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JANUARY 24, 2024

Volume 5 • Issue 1

Happy New Year!

We want to Thank You for your continued support of the Claremont Messenger again this past year!

Thank you

Your hometown newspaper continues with an unwavering goal to bring the local and area news to you.

In addition, in an effort to deliver the news and information more timely between print issues, last year we launched our on-line edition of the Messenger.

Check it out if you haven't already, There is additional bonus content on the site as well that is not in the print edition.

Thanks to local advertisers and your voluntary subscriptions, we are in your mailbox each month. Enclosed in this month's issue is a subscription envelope. We hope you will consider renewing your voluntary subscription. It insures the paper will continue here in your hometown.

Without this support, we would not be here. We hope you continue to see value in the Messenger. While there are plenty of social media sources and on line sites out there, most don't deliver the hometown news and message like we do here.

Every year, many newspapers have consolidated or gone out of business.

We have watched this happen many times in recent years in small rural communities, and especially the past several years.

With our small staff of 2.5, we understand this challenge first hand here at the Messenger, which is why we publish the Messenger in its monthly format and update you as needed throughout the month on our web site.

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Triton 8th Graders Head to Washington DC!

By Cheri Roshon

Can you think of a better way to learn about our nation's history than going back in time and experiencing it yourself? Well, I don't know about you, but in my world, time travel hasn't been perfected yet, so I think the next best thing is to go to the birthplace of our great country and see where history unfolded. When my daughter graduated, her first trip away from home without me was to the east coast. When she called me to report on some of her activities, she asked me why, in all the travelling we did when she was young, did I not take her and her siblings to DC. She said it would have made her history lessons much more comprehensive, had she been to the places she was studying about in American History. Good point! Being a Mom who was more into heading west, that thought had never occurred to me.

Fast forward about 20 years, and I am

pleased to say she is now helping coordinate the fundraising for the Triton 8th Grade student trip to..... guess where? Yep! Washington DC! I love how she took the initiative to give her kids what I wasn't able to give her! From July 30th to August 6th, Legacy Student Travel, a company that caters to young people traveling to learn about things they may never have the chance to see on their own, is giving 8th grade students a safe way to learn about the beginnings of America. The company puts together all the trip requirements, and knows the best places to stay, eat and learn. The hotels, restaurants and activities are scheduled, and include some of the meals, and all of the accommodations. The children will have chaperones at all times, and it looks like they will be having a lot of fun learning opportunities that they will never forget!

(continued on page 4)



Valentine's Day Dinner from First Presbyterian Church



The First Presbyterian Church in Claremont is organizing a Valentine's Day takeout dinner this year. The fare includes lasagna, French bread and truffles in a family size meal which will serve four. The lasagna is a take and bake so it will be fresh when time to serve for your family. The cost is \$30.00 per order and you may reserve your meal by calling 507-528-2320 or text 507-696-0805 with your name, phone number and how many orders you would like. Reservations need to be made by Wednesday February 7th. Pickup times will be between 11 - 11:30 am on Sunday February 11th at the church.

Proceeds of the sales will go towards the food pantry located outside the church building provided for the community.

Concord Collision and Hot Rod Hardware



By Cheri Roshon

A few months ago, I did a story on Tim Gangl a local Farmland Realtor®.

(continued on page 5)



From the simplest residential closing, to the more complex commercial or farm real estate transaction, Dodge County Land Title Company is committed to providing real estate transactional expertise and personal customer service.

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Triton FFA

STEAK FEED

Saturday, February 24th • 4:00-8:00 PM
Faith Community Church, West Concord

4:00-6:00 PM Drive Through Available
4:00-8:00 PM In-Person Dining to the Public and Donors
- Carryout Meals Available -

Snow Date March 2nd

\$14.00 Sirloin Steak Dinner
Kids Meal \$6.00

God's Ministers of Law Enforcement



By Pastor Roger Langworthy
Praise Fellowship Church

January 9th was National Law Enforcement Appreciation Day. In my service to the Dodge County Sheriff's Office as a Chaplain, I have come to observe and appreciate how these law enforcement officers, together with West Concord Police Department and Kasson Police Department serve our county. I have also gained an increasing awareness of how these men and women are ministers of God in their occupation.

Romans 13 says, "For the authorities do not strike fear in people who are doing right, but in those who are doing wrong. Would you like to live without fear of the authorities? Do what is right, and they will honor you. The authorities are God's servants, sent for your good. But if you are doing wrong, of course you should be afraid, for they have the power to punish you. They are God's servants, sent for the very purpose of punishing those who do what is wrong."

In Biblical language, it is very clear that the authorities of Law Enforcement are called God's Servants (God's Ministers). And that you do not have to be afraid of them if you are doing right. But they do have a mandate from God, and really a biblical job description toward those who are law abiding citizens as well as those that are evil people. Psalm 82:3-4 "Give justice to the poor and the orphan; uphold the rights of the oppressed and the destitute. Rescue the poor and helpless; deliver them from the grasp of evil people."

We are all used to seeing those who do patrol and I have done ride alongs with patrol officers and have seen them operate in the capacities described in the passage of scripture above. At the same time there are those who are just as involved behind the scenes, whether it be in administration, dispatch, investigations, records, the courts, and more. All are serving in their various capacities as God's Ministers.

We appreciate our Law Enforcement Officers, and we pray for their safety. We pray blessing upon them even as Jesus did when he spoke to the multitudes of people gathered on a hill (his sermon on the mount), Matthew 5:9 "God blesses those who work for peace, for they will be called the children of God."

E-mail your engagement, marriage or birth announcement to the Claremont Messenger
hometownmessenger@gmail.com



Dodge Center Library Offers Winter Events

If you are looking for something to do during the cold January hours check out the Dodge Center Library this month. On Thursday January 25th from 4 to 6:30pm there is a Nintendo Switch Party. All ages are welcome to come to this free event for a game night to play Mario Kart, Super Smash Bros. and more.

If you have an artistic flair stop by and pick up a 2"x2" canvas or a package of air dry clay at the library. Use whatever art supplies you have and create your own tiny masterpiece. Return it to the library by January 31st and it will be on display all through February. This program is free and open to all ages.

Community Bonfire

Sat. Jan. 27, 5:00pm



DCFD Present for safety

Sponsored by Praise Fellowship Church
At the original Dodgers Football Field
29 South Street SW

- Free Chile Feed
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- Hot Chocolate
- Coffee



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Area Church Directory

The Return of the King

"Suddenly the Lord you are seeking will come to his temple." — Malachi 3:1

When Jesus is 40 days old, his parents bring him to the temple to present the required offering after a son is born. It's a big day. Here's why.

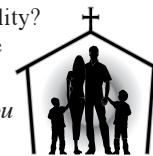
When the Israelites, under Moses, set up a tabernacle (a portable temple) in the wilderness, a cloud of glory signaled the presence of God. God was there in the midst of his people. Later, when they built a temple, under Solomon, the cloud of glory filled it to overflowing. God was enthroned in the temple as Israel's true King.

Many years later, the prophet Ezekiel saw God's throne leave the temple—and the cloud of glory with it (Ezekiel 10). Soon the temple itself lay in ruins, destroyed by Babylon. Later the people of Israel returned from exile and built another temple. But this time there was no cloud of glory, no sign that God had come to live in the new temple.

Many more years later, Mary and Joseph came to the temple carrying Jesus. And the Lord, Israel's true King, was in the midst of his people once again. What kind of king will he be? And what kind of kingdom will he bring?

We are faced with those questions to this day. How will we welcome King Jesus and his kingdom? With humility? With joy? With thanksgiving? With hope? With holy obedience? The answer is in our lives and in the life of the church.

Jesus, you came to live among us for a while. And you will come again. We want to welcome you wherever you appear. And wherever you are, your kingdom is. Amen.



1st Presbyterian Church

200 East Street, Claremont
528-2320

Pastor Doug Walters
Sunday Worship at 10:00a.m.

St. John Lutheran Church

4532 SE 84th Avenue, Claremont
528-2404

Pastor Alan Broadwell
Sunday Service at 10:30a.m.

E-mail your church announcements, schedule, etc. to: hometownmessenger@gmail.com

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Carol Ann Welsh

Carol Ann Welsh, 87, passed away on Wednesday, December 20, 2023, at Fairview Care Center in Dodge Center.



Carol Ann Boyum Welsh was born to Rueben and Mildred (Kramer) Boyum on October 4, 1936, in Farmington, Minnesota. They continued to live there until she was 3 years old when they moved to Dodge Center to be close to family. Her father owned and operated a garage and filling station until his death in 1972, (Boyum's Texaco). Her mother started the first kindergarten class, under Superintendent Oliver Mieras, in the basement of the Methodist Church. Carol graduated from Dodge Center High School in 1954, Rochester Junior College in 1956, and Mankato Teacher's College in 1957. She accepted a teaching position at Jefferson School in Rochester, MN where she taught for 3 years.

Carol married her husband, Richard August 3, 1958, at the First Congregational Church, the same church they celebrated their 50th Anniversary at in 2008. After teaching in Rochester for 3 years she was going to have their first child. In the 50's you had to resign from your teaching position when you were going to have a child. She resigned, devoting her life to being a mother. Richard and Carol have 2 sons, Richard John and Daniel Joseph. She later went back to teaching when Oliver

Mieras of Dodge Center couldn't start school, because he was short a 3rd grade teacher. Carol decided to go back. She later received her master's degree from the University of Minnesota and continued teaching until her retirement from Triton in 1997 with a total of 33 years of teaching. After retirement they returned to AZ where she had lived 2 winters because of her asthma. They purchased a home in Mesa, AZ which they continued to enjoy during the winter months and where her husband enjoyed his old car hobby. Carol has been a lifetime member of the First Congregational Church where she played piano for Sunday School, and organ for church, and has always been grateful that her sons and grandchildren have lived close by. Her hobbies have been knitting, sewing, playing piano and organ, and collecting antiques. Carol has been a member of the Monday Music Club since 1957.

Carol is survived by sons, Richard (Shari) Welsh of Dodge Center, MN and Daniel (Susan) Welsh of Claremont, MN; grandchildren, Richard Welsh II of St. Paul, MN; Danielle (Jacob) Snyder of Claremont, MN; Michelle (Jake) French of Dodge Center, MN; Rachel (Michael) Theis of Cresco, IA and great-grandchildren, Griffin Snyder, Sophia Snyder, Beckett Snyder, Samia French, Amira French, Jaxson Theis, and Beau Theis. She was preceded in death by her beloved husband, Richard and her parents.

The funeral service was at 11:00 A.M. Wednesday, December 27, 2023, at the First Congregational Church, 12 2nd Street NW in Dodge Center. Reverend Keith Mosier officiated.

Visitation was one hour before the service at the church. Interment was in Riverside Cemetery in Dodge Center.

The family would like to thank Fairview Care Center for the care given to Carol for the last 4 years. Blessed be her memory.

