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SEPTEMBER, 2023

Volume 5 • Issue 6

Announcements

• "Messiah In The Fall Festivals," featuring Trevor Rubenstein of Chosen People Ministries, will be presented Saturday, September 23, 10:00 am, at Anchor Of Hope Church, 203 East Main St, Dodge Center. Free admission. Opportunity to make a free will offering.

• Grief support group began Sunday, August 27 at Anchor of Hope Church, 203 East Main Street, Dodge Center, MN. Under the auspices of GriefShare, the group meets for 13 weeks from 4 to 6 pm each Sunday, offering help and encouragement after the death of a spouse, child, family member, or friend. Suggested registration is \$15. Participants may join at any session. For further information, contact Pastor Dale Rood at 720-382-4655, or leave a message at Anchor of Hope Church, 507-374-6755, or email the church at <desdbchurch@gmail.com>

• The annual Vang Church Lutefisk and Meatball Supper will be held Wednesday, October 11th. Meal includes: Lutefisk with melted butter, Norwegian meatballs with gravy, mashed potatoes, corn, cole slaw, fruit soup, lefse and Norwegian baking's. Tickets are \$20.00. Home or business delivery and curbside pick up. 11:00-2:00pm/4:00-7:00pm. Pre-orders required with credit card by October 6, 2023. Call or email for reservations 507-789-5186. vanglutefisk@gmail.com

• The United Methodist Church of Dodge Center at 20 First Street NE offers a dine in and carry out meal from 5:00-6:00pm the third Wednesday of each month.

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

Triton Welcomes new Teachers

Sue Torgerson is the new elementary special education R, W & M and social skills teacher. Sue graduated from Harmony, MN high school and attended University of Minnesota – Winona. She taught First Grade in New Ulm and Second Grade at a bilingual school in Barraquilla, Columbia before starting at Triton this year. Sue enjoys hiking, biking, camping, reading and traveling in her spare time.

(continued on page 4)

Pictured to the right: Front Row (L to R): Anna Blakesley, Olivia Zwaschka, Elle Siewert, Morgan Reuvers, Caitlyn Sowieja, Stefanie Maas. Back Row (L to R): Sue Torgerson, Kallen Knott, Kelli Yonkovich, Katie Nold, Cole Rollins, Liz Neseth, Amber Fieck



Sara Klein

Local Author Writes Children's Books

By Cheri Roshon

In October of 2022, two new children's books hit the market. Focusing on 3rd through 6th grade students, these fantasy mystery books are geared to keep young readers interested without losing focus on the lessons embedded into the stories.

I liken them to a "Peter Pan" effect. Adults will see the lessons contained, and kids will see the fun in them.

(continued on page 6)

Naylor's Pond

In the southwest side of the county is a wildlife management area including a small pond. The Minnesota Department of Wildlife management acquired this property in 1989. It includes a 270 acre hunting preserve on the old farm with a small abandoned gravel pit. The area around the pond is 37 acres and the water covers about 16 acres. Depth of the water body is about 15 feet deep. The pond has been stocked on occasion by the fish and wildlife department in the past and there are perch and crappies there.

There is no channel in or out even though

(continued on page 8)

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September 22 Marvin Gohman & Catwalk
October 5 Lady's Happy Time 4:30 – 7:30 pm; Open Mic 7 – 10pm
October 13 Jaggedease
October 19 Open Mic
October 27 Leonard McCracken

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Suicide and Mental Health



Pastor Roger Langworthy
Praise Fellowship Church

September is Suicide Awareness and Prevention month. Triton Public Schools did a presentation on Wednesday, September 13 called "My Ascension", a documentary of a young girl who attempted to take her own life yet survived and is on the road to recovery both physically and mentally. She is also working to raise awareness regarding those that struggle with suicide ideation. The presentation was followed by a panel of people including law enforcement, crisis intervention advocate, parents of youth that died by suicide and pastors. Each answered questions from their various perspective and training.

I was most impressed by the courage of the parents sharing the great loss of their family with a family member taking their life. Also sharing the challenge of finding mental health help that "fit" for their family member. I will not take the time to share them here, but the statistics regarding those struggling to the

point of suicide ideation, and then attempts, and then deaths by suicide are astonishing.

One of the biggest points was encouraging people to talk with others and that it is okay to not be okay. When people are sharing their feelings it is important to validate them in their feeling and not just try to fix things for them. From a biblical perspective it is interesting to note some significant biblical characters that wanted to die. Two prophets, Elijah and Jonah openly expressed their desire to die. You can read about them in 1 Kings 19:3-4 and Jonah 4:3.

One illustration that another pastor shared with me is that all the negative emotions we may feel are not bad, in fact, emotions were created by God. The purpose of negative emotions are similar to the indicator lights on the dashboard of your vehicle. When the light comes on it reveals that something is wrong and needs attention to get it fixed. Sometimes those indicator lights are so annoying that you just want to cover them up, like put a piece of electrical tape over them. In similar fashion, some people try to cover up their negative feeling with substance abuse. But those feeling are real and are there to let you know there is something that

needs to be fixed. And taking your life is not how it gets fixed.

People who are hurting need compassionate friends who will validate their feelings but also be willing to journey with them to find a missing hope. Suicidal feelings often go along with the loss of hope. The bible says in Psalm 43:5 "Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!" In Proverbs 13:12 "Hope deferred makes the heart sick, but a dream fulfilled is a tree of life."

filled is a tree of life."

I would recommend listening to the song "It is Well With My Soul". The song writer had a wife and four daughters that died in a shipwreck, and then his only son died of pneumonia. Despite all of this tragedy, he continued to believe that it is well with his soul. It is imperative that we guard our own physical, emotional, and spiritual being, and then be ready to help someone on their path to emotional wellness. Help them to find hope.

"Messiah in the Fall Festivals"

Members of our area community are invited to hear an informative message about "Messiah in the Fall Festivals" from Trevor Rubenstein at Anchor of Hope Church at 203 E. Main Street, Dodge Center on September 23 at 10:00 AM. This meeting is open to the public, and Anchor of Hope Church would especially like to invite the Christian and Jewish community to attend.

Admission is free. A love offering for Chosen People Ministries will be received. For more information, please call 507-374-6755.

Chosen People Ministries was founded in 1894 by Leopold Cohn, a Hungarian rabbi who came to believe that Jesus is the Messiah of Israel. From humble beginnings in Brooklyn, New York, Chosen People Ministries has grown into a worldwide ministry with outreach centers in Argentina, Australia, Canada, England, France, Germany, Israel, Mexico, Ukraine, and the United States. Throughout its long history, Chosen People Ministries has been unwavering in its commitment to bring the gospel message of salvation in Jesus "to the Jew first and also to the Gentile." In sharing the Jewish roots of the Christian faith, Chosen People Ministries hopes to make the message of the Messiah more accessible to Jewish people and also to help Christian believers achieve a greater appreciation of the Jewish basis of their own faith traditions. To learn more about Chosen People Ministries, visit chosenpeople.com.

For more information about Anchor of Hope Church, visit www.AnchorOfHopesdb.com



Trevor Rubenstein

DO YOU HAVE A STORY IDEA?
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hometownmessenger@gmail.com



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Faith Lutheran Church

308 2nd St. NW, Dodge Center
Pastor Jessica Bakken Busch • 507-374-2174
Traditional Worship 8a.m.; Fellowship 9a.m.
Christian Education 9:15a.m.
Contemporary Worship 10a.m.

Grace Lutheran Church

404 Central Avenue N, Dodge Center
Rev. Elliott Malm • 507-633-2253
<https://gracedc.church>
Worship 9a.m.; Sunday School 10:30a.m.

Praise Fellowship Church

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

Dodge Center Methodist Church

201 1st St. SE, Dodge Center
Rev. Chad Christensen • 507-374-6885
Sunday Morning Worship at 8:15a.m., Fellowship Time Following

St. John Baptist De La Salle

20 2nd St. NE, Dodge Center • 507-374-6830
Mass Saturday 5p.m.

Living Water Assembly Church

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

Dodge Center SDA Church

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

Anchor of Hope Church, a 7th Day Baptist Congregation

203 E. Main St., Dodge Center
507-374-6755
Saturday 10a.m. Worship; 11:45a.m. Sabbath School

Bible Lutheran Church

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

First Congregational Church

12 Second Street NW
Dodge Center, MN 55927
507-633-6873
www.congregationalchurchdc.com
Keith Mosier, Pastor

Area Church Directory

Deep Sense of Awe

"Now get up and stand on your feet. . . I am sending you to [the Gentiles] to open their eyes . . . so that they may receive forgiveness of sins. . ." — Acts 26:16-18

Consider your own story of faith. One of the ways you can know the awe of God is through your story. Maybe you came to Jesus out of a life of poverty and pain. Maybe you think your story is less than exciting because you grew up in the church and have always been a part of it.

Whatever the case, you have a story to share because it's really about God's story happening through you. In all your struggles, celebrations, griefs, and joys, God has been telling his story of grace in and through you.

When given the opportunity, Paul shared his story. One of the main reasons a personal story is so powerful is that no one can argue against the way God has chosen to work in and through you. Think of moments when you had to trust God with a loved one who was sick, or when you were not sure how to pay a debt and God provided for you. Or maybe you thought your marriage was at the point of no return, but God brought it back.

People can debate theology and doctrine, but they cannot argue against the awesome work of God in and through a transformed life.

May we not lose sight of the power of whom we serve and that we are called to be his people. Let's embrace and celebrate the awe and wonder of God's power each day.

God, undo me today! Soften my heart and bring me freedom so that I may see and know the wonder of who you are. Amen

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Jane Mary Matti

Jane Mary Matti, 78, of Dodge Center, MN passed away on Saturday, August 12, 2023, at Fairview Care Center in Dodge Center, MN.

Jane was born on August 18, 1944, in Owatonna, MN to Herbert and Mary (Hrtanek) Johnson. She grew up in Austin, MN until her Junior year, when her dad got a job at Jostens in Owatonna. She graduated from Owatonna High School in 1962. She was previously married to Virgil Vanstrom and together they had two children. She later met Hollis Matti and they married on June 12, 1982.

Jane worked at the West Concord Coop and then went on to work as a Librarian at the West Concord Elementary School. She enjoyed each and every student, especially reading the little Miss and Mr books to the children. She retired at the age of 55 from Triton High School. After her retirement she worked on their farm with Hollis.

Jane was a wonderful cook and baker. She looked forward to hosting for the Holidays and being with her family. She often played cards with her family and friends. She loved her animals. She raised sheep for many years

Family Fun Night at Faith Community Church

October 4, 2023, a Family Fun Night will be held at Faith Community Church in West Concord.

Supper will be served at 6:15 p.m. followed by fun, games, music & more. The fast-paced evening is designed to serve the entire family and concludes at 7:45 p.m. The nursery will be available.

These fun nights are planned for the first Wednesday of each month, starting in October and running through May. Family Fun Nights allow families to eat, play, and learn together. Mark your calendars now and plan to join us.

and always had dogs and cats. Many of the animals found their way to the farm by luck or through adoption. She also loved to raise a garden and tend to her flowers, many would compliment how beautiful the farm was. There was a new flower bed around every corner. Above all, she simply loved to be with her family.

Jane is survived by her husband, Hollis Matti of Dodge Center, MN; children, Karen Vanstrom of Dodge Center, MN and Mike Vanstrom of Lancaster, SC.

She was preceded in death by her parents. A memorial service will be held at a later date. Memorials are suggested to Fairview Care Center in Dodge Center, MN in Jane's honor.

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

Rae Maren Jacobson

Rae Maren Jacobson, age 97, of Dodge Center and formerly of Marshall, passed away peacefully at her home in Dodge Center on Wednesday, September 6, 2023.

A celebration of life service was held at 1pm on Saturday, September 16 at Cornerstone Methodist Church in Marshall, MN. Visitation started at 11:00 a.m. at the church. The burial was in the Marshall Cemetery.

Maren was born on August 5, 1926, in Artesian, South Dakota to Lyle and Norma (Rodee) Olson. She graduated from Grand Meadow High School in 1944. She earned a teaching degree from Winona State Teachers College and taught in Farmington.

On December 19, 1948, Maren was united in marriage to her high school sweetheart, Duane Merle Jacobson, in Grand Meadow. To this union were born four children, namely Peter, Lorrie, Janet, and Tom. Maren lovingly raised her family and then returned to teaching in 1970 as a paraprofessional in the Marshall Public Schools. She continued in that role until her retirement when she and Duane

became "winter Texans."

