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SEPTEMBER, 2023

Volume 4 • Issue 12

Family Fun Night at Faith Community Church

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

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

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

Vang Church Annual Lutefisk and Norwegian Meatball Supper

The annual Vang Church Lutefisk and Meatball Supper will be held Wednesday, October 11th. Meal includes: Lutefisk with melted butter, Norwegian meatballs with gravy, mashed potatoes, corn, cole slaw, fruit soup, lefse and Norwegian baking's.

Tickets are \$20.00. Home or business delivery and curbside pick up. 11:00-2:00pm/4:00-7:00pm. Pre-orders required with credit card by October 6, 2023.

Call or email for reservations 507-789-5186. vanglutefisk@gmail.com

Triton Welcomes new Teachers

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

(continued on page 5)

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



Jeff and Holly Burow

HJB Accounting in West Concord

By Cheri Roshon

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

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

(continued on page 6)

Local Author Writes Children's Books

By Cheri Roshon

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

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

Sara grew up in Fertile, Mn in a rural setting before moving to Minneapolis to attend school for physical therapy. There she met her husband Andrew on a blind date. "It was love at first sight," she said.

(continued on page 7)

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Suicide and Mental Health



Pastor Roger Langworthy
Praise Fellowship Church

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

from their various perspective and training.

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

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

sire to die. You can read about them in 1 Kings 19:3-4 and Jonah 4:3.

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

People who are hurting need compassion-

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

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

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(507) 517-4160 with your email address to enroll.

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



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Keep It Local

Area Church Directory

Deep Sense of Awe

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

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

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

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

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

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

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

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200 East Street, Claremont
528-2320
Pastor Doug Walters
Sunday Worship at 10:00a.m.

St. John Lutheran Church
4532 SE 84th Avenue, Claremont
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Pastor Alan Broadwell
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Evelyn Margaret (Burzlaff) Peterson



Evelyn Margaret (Burzlaff) Peterson 85, of Giese (Cambridge), passed away on Thursday, August 31st, 2023 at J.A. Wedum Residential Hospice in Brooklyn Park. She was born in Claremont, MN on February 19, 1938, to Henry and Margaret (Cartwright) Burzlaff.

Evelyn began life on the farm in West Concord where she graduated from high school as class salutatorian, and went on to earn her bachelor's degree in Home Economics at the

University of MN. The U of M St. Paul campus is where she met Daniel Peterson and they were married on his birthday in Dodge Center on March 21, 1959 (62 years).

Dan and Evelyn started their married life in Giese MN, and then moved to Rochester. Here, she started tailoring at home until they moved the growing family back to partner with the Burzlaff family, on the West Concord farm in 1964. Evelyn started her own upholstery business here while raising the family. Her design and craftswoman skills were demonstrated throughout her life from the clothes she made for her family, to perfectly matched upholstery patterns for her customers, to the art created from nature that adorned the walls of her home. She also shared and taught these skills to her family and community as a 4-H leader and Home Economist. In 1975, Dan accepted a new sales opportunity in Olivia and they moved the family and upholstery business. During their life in Olivia, working and raising a family, they established the first Peterson's New and Used store. They eventually "retired" moving the store to Giese, where they combined the venture with the newly built Giese Bed & Breakfast Inn. Evelyn and Dan enjoyed running this successful, home-based venture for over 27 years, engaging with

guests and customers from six continents. They finally retired to Cambridge in November 2018. Evelyn was loved for her strong faith, work ethic, patience, wit, love of music and breakfast recipes.

She is preceded in death by: husband, Daniel Peterson, parents, daughter-in-law Deb Tobias, brother-in-law Gerald Peterson, sister-in-law Gloria Peterson, sister-in-law Dorothy Norback and brother-in-law Wilbert Norback.

Evelyn is survived by her children: Pam (Tim) Eng, Mark Peterson, Jonna (Terry) Marholz, Susan Rose Battles, Linda (Jim)

Hannasch, Steve (Dani) Peterson; Grandchildren, Ben Eng, Brittany (Peter) McDonald, Jillian Marholz, Sarah Battles, Rachel Battles (Matt), Luca Battles, Seth Hannasch, August (Brianna) Hannasch, Maxwell Peterson and Cole Peterson. Brother Harl Burzlaff, sister-in-law Carol Burzlaff, and many nieces and nephews.

A Memorial service was held on Monday, September 18, 2023 at 11:00AM at Immanuel Lutheran Church in Giese, MN. Rev. Richard Langhorst officiated. There was a visitation one hour prior to the service. Burial immediately followed the service.