Memorials can be sent to First Congregational Church of Dodge Center or the donor's choice.

Czaplewski Family Funeral Homes ~ 25 South Street SW Dodge Center, Minnesota.

To share a special memory or condolence please, visit www.czaplewskifuneralhomes.com, Czaplewski Family Funeral Homes ~ 25 South Street SW, Dodge Center, Minnesota.

Peggy Ann Brocker

Peggy Ann Brocker, 60, of Claremont, passed away on Friday, December 15, 2023 at Methodist Hospital in Rochester after a 5-year battle with Leukemia.



She was born on September 25, 1963 in Waseca to Louis and Verna (Wabner) Meyman. Peggy

grew up on the farm in Waseca and graduated from Waseca High School in 1982. She worked for a short time at Brown Printing before continuing her education in Albert Lea to become a dental assistant. She worked several years as a dental assistant when she met Barry Brocker, and on August 25th, 1990, Barry and Peggy were united in marriage at Trinity Lutheran Church in Owatonna. Peggy started her own daycare to help raise her own kids as well as taking care of the children of families around her. After the kids were grown up and she worked as a dietary aid at KODA and as a culinary prep at the Bloom-

ing Prairie Schools, she later developed health complications which would eventually lead to her Leukemia diagnosis.

Birthday's, and holidays were very special to Peggy, but Christmas was her favorite holiday. She was known to be the matriarch of the family and she knew how to show you tough love, but as soon as she made a smart remark to you then you knew that she liked you. Peggy was known for her cooking and all her recipes that she had in her head; adding a dash here and a dash there to get that perfect flavor. Peggy loved her family dearly and loved to spoil the grandkids and her dogs.

She is survived by her husband Barry Brocker of Claremont; children, Sam (and Joey) Lorentz of Kasson, Josh (and Amanda Lisowski) Brocker of Claremont, Gabby Brocker of Claremont; grandchildren Nova Sollinger, Tobias Arndt, Ava Lisowski, and Baby Lorentz due in May; brother, Jim (and Jennifer) Meyman and their children Abi and William of Owatonna; nephew Robert Meyman of Minneapolis; niece, Rebecca (and Justin) Loehr of Rochester; nephew Zack (and Pia) Meyman of Waseca, nephew Cory Meyman of AZ, niece Jessica Starkey of Waseca

She was preceded in death by her parents Louis and Verna Meyman; brother, Joseph Meyman; and sister Susan Meyman.

Visitation was at Michaelson Funeral Home on Tuesday, December 19th, 2023 from 4PM to 7PM. Funeral services were held on Wednesday, December 20, 2023 at 10:30AM at Zion Lutheran Church with a visitation one hour prior to the service. Pastor Billie Jo Wicks officiated, and the interment was in the Zion Lutheran Cemetery in Ellendale. Memorials are preferred to the American Cancer Society. Those that attended the funeral service were encouraged to wear bright and fun colors, or wear purple as that was her favorite color.



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Thursday, February 1 *Lady's Happy Time 4:30-6:30p.m.*

Open Mic 7:00-10:00p.m.

Thursday, February 15 *Open Mic 7:00-10:00p.m.*

Friday, February 23 *Honeyshine Hollow*

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Triton 8th Graders Head to Washington DC!

(continued from page 1)

Some of the activities scheduled are a pizza party in a hotel with a pool in Ohio after the first day of travel oops! I digress..... A stop in the Appalachian Mountains to tour Flight 93 National Memorial, then on to Gettysburg. In Gettysburg, they will have the opportunity to visit the Gettysburg Visitor Center and Cyclorama, an evening battlefield walk called "Heroes of Gettysburg", and time to explore the fields and monuments of honor.

The following day, they will tour the 6,000 acre Gettysburg Battlefield National Military Park with a licensed Battlefield Guide, a walking tour of the National Cemetery, which was the site of President Lincoln's Gettysburg Address, and lunch at the Farmhouse Restaurant. Several other historic sites will be toured before they retire and get ready for more history!

On to Monticello, the mountaintop home of Thomas Jefferson, stopping to explore the National Museum of the Marine Corps in Quantico, an illuminated night time tour of Washington, including the U.S. Capital, Thomas Jefferson, FDR, Martin Luther King Jr. and the Korean and Lincoln Memorials. They will be staying in DC for 3 nights to be sure to get all the history they can handle!

A walking tour of Arlington National Cemetery, witnessing the changing of the guard at the Tomb of the Unknown Soldier, a wreath laying ceremony, and a stop at the Iwo Jima Marine Memorial are next on the agenda. On to the Capital Hill tour, a White House sidewalk stroll with a Legacy Tour Guide, and topping it all off with an evening dinner and theater performance.

A visit to George and Martha Washington's



home of Mount Vernon is the start of the next day, after which the kids will visit the Smithsonian National Air and Space Museum, the National Gallery of Art Museum, and/or the National Museum of the American Indian. They end up this day with a riverboat dinner and dance cruise on the famous Potomac River on the riverboat "Spirit"!

The last day of this fabulous trip takes them to discovery time at the Lincoln Memorial, Vietnam Wall, and World War2 Memorial, The Holocaust Museum, and last but certainly not least, the Smithsonian National Museum of American History & National Museum of Natural History.

I would venture to say our kids will be coming home with a new respect for our country's heritage, and a valuable understanding of our history as American citizens. These are most, but not all of the experiences they will encounter on their journey of American History, and as you can imagine, there are costs involved. The parents and families of the students who are going on this trip are raising funds with events and activities to cover the fees associated with this week of history. There will be Burger Nights at the American Legions in Dodge Center and Kasson, a cash

raffle with a top prize of \$1500.00 to the lucky winner, chocolate candy bar sales, Hegge's Pizza sales, and Kwik Trip Car Wash cards, to name a few. Cash donations are gratefully accepted and will be added to the funds raised for the kids to cover the costs. Parents and Students are doing fundraising, or volunteering at the Burger Nights and having their kids sell the chocolate, pizza, car

wash cards and raffle tickets. For information as to how you can help a great cause by purchasing any of the above, or donating cash, please contact Jessie Maes at (303) 324-6294. Persons and businesses who donate to the cause will be listed in the Triton Thank You article to come by the end of the school year, letting everyone know how much was raised to support our kids!

CLAREMONT FIRE DEPARTMENT
RELIEF ASSOCIATION
BREAKFAST & SILENT AUCTION
SUNDAY, MARCH 3rd, 2024

9am to 12:30pm
Suggested Donation: \$10
Kids 5 and under: Free

***Silent Auction from 9am to 12pm.
***Gluten Free Option Available



Flake Out Festival & Winter Parade

Saturday, February 3, 2024

9:00 AM **Euchre at Fireside on the Patio, 100% Payout**
Bring partner if possible, not required. \$20 team entry.
Questions contact Jen at 507-649-0602

ANNUAL CHILI COOKOFF CONTEST

\$5.00/entry. Tasters will pay \$5.00 to taste all entries/vote.

12:00 PM **Bring Entry to City Hall**

12:30 PM-1:30 PM **Tasting/Voting**

2:00 PM **Cookoff Winner Announced (1st & 2nd Place Payout)**

3:00 PM **Designer Purse & Gift Card Bingo at City Hall**
\$30/packet, 10 games, designer purses and \$150 gift cards

6:30 PM **9th Annual Denni Dazzle Parade**
\$150.00 Prize for Best Float!
Hosted by the Dennison Lions. Call or text Diane at 612-532-0268

7:00 PM **Live Music from Bryan Anderson at 625 Bar & Grill**

8:00 PM **LIVE MUSIC AT THE FIRESIDE "Wreckless"**

9:00 PM **Raffle Winners Announced at Fireside**

Flake Out Festival Raffle Saturday, February 3
Buy a Raffle Ticket from any Lions Member, Fireside Lounge, Dennison Depot Gas Station, 625 Bar & Grill or Heritage Bank in Dennison for \$5.00 for your chance to win!

Grand Prize - \$500.00 Cash
2nd Prize - \$250 Cash 3rd Prize - \$100 Cash
Plus Many Additional Prizes from Local Area Businesses

Raffle Drawing held at 9p.m. at the Fireside Lounge. Need not be present to win.
Winner is responsible for any taxes or fees. Complete list of additional prizes available upon request.
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Concord Collision and Hot Rod Hardware

(continued from page 1)

During that interview I discovered that Tim also owns another business with his wife Patti and their sons Jonathon and Joel. I decided to go deeper into the family business with an interview with Joel Gangl and Jonathon Gangl at their shop in West Concord.

Tim originally started the business in 2001 as Hot Rod Hardware, a reseller of aftermarket classic auto parts, in a building out on the family farm. After some time, Tim began working on classic car restorations and building street rods as well. In 2009, he decided to move the business off the farm. He settled on West Concord and built the building at their current location.

After moving into the new building Tim eventually went away from the classic car restoration and turned to auto body collision under the name West Concord Collision. Soon after, Tim added Truck Day Cab Conversions. This is the process of converting a semi-truck with a sleeper to non-sleeper or day-cab truck. Though Tim has moved a large portion of his time to farmland real estate, he has brought his sons into this family business with them covering most all operations.

Jonathon and Joel both started in the business from an early age. Jonathon explained this more; "With Hot Rod Hardware starting on the family farm, it was part of our everyday life. Different from other families where the parents go off to work every day." Aside from

going to various car shows with Tim to sell parts, their real responsibilities began later and moved them into the positions they are working today. Jonathon started out in 7th grade by answering the phone, doing clerical work, and cleaning the shop. Joel started working in the shop at the age of 14 and would detail cars, clean up around the shop, and learn the basics of body work from other employees working at the time.

After high school Jonathon chose to go to college, where he majored in accounting and business management. Although he was gone, Jonathon was still very involved with the business working on various projects through college. He even managed a crew of his college friends who worked on the Hot Rod Hardware website every week for extra income. Joel chose a different route. After graduating high school at the beginning of the Covid Pandemic and considering the experience he had in the shop as well as his own parts sales experience in the business, he decided to move right into a shop technician roll. He now does everything from painting and body work on cars to day-cabbing semi-trucks. Jonathon focuses on the parts sales for Hot Rod Hardware, as well as doing estimates and ordering parts for West Concord Collision and Day Cab Conversions.

Even though Jonathon's work has been focused on the office, I asked if he had ever experienced working in the shop? "My experience started by repairing a snowmobile hood that I had crashed when I was in my early teens. I did all the body work, and painted it." This opened Jonathon's eyes to how mechanics of the shop runs, and the work involved in getting a job done. Later, while home from college for Christmas vacation he did a day cab conversion that added to his experience.



