> <li>• 1 whiteboard eraser</li> <li>• 12 sharpened #2 pencils</li> <li>• 2 pink rectangle erasers</li> <li>• 2 spiral wide- ruled notebooks</li> <li>• 2 two-pocket folders. (Any color unless your child is in <u>Hegrenes &amp; Olevson Classes</u> need 1 green two-pocket folder, 1 any color two-pocket folder)</li> <li>• 4 boxes of 24 crayola crayons</li> <li>• 6 glue sticks</li> <li>• 8 black dry erase markers</li> <li>• Wired headphones in a ziploc bag (labeled with first &amp; last name)</li> <li>• One 5 x 8 plastic pencil box</li> <li>• Non-marking shoes for gym to keep at school</li> </ul>	<ul style="list-style-type: none"> <li>• Wired Headphones</li> <li>• 24 #2 Sharpened pencils</li> <li>• 2 ink pens (any color)</li> <li>• 4 highlighters (any color)</li> <li>• 2 boxes of 24 crayons</li> <li>• 2 boxes of 8-10 markers</li> <li>• 8 glue sticks</li> <li>• 2 large erasers</li> <li>• 1 pair of scissors</li> <li>• 1 subject spiral notebook- Wide Ruled</li> <li>• 1 yellow plastic two-pocket folder</li> <li>• 2 additional two-pocket folders (any color)</li> <li>• 4 dry erase markers (any color)</li> <li>• 1 whiteboard eraser</li> <li>• 1 large box of kleenex</li> <li>• 2 containers of disinfecting wipes</li> <li>• Non-marking shoes for gym to keep at school</li> </ul>
<b>THIRD GRADE</b>	<b>FOURTH GRADE</b>	<b>FIFTH GRADE</b>
<ul style="list-style-type: none"> <li>• 1 box of 24 crayons</li> <li>• 1 set of 12 colored pencils</li> <li>• 1 box of 8 markers</li> <li>• 3 dozen #2 pencils sharpened</li> <li>• 1 pink rectangular eraser</li> <li>• 2 glue sticks</li> <li>• 1 scissor</li> <li>• 8 dry erase markers</li> <li>• Small whiteboard</li> <li>• 1 whiteboard eraser</li> <li>• 2 wide ruled composition notebooks</li> <li>• 2 zipper pencil pouches</li> <li>• 2 two-pocket folders</li> <li>• 2 highlighters</li> <li>• Wired headphones</li> <li>• Non-marking shoes for gym to be left at school</li> <li>• 2 boxes of Kleenex</li> <li>• 1 container of disinfectant wipes</li> </ul> <p>***No spiral notebooks</p>	<ul style="list-style-type: none"> <li>• 1 box of ten thin markers</li> <li>• 1 box of 24 colored pencils</li> <li>• 48 pencils (supply for school year)</li> <li>• 4 glue sticks</li> <li>• 8 black dry erase markers</li> <li>• 1 scissor (any size)</li> <li>• 2 spiral notebooks- WideRuled</li> <li>• 1" 3-ring binder</li> <li>• White board eraser</li> <li>• 2 highlighters (any color)</li> <li>• 1 box of kleenex</li> <li>• 1 container of disinfecting wipes</li> <li>• Non-marking shoes for gym to be left at school</li> <li>• Wired headphones</li> </ul>	<ul style="list-style-type: none"> <li>• 4 two-pocket folders (any color)</li> <li>• 1 three subject notebook</li> <li>• 2 one subject notebooks</li> <li>• 4 fine tipped dry erase markers</li> <li>• 1 whiteboard eraser</li> <li>• 48 #2 pencils (No mechanical)</li> <li>• Extra erasers (Pencil top or rectangle)</li> <li>• 4 highlighters (1- yellow, 1-orange, 1- blue, 1-green)</li> <li>• Scissors</li> <li>• 1 box 24 colored pencils</li> <li>• 4 glue sticks</li> <li>• Headphones or Earbuds</li> <li>• Non-marking shoes for gym to keep at school</li> <li>• Deodorant to keep at school</li> <li>• 2 containers of disinfection wipes</li> <li>• 1 large box of kleenex</li> </ul>

**Health Office Reminders**

We hope you are having a summer full of fun, adventures, and relaxation! As the time for back to school quickly approaches, remember to keep these health office items in mind!

**IMMUNIZATIONS:** If your student is new to the district or going into kindergarten, 7th, 10th, or 12th grade the school is required by the state to have documentation of up-to-date immunizations to attend school. If your student updates their vaccines this summer don't forget to grab a copy of their immunization record for the school. If you need an exemption form for your student, send nurse Andrea an email and we can assist you with that process as well!

**MEDICATIONS:** If your student will be taking any prescription medications at school this year the health office will need an updated medication form with both the doctor and guardian's signature on it. The health office cannot administer medications without an updated form.

**OVER-THE-COUNTER MEDICATIONS:** If you would like your student to have acetaminophen (Tylenol), ibuprofen (Advil), allergy medications (Claritin, Benadryl), lotions, etc. available during the school year, please add these to your back-to-school list. The new, unopened packages labeled with your child's name can be delivered to the health office. All medications must be stored in the health office and cannot be kept in classrooms/lockers/backpacks (emergency medications can be carried by responsible students IF the health office is aware and has an action plan for them). There is also a form for parents/guardians to sign so that we can give these medications during the school day.

**ALLERGIES/ASTHMA/SEIZURE/DIABETES/TREATMENTS/FEEDINGS:** Remember to reach out to your child's doctor for an updated action plan or care plan. The health office is required to have physician orders for any emergency medications (inhalers/epi-pens/glucose/anti-seizure meds) and an updated action plan signed by the doctor and parents. Physician orders or documentation are also required for any special bathroom needs, dietary needs, medical appliances, feeding needs, etc.

As always, the health office is happy to help with any questions or concerns! We love to hear from parents and get as much information as we can about our students. The more we know the better care we can provide here at school! Nurse Andrea will be checking email over the summer so feel free to reach out!

**HAVE AN AMAZING SUMMER!**

The health office team,

Nurse Andrea - apossehl@triton.k12.mn.us

Health Office Assistant – Tessa togren@triton.k12.mn.us

**ANNUAL PARENT NOTIFICATIONS**

Minnesota Statute requires we provide annual notification to parents of Triton Public Schools students of the topics below. If you have any questions, please use the contact number found in the notice.

**LEAD-IN-WATER ANNUAL NOTIFICATION**

Minnesota Statute 121A.335 requires public school buildings serving kindergarten through grade 12 to test for lead in water every 5 years. This statute also requires school districts to make the results of the testing available to the public for review and to notify parents of the availability of the information. Notification may be accomplished by publishing a statement in the "Back to School" newsletter or publication that is available to staff, student, parents and the public.

Triton Public Schools is committed to providing a safe working and learning environment for employees and students. The district has developed a lead in water management plan and testing program that complies with Minnesota Statute 121A.335, as well as recommendations from the Environmental Protection Agency's (EPA's) Lead Contamination Control Act (LCCA) of 1988 and the Minnesota Department of Health (MDH), and Minnesota Department of Education (MDE).

For more information on Triton Public Schools lead reduction and testing program, please contact Dave Hagen at 507-418-7540.

**INDOOR AIR QUALITY**

Triton Public Schools has an indoor air quality management plan that outlines specific policies and procedures used in district to address indoor air quality issues. The District Health and Safety Committee chaired by Dave Hagen (507-418-7540) and the Institute for Environmental Assessment, the district's health and safety consultant, review the plan annually. If you have any questions concerning indoor air quality or would like to use the EPA's Tools for Schools checklists, please contact Dave Hagen.