The love of Maren's life was Duane and their family. She enjoyed baking, sewing, reading, playing bridge and other games, family reunions, and canning and freezing the produce from Duane's garden. She spent countless hours attending kids' and grandchildren's concerts, ball games, dance recitals, competitions, and swim meets. She always brought a batch of her famous gingersnaps to share. No one has been able to replicate the fingerprint she created on the bottom of each cookie!

Maren also loved music. She had a beautiful soprano voice and played both the clarinet and tenor sax. She sang in many choirs and at weddings and funerals. While in college, she hitchhiked home on the weekends to play with her sisters in their dad's dance band, Ole Olson and the Rhythm Kings.

In her later years, Maren lived with and was lovingly cared for by Janet and Melecio in Dodge Center, MN. Those years were built around her interests such as visiting relatives and friends, her needs and routines which provided her with a remarkable and fulfilling quality of life. Her passing was peaceful, comfortable and perfect.

Maren is survived by her children, Janet (Melecio) Bugarin of Dodge Center, MN, and Tom (Joni) Jacobson of Alexandria, MN; six grandchildren, Matthew (Illiana) Baisley of Bainbridge Island, WA, Michele (Kevin) Strohfus of Denver, CO, and Megan (Mitch) Sibley of Boulder, CO, Spencer (Jenny) Jacobson of Aiea, HI, Elliot (Annie) Jacobson of St. Augustine, FL, and Max (Jenna Knutson) of Minneapolis, MN; one great-grandchild, Winslow Strohfus; and many other relatives and friends.

She was preceded in death by her beloved husband Duane, daughter Lorrie, infant son Peter, her parents, and her sisters Elizabeth and Lila.

Maren was a faithful member of Wesley (now Cornerstone) Methodist Church where she was active in circle and United Methodist Women. She also belonged to Lona Chapter No. 12 of the Order of the Eastern Star where she held many leadership positions. She will be greatly missed by family and friends.

In lieu of flowers, the family requests memorials to Cornerstone, Mayo Clinic Hospice, or the charity of your choice.

To share a special memory or condolence, please visit

www.czaplewskifuneralhomes.com, Czaplewski Family Funeral Homes, 801 7th Street SE, Kasson, MN 55944 (507)634-6510. Blessed be her memory.

Randall Cedric Trapp

Randall Cedric Trapp, 78, of Rural Dodge Center, MN passed away on Thursday, September 7, 2023, at Mayo Clinic St. Mary's Campus in Rochester, MN.

Randall was born on April 20, 1945, in Rochester, MN to Ralph and Dorothy (Benedix)

Trapp. While attending school he played Cornet in the band. He graduated from Kasson-Mantorville high school in 1963. After school he was drafted into the U.S. Army, serving from 1966-1968 stationed in Germany. He farmed all of his life with his brother, Daniel, in Dodge Center, MN. He was a member of Pleasant Corners United Methodist Church. He enjoyed listening to HAM Radio and flying kites.

Randall is survived by his siblings, Daniel Trapp of Dodge Center, MN, Brenda Scheller of Kasson, MN, and Les (Donna) Trapp of East Gull Lake, MN, and four nieces and one nephew.

He was preceded in death by his parents; brother, Bart Trapp; sister-in-law, Peggy Trapp (Les's wife) and brother-in-law, Donald Scheller.

A memorial service will be held on 2:00 p.m. Saturday, September 23, 2023, at Pleasant Corners United Methodist Church, 21927 650th Street Kasson, MN with Pastor Jacob Hanson officiating. Visitation will be from 5:00 p.m. to 7:00 p.m. Friday, September 22, 2023, at Czaplewski Family Funeral Homes, 801 7th St SE Kasson, MN and one hour prior to the service at the church. Inurnment will be in Minnesota State Veterans Cemetery in Preston, MN.

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



All are welcomed to a free Christian Book Study via Zoom on "You Are Never Alone" by Max Lucado, offered by Pastor Chad Christensen and Trinity Lutheran Church, West Concord.

Second Thursday of each month, beginning August 10th and into the fall, at 6:00pm (one hour).

Call or text Pastor Christensen at (507) 517-4160 with your email address to enroll.

This study is particularly for those who are unable to get out on a regular basis or are homebound. But the study is open for all to participate.

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Triton Welcomes new Teachers

(continued from page 1)

Morgan Reuvers is a new Fifth Grade teacher at Triton this year. Morgan grew up in Faribault and attended Mankato State University. She taught Fifth grade and special education with the Faribault Public Schools before coming to Triton. Morgan enjoys being involved with student leadership activities and the student council. She also has a daughter who is in Kindergarten this year. In her free time she enjoys sand volleyball, reading and taking her dog to the dog park.

Anna Blakesley will be teaching elementary music this year at Triton. She is originally from Brainerd, MN and received an Associates Degree in music industry at RCTC before finishing college at Winona State University. She worked as a substitute teacher last year. Anna has family in the Rochester area and a son in First Grade this year. She has been playing guitar since she was ten years old and is a vocalist and looks forward to playing music in front of an audience. Anna enjoys reading, coffee and tea, biking, swimming and taking her son to the skatepark. They love cats and have a couple they like spending time with.

Olivia Zwaschka is teaching middle school science this year at Triton. She is from North Mankato and received her undergrad at Buena Vista University and earned her Masters at University of Wisconsin - River Falls. Olivia will also be coaching Seventh grade volleyball at Triton. Her dad teaches Agricultural Mechanics at South Central College and her mom has been teaching pre-school for over twenty years. In her spare time she likes to play softball, volleyball and raise house plants.

Elle Siewert will be teaching middle and high school art at Triton this year. She grew up in Lake City and currently lives in Kasson. Her fiancé attended Triton. She attended Winona State University and was a Kindergarten teacher at Bluff View Elementary. She also worked as a long term substitute teacher at Triton during the last school year. She plans to be involved in the Art Club at Triton. Elle is a firearms safety instructor, enjoys hunting, fishing, reading, doing arts and crafts, playing with her puppy and helping out on the family farm.

Caitlyn Sowieja will be teaching Third Grade at Triton this year. She grew up in Dodge Center and graduated from Triton in 2019. Caitlyn attended Winona State University and worked at Kasson-Mantorville as a

First grade teacher last year. She enjoys hiking, walking, reading and exploring the world around her as well as spending time with family and friends.

Kallen Knott is the elementary school counselor at Triton this year. She is a graduate of Faribault Public School and attended Minnesota State University in Mankato for her Professional School Counseling degree. She previously worked as an elementary school counselor at North Iowa Community Schools for four years and has coached track and hockey. She enjoys reading, hiking and camping with her husband and daughter. They spent a week hiking and camping in South Dakota this past summer.

Kelli Yonkovich will be a high school special education teacher and evaluation manager at Triton this year. She grew up in Blue Earth, Minnesota and graduated from Winona State University. She worked in Hills, a small town in western Minnesota, teaching high school special education for five years before moving to Rochester, where she taught at P-E-M for four years as a K-3 special education teacher. She stays busy raising her two daughters, aged 2 & 1 years old. Kelli enjoys spending time painting, cooking, decorating her home, any kind of outdoor exercise, listening to alternative rock music, the Minnesota Vikings and Minnesota Wild and their dog Louie.

Cole Rollins will be teaching Fifth Grade at Triton this year. Cole grew up in Claremont and graduated from Triton in 2018. He received his AA degree at RCTC and finished at Winona State University - Rochester. He was a Fifth Grade teacher at Kingsland Elementary prior to coming to Triton and also worked at Somerby Gold Course in Byron for the last seven years. He will be coaching JV football and 9th grade basketball at Triton. He enjoys spending time hunting, fishing and anything outdoors as well as time with his family and coaching.

Amber Fieck will be the new K-12 English Language Learner teacher at Triton this year. She grew up in Rochester but has lived in Hayfield for the last eight years. She earned her Bachelor's degree in Elementary Education and social work from Winona State University and is currently working on her Master's Degree in ELL Education through Augsburg University. Amber taught for three years in Hayfield and Austin before coming to Triton. Amber has been married to Jeff, who owns Zadeo's Pizza, and they have two children and many pets. She enjoys family

time, traveling, camping, gardening, hiking, fishing and helping out at her husbands pizza shop.

Liz Neseth is the new Minnesota history and Seventh Grade American history teacher at Triton. Liz attended Concordia College and has a Bachelor's of Arts degree in Education and a Master's degree in educational Technology. This is her twelfth year of teaching and most recently she taught for seven years at Medford. While teaching at Medford she ran the Medford Travel Program where she traveled to Spain, Gibraltar, Italy, Greece, Turkey and Canada with her students. Her



husband Brandon also works at Triton and they have three children. She loves coffee, tacos, traveling and listening to audio books.

Former Governor Al Quie Passes Away

Former Minnesota Gov. Al Quie, a moderate Republican known for working across the aisle as both governor and as a congressman, has died. He was 99.

Quie died of natural causes late Friday, August 18 at a senior living community in suburban Wayzata where he had lived for the last 10 years, his son, Joel Quie, said Saturday.

While he had been in declining health in recent months, he still enjoyed meeting and greeting people. At a family gathering two weeks ago, he read aloud to his great-grandchildren from their favorite storybook, his son said. He died just a month shy of his 100th birthday.

"His stature and his energy and his enthusiasm for life was there right to the end," Joel Quie said.

Albert Harold Quie was born Sept. 18, 1923, on his family's dairy farm near Dennison in southeastern Minnesota. After serving as a Navy pilot in World War II, he returned home to resume farming. He served a stint in the Minnesota Senate before winning a special election for a vacant congressional seat.

Quie represented southeastern Minnesota's 1st District in the U.S. House from 1958 to 1979, becoming known for his expertise on education and agriculture. He ran for governor in 1978 and unseated Rudy Perpich in what was dubbed the "Minnesota Massacre," a bad year for state Democrats. Voter anger had lingered after Gov. Wendell Anderson arranged for Perpich, then his lieutenant governor, to appoint Anderson to the U.S. Senate seat that Walter Mondale gave up in 1976 to become vice president.

But Quie's single term as governor turned rocky amid a deep budget shortfall in the early 1980s, when Democrats controlled the Minnesota Legislature. Amid the bitter divisions of the 1981 and 1982 sessions, he opted not to seek reelection.

In a farewell address at the University of Minnesota in December 1982, Quie decried the growing partisanship in politics but said he remained optimistic about the future of the state and the nation.

"I entered public life with a strong, though still-developing belief in the sanctity of the individual, the centrality of the family, and the compassion and good sense of people in neighborhoods and local communities. I believed that all people have infinite worth, and that all people possess gifts that can be known fully by no one," he said. "My belief in these ideas gained in strength as the years passed and I better saw their worth, and as they withstood the doubts of skeptics and the strain of great change. Nothing ... has successfully challenged my early — and lasting — belief in them."

Quie, a man of deep Lutheran faith, remained active after leaving office, serving as a local and national leader of the Christian ministry Prison Fellowship.

Joel Quie, a retired Lutheran pastor, said his family used his 99th birthday celebration last year as sort of a dress rehearsal for what they hoped would be his 100th. Current Gov. Tim Walz proclaimed it Al Quie Day. When he turned 97, the former Navy pilot got to fly in an open cockpit plane — albeit with another pilot at the controls. He had been an avid horseman and last rode when he was 1995. His goal was to saddle a horse when he turned 100, his son said.

"God blessed him with incredible resilience and stamina," his son said. "And he embraced it and lived life to the fullest."

Walz, a Democrat who held Quie's congressional seat for 12 years before becoming governor, paid tribute to him Saturday, recalling that he found him "caring, funny, and generous as ever" when he attended his predecessor's 99th birthday celebration.

"A veteran, a man of faith, and a life-long public servant, Governor Quie had a deep commitment to the betterment of our state and a legacy that extends beyond his time in office," Walz said in a statement. "His advocacy for education, eliminating discrimination, and rural development demonstrated his unwavering dedication to creating a better life for all Minnesotans."

His wife, Gretchen Quie, died in 2015. Al Quie is survived by children Fred Quivik of St. Paul; Jennie Coffin of Fairfax, Va.; Dan Quie of Greenfield, Minn.; Joel Quie of Eden Prairie; Ben Quie of St. Paul; 14 grandchildren and 22 great-grandchildren. Quie's funeral was held at Central Lutheran Church in Minneapolis on September 9 at 1 pm.



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Faith Community Church MOPS Program Nurtures Moms and Children

Faith Community Church kicks off its fall "Moms of Preschoolers" (MOPS) Program on Friday, September 22nd at 9:30 am. Meeting every 1st and 3rd Friday of each month through May from 9:30 - 11:00 am, MOPS provides an opportunity for Moms to connect with other Moms and develop friendships and enjoy adult conversation, laughter and learning. Childcare is provided for babies and toddlers; classes are provided for preschool children.