With so many different things going on every day I asked how they balance their responsibilities. Who handles what and how do you not step on each other's toes? Joel said; "Everyone has a good understanding of what their jobs are making it easy to understand who will be doing what work". Jonathon said "There is a level of trust we have in each other knowing that the other will handle his job. Joel trusts that I will have parts here for him and I trust that Joel will do the job correctly." I asked, with how different their jobs are, how much time do you spend working together? According to Jonathon "More often than not things are constantly changing and the communication between us helps us understand what needs to take priority or needs to change to get the job done efficiently, we mostly stay in our own area of the business." I asked each of them what their favorite part of working in the business was, and it came down to this "Growing up at our home in the country, we spent plenty of time together. We enjoy working as a team, the arguments (be-

cause what family doesn't argue?), and the work in general."

At the end of our visit, I asked the boys what they really wanted the readers to learn about the business. "We are a business willing to go the extra mile", said Jonathon confidently. "We don't just do this work for the money, we do it because we enjoy it. We all own old vehicles that we work on, and Joel and Dad own or have owned semi-trucks. The business is like another part of our family. Like any relative, it has its moments, but at the end of the day it is what we enjoy doing, and it has brought us closer as a family."

Well, there you have it. A family-owned business that takes great pride in a job well done, and operates a business that they love. See why I enjoy writing about these guys? They make me feel good as a reporter, bringing you information on a business you can count on! Happy New year from the Messenger staff!

Happy New Year

(continued from page 1)

Our goal with the Messenger is to help insure our home towns still have a community voice of its own, direct mailing to all residents in the zip code as well as many out of town subscribers. This format allows your hometown to maintain a local monthly paper, and better connect local residents, businesses and the community. We also understand the need for more timely information within the month, so check out the web site for important news that happens between print issues. We continue to expand our digital and online offerings while still maintaining our dedication to our hometowns!

We remain a small family owned business with a goal of supporting our rural communities and businesses. As always, if you have news, information or story ideas, please reach out to us. Again, Thank you for your readership and support.

Take a Short Drive to Delicious



Take a Weekday Break! Join Us for Lunch! Open at 11:00am

Daily Features

WEDNESDAY Enjoy Our Jumbo™ Wings Specials!
BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)

THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks! 16oz. Margarita Special!
Taco Specials! Fajita Specials!

FINALLY FRIDAY All You Can Eat Fish Dinner

SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

SUNDAY Enjoy Our Sunday Breakfast Beginning at 9a.m. and Sunday Pasta Features

Join Us for Lunch

Enjoy \$5.00 OFF

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Expires, January 28, 2024. Coupon valid from 11:00am-3:00pm Wednesday, Thursday, Friday only. Limit 1 coupon per table. No cash value. Not valid with other offers, discounts, promotions or certificates.

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Healthy Sugar?



**By Noel Aldrich, PhD, CNS
Licensed Nutritionist**

In this past season you probably noticed that “sweet tooth” become extra active. The holiday season is filled with opportunity for sweets of all different kinds. For many the holiday would not be complete without a particular candy or cookie or dessert being present. Now as the new year takes hold many resolve to do a better job of self-discipline in choosing what to eat. Let me suggest you direct your effort to improve the quality and decrease the quantity of sugar you consume this year.

There is no question that sugar has a strong hold on our community. From government data we can find that the average American consumed less than 10 pounds of sugar a year back in 1880. More than 100 years later, the average American consumes about 2 pounds of sugar each week. Not only has the quantity increased more than 10-fold, but this sugar is processed to the point of pure energy with no additional mineral or vitamin content attached to it.

Go back to 1959 and less than one percent of the American population was diabetic. Today more than 30 percent of the American population is identified as pre-diabetic or diabetic. The greatest increase in diabetes is occurring among the young Americans. Those managing diabetes will have more significant medication costs, more doctor visits, and twice as long hospital stays. New medications are coming out promising to control the downward spiral of disease, but the cost of these medicines continues to increase.

There is a better solution. You can choose healthy sugars to replace the pure energy of the white sugar and corn syrup you currently have in the cupboard. As you start this new direction, I encourage you to throw out the white sugar and corn syrup and select healthy sugars that contain minerals and enzymes that will aid digestion and help to keep your health.

These healthy sugars have a variety of flavors. You are familiar with them, but probably have not used them as well as they can be used. So let’s review some of these options:

Whole Fruit – a piece of whole fruit at the end of a meal, or as part of a meal is an excellent way to satisfy the sweet tooth and get vitamins and minerals as well. In a previous article, I spoke on the benefit of an apple each day. Make whole fruit a priority in your meal planning and you will be healthier for it.

Raw Honey – organic raw honey contains enzymes that will help aid digestion and additional nutrients that benefit health. Raw honey will contain active enzymes and unfiltered honey will contain additional bee propolis and pollen that can help reduce some

allergies and improve digestion. Less honey will be required in recipes because it tastes sweeter than sugar.

Black Strap molasses – molasses is a by-product of the sugar refining process. Molasses contains all minerals that are removed from refined sugar. Rich in iron, calcium, potassium, and copper, this addition to recipes is always noticed. Often associated with gingerbread flavors, but molasses can also be used in many other recipes.

Maple Syrup – the sap of the maple tree collected in early spring contains minerals and nutrients essential for the new life of the spring leaves. Grade C maple syrup contains the most vitamins and minerals and is the strongest flavor. Grade A maple syrup also contains minerals and is a good substitute for white sugar in any recipe.

Rapadura or Sucanat – these two products are made from sugar cane juice. The juice does not go through the extensive processing required for white sugar. Therefore, there is still some mineral content remaining with these sweet products. There is a slight molasses or caramel flavor that is pleasant to taste.

Make your health a priority in 2024. There will be change that is required. Little changes can make a big difference over time. Changing your sugar choices can be one of those little changes. If you would like to reverse diabetes or prevent diabetes, I can help you start a plan.

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net Start this year with a new plan. Foundation to Thrive is a 16 week lifestyle transformation to help you reach your health goals in 2024.

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Are You at Risk of Developing Glaucoma?

What can you tell me about the eye disease glaucoma? My older brother was recently diagnosed with it and lost some of his vision, but never had a clue anything was wrong. Could I be at risk too?
--Stressed Sibling

Dear Stressed, Yes! Having an immediate family member with glaucoma significantly increases your risks of developing it, but there are other risk factors you need to be aware of too. Here’s what you should know.

What is Glaucoma?

Glaucoma is a group of eye diseases that can damage the optic nerve and cause vision loss and blindness if it’s not treated. This typically happens because the fluids in the eye don’t drain properly, causing increased pressure in the eyeball.

But the scary thing about glaucoma is that with no early warning signs or pain, most people that have it don’t realize it until their vision begins to deteriorate.

While there are two main types of glaucoma, the most common form that typically affects older adults is called open-angle glaucoma. This disease develops very slowly when the eye’s drainage canals become clogged over time, leading to blind spots in the peripheral or side vision. By the time you notice it, the permanent damage is already done.

Are You at Risk?

It’s estimated that more than 3 million Americans have glaucoma today, but that number is expected to surge to more than 6.3 million by 2050. If you answer “yes” to any of the following questions, you’re at increased risk of developing it.

Are you African American, Hispanic/Latino American or Asian American?
Are you over age 60?

Do you have an immediate family member with glaucoma?

Do you have diabetes, heart disease, high blood pressure, migraines or have extreme nearsightedness or farsightedness?

Have you had a past eye injury?

Have you used corticosteroids (for example, eye drops, pills, inhalers, and creams) for long periods of time?

What to Do

Early detection is the key to guarding against glaucoma. So, if you’re age 40 or older and have any of the previously mentioned risk factors, especially if you’re African American, you need to get a comprehensive eye examination every 18 to 24 months. Or, if you notice some loss of peripheral vision, get to the eye doctor right away.

If you’re a Medicare beneficiary, annual eye examinations are covered for those at high risk for glaucoma. Or if you don’t have vision coverage, contact EyeCare America, a national public service program that provides free glaucoma eye exams through a pool of more than 4,600 volunteer ophthalmologists. Visit AAO.org/eyecare-america or call 877-887-6327 to learn more.

While there’s currently no cure for glaucoma, most cases can be treated with prescription eye drops, which reduce eye pressure and can prevent further vision loss. It cannot, however, restore vision already lost from glaucoma. If eye drops don’t work, your doctor may recommend oral medication, laser treatments, incisional surgery or a combination of these methods.

For more information on glaucoma, visit the National Eye Institute at NEI.nih.gov, and the Glaucoma Research Foundation at Glaucoma.org.

Here's Where To Buy Your Minnesota Country Salute CD Buy the FINAL Minnesota Country Salute CD

Once again the net proceeds from this years Minnesota Country Salute CD will go to the Minnesota Military Family Foundation and Minnesota Wheels of Honor. Starting Veteran's Day you'll be able buy your copy at any one of these locations and make sure the service men and women and first responders of Minnesota have the support they need.

CD Available at:



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WHEELS OF HONOR
Minnesota

About the Minnesota Country Salute CD Project:

A decade ago while sitting on his porch, Neil Freeman came up with the idea of tying together two groups that BOB FM supports. The Homegrown artists of Minnesota and the military member support organizations.

By creating a compilation CD to sell across Minnesota, he nailed it. With the help of many sponsors and listeners who went out and purchased these CDs over the years, BOB FM has donated over \$235,000 to the Minnesota Military Family Foundation, Minnesota Wheels of Honor, and Tribute to the Troops.

If you or your business would like to help further this mission, or help distribute the CD, please contact Neil Freeman, neil@mybobcountry.com.



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Pet Supply Drive at Triton this Weekend

Triton senior Ava Cummings has organized a Pet Supply Drive to be held this weekend at the Triton vs St. Charles basketball tourna-

ment. If you bring a donation item you will receive a free game admission. Item suggestions are chew toys, hot dogs, dog and cat food, cat litter, blankets and towels. The pet supply donations will be taken to the Rochester Paws and Claws at 3224 19th Street NW. Dog and cat toys are especially important during the cold weather months when pets can't play outside.

Ava loves animals and organized this as her senior project for Triton and will be at the Saturday January 27th tournament all day collecting the donations. If you have questions, you may contact her at 507-993-7211 for more information.



Stewartville `Darrell Jaeger` Varsity Invitational Results for Triton

107

Theo Kispert (18-8) placed 3rd and scored 20.0 team points.

Champ. Round 1 - Theo Kispert (Triton) 18-8 received a bye () (Bye)

Quarterfinal - Theo Kispert (Triton) 18-8 won by fall over Kaleb Oleson (Rochester Mayo) 3-4 (Fall 4:24)

Semifinal - Noah Gonzalez (Maple River) 19-6 won by decision over Theo Kispert (Triton) 18-8 (Dec 4-2)

Cons. Semi - Theo Kispert (Triton) 18-8 won by fall over Brycen Koenig (Stewartville) 5-6 (Fall 0:26)

3rd Place Match - Theo Kispert (Triton) 18-8 won by fall over Daniel Gregory (Trinity School) 12-5 (Fall 1:50)

152

Hunter Garness (18-7) placed 2nd and scored 22.0 team points.

