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Volume 5 • Issue 8

Santa in Dodge Center

Saturday, December 2nd Santa will be at the Dodge Center City Hall from 1 to 3pm. Kids can have their picture taken with Santa. There will also be hot chocolate available. The Green Shack will have bunnies available to hold and pet. The Girl Scouts will offer cookie decorating and the young ones can write a letter to Santa. Outside there will be horse drawn wagon rides on Main Street.



Plaza Morena Gets New Owners

By Cheri Roshon

Where can you go to get authentic Mexican food when you are nowhere near the Mexican border? Look no further than 411 W. Highway Street in Dodge Center! I am a very picky customer when it comes to Mexican food, and from the first bite at Plaza Morena, I have been addicted! There are actually 3 other locations in our area, so it is a growing franchise. Owatonna, Faribault and Medelia also have a Plaza Morena, but today we will focus on the Dodge Center location,

because congratulations are in order. Mario Leon and his two partners in the franchise, Jaime Gonzalez and Rene Marcos took ownership of this location in April of 2023.

I was able to sit down with Mario and chat with him about his new adventure. I asked him what made him decide to jump from employee to employer.

"It all started when I was working in Iowa at a restaurant where my wages were my tips".

(continued on page 5)



Mario Leon

Quilts of Valor Ceremony for Veterans



Saturday, November 11th the Dodge Center American Legion hosted sixteen local Veterans awarding them each a quilt of valor. These quilts are handmade by volunteers all over the United States and each one is unique.

(continued on page 20)

Altitude Solutions Offers Solutions For You!

By Cheri Roshon

Scott Curran, MA, LICSW, CSM has a lot of letters after his name! He is a Dodge Center based licensed therapist, counselor, business consultant and coach with over 20 years of experience. He is originally from Rochester, and he and his family moved to Dodge Center 3 years ago to be close to his wife's family.



Scott Curran, MA, LICSW, CSM

(continued on page 4)

Announcements

- A "Surviving the Holidays" Grief-Share seminar will be at Dodge Center Library Thursday, November 30. It will be offered 2:00-4:00 pm and against 6:30-8:30 pm. This is a free seminar sponsored by Anchor of Hope Church especially for those who are grieving the loss of a loved one and are wondering how to face the holidays without them.
- The United Methodist Church of Dodge Center at 20 First Street NE offers a dine in and carry out meal from 5:00-6:00pm the third Wednesday of each month.

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Thursday, November 16: Open Mic 7:00 to 10:00pm
 Friday, December 1st: The Dreamers 7:00 to 10:00pm
 Thursday, December 7th: Lady's Happy Time 4:30 to 6:30pm
 Open Mic 7:00 to 10:00pm
 Friday, December 29th:
 New Years Eve Party Starts at 7:00pm, Countdown at 10:00pm

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"On Matthew 5:38-48: A Portion The Sermon on the Mount"

By Rev. Chad Christensen
Trinity Lutheran Church, West Concord
Dodge Center United Methodist Church

In the book *Restoring Your Spiritual Passion*, Gordon MacDonald writes:

"One memory that burns deep within is that of a plane flight on which I was headed toward a meeting that would determine a major decision in my work. I knew I was in desperate need of a spiritual passion that would pro-

vide wisdom and submission to God's purposes. But the passion was missing because I was steeped in resentment toward a colleague.

For days I had tried everything to rid myself of vindictive thoughts toward that person. But, try as I might, I would even wake in the night, thinking of ways to subtly get back at him. I wanted to embarrass him for what he had done, to damage his credibility before his peers. My resentment was beginning to dominate me, and on that plane trip I came to realize just how bad things really were with my resentment.

As the plane entered the landing pattern, I found myself asking God for power both to forgive and to experience liberation from my poisoned spirit. Suddenly it was as if an invisible knife cut a hole in my chest, and I literally felt a thick substance oozing from within. Moments later I felt as if I had been flushed out. I had lost negative spiritual weight, the kind I needed to lose: I was free. I fairly bounced off that plane and soon entered a meeting that did in fact change the direction of my life."

Spiritual passion cannot co-exist with resentments. The Scriptures are clear. The unforgiving spirit saps the energy that causes Christian growth and effectiveness.

The work of forgiveness is difficult work. It is difficult. We can only repay evil with good, forgiving others and praying for those who harm us, to the degree that we can live into our God-given identity as blessed and beloved children of God. You cannot give what you don't have; only those who have experienced love can in turn share it with others.

We need to know and believe and feel that

we are loved, before we can love and forgive others. This is a basic truth. But this, too, is not easy. So many things, especially our perception of our selves, get in the way.

Jesus' Sermon on the Mount is a challenging sermon. These words of Jesus challenge us today—not only to love and forgive one another, but also to love and forgive ourselves. Perhaps the most challenging verse in this Matthew text is the last verse (v. 48): "Be perfect, therefore, as your heavenly Father is perfect." When we hear that command, most of us hear an injunction to a kind of moral perfection. But that is not what Jesus is saying. "Perfect" in this case, stemming from the Greek word *telos*, means an "end," a "goal," or a "purpose." The sense of this word is about becoming what is intended, accomplishing one's God-given purpose in the same way that God constantly

reflects God's own nature and purpose.

If we harbor hurts in our own heart then certainly that hurt has been deep and valid enough! And, so, it is easy to carry a grudge against another.

--We hate rather than love,

--We wound rather than heal—especially when we ourselves walk so much of our lives wounded and hurt.

Jesus, endured the shame and humiliation of the cross on our behalf, and embraced death itself so that we might know, experience, and trust just how much God loves us. When we realize this we may have an abundant life. This Jesus not only commands, but he understands just how hard it is for us to forgive, let alone love, those who have hurt us. But as Gordon MacDonald wrote: "It is good to lose negative spiritual weight—forgiving lets the poison ooze out. This is freeing!"

GriefShare® Surviving the Holidays is Thursday, November 30

A "Surviving the Holidays" GriefShare® seminar will be presented at Dodge Center Library on Thursday, November 30. It will be offered at 2:00 pm and again at 6:30 pm that day, and will be about 2 hours in length. There is no charge.

Many who have experienced the loss of a loved one find the holidays can be especially painful. Sponsored by Anchor of Hope Church in Dodge Center, this seminar confronts questions such as "How do I deal with emotions?" and "What do I do about traditions?"

Participants will be given helpful tips for surviving social events and help in finding hope for the future. Perhaps most importantly, there will be the support of others who are grieving over loss of significant people in their lives. The seminar will be facilitated by retired Anchor of Hope pastor Dale E Rood.

For further information or to indicate participation, Pastor Rood may be contacted by phone at 507-633-2772, or by email at dale_e_rood@yahoo.com. Participants will also be able to register at the time of the seminar. A message may also be left at Anchor of Hope Church, 507-374-6755. It is also possible to register on line using the Griefshare® website at www.griefshare.org/holidays.



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Area Church Directory

Ark of the Church

In [the ark] only a few people, eight in all, were saved through water, and this water symbolizes baptism that now saves you also. . . . — 1 Peter 3:20-21

In our reading for today, the apostle Peter mentions Noah and the ark, which we discussed on October 4 (Genesis 8). Do you remember another story this month that also pointed to the ark? In Exodus 2 (Oct. 5), as you may recall, Moses' mother places him as a baby in a "basket," and the Hebrew word for that can also mean "ark." Moses' mother did this, in faith, hoping that her little boy would escape the murderous reach of Pharaoh, the king of Egypt (see Exodus 1:22).

In the New Testament, the apostle and fisherman Peter states that just as God rescued Noah and his family "through water" while other people were swept away in judgment, Christians are rescued from judgment by Christ's death and resurrection, which is symbolized in baptism. If believers in Christ are symbolically rescued (like Noah and his family) "through water" (baptism), then what is the "ark"? What is the vessel of God's rescue for us and indeed for the whole creation? It seems that this would be the church, the community of faith. Remember, baptism places us in the nurturing community of the people of God with its worship, prayers, sacraments, and fellowship. In this "ark" we are on the way to the resurrection and full life in God's renewed world.

Lord, we praise you for the church, which, though it can be rocked by powerful winds and waves, is nonetheless piloted by you and is the place of your grace and salvation. Amen.

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404 Central Avenue N, Dodge Center
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Praise Fellowship Church

602 Central Avenue S, Dodge Center
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Anchor of Hope Church, a 7th Day Baptist Congregation

203 E. Main St., Dodge Center
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Judith Karen Dahl

Judith Karen Dahl, age 78 of Dodge Center, MN passed away peacefully on October 27, 2023, with her loving family by her side.



Judy was born on August 3, 1945, to Wilfred and Lorraine Thome. She spent her childhood on the family dairy and crop farm in Stacyville, Iowa. She graduated from Stacyville Visitation High in 1963. She continued her education at St. Mary's School of Practical Nursing where she graduated in 1965. On July 23, 1966, she married James Dahl. They started building their family in Rochester, Minnesota, before moving to Dodge Center, MN in 1978.