Life as a Mom can be a rewarding and definitely a challenging journey. For those Moms who stay at home with their kiddos, it is sometimes lonely and challenging to make friends. Going hour after hour speaking only to a 2 year old whose favorite word is "Mine" or "No" is no picnic. Moms understand how exhausting it is when babies wake up two or three times every night. Children do eventually get through these stages, but it certainly helps to connect with friends who understand and relate to things like temper tantrums, potty training, sleepless nights and "am I doing this motherhood thing right" questions.

The MOPS program includes many varied



and helpful topics such as women's health, soul rest, nutrition, marriage, friendship, and creativity in parenting. Time for coffee or tea is always provided and a light breakfast is a part of every session. Interesting "hands on" crafts are occasionally added for enjoyment and creativity.

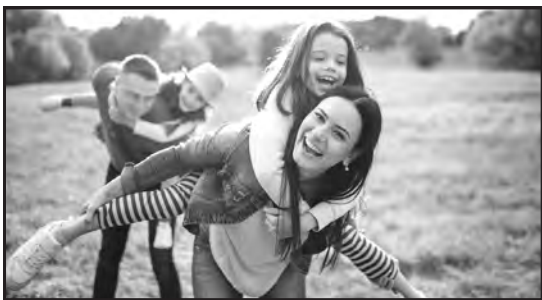
MOPS encourages and equips moms of

young children to realize their potential as mothers, women, and leaders, in relationship with Jesus and in partnership with the local church. The MOPS organization began in 1973 when a group of moms with young children met together to share with each other and encourage each other on the parenting journey. MOPS partners with churches and

organizations worldwide and is now encouraging moms in more than 70 countries.

The MOPS organization believes remarkable things happen when moms come together and encourage each other.

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Local Author Writes Children's Books

(continued from page 1)

Sara grew up in Fertile, Mn in a rural setting before moving to Minneapolis to attend school for physical therapy. There she met her husband Andrew on a blind date. "It was love at first sight," she said. They now live in Mantorville with their 3 children. Andrew is a chiropractor in Dodge Center, and Sara works for Mayo Clinic in Rochester doing research, and she just opened a physical therapy practice in Kasson. Rise Up- Mind, Body, Strength is a physical therapy and health coaching business located at 13 W Main in the Kasson mini mall, inside Main

Alternatives. Main Alternatives focuses on just that--- Alternative Health Practices. There are 3 massage Therapists, 1 Reiki practitioner, and Sara as a doctor of physical therapy.

With all she has going on in her life, I asked her what prompted her to write children's books. "I was noticing the kind of books my kids were bringing home from school. They were all about burps and farts and silly things. I wanted my children to have access to books that were not only fun to read, but taught life lessons in a magical way." So she decided to write a trilogy with these concepts intact.

The first book, called The Magic of Massa, is about conquering the fears in life that hold us back. As Sara writes on her back cover, We each face dragons in our own life. It may be the bully on the bus, or the mean kid on the playground. How we face our dragons defines our lives. Our future is defined by either successfully slaying our dragons or by run-

ning away from our dragons and letting fear rule our lives."

In the book, a dragon captures the main character's twin sister, and he must go through trials and tribulations to save her from the dragon. In the second book, Unslimming Astrow, they must work as a team to rescue their dog from a slime covered monster called Gobster, in a magical slime covered land. Again, they have tasks to do, and lessons to learn in order to save their beloved dog. Her third book will be the last of this fun and entertaining trilogy.

Sara and I chatted about what it takes to author a book. She likes to begin with an idea, draw up an outline, write the words, and do the editing at the end. She says, "God would-

n't put an idea in your head unless you were supposed to write it." Once the book is written, the quickest way to get it out to the public is to self-publish it. This can be done through several channels, and Sara chose Amazon. She used a program called Kindle Direct Publishing.

If you would like to take a look at her book online, you can go to her author page on Amazon by going to <https://www.amazon.com/author/saraklein>, or you may go to Bibliobooks and read her stories for free at <http://library.biblioboard.com/content/dfb-fac63-de57-4a64-87ee1498b422>.

To purchase your own copy, go to Amazon.com. Here's looking forward to book #3!

2023 Triton Homecoming Court!



From left to right: First Row: Salma Fernandez (JR MC), Ella Thomas, Lauryn Nauman, Nancy Fernandez, Jozey Boe, Danielle Hallaway. Second Row: Corey Lilledahl (JR MC), Kaeden Ellingson, Tyler Gnagey, Graham Christianson, Logan Tufte, Joaquin Lundi

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HJB Accounting in West Concord

By Cheri Roshon

Today I had the pleasure of meeting Holly and Jeff Burow at their tax office in West Concord.

Now that the rush of income tax season has subsided, we were able to sit down and chat about not only the business they run, but I also learned a lot about Jeff's position as manager of the gambling aspect of the West Concord Historical Society, and their 5th generation family farm just outside of West Concord.

Holly is involved in not only personal taxes, but also prepares small business and corporate taxes as well. She is also an auditor and helps Jeff on the farm. Jeff runs the farm and also helps out in the tax office, and manages the e-tabs at the liquor store and the bowling alley, so these two are quite the team!

Holly grew up in Lake City, and after graduation, went to school for Ag Business in River Falls, Wisconsin. Her jobs included raising, farrowing and breeding pigs at MN Family Farms, then after a few years, she worked at a high-tech research facility in Rochester where research was being done on whole heart transplants from pig to humans. She began servicing mortgages in Rochester at Ag Star Financial Services. During her time there, she began taking classes to be-

come a Certified Public Accountant. She began underwriting home loans, then writing mortgages for commercial properties, and finally got into accounting. When she earned her CPA, she left Ag Star to work with Reese, Winter & Associates, an accounting firm located in Northfield and Faribault.

One night she was serving meatballs at a church supper, and mentioned to a parishioner that she would like to open her own firm, and was told that the current accountant in town was looking to sell her business, and the rest, as they say, is history. So it was that in 2015, Holly began her own practice. I asked if Jeff was involved in the tax office, and she said he is her office manager. I asked what that consisted of, and she said he answers the phone, sets appointments, assembles the tax returns, vacuums the office and with a twinkle in her eye, said of course, he brings her coffee!

She met Jeff in 1998 in Kenyon, and they were married in 2005. I asked her, since he helps her so much, does she help him on the farm, too? She laughed and said she helps with the chores when she's not busy, and winked.

Getting back to the tax business, I wondered what keeps her busy out of income tax season. "I do accounting for small businesses, corporations and non-profits, as well as gambling audits," she replied. As if that wasn't enough, she helps Jeff with Bingo, meat raffles and other charitable functions that benefit West Concord in various ways.

When I spoke to Jeff, I learned about a bill that is currently up for vote that would eliminate all e-tabs at Wescon Lanes and the



Jeff and Holly Burow

Liquor Store.

I had no idea how important the revenue off pull tabs and other types of gambling keep a small-town thriving. I'm going to name a few benefits. The gaming fund benefits the Cardinal Club, which supports the upkeep on the softball field and the girls Venom softball league, Tritons post prom party, and Survival Days, just to name a few. It helps the, and does projects to beautify the town. It is a very important part of small-town sustainability.

One of the events the gaming contributes to is Survival Days on July 21-23. On the 22nd, there will be Bingo under the big tent, followed by none other than Lost Highway from Kenyon. There will be a beer garden

for snacks and refreshments as well. If you'd like to know more about the gaming aspect of your town's funds, just ask Jeff. He is a wealth of information about the benefits, the steps we need to take to keep the revenue coming in, and what the West Concord Historical Society does for the town. He can let you know how you, too, can be a part of this important organization.

And if you are contemplating opening a new business, or are looking for a CPA for a current endeavor, Holly services many small businesses in the area and would love to help you, too. Call her at (507) 527-2898 for a consultation. You'll be glad to be in such capable hands!

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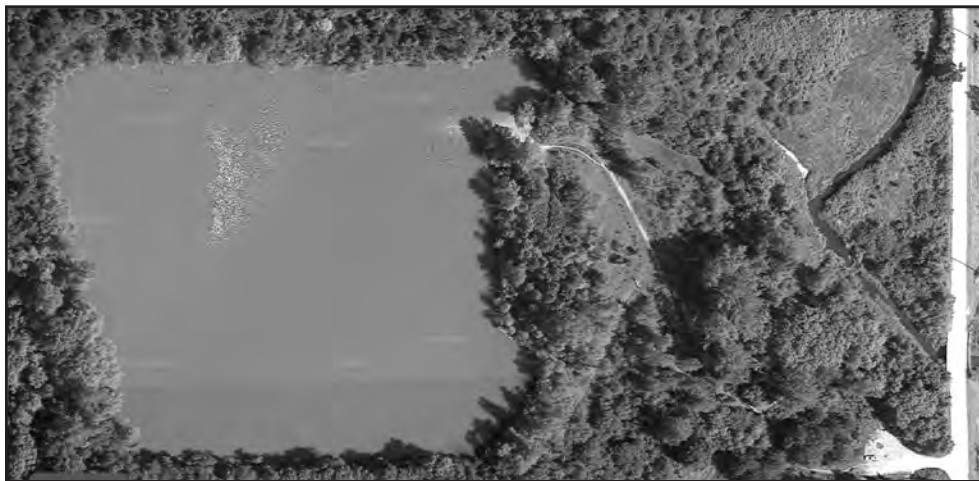
The recreational use of the pond is for public use such as fishing or kayaking, but the management department is encouraging the

public to help police the abuse by certain individuals. Certain parties have left trash and debris behind for others to clean up. As a management property vehicle use is restricted and vehicles limited to the parking area only. Also alcohol is prohibited on the property. The pond is accessible by a hike down a path about 300 yards to the pond with a sand beach front .

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Naylor Pond beach



Naylor Pond Google Earth

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An Apple A Day



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented a solution to the increasing health challenge of Metabolic Syndrome. In that article, eight specific steps were recommended for beginning the process of reversing Metabolic Syndrome. The final step listed was "Eat an apple each day."

You probably have heard the rhyme, "An apple a day keeps the doctor away." But what does an apple really do for you? Does

any apple work, or only certain kinds? Let's dig a little deeper.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a day required less prescription drugs. Those who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

Heart Disease - A 2017 study published in Molecular Nutrition Food Research by Bon-donno et al compared apples high in flavonoids, which are found in the apple skin, with apples low in flavonoids and observed improved blood flow through the brachial arteries when the high flavonoid apples were eaten. In other words, these apples improved the blood flow through the body. The apples with high flavonoid content will typically be darker red apples that are not too sweet.

Cholesterol - The healthy control of cholesterol has also been improved with an apple a day. A 2017 study in the Journal of the Science of Food and Agriculture by GC Tenore compared modern apples with the Annurca apple and observed that two small Annurca apples a day significantly lowered the bad cholesterol and increased the good cholesterol. The Annurca apple is known for its

higher flavonoid content. Older, heritage apples typically have high flavonoid and polyphenol content.

Blood Sugar - Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was reported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the sugar absorption ability of the intestines by closing the primary "door" that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in Molecular Nutrition and Food Research.

Colon Health - The ability of the polyphenols of apples to "close the door" on sugar transport to cells is one of the pathways to stop the growth of cancer cells in the colon, as observed in a 2016 study by Lin et al in the Journal of Agriculture and Food Chemistry. A cancer cell has many more "doors" to bring in sugar to accelerate growth, so polyphenols help to close these doors and inhibit the growth of cancer cells. The peeling of the apple contains the highest content of effective polyphenols with antioxidant activity, anti-bacterial activity, and anti-cancer activity, which was documented in a 2016 study by Lin et al in the Journal of Food Science.

The older apple varieties that have high polyphenol content include - Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have

been bred for increased sugar content and size.

An apple a day is the eighth guideline followed in the Metabolic Balance Program®, a program developed 20 years ago in Germany. This program provides a personalized meal plan based on your unique blood chemistry. Those who have followed their personal Metabolic Balance Plan have observed blood sugar levels become controlled, cholesterol levels improve, inflammation decreased, acid reflux disappear, and the body shifts to a healthy weight.

If you would like to learn more about the foods that help you thrive, join me for a LIVE event series planned for September 11, 18, and 25. I will be presenting "PRIORITY FOODS: Protein, Fats, and Carbohydrates" at FiftyNorth in Northfield at 6:30 pm each Monday evening. You can register by calling the Front Desk at (507) 664-3700.