**AHERA ANNUAL ASBESTOS NOTIFICATION**

During the past school year and continuing into the 2023-2024 school year, the following asbestos management plan activities have been or are currently being completed. These activities are pursuant to the Environmental Protection Agency 40 CFR Part 763- "Asbestos Containing Materials in Schools; Final Rule and Notice."

Two (2) Semi-Annual Periodic Surveillance Inspection

Notification of Asbestos Locations for Short-Term Workers (Electricians, Plumbers, etc.) Training of District Personnel

Triton Public Schools has contracted with the Institute for Environmental Assessment to provide environmental consulting services.

The complete updated Asbestos Management Plan for Triton Public Schools can be found in the District office. The Management Plan can be viewed, without cost or restriction, during normal working hours. Copies can be obtained for a fee of \$.10 per page.

Any questions concerning this notice or an explanation of our Asbestos Management Plan can be directed to Dave Hagen, Triton Public Schools, at 507-418-7540.



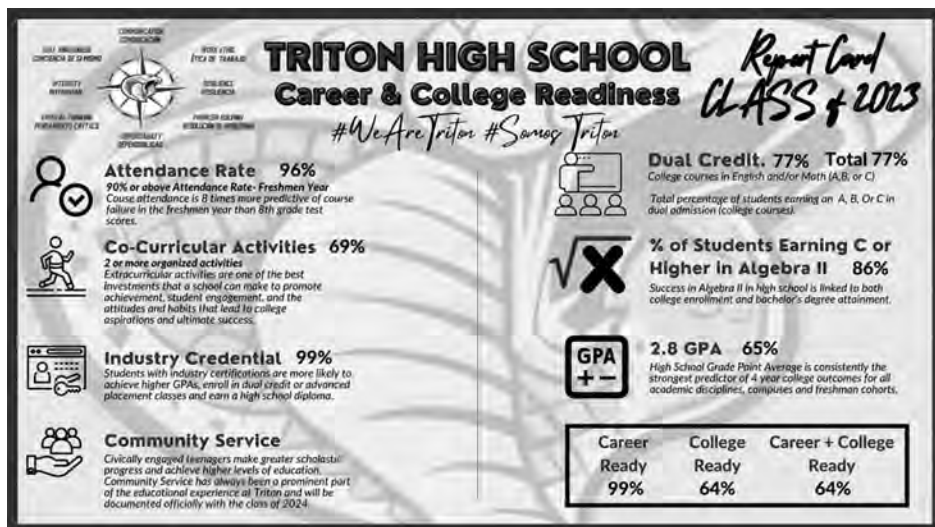
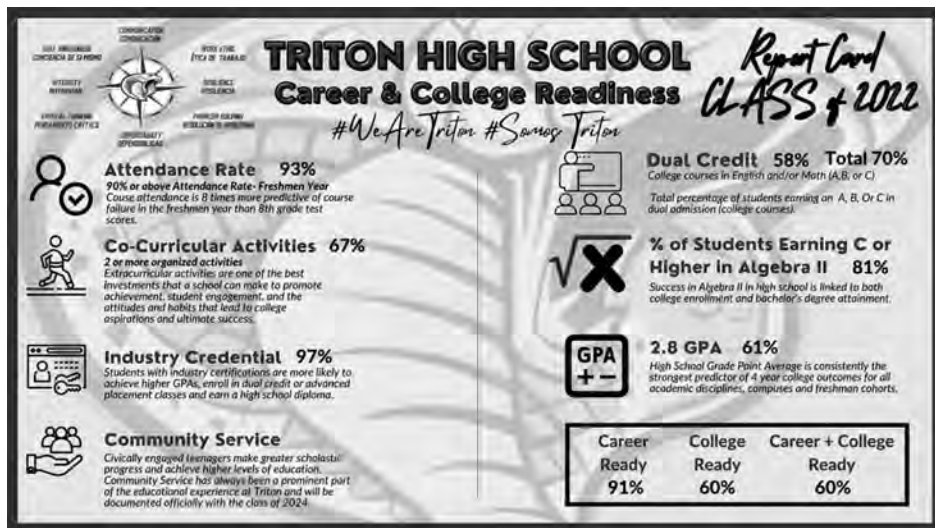
## Redefining Ready

This past year we have been busy implementing the practices involved with being a member of the Southeastern MN Redefining Ready Cohort. Redefining Ready has many research based indicators that determine if students are college, career, and life ready. We know that student success is based on many factors and we are excited to be implementing numerous practices and measures to monitor progress and improvement.

By joining Redefining Ready, we are taking part in a national initiative that was launched by the AASA (The School Superintendent Association). We feel this updated measurement more accurately reflects the skills and knowledge needed to be successful regardless of the student's career choice or postsecondary education plans.

The Triton Redefining Ready Team has been working very hard to generate data in line with the indicator areas. Below you can view our Class of 2022 and Class of 2023 School Report Cards. These Report Cards clearly state how many of our students are college and career ready based on the research from the Redefining Ready Indicators. More importantly, we have the benefit of using a research-based framework to help us focus on making sure all students have the skills and knowledge to be successful after they leave our school.

We look forward to continuing to update the Triton Community on our Redefining Ready progress. As always, we thank you for your support, partnership, and engagement.



## Driver's Training with Mr. Johnson and Enhanced Driving Institute

The Enhanced Driving Institute is proud to offer the most comprehensive driver's education program available, and we are extremely excited to be bringing our program to Triton High School with a teacher the students know and trust! Our next class will run October 23rd -November 3rd. Classes will be Monday-Friday from 3:30-6:30PM and will be held in the Triton High School Media Center.



All students over 14 years old are legally eligible for class, though we recommend waiting until students are 15 or nearly 15. Our Complete Package (\$415) includes 30 hours of classroom instruction AND the 6 hours of Behind the Wheel Training with a licensed instructor that is required by the state of MN. All behind the wheel lessons will begin and end at our Rochester campus location. The Complete Package is subject to a one year program agreement which requires all 3 behind the wheel lessons to be completed 10 months after the first day of class. Students who will not turn 15 for a bit, could also register for the Classroom Only Package (\$240). The Classroom Only Package is not subject to a program agreement. These students would receive their Blue Card when they enroll in BTW training (\$240).

All registration is done completely online through our website: <https://www.enhanceddrivinginstitute-mn.com/triton>

If you want to know more about our program e-mail Mr. Johnson: [jjohnson@trion.k12.mn.us](mailto:jjohnson@trion.k12.mn.us)

## TRITON MIDDLE-HIGH SUPPLY LISTS

### Middle School

Notebooks - 1 Per Class

Folders - 1 Per Class

Number 2 Pencils

Pens - Black or Blue

1-1.5" Binders - 2

Loose Leaf Paper - 1

3 X 5 Note Cards

Comp. Notebook - 7th Gr

TI-30X IIS Calculator

Backpack

Deodorant and Gym Clothes

Optional - 1 Box of Kleenex, 1 Container of Clorox Wipes

### High School

Notebooks - 1 Per Class

Folders - 1 Per Class

Pencils

Pens - Black or Blue

Calculator TI-30Xa

Planner/Agenda

Comp. Notebook

Acc Chem, Acc Bio, Ex Phys

# 2023-2024 Bus Information

Please note the designated stops and times to determine which stop is nearest to your residence. The one that is nearest to your residence without crossing a major roadway will be your child's pick-up point and time.

