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Volume 5 • Issue 1

Local Vets to Be Honored With Quilts of Valor at Legion Post #384



By Ashley McGuire

On November 11, 2023 The Wells-Peterson Post #384 of the American Legion in Dodge Center will be hosting a very special Quilts of Valor event to recognize and honor local servicemembers.

The mission of the Quilts of Valor Foundation is to "cover service members and veterans touched by war with comforting and healing Quilts of Valor."

Quilt of Valor® is our award to Service Members and Veterans who have been touched by war.

It says, "thank you for your service and sacrifice in serving our nation."

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Family Fun Night

Family Fun Night will be held on Wednesday November 1st 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.

Dodge County Dairy Princess Chosen as State Finalist

This year celebrated the 70th Princess Kay of the Milky Way, the pageant for the dairy industry representatives. Each year young women with dairy farm backgrounds are chosen in each county to be spokespersons for the products.

Makenzie Alberts of Dodge County advanced to the state competition and on August 24th was named runner up in the Princess Kay pageant. Emma Kuball of Waterville was crowned Princess Kay. On August 28th, Mackenzie had her image carved in a 90 pound block of butter at the Minnesota state fair.

Makenzie is the daughter of Eric and Angie Alberts of Pine Island and a seventh-generation dairy farmer. The family milks about five hundred Holsteins at the Pine Shelter Farms.

Makenzie is a sophomore at South Dakota State University where she is pursuing a dual major in agricultural communication and leadership and a minor in dairy industry.

(continued on page 3)



West Concord Hootenanny

By Cheri Roshon

Join us for the 4th Annual Hootenanny in West Concord on October 28th. All the fun you need, right on Main Street!

Our schedule is as follows:

WesCon Breakfast Specials from 7 am to 10:30 am. Lunch specials and bowling start at 11 am.

Specials at the Farm Store from 10am to 4pm *(continued on page 5)*

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MUST DO's

By Pastor Dave Breederland
Faith Community Church
of West Concord

At this time of year, there are a lot of “must do” things. Farmers work long hours gathering their harvest. Then they have their post-harvest machinery clean up, repair, and storage. Other folks realize they “must do” something about their leaves, yard, garden, and flowers. With winter looming on a cloudy horizon, the lawn mower must be winterized, the boat put in storage, new tires ordered before the snow flies, and the snow blower started. For still others, cutting and splitting wood for their wood burners is now a high priority on their “must do” list.

A “must do” list is not new. It varies from season to season. Yet a careful reading of the Gospel of Luke reveals that even Jesus had a “must do” list. The motif of what Jesus “must” do is strong in the Gospel of Luke. For example, see Luke 4:43; 9:22; 13:33; 17:25; 24:7, 44. (And that’s just for what Jesus must do. There are many verses detailing what we must do in Luke, but those will have to wait for another article someday.)

For Jesus, his “must do” helped him with his priorities. He had lots of people clamoring for his attention. The religious leaders of the day

often disagreed with what Jesus said and did.

They wanted him to change, to conform to their ways. At the temptation of Jesus (see Luke 4), the Devil tried to divert Jesus from God’s plan. Growing up, my father often told me to “Plan your work and work your plan.” Jesus’ work was planned by his Father, and he did it. We can be thankful for that. “Jesus said, I have brought you glory on earth by finishing the work you gave me to do.” (John 17:4 NIV)

Jesus also stated, “The Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to life” (Luke 9:22 NIV). How many of us would like that to be on our “must do” list? Jesus knew what was ahead of him and in faithful obedience completed his mission, preparing the way for our redemption, our forgiveness, our adoption, our sanctification, our glorification, and much more.

The “must do” of Jesus was part of God’s plan of love for the world. He sent Jesus to earth on a mission. Jesus completed that mission of his Father, and because of that invites us to believe in him, i.e., Jesus. Too often, we think we have to “do” something for our salvation, for our deliverance. So, we throw ourselves into good activities, religious rites, trying to have our good outweigh our bad, and more. Yet those things won’t get us into heaven, it is only by the gracious work of Jesus on our behalf and our commitment to him that will get us there. As the hymn writer stated, “Jesus paid it all, all to him I owe.”

This fall, with all the things on your “must do” list, take some time to reflect and rejoice on Jesus’ redemptive work on the cross.

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Area Church Directory

Moses and Monsters

“I [Wisdom] was there . . . when [God] gave the sea its boundary so the waters would not overstep his command.”
— Proverbs 8:27-29

Historically Moses, directed by God, is understood to be the writer of the first five books of the Bible. Growing up as part of the royal family in Egypt, Moses (a Hebrew child adopted by the king’s daughter—Exodus 2) would have been taught many myths about the origin of the world. An old Mesopotamian myth, for example, held that Marduk, a warrior god, fought against Tiamat, a monster ruling the chaotic sea. Marduk defeated Tiamat and brought order out of chaos.

Now, let’s look at Genesis 1 again. We see powerful waters, but they are not described as a god or a monster; they are simply a part of the world God is creating. God tells the waters where they can go and where they cannot go. (See also Proverbs 8:12-31.) Moses shows that the true God is in control of all things.

In myths about creation there is always uncertainty about whether a people’s gods can hold back the forces of chaos. The ancient Egyptians, for example, believed that their sun god Ra had to descend into the underworld every night to defeat the great serpent Apophis, or else the ordered world would be destroyed.

But in the Genesis story, God creates and makes peace not through battle but with a word. No other force or would-be god is there; creation has only one true Lord.

Lord and God, we praise you that no force in heaven or on earth has power over you, and that you hold all things in your hands. Amen.

1st Presbyterian Church
200 East Street, Claremont
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Pastor Doug Walters
Sunday Worship at 10:00a.m.

St. John Lutheran Church
4532 SE 84th Avenue, Claremont
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The Green Shack

By Cheri Roshon

Nestled away behind Pineview Apartments just outside of Dodge Center, you will find an unexpected world of wonder! 20658 County Highway 34 is the address to visit! A nondescript building behind the apartments houses some very unique activities for folks of all ages.

Brittany and Zach Wilcox moved back to Minnesota from North Carolina in 2008. They own and operate The Green Shack(2019). Brittany grew up in Byron, and Zach in Preston, and decided to come home to roost in Dodge Center where they welcomed their children Alex (13) and Emily (10) .

Inside the building you will find spaces for all kinds of classes and activities. Behind the building is a mini farm, consisting of a large garden space and home to animals--- Lots of animals! On my tour, I asked Brittany and Zach what their purpose in starting their business was. Their reply....they want to give people a place to learn new things in a safe and welcoming environment. Finding the property was enough to get the wheels turning, and today they have so much going on, I had to share the treasure I had found.

Brittany has a degree in Horticulture. Inside the building, under grow lights, you will find succulents and houseplants growing on shelves. She uses these plants in different classes, one being building your own succulent garden, and learning how to care for the plants.

Other classes include making a Fairy Garden to bring home to grace your place, indoors or out. Knitting and crocheting are taught in a quiet space, sign painting, painted stained glass projects, ceramics, and even a Bob Ross painting class are some of the skills

you can learn here. I asked about a few things I would like to learn, like glass yard art and wire wrapped jewelry classes, and Brittany rose to the challenge! Canvas and Cocktail classes are offered (BYOB), as well as many other fun things for all ages. Each class is different, and the cost of each one varies (see website).

Coming up in October is a Halloween Extravaganza! It is a Halloween Trunk or Treat event, combining a petting zoo, special treats, crafts and games for the kiddos. Alisha's Sweet Treats will be there as a yummy craft to decorate your own spooky cookie. Mark your calendars for Sunday October 29th from 3 to 5 pm. Salvation Army of Dodge County will be there to serve hot apple cider and cocoa. 4H group Ripley's believe it or not will be having a bake sale, members of the Dodge Center Chamber of Commerce will be hosting trunk's at the trunk or treat, and much much more! Bring the family and have some fun!!

Other products they produce onsite are farm fresh eggs, both chicken and Button Quail, honey, and goat milk soap products. They have about 70 chickens, 28 ducks, 3 geese, 7 goats, lots of bunnies, and don't forget the 2 geckos! They host many events throughout the year, both at the Green Shack and off site. As you can see, they are a pretty sustainable family!

Hosting events is a big part of the business. It all started with an Easter Egg Hunt a few years back. They advertised the event and hid 1000 eggs for the kids to hunt for, and guess what? They ran out of eggs before they ran out of kids! So they got more eggs and the party was saved! It was such a success, they decided to add it to their yearly event list. You can book them for birthday parties and special events by calling (507) 633-3100, or on the website at thegreenshack.net. They can provide the events offered with soda, movie style popcorn and cotton candy. We are talking about 38 flavors of cotton candy!!! The building can be booked for your event, or they will come to you.

Another aspect of their venture is giving back to the community. They have participated in events sponsored by Dodge Center Chamber of Commerce on Main Street in Dodge Center, as well as Dodge Days, Community Ed Events, and Fairs. They also host a community garden sponsored by The Center Clinic and University of MN extension.

Out the back door where the animals reside is becoming a beautiful oasis to sit on a bench and watch the animals interact with each other while you sip your cider or cocoa, eat your cookies, or bring your lunch during the nicer months of the year. It is a peaceful place to hang out.

Be sure to pop in and get your Halloween on, and see this hidden gem for yourself. It's an amazing place to see!!



Dodge County Dairy Princess Chosen as State Finalist

(continued from page 1)

She is a 2022 Pine Island graduate and this is her first year as a dairy princess. She has been active in 4-H and FFA and just finished her position as Minnesota state FFA secretary.

Makenzie started showing calves as a novice in 4-H and grew to love showing cattle at the fair. In high school she joined FFA and continued to be involved in agricultural activities. She fed calves on the family farm, helped with herd management, takes turns at one of the three times a day 7-hour milking shifts and drives tractor hauling forage in from the fields during harvest. Her mother was on the Dodge County Dairy board and she remembers wanting to be a dairy princess since she was a young girl.

This summer she will be working on the family farm and taking part in representing the dairy industry at events like Breakfast on the Farm and the Dodge County Fair. The week before the Minnesota State Fair will be the most exciting time when one of the ten finalists will vie to be chosen as the 2023 Princess Kay of the Milky Way.

Her favorite memories were growing up on the close-knit family farm with her cousins and doing fun things like sliding down the bunker plastic as kids. Now she helps to fill the bunker and throw tires on the plastic.

After college she plans to follow a career in a company involved in the dairy industry and help educate the public about how dairy products get to the table.

Local Vets to Be Honored With Quilts of Valor at Legion Post #384

(continued from page 1)

To date (as of 9/30/23) 359,727 quilts have been awarded by the Foundation.

Quilts are awarded at many different levels: they may go to military hospitals where chaplains award them to service members; they may be awarded to entire service units returning from deployments; they may be awarded at veterans' homes, or they may be awarded individually. All Awards must be Registered.

Several local service members are being honored on November 11, 2023 and The Messenger will be on hand to cover the story in its entirety.

The Program begins with a Social Hour from

Noon - 13:00

13:00 - 14:00 Lunch

14:00 - until the finish of Awards Ceremony and Presentations.

The Legion is the nation's largest wartime veteran's service organization, founded in 1919 and committed to advocacy for service members and the community. The American Legion is open to members currently honorably serving or Honorably Discharged from any branch of the military since

12/7/1941.

This week, October 16 - 20, 2023 is National Buddy Check Week.

Buddy Check Week is a national campaign that encourages Veterans to connect or reconnect with their Veteran friends - just to check in. See if they are doing OK. Ask if they need anything. Find out how they are. Catch up. Non-Vets are also encouraged to check in with their Veteran and Servicemember friends.

If you are a service member or veteran who needs help, it is available 24/7 at the Veterans and Military Crisis Line, call, 988 Press 1, text 988 or use the online chat function at www.veteranscrisisline.net.