In this seminar series, we will talk about:

- What proteins are the efficient proteins and how much you need
- What fats are good fats and what fats are bad fats
- What Carbohydrates (sugar) is good for you and what to avoid
- How much of each category should you consume
- What foods will bring real satisfaction in a meal

If you would prefer to meet for a personal consultation, you can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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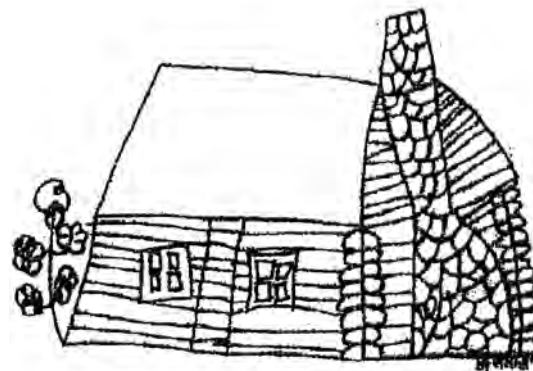
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2023 MN State Fair FFA Show Triton FFA Member Highlights

Participants:

Goats: Anna Ridenour, Dasmine Marquardt, and Sydney Rysavy

Dairy: Cadence Spearman

Swine: John Moenning and Elyssa Robinson

Chapter Awards:

• Champion Chapter Meat Goat Herd

Welcome to the 2023-24 School Year



Luke Lutterman



Shane Van Beek



Tricia Johnson

We are off to a great start at Triton Elementary, Middle, and High School. This year, we are once again continuing our efforts with the Triton Profile of a Graduate. The Triton Profile of a Graduate is our locally developed approach to what it means to be a graduate of Triton High School. We have incorporated many principles and competencies into grades K-12 that are designed to help all students develop the skills necessary for success in college, in a career, and most importantly in life.

The Profile of a Graduate is designed around a community-engaged process to create a beacon for future educational strategic planning. It presents a clear visualization of priority goals for teaching and learning that can be easily communicated to students, parents, and staff to align collective efforts.

Our Profile of a Graduate theme for September is Communication. Students will be involved in classroom, homeroom and advisory experiences to reinforce and model positive communication. We are excited about implementing more direct methods to help our students develop the skills needed to be successful human beings.

Thank you for your continued support and engagement. Please feel free to contact your respective school office with any questions, comments, or concerns.

Shane Van Beek, Elementary Principal

Tricia Johnson, TMS Dean of Students

Luke Lutterman, TMS-THS Principal



The state fair offers a chapter goat herd contest in which you need three or more members showing 7 meat goats. Triton FFA won Champion Chapter herd for the first time since 2017 and for the fifth time since 2023. Goat members include Dasmine Marquardt, Anna Ridenour, Sydney Rysavy.

- Premier Chapter Exhibitor Market Goats
- 2nd place overall Supreme Chapter Exhibitor Goats
- 2nd place Premier Chapter Exhibitor Dairy

Individual Accomplishments:

Goats

- Grand Champion Goat Carcass- Anna Ridenour

- Reserve Grand Champion Goat Carcass- Dasmine Marquardt

- Grand Champion Graduate Showperson- Anna Ridenour

- Champion Commercial Pair of Meat Type Breeding Does- Anna Ridenour

- Reserve Champion Commercial Pair of Meat Type Breeding Does- Anna Ridenour

(continued on page 12)

Cobra Communications



Craig Schlichting
Superintendent

It is great to have the students back in the building again! This is always an interesting time of year, because even though it is the start of the school year, mother nature is sending us signals that we are also going to have cooler weather ahead and summer is starting to show up in the rearview mirror. The crops are turning color and getting ready for harvest and the beautiful fall colors are starting to show up all around us. The beginning of the school year and the end of summer are an amazing time of the year. It is a time to get back to routines and structure for our students. I am grateful for the return of the school year and the opportunities that await our stu-

dents. After the experiences with COVID, I will never take this special time of year for granted. I know the positive impact that school has on our students and the important role that it plays in their lives.

To start off the school year with our staff we really focused on the importance of relationships and the positive impact that they can have on learning. There is an old saying that says... "I don't care how much you know until I know how much you care." I know from my own experiences in life that it is much easier to listen and learn from someone that you know cares about you as a person. I am extremely proud of the staff we have here at Triton, as I feel that this is a concept that they truly understand. Having professional development on the topic was more of a way to reinforce the great work that our staff does, than trying to help them learn about it. The skills that were provided in the training will be a great help to continue this important work.

The first week of school was a bit different

this year, but I feel like it was a great success. Our 6th grade WEB Experience and 9th grade Link Crew Experience were the focus of the first day for students. These programs are a big part of helping students transition to a new building and acclimate with older students acting as leaders for their groups. The next day we had all of our 6-12 students in the building and then on the third day our elementary students begin. The first two days serve as interview days for our elementary students and allows them to meet with their teacher before their classes start. All of these programs help students to know the staff and the resources that are available to support them. All of these programs are instrumental in helping our students be successful. I am thankful that we have been able to develop and improve these programs throughout the years.

I really believe that genuine care and connection are fundamental to effective teaching and learning. The programs that we have at Triton are designed to emphasize this impor-

tant component. Our staff continues to build an atmosphere that fosters a nurturing and inclusive community. I know that our great schools are on the right path to provide an education experience that truly transforms the lives of our students. I am looking forward to a great year at Triton and grateful to have such an amazing group of staff that are here to serve our students.

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

#WeAreTriton

2023 MN State Fair FFA Show Triton FFA Member Highlights

(continued from page 11)

Dairy

- Grand Champion Senior Showperson- Cadence Spearman
- Holstein Senior Champion- Cadence Spearman
- Grand Champion Holstein- Cadence Spearman
- Ayrshire Junior Champion- Cadence Spearman
- Ayrshire Senior Champion- Cadence Spearman
- Ayrshire Grand Champion- Cadence Spearman
- Milking Shorthorn Junior Champion- Cadence Spearman
- Milking Shorthorn Senior Champion- Cadence Spearman
- Milking Shorthorn Grand Champion- Cadence Spearman



Elyssa Robinson showing her pig.



Cadence Spearman posing with her heifer calf that she won Senior Showmanship with.

FFA Members Vie for Selection to Compete in 2023 National FFA Agricultural Proficiency Awards

INDIANAPOLIS (Tuesday, Aug. 1, 2023) – More than 20 agricultural teachers and college professors from throughout the U.S. recently met virtually to determine what FFA members and teams will compete for top honors in the 2023 National FFA Proficiency Awards.

John Moenning of the Triton FFA chapter in Dodge Center, MN, has been named a national finalist this year for the Swine Production Entrepreneurship Agricultural Proficiency Award.

Agricultural Proficiency Awards honor FFA members who, through supervised agricultural experiences (SAEs), have developed specialized skills that they can apply toward their future careers. Students compete in areas ranging from agricultural communications to wildlife management. Proficiency awards are also recognized at local and state levels and provide recognition to members exploring and becoming established in agricultural career pathways.

This award is supported by the following companies and associations: Merck Animal Health, Elanco Animal Health, Tractor Supply, US Poultry and Egg, Zoetis, Indiana Farm Bureau, Phibro Animal Health Corporation, and Sustainable Futures Fund.

The National FFA Organization is a school-based national youth leadership development organization of more than 945,000 student members as part of 9,163 local FFA chapters in all 50 states, Puerto Rico and the U.S. Virgin Islands



Cadence Spearman with the Grand Champion Milking Shorthorn



John Moenning was one of two Triton students that competed in the dairy judging contest hosted by U of M staff.



Triton Times

Craig J. Schlichting – Superintendent
Triton Public Schools

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schlich@triton.k12.mn.us

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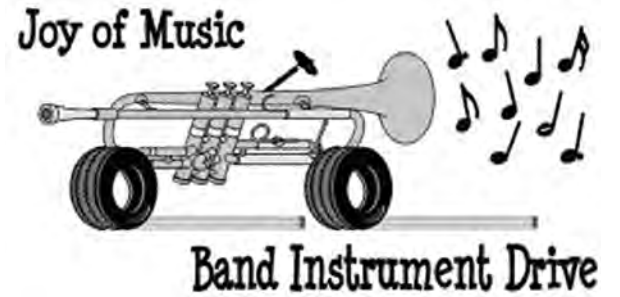
Thank You to the Apple Man - Dave Hanson



A huge thank you to the Apple Man - Dave Hanson for opening his farm to our students to learn about apple farming and to eat delicious apples over the years. We wish him well, and are so grateful for all of the fun memories that he created for Triton students.

Triton Senior's Project Focuses on the Band Program.

Logan Tuftte is doing an instrument drive for the Triton band program to collect unused instruments from the area to be donated to the school for young musicians. Many families have either purchased instruments for their children who were previously involved in the band program at Triton High School or school-loaned instruments that were never returned. There are many different reasons why these instruments are of no use, for example, their child graduated or is no longer in the band program.

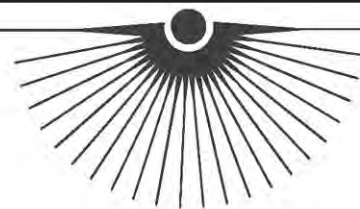


He is hoping to gather all those instruments so they can be donated back to Triton for its band program. Logan and his band director are pursuing a grant to work with local instrument repair companies to clean and tune-up these instruments. It would be a great community achievement to offer these to Triton students who would like to experience the excitement of learning to read music, play an instrument, and be involved in a positive group at Triton High School.

If you have an instrument to donate, the main drive will be during the Homecoming Carnival, on September 19th from 3:30 to 6:30PM. We also will accept instruments during the entire homecoming week, and they can drop them off in the High School Office.

do you know?

- 1** Triton High School outperformed most local and Gopher Conference Schools on MCA Proficiency during the 2022-23 School year. Math 8.5% proficiency above conference average, Reading 5.3% proficiency above conference average, Science 21% proficiency above conference average.
- 2** Triton High School was one of three schools in the entire state to have State Level ExCel Award Winners in 2022 (Jude Gosse, Mariah Busch). Jude Gosse was also the Region 1A Triple A Award Winner and State Level Recipient in 2023. Triton High School Senior, John Moenning, is the only student in Minnesota to be named a Finalist for The FFA Agricultural Proficiency Awards.
- 3** Over 95% of the Class of 2023 completed the Triton Academies Program. This couples a rigorous and relevant curriculum, with senior capstone career-focused opportunities. This industry-based 15-hour experience prepares students for career and post-secondary success.
- 4** 77% of the class of 2023 completed dual enrollment college courses in English and Math. Triton High School Graduates can earn 46 College Credits at Triton High School.



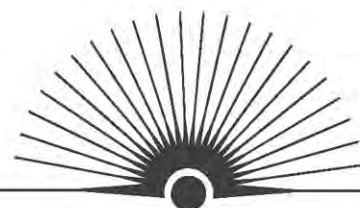
Meet Triton's Homecoming Court

COMMUNITY RECEPTIONS

Meet this year's homecoming court enjoy free refreshments and enter a drawing for prizes!

September 20

Dodge Center- 7:30-8AM in the Activities Area
West Concord- 6-6:30PM at the Bell Tower
Claremont- 7-7:30PM at City Hall



Early Childhood Education

Hello Triton ECFE Families! My name is Amanda Vermilyea and I am excited to begin working with you! This year will be my 9th year teaching at Triton. I spent seven of those years teaching kindergarten. My husband, Brandon, works at McNeilus Steel and we have lived in Dodge Center for almost 15 years. We have four children: Cami (freshman at Winona State), Cooper (11th grade), Casey (9th grade), and Colby (7th grade). We have three dogs: Ben, Bella, and Bauer. My kids are active in hockey, volleyball, basketball, softball, track, and golf so I spend a lot of my free time going to sporting events. I am looking forward to a year of trying new things and introducing new classes to families!

ECFE Fall plan:

Growing Together—Friday Mornings

Children 2-5 years, not yet in kindergarten and an adult

Join Mrs. Vermilyea on Friday mornings and meet some new friends! This class provides time together with your children in a variety of activities that will help your children develop new interests and social relationships. Mrs. Vermilyea will provide many activities, games, toys, and crafts for your children to explore. The last half hour of the session will give parents time to connect with other adults to share in supportive discussions about the topics that are on their minds.

Cost: \$20/family per Semester

Fall Semester Dates:

September 22, 29

October 13, 27

November 10, 17

December 1, 15

10-11:30AM in Mrs. V's Room (#315)

Creciendo juntos – las clases de los viernes por la mañana

Niños de 2^a5 años, aún no estén en kindergarten y un adulto.

¡Únete con Mrs. Vermilyea los viernes por la mañana para conocer nuevos amiguitos! Esta clase brinda tiempo junto con sus hijos en una variedad de actividades que los ayudarán a desarrollar nuevos intereses y relaciones especiales. Mrs. Vermilyea proporcionará muchas actividades, juegos, juguetes y manualidades para que sus hijos exploren. La última media hora de la sesión les dará a los padres tiempo para conectarse con otros adultos para compartir discusiones de apoyo sobre los temas que tienen en mente.