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Former Governor Al Quie Passes Away

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Vang Lutheran Church ANNUAL LUTEFISK AND NORWEGIAN MEATBALL SUPPER

Vang Lutheran Church

2060 Cty. 49 Blvd.
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Wednesday, October 11th

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Faith Community Church MOPS Program Nurtures Moms and Children

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

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

The MOPS program includes many varied



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

MOPS encourages and equips moms of

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

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

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

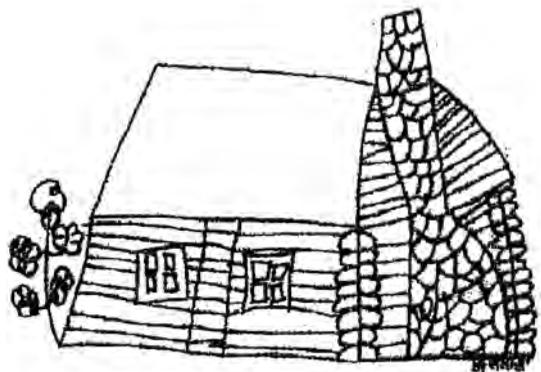
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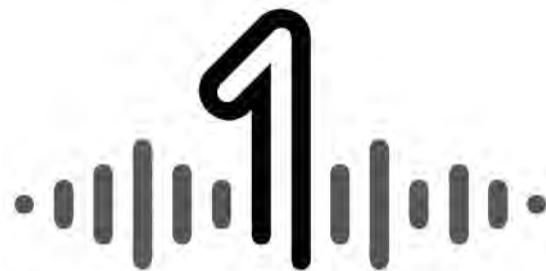
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Triton Welcomes New Teachers

(continued from page 1)

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

reading and taking her dog to the dog park.

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

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

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

Caitlyn Sowieja will be teaching Third Grade at Triton this year. She grew up in Dodge Center and graduated from Triton in 2019. Caitlyn attended Winona State University and worked at Kasson-Mantorville as a First grade teacher last year. She enjoys hiking, walking, reading and exploring the world around her as well as spending time with family and friends.

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

South Dakota this past summer.

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

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

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

Liz Neseth is the new Minnesota history and Seventh Grade American history teacher at Triton. Liz attended Concordia College and has a Bachelor's of Arts degree in Education and a Master's degree in educational Technology. This is her twelfth year of teaching and most recently she taught for seven years at Medford. While teaching at Medford she ran the Medford Travel Program where she traveled to Spain, Gibraltar, Italy, Greece, Turkey and Canada with her students. Her husband Brandon also works at Triton and they have three children. She loves coffee, tacos, traveling and listening to audio books.




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HJB Accounting in West Concord

(continued from page 1)

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

Holly grew up in Lake City, and after graduation, went to school for Ag Business in River Falls, Wisconsin. Her jobs included raising, farrowing and breeding pigs at MN Family Farms, then after a few years, she worked at a high-tech research facility in Rochester where research was being done on whole heart transplants from pig to humans. She began servicing mortgages in Rochester at Ag Star Financial Services. During her time there, she began taking classes to become a Certified Public Accountant. She began underwriting home loans, then writing mortgages for commercial properties, and finally got into accounting. When she earned her CPA, she left Ag Star to work with Reese, Winter & Associates, an accounting firm located in Northfield and Faribault.

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

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

Getting back to the tax business, I wondered what keeps her busy out of income tax season. "I do accounting for small businesses, corporations and non-profits, as well as gam-

bling audits," she replied. As if that wasn't enough, she helps Jeff with Bingo, meat raffles and other charitable functions that benefit West Concord in various ways.

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

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

One of the events the gaming contributes to is Survival Days on July 21-23. On the 22nd, there will be Bingo under the big tent, followed by none other than Lost Highway from Kenyon. There will be a beer garden for snacks and refreshments as well. If you'd like to know more about the gaming aspect of your town's funds, just ask Jeff. He is a wealth of information about the benefits, the steps we need to take to keep the revenue coming in, and what the West Concord Historical Society does for the town. He can let you know how you, too, can be a part of this important organization.

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



Holly J. Burow
CPA, LLC

Certified Public Accountant
holly@hollyjcpa.com

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Naylor's Pond

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

There is no channel in or out even though the south branch middle fork of the Zumbro River travels right past the pond. It is fed by spring and overflow of the river during high flow seasons.

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



Naylor Pond beach



Naylor Pond Google Earth

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Local Author Writes Children's Books

(continued from page 1)

They now live in Mantorville with their 3 children. Andrew is a chiropractor in Dodge Center, and Sara works for Mayo Clinic in Rochester doing research, and she just opened a physical therapy practice in Kasson. Rise Up- Mind, Body, Strength is a physical therapy and health coaching business located at 13 W Main in the Kasson mini mall, inside Main Alternatives. Main Alternatives focuses on just that--- Alternative Health Practices. There are 3 massage Therapists, 1 Reiki practitioner, and Sara as a doctor of physical therapy.