The Wells-Peterson Post 384 of the American Legion is located at: 401 Hwy Street West, Dodge Center, Minnesota 55927 (507) 633-6420

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[#buddycheckweek](https://www.facebook.com/buddycheckweek)

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Ask the Nutritionist



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the benefits of eating an apple each day. In my clinical practice, I love to present the ways that food can be used as medicine. Nutrition is designed for healing. Nutrition is the original health program. When you recognize what foods will provide the nutrients your body needs, you are on your way to managing your health well.

But where do you start? First, consider the current health symptoms that you are managing. How long have you had these symptoms? Have you considered that your symptoms may be related to what you are eating?

For example, many clients will mention they have acid reflux. Acid reflux is also

called GERD or "heart burn" because of the burning sensation located near the heart, especially following meal time. Many medical doctors will recommend antacids such as TUMS or Rolaids, or will prescribe a medication to reduce stomach acid. However, too much stomach acid is not the problem. Not enough stomach acid is being produced. How can this be?

The problem is with the special muscle that connects your stomach with your esophagus.

This muscle squeezes shut when stomach acidity gets high. If the stomach acidity is not high enough, it will resist closing. So the problem is not too much acid in the stomach, but not enough. Additional reasons this muscle may not close properly include: a hiatal hernia, H. pylori infection, obesity, smoking, some medications, and some foods like chocolate, onions, or alcohol, which relax the muscle that is supposed to close.

When prescription medications are taken to stop the production of stomach acid there are side effects. The chemical pathway to make stomach acid will be reduced, and the chemical pathway that makes energy for muscles can also be reduced. The energy pathway is affected by the same medication that slows down stomach acid production. In addition, lower stomach acid will increase the risk of bacterial infections coming through the digestive system. When the digestive system is working well with quality stomach acid then most bacteria are killed in the acidic stomach. A report from 2021 stated a 77% increased risk of dying from COVID infection among those who were taking prescription

medication for acid reflux. Your digestion system has great defenses to keep you protected. You do not want to reduce these defenses.

Quality stomach acid is produced from foods that are rich in hydrogen. Fresh fruits and vegetables will provide much of what your body needs. Hydrogen and chloride will combine to make stomach acid that will be effective to digest your food. Good sources of chloride include – sea salt, rye, lettuce, celery, and olives. If you notice an event of acid reflux coming on, eat some stalks of celery, some olives, or drink some celery juice and notice if this resolves the event. If you do improve quickly, you know that your body needs more chloride to produce the necessary stomach acid.

Some additional ways to address acid reflux may include:

- 1 Tablespoon of Apple Cider Vinegar mixed in a large glass of water with a meal
- Eat some sauerkraut or drink some cabbage juice with a meal
- Eat some papaya with a meal
- Eat fresh pineapple with a meal
- Take a digestive enzyme supplement such as Betaine HCl with a meal

As we get older, the body decreases its production of enzymes. Digestive aids from various foods or supplements will help to keep the digestion strong. In order to get all the nutrients from your food, you need to

have quality digestion.


I welcome your questions and enjoy the opportunity to discuss healthy options with those who reach out to me with questions.

If you would like to present a question for a future article please write to:

Dr. Noel Aldrich, P.O. Box 167, Northfield, MN 55057

or send an email to: nutritionproportion@gmail.com

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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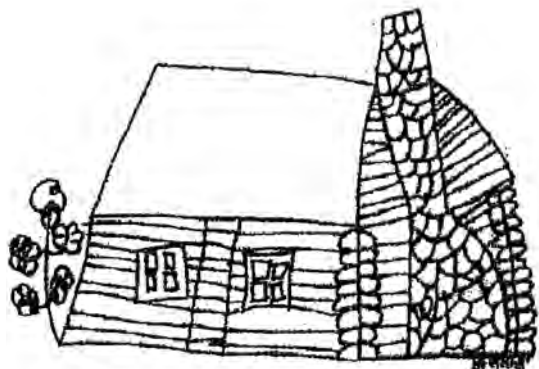
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The Origins of Halloween

By Cheri Roshon

With Halloween on the horizon, you may be thinking about what kind of a costume will you wear for trick or treating, or for that Halloween Party you are invited to. Or you may be out shopping for candy to give to the trick or treaters coming to your door. But do you ever wonder where the holiday actually originated? Why would people dress up and go out asking for candy, and what does "Trick or Treat" mean when the children all chime in when you answer your door? First of all, if you refuse to give a treat, the kids in the costume will trick you in some way, encouraging you to just give them a treat. I don't know if anyone actually does these tricks, but that's what Trick or Treat means today.

But what is the origin of this bizarre tradi-

tion, and why is it held every year on October 31st? Well, you are about to find out! The Halloween tradition was a Celtic tradition, signifying the end of the year's harvest. It was held at a religious celebration called Samhain (SAH-win) where the people of the villages would dress up as goblins, ghouls and other scary things to ward off the ghosts during the harvest.

In the 8th century, Pope Gregory III named Nov. 1 as a time to honor the saints. Soon after, All Saints Day came to incorporate some of the traditions of Samhain. The evening before All Saints Day was known as All Hallows Eve, and later Halloween.

But where do today's traditional Halloween activities come from?

The traditions of carving pumpkins into Jack O' Lanterns originated in Ireland, using turnips instead of pumpkins. As the story goes, it all started with a man called Stingy Jack. Jack was said to have trapped the Devil several times, and would only let him go after the Devil promised not to take him to Hell when he died. But when Jack died, he found



that Heaven didn't want his soul either, so he was forced to wander the Earth for all eternity as a ghost. The devil gave Jack a burning lump of coal inside a carved out turnip to light his way. The locals started carving scary faces into their own turnips to scare the evil spirits away.

The festival of Samhain marked the transition from the end of the year (harvest) to the beginning of winter. The Celts believed this was when spirits walked the Earth. Later on, Christian missionaries introduced All Saints Day on Nov 2nd, which started the idea that the living would come into contact with the dead around the same time of the year. In order to keep the evil spirits from terrorizing the Celtic people, they came up with the idea of wearing disguises so the evil spirits wouldn't bother them.

There are several versions of why people dress up and go door to door, but the most popular one says that during the time when the evil spirits came to Earth, people began to put food outside their doors to appease the bad spirits, and the spirits would leave them alone. This evolved into folks dressing up as scary entities and asking for a treat at every home in return for not playing tricks on the household.

Black cats are another symbol of Halloween. Back in the Middle ages, dark felines were considered a symbol of the Devil. It didn't help that, centuries later, accused witches were often found to have cats, black ones in particular. People began to believe that cats were a "witches familiar", supernatural entities that would assist in the practice of dark magic, and the cats and spells have been linked ever since.

The black and orange colors associated with the holiday also trace back to Samhain. Black symbolized the "death" of summer, and orange symbolized the autumn harvest season because of the fall colors.

The game of bobbing for apples has long been associated with Halloween parties, but the origin is actually more rooted in love and romance. The game goes back to a courting ritual that was part of a Roman festival honoring Pomona, the Goddess of agriculture and abundance. The gist was that young men and women would be able to predict their future relationship based on the game, but I haven't been able to find the rules to the game. When the Romans conquered the

British Isles, the Pomona Festival blended with Samhain, and that's why we bob for apples in this day and age!

Lighting candles and bonfires was done to light the way for souls seeking the afterlife, and now most people just burn candles instead of bonfires.

Bats were likely present at the earliest prototype of Halloween celebrations, because large fires were built to keep the bad spirits from interrupting the harvest celebration. Fires attract insects, which in turn attract bats, so seeing bats became a part of the festival. Medieval folklore expanded on the eeriness of bats with a number of superstitions built around the belief that bats were the harbinger of death. Well, at least for the insects!!

Well, there are more things associated with Halloween, but these are the most common. Now that you have acquired all this new knowledge, be sure to go out and celebrate the end of summer, gardens, and swimming pools, and be prepared for the mittens, boots and coats. There are several Trunk or Treat options for safe trick or treating, and one of them is in Oronoco on October 28th from 11 am to 1 pm. It will be held at the Presbyterian Church at 20 3rd Street SW. There will be a photo booth, a craft/bake sale and lunch available. Be sure to dress up and have some fun, and be safe! Happy Halloween!!

West Concord Hootenanny

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Activities at the library from 10am to noon
Bean Bag sign up at 11 am, play at noon.

The rest of the events are held from 11 am to 2:30pm:

- Trunk or Treat
- Trick or Treat with the farm animals Hay bale climb and Corn Pit
- Hay Rides
- Bouncy House
- Craft and Vendor Fair
- Hair Color and Face Paint
- Carnival Games
- Music by Rockin' HEP Cats noon to 3 pm
- And last but not least, Costume Contest at 3 pm

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Anhydrous Safety Should be Top Concern After Harvest

The MDA offers safety tips for those maintaining equipment and applying and transporting NH3

Many farmers and custom applicators will soon apply anhydrous ammonia (NH3) after harvest. Even with a rush against time and the weather, safety should never be compromised. Accidents involving NH3 have proven how dangerous and deadly the fertilizer can be when not handled properly.

The Minnesota Department of Agriculture (MDA) offers the following tips to farmers, fertilizer dealers, and custom applicators to safely field apply NH3.

Always wear NH3-rated goggles and gloves. Never wear contact lenses.

Be sure to have a clean and accessible emergency water supply of at least 5 gallons available.

Exercise caution when making connections and disconnections of transfer lines, treating them as if they always contain NH3.

Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose end valves by the valve body.

Position equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining NH3 equipment, operating NH3 storage facilities, and transporting NH3.

Never assume NH3 lines are empty.

Always wear the required protective safety equipment.

Have access to safety water (NH3 storage facilities must have a minimum of one open top container holding 150 gallons of clean, accessible water or an accessible emergency shower with a plumbed eyewash. A 5-gallon container of clean, accessible water must accompany NH3 nurse tanks).

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehicle (SVM) emblem visible from the rear, and

be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, seek medical care if needed, immediately call 911, and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website.

As a reminder, fall application of NH3 should happen after average soil tempera-

tures reach 50 degrees F or cooler to help prevent nitrogen loss and ensure more nitrogen will be available for next season's crop.

View the MDA's interactive map to find the current 6-inch soil temperature and the past week's history.

Under the MDA's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable groundwater areas of Minnesota due to environmental concerns or risks. View a map of the vulnerable regions of the state.

Grant Money Available to Minnesota Livestock Owners for Prevention of Wolf Attacks

Applications due January 5, 2024

New money is available to Minnesota livestock producers to help prevent wolf attacks. A total of \$95,000 will be awarded by the Minnesota Department of Agriculture (MDA) through the Wolf-Livestock Conflict Prevention Grants. Applications are due January 5, 2024.

The grants provide reimbursement for costs of approved practices to prevent wolf-livestock conflicts. Only costs incurred after entering into a grant agreement with the MDA are eligible for reimbursement. Eligible expenses for the grant program will include:

- Purchase of guard animals
- Veterinary costs for guard animals
- Wolf-barriers which may include pens
- Fladry and fencing
- Wolf-detering lights and alarms
- Calving or lambing shelters

Eligible producers must live within Minnesota's wolf range, as designated by the Minnesota Department of Natural Resources, or on property determined by the Commissioner of Agriculture to be affected by wolf-livestock conflicts. Any animal species produced for profit and documented to have been killed by wolves in Minnesota in the past is eligible. This includes bison, cattle, chicken, deer, donkey, duck, geese, goat, horse, llama, mule, sheep, swine, and turkey.

The funding also requires an 80:20 matching cost-share, meaning 80% of eligible project costs will be reimbursed by the grant and the remaining 20% will be paid for by the grantee.

The grant application must be emailed or postmarked by 5 p.m. on January 5, 2024. Work for this grant must be done and expenses reported by August 31, 2024. The application and more information can be found

at www.mda.state.mn.us/wolfgrants.