Costo: \$20/por semestre/familia

Fechas para el semestre de otoño:

22 y 29 de septiembre

13 y 27 de octubre

10 y 17 de noviembre

1 y 15 de diciembre

De 10-11:30am en la clase de Mrs. V (#315)



ECFE Evenings Plan: Evening Adventures

Children aged 2-5 and an adult

Join us this fall with your preschooler, ages 2- 5 years (not yet in kindergarten). Mrs. Vermilyea will plan a special evening centered around a theme. You will participate in activities, games, explorative play, reading and art around the same topic. Mrs. V has also invited many experts from our community to join you and share their knowledge and resources to make these truly amazing experiences for all who participate. Snacks will be provided, so PLEASE alert us if your child has any allergies or sensitivities to food.

Please pre-register for each of these classes, so that we can provide the appropriate number of materials and supplies needed.

Cost: \$8/class or \$20 per semester/family

Dates:

October 4 Healthy Habits

October 30 Halloween Hijinx (wear your costume if you'd like!)

November 1 TBD

November 29 TBD

December 6 TBD

***TBD topics that are being scheduled are focused on the environment/nature, bugs, farm animals, construction, gym time, music, and food. We'd love to hear what interests you and your child have for future sessions. Feel free to email us at avermilyea@triton.k12.mn.us with your ideas!

6-7:30PM

All classes will be in Mrs. Vermilyea's Room #315 in the Elementary School.

Creciendo juntos – las clases de los viernes por la mañana

Niños de 2^a5 años, aún no estén en kindergarten y un adulto.

¡Únete con Mrs. Vermilyea los viernes por la mañana para conocer nuevos amiguitos! Esta clase brinda tiempo junto con sus hijos en una variedad de actividades que los ayudarán a desarrollar nuevos intereses y relaciones especiales. Mrs. Vermilyea proporcionará muchas actividades, juegos, juguetes y manualidades para que sus hijos exploren. La última media hora de la sesión les dará a los padres tiempo para conectarse con otros adultos para compartir discusiones de apoyo sobre los temas que tienen en mente.

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De 10-11:30am en la clase de Mrs. V (#315)

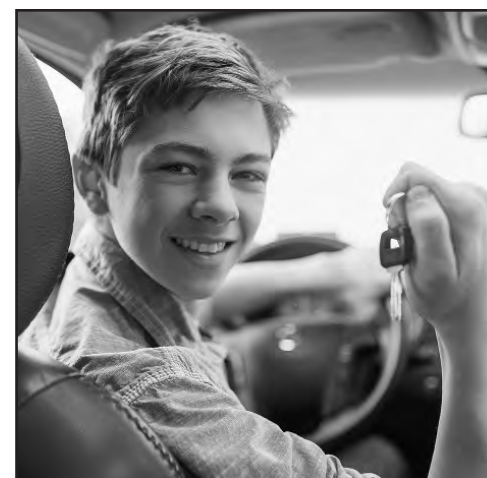
Driver's Training with Mr. Johnson and Enhanced Driving Institute

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



TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550

Flag Football Youth Enrichment League

Grades 1-5

Get ready to dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches players new skills each class, practices those skills in kid-friendly games, and then encourages students to use those skills in non-contact flag football games. SAFETY & SPORTSMANSHIP are emphasized! We focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the two minute warning! Minimum 8/Maximum 16

Cost: \$70

Dates: Tuesdays

September 26

October 3,10,17,24, 31

3:20-4:20 PM

Grassy area by the Playground



{YEL!} Junior Soccer Youth Enrichment League

Grades K-3

Get outside and get kickin' with our fast-paced, inclusive (everyone plays) Junior Soccer course! YEL's Teach It, Practice It, Play It® approach teaches players new skills each class, practices those skills in kid-friendly games, and then encourages students to use those skills in introductory soccer games. SAFETY & SPORTSMANSHIP are emphasized! We focus on the fundamentals of dribbling, passing, trapping, and shooting. Sign up today! Minimum 8/Maximum 16

Cost: \$70

Dates: Thursdays

September 21, 28

October 5,12,

November 2,9

3:20-4:20PM

Grassy field by the playground



Cobra's Youth Volleyball Camp - Triton Volleyball Coaching Staff and Players

Grades 1-6

Join us for Triton Community Ed's annual Fall Volleyball Camp. Players will work on basic foundations, skill development and game play. Campers will also get to participate in some fun at the High School Volleyball games! That information will be shared at the start of camp.

Cost: \$32

Dates: September 21, 26, October 2, 4, 12 from 6-7:15PM

Grades 1-2 in the South Gym, lead instructor: Karissa Eipers

Grades 3-6 in the East and West Gyms, lead instructors: Amy Freiderich and Kayla Benda

PLANNED EVENTS: more information to come

10/9: CE night at Triton Highschool's home VB game 10/12: Intrasquad scrimmage/playdate

All grades should enter and exit through the Main Activities Entrance, located on the North side of the building.



TRITON CLASS OF 2024



SENIOR SPOTLIGHT

Poe Broskoff is a senior at Triton this year. His parents are Missy & Jacob Broskoff and he has one brother, Logan. He is active in FFA, We Are One and EARTH Club. He was in Triton track as a thrower. Outside of school he enjoys raising chickens. His favorite pastimes are reading, gardening, hiking and raising birds. His favorite music is by Weezer, his favorite movie is Knives Out, his favorite artist is Claude Monet and favorite actor is Ian McKellen. After graduation he plans to attend U of W River Falls and major in horticulture and working in natural sciences.

POE BROSKOFF

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TRITON CLASS OF 2024



SENIOR SPOTLIGHT

Nancy Fernandez is a senior at Triton this year. Her parents are Nancy & Alberto Fernandez. She has one brother, Sergio and two sisters, Samantha and Salma. She is active in Student Council, SADD, Link Crew, MHS and theater. Nancy is also involved in Soccer and Basketball. She enjoys playing with her dogs and painting Bob Ross paintings. Her favorite show is the Office and favorite actor is Tom Holland. After graduation she plans to go to college and pursue a career in animal science such as Veterinarian.

NANCY FERNANDEZ

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5K • Family 1 Mile • Costume Contest

Saturday, October 28
Mantorville, MN

5K race 9am

| | |
|------|---------------------|
| \$35 | May 19 - Aug 31 |
| \$40 | Sep 1 - Oct 20 |
| \$45 | day-of registration |

1 mile race 10am

| | |
|------|---------------------|
| \$10 | May 19 - Oct 20 |
| \$15 | day-of registration |

A portion of the proceeds will benefit Early Childhood Education in Dodge County. After the race, stay for the Mantorville Fall Festival activities!

For more information, contact Kristin Cerda
kristin.cerda@dodgecountymn.gov | 507.635.6150



The Looney Lutherans

in *I'm Dreaming of a Looney Christmas*



The Looney Lutherans
Ames Center, Burnsville, MN

The Looney Lutherans are back with a brand-new Christmas show, "I'm Dreaming of a Looney Christmas." Full of lots of family friendly music and comedy, including the smash hit "All I Want for Christmas are Some New False Teeth" and the game show, "What's in Your Stocking?" Don't let the season go by without adding a trip to visit the Loonies to your Holiday wish list!

We will stop for lunch at the Cracker Barrel prior to the show. Lunch will be the individual's responsibility. Limit 45 tickets.

Cost: \$74, includes ticket to the show and coach bus ride.

Thursday, December 7

| Bus | Leaves | Approx. Return |
|--|---------------|-----------------------|
| Byron Middle School Parking Lot | 9:30AM | 5:30PM |
| Kasson KM HS Football Field Lot | 9:45AM | 5:15PM |
| Dodge Center Triton Activities Entrance | 10AM | 5PM |

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

Sewing 101 with Sandy Sandy Huber

Do you wish that you could tackle that pile of small sewing repairs that we all have? Sandy will teach you the basics of hand sewing. After this class you will be able to do simple seam repair, hemming, sewing on buttons, patches, and other handy techniques. Bring something that needs to be worked on, and Sandy will help you fix it!

Cost: \$14

This is a 2-night class:

October 9 and October 16

6:30-8PM, both evenings (3 hours of instruction total)

Triton's FACS room located in THS



Knitting for Beginners with Sandy Sandy Huber

Learn the basics of knitting and start a new lifelong hobby! Sandy will teach you how to make an 8" dish rag. She will have odds and ends yarn that you can use, or bring a skein of yarn that you would like to use. You will also need to bring your own knitting needles (size G or H) is recommended to learn with.

Cost: \$14

This is a 2-night class:

October 23 and October 30

6:30-8PM, both evenings (3 hours of instruction total)

Triton's FACS room located in THS



Adult ESL and GED Classes ****FREE****

Triton Community Ed offering free Adult ESL and GED classes!

Our instructors, Tara Bradford and Mayra Monarrez are here to help you reach your adult learning goals, whether it's finally accomplishing your GED or to learn English as your second language.

All levels of ability are welcome.

Please call 507-418-7550 for more information and to get started on your learning goals!

Classes will start on October 3rd.

Tuesdays and Thursdays

3:30-5:30PM GED

6-8PM ESL

TES Room 403



Safe Driving Class Jim Jensen

In the Safe Driving Class, you will learn driving strategies that can keep you safer on the road. You will learn updates to traffic laws, how to reduce distractions to driving and how to navigate different intersections. Driver's aged 55 years old and older who successfully complete the Safe Driver Class will qualify for reductions in their automobile insurance premiums. Please remember to bring your driver's license with you to class. It's important to pre-register so that Jim can ensure accommodation for all. Please call Triton CE at 507-418-7550.

4-Hour Refresher Course (for those that have taken the 8-Hour before)

Cost: \$20, checks should be made to Jim Jensen

October 5

5-9PM in the THS Media Center



The Marvelous Wonderettes Sidekick Theatre at the Masonic Heritage Museum, Bloomington, MN

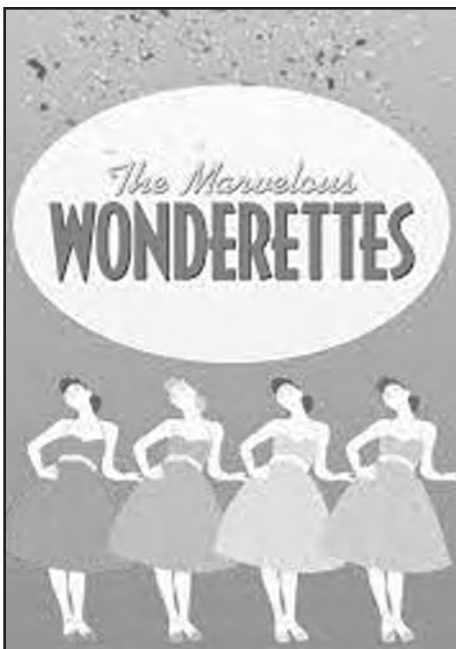
This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet Betty Jean, Cindy Lou, Missy, and Suzy, four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves the girls serenade us with classic 50's hits including "Lollipop," "Dream Lover," "Stupid Cupid," and "Lipstick on Your Collar." In act two, the Wonderettes reunite to take the stage and perform at their ten-year reunion. We learn about the highs and lows the young women have experienced in the past decade and are charmed to find that no matter what life throws their way, they will conquer it together. Featuring over 30 classic '50s and '60 hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane!

We will have a beautiful buffet lunch in the ballroom. The lunch menu is Creamy Chicken Breast, served with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert, Coffee, Hot Tea, and Water. Maximum 30 guests.

Cost: \$88, includes ticket to show, lunch buffet/gratuity, and coach bus ride

Wednesday, November 8

| <u>Bus</u> | <u>Leaves</u> | <u>Approx Return</u> |
|--|---------------|----------------------|
| Byron Middle School Lot | 10AM | 5:30PM |
| Kasson KM HS Football Filed Lot | 10:15AM | 5:15PM |
| Dodge Center Triton Activities Entrance | 10:30AM | 5PM |



Triton Community Ed Summer Rec Registration
Please send completed form and payment to Triton Community Ed
813 West Highway St, Dodge Center, MN 55927
To register in-line go to: <https://www.triton.k12.mn.us/page/community-education>

Name: _____ (Students) Grade in Fall of 23: _____

Phone: _____ Email: _____

| ADULTS | | | |
|----------------------------|---------------|------|---------------------------|
| Class | Cost | Name | Notes |
| Safe Driving: October 5 | \$20 | | Checks made to Jim Jensen |
| The Marvelous Wonderettes | \$88 | | |
| Looney Lutherans Christmas | \$74 | | |
| Knitting for Beginners | \$14 | | |
| Sewing 101 | \$14 | | |
| YOUTH | | | |
| Soccer | \$70 | | |
| Flag Football | \$70 | | |
| Fall Volleyball | \$32 | | |
| ECFE | | | |
| Evening Adventures: | \$8/class | | |
| Healthy Habits | \$20/semester | | |
| Halloween Hijinx | | | |
| TBD(11/1) | | | |
| TBD(11/29) | | | |
| TBD(12/6) | | | |
| Growing Together Fall | \$20/semester | | |
| Friday Mornings | | | |
| TOTAL DUE: | | | |

Attention SCHA or UCARE Insured Families: If your child has South Country Health Alliance (SCHA-could cover up to 5 classes up to \$15 per calendar year) then discounts MIGHT apply. Eligible UCare members may get up to a \$15 discount on many community education classes in Minnesota. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members need to provide their UCare ID number when registering for class. Limits and restrictions may apply. Registration is not complete without this insurance information. Call 507-418-7550 with questions-Thank you!