**Remember, students should be at the bus stop 5 minutes before the bus comes, not any earlier. On the first day of school, the bus drivers ask that students come to their stop 10 minutes early.**

**\*\*\* Please have 1 primary stop\*\*\***

The pick-up points and approximate times are as follows:

<b>Dodge Center</b>		<b>Bus Number</b>	<b>West Concord</b>		<b>Bus Number</b>
7:32	Corner of 4th St SE & 6th Ave SE	19	7:14	Ellington St & Front St	20
7:34	Corner of 3rd St SE & 6th Ave SE	19	7:16	405 Front St	20
7:37	208 3rd St SE	19	7:17	Corner of Olive St & Front	20
			7:19	Corner of Olive & First St (Historical Building)	20
7:38	2nd St NW & Corner of 2nd Ave NW	20			
7:34	Corner of 2nd St NE & 9th Ave NE	11	7:24	2nd St & Ellington	2
7:35	Corner of 2nd St NE & Cty Rd 34	11	7:26	3rd St & Arnold	2
7:36	1st Ave NE & Cty Rd 34	11	7:28	Third St & Eugene	2
7:37	Valley View Trailer Park	11	7:30	1006 1st St	2
7:40	Corner of 5th Ave NW & Cty Rd 34	11			
7:29	Corner of 1st St SW & 2nd Ave SW	1	7:27	620 Main St	15
7:31	Corner of 2nd St SE and Central Ave	1	7:29	Highland & Irvin	15
7:32	3rd St & Central Ave	1	7:30	Corner of 6th St & Irvin	15
7:33	Corner of South St & Central Ave	1	7:31	Corner of South and 5th St	15
7:34	Corner of 2nd Ave & South St	1	7:32	Highland & South St	15
7:35	Corner of 11th St NW & 4th Ave NW	14			
7:36	Corner of 10th St NW & 6th Ave NW	14			
7:37	9th St NW & 6th Ave NW	14			
7:38	Corner of 9th St NW & 5th Ave NW	14			
7:39	Corner of 8th Ave & 5th St NW	14			
7:40	410 8th St NW	14			
7:41	304 8th St NW	14			
7:17	Corner of 1st Ave & North St	16			
7:23	814 East Main St	16			
7:25	East Main St & 6 1/2 Ave	16			
7:26	Corner 2nd St & 6 1/2 Ave NE	16			
7:27	Corner of 2nd St & 3rd Ave NE	16			
7:29	Main St & 2nd Ave	16			
7:36	Main St & 4th Ave NE	4			
7:38	Corner of Main St & 1st Ave (Library)	4			
7:39	Corner of Main St & 2nd Ave	4			
<b>Claremont</b>		<b>Bus Number</b>			
7:22	Front St by Post Office	13			
7:23	Front St & East St	13			
7:25	Church and Julia	13			
7:28	Church & McKinley	13			
7:18	533 2nd St	3			
7:19	413 2nd St	3			
7:20	2nd & Elm	3			
7:21	129 2nd St	3			
7:22	East St and Trailer Park	3			
7:23	3rd & Main	3			
7:24	505 3rd St	3			



# Exploring Nature Collaboratively – The Nature Buddy Experience



Getting ready to embark on a scavenger hunt in the Triton nature area!



Making egg grow heads

For the second year in row, the high school Nature Studies class partnered with an elementary age group to teach them about nature on a weekly basis. This past school year, that collaboration was with the Cobra Care preschool classroom. Each week the high school students would come down to the Cobra Care wing and impart some knowledge to their 4 and 5 year old buddies encompassing the vast array of nature. Throughout the course of the semester, the buddies did numerous activities together.

These activities coincided with the weather events happening at the time. From collecting snow to make their very own snow ice cream (that almost all students, big and young alike, had never had before!) to tracking animals in the nature center, these buddies got to do and learn about a bit of everything!

As Tiffaney Lamoree, the Cobra Care supervisor stated, “We were so very lucky to have had the opportunity to join the Nature Studies’ Buddy Program.

*(continued on page 21)*



Celebrating winter through nature art!



Making bird nests in the nature center

# Exploring Nature Collaboratively – The Nature Buddy Experience

*(continued from page 20)*

The preschoolers and our staff really enjoyed learning about nature. They were always so excited to see their nature buddies and could not wait to find out what project they were going to be working on that day!” There are many joys in being a K-12 school with the added bonus of a preschool daycare; this experience really cultivated the ability to work together and build meaningful relationships among age levels.

Freshman student, Bella Shake was a bit apprehensive about nature studies given that a portion of the class is devoted to doing taxidermy on road kill. However, when asked about her nature buddy experience, she was quick to say “Nature buddies was such an amazing experience to have! I would take nature studies again just to have that experience again!” Fellow classmate Autumn Dean echoed Shake’s sentiments. “I had the privilege of having two buddies and being with them was always the best part of my week.”

Mrs. Horejsi, the nature studies instructor, is looking forward to continuing to offer this program moving forward. As she stated, “It is an absolute joy to see the kids’ faces when we would come down each week. I am not just referring to little kids either! This was definitely a meaningful experience for all!”



Learning about the importance of making every day Earth Day



Making (and eating!) snow ice cream!

# Triton Youth Football



Triton Football wrapped up our youth football camp last week. It was a great week with these kids. On Monday, we went over basic skills of the game. Tuesday, focused on offensive skill sets. On Wednesday, we shifted our focus to defense and worked on the various position groups. Thursday, we worked on the skills needed for special teams and ended with a punt, pass, and kick competition. All week the youth participants had positive attitudes and brought plenty of energy. The future of Cobra football is bright. Thanks to our varsity athletes in helping make it a great experience.



Congratulations to Jett, Max, Garrison, and Brooks on winning their respective age group in the Punt, Pass, & Kick Competition at the 2023 Cobra Youth Football Camp this week.

## TRITON CLASS OF 2023



### SENIOR SPOTLIGHT

Liam Schlichting is a 2023 Triton graduate. His parents are Craig and Jessica Schlichting. He has three brothers, Deacon, Brekken and Austin. Liam was active in Triton Cobra wrestling and football. Outside of school he enjoys weightlifting, and playing videogames. His favorite movies are action like Bullet Train. He likes music by Lady Gaga, Katy Perry, Resha and Pit Bull. His favorite actors are Adam Sandler, Brad Pitt and Ryan Reynolds. After graduation he plans to pursue a degree in Construction Management in Wyoming.



**LIAM SCHLICHTING**

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Messengers: 507-951-7417, Waseca County Pioneer: 507-837-6767 Email:  
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**ONLINE  
AUCTION**

HOUGHTON'S AUCTION SERVICE **SOLD** RED WING, MINNESOTA



LOCATION, Houghton's Auction Lot, 505 N Main St. Zumbrota, MN

**MONDAY, AUGUST 21 2023**  
AUCTION STARTS CLOSING @ 6 PM  
www.houghtonauctions.com to bid & buy  
Bidding opens Monday, August 14th

**SKID LOADERS, MINI EXCAVATORS & ATTACHMENTS & ASHLAND SCRAPER**  
2016 John Deere 326E, cab, 2.537 one owners Hrs. - 2021 Kubota S5775, cab, 3100 one owner Hrs - (8) New mini excavators - 2000 Ashland 1500SP, 15 Yd Hyd scraper - (4) 40' Shipping containers - Large selection of new skid loader attachments: rotary mowers, posthole augers, land planes, Hyd grapples, Pallet forks, cement mixers - plus more