Champ. Round 1 - Hunter Garness (Triton) 18-7 received a bye () (Bye)

Quarterfinal - Hunter Garness (Triton) 18-7 won by fall over Luca Aglieco (Trinity School) 6-13 (Fall 1:06)

Semifinal - Hunter Garness (Triton) 18-7 won by fall over Caden Hyke (Stewartville) 12-6 (Fall 1:35)

1st Place Match - Calder Sheehan (Rochester Mayo) 12-1 won by decision over Hunter Garness (Triton) 18-7 (Dec 9-3)

160

Austan Adreon (17-5) placed 2nd and scored 21.0 team points.

Champ. Round 1 - Austan Adreon (Triton) 17-5 received a bye () (Bye)

Quarterfinal - Austan Adreon (Triton) 17-5 won by fall over Ethyn Bertschinger (Rochester John Marshall) 2-3 (Fall 1:32)

Semifinal - Austan Adreon (Triton) 17-5 won by major decision over Carter Funk (Rochester Mayo) 19-9 (MD 14-4)

1st Place Match - Braxten Wiste (GMLOKS) 22-4 won by fall over Austan Adreon (Triton) 17-5 (Fall 0:54)

172

Cole Kodada (9-14) placed 6th and scored 7.0 team points.

Champ. Round 1 - Cole Kodada (Triton) 9-14 received a bye () (Bye)

Quarterfinal - Cole Kodada (Triton) 9-14 won by decision over James Nelson (Rochester Mayo) 14-5 (Dec 9-6)

Semifinal - Tanner Elzen (Stewartville) 15-3 won by fall over Cole Kodada (Triton) 9-14 (Fall 4:25)

Cons. Semi - Jaeden Baird (Cannon Falls) 11-13 won by decision over Cole Kodada (Triton) 9-14 (Dec 5-4)

5th Place Match - Ryan Schlaak (NRHEG) 11-8 won by tech fall over Cole Kodada (Triton) 9-14 (TF-1.5 2:06 (15-0))

215

Alex Naze (18-5) place is unknown and scored 0.0 team points.

Champ. Round 1 - Alex Naze (Triton) 18-5 received a bye () (Bye)

Quarterfinal - Dizel Butler (Maple River) 13-11 won by fall over Alex Naze (Triton) 18-5 (Fall 2:37)

Cons. Round 2 - Peter Ha (Rochester Mayo) 3-7 won by fall over Alex Naze (Triton) 18-5 (Fall 0:41)

285

John Moenning (9-16) place is unknown.

Champ. Round 1 - John Moenning (Triton) 9-16 received a bye () (Bye)

Quarterfinal - Mason Edwards (Byron) 5-2 won by fall over John Moenning (Triton) 9-16 (Fall 1:54)

Cons. Round 2 - John Moenning (Triton) 9-16 won by decision over Christian Schrom (Triton) 3-2 (Dec 10-8)

Cons. Round 3 - Jack Regan (Rochester Mayo) 2-2 won by fall over John Moenning (Triton) 9-16 (Fall 4:39)

285

Christian Schrom (3-2) place is unknown and scored 0.0 team points.

Champ. Round 1 - Jace Ihrke (NRHEG) 4-6 won by fall over Christian Schrom (Triton) 3-2 (Fall 5:45)

Cons. Round 1 - Christian Schrom (Triton) 3-2 received a bye () (Bye)

Cons. Round 2 - John Moenning (Triton) 9-16 won by decision over Christian Schrom (Triton) 3-2 (Dec 10-8)

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Triton Business Professionals of America Students Stand Out Among Hundreds Competing

Dodge Center, MN – Triton’s Business Professionals of America (BPA) chapter was a dominant force at their Regional Competition on Wednesday, January 3. After competing against over 300 students from ten area schools, 35 Triton BPA members have qualified for the State Leadership Conference in Minneapolis this March.

BPA is the nation’s leading career and technical student organization, providing members the opportunity to develop skills and leadership abilities, further their knowledge, and prepare for a career in a variety of areas including business administration, finance &



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Feb. 19th - 23rd: Boxes

Feb. 26th - March 1st: Fruits and Vegetables

accounting, information technology, video production, human resources, computer programming, graphic design, small business & entrepreneurship, and health services. Advisor Rebecca Goossens shared this is the largest number of students Triton has ever had compete at Regionals, as well as the

largest number of State Trip winners, and all of those who participated deserve credit for their commitment. “These kids put in incredible amounts of time and effort into learning new skills, creating projects, and preparing for their events, and this is a huge achievement,” said Goossens.

Students competed individually and in teams in a variety of categories where they demonstrated their knowledge and a variety of skills by taking a test, creating a project, giving a speech, or presenting to a judge.

(continued on page 10)

Cobra Communications



Craig Schlichting
Superintendent

Superintendent With the beginning of the new year we enter into a busy month of the school year. We see the end of our first semester and the beginning of the second semester which signifies the middle of the school year.

We also have a number of activities that take place in January. Our freshman students embark on their journey north for the Wolf Ridge experience and our district honors those that are being inducted into our Athletic Hall of Fame.

I know that graduates often talk about their wonderful experiences from the trip to Wolf Ridge which is located close to Finland, MN on the north shore of Lake Superior. My license to drive a bus, and willingness to spend a weekend with stu-

dents has often been a combination that made me an attractive chaperone for this adventure. I believe in my 31 years at Triton I have made the trip at least 10 times. Volunteering to drive on this trip has allowed me the opportunity to see a number of students experience this trip first hand. I have always been appreciative of the district’s commitment to continuing to with this experience. When you get to spend that much time outside of the school with students, it creates unique opportunities to get to know them and support them as they face the real life challenges of being outdoors in the middle of winter. For some students, it is really the first time they get outside and learn about the exciting possibilities and learning that can take place in the middle of winter. Getting outdoors and facing the elements first hand and learning things like basic survival are real world learning that helps them learn important tips about living in the state of Minnesota.

As a leader in the school district, I always appreciated the positive feedback that we receive in regard to our students. Our school

district has a wonderful reputation at Wolf Ridge for having such great students. One duty that adults help chaperone is kitchen patrol or KP duty. The students and chaperone help serve the food and clean the dishes on the trip, with the help of the Wolf Ridge staff. I can recall hearing on more than one occasion where the full-time staff has made the comment that is like having the weekend off when the Triton students are there. What a wonderful thing to hear about our students. Our Triton family has much to be proud of when it comes to our reputation at Wolf Ridge!

Triton has such a rich history of athletic accomplishments, many of which predate the district’s formation in the previous three community schools. The cities of Claremont, Dodge Center and West Concord have had some amazing people and teams that that have been honored since the beginning of Triton Hall of Fame that have been able to be recognized. If you have ever been in our activities entrance there is a great statement above the pictures from these three schools, Together We are Triton. Having only worked

in the district since it has been Triton, it is great to see how these past successes are being given recognition and honored as being a part of our history at Triton. If you don’t have plans, be sure to mark your calendar for January 27th when our boys and girls varsity teams will both play. The girls tip off time is 3:00 and the boys tip off time is 5:00. The 2024 Triton Athletic Hall of Fame inductees will be recognized during half time of the boys game with the Induction Ceremony taking place at 7pm in the Performing Arts Center.

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 Business Professionals of America Students Stand Out Among Hundreds Competing

(continued from page 9)

“BPA is not only a great opportunity for students to network with their peers, but every judge is also someone in the industry, so it’s a great chance for them to create relationships with leaders in the workforce they’re soon going to enter,” said Goossens.

In addition to competing, students also participated in a service drive and gave back to the community through a donation drive to Family Promise of Greater Rochester, whose mission is to assist families at risk of or experiencing homelessness to achieve sustainable independence by providing person-centered, holistic services in collaboration with the greater community.

The State BPA Conference and Competition to be held March 14-16 against 2,000 other students from schools across the state.



Anna Anderson competes in Ethics + Professionalism



Nancy Fernandez, Joaquin Lundi, and Jairo Solano prepare for their Podcast Presentations

FIRST PLACE
 Computer Modeling- Katya Wheeler
 Computer Security- Max Olson-Ramer
 Ethics & Professionalism- Anna Anderson
 Graphic Design- Camila Medina
 Interview Skills- Ollie Akkerman
 Prepared Speech- Alan Ortiz
 Health Leadership- Dani Hallaway
 Small Business Management Team- Tyler Gnagey, Dani Hallaway, Corey Lilledahl + Logan Tuft
 Website Design Team- Roselyn Liudahl + Jade Scovill

SECOND PLACE
 Podcast Team- Joaquin Lundi, Max Olson-Ramer, Jairo Solano
 Video Production Team- Noah Kleinwort, Alex Ortiz + Quinn Short
 Visual Design Team- Bryar Quimby + Ashley Romero

PARTICIPATION
 Accounting + Banking/Finance- Ben Crofton
 Health Administration- Emma Gonzalez
 Prepared + Extemporaneous Speech- Sydney Naze

THIRD PLACE #WEARETRITON
 Broadcast News Team- Diego Ibarra-Costillo, Litany Peterson, Aden Ranken + Jessica Willette
 Computer Network Technology- Noah Kleinwort
 Digital Media Production- Frankie Gann
 Economic Research- Zowie Short
 Fundamental Desktop Publishing- Axel Reiser
 Fundamental Spreadsheet- Hector Ibarra
 Podcast Team- Ava Cummings, Nancy Fernandez + Lauryn Nauman
 Web Design- Noah Kleinwort

FOURTH PLACE
 Digital Media Production- Miley Dostal
 Presentation- Corey Lilledahl
 Visual Design Team- Anyely Dominguez + Alisson Velasco

FIFTH PLACE
 Extemporaneous Speech- Damian Radke
 Prepared Speech- Camila Medina
 Visual Design Team- Miley Dostal, Frankie Gann + Logan Skjeland

State Winners REGION 3 COMPETITION 2023-2024



Corey Lilledahl (right) collects service drive donations with other Regional Officers



Family Promise Director Erin Sinnwell and Triton BPA Advisor Rebecca Goossens with Service Drive donations

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

January 2024 Regional Announcement and District Results



Julia, Alyvia, Liebert, Aleksander, Kashi, Sam, Alayna, Rory, Elijah, Emma, Nolan, Reese, Connor, Liam

Triton Middle School Spelling Bee 2023-2024 District Level Participants

6th Grade
Emma Axt
Liam Klein
Connor Schleusner

7th Grade
Rory Ginder
Alayna Curran
Julia Stanton
Samantha Wilson

8th Grade
Nolan Hodgman
Kashi Locke
Elijah O'Keefe
Leibert Ortiz
Reese Thomas
Aleksander Wilcox
Alyvia Legler

Winners
Elijah O'Keefe 1st place
Emma Axt 2nd Place
Rory Ginder 3rd Place

We're thrilled to announce the outstanding achievements of our talented students in the 2024 District Spelling Bee! These remarkable spellers will be representing our district at the upcoming regional competition on February 6, 2024, where we're confident they will continue to make us proud.