Judy was a ray of sunshine and a beacon of love and compassion. She worked as a nurse at Mayo Clinic for 43 years until her retirement. She loved gardening, crafting, and cooking. She especially loved spending time and making memories with her grandchildren and great-grandchildren. She enjoyed making

lelse with her family and selling it for others to enjoy. She also enjoyed playing golf and bridge with her many beloved friends as well as making baby quilts for her grandchildren and great-grandchildren. She will be deeply missed.

She was preceded in death by her loving parents, Wilfred and Lorraine, and her brother Dean Thome.

Judy is survived by her husband of 57 years, Jim, and her three children Brian (Julie) Dahl, Kim (Tom) Pingel, and Barb (Collin) Keller. She is also survived by 5 grandchildren, Kayla, Erik, Kari, Emily, and Jacob as well as 3 great-grandchildren, Karmen, Liam, and Kendall. She is survived by her sisters, Jeanette Retterath, Beth Hackenmiller, and Amy Warrington as well as many nieces and nephews.

A celebration of life was held on Friday, November 3rd, 2023, at 2:00 pm at Holy Family Catholic Church, 1904 Mantorville Ave N, Kasson MN. Visitation was held on Thursday, November 2, 2023, from 5:00-7:00pm at Czaplowski Family Funeral Home, 25 South Street SW, Dodge Center, MN and one hour prior to the service at church. A private burial will take place at a later date. In lieu of flowers, the family is requesting donations to the Mayo Clinic Hospice.

A heartfelt thank you to Kristine from Mayo Clinic Hospice for her excellent care.

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

Daniel Lee Porisch

Daniel Lee Porisch, 64, of Dodge Center, MN passed away on Thursday, November 2, 2023, at his home surrounded by his family.



Dan was born on September 21, 1959, in Mountain Lake, MN to Richard and Marie (Allen) Porisch. He graduated from Mountain Lake High School in 1978. He spent one year at Jackson Minnesota Technical College. He continued his education by earning his Bachelor's Degree in Education, from Mankato State University in 1983. He taught Industrial Education at Claremont High School, where he also coached football, girls' basketball, and track and field. He went on to achieve his Master's Degree in Counseling in 1989 from Winona State University and then became Triton High School's counselor in 1990. In 1994, he started at Owatonna High School as their counselor. Dan was a creative, precise, meticulously talented craftsman. He started his own company, Porisch Cabinetry in 1999, and continued his craft until his passing.

He married the love of his life, Karen Duerksen on October 12, 1985, and together they had two sons, Tanner and Madison. He loved spending time with his family and many friends. He also enjoyed hunting, trapping, fishing, camping, etc.

Dan is survived by his wife, Karen Porisch of Dodge Center, MN; children, Tanner (Cory) Porisch of Lake City, MN and Madison (Bre) Porisch of Jeffers, MN; siblings, David (Dee) Porisch of Anoka, MN, Pat (Joe) Deklotz of Delafield, WI, Pam (Sandy) Sweeney of Duluth, MN; brother-in-law, Dale (Vicki) Duerksen of Plymouth, MN; sisters-in-laws, Brenda (Chuck) Behrends of Lakefield, MN and Michell Porisch of Canton, MI; grandchildren, Spencer (Alexis), Anthony, Lauren, Dylann, Camryn, and Jaxon; great-grandchildren, Addison, Alexander, and Baby Scarlett on the way; special aunt, Mary Gohr and many other aunts, uncles, cousins, nieces and nephews.

He was preceded in death by his parents, Richard and Marie Porisch; parents-in-law, Erwin, Georgine and Milton Duerksen; brothers, Byron Porisch and Richard (Dick) Porisch; brother-in-law, Chad Duerksen and grandson, Tyler Senn.

A memorial service was held at 11:00 a.m. Saturday, November 11, 2023, at Faith Lutheran Church, 308 2nd St NW in Dodge Center, MN. Pastor Jessica Bakken Busch officiated. Visitation was one hour prior to the service at the church. In lieu of flowers, memorials are suggested to the family.

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

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Altitude Solutions Offers Solutions For You!

(continued from page 1)

After many years of working as part of a company, Scott decided to open his own business, and work virtually, utilizing easy to use video meetings over the internet.

Scott provides cost-effective customized services for companies and individuals. On the business side of things, Scott is a design thinking and agile methodology consultant and coach. With his expertise in human-centered design, problem-solving capabilities, and focus on innovation, he will help your business create products and services that customers love, while fostering a culture of collaboration and adaptability. Scott specializes in these areas and also contracts with companies in the areas of project management, program development, launching new initiatives, and program evaluation.

As a licensed clinician, Scott also provides coaching, counseling, and therapy to businesses, teams, and individuals. In today's competitive business landscape, ensuring the well-being and mental health of employees is more critical than ever. He provides conflict resolution, team-employee skill-building workshops, executive coaching, organizational health assessments, and efficient access to mental health and general well-being services. This service is designed for employees

and their family members.

The other part of Scott's business focuses on providing these same services for people in the community. There is a nationwide crisis right now of people who need help not being able to get help when they need it. When they decide they need help, it may take weeks or months for one to open up, and that could be disastrous. Scott commented, "One of the things that is frustrating is knowing that when a person needs services, they have to wait so long for an appointment with a professional. My goal is to be able to see that person within 72 hours."

I asked him about his method of supporting clients, and he brought up a plethora of reasons why online visits work so well. First of all, the website he uses is protected, and HIPPA compliant. What this means is, nobody will know you are seeing a clinician, and that erases the stigma that goes along with asking for help. The website is secure, so your information and sessions are confidential. No one will know you are getting support unless you tell them. His practice is cash based, so not even your insurance company will know you are seeking his help. No car parked outside an office, and you are having your appointment at your home, so you don't have to go anywhere. Evening and early morning appointments are available so you can even do your appointment in your pajamas!

There is a lot of research that says the efficacy of this method of providing coaching, counseling, and therapy is just as effective as when it is done in person and the results are as good as or better than traditional in-per-

son methods. Think about it...you go online, fill out your form, choose your appointment time that is convenient for your schedule, and don't have to get dressed, hop in your car and drive to your appointment. It is a totally non-invasive, confidential and comfortable way to help you with whatever issues you are facing.

Let's face facts. We all need support at one time or another in our lives. Scott offers individual, couples, and family support as well as business solutions to help companies and their employees thrive. Maybe you are feeling stuck, and you need resources to assist you in overcoming obstacles in your life to make positive changes, and getting the happiness you deserve back in your life. Scott provides at your fingertips solutions and support to assist you in achieving your goals.

Ok, so how does this work? You decide to make an investment in your health, life or relationships. You go online to www.altitudesolutionsccc.net. There you will find info about Scott and his business. Scroll down to the "contact me" portion of the website to fill in your info, and book your appointment. You will see an opportunity to receive a free 30-minute initial consultation with Scott to see if this is a good fit for you. If for some reason you decide not to pursue this route, Scott can refer you to other services that may be a better fit for your situation. NO obligation, and you won't know until you take that first step if this is a path for you to engage in. You really have everything to gain and nothing to lose by contacting Scott, so why wait? And as always, tell him Cheri sent you!

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Plaza Morena Gets New Owners

(continued from page 1)

He had moved from Nashville, Tennessee to Iowa, and wasn't making the kind of income he needed to support his family of 3, so when his sister in law called him from Dodge Center and told him about the opportunity to work at a new Mexican Restaurant that was opening, and he would earn wages and tips, he jumped at the opportunity. That was 4 years ago. "I was already working 24/7 at the restaurant, and when the franchise owner offered us the opportunity to own the restaurant, we decided to go for it."

As I was interviewing him and munching on some chips and queso, I noticed some changes. The tables have all been refinished, and the chairs are all new, and brightly colored. I asked Mario if there were more changes that I couldn't see, and he said the kitchen equipment has all been updated, and the menu has been added on to. He likes to try new things, so each week you will see his newest additions to the menu. They have monthly specials, and are always willing to listen if you have any requests or ideas to try. They have a social media presence at Plaza Morena Dodge Center, and will soon have a local delivery service for those who would rather enjoy their authentic Mexican fare at home. Right now, you can call the restaurant at (507) 374-9555 to order by phone, or order online at dodgeplazamorena.com for eat in, or take out.

When you walk in the door, the daily specials will be posted to get your tastebuds going, and Monday through Friday there is a well stocked lunch buffet. There are new food creations that people come from all over to taste, and they have added pull tabs to play while you wait. For larger groups, you can make reservations ahead of time. They do catering for any size event, and you can also have a party in the back dining area. Taco bars and fajita bars are the most popular for catering events, but all the food is authentic and quite tasty!

The hours are Sunday through Thursday from 11 am to 9 pm, and Friday and Saturday from 9 am to 11 pm.

I asked Mario if he had any personal goals for his new restaurant. "Yes! My goal is to be the best Mexican Restaurant around!" Well, if you ask me, he has already achieved that



distinction, so I can't wait to see how he can do an even better job of providing top fare for the lucky locals in Dodge Center and beyond! "And I also like to experiment with fun drinks, like our signature Watermelon Margarita," he chuckled.