**TRUCK & TRAILERS** 2015 Volvo VNL300 day cab, 289,000 miles, D13, 12.8L 435 HP, 10 sp. - 2006 Freightliner Columbia semi - 2006 Int 4300 truck w/27' van body - 2023 Wilson 41' hopper bottom trailer, 67' sides, roll tarp, ag hoppers, air ride, IIR 22.5 tires, very low miles - 2010 Cornhusker 42' hopper bottom trailer - 2010 Timpte 40' hopper bottom trailer - 2006 Wilson Pacesetter 42' hopper bottom trailer - 2003 Timpte 40' hopper bottom trailer - 1998 Wisco 30 ton detach trailer, tri axle - 2015 Chevy 2500HD, 4x4, 88,000 act miles - 2010 GMC Sierra 1500 Z71, 4x4 - 2023 Diamond C dump trailer 77' x 12', new w/warranty - 2023 Diamond C deck over 24' trailer, new - 2023 Diamond C 83' x 16' car trailer (2) 3500 LB axles, new - 2023 Floe Vera Max 140' Alum utility trailer - 2022 Forest River 20' tandem Alum trailer, ramp gate - 2003 Iarnel 20' deck over trailer -

**FARM MACHINERY** Case IH 2206, 6R com head - JD 635, 35' beam head - Int 810 dummy head - Head cart, Tillage Eq. - Haying & chopping Eq. - Gravity boxes - Festerl 10' x 7' auger, swing hopper - Vehicles - Trailers - Boats - Riding mowers - Large Assrt of guard rail

New kitchen cabinet sets - New flooring - New fixtures - Tools - Farm related

www.houghtonauctions.com

**Houghton's  
AUCTION SERVICE**

RED WING, MN 651-764-4285

Todd Houghton, MN Lic. #25-47, WI Lic. #181  
Red Wing, MN - 651-764-4285

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**AUCTION  
CALENDAR**  
August 19, 2023 ..... 10:00 AM  
Red Wing, MN

LIVE AND ONLINE FARM RETIREMENT AUCTION FOR EMERY & GINNY FITSCHEN  
John Deere 4960 MFWD, John Deere 4430, Kubota 6800 MFWD, (2) Parker Grain Carts, John Deere 1760 12R30", JD 714 Disc Chisel, JD 2210 Field Cultivator, Augers, Other Good Farm Machinery, Farm Support Items

**August 23, 2023**  
Bidding Begins: .. Aug. 16, 2023  
Starts Closing... August 23, 2023  
Nerstrand, MN  
ONLINE ONLY PERSONAL PROPERTY AUCTION FOR THE OLSON ESTATE  
(3) 1936 Ford Pickups, Red Wing Stoneware, Scandinavian Rosmalding Items, Antique Furniture, Collectibles, Modern & Antique Furniture, Lawn & Garden Items, 160 Gallon Sprayer, Log Splitter, Fuel Tank, Hand & Power Tools and More

**August 26, 2023 ..... 9:00 AM**  
Mantorville, MN  
LIFETIME FARM COLLECTION AUCTION FOR  
PAT & LINDA OVEREND  
Oliver Tractors, 2, 3 & 4 Digit, White American 60 Tractors, One Owner  
1972 Ford F250 Highboy, Oliver Parts, Ford 555B Backhoe, 32' GN Trailer, Implements, Power Tools  
7046 County Road 5 NW

**August 28, 2023**  
Bidding Begins: .. Aug. 19, 2023  
Starts Closing... August 28, 2023  
Wells, MN  
ONLINE ONLY FARM RETIREMENT AUCTION FOR  
CRAIG & JANEL SCHULTZ  
John Deere 9670STS Combine, 893, 635, JD 8230 & 8100 MFWD, JD 2630 Display & Globes, JD 1770, JD 235, JD 3010, Brent 644 Wagon, I&M Cart, Wilrich 957 Ripper, Fast Sprayer, Farm Support Equipment

**September 14, 2023 ..... 1:00 PM**  
Mapleton, MN  
LIVE & ONLINE FARM MOVING AUCTION FOR ROBERT & KAREN SCHULL  
JD 4720 MFD Tractor w/Loader, JD 2425, Z375R & 525E Mowers, Arctic Cat 550 & 650 ATVs, PJ 20' Trailer, Bahler Snowblower, Brush Mower, Firearms, Red Wing Stoneware, Antiques, Collectibles, Farm Primitives, Power & Hand Tools, And More.

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**HOLLAND  
AUCTION**

**Farmers Machinery Consignment**  
Live & Online Bidding  
Saturday, AUGUST 26, 2023 - 9:30 A.M.

LOCATION: East of Beaver Lake, Ellendale MN  
Taking consignments: Tractors • Combines • Haying Equip. • Tillage Equip. • Planters • Wagons • Farm Pickups & Trucks • Construction Equip. • All Types of Farm Machinery • Recreational Items Welcomed (No car or truck tires)  
Call early to take full advantage of advertising.  
Always a large auction, running two auction rings all day.  
Limited Rack Items Accepted!  
Delivery of Consignments will be on AUGUST 20, 21, 22, 23, 2023 from 8:30 a.m. to 6 p.m.  
NO Consignments on August 24th and 25th!

To consign, call: Holland Auction at (507) 684-2955 or Tracy Holland, 507-456-5128 (cell) or e-mail hollandauction@frontiernet.net

# DINERS GUIDE TO FINE LOCAL RESTAURANTS

## Take a Drive and Enjoy a Meal at Some of These Fine Dining Establishments in Our Area

**PLAZA MORENA**  
CAMPESTRE GRILL

**DINING ROOM**  
Open 7 Days a Week  
11:00am-10:00pm

**5% OFF MEAL PURCHASE**  
Expires August 31, 2023  
Does not include alcohol. Not valid with any other offer.

160 26th St NE, Owatonna  
507-413-0819  
www.plazamorena.com

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*Family Fare at Great Prices*

Breakfast  
Daily Specials  
Weekend  
Breakfast Buffet

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Good Monday-Friday. One coupon per meal. Expires August 31, 2023

**Hours:**  
Sunday-Wednesday 6:00am-3:00pm  
Thursday-Saturday 6:00am-8:00pm

1160 Frontage Road, Owatonna  
507-444-4000

**Center Restaurant**  
30 Main Street  
Dodge Center, MN 55927

**Breakfast, Lunch & Dinner**  
Generous portions, friendly service and delicious homestyle cooking anytime!

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TRY OUR DAILY SPECIALS! BREAKFAST SERVED ALL DAY!

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507-214-0701

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Sunday 11am-7pm

**East Wind 東風 Buffet**

**15% OFF** Wednesday, Thursday with ad  
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**MENU OR BUFFET**

Hours: Monday: 11am-10pm  
Tuesday: Closed  
Wed.-Sun.: 11am-10pm

Cannot be used with other offers.  
**507-451-9666**

1015 W. Frontage Rd., Suite 103, Owatonna • South of Lowe's  
Dine In Only • Expires August 31, 2023

**TAMMY'S PLACE**  
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**LAND AUCTION**  
Wednesday, August 16  
**Bruce Piltz Farm**  
132+/- Acres  
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WHEN: Thursday, August 24, 2023  
TIME: 9:00 - 11:00 a.m.  
WHERE: Wedgewood Cove  
2200 West 9th Street, Albert Lea, MN 56007  
Continental Breakfast will be provided. There is no cost or obligation for attending.

To register: call us at 507-377-2000 or visit our website [www.americanainsurance.com](http://www.americanainsurance.com)  
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**UPCOMING 2023 AUCTIONS**

**Saturday, August 26, 2022 • 9:30 A.M.**  
If you have one item or a full line, give us a call early to take full advantage of advertising. Tractors, combines, haying & tillage equipment, planters, wagons, farm pickups and grain trucks, recreational items, construction equipment, all types of farm machinery. To consign, call Holland Auction at 507-684-2955 or Tracy Holland at 507-456-5128.