Southern Minnesota

Golden Link

A weekly advertising supplement to these Southern Minnesota publications:

- STEELE COUNTY TIMES • NEW RICHLAND-HARTLAND-ELLENDALE-GENEVA STAR EAGLE • WASECA COUNTY PIONEER •
- CLAREMONT MESSENGER • DODGE CENTER MESSENGER • DUNDAS MESSENGER • GOODHUE-BELLECHESTER MESSENGER • KENYON MESSENGER •
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Pick Up:
Sept. 30th
8:30AM-4PM



Online Bidding Starts **Friday, September 15th, 2023 - 5PM CST**

Online Bidding Ends **Friday, September 29th, 2023 - 6PM CST**

Pick Up Location: 4810 Lemond Road, Owatonna, MN 55060

Collectable Farm Toys

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Other Toys

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—Road Champs—Hot Wheels—
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www.proxibid/jensenauctions
proxibid

Ross Thompson Estate Auction

Auctioneer Comment: Looking to add to your collection or toy box here is your opportunity this on-line auction will have a nice selection. The Thompson family has decided to offer up Ross's collection of nice items. Thanks Dennis



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Terms: Cash or good check w/ proper I.D. required. 10% buyers fee applies. All major credit cards with 4% convenience fee. Items can be picked up on Sept. 30th or shipped at your expense. Items are sold as is, where is. Not responsible for accidents. View complete terms on proxibid/jensenauctions.

VIEW AUCTION ON: www.jensenauctionsmn.com

JENSEN AUCTIONS 507-456-1210

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Daily Specials
Weekend Breakfast Buffet

10% OFF with this ad
Good Monday-Friday. One coupon per meal. Expires September 30, 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

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Sunday 11am-7pm

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15% OFF Wednesday, Thursday with ad
10% OFF Friday, Saturday, Sunday with ad

MENU OR BUFFET

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

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TUESDAY SEPTEMBER 26 1:00 PM

Location Parcel 1: From I-35 & County Rd 46 intersection in Albert Lea, MN 1.5 miles East on County Rd 46
Location Parcel 2: North 1.5 miles on County Road 20 towards Interstate then East ¼ mile on Plaza Street

Parcel 1: • 75.40 acres with 43.40 tillable acres. The Corn Base is 43.40. The CPI is 86.9
 Parcel 2: • 32.49 acres with 28.86 tillable acres. The Corn Base is 23.30. The Bean Base is 5.56. CPI of 59.9

Auctioneer Comment:
 Both of these parcels are very special. Parcel 1 has good farmland with excellent hunting. It is just outside of The Myre Big Island State Park. Parcel 2 is excellent land for future development on Plaza Street. Just off of I-90

Terms & Conditions:
 \$100,000 down for Tract 1 and \$50,000 down for Tract 2 due on the day of the auctions. The balance is due on or before November 1, 2023. There will be a 2% Buyer's Premium added to the final purchase price.

OWNER:
PALMER FAMILY FARMS

AUCTIONEERS:
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AUCTION CALENDAR

Sept. 14, 2023 1:00 PM
Mapleton, MN
 LIVE AND ONLINE FARM MOVING AUCTION FOR ROBERT (BOB) & KAREN SCHULL
 John Deere 4720 Midl Open Station Tractor w/Loader, John Deere Z425, Z375R & 525E Zero Turn Mowers, 2014, 2013 & 2005 Arctic Cat 550 & 650 ATVs, PJ 20' trailer, Buhler Yc6010 Snowblower, Brush Mower, Firearms, Red Wing Stoneware, Antiques, Collectibles, Farm Primitives, Power & Hand Tools, and More.

October 11, 2023
Bidding Begins: Oct. 1, 2023
Starts Closing..... Oct. 11, 2023
Randolph, MN
 ONLINE ONLY FARM ESTATE AUCTION FOR RANDY THOMPSON ESTATE
 Massey Ferguson 271EX MFWD Tractor with Loader, Hobby Farm Equipment, Tillage Equipment, Flatbed, Tool Boxes, Good Power & Hand Tools, Lawn & Garden Items, Antiques, Furniture, Collectibles, Farm Primitives, Garden Art and More.

October 21, 2023
Bidding Begins: .. Oct. 12, 2023
Starts Closing..... Oct. 21, 2023
LeSueur, MN
 ONLINE ONLY VINTAGE COLLECTOR SNOWMOBILE AUCTION FOR DALE & JOANN JONES
 35 Vintage Ski-Doo Snowmobiles, Many With Low Miles, Race Sleds, 600 Lots of NOS Ski-Doo Parts, (2) Fancy Amish Built 2 Seat Horse Carriages, Horse Tach, Gates and Corral, Cat D5 Dozer, Several Trailers, Hobby Farm Machinery, Support Equipment

October 24, 2023
Bidding Begins: .. Oct. 14, 2023
Starts Closing..... Oct. 24, 2023
Lakeville, MN
 ONLINE ONLY MOVING AUCTION FOR TERRI PETER & DAN STORLIE
 Samsung SE210 Excavator, 2003 Chevy Duramax Pickup, 1987 Chevy Pickup, 5th Wheel Travel Trailer, Dump Trailer, (3) 40' Semi Van Trailers, 16' Horse Trailer, Freightliner School Bus, Wooden Wheel Buck Board Buggy, Dr. Buggy, 50+ Livestock Gates, Everlocking Pin Gates, Feeders, 5 Hoop Tents, 2 Buildings on Skids and More.

November 4, 2023
Bidding Begins: .. Oct. 14, 2023
Starts Closing..... Oct. 24, 2023
New Richland, MN
 VERY LARGE ESTATE AUCTION FOR MICHAEL (MIKE) WEYDERT ESTATE
 2015 Chevy Colorado, 2022 John Deere 325C Loader, (10) Skid Loader Attachments, John Deere 3046R Tractor, 2006 Ford F250, 2011 Lincoln MKS, 2012 Polaris XP800, John Deere 1445 Dsl Mower, 500 Lots of Good Power Tools, Firearms, Stainless Steel Appliances, Fancy Oak Furniture, 30+ Collector Toys, Fuel Tanks, Good Quality Well Cared For Items

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13 Groups Sue EPA Over Factory Farm Water Pollution

Lawsuit seeks to expand and strengthen industry regulation under the Clean Water Act

On Friday, Food & Water Watch and 13 groups sued Biden's Environmental Protection Agency over the agency's failure to regulate factory farm pollution under the Clean Water Act. The lawsuit follows EPA's denial last month of a 2017 petition asking EPA to initiate a rulemaking to overhaul its ineffective factory farm regulations; EPA elected instead to form a study group to make recommendations, delaying action until at least 2025—that is, if the agency decides to act at all.

Petitioners' lawsuit asks the Ninth Circuit Court of Appeals to reject EPA's denial and require it to immediately reconsider key reforms proposed in the 2017 petition that have the potential to expand and strengthen water pollution permits for concentrated animal feeding operations (CAFOs).

"EPA's deliberate head-in-sand approach to factory farm regulation has facilitated a national clean water crisis, decades in the mak-

ing. When given the opportunity to finally right its wrongs, EPA elected instead to double down on special treatment for factory farms," said Food & Water Watch Legal Director Tarah Heinzen. "Factory farms are polluters by design — true environmental protection requires a willingness by EPA to confront this industry head on. It is high time EPA addressed the crisis it has spent decades enabling."

Agriculture is the nation's leading polluter of rivers and lakes. Factory farm waste is responsible for a significant share, including at least 14,000 miles of rivers and 90,000 acres of polluted lakes and ponds nationwide. In 2003, EPA estimated that CAFOs generated more than three times the amount of raw sewage than that of our human population; since then the industry has grown by about 40 percent.

Yet for over 50 years, most factory farms have evaded Clean Water Act regulation altogether. EPA has acknowledged that it lacks basic information about where the nation's CAFOs are located, let alone which are illegally polluting. Fewer than one third of the country's 21,000+ largest factory farms have National Pollutant Discharge Elimination System (NPDES) permits.

"For over a decade, the EPA has doggedly looked the other way as factory farms across the U.S. balloon in size and regional concentration, destroying watersheds and accelerating the decline of endangered species," said Hannah Connor, Environmental Health Deputy Director at the Center for Biological

Diversity. "Denying this petition after the Supreme Court took an ax to the Clean Water Act is an appalling abdication of this administration's clean water and environmental justice objectives. I'm hopeful the court will force the EPA to reconsider its dangerous failure to curb factory farm pollution."

"The EPA response is disappointing," said Kathy Tyler, a Dakota Rural Action Board Member from Big Stone City, SD. "I have personal experience with the impacts of unregulated manure application onto tiled farm fields that has caused significant pollution to streams and lakes. In our area millions of gallons of manure is applied to these fields without concern or oversight."

"The Trom family farm in rural Dodge County, Minnesota is surrounded by 12 swine factory farms in a 3-mile radius," said Sonja Trom Eayrs, attorney, rural advocate, farmer's daughter, and co-founder of Dodge County Concerned Citizens in Minnesota. "Like many families in rural America, ours must contend with dangerous discharges from neighboring factory farms on a daily basis. We've contacted the regulators on sev-

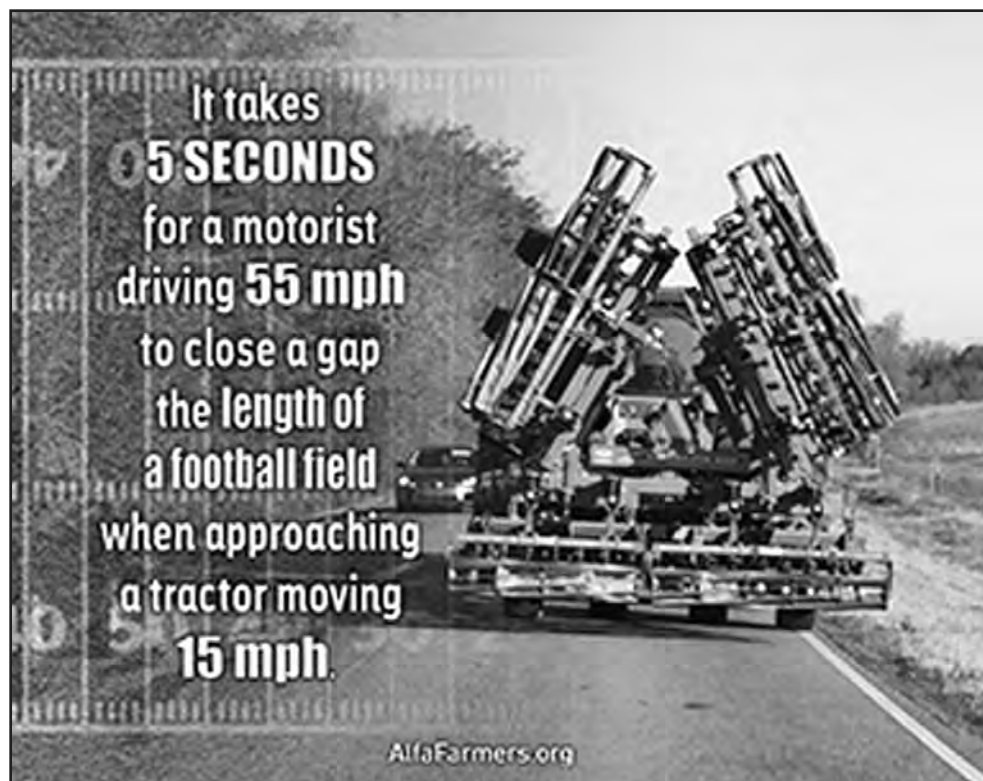
eral occasions, with little to no assistance. What do you do if the regulators will not regulate?"