The new owners at Plaza Morena love their new community, and are visible at many local events. They host lunches for businesses, are present in the parades in town, they support the Booster Club, do raffles, donate gift certificates for fundraising events, and are now members of the Chamber of Commerce. Lucky for us all, I'd guess they are here to stay!!



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THANKS FOR SHOPPING YOUR HOMETOWN!



Coffee: Pros and Cons



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

In last month's article, I presented the concept that food can be used as medicine. I presented some ideas for managing acid reflux. In that article, I mentioned that coffee can be a trigger for acid reflux. So how does coffee relate to nutrition? What are the positive aspects of coffee and what are the negative considerations? Can a person use coffee as medicine?

First, a little history. As reported by Tori Avey in "The Caffeinated History of Coffee," the first reports of coffee originate around Ethiopia and Yemen. The ripe coffee fruit is red, and the coffee bean is the seed of the fruit. Roasted coffee beans were first produced by Arabs and the Arab community had control of the coffee market until the Dutch

were able to acquire some seed and start plantations around the world. In 1773, when Americans were revolting against the tax on tea, coffee became the acceptable, patriotic choice.

According to the National Coffee Association, more than 65% of Americans drink coffee each day. The average American consumes just less than 3 cups of coffee per day. The United States is the top coffee consuming country in the world with coffee being the first-choice beverage over tea, soft drinks, and juice. Berkeley, California wins the prize for the most coffee shops according to ApartmentGuide.

So, with all this coffee consumption what are the PROS or CONS of coffee consumption?

- PROS –
- Moderate coffee consumption (1 – 4 cups per day) is linked to longer life
 - Decreased risk of liver cancer
 - Decreased risk of Parkinson's disease
 - Improved clarity in thinking
 - Improved regularity of bowel movements
- CONS –
- Inflammation (measured as CRP) can increase with more than 1 cup of coffee per day
 - Heart and neurological challenges among infants of mothers who regularly consumed coffee during pregnancy
 - Anxiety increased with excessive consumption of coffee
 - Difficulty sleeping associated with coffee consumption
 - Trigger for diarrhea episodes

- Can promote fatigue through caffeine addiction

Coffee can be a powerful medicine. Caffeine is one of the active ingredients, but there are additional compounds that demonstrate antioxidant and stimulant activity. An important note to understand is that coffee does not produce energy. A black cup of coffee has almost no calories at all. The energy boost from coffee comes from the body response to caffeine, which stimulates the adrenal glands to produce epinephrine. The release of epinephrine causes the body to release more energy from its storage areas, in the same way a whip will cause an animal to move that was not moving before. For an individual who is extremely tired in the morning and "needs" the cup of coffee to get started for the day, this individual is battling a fatigue that is only increased by the regular consumption of coffee.

Coffee can be a good aid for digestion. A small cup of black coffee with a meal will stimulate the digestive process and increase the acidic mixture in the stomach. Between meals only water should be consumed to allow the digestive system to rest. There is no need to stimulate digestion by drinking coffee between meals.

An additional use of coffee by health practitioners throughout the centuries has been the use of coffee as an enema. A properly prepared coffee solution carefully introduced into the rectum has been an effective way to remove constipation and blockages in the colon. Reportedly, this enema was effectively used during World War 1 in the mili-



tary hospitals when nurses used the coffee enema to aid the recovery of recovering wounded in the military hospitals.

Overall, pay attention to how your body responds when you consume a cup of coffee. Consider what other ingredients such as cream, sugar, or other flavors are being added. What happens if you stop drinking coffee for a day or two? You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

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



As we welcome another Thanksgiving,
we welcome the opportunity
to thank our good friends and customers
here in the community for their support and trust in us.

BEST WISHES & HAPPY THANKSGIVING!



Holly Thyme Craft Show

Saturdays: November 25, December 2, 9

Sundays: November 26, December 3, 10

Hours: 10:00a.m. to 5:00p.m.

*Take a drive in the country and shop in our
log cabin filled with crafts and antiques!*



The Law of Vibration: Unveiling the Hidden Harmony



By Susan Hinrichsen
CHC, CLC, MC
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In the vast tapestry of the universe, there exists a symphony of vibrations that weave through the fabric of reality. This intricate dance is governed by the second universal law, the Law of Vibration. As we explore this cosmic principle, we delve into the profound concept that everything is in a constant state of motion, emitting its unique vibrational frequency.

At its core, the Law of Vibration posits that all matter is in a perpetual state of motion, oscillating at a specific frequency. This concept has ancient roots, echoing through various philosophical and spiritual traditions. In essence, it suggests that nothing rests; everything moves, and each entity carries its own vibrational signature.

One of the key tenets of the Law of Vibration is the interconnectedness of all things. Every particle, every atom, every living being resonates with a distinctive vibrational frequency. This interconnected web of vibrations forms the basis of the intricate dance of

existence. It implies that there is a hidden harmony that unites all elements in the cosmos.

Moreover, the Law of Vibration extends beyond the physical realm into the realm of thoughts and emotions. It suggests that our thoughts and feelings also emit vibrational frequencies, influencing the overall vibrational tapestry of our personal reality. This principle underscores the importance of mindfulness and the impact of positive or negative energy we contribute to the collective vibration.

The ancient wisdom of the Law of Vibration finds resonance in modern science, particularly in quantum physics. Scientists have discovered that at the subatomic level, particles are not static entities but exist in a state of constant motion and vibration. This scientific revelation aligns with the age-old spiritual understanding that everything is energy in motion.

Understanding and harnessing the Law of Vibration can empower individuals to navigate their lives with greater awareness. By cultivating positive thoughts, emotions, and actions, one can elevate their vibrational frequency and attract corresponding positive experiences. Conversely, dwelling in negativity can lower one's vibrational state, leading to a magnetism for less desirable outcomes.

In essence, the Law of Vibration invites us to become conscious co-creators of our reality. By aligning our thoughts, emotions, and actions with higher vibrational frequencies, we can harmonize with the cosmic dance of existence and unlock the latent potential within ourselves. It's a reminder that, in the grand orchestra of the universe, each of us plays a unique note, contributing to the symphony of life.

Integrating the Law of Vibration into daily life involves adopting mindful practices and cultivating awareness of the vibrational energy one emits. Here are several practical steps to help individuals align with this universal law:

- **Mindful Awareness:**
 - Begin each day with a few moments of mindfulness. Reflect on your thoughts, emotions, and the energy you carry into the day.
 - Throughout the day, periodically check in with yourself. Notice the quality of your thoughts and feelings. Are they positive or negative? What kind of vibrational energy are you emitting?
- **Positive Thinking:**
 - Practice positive affirmations. Consciously choose thoughts that uplift and inspire. Affirmations can help shift your vibrational frequency towards positivity.
 - Avoid dwelling on negative thoughts. When negativity arises, acknowledge it, but then consciously choose to redirect your focus to more positive and constructive thoughts.
- **Gratitude Practice:**

- **Cultivate a habit of gratitude.** Regularly express appreciation for the positive aspects of your life. Gratitude carries a high vibrational frequency and can attract more positive experiences.

- **Keep a gratitude journal** and write down things you are thankful for each day.
- **Conscious Communication:**
- **Be mindful of the words you use.** Words carry energy, and their vibrations can impact both you and those around you.
- **Strive to communicate with kindness and positivity.** Choose words that uplift and inspire rather than words that convey negativity or criticism.
- **Emotional Regulation:**
- **Develop emotional intelligence.** Understand and accept your emotions but strive to respond to challenging situations with calm and centeredness.

- **Practice techniques** such as deep breathing or meditation to maintain emotional balance.

- **Energetic Environment:**
- **Surround yourself with positive influences.** Be conscious of the people, environments, and media you expose yourself to.

- **Create a positive and harmonious living and working space.** Decluttering and organizing your physical space can also have a positive impact on your energy.

- **Self-Care:**
- **Take care of your physical well-being.** Exercise, proper nutrition, and adequate rest contribute to a higher vibrational state.

- **Engage in activities that bring you joy and fulfillment.** The energy associated with activities you love can enhance your overall vibration.

- **Visualization and Meditation:**
- **Incorporate visualization and meditation** into your daily routine. Envision the positive outcomes you desire and feel the corresponding emotions.

- **Meditation can help quiet the mind,** allowing you to connect with your inner self and the higher vibrational frequencies of the universe.

Remember that integrating the Law of Vibration is a continuous practice. It involves a conscious and intentional approach to thoughts, emotions, and actions. By making these practices a part of your daily life, you can elevate your vibrational frequency and align more harmoniously with the cosmic dance of existence.

Life coaching serves as a guiding light on the journey to integrate the profound principles of the Law of Vibration into one's daily life. A skilled life coach provides the support and tools needed to navigate the intricacies of mindful living, helping individuals to cultivate positive habits and align with higher vibrational frequencies. Through personalized guidance, a life coach empowers individuals to overcome challenges, break through limiting beliefs, and foster a deeper understanding of themselves. This transformative process not only enhances personal well-being but also ripples outward, positively influencing relationships, career, and overall life satisfaction. Life coaching becomes a catalyst for self-discovery and empowerment, offering a roadmap to unlock the immense potential within, and inviting individuals to dance in harmony with the universal rhythms of existence.