**LARGE MACHINERY AUCTION**  
Ellendale, MN

**Saturday Sept. 9, • 9:30 A.M.**  
Kubota B3200 Compact tractor, 4x4, w/loader - 2008 - Dodge 1500 Pickup, 4x4 - Guns - Shop - Tools - Outdoor items  
**Bruce L. Born - OWNER**  
Owatonna, MN

**Sun Sept. 10, • 9:30 A.M.**  
Lund 17' fishing boat - 30+ Guns Hunting - Fishing Equipment - Antiques - Collectibles Household - Portable Fish House  
**Vic + Gail Salvick - OWNERS**  
Freeborn, MN

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8. Old baseball Cards or Pennants
9. Old License Plate - Car & Motorcycle
10. Old Cone Top Beer Cans
11. Older Stereo Equipment
12. Old U of M Items
13. Old Beer Signs or Items
14. Old 1960-1970's Hot Wheel Cars
15. Old Pocket Watches
16. Jadeite Glassware
17. 1920-1940's Paper Items for Advertising
18. Old Town Tokens
19. Old Advertising Items from Jordan, Belle Plaine
20. Old Barn Lanterns
21. Old cast Iron Pans - Griswold, Wagner
22. Old Tin or Cast Iron Toys - Motorcycles, Cars
23. Old Primitive Cupboards
24. Old Guitars or Banjos
25. Old Flag Items

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Steele County Times  
Blooming Prairie, Owatonna, Medford, Ellendale  
Box 247, Blooming Prairie 55917 • 507-583-4431  
Email: [bjprick@frontier.com](mailto:bjprick@frontier.com)

Waseca County Pioneer  
507-837-6767  
[goldenlink@hickorytech.net](mailto:goldenlink@hickorytech.net)

Janesville Journal  
507-231-6371  
[jjournal@frontier.com](mailto:jjournal@frontier.com)

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**WHITE AMERICAN 60 TRACTOR**  
'89 White American 60 Tractor, 1 of 91, 361 Original Hrs, 4 Front Weights, Cummins Dsl, 16.9x34 Tires. Sold New at Olstad Implement, SN 404302-60T-4654

**ONE OWNER 1972 FORD F250 HIGH BOY, GOOSENECK TRAILER, FORD 55B BACKHOE**  
'72 Ford F250 High Boy Pickup, 4x4, 390 V8, 2 Barrel, 4 Speed, Power Steering, Complete Restoration, One Owner; '08 Elite 32' Gooseneck Flatbed Trailer, 10,000Lbs Tandem Duals, Ramps; '88 Ford 555B Backhoe Loader, 4x4, Extenda Hoe, 2740 Hrs, 12", 24", 36" Buckets, 400 Hours on Ford Reman Engine

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Oliver Mounted Dual Wheel Sickle Mower; Oliver 252 Tandem Hyd. Disc, 12'; Oliver Front Mount Cult., Fits 66; Farm King 7' 3pt. Rock Picker; Woods 7' 3pt. Mower; 3pt. 5' Tandem Disc; Bush Hog RDTH 72" 3pt. Mower; Woods RM90 Rough Cut Finishing Mower; Ferguson 3pt. PTO 6 Bar Rake; Ford 2x14's 3pt. Plow; Alkota 5182 Hot Water Pressure Washer; Husqvarna 5400 Concrete Saw; 1" Air Impact Wrench

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TERMS: CASH, CHECK, CREDIT CARD. ALL ITEMS SELLING AS IS, WHERE IS. ALL ITEMS MUST BE PAID FOR IN FULL ON DAY OF AUCTION.

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'73 Oliver 1655 Gas, 3936 Original Hrs, 16.9x34, Weights, 3pt., PTO, 2 Hyd., Fenders, All Original, SN 243666-490; '65 Oliver 1650 Gas, Engine Rebuilt, Restored, 18.4x38, 3pt., PTO, 2 Hyd., SN 153957-456; '64 Oliver 1800-C Gas, 2348 Original Hrs, All Original Paint, Fenders, 3pt., 1 Hyd., SN 141664844; '62 Oliver 880 Dsl, Restored, Factory Power Traction Hitch, Fenders, PTO, Row Crop, 3043 Hrs, Weights, 15.5x38, SN 120197; '65 Oliver 770 Gas, Original Paint, 3148 Hrs, WF, 15.5x38, SN 15707-736; '61 Oliver 660 Gas, Restored, Row Crop, Belt Pully, 12.4x38, Fenders, SN 117266-606; '51 Oliver Row Crop 77 Gas, Restored, WF, Fenders, 540 PTO, 1 Hyd.; '57 Oliver Red Wheel Super 66 Gas, WF, Tach, Hydro-Electric, 13.6x38, SN 52127-606; '55 Oliver Super 66 Gas Tractor, NF, Belt Pully, 12.4x38, Weights, Restored, SN 20659-606; '55 Oliver Super 77 Dsl, Fenders, 2 Hyd., 13.6x38, WF, Weights, Restored, SN 15491702; '54 Oliver Super 88 Dsl, Fenders, WF, 14.9x38, Weights, Restored, SN 6671-800; '54 Oliver Row Crop 88 Dsl, Fenders, Side Curtains, Hour Meter on Engine Shows 4900 Hrs, WF, Restored, SN 4502-599; '51 Oliver Row Crop 66 Gas, NF, 10x38, Shutters, Fenders, Good Original, SN 229269-C660; '51 Oliver Row Crop 77 Gas, NF, Fenders, Weights, SN 344032-C77D; '43 Oliver Row Crop 70 Gas, Dual Exhaust, Engine Rebuilt, 12.4x38, Fenders, NF, SN 246064; '42 Oliver Row Crop 70 Gas, Restored, NF, 11x40 Firestone Original Tires, Belt Pully, F/H Front Wheels, SN 242-305; '47 Oliver Row Crop 88 Gas, Restored, 13.6x38, Fenders, NF, Shutters, SN 120173; '48 Oliver Row Crop 88 Gas, Restored, 16.9x38, Fenders, Shutters, SN 120832; '49 Massey Harris 30 Gas, Restored, Belt Pully, Fenders, NF, SN 30-GR-8333

**OLIVER TRACTOR PARTS**  
Factory Oliver 3pt. Hitch for Oliver 66 with Original Box; (2) Oliver 88 Diesel Blocks; Oliver 77 Gas Block; Oliver 88 Trans. Parts; 16.9x34 & 12x38 Tires on Rims; Oliver 77-880 Fenders; Oliver Hoods, Grills, Shutters, Seats, Brakes, Belt Pulleys, Lights, Nose Cones, Gauges, Center Links; Set of 66 Fenders; Oliver 70 Weights; Hydro Hitch for Super Series 3 Digit; (3 Sets) Wheel Weights

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 In Order to Help Settle the Estate of Richard & Sandra Olson, There Will be a Public Online Bidding Auction  
 Auction Location: 40783 Bow Trail, Nerstrand, MN 55053  
**Bidding Opens: Monday August 14th, 2023, 8:00 a.m.**  
**BIDDING STARTS CLOSING:**  
**Wednesday, August 23, • 4:00 p.m.**  
**FOR COMPLETE CATALOG & INFO GO TO:**  
**www.maringauktion.com**  
**PREVIEW DATE:**  
 Thursday, August 17, 2023, From 10:00 a.m. to 5:00 p.m.  
**1936 International Pickups, 550 Gallon Fuel Tanks, Shop Tools, Lawn & Garden, Log Splitter**  
 (3) 1936 International 1/2 Ton Project Pickups, Auto, All 3 Will be Sold Together, Only One has a Title; (2) 550 Gallon Fuel Tanks with Electric Pumps; John Deere 40 Gallon Pull Type Sprayer, 12V Pump; Northern 5hp Log Splitter on Trailer; 5hp Honda Weed Whip; Werner 14' Step Ladder; John Deere Pull Type Lawn Aerator; Implement Tires; John Deere 3pt. Quick Hitch, 8000 Series; Chain Link Dog Kennel; One Shank 3pt. Ripper; Floor Jack; Vise; Lincoln AC/DC Welder; Hand Tools; Log Chain; NAPA Battery Charger; 13hp Honda with Transfer Pump; Honda 5hp Snow Thrower; RedBall Saddle Tanks Spray System, JD 8000 Series; Air Tools; John Deere Filters; John Deere Lawn Cart; 100 Gallon Fuel Caddy with Hand Pump; Hi Lift Jack; Pallet Racking