"In the 1950s and 1960s many of Iowa's rivers and lakes were essentially lifeless," said Curt Nelson, Iowa CCI member from Cerro Gordo County. "The 1972 Clean Water Act began the cleanup process. Huge progress was made and life returned to our waters. Sadly the rise of large scale CAFOs and over application of other fertilizers has radically reversed that trend and we are now seeing algae blooms and fish kills. This simply cannot continue."

Petitioners are Food & Water Watch, Center for Biological Diversity, Center for Food Safety, Dakota Rural Action, Dodge County Concerned Citizens, Environmental Integrity Project, Helping Others Maintain Environmental Standards, Institute for Agriculture and Trade Policy, Iowa Citizens for Community Improvement, Kewaunee CARES, Land Stewardship Project, Midwest Environmental Advocates, and North Carolina Environmental Justice Network.

The petitioners are represented by Food & Water Watch and Earthrise Law Center.

Safety during Fall Harvest



Fall is in the air and with the cooler weather comes changing leaves, shorter days and harvest season. It's a busy time of year on the road with more farm equipment and the hustle and bustle of students returning to school and afterschool activities. It can be easy to become distracted when juggling work and kids, but it is important to stay alert behind the wheel to be sure that everyone makes it home safely.

Motorists:

Slow down and use caution when approaching farm equipment. Don't assume the equipment operator can see you.

Watch for debris dropped by farm equipment.

Wait for a safe place to pass.

Drive with headlights on.

Farm equipment operators:

Use lights and flashers to make equipment more visible.

Use slow-moving vehicle emblems on equipment traveling less than 30 mph.

Avoid encouraging or signaling motorists to pass. Pull over when safe and let traffic pass.

Consider using a follow vehicle when moving equipment, especially at night.

Pick up any debris left on the highway by the equipment.

Please remember to watch for slow-moving farm equipment. Be patient, be kind and share the road. Together, we can drive Minnesota toward zero deaths.

"ASK A TROOPER"

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I read your column in the newspaper but don't think I've seen this question. When traveling in the Twin Cities with the required number of passengers in your car, can you use the High Occupancy Vehicle (HOV) lanes? Do you need to have a transponder set to carpool or some setting to indicate you meet the minimum number of passengers? I often have enough passengers but no transponder.



Answer: I have not had this question in my "Ask a Trooper" article before. The answer is yes, you can use it as you described. I think the topic of HOV lanes or the E-ZPass lanes would be helpful for others. E-ZPass Minnesota is a strategy to move more people during busy weekday commutes. E-ZPass lanes move more people by providing a designated lane that is free for buses, motorcycles, and vehicles with two or more people including children and infants (HOV 2+). Solo drivers pay a fee when they choose to use E-ZPass during peak hours in Minnesota.

Outside of peak hours, all motorists can use the E-ZPass lanes. When the overhead sign says, "Open to all traffic," the lanes are free for all drivers — which is 90 percent of the time.

How to use E-ZPass lanes

- Solid double white lines, and dashed double white lines, separate Minnesota E-ZPass lanes from general lanes. It is always illegal to cross solid double white lines.

- HOV bypass entrance ramps are restricted to carpools, vanpools, buses and motorcycles. It is illegal for solo motorists with an E-ZPass tag to use HOV bypass entrance ramps.

- Overhead signs alert you to the entry and exit locations for E-ZPass lanes. You may only enter and exit E-ZPass lanes where there are dashed double white lines.

- Overhead digital signs display the current fee. The price you see is the price you pay for your trip.

- Your E-ZPass tag is read electronically, and the posted amount is automatically deducted from your E-ZPass account balance.

If you need more information you can go to <https://www.dot.state.mn.us/ezpassmn/index.html>

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state.mn.us)

**Opinions expressed in Letters to the Editor are not necessarily those of The Messenger*

Letter-to-the-Editor

Well water in Minnesota's Karst region is at risk!

Southeastern Minnesota has a drinking water crisis that needs your help. Take action today to urge local, state, and federal government officials to take immediate action to ensure ALL Minnesotans, regardless of zip code, have clean water to drink.

Nitrate levels in the state's karst region routinely exceed safe drinking water standards, putting more than 380,000 area residents at serious risk. Private well owners are particularly vulnerable because they have no recourse to protect their water from pollution sources.

Nitrate-contaminated drinking water can lead to health problems including an increased

risk for colorectal cancer, thyroid disease, and birth defects and low birth weight in infants.

The leading cause of nitrate contamination is from industrial agriculture, in particular Concentrated Animal Feedlot Operations (CAFOs), as well as monoculture row crop production. Industrial farming practices have proliferated across Minnesota in recent years causing nitrate levels to rise statewide. The pollution is particularly concerning in the karst region, where the unique geology of the land allows nitrogen spread on agricultural fields through manure and commercial fertilizer to rapidly infiltrate into groundwater used for drinking water by area residents.

Despite an acute awareness of the problem, state and local authorities have thus far failed to sufficiently address the crisis. That's why

Dodge County Concerned Citizens joined ten other local and national environmental organizations in April to petition the federal Environmental Protection Agency to intervene.

Organizational advocacy on this issue was an important first step, but it alone won't get the job done. No one in this state should have to worry about what's in their water.

Officials at every level need to know that Minnesotans care deeply about this issue. Sign the petition our partner Minnesota Center for Environmental Advocacy created to add your voice to the growing call for immediate action: <https://www.mncenter.org/petition-SE-MN-drinking-water>

Thank you,
Brad Trom

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Is My Pet Having a Seizure?

First, you'll need to know whether your pet is, in fact, having a seizure as opposed to other conditions. One example would be syncope, which is a temporary loss of consciousness caused by a drop in blood pressure and can easily be confused with a seizure.

"Seizures are more common when our pets are at rest, whereas syncope is more commonly associated with pet activity," explains Dr. Foss.

Doctors categorize seizures into three phases: pre-ictal, ictal (active seizure), and post-ictal.

"The pre-ictal phase can be hard to identify," shares Dr. Foss. "Signs for the pre-ictal phase may include whining, crying, wandering, and acting anxious."

While these signs may be useful in identifying a seizure, the signs may be too subtle to notice. Additionally, some pets do not show pre-ictal signs.

Signs during a seizure may include urination, defecation, and hypersalivation. Many pets may also lose consciousness. Dr. Foss says seizures are typically self-limiting and last less than two minutes.

During the seizure, the best thing a pet owner can do is monitor their pet closely and prevent them from injuring themselves. Dr. Foss warns owners to not reach into or around their pet's mouth; dogs cannot choke on their tongues during a seizure and the owner risks being inadvertently bitten!

After the seizure, a pet may stumble around and seem disoriented.

Are Seizures an Emergency?

Although it may be quite scary to you when your pet has a seizure, a seizure does not necessarily constitute an emergency. Most often pets will return to their normal state after the seizure.

In these cases, Dr. Foss recommends that you follow up with your primary care veterinarian. Your veterinarian may perform blood work and further testing to determine the cause of the seizure.

If your pet does not return to normal within a short period or your pet does not stop having seizures, you should take them to an emergency veterinarian as soon as possible.

"Seizures can occur at any age," says Dr. Foss. "Possible causes include toxin ingestion, inflammation of the brain, birth defects, brain tumors, and idiopathic epilepsy."

Idiopathic epilepsy is the condition of repeated seizures without an identified cause despite extensive testing (such as bloodwork, MRI, spinal fluid sampling, etc.). It is a major cause of recurrent seizures in dogs between 1 and 5 years of age.

Are Some Dog Breeds Genetically Predisposed to Seizures?

Certain breeds are more likely to have seizures. According to Dr. Foss, though, "anything with a brain is capable of having a seizure."

She notes that research has identified a gene mutation associated with epilepsy (meaning the brain disorder that causes seizures) in the Lagotto Romagnolo and Belgian sheepdog.

Additionally, pedigree analysis indicates that a number of other breeds may have inherited epilepsy: German shepherds, Belgian terriers, keeshonds, beagles, English springer spaniels, dachshunds, vizslas, Bernese mountain dogs, Irish wolfhounds, Finnish spitz, golden retrievers, standard poodles, and Labrador retrievers.

What If My Pet Needs Seizure Medication?

"If your pet has two or more seizures every 3 to 4 months, has cluster seizures (>2 seizures within 24 hours), or presents in status epilepticus (prolonged seizure activity), or has an underlying cause such as a brain tumor, your veterinarian will likely prescribe anti-seizure medications," says Dr. Foss.

There are several kinds of these medications, and they differ in how often they must be given, their side effects, and how often the pet needs blood work to monitor the medication.

"There will be a very important conversation between the pet owner and the veterinarian whenever a pet is prescribed an anti-seizure medication," notes Dr. Foss.

Dr. Foss says idiopathic epilepsy in dogs can usually be managed by a primary care veterinarian rather than requiring care from a specialist. The exceptions to this rule include status epilepticus and cluster seizures. If these happen, take your pet to an emergency veterinarian immediately.

Does My Pet Need to See a Neurologist?

In certain cases, the pet may eventually need to see a veterinary neurologist for further testing and management. When a patient does not respond well to medications despite appropriate doses, a veterinary neurologist may be needed.

As a specialist, Dr. Foss is interested in developing new imaging techniques to better understand epilepsy and other brain disorders at the cellular level. She notes that research on idiopathic epilepsy is important to gaining a better understanding of what is happening in these situations and how best to help the dogs that experience them.

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By Jim Miller

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How Seniors Can Protect Themselves from Cybercrimes

I spend a lot of time online and love the convenience of paying bills, shopping, and keeping up with my grandkids on Facebook and Instagram. But a few months ago, my computer was infected with malware, and I just found out some cyber crook opened up a credit card using my identity and went on a shopping spree. Do you have some simple tips to help me stay safe while online?

--Paranoid Patty

Dear Patty, Unfortunately, cybercrimes against seniors continue to be a big problem in the U.S. According to the FBI 2022 Elder Fraud Report, cybercrime cost Americans over age 60 more than \$3 billion last year, a whopping 84 percent increase from 2021.

While anyone can be subject to cybercrimes, seniors are frequent targets because they tend to be more trusting and have more money than their younger counterparts. But there are a number of things you can do to protect yourself from online fraud, hacking and scams. Here are a few tips to get you started.

Strengthen your passwords: A strong password should contain at least 12 characters and include numbers and a special character, like an exclamation point or asterisk. Be sure to change up your password across different sites to ensure a hacker would not gain access to all accounts through one password. And keep a written list of all your passwords stored in a safe secure place.

On your smartphone or tablet, be sure to set up a four or six-digit PIN to protect your device.

Opt out of pop-ups: To protect yourself from computer viruses and other forms of malware, make it a habit to avoid any pop-up style message when you're on the web. Sometimes hackers disguise their malware as pop-up advertisements or "special offers" when you're shopping or reading online. Clicking on these pop-ups can lead to viruses or data breaches.

If you encounter a suspicious pop-up message, don't click on anything in the window. Simply leave the site or close out of your web browser.

When in doubt, throw it out: Sometimes online hackers will send you an email or text message and pretend to be someone they're not in order to convince you to share valuable information with them, such as your Social Security Number, address or credit card information. This is called phishing.

If you receive a message from an unknown sender, do not respond or click on any links or attachments. Instead, either ignore the message or delete it.

Share with care: There is such a thing as oversharing, and it definitely applies to online profiles. On social media platforms like Facebook, Instagram, and Twitter, online hackers can easily gather information about you from what you post - like where you live.

Ensure that your privacy settings are up to date so that only people who follow you or are your Facebook friend can see your posts.

Verify websites: Before you shop or access your bank online, double check the validity of the website you're using. Reputable sites use technologies such as SSL (Secure Socket Layer) that encrypt data during transmission. You will see a little padlock icon in your browser and usually "https" at the front of your address bar to confirm it's a secure connection. If you don't see it in the web address that you're on, you should not trust that website with your passwords, payment or banking information.

Have some back-up: Practicing safe habits will protect you and your information, but you don't have to rely on just yourself to stay safe. Anti-virus software works in the background to protect your computer from a variety of malware and helps to make it easier for you to avoid threats while surfing the web.

For more information on how to safeguard your personal technology devices and information, visit Consumer.ftc.gov and search "Protect Your Personal Information and Data." And to report fraud and identity theft go to ReportFraud.ftc.gov and IdentityTheft.gov.

West Concord Couple Appears in Olmsted County Court

A West Concord couple appeared in Olmsted County Court Friday on burglary, property damage, and child endangerment charges.

Ashley Nicole Dahlgren, 38, and Johnathan Charles Kern, 45, each face charges of 2nd-degree burglary, possession of burglary tools, receiving stolen property, 3rd-degree damage to property, and neglect or endangerment of a child.