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HAPPY Thanksgiving



**With appreciation for your support,
we wish you and yours a very
Happy Thanksgiving and festive holiday season.**

We will be closed Thursday, November 23rd so our employees
can enjoy the Thanksgiving holiday.



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2023 Section 2AA Champions

The Triton High School Football team are the 2023 Section 2AA Champions. The Cobras entered the section playoffs with a record of 3-5, after playing one of the toughest regular season football schedules in the state of Minnesota. Triton earned the third seed in Section 2AA, even though they dominated top seeded Maple River 27-6 in the first week of the season.

After the bracket was set, the Cobras showed their might by beating JWP 43-6 in the quarterfinals and St.Clair-Loyola 40-16 in the semifinals. The Cobra victories in the first two rounds created a showdown in the Section 2AA Championship with the top seeded Maple River Eagles.

With a state tournament berth on the line the Cobras got off to a great start as they recovered the opening onside kickoff and scored on a touchdown pass from Pierce Petersohn to Brody Munnikhuysen a few plays later. The Cobras took a 14-0 lead into halftime and held off Maple River to win 21-14.

The Section 2AA Championship was the tenth section title in Triton High School history, and the first since 2010. The Cobras playoff run was ended by Cannon Falls in the MSHSL Class AA Quarterfinals on November 9th. However, this season will set the tone for the future of Triton Cobra Football for years to come.

Congratulations to the players and coaches on a fantastic and memorable season! We Are Triton!



Cobra Communications



Craig Schlichting
Superintendent

November is always an interesting month due to the proximity to the end of the year and the increasingly colder changes that we see in the weather. If you made it past October without putting on the heat, you will definitely be turning it on in November! The sound of the wind this time of year can give you a chill. It is also the month that celebrates Thanksgiving. I always used to think of Thanksgiving as a time to eat a fabulous meal and relax while enjoying a long weekend. That can still very much be the case, but with age I have learned to appreciate being with family and enjoying the opportunity to

get together. A time to truly be thankful and while reflecting on another year that seems to have gone by so swiftly. Even though it may seem to have gone by quickly, you start to reflect on all of the happenings of the year, and unfortunately many times reflecting on the people that have passed away and are no longer with us to celebrate. It is an opportunity to cultivate a spirit of gratitude that permeates every aspect of our lives. It enhances our relationships, and deepens our connections with family and friends. It brings peace to our hearts which reduces stress and anxiety. Gratitude is powerful and it can permeate our life with joy and contentment.

November, with its unique blend of reflection and gratitude, serves as a reminder that life is a complex blend of experiences, emotions and connections. It prompts us to cherish the moments we have had with our loved ones and to be

thankful for the lessons we have learned along the way. It encourages us to embrace both the beauty and the finite existence of our lives. As we gather for Thanksgiving, it is essential to remember that gratitude is not something we should do alone. It is even better when we share our appreciation of others. Expressing our appreciation of others not only through words, but also through acts of kindness and generosity. It is an opportunity to help others that are less fortunate and give back. I have often shared with our others that I am happiest when I am fulfilling my "why." One of the best parts about my profession is when I am able to help others. For me, it is the reason I have continued to pursue a career in education.

As we enter the holiday season, it is also a time to reflect on the value of gratitude. Thanksgiving, with its name alone, embodies this sentiment. Gratitude is not

merely a fleeting feeling but a practice that can transform our lives. It invites us to recognize and appreciate the abundance that surrounds us, even in the most challenging times. It reminds us that in the face of adversity, there is always something to be thankful for.

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. Communication is an important aspect of my job responsibility, and I welcome the opportunity to gain experience from your perspective. GO COBRAS!

#WeAreTriton

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 the Science department offerings.

Concurrent Physics is the equivalent of Rochester Community & Technical College's

(RCTC) PHYS 1103 Principles of Physics. Successful completion of this yearlong course earns the student 3 college credits. This course is open to juniors and seniors who have a qualifying reading AND math ACT or MCA test score or pass into college level on the Accuplacer test. We first offered this class in the fall of 2020 and have run the class two of the last four school years (classes need to have at least 10 students to run). Brian Felten is the instructor for this course and we are happy to be running it this year. Mr. Felten stated he enjoys teaching this class at Triton because of its real-world connections, "Physics is all about understanding real phenomena in our world. Students can see and directly experience many of the concepts. It is also applied math. It allows stu-

dents to see the application of concepts from algebra and geometry." This class is great for any student planning to go to college as it can count as one of their science general education requirements. Additionally, students going into a healthcare related career may find this class especially helpful as it is often a required class for many majors. Students are able to enjoy the class at a little bit of a slower pace since it is stretched over the course of the school year. Mr. Felten added, "It is a challenging course that requires problem solving retention and understanding of mathematical concepts from all throughout high school, as well as motivation to do work outside of class time."

We are also fortunate to be able to offer two concurrent classes in the biology department as well. Concurrent Biology is the equivalent of RCTC's BIOL 1101 Elements of Biology and Concurrent Environmental Science is the equivalent of RCTC's BIOL 1100 Environmental Biology. Each semester class earns the student 3 college credits, upon successful completion of the course. Students must meet the same reading requirements to take this course, but there is no math entrance requirement. Ms. Swanson completed her Master's in biology while teaching at Triton specifically so that she could provide our students with the opportunity to earn college level biology credit while still in high school. We first offered Concurrent Biology in the 2018-2019 school year and ran two sections that year and the following school year. Since then, we have run one section when we had enough students register. Then in the 2021-2022 school year we brought Concurrent Environmental Science to Triton for the first time. Last year and this year we had so many students interested that we run two sections each school year and we anticipate continuing that trend. Ms. Swanson especially enjoys "having the opportunity to take a deeper dive into biology and environmental science concepts with students that are excited to learn. Because I have all the students in biology prior to either of these classes, I have a good idea of what their background knowledge is, so that enables us to take our learning to the next level. Additionally, the students that elect to take these courses are generally



highly motivated students that are excited to dive into science at a deeper level, so that energy is awesome." Ms. Swanson agrees with Mr. Felten on the value of this class for our students pursuing college as it can take care of a science general. In fact, students who take both a concurrent biology class and the concurrent physics class will completely satisfy the general education requirements for science at a Minn State college/university. Ms. Swanson adds that in addition to college credit, concurrent science classes give students an excellent experience that makes them even more prepared for college level courses and a higher level of rigor. We are proud to be able to offer three different science classes to our students for college credit.



Luke Lutterman



Shane Van Beek



Tricia Johnson

On behalf of the staff at Triton Elementary, Middle, and High School, we are proud to report that we are continuing to have a fantastic school year. Although we are doing very well, that does not mean we have not and will not have challenges in navigating academic programming, student behavior management, and overall operations. We realize when managing a school we have the important opportunity to help the families of roughly 950 students continue to improve and progress academically, socially, and emotionally. So obviously, there will be times when breakdowns happen. When these challenges occur, it is important to work together to make sure we reach a resolution that is appropriate and respectful. To help navigate this, we have made a continual effort and worked on strategies to improve communications so all families and community members can openly communicate concerns as they surface. As administrators, we welcome all feedback to help us guide the educational experiences of your children and implement practices that are in line with our local expectations.

We want all students at Triton Elementary, Middle, and High School to experience success and continue to improve. We are at the time of the school year where patterns have emerged and staff, students, and families can step back and assess strengths and areas of needed improvement. When looking at areas of improvement, it is important to note that success in school and in life does not happen by accident. The most successful people have developed habits of excellence and implement them over time with great consistency. When student progress seems to be suffering, it is a good time to step back and evaluate the following habits listed below and look for areas of needed improvement.

- Attend school as frequently as possible
- Arrive to school on time prepared and ready to learn
- Complete all learning practice "assignments" to the best of their ability
- Share school experiences (successes and struggles) with parents and family
- Know that parents and family expect their absolute best behaviorally and academically
- Communicate concerns and successes to school staff to help guide future experiences

We hope these practices will help us continue to improve the overall educational experience for all students at Triton. We thank you for your continued engagement, support, and feedback. Please feel free to contact us with any questions, comments, or concerns.

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(507) 418-7500

Tricia Johnson, Triton Middle School Dean of Students
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Luke Lutterman, Triton High School Principal
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The district spelling bee is held on January 11 at 8:30 in the middle school library.



American Education Week happens the week prior to the week of Thanksgiving. Each day of the week has its own theme, during which we celebrate our public school community. Festivities honor the team of people who work in our nation's public schools, everyone from the bus driver and classroom teacher to the cafeteria worker and administrative staff, plus countless others.

It's Been a Busy Month for Triton Elementary

It has been a busy month for our Triton Elementary students and staff. We have enjoyed getting a brand-new sport court, adaptive playground equipment, field trips, Veterans Day Program, and received a grant for STEAM items in our library. It is a great time to be a Cobra!