This round of funding for the Wolf-Livestock Conflict Prevention Grants is made possible by monies appropriated by the Minnesota Legislature and funding awarded by the U.S. Fish and Wildlife Service to the MDA for grant distribution.

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MDA Seeks Applications for Crop Research Grants

\$1.2 million in funding available for applied research projects

The Minnesota Department of Agriculture (MDA) is now seeking applications for the Agricultural Growth, Research, and Innovation (AGRI) Crop Research Grant Program. Grant funding is intended to generate applied crop research that will improve agricultural product quality, quantity, or value within Minnesota's \$13.5 billion crop industry.

Any Minnesota organization, research entity, individual, or business with agricultural research capabilities is eligible to apply and receive funding. Applied crop research projects must have near-term benefits (three to seven years) for Minnesota's farmers and the state's economy, and applications must include an outreach plan describing how results will be made available to the public.

Special consideration will be given to research on crops with limited access to other research funds, as well projects with an outreach plan describing how activities or outcomes meaningfully involve, inform, or benefit underserved agricultural producers.

The MDA will award roughly \$1.2 million through this round of funding, with a maximum grant amount of \$250,000 per proposal. Applications must be submitted by 4 p.m. on Thursday, November 30, 2023.

Funding for the Crop Research Grant was established through the AGRI Program, which provides grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

To access full program details and the online application, visit the AGRI Crop Research Grant webpage.

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Mercy Meals event to be held in West Concord

The citizens of West Concord and surrounding communities are invited to help put together Mercy Meals for an Orphan Grain Train/Mercy Meal packaging event on Saturday, November 18, 2023. The Mission of Mercy Meals is to fight world hunger and re-

verse the effects of malnutrition. 795 million people in the world today are undernourished.

By volunteering one hour of your time at a Mercy Meals event, you can make a huge impact in fighting world hunger.

To date, Mercy Meal volunteers have packaged 8,077,522 meals which have been distributed to 19 countries as well as places within the United States such as local food pantries, disaster relief sites, and the Navajo Indian Nation. One hour of volunteer time can feed a child for an entire year! Developed by nutrition scientists, these highly nutritious, wellbalanced meals provide a source of easily digestible protein, carbohydrates, and vitamins needed to reverse malnutrition.

Mercy Meals food products are made up of 4 dry ingredients that are easily packaged (rice, dried vegetables, soy flakes, & dried chicken flavoring) and need only boiling water to prepare. The cost per package, which provides a meal for one person is about 17 cents. Volunteers will provide the labor to package and vacuum seal each meal. This event will take place at the West Con-



cord Historical Society building from 8:00 a.m.-8:00 p.m. and is open to all ages and organizations to volunteer. Through this one simple event, by giving of our time and talents, we can make a difference in other people's lives and develop an appreciation for the blessings in our own lives!

Sign up at: <https://www.signupgenius.com/go/10C084ACA82BA2F8C61-45052569-mercy>. The event is being sponsored by Trinity Lutheran Church of West Concord, Faith Community Church of West Concord, and Concord Church of Christ along with assistance from the West Concord Historical Society and the

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Embracing Unity: Exploring the First Universal Law of Oneness



By Susan Hinrichsen
CHC, CLC, MC
susiecoaches@gmail.com

In the tapestry of existence, there exists a profound principle that transcends boundaries and connects every facet of our reality—the First Universal Law of Oneness. This fundamental concept invites us to explore the interconnected nature of the cosmos and the potential impact it holds on our lives.

Understanding the Law of Oneness:

At its core, the law of oneness posits that everything and everyone in the universe is intricately interconnected. It's a perspective that goes beyond the surface of individual experiences, emphasizing the idea that we are

all threads in the same cosmic fabric. This interconnectedness extends beyond the tangible world, delving into the realms of spirituality, science, and philosophy.

Spiritual Perspectives:

Many spiritual traditions across the globe embrace the concept of oneness. Whether it's the idea of a universal consciousness, a divine energy, or a collective soul, the essence remains the same unity. Recognizing this interconnectedness can lead to a profound shift in perspective, fostering compassion, empathy, and a sense of shared responsibility.

Practical Applications:

Beyond the spiritual realm, the law of oneness finds resonance in practical aspects of life. Systems thinking, an approach that considers the interdependence of elements within a system, mirrors the principles of oneness. From ecological balance to social dynamics, acknowledging our interconnected existence opens doors to holistic solutions and a deeper understanding of cause and effect.

The Ripple Effect:

Every action, thought, or event creates ripples that reverberate through the fabric of existence. Understanding the law of oneness implies recognizing the profound impact our choices have on the collective experience. It encourages mindfulness and a sense of responsibility for the energy we contribute to the interconnected whole.

Embracing Harmony:

As we delve into the First Universal Law of Oneness, we discover an invitation to em-

brace harmony. This isn't just a theoretical concept but a practical guide to living in balance with ourselves, others, and the world around us. It encourages a shift from individualism to a more collective consciousness, fostering a sense of unity that transcends borders and differences.

In conclusion, in a world often characterized by divisions, the First Universal Law of Oneness serves as a timeless reminder of our interconnected existence. Embracing this principle offers not only a spiritual awakening but also a roadmap for creating a more harmonious and compassionate world—one where the threads of oneness weave a tapestry of unity.

If you find yourself inspired to deepen your

connection with this universal truth and integrate it into your daily life, consider the transformative power of personalized guidance. As a life coach, I specialize in helping individuals navigate the journey of self-discovery, aligning their actions with the profound principles of oneness. Together, we can explore practical strategies to embrace harmony, unlock your full potential, and create a life that resonates with the interconnected rhythm of the universe.

Ready to embark on this transformative journey? Contact me at susanhinrichsen.com for a complimentary discovery call to explore how life coaching can be the catalyst for your personal evolution in alignment with the First Universal Law of Oneness.

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“ASK A TROOPER”

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: I noticed several freshly killed deer on the side of the highway yesterday. What are the traffic related requirements when someone collides with a deer, and what are the game related requirements with killing a deer? Is it legal to take the deer home?



Answer: If you are involved in a vehicle vs. deer/large animal crash, call 911 to report if there are occupant injuries, your vehicle is disabled, your vehicle or the animal is in the lane of traffic or if the animal has been injured and is unable to run away. Law enforcement will be dispatched to your location to assist. It is important to stay in your vehicle so you do not put yourself in danger of getting struck by a passing vehicle.

The Minnesota State Patrol issues permits for road-kill deer generally at the time of the crash or soon after. Any Minnesota resident may claim a road-killed animal by contacting a law enforcement officer. An authorization permit can be issued, allowing the individual to lawfully possess the animal.

Here are some tips to avoid deer crashes:

- Drive at safe speeds.
- Be especially cautious from 6 to 9 p.m., when deer are most active.
- Use high beams when possible at night, especially in deer-active areas.
- Do not swerve to avoid a deer. Swerving can cause motorists to lose control and travel off the road or into oncoming traffic.
- Watch for the reflection of eyes and silhouettes on the shoulder of the road. If anything looks suspicious, slow down.
- Reduce speeds in areas known to have a large deer population — such as areas where roads divide agricultural fields from forest land and whenever in forested areas between dusk and dawn.
- Deer are unpredictable — they may stop in the middle of the road and change direction when crossing or move toward an approaching vehicle. Blow horn to urge deer to leave the road.
- If a deer is struck but not killed, keep your distance as deer may recover and move on.
- Avoid all distractions while driving.

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)

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Creating a Sense of Belonging



Tim Penny
So. MN Initiative Foundation

come.

Several years ago, SMIF became a member of Welcoming America, joining many other organizations and communities in our region which are dedicated to making southern Minnesota a welcoming place for all. We were excited to see many of our partners in our region celebrating the nationwide Welcoming Week in early September. One of the organizations that was very active during this time was B.E. Welcoming based out of Blue Earth. SMIF has supported the organization with two Small Town Grants. They organized a number of programs throughout the week, including a community bonfire, a story walk and inclusive yard signs to celebrate the people who make Blue Earth what it is.

Many of the inclusive programs that SMIF supports are focused on children in our region. SMIF's Early Care and Education Grant, which is currently open, helps fund early care and education services for children birth to age five, including initiatives which support underserved and diverse populations. During the previous grant round, Healthy Community Initiatives in Northfield used their grant for community outreach to promote local programming that helps low-income and BIPOC families prepare young children for kindergarten. The Rochester Montessori School used their grant to design weekly lessons for small groups using culturally relevant stories and activities for di-

verse classrooms. We are also excited to open up a special round of SMIF's Inclusive and Equitable Communities Grant in late October. This grant supports initiatives which will build inclusive, welcoming entrepreneurial environments and opportunities, especially for BIPOC individuals and/or immigrants or refugees. Earlier this year, the Council of Churches Refugee Services in Mankato was awarded an IEC Grant to support small business leadership skills and engage in cross-cultural learning. The Owatonna Public



Schools is using their IEC Grant to provide immigrants and BIPOC adults the opportunity to learn more about how to successfully launch a small business. Look for details about this grant on our website in a few weeks at smifoundation.org/inclusive.

Belonging begins with us. We can all help make southern Minnesota a welcoming place for all.

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

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TRITON CLASS OF 2024

2024 INTEGRITY SENIOR SPOTLIGHT

Gabriella Molina is a senior at Triton this year. Her parents are Michelle Wilson and Luis Molina. She has one brother, Kobe, and a sister, Keanna. She is a member of SADD, FCA and Link Crew. Gabriella is also active in basketball. Outside of school she is active in 3v3 basketball and youth group. Her hobbies include reading and baking. Her favorite movie is Top Gun and she enjoys watching Michael Jordan and listening to worship music. After graduation she plans to attend Mankato State University to major in elementary education.

GABRIELLA MOLINA

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It's Easy to Make a Plan for a Safe and Successful Deer Hunting Season

By Minnesota DNR

As archery deer hunters enjoy the current hunting season and 400,000 hunters prepare for firearms deer hunting seasons, the Minnesota Department of Natural Resources reminds hunters to plan ahead for a safe and enjoyable hunt.

“Enjoying the hunt is a lot easier after doing

some simple planning. To that end, we've added a wealth of information for hunters on our website to assist in preparing for deer hunting,” said Barb Keller, Minnesota DNR big game program leader. “Using these planning tools is easy and can open up some breathing room for hunters once the season arrives so they can focus on having a safe and successful hunt.”

The Minnesota DNR's online make a plan tool opens in a new browser tab provides a comprehensive step-by-step list of information hunters need to consider before heading to deer camp. Hunters can walk through the steps to consider, including knowing the hunting regulations, planning for deer processing, getting their deer sampled for CWD, being safe and making the most out of their hunt. To use the online tool, all hunters need to know is the deer permit area



number or DPA numbers where they intend to hunt, which they can find on an interactive deer map.

In Minnesota, archery deer season began Sept. 16 and continues through Sunday, Dec. 31. Youth and early antlerless seasons are

Thursday, Oct. 19, through Sunday, Oct. 22, and firearms deer season is Saturday, Nov. 4, with various closing dates depending on a hunter's DPA. Muzzleloader is Saturday, Nov. 25, through Sunday, Dec. 10.

Halloween Safety Tips for Pets

Some pets love the hustle and bustle of Halloween, while others will find this spooky holiday a bit stressful. We recognize that animals are individuals, so while you while enjoy the festivities, consider it from your pet's perspective: A dog's natural instinct is to protect their home or to alert you that a stranger has arrived, while cats typically prefer a quiet environment with their family. Trick-or-treaters continually knocking on the door or ringing the bell can be very stressful to both dogs and cats. Read on for our tips and tricks on taking the terror out of your pet's Halloween!

1. Halloween hype causes pet stress

Before the trick-or-treating starts, put your pets in a quiet room where they will be safe from all the Halloween activity. If your pup is likely to try to run out the front door and is comfortable in a crate, consider putting them in the crate with a treat-filled toy and some soft music playing in the background. A spritz of Feliway (find it on Amazon!) can help keep cats calm.