- **First Place: Elijah O'Keefe**
- **Second Place: [Emma Axt]**
- **Third Place: Rory Ginder**

A heartfelt congratulations to all participants for their hard work and dedication. Your commitment to excellence is truly commendable.

Triton Times
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Winners: 1st Place Elijah O'Keefe; 2nd Place Emma Axt; 3rd Place Rory Ginder

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. Depending on the class, students earn anywhere from 1-4 college credits per course. Teachers must have a master's degree and a minimum of 18 graduate credits in that field. This month we'll look at the math offerings.

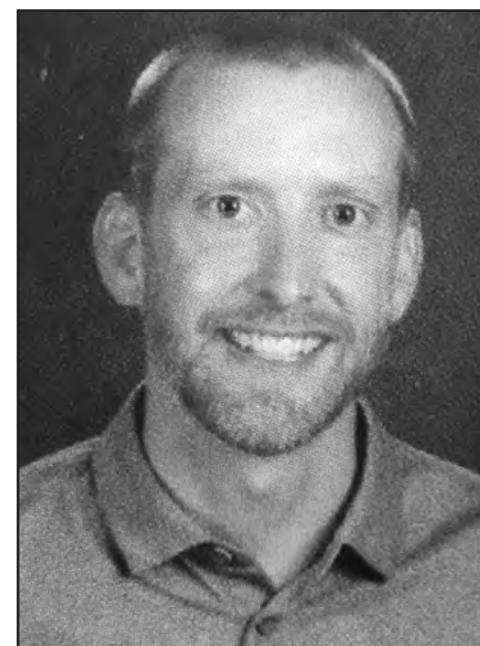
Mr. Casey O'Brien teaches both of our concurrent math courses: college algebra and technical math. Concurrent College Algebra is the equivalent of Rochester Community & Technical College's (RCTC) MATH 1115 College Algebra class and Concurrent Ap-

plied Technical Math is the equivalent of RCTC's MATH 1015 Technical Math class. Successful completion of these semester courses earns the student 3 college credits per class. We first ran these classes in the 2019-2020 school year and so this is Mr. O'Brien's fifth year teaching both classes. When we began, we typically ran one section of technical math in the fall and one section of college algebra in the spring. However, interest in college algebra has grown immensely and this is our second year of offering two sections of that course in addition to the one section of technical math.

College algebra is open to juniors and seniors who have a qualifying reading AND math ACT, MCA or Accuplacer test score. This course fulfills Triton's math elective graduation requirement and also fulfills a college general education requirement via Goal 4 of the MN Transfer Curriculum. Mr.

O'Brien enjoys teaching this class because it pushes the students further by going into more depth on some algebra topics like matrices and conic sections that are new to students. He feels "the class is a nice transition of learning in a high school class setting versus a college setting. There is a lot more material on tests, yet we have a little more time to get through the material." This is a very beneficial class for students planning to pursue further education in any major at a 2- or 4-year college.

Technical math is open to seniors and they do not need to take any test to get into the course. This course also fulfills Triton's math elective graduation requirement and is a required college course for certificate and diploma programs such as electrician, automotive technician, diesel technology, etc. Mr. O'Brien describes this class as "less theoretical" than the rest of the math classes he teaches, as its wide array of topics are applicable to real-life situations. A few of the items that students get a lot better at are reading engineered drawings, converting units, ratios and proportions. Mr. O'Brien recommends this course to anyone wanting to brush up on their math skills, especially those planning to



Mr. Casey O'Brien

pursue a career in one of the trades. We are excited to be able to offer two college-level math classes that are open to a very wide range of students.

Triton Middle School Academic Triathlon Teams



**KALEB KRUSE
NOLAN HODGMAN
ELIJAH O'KEEFE
GRIFFIN SNYDER**

**TMS takes 1st Place
at the December and
January Competitions!**

**ABRIELLE EMANUEL
NOLAN HODGMAN
JENAE KEENER
ELIJAH O'KEEFE**



Triple A and ExCEL Award Winners

Dodge Center, MN - Two distinguished awards have been developed by the MSHSL in order to recognize students who participate in extracurricular activities, as well as serve their community. Through the ExCEL Award and the Triple 'A' award the MSHSL recognizes students across the state who put in extra time and effort to develop their skills and abilities.

The ExCEL Award recognizes students who show excellences in their community, their education, and their leadership skills. Romina Medina and Corey Lilledahl have been selected as

Triton High School's ExCEL Award winners for the 2023-2024 school year.

Romina Medina is involved in the Triton Girls Soccer program, as well as the Triton Track and Field program. In addition to athletics Romina participates in Student Council, peer tutoring and counseling, and has been named a scholar athlete. Romina also volunteers in the community as she can be seen volunteering her time in the concession stand, working with 4J, as well as helping in the Greenshack Easter and Halloween parties.

Corey Lilledahl has lettered in both baseball and basketball at Triton High School, and is a member of the Triton Band and Triton Choir, as well as the Student Council. Corey can also be found participating in the Triton Theater Department as he has held a lead role in both plays and musicals produced at Triton High School. In the community, Corey has also volunteered for the kindness retreat, pancake breakfasts, highway cleanup, the SADD Lock-in, Bidly Basketball and Post Prom.

The MSHSL Triple 'A' Award recognizes students who are seniors in high school, and demonstrate excellence in academics, the arts, and athletics. Triton High School has nominated Katherine Ross and Joaquin Lundi for the award this school year.

Joaquin Lundi is a member of the Triton Band and has participated in the Solo and Ensemble Contests earning a Superior Rating. Joaquin has participated in Soccer at the varsity level for five years, and has also participated in football, and track and field.

Katherine Ross has participated in the Triton Band for her entire high school career and has been named saxophone section leader. Her participation with the band extends to the Solo and Ensemble Contest where Katherine has received a superior rating, as well as the Wind Ensemble and Jazz Band. In addition, Katherine has participated in musicals with the Triton Theater Department as she fulfilled roles in Guys and Dolls and Annie. Along with the fine arts, Katherine has participated in the Triton Volleyball program, and the Triton Softball program, where she earned All-Conference honors during her junior season.



TRITON CLASS OF 2024




SENIOR SPOTLIGHT

Dani Hallaway is a senior at Triton High School this year. Her parents are Mitch and Terri Hallaway. She has two sisters, Allissa and Samantha. She is active in Fellowship of Student Athletes, Big Brothers/Big Sisters, Link Crew, SADD and is student council president and Minnesota Honor Society vice president. Dani also plays Triton girls varsity volleyball and girls varsity basketball/manager. Outside of school she plays Venom JO volleyball and helps with the Backpack Program. Her hobbies are reading, cooking, hanging out with friends and family and napping. Her favorite music artists are Noah Kahan, Hozier, Taylor Swift, and Elvis. Her favorite movies are Moana, Pride and Prejudice and Little Women. Her favorite actors are Florence Pugh and Robert Pattinson. After graduation she plans to attend Viterbo University in LaCrosse and major in nursing.



DANI HALLAWAY

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TRITON CLASS OF 2024





SENIOR SPOTLIGHT

Caleb Chilson is a senior at Triton High School this year. His parents are Jeremy and Cory Chilson. He has two sisters, Nerissa and Sonia and three brothers, Paul, David and Coltan. He is active in FFA, Triton theater in the one act play and musical and has been in Link Crew and student council. Outside of school he works at Kasson HyVee as a produce clerk and is a pianist at the First Presbyterian Church in Claremont. He enjoys gardening, reading, playing piano, gardening and DIY projects. His interests are in pop music, the Big Bang Theory and his favorite actors are Jim Parsons and Kate McKinnon. After graduation he plans to attend Winona State University and pursue a degree in business management or Data Science.

CALEB CHILSON

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DODGE CENTER, MN 507-374-2261

EARLY CHILDHOOD FAMILY EDUCATION



Interested in Preschool or Kindergarten?

Ages 2- to 5 years - Join an ECFE class, where grown-ups and children can enjoy their first school experience together. Registration can be found on the CE Registration Form in the Triton Times, OR Registration can be found on the <https://www.triton.k12.mn.us/page/community-education>

Ages 3-4 - Make an appointment for Early Childhood Screening. This is required by Minnesota state law before attending kindergarten. Screenings are offered twice per year, or by special appointment. Details found at: <https://www.triton.k12.mn.us/page/community-education>

Ages 3-5 - Register for Preschool. The Fall 2024-2025 Class Registration will open on-line on April 8, and classes fill quickly. Starting April 8, parents will be able to access the registration link via our Triton Community Education Facebook page OR Registration can be found on the <https://www.triton.k12.mn.us/page/community-education> Do not delay!

Ages 4-5 - Children turning 5 by September 1 can register for kindergarten. Registration materials will be available through the Elementary Office.

*Have other questions or concerns? Please call us at 507-418-7550.
We are here to help!*

Growing Together – Friday Mornings

Children ages 2-5 years, not yet in Kindergarten

** Please only indicate upon registration the child or children’s names that will be attending between ages 2-5. Younger siblings may join the class, but no need to register them as the focus is on the 2–5 year olds, so content and snacks will be appropriate for that age group only.

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 2-5 year old develop new interests and relationships. Mrs. Vermilyea will provide many activities, games, toys, and crafts for your children to explore.

Cost: \$20/semester, all families must pre-register and pay PRIOR to start.

Registration Deadline: December 20

10-11:30AM, in Mrs. Vermilyea’s Room (#315)

2nd Semester Dates:

January 5 and 26
February 2 and 23
March 1 and 15
April 5 and 12
May 10th

Evening Adventures

Children aged 2-5 and an adult

Join us this session 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:

January 10, 24
February 7, 21
March 6, 20
April 10, 22
May 1

*** Topics that are being scheduled are focused on yoga, farming, experimenting with foods, music, construction, Earth Day, and May Day. 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.

Shooting for a Cure

On February 16, Triton school will once again be hosting "Shooting for a Cure". This organization is all about coming together as a community to raise money for cancer research, and helping to support those who are going through cancer treatment, and being there for their families.

(continued on page 15)



TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550



RAPUNZEL

SPONSORED BY TRITON COMMUNITY ED

WHO
STUDENTS GRADES 1 - 12!

WHEN
JANUARY 29- FEBRUARY 3

REGISTER AT
TRITON COMMUNITY ED

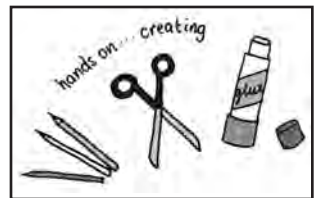
AUDITIONS
MONDAY, JANUARY 29 AT 3PM

PERFORMANCES
FRIDAY, FEBRUARY 2 AT 7PM
&
SATURDAY, FEBRUARY 3 AT 2PM
IN THE TRITON PERFORMING ARTS CENTER

SHOW ADMISSION
ADULTS \$5
STUDENTS \$3

Kids and Crafting with the Green Shack Brittany Wilcox, The Green Shack

Join Brittany and pick up some new hobbies! She will bring all the supplies needed. She will work with all levels of ability and help each child enjoy their experience. They will bring home their new creation to show off and be able to do similar projects at home.