**Antique Furniture, Farm Primitives, High End Modern Furniture, Norwegian & Scandinavian Items**  
 (30+) Pieces of Red Wing Stoneware and Pottery; Copper Boiler; Old Woodstock Type Writer; Dome Top Trunk; Roseville Pottery; "Sogn Store" Spongware Bowl; Red Wing Commemoratives; Bohemian Glass; Cut Glass; Pocket Knives; Tapestries; Antique Photo Albums; Vintage Cameras; MN Twins Signed Baseball; Canning Jars; (100+) Vintage Pictures and Photo Frames; Milk Cans; Egg Baskets; Corn Sheller; Mantle Clock; Wood Boxes; Maytag Wringer; Platform Scale; One Bottom Breaking Plow; Primitive Wood Cupboards; Primitive Lawn Chairs; Garden Bench & Statues; Cream Separator; Frigidaire Stainless Steel Fridge/Freezer; 3 Stack Oak Book Case; Many Oak, Walnut and Mahogany Cabinets, Curios And Bookcases; 4pc Ornate Bedroom Set; Matching Maytag Washer and Dryer; (2) Flat Screen TV's: 32" & 50"; Meade LX90 EMC Telescope; Oak Wash Stand; Leather Recliners; Matching Armed Chairs; Kitchen Table with 6 Chairs; Many Sets of Porcelain Dishes; Kitchen Aid Mixer; High End Cookware; Plus Much More  
**THIS IS ONLY A PARTIAL LISTING**  
**PAYMENT & PICK UP DATE:**  
 Thursday, August 24, 2023, from 9:00 a.m. to 5:00 p.m.  
**Richard & Sandra**  
**-OLSON ESTATE-**  
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## Metabolic Syndrome Solution



By Noel Aldrich, PhD, CNS  
Licensed Nutritionist

Metabolic Syndrome was defined in 1998 as a cluster of symptoms related to how your body processes the food you eat each day. A person with Metabolic Syndrome has the following symptoms:

- A waist measurement more than 36 inches
- And two of the following measures:
  - Low HDL cholesterol (“good” cholesterol)
  - High Triglycerides (more than 150 mg/dl)
  - High Blood glucose (more than 110 mg/dl)
  - High blood pressure (more than 130/85 mmHg)

If you are diabetic or have been taking blood pressure medicine for many years, or have been using statin medication, these are some of the first indications leading to Metabolic Syndrome. According to data from the National Health and Nutrition Examination Survey, more than 34% of adult Americans have Metabolic Syndrome. Conditions associated with Metabolic Syndrome include: heart disease, gout, fatty liver disease, gall stones, depression, and arthritis. Within medical literature, these conditions are described as “lifestyle diseases,” which means our choices in daily living result in these conditions. However, very few medical doctors have the time to coach lifestyle changes, so you may think medication is the only answer to control these health conditions, but this is not the case. The right information can help you make real changes in your health and lifestyle.

Insulin is the key hormone that regulates the metabolic processes in your body. Insulin’s job is to signal the cells in your body to store sugar and get the sugar out of the blood stream. In a healthy body, insulin is made every time you eat and signals the cells to store the sugar that has been eaten. When insulin levels are increased you are not able to lose weight or burn off extra calories because your body is receiving the signal to “store up” and not to “burn off.” When a person snacks frequently, or has five to six small meals each day, the body is always receiving the signal to “store” and never allowed to “burn off” calories. In order to reverse Metabolic Syndrome, we need to understand how to control the master hormone insulin.

Insulin affects many processes in the body. When insulin is high, the body stores fat, stress hormones are increased, and fat in the blood is increased. When insulin is high, inflammation increases and the body ages faster. When a person practices healthy lifestyle patterns insulin signals are more regulated, and the symptoms and conditions associated with Metabolic Syndrome can be reduced.

The Metabolic Balance Program was developed more than 20 years ago to provide a lifestyle plan to control insulin and improve an individual’s quality of life. The program was developed by a medical doctor, a food scientist, and a nutritionist. Metabolic Balance has become one of the most successful lifestyle programs available to address the global health issue of Metabolic Syndrome.

There are eight principles within the Metabolic Balance program that are important for improving health and controlling insulin. These eight principles are:

- 1) Eat three meals each day. No snacks.
- 2) Keep a 5-hour break between meals. No snacks.
- 3) No meal should be longer than 60 minutes.

4) Begin each meal with one or two bites of protein.

5) Eat only one protein with each meal, and do not repeat that protein the rest of the day.

6) No eating after 9 pm.

7) Drink the quantity of water calculated for you. (Half your body weight in fluid ounces.)

8) Eat an apple each day.

In addition to these eight principles, a personal food plan is developed by a certified coach based on your blood chemistry to determine exactly what foods your body will thrive on. When you are eating the foods your body needs, cravings will disappear, satisfaction will increase, and your quality of life can increase. The Metabolic Balance Program is a positive solution to the challenge of Metabolic Syndrome.

As a certified coach, I have personally followed these eight principles since 2017 and have seen the benefits for myself, my family members, and hundreds of clients. You can find out more about this program at the website [www.metabolic-balance.us](http://www.metabolic-balance.us) or contact me at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com) and request a video presentation to review at home.

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## Claremont City Council Meeting

(continued from page 1)

Motion carried unanimously.

### PUBLIC INPUT

None

### CONSENT AGENDA

The Consent Agenda consisted of the Minutes of the June 6, 2023, Regular City Council Meeting. Motion by Klejeski to approve the Consent Agenda, second by McGovern. Motion carried unanimously.

### COMMITTEE REPORTS

Grant Erler requested renting the 3 bleachers Claremont has for the West Concord Survival Days tractor pull July 22. He'll pick them up Friday and return them Sunday. Motion by McGovern to loan the 3 bleachers to West Concord at no charge, second by Klejeski. Motion carried unanimously.

### PERSONNEL COMMITTEE

Nothing at this time.

### FINANCE COMMITTEE

Motion by Klejeski to approve the financial reports, second by Sultze. Motion carried unanimously.

Motion by McGovern to approve the amended list of bills to be paid, second by Sultze. Motion carried unanimously.

### PUBLIC HEALTH & SAFETY COMMITTEE

Claremont Insurance Agency asked to use the Fire Hall, as they have for several years, on June 21 for their customer appreciation. They typically donate \$500 to the fire department for the use of the Fire Hall. The Fire Department has no issues with the request. Motion by Sultze to approve the use of the Fire Hall by the Claremont Agency, second by McGovern. Motion carried unanimously.

Sorg sent Claremont, Ripley and Aurora townships the Fire Service Contract renewals.

Aurora Township approved theirs and returned it. Motion by Sultze to approve the Au-

rorra Township Fire Service Agreement, second by McGovern. Motion carried unanimously.

**PLANNING & ZONING COMMITTEE**  
Nothing at this time.

### EDA

The DNR grant for the ballfield was denied. The CEDA rep is working on other grants that are available.