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

The first book, called The Magic of Massa, is about conquering the fears in life that hold us back. As Sara writes on her back cover, We each face dragons in our own life. It may be

the bully on the bus, or the mean kid on the playground. How we face our dragons defines our lives. Our future is defined by either successfully slaying our dragons or by running away from our dragons and letting fear rule our lives."

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

Sara and I chatted about what it takes to author a book. She likes to begin with an idea, draw up an outline, write the words, and do the editing at the end. She says, "God wouldn't put an idea in your head unless you were supposed to write it." Once the book is written, the quickest way to get it out to the public is to self-publish it. This can be done through several channels, and Sara chose Amazon. She used a program called Kindle Direct Publishing.

If you would like to take a look at her book online, you can go to her author page on Amazon by going to <https://www.amazon.com/author/saraklein>, or you may go to Bibliobooks and read her stories for free at <http://library.biblioboard.com/content/dfbfac63-de57-4a64-87ee1498b422>.

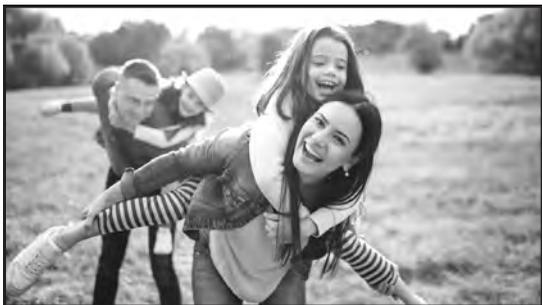
To purchase your own copy, go to Amazon.com. Here's looking forward to book #3!



2023 Triton Homecoming Court!



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



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Fall Harvest

Fall is in the air and with the cooler weather comes changing leaves, shorter days and harvest season. It's a busy time of year on the road with more farm equipment and the hustle and bustle of students returning to school and afterschool activities. It can be easy to be-

come distracted when juggling work and kids, but it is important to stay alert behind the wheel to be sure that everyone makes it home safely.

Motorists:

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

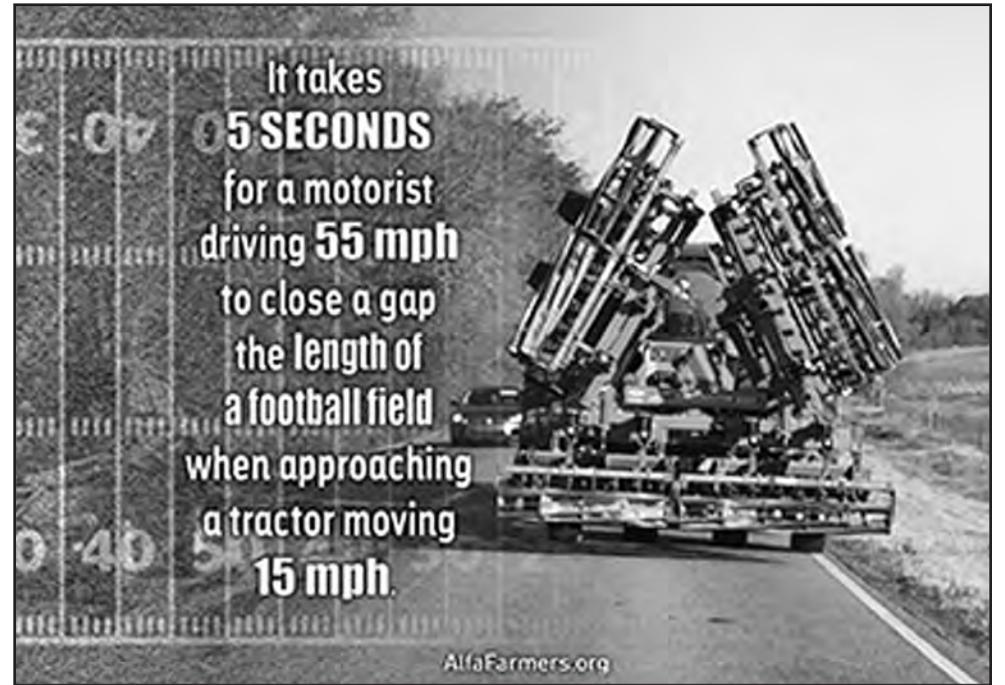
Watch for debris dropped by farm equipment.

Wait for a safe place to pass.

Drive with headlights on.