Fairy Gardens
January 11 3:10-4PM TES Art Room Max 10 \$29

Learn to Crochet
January 22-26 3:10-5PM TES Media Center Max 8 \$44
****This can be for beginners, and those with experience will start trying more advanced projects.

Painted Stained Glass
February 7 3:10-4:30PM TES Room 403 Max 8
\$34

Ceramic Painting—Flowers
February 22 3:10-4:30PM TES Art Room Max 8
\$16

Learn to Crochet
March 11-15 3:10-5PM TES Media Center Max 8 \$44
****This can be for beginners, and those with experience will start trying more advanced projects.

Learn to Crochet
April 22-25 3:10-5PM TES Media Center Max 8 \$44
****This can be for beginners, and those with experience will start trying more advanced projects.

Painted Stained Glass
April 30 3:10-4:30PM TES Room 403 Max 8 \$34

{YEL!} Robotics 2.2 Winter Youth Enrichment League

1st-5th Grades

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap, and the predator to hunt. {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

February 7,14,21,28

March 6,13

3:15-4:15PM

TES Media Center

{YEL!} Robotics 2.3 Spring Youth Enrichment League

1st-5th Grades

Build a better, safer world. This session we focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine, and designing your own city-safety features. {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

April 3, 10, 17, 24

May 1, 8

3:15-4:15PM

TES Media Center



PET SUPPLY DRIVE

Bring donations for Paws and Claws for
FREE GAME ADMISSION!

DONATION SUGGESTIONS: Chew Toys, Hotdogs,
Dog & Cat Food, Cat Litter, Blankets, Towels

JANUARY 27th
Triton Basketball vs. St. Charles @ Triton High School
Questions: Contact Ava Cummings @ 507-993-7211

Shooting for a Cure



(continued from page 14)

We all have been touched by someone who has or has had cancer, and it is easy to say that it's a difficult challenge to navigate. By attending Shooting for a Cure, you will be able to help those who need your support, not only financially but also emotionally, as those involved see the changes that can be affected as we come together to help each other in times of crisis. The beneficiaries of the monies raised help in various ways.

"Our goal is to raise \$5K to help support organizations in our area, such as Brighter Tomorrows, a group of volunteers who help families to adjust to the circumstances they experience when their child is diagnosed with cancer. The Cure Starts Now is another organization whose primary aim is to eliminate all cancers. Mayo Pediatric Cancer Research at the Mayo Clinic, and the Sandra J. Schultze Hope Lodge, where people going through cancer treatments in Rochester and their caregivers stay for free are the last two we donate to." explains Keri Ginder, one of the sponsors of the event. "This is in line with what we have raised in previous years because of our giving community and their generous donations, both monetary and with gift baskets for the raffle." As a side note, last year they raised just over \$8,000.00 in proceeds to be split between the groups listed above.

There will be 4 girls basketball games, 7th, 8th, JV and Varsity, and a 50/50 raffle at half time of each game. the 50/50 raffle means the winner gets half the proceeds, and the Shooting For a Cure organization gets the other half. The games begin at 4:30. The winners of the themed baskets donated to be raffled off will be drawn after the varsity half time.

The Dodge Country Club has joined in the fun, and generously offered to donate 10% of their food and drink sales from January 27th to the cause, so grab your family and friends and head over to DCC to participate that Saturday night and help to raise the donation mark by letting them cook for you!

If anyone would like to contribute by donating a basket or item for the raffle, or to find out what kind of things can go into the baskets, they can contact Keri at kerijo77@gmail.com or Amy at afreiderich@yahoo.com. Last year there were a lot of very imaginative baskets and items to bid on! Or if you would like to make cash donations, checks can be made payable to:

**Triton Foundation
C/O Shooting For a Cure
813 HWY St W
Dodge Center, MN 55927**

The holidays may have passed, but the spirit of giving to those less fortunate remains. This event is a fun way to get the family out and teach our children that it takes a village to accomplish unselfish deeds, and to help others get through one of the toughest things they will ever face.

Please join us in this special evening and ask questions, volunteer, donate, or just watch the fun! Let's get out there and show them what the Cobras and their neighbors can accomplish! Hope to see you there! There will be a Cobra wandering around, taking pictures of the attendees having fun, so be sure to show up, because you may be one of the supporters who gets your picture in the Messenger for being a part of this important event!



TRITON COMMUNITY ED ADULT ENRICHMENT

507-418-7550

Play BINGO at the Dodge Country Club & Support Triton's Student Groups!

January 6
January 13 *** 3:30PM Start
January 20 *** 3:30PM Start
January 27
February 3
February 10
February 17
February 24
March 2
March 9
March 16
March 23
March 30



Cash Prizes and Meat Raffles

1-3PM each date at the Dodge Country Club

*** Note: 1/13 and 1/20 have a 3:30PM start



AMERICAN LEGION-DC
5:00PM

January 13th,
February 3rd, 24th
March 9th

TRITON POST PROM INVITES YOU TO OUR BINGO NIGHT FUNDRAISERS!!

\$\$\$ ALL CASH PRIZES \$\$\$

SATURDAY, January 13th

SATURDAY, February 3rd

SATURDAY, February 24th

SATURDAY, March 9th

**HELD AT THE DODGE CENTER
AMERICAN LEGION**

BINGO STARTS AT 5PM!!!!



TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

Cell Phones & Parenting- Oh My!

Nickie Welsh, Social Club Simple

When your child has a Smartphone there are key things you should know to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more. You will leave this class with a confident plan to simplify the technology so that you and your child can use the phone safely without worry.

Cost: \$20

January 30, 2024

12pm-1pm, online via Zoom

A Zoom link will be sent to you via email prior to the class.

Please note that each class is taught live online. If a student is unable to attend the live online training time, they can still register and watch the recording of the training at their convenience. Follow-up support is also included from the instructor and students are encouraged to reach out with questions at any time before or after the class has concluded.

Adult Crafting with the Green Shack

Brittany Wilcox, The Green Shack

Join Brittany and pick up some new hobbies! She'll provide all the supplies needed. She will work with all levels of ability and help everyone enjoy their experience. All of these classes are located at The Green Shack: 20658 County Hwy, Dodge Center, MN



Stained Glass Mosaics

January 17 6-8 PM The Green Shack \$38

Goat Milk Soap Making

February 1 5:30 PM The Green Shack \$53 *Limit 2 people*
7 PM The Green Shack \$53 *Limit 2 people*

Fairy Gardens 4-6 PM The Green Shack \$38

Spring Wreath Making

April 9 6-8 PM The Green Shack \$48

Bob Ross Painting

April 10 6-8 PM The Green Shack \$48

Safe Driving Class

Jim Jensen

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

Cost: \$20, checks should be

made to Jim Jensen

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

January 18

5-9PM in the THS Media Center

A Parent's Guide to TikTok

Nickie Welsh, Social Club Simple

Have you heard about the latest new app called TikTok? Learn how it's used and how parents can also help their kids stay safe while on it. You'll leave the class with helpful action items with your family to help gain a better understanding of what to do/what not to do within the app. The class will help set up a healthy foundation for technology habits your family members can use for the rest of their life whether in school or in their professional careers.

Cost: \$20

January 23, 2024

12pm-1pm, online via Zoom

A Zoom link will be sent to you via email prior to the class.

Please note that each class is taught live online. If a student is unable to attend the live online training time, they can still register and watch the recording of the training at their convenience. Follow-up support is also included from the instructor and students are encouraged to reach out with questions at any time before or after the class has concluded.

THANK YOU!

A great big thank you to Concord Church of Christ for their generous donation of socks, hats and mittens to the Preschool and Elementary School.

The Tri City Backpack program would also like to thank The Welsh Family and the Henderson Family for their donations. Any groups or individuals who would like to donate to the backpack program can contact Kristy Faber at 507-418-7550.



2024 Dodge County Business Expo

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!

Registration

Walk in/Drop off at the Triton Community Ed Office, located in the Elementary Building.

Call us at 507-418-7550

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.

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: _____

T-shirt size if applicable: YXS YS YM YL AS AM AL AXL 2AXL

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: _____

Questions: Call 418-7550

Office Hours: Monday-Friday 8am-3:30 pm

Check Out Our Website:

www.triton.k12.mn.us and click on the Community Education tab

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5% OFF MEAL PURCHASE
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THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks!
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FINAL FRIDAY All You Can Eat Fish Dinner

SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib

SUNDAY Enjoy Our Sunday Breakfast Beginning at 9am.
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Sunday 11:00am-9:00pm

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Dine In Only • Expires January 31, 2023

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Sun 11am-8pm

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1160 Frontage Road, Owatonna • 507-444-4000

Growth Continues for Minnesota FFA

By Minnesota FFA



The Minnesota FFA Foundation continues the important work supporting the development of young people through Agriculture, Food, and Natural Resources (AFNR) programs and the

FFA.

Minnesota FFA continues to grow both in the number of schools offering AFNR/FFA programs and the number of students enrolled. Thirty new programs have been added in the past four years, bringing the number of Minnesota schools that offer AFNR/FFA programs to more than 220. The growth doesn't stop there, as numerous schools are actively

engaged in the chartering process to add an AFNR/FFA program for the upcoming school year.

"We invite individuals and businesses to make a start-of-the-year donation for 2024, supporting the development of students through the Minnesota FFA Foundation. Donors play an important role, in removing barriers so that the more than 40,000 Minnesota students enrolled in AFNR classes have the opportunity to prepare for careers in agriculture and develop the skills to be leaders for their local community," shares Val Aarsvold, executive director, the Minnesota FFA Foundation.

Support provided to the Minnesota FFA Foundation is directed toward four main areas, including Youth Leadership, Teacher Preparation, Scholarships, and the Minnesota FFA State Convention.

One-time gifts, as well as ongoing and planned gifts, are welcome. If you would like to discuss giving options, contact Val Aarsvold at 507-259-3586 or visit www.mnf-foundation.org.



Business Link

- Bellechester • Castle Rock • Claremont • Dennison • Dodge Center •
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Lacey's Closes at End of December

Lacey's Kitchen & Cocktails in Kenyon announced there were closing their doors at the end of December. The business opened up in the old Schweich's Bar and Hotel building in November of 2021. A Facebook post on Friday December 29th informed the public that they were ceasing the operation and the

kitchen would be closed but the bar would be open over the weekend with cheap drink specials.

Steven Lacey was the chef and had a thirty-year history of experience in the restaurant industry. He opened Lacey's at Brooktree in late July of this past year. Brooktree is the municipally owned golf course in Owatonna. He opened that business just days after the Tavern Nine closed at the same facility.

A Facebook post by Lacey addressed the issue of gift cards that were sold over the holiday season in Kenyon. They said they would be posting a solution for those who had unredeemed gift cards shortly.