### MAINTENANCE DEPARTMENT

Maintenance Director Dahl asked the council if he could build one sandbox at Memorial Park and one at Henning Park. He has lumber available and the kids are always playing in the sand in the volleyball pit. The council thought that was a great idea.

The old mower had a design problem and the service department was not friendly. A new John Deer mower was purchased and with the old one traded in the cost was \$3000.

### PARKS COMMITTEE

The walking trail is finished and signs are posted.

### PEOPLESERVICE

Their reports were in the packet.

They had a training season with Tonka on maintenance and cleaning of the water treatment system so they started cleaning the media and should be done by Friday.

### CITY ENGINEER

MDH and the EPA have adopted the Lead and Copper Rule which will require submission of a lead service line inventory for every private and public service line connection. MDH has funding available for small communities to do these inspections. This inventory is due October 16, 2024. Any lead service lines will need to be replaced, which funding will be available. Sorg has applied for the funding and should hear back in a month or so.

(continued on page 29)

## Concord Locker Provides Custom Meat Processing

(continued from page 1)

Some of the custom meats they have in stock are 7 flavors of beef sticks, 4 flavors of jerky and 3 kinds of bacon. I purchased some of their bacon to try out, and it was thick sliced, very meaty, and delicious! They also do venison sticks, summer sausage, brats, and their famous marinated tri tip roasts. If you ask, they will even teach you how to properly cook it! From what I gathered, people come from all over to get their specialty meats from Drew and Dustin! One added bonus is their local honey from the Rice Lake area. Other meats they carry are frozen chicken breasts and walleye, purchased from a wholesaler, as well as certain cuts of meat for sale in their meat case. They have a smoker on site too!

There are 5 full time employees all year, with 2 extra workers in the winter. Some of the things they do to enhance the local economy besides hiring local are the generous contributions they make to raise money for St. Jude's Foundation, supplying meat for the Oronoco Fire Department's meat for Gold Rush Days in Oronoco, and 2 meat

raffles, one at Tilly's in Oronoco and one in West Concord at the liquor store. The money raised from the meat raffles go to support the efforts of the local communities. They also give donations to organizations to support kids and churches in the area. Their next contribution will go to a fishing tournament in Wabasha to help support the efforts of the St. Jude Foundation on October 7th and 8th.

As you can see, these guys are out to make an impact in the lives of the locals, and have a generous spirit. They love the work they do in the shop, and in the community. Instead of going to a traditional grocery store and not having a clue as to where your meat comes from, give the Locker a try, taste the difference, and support a local business!

Concord Store and Locker is located at 55217 201st st. West Concord MN 55985. Their hours are Monday through Friday from 7 am to 6 pm and Saturdays from 8 am to 12 pm. If you have questions, call (507) 527-2736, and tell them Cheri sent you!



By Jim Miller

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### How to Plan a Green Funeral

Dear Savvy Senior,

What can you tell me about green funeral options? At age 80, I would like to preplan my funeral and make it as natural as possible.

--Old Environmentalist

Dear Environmentalist,

Great question! Green funeral options are becoming increasingly popular in the United States as more and more Americans are looking for environmentally friendly alternatives to traditional funerals. Here's what you should know about "green burial" and "green cremation" options, along with some tips to help you locate services in your area.

#### Green Burial

If you wish to be buried, a green/natural burial will minimize the environmental impact by forgoing the embalming chemicals (which is not required by law), traditional casket and concrete vault. Instead, you'll be buried in either a biodegradable container or shroud with no vault, and you won't be embalmed. This allows the body to decompose naturally and become part of the earth.

If you want to temporarily preserve the body for viewing or a memorial service, instead of embalming, you can request dry ice or Techni ice, a refrigeration unit, or a nontoxic embalming agent.

You'll also be happy to know that green burials are much cheaper than traditional funerals, which average around \$8,000 in 2023. By scrapping the coffin, vault and embalming, which are expensive, you'll save yourself several thousand dollars on your funeral costs.

To find green burial services in your area, a good first step is to see if there's a certified green funeral home in your area and contact them. The Green Burial Council offers an online directory of providers and other resources at [GreenBurialCouncil.org](http://GreenBurialCouncil.org).

If there isn't one nearby, your next step is to contact several traditional funeral homes to see if they offer green funeral service options - many do.

You'll also need to find a green cemetery. There are nearly 100 green cemeteries throughout the U.S., along with more than 300 traditional (hybrid) cemeteries that offer green burials too. To find them, the New Hampshire Funeral Resources, Education and Advocacy website has a list at [NHfuneral.org](http://NHfuneral.org). Or, if you own rural property you may be able to have a home burial there, if your state and county allow it.

If, however, there are no green cemeteries nearby you can still make your burial more environmentally friendly by not being embalmed. And, if the cemetery allows, using a biodegradable casket or shroud and skipping the vault. If a vault is required, ask to have holes drilled in the bottom, or use a concrete grave box with an open bottom so the body can return to the earth.

#### Green Cremation

If you would rather be cremated, you have some green choices here too. While cremation has always been touted as being more eco-friendly than a typical burial, a traditional cremation, which uses high heat to incinerate the body, does emit greenhouse gases into the air.

A green cremation, however, uses water and potassium hydroxide to reduce a deceased body to its basic element of bone ash within a few hours. This green technique, which is known as alkaline hydrolysis, is a little more expensive than traditional cremation but, unfortunately, it's not legal in every state. Contact some local funeral providers to find out if this is available in your area, or Google "alkaline hydrolysis cremation" followed by your city and state.

Another green consideration is deciding what to do with the remains. Instead of scattering, which can be harmful to the environment, there are a wide variety of biodegradable urns that dissolve into the earth or water over time, and memorial urns that will grow a plant or tree in combination with your ashes.

## Claremont City Council Meeting

(continued from page 28)

Since these inspections are mandatory Sorg

has asked Bolton & Menk to also do sump pump inspections at the same time, which would be a fraction of the typical costs. City Engineer Olinger will prepare an estimate for

consideration at the next meeting.

The street chip sealing and crack filling is being done today.

### INTERIM ADMINISTRATOR CLERK

This afternoon, a preconstruction meeting for the water tower project was held. They will be starting soon. There will be an RV on-site to prevent vandalism, accept shipments, etc. There will be a 10' radius of the water tower curtained off for the work. The project will take 10 weeks.

Staff asked the council for ideas on what to do with the old street signs. They could be sold, donated to the Fire Department for their silent auction, or given out to first come, first served. The council tabled until August.

### CITY ATTORNEY

Nothing other than what is on the agenda.

### OLD BUSINESS

None

### NEW BUSINESS

A resident at 303 Church Street applied for a chicken permit for 2 – 3 hens. Motion by

Klejeski to approve the permit, second by McGovern. Motion carried unanimously.

Three investments will mature in July. Motion by McGovern to renew the 3 investments at the best interest rate available, second by Sultze. Motion carried unanimously.

The council discussed the Garbage and Refuse Hauler Ordinance. There are issues with some companies not securing the trash and it blows around, some companies are picking up trash at 4:30 in the morning and if there was only 1 company it would save on city streets and pick up times could be set. The ordinance also has requirements that are not being met and might not be needed. The Public Health Committee will discuss changes needed to the ordinance and make recommendations at the next council meeting.

Mayor Dahl has been in contact with Evan Brown as he has returned from deployment. The council will offer him a severance package. Motion by McGovern to offer Evan Brown a severance package of \$27,500 lump sum plus his PTO, with no insurance stipend, contingent upon him signing a separation agreement, second by Sultze. Motion carried unanimously.

Motion by Klejeski to adjourn the meeting at 7:46 p.m., second by Sultze. Motion carried unanimously.