Our students have had the opportunity to play on our brand new "sport court" the last couple of weeks. This project was made possible completely by donated money, equating to zero expense to the school district. The space allows a safe space for our students to play basketball and volleyball during recess. In addition to recess time, the space will be undoubtedly used before and after school for many years to come. Thank you to the donors for making this possible.

More recently, the adaptive playground equipment that was paid for by TEAM has been installed. Students are enjoying using the equipment on a daily basis. The money for this project came from our BoosterThon Fun Run last spring totaling over \$16000. Thank you, TEAM, for making this equipment available to our students! Our time outside is now filled with students making music!

Our third grade attended a play in Rochester put on at RCTC. We continue to look for ways to expand our students' knowledge not only within our school, but also within the surrounding communities. The students enjoyed the performance, and we plan to attend again in the future.

Our fourth grade participated in the Kindness Retreat put on by Youth Frontiers. Throughout the day our students were at Faith Lutheran Church participating and learning about kindness. Our students participate in the Kindness Retreat in fourth grade, Courage Retreat in eighth grade, and the Respect Retreat in tenth grade. We even had our staff participate in the Purpose Retreat to begin the school year. Youth Frontiers does a great job connecting with our students while delivering important messages.

November 10th marked the day for our annual Veterans Day celebration. We thank our local veterans for their sacrifice and commitment to our nation. Students sang "America The Beautiful", read poems and articles honoring our veterans, and we had an opportunity to honor all family members that have served. We had a great showing of veterans and a huge thank you to the high school band for their excellent playing of patriotic music.

Last, but not least, we wanted to recognize Mrs. Bradford who received a grant from KIMT for items within our library. Mrs. Bradford has expanded the happenings in the library to include many STEAM activities. STEAM activities include hands-on experiences with science, technology, engineering, art, and math. The students love their time with Mrs. Bradford and are learning while having fun.



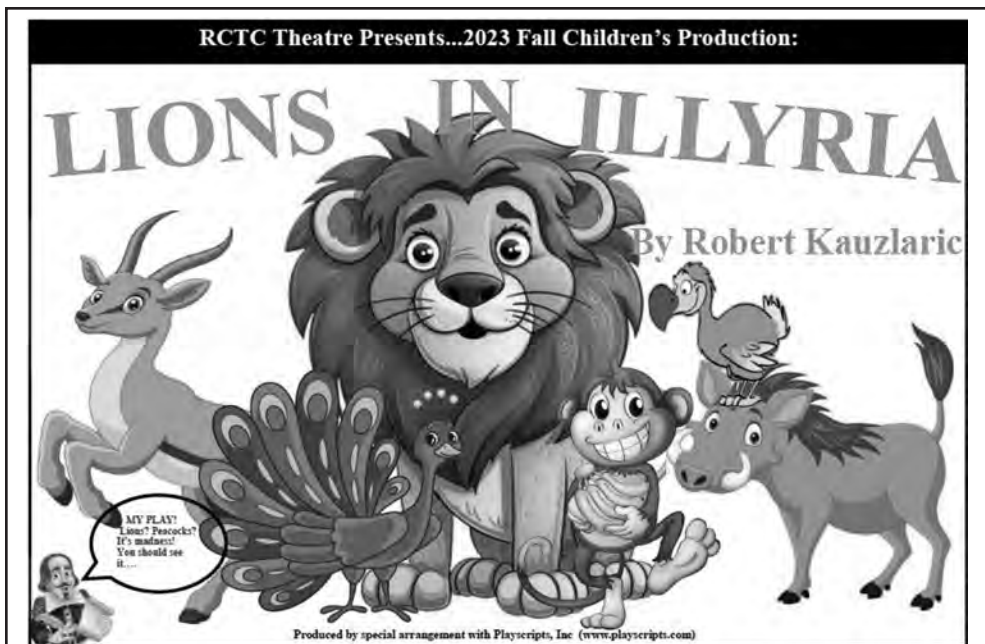
Mrs. Bradford receiving grant



Sport Court



Third graders attending play



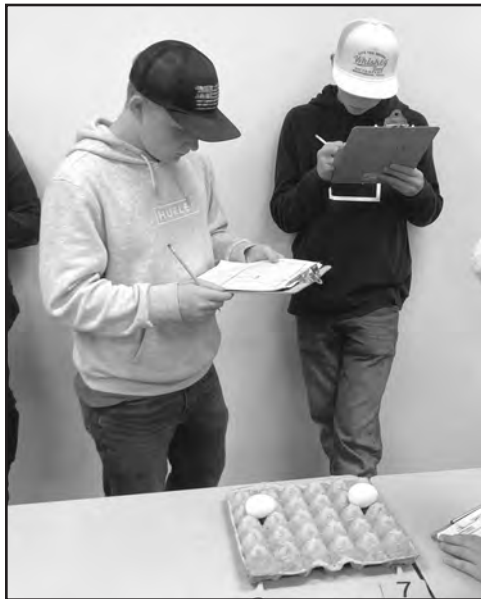
Triton 3rd graders took a trip to RCTC's Hill Theater on November 3rd to see the production "Lions in Illyria".



Kindness Retreat

Triton Public Schools
www.triton.k12.mn.us
#WeAreTriton
#SomosTriton

UWRF Poultry Invite held October 13



Noah Kasper (white hat) evaluating the exterior shell of white eggs



John Moenning was evaluating laying hens for past production efficiency.



Poe Broskoff is evaluating poultry processed products for quality and soundness.

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#SomosTriton

TRITON CLASS OF 2024

2024

SENIOR SPOTLIGHT



JOZEY BOE

Jozey Boe is a senior at Triton this year. Her parents are Jason & Gwen Boe. She has one brother, Parker and a sister, Madison. Jozey is a member of the Student council, MHS, SADD, Link Crew, FCA and involved in the Spring Musical. She also plays Triton volleyball and basketball. Outside of school she enjoys hanging out with family and friends and napping. Her favorite movie is Tangled and she enjoys most every kind of music. After graduation she plans to pursue a degree in Elementary Education at Minnesota State in Mankato.



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TRITON CLASS OF 2024

2024

SENIOR SPOTLIGHT



SARAH JENSEN

Sarah Jensen is a senior at Triton this year. Her parents are Dennis and Naomi Jensen. She has two brothers, Daniel and Darien and a sister Sasha. Sarah is involved in theater at Triton. She enjoys working, walking the dog, reading, singing and crafting. Her favorite movies are The Goonies, Twister and Stardust. She enjoys idie music like Lizzy McAlpine, Noah Kahan and Ashe. After graduation she plans to take a year to explore the country and work. After that she plans to apply to MSU Saint Paul for pre-veterinary med to be a livestock and equine specialist.



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FFA Corn Drive— Another successful year!



We had a great event that raised over \$19,000 from around 100 donors. Proceeds run our operations for the year and \$1000 will be reinvested in Dodge County by purchasing groceries at Sunshine Foods and delivering it to the Dodge County Food Shelf in Kasson. Thank you to all of our donors that assisted us this year and we look forward to seeing you at our annual Steak Feed appreciation meal held at Faith Community Church in West Concord on Saturday February 24, 2024.



One of the two tours that Ellingson Companies in West Concord gave the two Work Readiness sections Oct 11 and 12. They went over career opportunities the company has to offer.



FFA Tour of Central Livestock in Zumbrota where the Agricultural Economics class took a tour to learn more about the livestock markets.

Triton Times



Craig J. Schlichting – Superintendent

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Cooking Healthy with High Schoolers

In conjunction with their unit on nutrition, the high school Exercise Physiology class conducted a cooking lab. Students were broken into groups and assigned a particular dining course to create a recipe from. Using the MyPlate cooking guidelines and recipes, students created a meal incorporating whole grains and various fruits and vegetables. Their meal consisted of an appetizer of homemade queso dip, a side of whole grain macaroni and cheese with onions, a main course of whole grain flatbread pizza, and a dessert of angel food cake topped with fresh berries.

The students greatly enjoyed this activity as it gave them an opportunity to apply what they were learning all about. As junior, Tessa Tushaus stated, "I thought it was really interesting to be aware of all the healthy foods you can use when cooking. Our food item (pizza flatbread) was surprisingly very good!" Zach Barker echoed Tessa's sentiments by adding, "I was surprised at how cheap it can be to eat healthy. We had cost limitations set by Mrs. Horejsi and, even with those, we still had plenty of healthy recipes to select from."

If you are interested in exploring some of these recipes and many more, please check out <https://www.myplate.gov/myplate-kitchen/recipes>.



TRITON PUBLIC SCHOOL'S BACKPACK PROGRAM

The Triton Public School's Backpack Program provides individual bags with kid-friendly foods to be used over the weekend when school meals are not available. The goal is to provide 2 breakfasts, 2 main meals, 2 fruits, and 2 snacks per child for the weekend. In addition, each family receives a Dodge Center Kwik Trip voucher every week that may be used for bread, milk, or eggs.

We deliver the bag of food to each child's locker on Thursday or Friday every week. Children in Triton Middle School and High School are also welcome to use the program. Every effort is made to keep those involved in the program anonymous.