WE'RE ONLINE!
Keep Up With Your Hometown News at
www.claremontmn.net



Winter Safety for Dogs

As the days inch further and further into winter and frigid temperatures, Dr. Gene Pavlovsky, director of the University of Illinois Veterinary Medicine South Clinic, has important winter safety tips for those caring for pets.

Cold Winter Temperatures

Just like humans, our pets can develop hypothermia, or a drop in their body temperature, after being outside in cold temperatures for too long. Hypothermia becomes even more likely for dogs that are housed outdoors.

"There is no straightforward answer to how cold is too cold and how long is too long to remain outside, because there are so many variables," Dr. Pavlovsky says. "For most dogs, it is probably safe to be outside for a very short period—just enough time to eliminate—even in extreme cold. However, to be safe, it's probably best to discuss this with your veterinarian, because there may be individual recommendations fitting one pet but not another."

Likewise, how long dogs can be outside in relatively cold temperatures depends on the individual pet. However, Dr. Pavlovsky points out, "It is reasonable to assume that prolonged direct contact with snow and ice is more likely to result in frostbite."

Owners should consider size and length of their pet's fur coat when gauging how long an animal can remain outside. Shorter fur offers less protection against chilly temperatures, so those pets may benefit from some extra help.

"If your dog tolerates clothing and footwear, it's probably best to put those on," says Dr. Pavlovsky, "especially for short-haired and small breeds. These protections can help minimize heat loss and exposure. For example, good-quality footwear that does not cause discomfort can allow a dog to spend more time outdoors without getting frostbite on the feet."

In addition to keeping low temperatures and length of cold exposure in mind, be sure to supervise your dogs when snow and ice are present. Dr. Pavlovsky says, just like for humans, "Walking on hard snow and ice may result in slips, falls, and lacerations for your pets."

Signs of Cold Exposure

If pets are accidentally left in the cold for too long and do develop hypothermia, owners should look for signs and symptoms to know when a veterinarian is needed.

"Signs of hypothermia may include tiredness, shivering, pale skin, shallow breathing, and muscle stiffness," Dr. Pavlovsky states. "Frostbite—usually on the feet—can result in lameness of various degrees and pale, firm and cool skin, although extent of injury depends on the amount of time that has passed since exposure and on the degree of frostbite."

If these signs are present, it is best to contact a veterinarian right away. While waiting to see the veterinarian, you can warm your pet at home by ensuring they are dry and free of snow and ice and by wrapping them in blankets or thick towels warmed in the dryer.

Ice Melt

Pet owners also need to look out for exposure to ice-melting products. Pets may accidentally consume these products by eating treated snow or licking the products off the pads of their feet.

"Ice-melting products are usually made up of different kinds of salts, containing magnesium, potassium, calcium or sodium," says Dr. Pavlovsky. "Ingestion can cause vomiting and diarrhea, sometimes severe enough to cause dehydration or even tremors and seizures, depending on amount ingested and size of the pet."

While there are pet-friendly ice melting products available that do not contain these salts, there are also other ways to prevent contact with these harmful products. "Wearing shoes, wiping the feet with a wet cloth or baby wipes, supervising to avoid snow ingestion—especially when treated—and keeping ice-melt products out of pets' reach can all reduce chances of injury," says Dr. Pavlovsky.

Gatherings

Amid the recent canine respiratory illness outbreak, it is also important to consider protection for pets when traveling during the winter holidays.

"The recommendations for pets are similar to those made for people during periods of respiratory disease outbreaks. Keep dogs up to date on vaccines for known respiratory pathogens and avoid congregating dogs in large groups indoors, if possible," Dr. Pavlovsky advises.

Remember that newly vaccinated dogs should avoid contact with other dogs for two weeks while the vaccinations do their job of boosting the pet's immune system. For this reason, make sure pets receive their vaccines at least two weeks before they travel for the holidays.

If you have any questions about winter safety for your pets, please contact your local veterinarian.

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

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

Members present: Mayor Tasha Dahl, City Council Members: Jacob Klejeski, Deb Ellis, Hunter McGovern, and Krystal Sultze. Members absent: None.

City staff and others present: Administrator/Clerk Elizabeth Sorg, Maintenance Director Casey Dahl, City Attorney Mark Rahrlick, City Engineer Derek Olinger, and Donna Gregory.

The Pledge of Allegiance was recited.

AGENDA

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

PUBLIC INPUT

None

CONSENT AGENDA

The Consent Agenda consisted of the Minutes of the November 7, 2023, Regular City Council Meeting. Motion by Ellis to approve the Consent Agenda, second by Sultze. Motion carried unanimously.

**COMMITTEE REPORTS
PERSONNEL COMMITTEE**

Nothing at this time.

FINANCE COMMITTEE

Motion by McGovern to approve the financial reports, second by Ellis. Motion carried unanimously.

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

Administrator Sorg recommended transferring \$130,000 to the 4M Plus Fund, transferring \$200,000 into a new 6-month Money Market at Ameriprise, and when the levy comes in putting \$150,000 to \$200,000 into another 3- or 6-month CD or Money Market account, whichever has the best rate at that time. Motion by Ellis to approve the new investments, second by McGovern. Motion carried unanimously.

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PUBLIC HEALTH & SAFETY COMMITTEE

Nothing at this time.

PLANNING & ZONING COMMITTEE

Nothing at this time.

EDA

Nothing at this time.

MAINTENANCE DEPARTMENT

Nothing at this time.

PARKS COMMITTEE

The fence at the new ball field has been installed.

PEOPLESERVICE

Their reports were in the packet.

CITY ENGINEER

All of the water tower rehab is done except the recirculating pump; the pump is in and now they are waiting for a few more parts to be able to install it. Motion by Klejeski to approve Tanksco's Pay Application #4 in the amount of \$9,813.77, second by Ellis. Motion carried unanimously.

ADMINISTRATOR/CLERK

Sorg met with Thomas Harwood, Owner's Representative of Al-Corn, on November 22. He is in discussions with Dodge County Highway Department about putting in a new driveway from 5th Street north to CR 34. They would use the driveway for cars and vehicles going to Al-Corn (workers, visitors, etc.) which would keep 2 lanes on 5th Street heading west for semi parking and 1 lane heading east for exiting. The highway department doesn't see any issues but has to wait until it is formally not a highway and officially turned into a county road. He stated it would be at Al-Corn's expense. City Engineer Olinger suggested drafting an agreement with them as it will in the public right-of-way heading to a city street. Attorney Rahrlick also suggested an agreement stating who will maintain what and where to prevent any issues in the future. The council

wondered if Al-Corn would like the city to turn 5th Street over to them since it is mainly used only for them as a parking area for the semis. Sorg will set up a meeting with Thomas Harwood and Olinger for further discussion.

CITY ATTORNEY

Nothing at this time.

OLD BUSINESS

Last month the council discussed amending the fence ordinance. There are 2 changes, the first a zoning permit is requested for all fences, the second change deleted the section stating that a fence in the front yard must be decorative (made of wood). The maximum height of a fence in the front yard will remain 48". Attorney Rahrlick will have a final draft for the next meeting, along with a resolution approving a summary publication.

NEW BUSINESS

Mayor Dahl asked the public if there were any questions or comments on the 2024 budget or levy. The 2024 final levy increased 3% from 2023. Hearing no comments, motion by McGovern to approve Resolution No. 23-25: Resolution Adopting the 2024 Tax Levy and Budget, second by Sultze. Motion carried unanimously.

Motion by Ellis to open the public hearing for special charges, second by Sultze. Motion carried unanimously. The 3 special charges are on 2 properties; 1 property for a fire call and 1 property for city ordinance violation of not clearing snow and also an administrative fine. There were no comments. Motion by Sultze to close the public hearing,

second by Klejeski. Motion carried unanimously. Motion by Klejeski to approve Resolution No. 23-27: Resolution Certifying Past-Due Bills to Dodge County for Collection with 2024 Property Taxes, second by McGovern. Motion carried unanimously.

There are 5 properties being assessed for unpaid water/sewer fees. Motion by Ellis to approve Resolution No. 23-26: Resolution Certifying Past-Due Bills to Dodge County for Collection with 2024 Property Taxes, second by McGovern. Motion carried unanimously.

Dodge County is designating old TH14 as a County State Aid Highway and asked the city to approve a resolution since a portion of it lies within the city's boundaries. Motion by Klejeski to approve Resolution No. 23-28: Municipal Concurring Resolution (New CHAS 34 Designation), second by McGovern. Motion carried unanimously.

Minnesota's new Earned Sick and Safe Time goes into effect January 1, 2024. Sorg amended the Employment Policy to comply with ESST. Attorney Rahrlick has reviewed it along with Abdo, the city's auditors and payroll consultants, and it meets all requirements. Motion by Ellis to approve the Employment Policy as amended, second by Sultze. Motion carried unanimously.

Motion by Ellis to adjourn the meeting at 7:44 p.m., second by Sultze. Motion carried unanimously.

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

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**TRITON ISD NO. 2125 –
SCHOOL BOARD
MINUTES
REGULAR SCHOOL
BOARD MEETING
MONDAY,
NOVEMBER 20, 2023 –
6:00 P.M.
TRITON HIGH SCHOOL
MEDIA CENTER –
DODGE CENTER
& ZOOM VIDEO CON-
FERENCING**

-Meeting Proceedings-

Chair Henslin called the meeting to order at 6:00 p.m.

Those members present: Wendy Kenworthy, Rebecca Knutson, Duane Bartel, Lloyd Henslin, Jr., Dale Jensen, Jim Jensen, and Brian Ginder; absent: none. Also present: Superintendent Craig Schlichting, Principal Luke Lutterman, Principal Shane Van Beek, Dean of Students Tricia Johnson, Student Council Representatives Corey Lilledahl, Tina Kozisek, and 3 visitors. There were no visitors present via Zoom.

The Pledge of Allegiance was recited.

Bartel/Knutson motioned to approve the agenda as presented. Motion carried unanimously.

Cobra Pride honoree Marit Lang was recognized and congratulated.

J. Jensen/Kenworthy motioned to approve the consent agenda including the October 16, 2023 regular school board meeting minutes and October 25, 2023 study session minutes; budget update; claims and bills; treasurer's report; donations; nonresident/open enrollment agreements for students #112023A, #112023B, #112023C, #112023D,

#112023E, #112023F, and #112023G; long-term substitute agreement for Caroline Gosse as TES Teacher; maternity leave requests for #112023A effective April 22, 2024-June 3, 2024 and #112023B effective April 15, 2024-June 3, 2024, resignation for Jill Roussopoulos as educational assistant, and extra-curricular contracts for Jamie Bodenstab as Head Dance Coach, Jaime Geers as Assistant Dance Coach, Stephanie Maas as One Act Play Director and SADD Advisor. Motion carried unanimously.

Ginder/J. Jensen motioned to approve the 2023-2024 snow removal quote with Boyum Tree Service, LLC. Motion carried unanimously.