Minimize noise by sitting outside to keep trick-or-treaters from knocking on the door or ringing the bell.

Even if you are just having friends over for a Halloween party, keep your pets away from the festivities in their safe room. Masks and costumes change how people look and smell to a pet, so even familiar people may become frightening. Put a sign on the door to the safe room so your guests know it's off-limits.

When going out trick-or-treating, leave your dog at home. Dogs can be easily excited by the Halloween commotion, and a bite or a lost dog will quickly end the evening's fun.

2. Halloween candy—a treat for you, a trick for your pet(s)

Pre-Halloween and during trick-or-treating, keep candy safely stashed in a high cabinet secured with a lock or child-safety latch. Many foods, such as chocolate, gum and xylitol (a sweetener used in many foods) are hazardous to pets.

Watch your kids! Children may make the harmful mistake of sharing their loot. Make sure they know the difference between a treat for them and a treat for their four-legged friends.

Keep the 24-hour ASPCA Animal Poison Control Center hotline handy: 888-426-4435. (The hotline may charge a consultation fee.) If you suspect your pet has eaten something that's bad for them, call your veterinarian or the Poison Control Center immediately.

Pumpkin can be good for dogs and cats, but too much can cause digestive issues. Rotting pumpkin may harbor bad bacteria; keep jack o'lanterns safely away from becoming a holiday snack.

3. Steer your pets away from dangerous Halloween decorations

Introduce your pets to their safe room before you decorate indoors. Changes to your home can make your pets, especially cats, nervous or frightened. Or they may decide those fake spiders pose an existential threat and need to be killed.

Be aware of which decorations pose threats. Some hazards are obvious, like lit candles (fire hazards and toxic to birds if scented). Other potentially dangerous decorations include rubber eyeballs (choking risk), glow sticks and fake blood (possible poisons), fake cobwebs (can choke or entangle pets and wildlife), potpourri (toxic to birds) and strung lights. Watch out for those candy wrappers and plastic packaging too!

Create pet-friendly holiday décor. Make your cat a haunted house out of cardboard boxes or put treats and toys in a paper bag (remove any handles first as cats can get stuck) for a feline version of trick-or-treat.

4. Be cautious with pet Halloween costumes

If you do choose a costume for your pet, consider your pet's personality and what type of costume they may tolerate and for how long. Masks and hats that fit around the face, for example, may be OK for the length of time it takes to snap a quick pic, but they can pose dangers and make your pet feel uncomfortable. Best to keep pet costumes minimal.

Keep an eye on your costumed pet to make sure the costume is comfortable and allows your pet to move freely. Also be sure to remove any chewable parts or objects that could come off and choke your pet.

If your pet appears uncomfortable, take off the costume. Signs of discomfort include folded down ears, eyes rolling back or looking sideways, a tucked tail or hunching over.

5. Protect your pets from outdoor dangers

Bring your pets indoors before night falls. Cats are always safest inside with you, but on Halloween it's especially important to secure all pets inside so they don't run away out of fear of adults and children in costumes.

In case they escape, make sure that all your pets are wearing tags with current IDs and that their microchip is registered with your most up-to-date information. Opening the door repeatedly for trick-or-treaters creates plenty of opportunities for a pet to slip outside and disappear into the night. Proper ID will help you reunite with your lost pet and take a recent picture of your pet that can be used for lost flyers just in case they get lost.

Be aware that not all the wild creatures outside will be wearing costumes. You may see nocturnal animals such as raccoons, opossums and foxes foraging for food while you're trick-or-treating or walking from your car to a party.

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L to R: Salma Fernandez, Ella Thomas, Danielle Hallaway, Jozey Boe, Lauryn Nauman, Nancy Fernandez (homecoming queen), Kaeden Ellingson (homecoming king), Tyler Gnagey, Graham Christianson, Logan Tufte, Joaquin Lundi, Corey Lilledahl

Congratulations to the Triton homecoming court and the Triton Cobras football team. The Cobras won their homecoming game 29-12 over St. Charles.

Cobra Communications



Craig Schlichting
Superintendent

One of my favorite things about Triton has always been the people that I have met and had the privilege of getting to know. Recently, at a superintendent meeting, we had a presentation from a company that works with schools and has a variety of services that they provide to help support schools. One of the Co-CEO's that was presenting was a former student that I knew from when I first started at Triton almost 30 years ago. When something like that happens, I can't help but smile and think about

all of the amazing students that I have had the opportunity to meet and know during my tenure at Triton Public Schools.

We currently have our entire high school English department composed of former graduates. Even our high school principal is a former graduate. We have a number of folks that work at Triton that are former students. They fill a variety of roles from driving bus, working with our food service, working as administrative assistants, custodians and paraprofessionals. Just about every position in the district has a former student that is working every role. It is always a blessing when we get to hire former graduates. They understand what an amazing school district we have, and are happy to return. I think it says a great deal about how amazing our school district has become over

the years.

I realize that I will retire at some point in my career, but having the opportunity to have worked for our amazing district is something that I am very thankful for. When I started at Triton in the fall of 1993, we were a very new school district and had just started working together to serve the three communities of Claremont, Dodge Center and West Concord. We have seen a number of changes that have taken place over the years, but the one thing that I think has always been a constant is the great people that live and work in our school district. I am thankful that I landed in such an amazing place and have been able to raise my family and work in such a great place with great people. We have a great number of things to be proud of in our school district, but one of my favorite things will always be

the great people that I have had the opportunity to serve as students. Even better is when you run into them unexpectedly and see them doing amazing things with their career.

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 Triton Homecoming



Triton's 2023 Homecoming Court.

Front Row left to right: Junior MC Salma Fernandez, Ella Thomas, Lauryn Nauman, Queen Nancy Fernandez, Jozey Boe, Dani Hallaway.
Second Row left to right: Junior MC Corey Lilledahl, King Kaeden Ellingson, Tyler Gnagey, Graham Christenson, Logan Tufte, Joaquin Lundi.



Ready..... Set..... GO! Triton's first ever inflatable costume racers entertained the crowd during half-time at the Homecoming football game. The Minion Won!



TRITON CLASS OF 2024



SENIOR SPOTLIGHT

Ameryn Dostal is a senior at Triton this year. Her parents are Genas and Rodney Dostal. She has three brothers, Braedon, Landon and Daegan and one sister, Sabryn. She is a member of SADD, MHS and Link Crew. Ameryn is also active in soccer and track and field. Outside of school she likes lifting, going to sports events, working at American Eagle and hanging out with her boyfriend. Her hobbies are running, playing soccer with friends, going out with family and shopping. Her favorite band is One Direction and their Made in the Am album. Her favorite movie is Rise of the Guardians and favorite actor is Ryan Reynolds. After graduation she plans to continue her bachelor's degree in graphic design at Dunwoody College of Technology. She hopes to get a job in graphic design somewhere close to Dodge Center to stay close to family.

AMERYN DOSTAL

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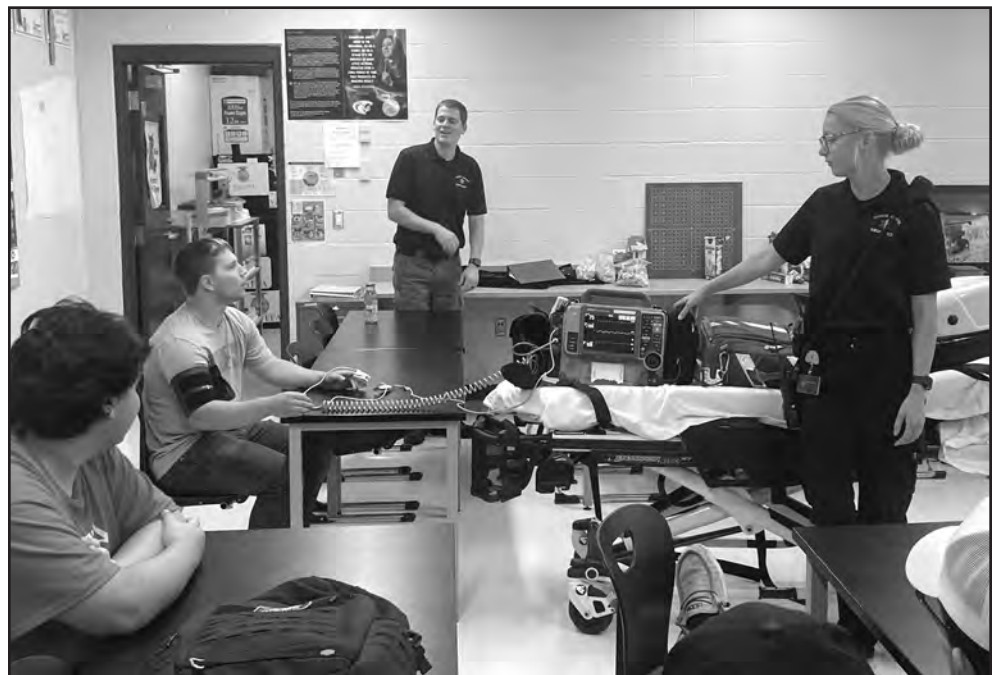
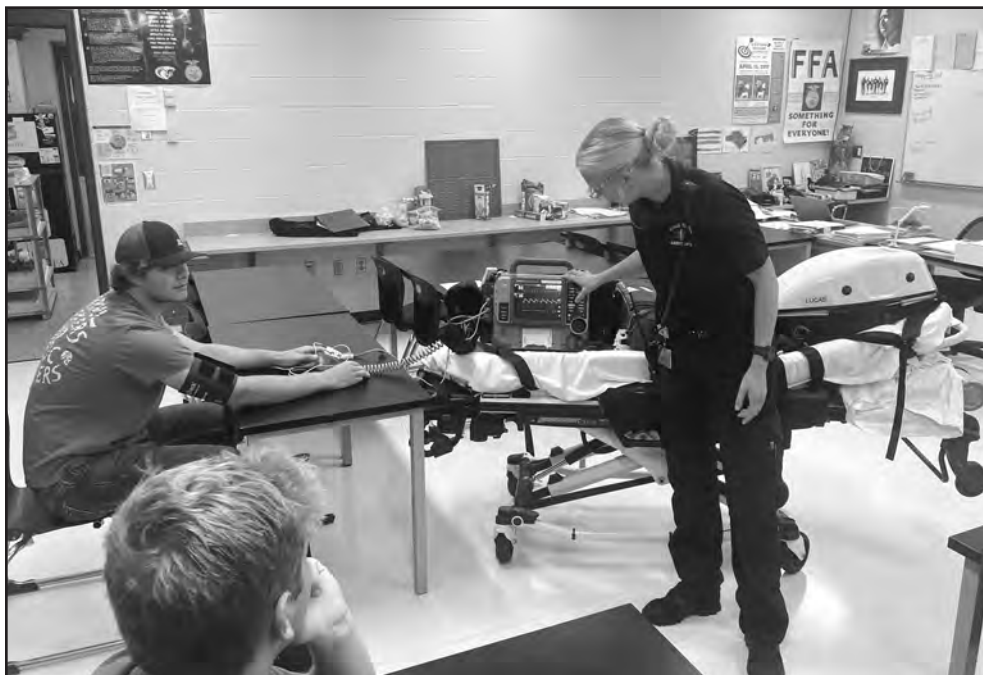


The 2024 Dodge County Business Expo will be held March 23, 2024, at Triton Public Schools. Over 100 vendors from Dodge County are expected to participate in this annual event. 2024 will mark our 24th Dodge County Business Expo. We are planning many new and exciting exhibits and fun for the entire family — watch for more information over the coming months!

Triton Work Readiness Class



The Dodge Center Ambulance came to Triton's Work Readiness class to discuss careers in first responder careers.



Triton's Supermileage Program has students racing towards a bright future!