This is a free program; there is no cost to the families or the school. Generous donations from the community have provided the funding to support this program. This year the backpack program is experiencing greater costs to purchase food. Most food items used are obtained through the Channel One Food Bank. The selection of food items in the bags are limited to the Channel One inventory.

If you have any questions about entering the program or wish to donate to the Triton School Backpack Program, please contact us at: backpack@triton.k12.mn.us

Sincerely,

Triton School Backpack Program Committee: Kristy Faber, Terri Hallaway, Dan and Katie Finne, Barb and Dean Schrandt, Sue Welsh, and Nancy Thornton.



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!

NEW this year - A Taste of Dodge County Food Court!

Come on down to the Expo and grab some lunch.... The 2024 Expo will feature area restaurants and food vendors in a food court style format where the public can purchase their food!



TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550

Canvas Painting with Sunshine and Roses

Join Sunshine and Roses Traveling Art Studio to paint and create on canvas. Classes are open to all ages (adults too!) and you do not need any painting experience! (Ages 6 and under must be accompanied by an adult!) Choose Class 1, 2 or both! ** Classes are back-to-back and students taking both classes will stay in the room in between.

December 12
3:15-4:15pm
George the Chicken
Cost: \$26

4:15-5:15pm
The Grinch!
Cost: \$26



*** Register for both paintings and pay \$48! TES Art Room

Robotics 2.1 Youth Enrichment League 1st-5th grades

Build a spy-bot, satellite or design your own earth- quake 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



Registration

1. Walk in/Drop off at the Triton Community Ed Office, located in the Elementary Building.
2. Call us at 507-418-7550
3. Go On-line at: triton.k12.mn.us. Click on the Menu tab, and select Community Education under the Community Header, choose Class Activity Online Registration. Please note that for students the software does not automatically update their grade, teacher, or t-shirt size. Please update these pieces of information each year.
4. Mail the registration: see below, (.....)

Mail form and payment to Triton Community Education:
813 West Highway St.
Dodge Center, MN 55927

Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

City: _____ Zip: _____ Email: _____

Participant Information:
First/Last Name: _____
Class Title: _____
Grade if student: _____ Teacher: _____

First/Last Name: _____
Class Title: _____
Grade if student: _____ Teacher: _____

First/Last Name: _____
Class Title: _____
Grade if student: _____ Teacher: _____

Payment Information: Total Due: _____

Participants assume the risk of injury in route to and from as well as during classes/events, activities and games, and by registering waive any suit due to injury. Parents/guardians must sign this permission slip before their child may participate in the program.

Adult Participant or Parent/Guardian Signature: _____

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

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

Beautiful: The Carole King Musical Chanhassen Dinner Theatre, Chanhassen, MN

The soundtrack of a generation inspired this BROADWAY SMASH HIT! For six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time! Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers – then recorded her

Grammy-winning masterpiece, TAPESTRY. The musical takes you on a joy-filled, emotional ride of a lifetime! Featuring over two dozen hits including "One Fine Day," "The Locomotion," "So Far Away," "Natural Woman," "You've Lost That Lovin' Feelin,'" and "Will You Love Me Tomorrow," this Tony and Grammy Award-winning musical is filled with the songs you remember and a story you'll never forget. A huge cast of singers and dancers bring more than 24 of her greatest hits to life in a triumphant celebration!

Lunch is ordered off of the menu and served at your table. Water, Tea and coffee are included. Soda, alcohol and dessert is an extra that the individual is responsible for these costs.

March 27, 2024
Cost: \$98, includes coach bus, lunch and ticket to the show

Cost: \$98, includes coach bus, lunch and ticket to the show

March 27, 2024

Cost: \$98, includes coach bus, lunch and ticket to the show

Bus	Leaves	Approx. Return
Byron Community Ed Parking Lot	8:45AM	5:30PM
Kasson Football Field Lot	9AM	5:15PM
Dodge Center Triton Activities Door	9:15AM	5PM

Million Dollar Quartet Old Log Theatre, Excelsior, MN

The musical captures the memorable day when four Rock n' Roll greats made music history. On December 4, 1956, an auspicious twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records' storefront studio in Memphis, TN. The man who made it happen was the "Father of Rock'n'Roll," Sam Phillips, who discovered them all. This was the only occasion the four legends-to-be played together, and it has come to be known as one of the greatest rock jam sessions of all time.



We will have lunch at the Cast and Cru dining room at the Old Log.

Lunch choices are:

- Off the bone beef short ribs, mashed potatoes, and seasonal vegetables
- Chicken Breast, mashed potatoes, and seasoned vegetables
- Vegetarian pasta with house marinara

All lunches are served with dinner rolls, dessert, and coffee. Bar service is available at your own cost.

Cost: \$88, includes coach bus ride, lunch and ticket to the theatre.

January 25, 2024

Bus	Leaves	Approx. Return
Byron Community Ed Parking Lot	8:45AM	5:30PM
Kasson Football Field Lot	9AM	5:15PM
Dodge Center Triton Activities Door	9:15AM	5PM



Triton Community Ed's
**ANNUAL
CRAFT AND VENDOR
SHOW**

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

FREE ADMISSION TO THE PUBLIC

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

Christmas in West Concord

Saturday, December 2, will be the annual West Concord Community Christmas Celebration. Start the day out with fresh homemade doughnuts at the American Legion from 7 to 11am. The West Concord Fire Department

will be collecting "Toys for Tots" at Centennial Park from 7am to 4pm. Wescon Lanes will have breakfast from 8 to 10:30am.

At the Bell Tower starting at 8am you can have coffee and cocoa with the council, and check out the Festival of the Trees and the Cardinal Club fundraiser for the parks. Caseys has free coffee and door prizes from 8am to 2pm. Boe Auto Center has open house with coffee and cookies and the Dollar General has door prizes and candy for the kids all day.

Heritage Bank will have Santa from 9am to noon, a Lions child vision check and a coloring contest as well. The library has craft activities for kids and at city hall the WC police Department will host cookies with the cops. The silent auction will be held at City Hall with bidding ending at 2:30pm. At 10am the library will host Kids Snow-

plow safety.

The West Concord Historical Society will have a Craft Fair from 9am to 2:30pm with lunch served from 11am to 1pm with live music.

Cookies with the cows will be held at Gochbauer Dairy farm with hot beverages from 11am to 2pm. The West Concord muni will have Bloody Mary's from 11am to 3pm. There will be a Festive Bar and music from 7 to 11pm. The Wescon Lanes will have lunch specials and free bowling from 11am to 3pm.

There will be a program with tree lighting, bell ringing, candle lighting, live nativity and Christmas drawing starting at 4pm at the Bell Tower. A concert with organ, piano, harp and vocal music will follow. From 5:30 to 7pm the West Concord EDA will have a free supper featuring spaghetti, French bread, salad, dessert and beverage.



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Bidding Begins:Dec. 2, 2023 Starts Closing.....Dec. 11 2023
December 14, 2023 Kenyon & Dexter, MN
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Baking Help for the Holidays from Angela

By Cheri Roshon

As the holidays start creeping up on us, there are always so many things to do. Deep clean the house to ready it for company. Be sure to get all the groceries you'll need for the holiday feast.

Don't forget to invite Aunt Agnes to the party. It's literally a doubly busy time of year! So, if you could eliminate one time-consuming but necessary task from your holiday list, what would it be?

I believe the top answer would be all the extra baking! You have the detailed decorating, the extra groceries that aren't staples in the pantry, and of course, the time it takes to actually do it right to make the holidays special.

Many of us grew up with family get-togethers to help make this task more fun, and less

time consuming. I remember my childhood and into my adulthood, looking forward to all the cousins, aunts and grandmas getting together to pass on the traditional holiday treat recipes that were passed down the generations for as long as I can remember. I loved dipping the Rosette irons into the batter, and watching it sizzle in the oil, carefully rolling the Krumkake, and flipping the Lefse. Norwegian baking is the best! But as I got older, the family got smaller, and the relatives got busier, until it was just me and my girls doing the traditional stuff that I loved.

So, last year, I finally bit the bullet and ordered the Rosettes, Krumkake and Lefse, and you know what? They tasted just as good as mine did-- maybe even better! That left me with more time to finish the last of the gift making with no stress!

Angela Larson lives in West Concord and has been baking since she was old enough to reach the kitchen counter. Her mother, grandmothers and aunts were her teachers, and she found that she loved to bake. While she tends to gravitate toward offering items made using tried-and-true family recipes, she has learned how to go fancy with wedding cakes, Norwegian and other sweet treats, and some

rather unusual specialty items. She just finished making a catsup bottle cake! I would say that takes a bit of imagination!

"Baking is my creative outlet that brings joy to others' celebrations" she shares. Angela is employed as the office manager for 6 Catholic parishes, and along with that she has worked at food and beverage venues for many years. Over the years, she has been creating specialty cakes for friends and family, and finally last year, decided to make it a business, and let her imagination run wild! Lucky for the rest of us, we can now support Angela in her creative endeavors by pre-ordering our holiday treats that will impress our guests with the traditional favorites, and more!