J. Jensen/D. Jensen motioned to approve the Triton Education Minnesota Contract for 2023-2025. Motion carried unanimously.

Bartel/Ginder motioned to approve the Education Minnesota Triton School Employees Contract for 2023-2025. Motion carried unanimously.

Kenworthy/Knutson motioned to approve the final certified staff seniority list for 2023-2024. Motion carried unanimously.

Bartel/Kenworthy motioned to approve the final classified staff seniority list for 2023-2024. Motion carried unanimously.

J. Jensen/D. Jensen motioned to approve Principal Shane Van Beek as LEA Representative. Motion carried unanimously.

Knutson/J. Jensen motioned to approve the Resolution of Governing Board Supporting Form A Application to Minnesota State High

School League Foundation. Voting in favor: J. Jensen, Kenworthy, Knutson, D. Jensen, Bartel, Ginder, and Henslin. Voting against: none. Motion carried unanimously. (Attachment A) Enrollment figures were reviewed.

Student Council Representatives Corey Lilledahl reported on Trick or Canning, the Color Run, and upcoming events for December.

Chair Henslin and Superintendent Schlichting gave a ZED update.

A.D. Corey Black reported on fall sports honors, the MSHSL Foundation, Gopher Conference Leadership Training, fall play, winter sports, MHS Induction, boys volleyball interest form.

Principals Shane Van Beek, Luke Lutterman, and Dean of Students Tricia Johnson reported on Terrence Talley presentations, Kindness Retreat, Conferences, band and choir concert, and the STEAM Summit.

Superintendent Craig Schlichting reported on a crosswalk update and meeting with the City, door alarm update, Spanish Immersion Program, and negotiations.

D. Jensen/Knutson motioned to adjourn the meeting at 6:38 p.m. Motion carried unanimously.

School District Clerk

**TRITON ISD NO. 2125 –
SCHOOL BOARD
MINUTES
REGULAR SCHOOL
BOARD MEETING
MONDAY,
DECEMBER 18, 2023 –
6:00 P.M.**

**TRITON HIGH SCHOOL
MEDIA CENTER –
DODGE CENTER, MN
& ZOOM VIDEO CON-
FERENCING**

-Meeting Proceedings-

Chair Lloyd Henslin, Jr. called the meeting to order at 6:00 p.m. Those members present: Lloyd Henslin, Jr., Rebecca Knutson, Jim Jensen, Wendy Kenworthy, Dale Jensen, and Duane Bartel; absent: Brian Ginder. Also present: Superintendent Craig Schlichting, Dean of Students Tricia Johnson, Student Council Representative Elizabeth Hukee, Business Manager Aimee Lake, Tina Kozisek, 5 visitors and 3 visitors present via ZOOM.

The Pledge of Allegiance was recited.

J. Jensen/D. Jensen motioned to approve the agenda as presented. Motion carried unanimously.

Cobra Pride honorees Johanna Gustafson, Wyatt Wilks, Beau Jensen, Eleanor Ryg, Ava Vaughn, Izabella Ortiz, Blakely Hanegraaf, Mila Neitzell, Peyton Laue, Jacoby Kruger, Gwen Chinn, Reinaldo Salazar Ramirez, Shane Lasker, and Jenna Kenworthy were recognized and congratulated.

Knutson/Bartel motioned to approve the consent agenda including the November 20, 2023 regular meeting minutes as presented; budget update; claims and bills; treasurer's report; donations; nonresident/open enrollment agreements for students #121823A, #121823B, #121823C, and #121823D; approve contracts for Tammy Fate as Business Office Administrative Assistant, Deb Groll as Payroll Clerk/Accounts Payable/Insurance,

Tina Kozisek as Business Office Administrative Assistant/Account Payable, Building Administrators Luke Lutterman and Shane Van Beek, and Tricia Johnson as Dean of Students; resignations for Allison McMartin as Paraprofessional effective November 21, 2023, Riley Kettner as Paraprofessional effective December 15, 2023, and Peyton Soltau as Special Education Teacher effective December 22, 2023; and extra-curricular contracts for Christine Deetz as Fall Play Director and Brandon Neseth as Head Softball Coach. Motion carried unanimously.

Business Manager Aimee Lake presented a slide show and explained the Truth in Taxation information, levy certification and budget.

Rich Ragatz from Ideal Energies presented information on the Solar for Schools program and PV Credit.

D. Jensen/J. Jensen motioned to approve Ideal Energies to apply for the Solar for Schools grant.

Bartel/Knutson motioned to approve the final 2023 payable 2024 levy certification for \$3,246,582.11. Motion carried unanimously.

Kenworthy/J. Jensen motioned to approve the Resolution Establishing a Combined Polling Place for Multiple Precincts and Designating Hours During Which the Polling Places Will Remain Open for Voting for School District Elections Not Held on the Day of a Statewide Election. Motion carried unanimously. (Attachment A)

Wolf Ridge Coordinator Kim Swanson was present to

request approval for students to attend Wolf Ridge ELC in January 2025.

Bartel/Kenworthy motioned to approve students to attend the Wolf Ridge ELC trip in January 2025. Motion carried unanimously.

Student Council Representative Elizabeth Hukee reported on Toys for Tots, military boxes, holiday bingo, dress up days, and Cobra on the shelf. They are also planning for snow week.

Chair Henslin stated that there is a meeting scheduled for Thursday and the Joint Powers Agreement is on the agenda.

Superintendent Schlichting gave the A.D. report: Boys Volleyball interest, Girls Basketball team new school record for 87 points in a game, MSHSL Student Advisory Leadership Team Conference.

Dean of Students Tricia Johnson and Superintendent Schlichting reported on the Profile of a Graduate ceremony, Courage and Respect Retreats, spring testing updates for the ACT and ASVAB, Triple 'A' Award winners, EXEL Award winners, ZED creative writing contest, academic triathlon, concurrent enrollment update, holiday activities.

Superintendent Schlichting gave an update on the 2024-2025 school calendar, Read Act training, and January 31, 2024 Study Session.

Kenworthy/Knutson motioned to adjourn the meeting at 6:50 p.m. Motion carried unanimously.

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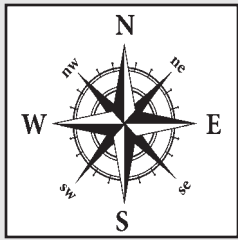
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Changes in Latitudes, Changes in Attitudes Back Home on the River



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.

This is a picture of the Paris Landing bridge. It connects the Land between the Lakes area with the western part of the state of Tennessee. The bridge spans a mile over the Tennessee River and the widest point of Kentucky Lake. It is beautiful on a sunny day and so impressive to see all that water in both directions. This is where we live in Tennessee. Every time I come home down here, I love to look out over the bridge and take in the sight.

One afternoon as we were driving home over the bridge we saw something startling appear beside our car. A Blackhawk helicopter began rising above the bridge to our left. There were two military UH-60's flying at water level beside the bridge. We watched as they landed in an open field in Paris Landing state park. Being curious we turned in and parked in the lot. It was some kind of family of servicemen gathering and lots of kids were waiting to see their dads get out. Fort Campbell, home of the 101st Airborne is only thirty-miles away.

The bridge has quite a rise to accommodate the daily barge traffic and the kid in me couldn't resist the urge to accelerate the Corvette every time we approached the bridge. If you exceed 100 mph it feels like you are in a plane taking off when you reach the top of the bridge. I must not have been the only one doing that because one day I saw a Tennessee Highway Patrol parked by the marina side of the bridge. Nothing like the sight of a squad car to slow you down.

About ten miles upstream is the Danville transfer elevator. We enjoy boating to the site

and the bridge can still be seen in the distance for almost the entire trip. The Danville elevator was a five-story concrete structure that transferred cargo from rail car to paddle wheelers over a century ago. When the lake was formed by the construction of the dam in 1941, the elevator was abandoned and left to stand in the middle of the lake. The arial lift bridge was also removed at that time and a ferry provides passage for automobile traffic across the river there for one dollar per trip.

Twenty-four hours each day barges travel under the bridge as they haul grain, coal and gravel up and down the river. One learns to stay between the green and red buoys on the river, just like the barges do. The dam controls the water level and at winter pool it is six feet lower than summer pool. Unsuspecting boaters during the cold months can suddenly find the bottom of the river in the middle of the lake, and run aground if not careful. We had that happen one fine afternoon last winter as we were exploring the cove near Cypress Bay Marina. We were at least 200 feet from shore as we came around the bend and suddenly we were looking at the rocky floor of Kentucky Lake. I hit the trim and raised the prop out of the water and after further investigation reversed the boat and backed out to deeper water.

The wind coming off the nearly two-mile wide lake can create some substantial waves crashing into the bridge pilings and there is a breakwater at the entrance of the Paris Landing marina to calm the waters. On a windy day there will be over two-foot swells to contend with heading into the marina. The first day we used the boat launch there we encountered quite rough water returning to dock. I rode a wave in looking at the trough and thinking it could easily swamp us. While I tried to keep the bow straight, I could hear my wife yelling "Woo Hoo". She was enjoying the adventure much more that I was. After that we started using Gray's Landing on the other side of the Lake where the water was much calmer.

When we first moved here the Paris Landing Lodge was being demolished to make way for a new facility. The locals were up in arms because the 70 year-old lodge and restaurant was a sentimental place in their hearts. It took about five years to complete the new one but it is a beautiful resort on the lake with a restaurant which is out favorite place to eat and just down the road from our home.

A Minnesotan: Epiphany



By RosaLin Alcoser

And once again it's a new year. I could talk about something along the lines of it being New Year's, however, I did that last year. Instead let me tell you all about the much more existing holiday that comes right after the New Year which would be Epiphany otherwise known as Kings Day or the 12th day of Christmas.

As I've mentioned before my transplanted hispanic family from the south celebrates Christmas from start to finish. Meaning that starting on Christmas day we celebrate the 12 days of Christmas until January 6th when we celebrate the Epiphany.

Epiphany is when the three kings, or three wisemen, arrive to see baby Jesus

and present him with the gifts.

Growing up this meant that my family spent those 12 days playing games and enjoying a much needed break after the rush of getting everything ready for Christmas Eve services, and some years Christmas Day services, in addition to all of the extra things at the church leading up to Christmas.

In my Belizean father's traditions Christmas is when the big Christmas dinner is had and stockings appear, however, presents don't appear until Epiphany when the three kings bring them.

When my older sister and I were children we would often get some presents on Christmas Day and the rest on Epiphany. Or in years where our parents worked a lot on Christmas Eve and Christmas Day nearly everything would be saved for Epiphany.

For us this was also a day for spiced cookies in the shape of a star, to represent the star that guided the Three Kings to Bethlehem. We didn't make them every year and often we would make a pan of ginger bread instead. However, I remember these cookies being a type of crisp ginger cookie.

Now that we're adults and our family is spread out we don't celebrate in the same way as when we were children. However, we do still celebrate the 12 days of Christmas and always make sure to do something individually while wishing one another a Happy Epiphany.

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