In an effort to increase support for and promotion of Technology Education, public awareness in the area of fuel economy and student involvement, MTEEA will hold the Supermileage Challenge, a fuel economy competition for technology students every spring. Competing students and clubs will be challenged to build a one-person, fuel-efficient vehicle powered by a single cylinder four-stroke cycle engine. The 33rd annual competition will feature vehicles competing in Pro Sport, Super Sport, E-85, Urban Concept and Plug in Electric classes.

The supermileage season is fast approaching. 2023-2024 will be the 3rd season after a 20-year hiatus. For some students this will be their 3rd year competing and the advisor's second year advising. The year 2021 showed us there was definitely a need for the club as many people were interested in competing. We learned that year that too many people was detrimental to the team. Organizing and delegating duties was a job in itself. Last year with a core group of 5 on a team worked, but still had room to grow. Ideally a team needs to be well organized and have a solid 7-10 members. Last year's team consisted solely of 10th and 11th graders that worked well together. This year it will be exciting to incorporate new members. The Supermileage Club is looking for 9-12th graders with an interest in the manufacturing process and in motorized vehicles.

Going forward ideally, we would like to create 2 teams, basically a Junior Varsity and a Varsity team of 7-10 members each. The competition allows us to use the same vehicle for 3 consecutive years with a major modification each year. The modification could be fuel type, chassis design or some other main component.

This year's Varsity team is excited to use their experiences of the last two years and create a new vehicle utilizing the success and failures of the past 2 years. The 2022-2023 would be handed down to the JV squad with several recommended modifications. This repurposing of the vehicle will allow it to be modified with minimal expense to the club. The JV team will have a season with a proven vehicle to learn on and gain their own experiences with the Varsity team mentoring them

through the entire process.

Each team would have their own set of Officers with Varsity members mentoring Junior Varsity Officers throughout the entire process. All members would be responsible for fundraising and the manufacturing and design of the car. Formal meetings will be held twice a month that may be followed by workdays or used to schedule workdays.

The objective of the competition is to provide Career Technical Education students and MTEEA Clubs with a challenging project that allows practical experience in design, fabrication, and testing. This is exactly what the STANDARDS FOR TECHNOLOGICAL LITERACY from the International Technology and Engineering Educators Association are all about!

In an effort to increase support for and promotion of Technology Education, public awareness in the area of fuel economy and student involvement, MTEEA will hold the Supermileage Challenge, a fuel economy competition for technology students every spring. Competing students and clubs will be challenged to build a one-person, fuel-efficient vehicle powered by a single cylinder four-stroke cycle engine. The 33rd annual competition will feature vehicles competing in Pro Sport, Super Sport, E-85, Urban Concept and Plug in Electric classes.

For the Supermileage Challenge, cars were expected to make 6 complete runs on the Brainerd International Road course. Each run is two laps around the course for a total of 6.2 miles on each run. The minimum time allowed is 15 minutes with the maximum time being 24 minutes. The maximum speed allowed is 30 MPH with no minimum speed. The race directors supply the fuel bottles which hold 250 ml of pump grade fuel. The race directors measure the weight of the fuel before and after each run to calculate the fuel used. The average of six runs fuel economy will decide team placement. If a team fails to complete 6 runs they will not be eligible for placing in the competition.

2022 season best of 246 MPG but completed less than 6 runs

2023 season best of 201 MPG and completed more than 11 runs

2024 season goals are yet to be determined.



2022 was an example of good efficiency but poor reliability. 2023 yielded good reliability but less efficiency. Experience and new members with new ideas should see an all-around improvement. The following are some of the guidelines that we need to adhere to.

- Some of the car's requirements include:
 - Pro Sport-Any motor between 0-140cc
 - Super Sport-Any motor between 141-250cc
 - E-85 CLASS-Any motor between 0-250cc run a fuel mixture of an 85% Ethanol blend fuel.
 - URBAN CONCEPT CLASS
 - The vehicle must have 4 tires in contact with the road at all times
 - The vehicle must have an enclosed body with a windshield and roof
 - Wheels must be located inside of the body

• Each vehicle must have a steering geometry capable of a 35 foot inside turning radius.

- Vehicle wheelbase may not exceed 114" Length X 70" Width.
- SuperMileage Challenge requires a minimum of two kill switches grounding the engine ignition
- brakes must hold the vehicle and driver on a 15-degree ramp
- the driver must be able to exit the vehicle unassisted in under 10 seconds.
- All vehicles are to be equipped with at least two rear view mirrors
- A minimum 5-point, SFI type race harness is required

Generous donations from individuals and businesses within the community are what allows this program to exist.

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

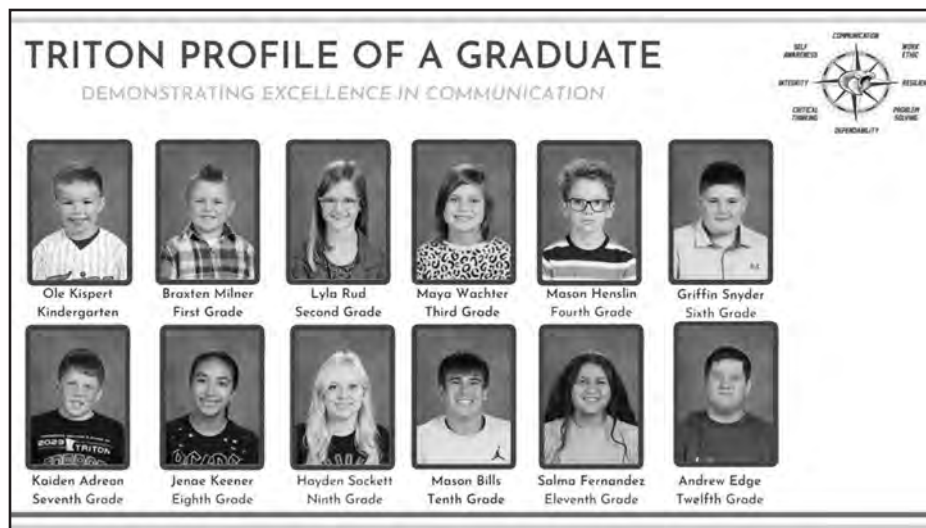
The Enhanced Driving Institute is proud to offer the most comprehensive driver's education program available, and we are extremely excited to be bringing our program to Triton High School with a teacher the students know and trust! Our next class will run October 23rd -November 3rd. Classes will be Monday-Friday 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 Honors Profile of a Graduate Award Winners!



Congratulations to the latest Profile of a Graduate Award Winners! These students continue to be leaders and role models. They have excelled in the profile area of communication.

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 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 articulates the Triton community's aspirations for all students and will serve as a North Star for future system transformation.

Triton High School Concurrent Classes

By Christi Runnells

Each issue of this school year's Triton Times, I'd like to highlight Triton High School's concurrent course offerings available to our students. A concurrent course is a class that upperclassmen can take to earn both high school and college credit—FREE and right at Triton. Concurrent courses are taught by our own Triton teachers to sections made of only Triton students. Students earn anywhere from 1-4 credits for each class, depending on which class they take. Teachers must have a master's degree and a minimum of 18 graduate credits in that field. This month we'll look at some of the English department offerings.

Concurrent English 1 is the equivalent of Rochester Community & Technical College's ENGL 1117 Reading & Writing Critically 1

and ENGL 1118 Reading & Writing Critically 2. Successful completion of each semester course earns the student 4 credits, for a total of 8 credits of English. This course is open to juniors and seniors who have a qualifying ACT or MCA test score or pass into college level reading on the Accuplacer test. We could find documentation that we have had this class for 23 years at Triton, but we think it started even before that around 1996. (If anyone reading knows the start year—I would love to know!). Currently Karen Kleinwort and Anne Wotherspoon each teach one section of this course. Ms. Kleinwort stated she loves to see students challenged and see themselves grow in new ways. She feels this is a great way to get a taste of college rigor while still having the high school

student experiences. When asked who should take this class, her answer was "Everyone! This class is worth it! Many do not believe they can do it, but I have seen them not only successful, but gain confidence in all areas of their life because they meet and exceed their own expectations."

Concurrent English 2 is the equivalent of Riverland Community College's ENGL 2241 American Literature 1 and ENGL 2242 American Literature 2. Each semester is 3 credits, for a total of 6 credits earned if the student successfully completes both semesters. The course is open to seniors who have taken Concurrent English 1. Anne Wotherspoon helped us bring these courses to Triton and has taught the course since we started offering it in the 2018-2019 school year. This is her fifth year teaching the course. As a second level class, it allows students to really dive into American literature. Ms. Wotherspoon especially enjoys hearing the students' insights on the literature they're discussing. She believes this is a valuable class for Triton students because it can save them thousands of dollars instead of taking the class in college and it's a great way to see what shaped modern literature from the beginning. She also adds that this class includes a persuasive speech, which helps to prepare students for



their capstone senior board.

We are very proud of our ability to offer college credits to students right here at Triton. Ms. Kleinwort summed up concurrent courses best: "Even if students do not think they are college bound at the moment, it is still beneficial to take advantage of the concurrent opportunities. It may be that one day down the road they decide to try something new. Concurrent allows them to save time and money even if it seems like an unlikely possibility at this point in their life."

Thank you to Concord Church of Christ for their donation of school supplies!

If you or your organization would like to donate to Triton Public Schools, please call the Elementary Office at 507-418-7500 to find out what is currently on our list of needs!



COLOR RUN



Sign up for the color run today!

When? November 4th at 10:00 AM

Where? Triton High School

Why? To raise money and awareness for suicide prevention (proceeds go to NAMI Rochester)

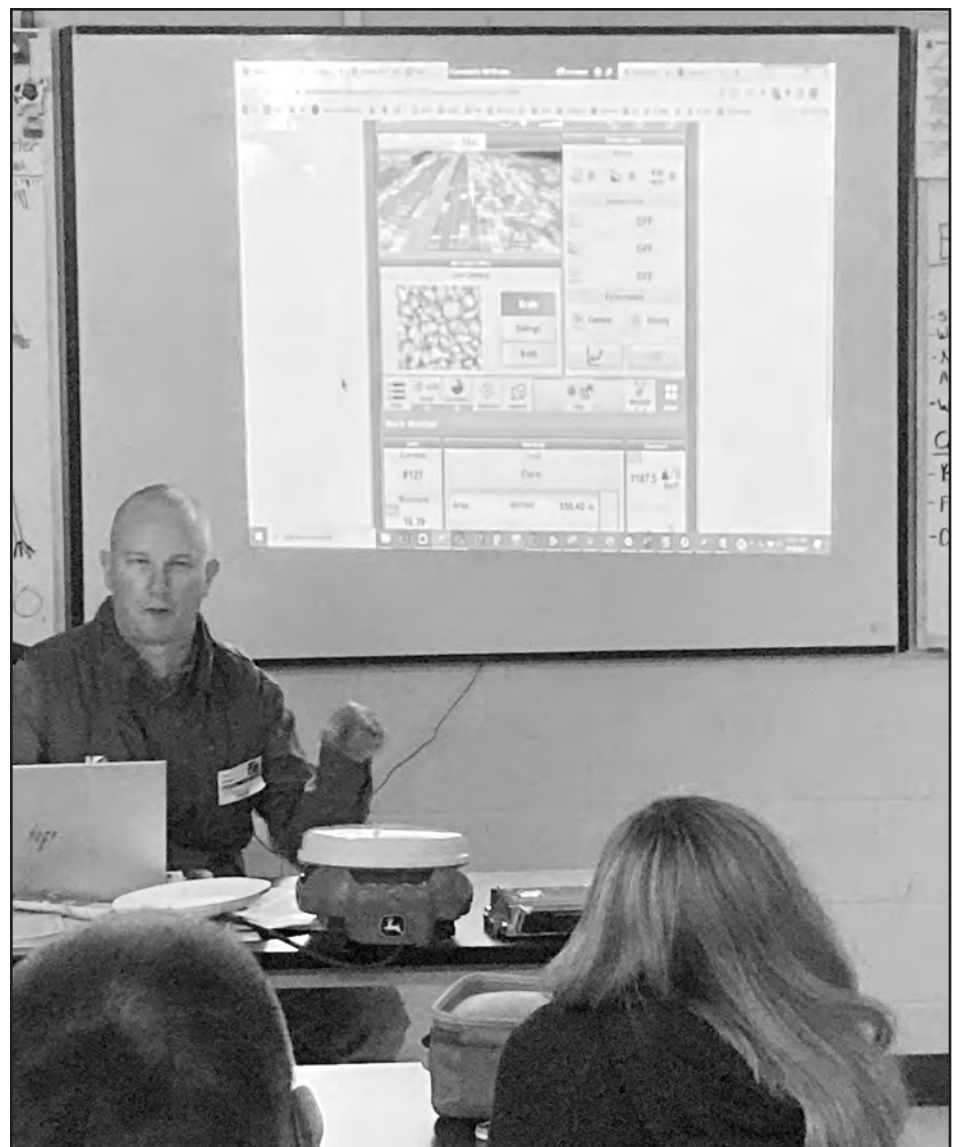
Registration is \$20 and includes a T-shirt

Registration forms can be found in the Triton High School office or in this QR code down below.