I asked her what the hardest part of making her dream come true has been. She answered, "I had to learn the marketing aspects, liabilities, web design and social media stuff." Good for you, Angela, you are doing it all right! She has made her presence known by having a float in the Survival Days parade, and most recently during West Concord's Trunk or Treat celebration.

Word of mouth has certainly helped, and getting the word out through local advertis-



ing has helped immensely.

Now she is preparing for the busiest time of the year, and is taking orders for holiday baking, and even offering classes monthly, each with a different, seasonal theme, to learn how to decorate your own treasures, and have fun doing it! You can find all the details on her website, angelalarsonbaking.com, and on her Facebook page @angelalarsonbaking. There you will find pictures of some of her creations, her class schedule, and her pre-order form. So, if this is the year to give yourself a break, and still indulge in the holiday traditions you love, give Angela Larson Baking a try. I believe you will be glad you did!

What's the Right Diet for Your Dog?

Taking a quick trip to the pet store can be challenging, given the myriad of options now available. In particular, there is a confusing and even frustrating array of diets for our canine companions. Dr. Gene Pavlovsky, medical director of the University of Illinois Veterinary Medicine South Clinic in Urbana, has advice for owners about picking a diet that's right for their dog.

Possible Risks of Boutique Diets

In recent years, many pet food brands have advertised themselves as being grain-free and have even linked such a diet to being better than grain-inclusive ones. However, in 2018, the US Food and Drug Administration issued an alert about increasing cases of dilated cardiomyopathy (DCM) developing in dogs that were otherwise not genetically predisposed to the condition.

"A common thread linking these dogs was the consumption of certain diets, including some boutique, exotic, or grain-free commercial formulations," says Dr. Pavlovsky. "Improvement in the affected dogs' hearts after a diet change [away from a boutique/grain-free one] was an important part of what alerted veterinarians to the potential cause."

Yet, the DCM-boutique diet link is not as straightforward as a single ingredient.

"Not all dogs with diet-associated DCM had been eating strictly grain-free diets," says Dr. Pavlovsky. "The current data implicates diets containing high levels of pulse ingredients (seeds of legumes, such as peas, chickpeas, lentils, and beans). Less commonly, potatoes or sweet potatoes have been linked to diet-associated DCM, whether the diet was grain-free or not."

Still, it is important to note that diets labeled grain-free are more likely than conventional diets to contain the ingredients listed above as a carbohydrate source.

What Is Canine Dilated Cardiomyopathy?

"DCM is a condition that involves gradual thinning of the heart muscle, resulting in enlargement and weakening of the heart," says Dr. Pavlovsky. It is the second most common type of heart disease in dogs. While the condition has a genetic component, especially in breeds such as Doberman pinschers, boxers, and great Danes, it can also develop in any breed.

Dogs with DCM may show no clinical signs or only mild signs initially. However, coughing, exercise intolerance, or the development of an arrhythmia—an abnormal heart rhythm—can be associated with DCM, according to Dr. Pavlovsky.

Picking a Diet

To help owners navigate the abundance of choices in the dog food aisle, Dr. Pavlovsky advises, "Look for diets that have been tested via feeding trials in accordance with the guidelines developed by the American Association of Feed Control Officials. Choose a diet developed for a specific life stage of your pet, such as puppy or adult."

Dr. Pavlovsky says that diets created by companies that take part in veterinary nutrition-related research and that employ veterinary nutrition experts are likely to be of higher quality. A sampling of brands that fulfill those criteria includes Hill's, Purina, and Royal Canin.

"Stay away from products making grand statements or claims that seem too good to be true," advises Dr. Pavlovsky. "These diets are good for attracting customers but are rarely rooted in solid science."

Additionally, homemade diets and raw meat-based diets may carry significant health risks for pets. Homemade diets are often nutritionally incomplete and can result in long-term nutritional deficiencies or excesses, especially in growing animals.

"If a homemade diet appeals to a pet owner, a board-certified veterinary nutritionist should be consulted to help formulate a complete and balanced diet," says Dr. Pavlovsky.

Raw meat-based diets increase the risks of bacterial and parasitic pathogens, not only for the animals eating the diet but also for the people living in the home, he warns.

"Science is ever evolving, and what we know and believe now may change," says Dr. Pavlovsky. However, by partnering with your veterinarian to choose the best diet for each individual pet, you can ensure that your pet is eating a diet that is rooted in the most current scientific research and knowledge available.

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Flu Prevention Strategies and Flu Vaccine Dangers



By Shauna Burshem, D.C.

The flu vaccine is recommended for pregnant women even though there exists evidence that the vaccine could place their pregnancy at risk. Research funded by the Center for Disease Control (CDC) found a link between being vaccinated for the flu during pregnancy and increasing the risk of miscarriage (8 fold). In general, data from the federal Vaccine Injury Compensation Pro-

gram shows that the flu vaccine is now the most compensated claim filed. Between January 1, 2006 and December 31, 2019 five thousand four hundred and seven injury claims were filed for the flu vaccine. In addition, CDC data demonstrates that the flu vaccine is less effective for senior citizens. According to the CDC data, the influenza A and B vaccine had an effectiveness rating of 12% for those over the age of 65. Statistically, the CDC includes death from secondary infections (like pneumonia, sepsis and other respiratory infections) in the total mortality rate from the flu. These secondary infections account for the majority of deaths attributed to the flu each year.

Boosting your immune systems capabilities have been shown to be way more effective than the flu vaccine for preventing the flu or increasing the likelihood for a mild case and or quicker flu illness recovery. Vitamin D3 taken with vitamin K has been shown to lower your risk of flu illness. Vitamin D is the sunshine vitamin. Sun exposure naturally produces vitamin D in the body. This is why flu season is in the fall and winter months. People have lower levels of vitamin D when not able to be out in the sunshine with safe sun exposure. Taking a vitamin D supplement throughout the fall and winter (and even summer if you do not have adequate sun exposure) will boost your immune

system function. Functional medicine and nutritional experts have found that the proper dose of vitamin D in the winter season is 30 units per pound of bodyweight. This means if you weigh 150lbs your D supplementation should be 4,500 units per day. People whose levels are below the normal range are at risk for becoming sick with illness and if exposed to covid-19 they are also at a higher risk for hospitalization and death.

In addition to vitamin D (and K), your flu prevention medicine chest should contain elderberry extract and vitamin C (1000mg capsules). If you start to feel the signs of illness coming on begin taking elderberry extract 3 x per day. Elderberry boosts immune function but also has a high amount of antiviral properties and works really well with respiratory infections. Also, increase your vitamin

C consumption to 3000 mg and take your C 3-4 times per day, every 3 to 4 hours. Do this until you feel better.

Lastly, chiropractic spinal adjustments have a positive effect on increasing immune system function. Mid back adjustments to the thoracic spine have an immediate effect on white blood cell production. White blood cells are your infection fighting cells. Research has also shown that chiropractic spinal adjustments increase the rate at which your body's DNA repairs itself. DNA repair is an important marker for immune system function. Additional research has also shown that people who receive regular chiropractic care (at least 1 adjustment per month, every month) have higher resistance enzyme levels than people who do not receive chiropractic care.

Quilts of Valor Ceremony for Veterans

(continued from page 1)

Since 2003 over 300,000 of these quilts have been made and donated to service members and veterans all over the country.

The event began with a meal provided by the Dodge Center American Legion and Dodge County Veteran Services director Brandon Servantez spoke to the group about the benefits available to service members in Dodge County.

Each veteran honored was introduced with their date and branch of service before handing out their quilt. They are listed as follows;

George Gilman, Army 1955-57, Raymond Tyler, Army 1959-61, David Hanson, Army 1953-55, Roger Deyo, Air Force 1953-61, Glenn Engleken, Army 1956-62, Taymond Malsom, Navy 1957-61, Larry Miller, Air Force 1962-66, Leonard Marquardt, Army 1957-58, Philip Baudoin, Army 1955-57, James Baudoin, Navy 1977-81, Gerald Fahning, Army 1951-53, Marty Franko, Army 1949-53, Paul Maroo, Navy 1969-89, Harold Johnson, Army 1959-60, Delano Paulson, Marine Corps 1951-54, Dennis Vang, Navy 1957-60.



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How Seniors Can Get Help Paying for Everyday Needs

What types of programs are available to help seniors struggling with their everyday bills, and how do I go about finding them? Since I lost my husband last year, my Social Security survivor benefit is barely enough to get by on.

--Searching Senior

Dear Searching, I'm very sorry for your loss, but you'll be happy to know that there are dozens of different financial assistance programs and government benefits that may be able to help you with your everyday costs.

To locate these types of programs, your best resource is BenefitsCheckUp.org. This is a free, confidential online screening tool designed for older adults and people with disabilities. It will help you find federal, state and local benefits programs that can assist with paying for food, utilities, health care, medications, housing and many other needs. This site - created by the National Council on Aging in 2001 - contains nearly 2,000 programs across the country.

To identify benefits, you'll first need to type in your ZIP code and choose the types of benefits you're interested in. Then you'll need to answer a few questions regarding your personal and financial situation. Once completed, you'll get a list of programs to choose from, followed by a personalized report that explains each program, and tells you where you can get help or how to apply.