Kern faces an additional charge of felon in possession of ammunition or a firearm.

According to court documents, a Kasson police officer noticed two vehicles parked near Kasson Storage units (800 7th Street SE) at about 11 p.m. July 27.

The officer reported that he spoke to Dahlgren and Kern inside unit 42. The pair allegedly identified themselves and said they owned the cars. The officer reported that he warned the pair about recent storage unit break-ins, then left while the two allegedly went back into unit 42.

About 12 hours later, Kasson police responded to Kasson Storage on a burglary call. Units 42, 43, and 44 had been broken into, and while units 42 and 43 didn't have anything missing, about \$7,000 in tools, paintball gear, car parts, furniture, and toys had been stolen, according to court documents.

According to court documents, Kasson Storage revised the number of damaged units up to 5 a couple days later, and also confirmed that neither Dahlgren nor Kern were listed as renters for storage units 42, 43, or 44.

According to court documents, in-car camera footage of the July 27 conversation with Kasson police and the suspects recorded Dahlgren saying she'd had to crawl under the fence at McNeilus Storage units before, as her entry code didn't work.

Kasson police contacted McNeilus Storage and determined that Dahlgren rented a unit and had used it about 20 minutes after speaking to the officer at Kasson Storage.

Surveillance video allegedly showed the pair unloading property matching the list of



Johnathan Charles Kern



Ashley Nicole Dahlgren

stolen items the Kasson Storage renter in unit 44 supplied.

According to court records, police applied for search warrants for Kern's home and Dahlgren's storage unit, as well as both vehicles.

Kasson police allege that they found several possibly stolen items from unit 44 in Dahlgren's storage unit, and encountered Dahlgren, Kern, and three small children in a vehicle while on scene.

Dahlgren and Kern were arrested immediately, and the children were released to another individual.

Kasson police claim that they found burglary equipment in Dahlgren's car, then more suspected stolen items inside Kern's home.

Police also claim that Kern's home was a "complete disaster, extremely filthy, insects everywhere," and that children could not stay there safely.

Kern remains in the Olmsted County Adult Detention Center. His bail was set Friday at \$100,000 without conditions, or \$75,000 with conditions.

Dahlgren, whose bail was set at \$100,000 with no conditions or \$30,000 with conditions, posted bail, according to online court records.

Dahlgren's next court appearance is scheduled for Aug. 14, while Kern is scheduled to appear Aug. 16.

SUMMARY COUNCIL MINUTES Monday, August 28, 2023

This published information is a summary of the full minutes of the August 28, 2023 Dodge Center City Council meeting. A copy of the full minutes is available for viewing at City Hall, 35 East Main Street or online at www.ci.dodgecenter.mn.us.

Present: Bill Ketchum, Gary Trelstad, Cathy Skogen, Paul Blaisdell, Matt Maas, Marianne Sobek, AJ Gengler, David Myrom, Kathy Freeman and others.

The City Council approved the following items:

- Agenda and consent agenda;
 - Triton School Homecoming Parade route on September 29, 2023, noting changes may need to be made due to road construction;
 - Authorize PERA to perform a cost analysis on behalf of the Fire Relief Association.
- Meeting adjourned at 6:06 pm

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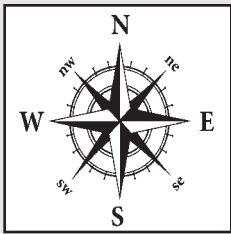


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Changes in Latitudes, Changes in Attitudes



By Terry Campbell

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

I found this Minneapolis Moline tractor replica at a garage sale I took my wife to. I don't intentionally do garage sales but occasionally an interesting item pops up. I am at that age where I do not try to accumulate anymore worldly treasures. Just seems like more junk to leave to someone to dispose of after they dispose of me. But this one just called out to me.

It really isn't much of a tractor replica, more of an abstract collection of parts and could be many things if not painted that iconic yellow/orange with the Minneapolis Moline logo on the side. It started out life as a Singer sewing machine and was repurposed for some nostalgic antique tractor buff.

When I was a very small kid, I remember my grandfather's Minneapolis Moline Z tractor. I do not believe it ever ran during my lifetime. Just sat in the grass on the north side of the hog barn. My sister and I used to climb up on it and pretend we were driving tractor when we were very young. There were lots of levers that moved back and forth with a satisfying clunk while we shifted gears and engaged the power on our imaginary adventures.

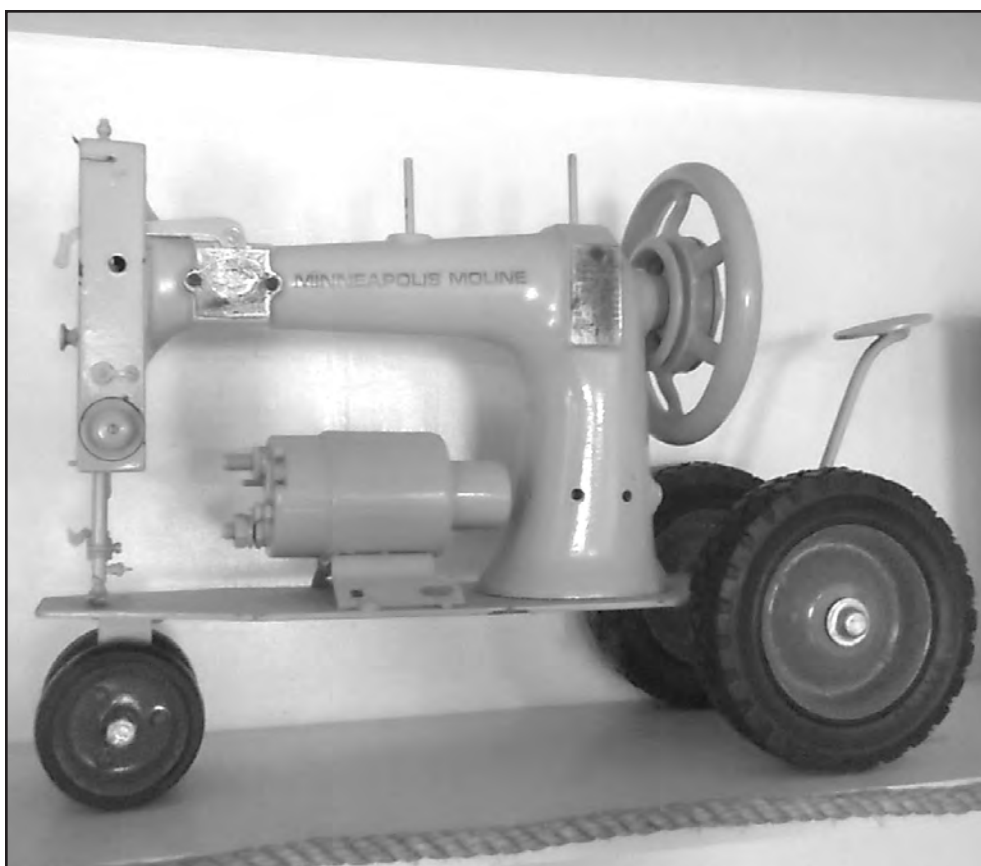
One day my activity aroused a bumble bee which had taken up residence under neath the

metal cowl of the tractor. He proceeded to sting me on the arm and I ran to the house howling for my mom. She put salve on my wound and soothed my pain but told me not to play on it any more. That was her standard advice when I did something she felt could harm me. I climbed the silo. She told me not to. I went up in the hay loft, she told me not to. Eventually I learned to not tell her what I did. My dad just figured what didn't kill me, made me stronger. That is why young boys hang out with dad more often.

It had a great history on the farm though. I believe it was the first rubber-tired tractor that my grandfather owned. They were made between 1949 and 1953. The Z was rated at 36 horsepower on the belt and 32 horsepower at the drawbar. My neighbor Richard Matti told me once about how proud my grandfather was of it and they used it to power a threshing machine in the early years.

One story related to me was how one fall it was very cold when they were doing fall plowing and my grandfather would drive the farm pickup along-side the tractor in the field. The hired man would drop the plow in the ground and tie the steering wheel with a rope and then ride in the warmth of the pickup to the other end of the field. It went slow enough with a two-bottom plow that he could easily climb on and off while it was moving. He would climb aboard, untie the rope and raise the plow out of the ground at the end of the field in time to turn it around and then get back in the warm pickup as the tractor lumbered along turning over the soil. The kind of activity we all learned not to tell mom about until much later.

We live in the house where my grandparent's spent their final years. My wife suggested putting it in the room where my grandmother kept her sewing machine. One piece of history to remind me of both my grandparents. It seemed worth it to bring home this treasure. Although now I know the real treasure are the memories about two wonderful people that it brings back to me.



A Minnesotan: Down at the Riverside



By RosaLin Alcoser

Wade in the water, wade in the water children. Wade in the water, God's going to trouble the water. Well it's Labor Day and this marks the start of school and the end of summer activities. Which also means that churches that are going to hold outdoor Baptism have reached the end of being able to do so for this year.

After all there's no better way to end the summer then to go down to the river for a good old fashioned outdoor Baptism. Which if truth be told is a lot more exciting than the indoor ones done during the rest of the year. This is because normally even if your church normally does Baptism by sprinkling when it takes place at the river it will normally be done by immersion.

Personally I was Baptized during outdoor Baptism back in 2004. Except it was done outside in a turned off hot tub. This was done mainly because the church was next to the Zumbro River in a place where the current was way too strong to safely hold

a Baptism in. Great part to go tubing in not so much for safely dunking people in and out of the water.

My father is a pastor, who currently works for two little Methodists churches out in western Minnesota. Now the thing to know about my Belize pastor father is that while he might work for the Methodist he's an acuity Southern Baptist. Which is one of the denominations that baptize by immersion.

One of his churches held an outdoor Baptism by the river the weekend before Labor Day this year. Their plan was to go out into the river, which water levels have been pretty low this year, and sprinkle just like they would do inside of the church building except while standing in the river. Practical but unexpected right?

Which is what it would have been if anyone else except maybe my father had been the one doing all of this. Because the day of, he changed the plan and decided that he was going to baptize everyone who was getting baptized that day by immersion in the low creek levels.

My mother sent me a video about an hour after my father, wearing his fishing wader under his robe, lowered a parishioner into the water, bringing them back up and then both of them immediately falling back into the water. Which made the whole thing a lot more exciting than the original plan.

Luckily for my father, I know him, and remind my mother to send him with a spare change of clothing. Because I knew somewhere in the back of my mind that baptism at the river would result in something existing enough to need a dry change of every.

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 13. Literary theme
 15. Scissors sound
 16. Final notice
 17. *Notre Dame's Fighting _____
 18. *Home of the first Super Bowl winners
 20. National League Pennant series, acr.
 21. Steer clear
 22. "Glee" actress _____ Michele
 23. Befuddled
 26. *One of 4 NFL teams sharing a home field
 29. Fish story
 30. Stockings
 33. "Doggone it!"
 35. Rand McNally book
 37. Mozart's "L" _____ del Cairo"
 38. Whiskey drinks?
 39. Comedy act
 40. Be more of a fox
 42. Dead or Black, e.g.
 43. Obliquely
 45. Roof supporter
 47. High or low card
 48. Employer's good news
 50. Hyperbolic tangent
 52. *College player not using eligibility
 55. Beastly person
 56. Double-reed instrument
 57. *Nike Pegasus 39
 59. Smidgeons
 60. Paddleboarding acronym, pl.
 61. Seaside bird
 62. *Thirty-_____ teams in NFL
 63. *Ravens' or Lions' time, acr.
 64. *Rushing unit
- DOWN
1. " _____ Now or Never"
 2. "Shoot!"
 3. Arabian bigwig
 4. Fund-raising letter
 5. Torah teacher
 6. Homer's famous poem
 7. Feel for
 8. Larger-than-life
 9. A Supreme singer
 10. Emerald _____ borer
 12. Poet's death lament
 13. Fungal skin infection
 14. *Home of the Citrus Bowl in Florida
 19. Not odds
 22. Lily, in French
 23. Unfortunately, exclamation
 24. *a.k.a. Iron Mike
 25. Charcuterie stores
 26. Nibble away
 27. Have faith
 28. Ranees' wrap
 31. LummoX
 32. Calendar abbr.
 34. Russian autocrat
 36. *Home to College Football Hall of Fame
 38. Secret supply
 40. *Extra point
 41. Van Gogh flowers
 44. Partners of pains
 46. Spirited
 48. Puzzle with pictures and letters
 49. Take as one's own
 50. Think, archaic
 51. Grand theft target
 52. *The oldest college football Bowl
 53. Actress Perlman
 54. Millimeter of mercury
 55. Took the bait
 58. *Defensive one

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