SCAN ME

This event is sponsored by Triton Student Council
Contact kfaber@triton.k12.mn.us if you have any questions



Chris Horob and Brian Huinker from Kibble Equipment came to the Agricultural Economics class to cover the economics of precision agriculture tools and how they are shaping the future of food production.

October is Fire Safety Month



October is Fire Safety Month. The Dodge Center Firefighters visited the Elementary School to teach our students about what to do in case of a fire as well as showed them a fire truck and what their gear looks like. These Preschoolers got a firsthand look at the truck, and even got to go inside and check it out!

HESSE'S HAUNTED TRAIL

63132 140TH AVE CLAREMONT

OCT 20,21 & 27, 28

7-10PM • \$7 ADMISSION

\$2 OFF ON THE 27TH & 28TH WITH DONATION

(which will be self-care packages for the homeless and needy in our community)

DONATION LIST:

- PAIR OF NEW SOCKS, NEW UNDERWEAR (MALE, FEMALE & KIDS), FIRST AID SUPPLIES, PADS & TAMPONS, SMALL COMB OR BRUSH, BODY WIPES, CHAPSTICK.
- TRAVEL SIZE: TOOTHBRUSH, TOOTHPASTE, SHAMPOO, BODY WASH, KLEENEX, DEODORANT

****Age Recommendation: 13+****

November 10th is National Community Education Day!

Triton Community Education is proud to be here for our school district, we offer:

- Early Childhood Family Education**
 - Early Childhood Screening- Family Literacy Programs-
 - ECFE Classes- Family Events- Preschool-
- Youth Enrichment**
 - Classes and events- Recreational Activities- Arts-
 - STEM Classes- Family Activities-
- Childcare**
 - Cobra Care (Ages 4 and 5)-
 - Cobra Kids (Before and After School for K-5th)-
- Adult Enrichment**
 - Classes- Events- Trips and Experiences-
- Adult Basic Education**
 - Adult GED Test Prep- Adult English as a Second Language-



Triton Community Education
 Where The Adventure Begins
 Educate-Inspire-Inform



Call us at 507-418-7550

Trick-Or-Canning

- Triton High School Student Council members will be collecting cans for the Dodge County Food Shelf

- Drop Off Location

- Sunday October 29th, 11:30am-1:00pm
 - Dodge Center - Triton Activities Door

- All donations will be greatly appreciated!



TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550

DC Lions and Triton Community Ed Annual Halloween Party!

Kids ages Preschool- Grade 5, wear your costumes!
Children must be accompanied by an adult to supervise them.
Friday, October 27, 2023
6-7:15PM
Triton's South (Elementary) Gym
Please enter through the Main Elementary Doors



***This FREE event is open to the public.
Kids will enjoy games, prizes, and treats.***

Crochet for kids!

**Brittany Wilcox, The Green Shack
Grades 3-8**

Join Brittany from the Green Shack and learn to crochet! Crocheting is an easy and relaxing hobby that will help you find your creative side. We will meet after school all week and work on our projects with her. She will teach you the basics and before you know it—you'll be a pro! Min 2, Max 8.
Cost: \$28, includes supplies needed
5 days after school- November 13, 14,15,16,17
3:15-5PM
TES Room 403



Robotics 2.1 Youth Enrichment League 1st-5th grades

Build a spy-bot, satellite or design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL!}'s Teach It! Practice It! Play It!@ classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Sign up today! Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program. Minimum 6/Maximum 16
Cost: \$76
Dates:
November 29
December 13, 20
January 3,10
3:20-4:20PM
TES Community Ed Room #403



OUR STORIES--- Improv Class Child's Play Theatre

Have you ever told your own version of a story or movie you watched? In this class, we'll take stories the students are familiar with, and they will need to improvise the entire story using all of the main characters and plot points in less than 5 minutes! Think you can act out the entire story in just 5 minutes or less? If you can, then this might be right up your alley!
November 3
Cost: \$17
3:15-5:15PM at TES Media Center



Triton Early Childhood Family Education

Please pre-register for these classes so that we can prepare to accommodate all participants. Call 507-418-7550 to register.

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)



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.



Triton Youth Wrestling Try It Day

Kids Preschool-5th Grade are invited to give wrestling a try!

This 2 day camp a for kids who have never joined wrestling before and want to try it before deciding to register for the youth wrestling season.

Kids must pre-register for this event so that we are prepared with enough help to give all kids the attention that they need.

**Kids Prk through 6th Grade
Tuesday 11/7 and Thursday 11/9.
6-7:30PM in Triton's Multipurpose/Wrestling Room,
enter through the Main Activities Entrance
FREE**

To Register use this QR Code



Participants assume the risk of injury in route to and from as well as during these events, and by registering wave any suit due to injury. Parents must acknowledge with a YES on the registration form in order for their child to participate in the CE Youth Wrestling Try It Days.

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

Knitting for Beginners with Sandy

Sandy Huber
Learn the basics of knitting and start a new life-long 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 Room 150
Enter through the Main HS Entrance

Learn to Crochet!

Brittany Wilcox, The Green Shack

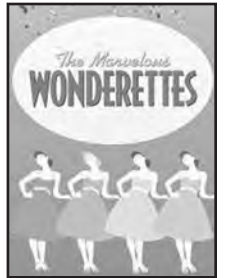
Join Brittany from the Green Shack and learn to crochet! Crocheting is an easy and relaxing hobby that will help you find your creative side. You will work on a project that should be completed at the end of the class. She will teach you the basics and before you know it—you'll be a pro! Min 2, Max 8.

Cost: \$28, includes supplies needed
5 evenings--November 13, 14,15,16,17 from 5:30-7PM
Triton's FACS room located in THS Room 150
Enter through the Main HS Entrance

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

| Bus | Leaves | Approx Return |
|---|---------|---------------|
| 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 |

PLEASE CALL TRITON COMMUNITY ED AT 507-418-7550 to register for this trip.

The Looney Lutherans Christmas

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 |

PLEASE CALL TRITON COMMUNITY ED AT 507-418-7550 to register for this trip.

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: _____

Phone: _____ Email: _____

| ADULTS | | | |
|----------------------------|------|------|-------------------------|
| Class | Cost | Name | Notes |
| Knitting for beginners | \$14 | | |
| The Marvelous Wonderettes | \$88 | | |
| Looney Lutherans Christmas | \$74 | | |
| Crochet for adults | \$28 | | |
| YOUTH | | | |
| Crochet for kids | \$28 | | |
| Our Stories Improv | \$17 | | |
| Robotics | \$76 | | |
| Try It Day | FREE | | USE QR CODE TO REGISTER |
| 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!

Triton Community Ed's

ANNUAL HOLIDAY MARKET

10AM-2PM Triton Public Schools DEC 9, 2023

FREE ADMISION TO THE PUBLIC

Interested Vendors should contact
Kristy Faber at kfaber@triton.k12.mn.us
or 507-418-7550

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

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

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507-444-4000

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Dodge Center, MN 55927

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**Bidding Begins: ... Oct. 12, 2023
Starts Closing:..... Oct. 21, 2023**

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FOR TERRI PETTER & DAN STORLIE
"BARN YARD BUDDIES"
October 24, 2023
Lakeville, MN**

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**Bidding Begins: ... Oct. 14, 2023
Starts Closing:..... Oct. 24, 2023**

**ONLINE ONLY MULTI PARTY ESTATE
AND EQUIPMENT AUCTION
November 6, 2023
Kenyon, MN**

John Deere 3320 Utility Tractor w/ Snowblower, Mower & Broom, John Deere 70 Tractor, Ford Tractor w/ Loader, 40' Storage Container, Skid Loader Attachments, Tool Benches, Hoop Buildings, Hand & Power Tools, Garden Equipment, Furniture, Household Items, Farm Primitives and More.

**Bidding Begins: ... Oct. 28, 2023
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**VERY LARGE ONLINE ONLY
ESTATE AUCTION FOR
MICHAEL (MIKE) WEYDERT ESTATE
November 12, 2023
New Richland, MN**



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**Bidding Begins: ... Nov. 4, 2023
Starts Closing:..... Nov. 12, 2023**

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November 14, 2023
Medford, MN**

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**Bidding Begins: ... Nov. 4, 2023
Starts Closing:..... Nov. 14, 2023**

**LIVE AND ONLINE FARM
RETIREMENT AUCTION FOR
PAUL & CYNDI MAAS
CHARITABLE REMAINDER TRUST
November 17, 2023 ... 10:00 AM
Medford, MN**



John Deere 9770 Combine, 608C & 635F Heads, John Deere 9320, 8520T 8130 and 4455 Tractor, John Deere 4920 Sprayer, JD 2210 Field Cultivator, White Agco 9816 Planter, Ford 555D Backhoe, IH Semi Tractor, Timppe Grain Trailer, Rock Picker, Farm Support Equipment

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FARM ESTATE AUCTION FOR
LAWRENCE SCHWEICH ESTATE,
L&B SCHWEICH PROPERTIES L.L.P.
December 7, 2023 9:30 AM
Northfield, MN**



John Deere 9520R 4WD, (2) Case IH 380 RowTrac MFWD, Case IH 420 4WD, John Deere 5046R, Case IH 165 Pump, Case IH 120C, JD 4440, JD 4020, Case IH 9250 Combine, Com & Bean Head, Case IH 2000 Series 24 Row 30" Planter, Case IH 500T Drill, John Deere 455 Drill, Case IH 255 Field Cultivator, John Deere 2730 Ripper, Cat D-4K Dozer, Cat 320C Excavator, Lion Dirt Scraper, JLG Boomlift, Lull Telelift, Bobcat E35 Excavator, 2011 Mack 613 Day Cab, 2023 Timppe Grain Trailer, Mac End Dump, Westfield Augers, Brent V788 Grain Cart, Schaben Applicator, VRX Grain Vac, Grain Trucks, Lawn Mowers, UTV's, Vehicles, Gator, Flatbed Trailers

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Angie's is a Hit

By Cheri Roshon

Angie Anderson is making a splash on Main Street in Kenyon with a new homestyle restaurant, and a whole lot more! Located at 631 Second Street, next to Tatge's Jewelers in Kenyon, she has revamped a space and made it her own style. She will be open Tuesday through Saturday from 7 am to 8 pm, and Sunday from 8 am to 1 pm.

Angie has worked at a lot of area restaurants in her life, and always knew it was something she wanted to pursue as a career. One of the last places she cooked at was JB's Tavern in Wanamingo. She worked at and co-owned JB's with Barney Nesseth for about 9 years before deciding that she needed a change. That change came when Barney called and wanted a meeting with her, and to her surprise, offered her the opportunity of a lifetime--- a partnership in a restaurant in her home town! She was thrilled, and was off and running, giving the Emerson Building on the main drag of Kenyon a new look. After months of remodeling and a few setbacks, as most businesses encounter, she opened in June of this year with a menu of home cooked delights.