If you need some assistance or you don't have internet access, you can always speak with a benefits support specialist by calling 800-794-6559. You can also get help in-person at any of the 85 Benefit Enrollment Centers located across 41 states. See NCOA.org/article/meet-our-benefits-enrollment-centers to search for a center in your area.

Types of Benefits

Depending on your income level, location and circumstance, here are a few of the many different benefits you may be eligible for:

Nutrition assistance: Programs like the Supplemental Nutrition Assistance Program (SNAP) can help pay for food at the grocery store. The average SNAP benefit for 60-and-older households is around \$105 per month. Some other nutrition programs that are available to seniors include the Senior Farmers Market Nutrition Program and the Commodity Supplemental Food Program.

Utility assistance: There's the Low-Income Home Energy Assistance Program (LIHEAP) that provides assistance in lowering home heating and cooling costs. And for broadband assistance, the Affordable Connectivity Program provides a \$30 monthly subsidy that can be applied toward your home internet costs.

Health care and medicine: Medicare Savings Programs and Medicaid can help or completely pay for seniors' out-of-pocket health care costs. And for assistance with medications, there's a low-income subsidy program called 'Extra Help' that helps pay premiums, deductibles, and co-payments on Medicare (Part D) prescription drug coverage. You can also search for prescription drug help through patient assistance programs or your state pharmaceutical assistance program at Medicare.gov.

Supplemental Security Income (SSI): Administered by the Social Security Administration, SSI (see ssa.gov/ssi) provides monthly payments to very low-income seniors, age 65 and older, as well as to those who are blind and disabled. In 2023, SSI pays up to \$914 per month for a single person and up to \$1,371 for couples.

In addition to these benefits, there are dozens of other programs BenefitsCheckUp.org can help you identify, like housing assistance, property tax reduction, home weatherization assistance, tax relief, veteran's benefits, senior transportation, caregiving support, free legal assistance, disability services, job training and more.

DODGE CENTER SUMMARY COUNCIL MINUTES

Monday, October 23, 2023

This published information is a summary of the full minutes of the October 23, 2023 Dodge Center City Council meeting. A copy of the full minutes is available for viewing at City Hall, 35 East Main Street or online at www.ci.dodgecenter.mn.us.

Present: Bill Ketchum, Gary Trelstad, Cathy Skogen, Matt Maas, Lee Mattson, AJ Gengler, Jeremy Dostal, Deputy Vermeersch, Tim Woessner, Pastor Langworthy and Kathy Freeman

The City Council approved the following items:

- Agenda and consent agenda;
 - Resolution 2023-25 – A Resolution Opting to Join the Statewide Volunteer Firefighter Plan;
 - Separation agreement with Administrative Services Coordinator authorizing payout of all accrued PTO hours;
 - Staff submittal of the Grant Initiation Request for Federal Assistance form;
- Meeting adjourned at 6:25 pm

Peanut Clusters

- 3/4 cup creamy peanut butter
- (1) 12 ounce bag semi-sweet chocolate chips
- 1 cup whole dry roasted peanuts

Melt peanut butter and chips, stir in nuts. Chill and refrigerate.

Peanut Brittle

- 1 cup white sugar
 - 1/2 cup white syrup
 - 1/8 tsp salt - mix and cook 4 minutes in high
 - Add 1 cup raw peanuts - cook 4 minutes on high
 - Then add 1 tsp butter
 - 1/2 tsp vanilla
 - 1 tsp soda
- Put in buttered 9" x 13" cake pan



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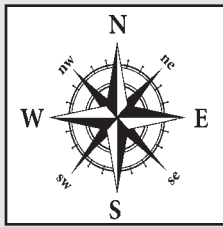
Best wishes and big thanks from our entire team!

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Changes in Latitudes, Changes in Attitudes My Grandfather, Otis.



By Terry Campbell

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

I never knew my grandfather, Otis Campbell. He passed away the year I was born. But my grandmother and father told me many stories about him that just piqued my interest in him. I always enjoyed the character by his name in the Andy Griffith show, but unlike the Mayberry Otis Campbell, my grandfather was stone sober.

Most people remembered him for his dry wit. The only tangible evidence I had of that was the story my dad relayed about the day my grandpa almost ran over Elvis. It was written in pencil on the granary wall and mostly faded from sight by the time I was a kid. Turns out Elvis was the family dog, but it made a great story.

Harold Avery was a friend of Otis, and they were members of the Concord Church. When a new preacher was hired, Harold volunteered to take his livestock truck out to the western part of the state to move the new minister back, and Otis rode along to help. As the two filled the box of the truck with the new parson's household belongings, they constantly harped on each other over how to load each item. Once loaded the new pastor climbed in the truck cab between the two bickering furniture movers and had to endure the constant insults they plied each other with. His concern was that they may stop the truck and come to blows from the endless feuding. He was starting to reconsider the wisdom of coming to a church where two of the good members seemed to dislike each



other so much. He later learned that they each loved to rib each other mercilessly and were in fact best friends.

The church had an old coal furnace in the basement and one cold winter day it broke down. A couple of the men took turns laying on their backs inside the firebox and hammering with a cold chisel to remove the broken part. Dean Loquai told me years ago about the day in question, how the minister came over to see how they were coming along. Dean told him to head back to the parsonage as they were some words coming out of the furnace he might not want to hear.

My grandfather's hired man was Perry Bartholomew and one evening Otis stopped by their house on the farm to visit. Perry's wife loved the suspense theater on the radio and was sitting on a kitchen chair listening to the radio show with rapt attention. At the precise time, Otis reached out and put his hand on her shoulder. Her reaction was more than he expected as she jumped, sending the chair backwards, where the rear leg caught in a knot hole in the wood floor and she nearly fell onto the floor. She was not as amused as the two men were.

One evening Otis and a younger hired man had walked down to the country schoolhouse for a community meeting. As they walked back along the dark and deserted gravel road in the dark, a sound came from the cornfield to their right. It was the sound of cornstalks being broken and knocked down by a large and rapidly approaching object. The hired man in his terror took off running for the farm, leaving his older boss in his dust. Otis simply stopped and waited as a large buck deer burst out of the corn rows and raced across the road in front of him. My grandfather thought the whole event was too funny to be mad at the poor kid.

A Minnesotan: Thanksgiving Traditions



By RosaLin Alcoser

Across the country every family has their own Thanksgiving Day traditions. Holiday traditions are a great way to bring families closer together on the holiday as everyone has something to look forward to knowing that no matter what that one thing will take place on that day. It can even be a good way to feel connected to your family on the holidays if you are far away from them during the holidays. As you can at least do that one thing knowing that your loved ones are also doing it at the same time.

Some families cook the same meal every year, or watch football, others go outside

to play football, while others do Turkey Trots or volunteer at soup kitchens. My family does none of these things.

Over the years we've done a number of things on Thanksgiving Day over the years. There have been years when we had venison or ham instead of turkey. There have been years that it was warm enough for us to go for a walk after dinner or where we had gone back south and could do that. While there have been other years where we talked about how if it wasn't snowing we could go for a walk. Mostly though we have no strong traditions that we have to do on Thanksgiving Day no matter what.

Except for one. Every single year we all watch the Macy's Thanksgiving Day Parade no matter where we are. There isn't a single year in my entire life that I can recall not watching that parade on Thanksgiving Day. Even though we can't all be together on Thanksgiving Day every year, which is most of it these days, we all make sure that we are up and watching the parade at the same time.

For my family at least, watching the parade has given us all something in common about the holiday while apart for over a decade now. Which means at the end of the holiday we all have at least one shared experience to talk about no matter what else happened allowing for that feeling of togetherness that traditions create.

HAPPY THANKSGIVING

Sugared Nuts

Serves 24-30

2 cups sugar

1/2 cup water

5 tablespoons White Karo Syrup

8 large marshmallows

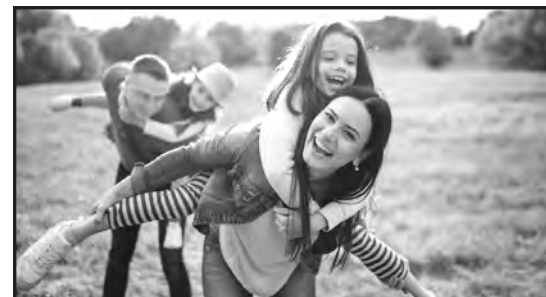
1 teaspoon vanilla

1 quart walnuts

Food coloring

Mix sugar, water and syrup, cook to little more than soft ball stage, 240 degrees.

Add marshmallows, stir in until melted. Add vanilla and food coloring and nuts. Stir until it begins to sugar. Pour out onto wax paper lined tray and separate with fork. Allow to cool.



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A Time To Share Our Gratitude

As we welcome another Thanksgiving,
we welcome the opportunity
to thank our good friends and customers
for their support and trust in us.

Best Wishes & Happy Thanksgiving!

We will be closed Thursday, November 23rd so our employees can enjoy the Thanksgiving holiday.



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