ATTEST:

Elizabeth Sorg, Interim Administrator/Clerk  
Tasha Dahl, Mayor



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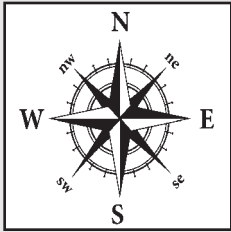
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## Changes in Latitudes, Changes in Attitudes Millennials and My Tranquility, not a good mix



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.*

Millennials, that group of people who were born during the 1990's through the early 2000's. I have fortunately not had to deal much with millennials since I am much older. Psychologist Jean Twenge, the author of the 2006 book *Generation Me*, considers millennials to be part of what she calls "Generation Me". Twenge attributes millennials with the traits of confidence but also describes a sense of entitlement and narcissism. Based on the fact that I am entering the age of a Grumpy Old Man, I can now transfer much of my irritation on a younger demographic. And this group has easily set themselves up for the blame. I usually like all people but my tolerance for stupid has worn a little thin with the years.

My birthday rolled around again this year, and in celebration of making it one more time through the calendar, my wife got tickets for the 50th anniversary tour of the rock group Kansas. What could go wrong? A classic rock concert whose fans are all in their 60' and 70's. My kind of folk. The State Theater in Minneapolis is a beautiful venue and we had seats in the fourth row from the stage slightly right of center.

We have a knack for attracting the worst concert goers ever though. We have a name for them. Drunk Dave. In honor of the guy at the Styx concert in Des Moines who thought he should dance in the aisle holding a beer and spilling it on anyone within the splash

zone. They are loud and obnoxious and always very drunk. Somehow, they end up in seats next to us.

So, as we took our seats that evening the young guy behind us tried to start up a conversation with us. He was barely into his twenties, but he was hammered. No one should be that inebriated at 6:30pm on a Friday. I just looked at Ashley and said, we got drunk Dave again." It was worse. Three young girls even more sloshed appeared and sat beside him. They talked loudly and kept getting up to buy more drinks. Each time climbing over the people already seated between them and the aisle. People who were their grandparent's age. One time falling over onto my wife and hugging her from behind. The ushers kept motioning to her but she was oblivious to their commands.

So, the show starts and the one young blonde starts talking over the music. "Oh yeah, this was a hair band back then." Rule # 1, don't go to a show of a band you don't know and act like you have something intelligent to say. She repeatedly shouted over the songs, argued with her boyfriend, cried, and kept leaving and returning with more drinks. At one point during her disruptive behavior she said, "The lead singer, he is pointing right at me." She was right. She was so disruptive he was trying to shame her by singling her out from the stage. If you talk during the performance of "Dust in the Wind" you are a special kind of Cretin.

The ushers were not prepared for this childish behavior as the three girls ran up and down the aisle during the show. They tried helplessly to reprimand them, but to no avail. At one point we saw two of them flip off an usher as they ran by. It was like some two-year olds misbehaving at a restaurant. The guests who were trying to enjoy the show were getting more perturbed by the minute. Finally, the blonde girl decided to head for the exit by walking between each guest and the seat in front of them, all the way across the theater. There she passed out at the feet of the two ushers standing at the exit.

It is called concert etiquette, and you may have seen the news footage of a Miranda Lambert concert lately, where she stopped the show mid-song and told four young women to sit back down. I have seen people of all ages acting like idiots, but these took the prize. I never thought I would sound like my dad, but here I am. And I understand now how he felt.

## A Minnesotan: Out of State Visitors and the Mall of America



By RosaLin Alcoser

What do you do when family comes to visit you in Minnesota? As a transplant to Minnesota I get to live with the pleasure of family and friends from out of the state coming to visit me every now and again. Which is great. I love it when people come to visit me. Those of you who are also transplants or who have family that comes to visit from out of state will know that these visits mean that you get to show them around Minnesota. Then if you are like me you think of all the great things to take them to see. If you're me, that list mainly consists of museums, one of the state's many hiking trails, and finding the

best Scandinavian bakery in the area. Those are the kinds of things I come up with to take people to because who wouldn't want to go to the Minnesota Museum of Transportation or to Minnehaha Falls. However, the inevitable always happens and I end up doing none of those things and spend the time escorting them around the Mall of America. Do not get me wrong, going to the Mall of America every once in a while can be fun for three or four hours. However, it starts to become increasingly less fun once you start hitting hours six and seven; especially when it is the second time you have taken people around it in the span of a week. I feel that at least for me, the novelty of spending the entire day in the Mall of America has been washed away since I live close enough to it that I can go there anytime I want to. Which I do when we are not in the peak times for out of state tourist to be here. So I mainly go in the winter when it's at the point in the year that I'm looking for an indoor activity since it's just a bit too cold outside for me to enjoy one of those many parks we have. While I have recently spent a large amount of time showing friends and family around MOA this year I was able to get my sister and her husband to one of those parks with me. During their visit I was able to get them to hike with me at Gooseberry Falls and swim in Lake Superior. All of which my sister spent a lot of time calling after me to be careful as I kept running into Minnesota's many waters.

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- THEME: FRUITS & VEGETABLES
- ACROSS
1. Itsy Bitsy Spider's tunnel
  6. Operations, as in military
  9. Carpenter's joint
  13. Book, in Paris
  14. Coach's talk
  15. Long-necked wader
  16. Did not go out to eat (2 words)
  17. Chi preceeder
  18. Top scout
  19. \*90s children's series " \_\_\_\_ in Pyjamas"
  21. \*Alternative to stick
  23. T-cell killer, acr.
  24. Show worry
  25. Knee-related acronym
  28. Sushi restaurant's boozy offering
  30. \*Grilled cheese and \_\_\_\_ soup
  35. Mouse to a snake
  37. In \_\_\_\_, or together
  39. Convicted one
  40. \*Pear or quince, botanically speaking
  41. California and Nevada lake
  43. Raja's daughter
  44. Uncouth ones
  46. Of two minds
  47. RenÉ Descartes' "therefore"
  48. Make wealthy
  50. Use a surgical beam
  52. Gingerbread creation
  53. \*When fruit is ready
  55. Red-white-and-blue inits.
  57. \*"Hot" vegetable-shaped toy
  60. \*L in BLT
  64. 3-D picture in a book
  65. U.N. workers' grp.
  67. Owned house or car, e.g.
  68. Item on a cell phone bill
  69. What's old is new again, prefix
  70. Popular electric car
  71. Hair styling products
  72. Scottish cap
  73. British peers

- DOWN
1. Block of concrete, e.g.
  2. Pocket bread
  3. Baker's baker
  4. Dickens's Heep
  5. Serena's sport
  6. Prefers
  7. \*Fairytale princess test
  8. Virgo's brightest star
  9. Letter opener
  10. Ship to Colchis
  11. Airhead
  12. The loneliest number?
  15. Concerning this
  20. Nautical "Stop!"
  22. College assessment test, acr.
  24. Camera's tiny aperture
  25. \*Gwyneth Paltrow's daughter
  26. Sing like Tony Bennett
  27. Madagascar primate
  29. Myanmar currency
  31. BEbE's mother
  32. Rooster, in the olden days
  33. Polynesian kingdom
  34. \*Layered bulb
  36. Giant Himalayan?
  38. Lady Grantham of "Downton Abbey"
  42. Follow as a consequence
  45. Claw mark
  49. "Battleship" exclamation
  51. Heir's concern
  54. \*At the end of a hot pepper or many a sweet potato
  56. Cruising
  57. Prepare to be shot
  58. October birthstone
  59. What Little Toot does
  60. \*Fruit of the \_\_\_\_
  61. Brezhnev's domain
  62. Jailbird's home
  63. Airline postings
  64. Dog breed from China
  66. Grazing ground

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