Every day you will find a new special on the sandwich board outside the Restaurant. Staples such as beef or pork commercials,

liver and onions, soups and sandwiches, gyros and traditional hot dishes, or as we mid westerners call it-- goulash. Orange chicken and rice, all kinds of burgers, and some traditional appetizers are on the menu, as well as garlic cheese bread.

Since breakfast is Angie's favorite meal to cook, there will be Omelets, pancakes, buttermilk biscuits, sausage and bacon....oh my! My mouth is watering just thinking about all the choices! And just so you know, Angie is a very creative cook, so you will be encouraged to try the new specials, too.

This month, Angie was finally satisfied with her newest addition...PIZZA! She experimented with different crusts and sauces, and as of a few weeks ago, is now offering pizzas with names like Monkey Valley, The Viking, The Knight, Italian Stallion, and many other creative combinations! If you want to know the toppings, come on in and check out the new menu! The pizza can be eaten in or ordered for take out or take and bake. Eventually she wants to have a delivery service as well, so stay tuned for that!

Ok, so if you aren't ready to come in and sample the menu yet, remember I said "and a whole lot more"? Angie's has ice cream! An ice cream counter hosts several flavors to tickle your taste buds as dessert after your meal, a sit down treat, or to take with you. I can't wait to try all the flavors and decide on a favorite or two!

As things evolve and she has the food service running smoothly, Angie has plans for a retail section in the restaurant. She will have freeze dried candies, art from Minnesota locals, greeting cards, hand painted signs with



quirky sayings, and other Minnesota crafts. After all, Kenyon needs new places to shop for gifts and souvenirs for our folks "just passing through".

There is a large section in the back of the restaurant for larger gatherings, lunch meetings, and special occasions. If you need a place to host your event, just call (507) 789-1100, and see what Angie offers for your special requests.

When a new business opens, I like to get the opinions of the locals. I met Lorin Pohlman of Wanamingo reading the sandwich board of specials outside the cafe. I asked him if he had eaten at Angie's yet, and he was happy to share his opinion. "Everything she makes is excellent. I've been trying things I normally wouldn't, but because Angie made it, I try it. The food is awesome, and the service is great, too!" I then wan-

dered into Held Bus Service next door, and found Mac McDonald at the desk. I told him who I am, and asked for his opinion. He said, "Angie's food is always very good, especially the liver and onions! The rest of the food is really good, too!" Next I went into Angie's, and talked to some of the customers who were enjoying their lunches. When I asked one gentleman if I could take his picture, he asked if he should drool! That pretty much says what he thinks! Then Steve Gappa said, "The food is tremendous. the town really needed this." Gary Schwake chimed in with, "Now if they only had pie!" I strolled around and asked others what they thought, and every person I asked had positive comments, so I am happy to say that I highly recommend that you stop in and check out Angie's for yourself! And tell them Cheri sent you!

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Save Your Brain, Prevent Dementia



By Shauna Burslem, D.C.

Save your brain, prevent dementia. The more you eat a diet based on whole healthy foods the more you can improve brain power and brain function. Certain foods can delay or prevent age related cognitive decline and other brain disorders. For instance, anchovies, sardines, mackerel, herring and wild caught salmon are full of omega 3 fats that have neuroprotective properties for the brain. Cruciferous vegetables (broccoli, cauliflower, asparagus, brussels sprouts) and leafy greens also contain brain protecting nutrients like folate, vitamin E, K, lutein and beta carotene. Free range, grass fed eggs, particularly the yolks contain choline which is needed for your body to make acetylcholine which is involved in maintaining your memory.

Women with the highest cardiovascular fitness had an 88% lower risk of dementia than those with moderate fitness. Cardiovascular fitness can be used as measure of how well blood is circulating to your heart and your brain.

Tomatoes and fruit have been shown to improve lung function. A recent study showed that former smokers who consumed tomatoes and fruit improved lung function and even restored damaged lung tissue. The two main compounds responsible for helping the lungs were the flavonoids contained in fruit and the lycopene contained in tomatoes.

The federal government has rebranded the covid boosters as a new annual vaccination. Sadly, Pfizer's testing of the new formulated booster only involved 10 mice. Moderna's

version was only tested on 50 adults. The updated mRNA injections were developed to correspond to the Omicron variant, which now only accounts for 3.1% of the circulating strains currently out there.

46% of American adults suffer from high blood pressure. High blood pressure is affected by circulating blood volume and blood vessel constriction, both of which are regulated by the kidneys. Research data demonstrates high levels of uric acid, cleared through your kidneys, may increase your risk of gout and kidney stones and raise your blood pressure. Vitamin D helps protect against early kidney disease and therefore helps prevent high blood pressure.

Chiropractic and neuroplasticity: Neuroplasticity is defined as the brain's ability to change, reorganize or grow neural networks. Neuroplasticity is a common talking point when discussing degenerative brain conditions, such as Alzheimer's or dementia. Memory loss, brain fog, and mental exhaustion are symptoms of neuroplasticity degeneration. The spine – specifically the cervical spine – plays a very direct, very integral role in maintaining brain function. The spine houses essential nerve bundles and lymphatic delivery systems, which are charged with feeding the brain. Nerve bundles housed in the cervical spine carry critical messages to and from the brain, facilitating both unconscious and complex functions. Likewise, blood supplied to the brain provides oxygen, amino acids, electrolytes, hormones, and more, for healthy operation. With the link between the spine and brain evident, researchers have begun to look at how chiropractic may be used as a tool to help preserve positive neuroplasticity. Clinical studies have already begun, monitoring the effects of chiropractic on patients' abilities to solve puzzles, multitask, and recall memories. A 3-year study comprised of 100 volunteers, presented at the International Research and Philosophy Symposium held at Sherman College of Straight Chiropractic. The study monitored the mental activity of participants using electroencephalograms (EEG), comparing readings before and after chiropractic adjustments. In an overwhelming majority of readings, brain function showed improvements across the board.

THE SAVVY SENIOR



By Jim Miller

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Do I still need life insurance after I retire? I've been thinking about dropping my policy to escape the premiums. Is this a good idea? --Approaching Retirement

Dear Approaching,

It depends on your family and financial situation. While many retirees choose to stop paying their life insurance premiums when they no longer have young families to take care of, there are several reasons you may still want to keep your policy. Here are some different factors to help you decide.

Family situation: Life insurance is designed to help protect your spouse and children from poverty in the case of your untimely death. But if your children are grown and are on their own, and you have sufficient financial resources to cover you and your spouse's retirement costs, then there is little need to continue to have life insurance.

On the other hand, if you had a child late in life or have a relative with special needs who is dependent on you for income, it makes sense to keep paying the premiums on your policy.

You also need to make sure your spouse's retirement income will not take a significant hit when you die. Check out the conditions of your pension or annuity (if you have them) to see if they stop paying when you die, and factor in your lost Social Security income too. If you find that your spouse will lose a significant portion of income upon your death, you may want to keep the policy to help make up the difference.

Debts: If you are still paying off your mortgage or have other large debts, you should probably keep your policy to help your loved ones pay off these debts when you die. But if your debt payments are a small part of your net worth that poses no risk of financial difficulty, then you may not need it.

Work: Will you need to take another job in retirement to earn income? Since life insurance helps replace lost income to your family when you die, you may want to keep your policy if your spouse or other family members are relying on that income. However, if you have very little income from your retirement job, then there's probably no need to continue with the policy.

Estate taxes: Life insurance can also be a handy estate-planning tool. If, for example, you own a business that you want to keep in the family and you don't have enough liquid assets to take care of the estate taxes, you can sometimes use a life insurance policy to help your heirs pay off Uncle Sam when you die.

To help you with this decision, consider talking to an estate-planning expert or a fee-only financial advisor who can help you weigh out the pros and cons.

Sell or Swap Your Policy

If you decide that you don't need your life insurance policy any longer, you may want to consider selling it in a "life settlement" transaction to a third-party company, which typically pays four to eight times more than the policy cash surrender value. The best candidates are people over age 65 who own a policy with a face value of \$100,000 or more.

If you're interested in this option, get quotes from several life settlement providers or brokers in your state. To find them, the Life Insurance Settlement Association provides a directory at LISA.org.

Another option is to use a tax-free 1035 exchange to swap your policy for a hybrid product that blends life insurance with long-term-care insurance coverage. These products come in various forms, but they often combine a whole or universal life policy with a long-term-care rider. If you don't use the long-term-care coverage, your heirs get the death benefit.

Donations Needed for Veterans

The West Concord American Legion (Post 295) and Auxiliary are sponsoring a collection of items for residents at the Hastings Veterans Home. This place is home to 80 men with mental health and chemical dependency conditions.

Please remember the sacrifice these veterans have made for our country and give generously.

Requested items are: Men's Clothing: sizes Large to 4X includes: coats, hoodies (zip or no zip styles), sweatshirts, sweat pants, and bathrobes. All clothing must be new or gently used. Electrics include: alarm clocks, razors, and power strips.

New Greeting Cards: assortment.

Collection baskets will be placed at the following West Concord businesses until December 2nd: Casey's, City Hall, Colleen's Salon, Ellingson's Drainage, Heritage Bank, and L & D Recycling.

**CITY OF CLAREMONT
CITY COUNCIL MEETING
TUESDAY, SEPTEMBER 5, 2023
7:00 P.M.**

Pursuant to due call and notice thereof, a regular City Council meeting was held on Tuesday, September 5, 2023, at 7:00 p.m. at Claremont City Hall.

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

City staff and others present: Interim Administrator/Clerk Elizabeth Sorg, Maintenance Director Casey Dahl, City Attorney Mark Rahrlick, City Engineer Derek Olinger, Triton High School Activities Director Corey Black, and Donna Gregory.

The Pledge of Allegiance was recited.

AGENDA

Motion by McGovern to approve the agenda, second by Sultze. Motion carried unanimously.

PUBLIC INPUT

None

CONSENT AGENDA

The Consent Agenda consisted of the Minutes of the August 1, 2023 Regular City Council Meeting, Resolution No. 23-18: Acceptance and Appreciation of Donation, and Resolution No. 23-19: Certifying Past Due Bills to Dodge County. Motion by McGovern to approve the Consent Agenda, second by Klejeski. Motion carried unanimously.

COMMITTEE REPORTS

PERSONNEL COMMITTEE

Motion by McGovern to change Liz Sorg's job title from Interim Administrator/Clerk to City Administrator/Clerk, second by Sultze. Motion carried unanimously. The council stated Sorg can work the hours she needs to get the job done. Motion by Sultze to accept the Employment Agreement with Sorg with a change to the hourly rate to \$34/hour, second by Klejeski. Motion carried unanimously.

Sorg went over a 90-day Employment Review with Casey Dahl, Maintenance Director. Overall, he has met or exceeded expectations in his position and the council and public seem to appreciate his work. Motion by McGovern accepting Dahl's review and approve a raise of 2% which is an hourly increase of .50 cents, second by Sultze. Vice Mayor Klejeski called for the votes. Ayes: McGovern, Sultze, and Klejeski. Nay: None. Abstain: Mayor Dahl. Motion carried.

FINANCE COMMITTEE

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

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

PUBLIC HEALTH & SAFETY COMMITTEE

City Attorney Rahrlick amended City Code Section 7.24. Garbage and Refuse Haulers. The committee and council discussed the changes wanted at the last meeting. Motion by McGovern to approve the Section 7.24

Ordinance Amendment, second by Sultze. Motion carried unanimously. Motion by Sultze to approve the Application for Garbage and Refuse Hauler License with an annual fee of \$100, second by Klejeski. Motion carried unanimously. Motion by Klejeski approving Resolution No. 23-20: Resolution Approving Publication of Ordinance by Title and Summary, second by Sultze. Motion carried unanimously.

PLANNING & ZONING COMMITTEE

Nothing at this time.

EDA

Sorg will check with Arden Homes on the current status of the housing development.

MAINTENANCE DEPARTMENT

Nothing at this time.

PARKS COMMITTEE

Hodgman has finished the work on the parking area at the new ballfield. Seeding will be done when the weather will cooperate.

PEOPLESERVICE

Their reports were in the packet.

CITY ENGINEER

Most of the sewer outfall project is finished besides some cleanup. Motion by McGovern to approve Pay Request #1 for \$171,878.75, second by Sultze. Motion carried unanimously.

Motion by Sultze to approve the MN PFA Bond Purchase and Project Loan Agreement, second by McGovern. Motion carried unanimously. Motion by Klejeski to approve Resolution No. 23-21: Resolution Accepting the Offer of the MN Public Facilities Authority to Purchase a \$123,330 Taxable General Obligation Water Revenue Note of 2023A, Providing for its Issuance and Authorizing Execution of a Bond Purchase and Project Loan Agreement, second by Sultze. Motion carried unanimously.

On August 9, the water tower was drained and work started on the rehab. The work is almost finished and the tower is anticipated to be back online by September 15. Motion by McGovern to approve Tanksco's Pay Application #1 of \$267,077.54, second by Sultze. Motion carried unanimously.

Crack filling and chip sealing the streets has been completed. Pearson Bros. turned in their final invoice for \$27,700.70. Motion by McGovern to approve payment of that invoice, second by Sultze. Motion carried unanimously.

INTERIM ADMINISTRATOR/CLERK

Nothing at this time.

CITY ATTORNEY

Nothing other than what is on the agenda.

OLD BUSINESS

None

NEW BUSINESS

Triton High School Activities Director Corey Black requested having a kickoff for homecoming in Claremont, West Concord, and Dodge Center. Homecoming Week is September 25-29. Motion by McGovern to have a get together at City Hall Wednesday, September 20 from 7:00-7:30 p.m., second by Sultze. Motion carried unanimously.

A new DEED representative requested approval of 3 policies for the Small Cities Development Program. Initially, West Concord only needed to sign the additional policies.

The 1st policy is the Fair Housing Plan of Action which is a federal requirement stating the city can not discriminate as to whom receives the funds. Motion by McGovern to approve the Fair Housing Plan of Action, second by Sultze. Motion carried unanimously. The 2nd policy requires the city to have a plan on how to deal with funds that are repaid. If a homeowner sells or no longer uses the improved home as their primary residence for the loan term of 10 years, they must repay it. After 6 years, the amount will decrease 20% per year until totally forgiven after 10 years. Any property transfers within the first 6 years shall be repaid at 100% of the deferred amount. Motion by McGovern to approve the Local Income Plan, second by Sultze. Motion carried unanimously. The 3rd policy is also a federal requirement encouraging contracting opportunities to low to moderate income individuals and businesses that employ those individuals. Motion by Sultze to approve the Section 3 Plan, second by McGovern. Motion carried unanimously.

Motion by Klejeski to approve the Amended Memorial Park Pavilion Permit which states it is a non-refundable fee to reserve the pavilion, second by Sultze. Motion carried unanimously.

Motion by McGovern to approve the 2024 Proposed Budget and the 2024 Proposed Levy at a 7% increase, second by Sultze. Motion carried unanimously.

On Tuesday, December 5th at 7:00 p.m., the council will discuss and approve the 2024 budget and levy. The public will be allowed to speak at that meeting in regards to the budget and levy.

Motion by McGovern to adjourn the meeting at 7:58 p.m., second by Klejeski. Motion carried unanimously.

ATTEST:
Elizabeth Sorg, City Administrator/Clerk
Tasha Dahl, Mayor

4th Annual Halloween Hootenanny

West Concord, MN
October 28th, 2023

- Breakfast at Wescon Lanes 7-1030,
Lunch and Bowling Specials starting at 11
- Specials at The Farm Store from 10-4
- Activities at the Library 10-Noon
- Trick or Treat with the Farm Animals
from 11-230
- Trunk or Treat 11-230
- Hay Rides 11-230
- Bounce House 11-230
- Craft and Vendor Fair 11-230
- Carnival Games 11-230
- Hair Color and Face Paint 11-230
- Bean Bag Tournament - sign up at 11,
start at noon
- Music by Rockin' HEP Cats 12-3
- Costume Contest at 3pm

For More Information:
Christina - 507.456.4677
Tricia - 507.244.0373
Meghan - 507.696.6972

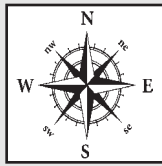


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Changes in Latitudes, Changes in Attitudes Memories of my Great Grandfather Norman



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.

My grandmother told me stories of my great grandfather Norman Campbell. His parents homesteaded our farm in the 1850's before Minnesota was granted statehood. When he was just a small child, the Dakota Indian uprising of 1862 took place. The story was that during this time in August of 1862, his parents kept the horses hitched to the wagon at all times fearing that they would have to flee to Rochester if news that the Indians were approaching. The horses remained harnessed with the buckboard packed and ready to leave at a second's notice if necessary.

The Minnesota Indian War of 1862 caused the greatest loss of civilian life of any one incident until the terrorist attack of September 11, 2001 in New York. The corruption of Indian agents withholding payments to the Dakota tribe was the catalyst for the uprising. Trading post owners would take the funds to be distributed to the Indians per the treaty agreement, and claim as payment for past debts. Some years they withheld nearly all the money. When desperate Indians tried to buy food on credit, one trader told them to eat grass. He was one of the first killed in the

uprising of August 17, 1862. Little Crow the Dakota chief advised against the uprising but young braves were not dissuaded. Over the next couple weeks more than 800 settlers were killed in the New Ulm area as Indians attacked settlers farming there, before troops arrived and over powered the Indians. Thirty-eight Dakota braves were hanged in Mankato in December of 1862 for their part in the killings. Many of the settlers had been friends with the native Indians in western Minnesota and blamed the government for the war more than the Dakota Indian tribes.

There were more dangers lurking on the homesteaded farm one hundred and fifty years ago. One evening Norman brought the horses into the limestone barn which was cut into the hillside. As he went to scoop some oats out of the burlap bag sitting on the floor, he held the lantern up and saw there was a rattlesnake coiled up in the bag. Fortunately, he looked before he reached or I may not be telling this story here today. One afternoon in the late 1880's, Norman found a number of rattlesnakes sunning themselves on the rocks along the bluff on the north end of the farm. He took a stout oak branch and cudgelled eighteen of the reptiles to death that day. His hunt must have been complete because I heard of no other rattlesnake stories on the farm. Never the less this story made quite an impression on me as a young boy and I explored the woods with a snakebite kit and my trusty .22 rifle.

My father also told of a story about Norman later in his life. He took the buckboard and horse to Mantorville one day for supplies and the hired man asked him to bring him back a plug of chewing tobacco and a bottle of whisky. One the way home Norman stopped by a number of the farms on the way and talked with the farmer and gave his horse a drink at the water trough under the windmill. As he visited, he would offer the farmer a nip from the bottle. After three or four such stops, he noticed the bottle was getting empty, so at the last farm he refilled the bottle from the hand pump and put the cork back in. The next time he went to town, the hired man asked him to buy the whiskey somewhere new because the last bottle was quite weak.



My great grandfather Norman with his four hitch team of horses

A Minnesotan: Trunk-or- Treat



By RosaLin Alcoser

With the exception of 2020, every Halloween since I graduated from college I have participated in Trunk-or-Treat in the church parking lot. Which I absolutely love taking a part in, mainly because I really love Halloween.

For those of you who might not know what Trunk- or- Treat is, it's when children go trick or treating in a parking lot, often at a church, during the day by going from car trunk to car trunk to get candy.

Ideally the people who set up a car trunk for the kids to go to have decorated said trunks for the children. Much like some people used to do to their yards or garages when I was a kid going out on Halloween night.

Even though I can't go over the top with a trunk like I remember some people doing with their houses I still try to get really into the decorating part. Last year I had bats and ghosts hanging all over my hatch back. This year I'm turning it into a 90's Halloween movie graveyard. Which com-

pletely isn't just an excuse to buy a plastic skeleton and dress it up.

It is completely an excuse to buy a plastic skeleton and dress it up. His name is now Gary.

The first couple of years I was really just helping out a family member with their trunk but last year I started doing my own. Which is one of the real signs that you're moving up in the world is when you have to start doing or bringing our own thing to the event instead of being tagged onto someone else's.

I love helping at this event and the people running the event love me coming to help because I usually know or can guess what the kids are dressed up as. I for one remember that it was super important to me as a kid, and now, for the adults to know what my costume was when I was a child. Even in the event when I was the only one who knew what I was for Halloween it was still super important to me that people knew what I was without me explaining it to them.

It is starting to get harder for me to know what some of the character costumes from the newer shows meant for preschool and kindergarten aged children are as Halloween is slowly becoming the only time that I interact with children of that age. Anything that is a classic costume though I can identify nearly every time.



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- Enjoy small town atmosphere
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- THEME: THE 2000s
- ACROSS**
1. Interest in a venture
 6. Hundredweight, acr.
 9. Med. sch. requirement
 13. ___ the tail ___ the donkey
 14. Duran Duran's 1982 hit
 15. All plants and animals
 16. Part of an eye, pl.
 17. Go for the bull's eye
 18. Reduction/oxidation portmanteau
 19. "Best selling author of the 2000s
 21. "Billboard's music artist of the 2000s
 23. Chicken ___ king
 24. From a thrift store
 25. Class-conscious grp.
 28. Formerly, once
 30. Marine mammal in famous Beatles' song
 35. Fabled fliers
 37. Jealous biblical brother
 39. Averse
 40. "'He's Just Not That ___ You" (2009)
 41. Acrylic fiber
 43. Arabian chieftain
 44. Apartments, e.g.
 46. "Friendster or Facebook, e.g.
 47. 5,280 feet
 48. Metal detector, e.g.
 50. Goose egg
 52. Cry of horror in comics
 53. Made a basket
 55. "Frodo Baggins and Samwise Gamgee or Nemo and Dory, e.g.
 57. "Name for 2000s
 60. "Popular social network of the 2000s
 64. K-pop country
 65. Woody creeper
 67. Teletype machine, for short
 68. Picture within a picture, e.g.
 69. "' ___ Smart" (2008)
 70. Make a canyon, e.g.
 71. Furniture wood
 72. Utmost degree
 73. Financing values
- DOWN**
1. Horse prod
 2. *Popular DVR device
 3. All over again
 4. Eucalyptus-eating marsupial
 5. Store in a silo
 6. Mountain goat terrain
 7. *Xbox competitor
 8. Libraryful
 9. Dignified manner
 10. "'The Da Vinci ___," best selling book of the 2000s
 11. A-bomb particle
 12. Levy
 15. Like "something new" boutique
 20. Beginning of sleeping disorder
 22. Feline sound
 24. Put to work
 25. *Toyota Hybrid introduced worldwide in 2000
 26. 1,000 kilograms
 27. Play a part (2 words)
 29. *2002-2004 zoonotic epidemic cause, acr.
 31. Rich soil
 32. China grass
 33. Handy
 34. *First ever recipient of Oscar for Best Animated Feature
 36. Chronic drinkers
 38. Post-it slip
 42. Like #59 Down
 45. *Pink's 2008 hit (2 words)
 49. Break down
 51. Dismissal or ejection
 54. "Peace" with fingers
 56. "Madame Butterfly", e.g.
 57. First rate (2 words)
 58. Sky's Major one
 59. *Like Best Buy's Squad
 60. Urban legend
 61. Tons (2 words)
 62. Relinquish, as in property
 63. *Jennifer Aniston and Brad Pitt, after 2005
 64. *American Girl ___ Kittredge
 66. Doctor Dolittle, e.g.

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