Farm equipment operators:

Use lights and flashers to make equipment



“ASK A TROOPER”

By Sgt. Troy Christianson of the Minnesota State Patrol

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



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

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

How to use E-ZPass lanes

- Solid double white lines, and dashed double white lines, separate Minnesota E-ZPass lanes from general lanes. It is always illegal to cross solid double white lines.
- HOV bypass entrance ramps are restricted to carpools, vanpools, buses and motorcycles. It is illegal for solo motorists with an E-ZPass tag to use HOV bypass entrance ramps.
- Overhead signs alert you to the entry and exit locations for E-ZPass lanes. You may only enter and exit E-ZPass lanes where there are dashed double white lines.
- Overhead digital signs display the current fee. The price you see is the price you pay for your trip.
- Your E-ZPass tag is read electronically, and the posted amount is automatically deducted from your E-ZPass account balance.

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

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

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

more visible.

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

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

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

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

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

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An Apple A Day



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

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

You probably have heard the rhyme, "An apple a day keeps the doctor away." But what does an apple really do for you? Does any apple work, or only certain kinds? Let's dig a little deeper.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a day required less prescription drugs. Those

who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

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

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

Blood Sugar - Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was reported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the

sugar absorption ability of the intestines by closing the primary "door" that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in Molecular Nutrition and Food Research.

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

The older apple varieties that have high polyphenol content include - Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have been bred for increased sugar content and size.

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

If you would like to learn more about the foods that help you thrive, join me for a LIVE

event series planned for September 11, 18, and 25. I will be presenting "PRIORITY FOODS: Protein, Fats, and Carbohydrates" at FiftyNorth in Northfield at 6:30 pm each Monday evening. You can register by calling the Front Desk at (507) 664-3700.

In this seminar series, we will talk about:

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

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



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Health Tips



By Shauna Burshem, D.C.

Snoring (hated by wives around the world & some husbands, LOL) is a common sign of sleep apnea. Sleep apnea is when your body stops breathing for a short amount of time, while sleeping. Obstructive sleep apnea (OSA) is the typical form. OSA comes from the airway being blocked during sleep. Un-

treated OSA is linked to heart disease and neurological brain function complications as well as an increased risk of early death. Untreated sleep apnea also increases your risk of diabetes, high blood pressure, irregular heart beat and stroke. A medical study found that 1 in 5 people with sleep apnea had OSA, but only 3.5% of the participants were ever treated for it. 37.2% had severe snoring and 14.6% also had excessive daytime sleepiness. Non-surgical treatments include Continuous Positive Airway Pressure (CPAP), positional therapy, use of oral appliances, nasal resistors, oropharyngeal exercises, and behavioral measures, including weight loss when indicated, frequent physical exercise, avoidance of alcohol and sedative medication before bedtime. Chiropractors that are trained in the use of Nasal Release Technique can check the nasal passages for obstruction and restore proper nasal pathways.

Vaping has been marketed as healthier alternative to cigarette smoking and a way to

help people quit smoking. Sadly, the e-cigarette marketing has misled thousands of people that vaping is a healthier option. Chemical analysis has found that e-cigarettes contain liquids, aerosols, cartridges and heating coils that contain many toxic and carcinogenic ingredients. The chemical polonium-210 is one of the reasons that tobacco causes cancer. Polonium-210 is also found in e-cigarettes and can cause lung cancer as well. E-cigs also contain toxic metals like lead, aluminum, arsenic, cobalt and tin. In addition, when the chemicals in e-cigs are heated they produce toxic formaldehyde as well as other toxic aldehydes.

An estimated 40 million Americans, about 18% of the population struggle with anxiety. While many factors contribute to anxiety, recent research suggests that anxiety is inherited from your parents. Animal research shows that two brain regions involved in processing fear and anxiety can be passed down to your children. Another factor in the in-

crease of anxiety is the rise in chronic microwave radiation exposure from wireless technology. Research shows that exposure to this type of radiation from cell phones, I-pads, laptops and video gaming and other blue tooth technology can have a direct influence on your mental health.

90% of sea salt sold worldwide contains plastic. This makes perfect sense as our oceans are full of plastic from garbage dumping, storms and run-off from streets. Researchers feel that most people consume 2,000 particles of plastic in sea salt per year. This fact coincides with a recent study that I reported on stating that plastic was found in 100% of human stool samples of people tested. Your best option is to avoid regular sea salt and only use "real" Himalayan sea salt. Himalayan sea salt was created long before the environment was polluted by plastics and chemical toxins.

Is My Pet Having a Seizure?

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

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

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

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

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

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

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

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

Are Seizures an Emergency?

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

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

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

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

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

Are Some Dog Breeds Genetically Predisposed to Seizures?

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

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

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

What If My Pet Needs Seizure Medication?

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

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

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

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

Does My Pet Need to See a Neurologist?

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

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

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2023 MN State Fair FFA Show Triton FFA Member Highlights

Participants:

Goats: Anna Ridenour, Dasmine Marquardt, and Sydney Rysavy

Dairy: Cadence Spearman

Swine: John Moenning and Elyssa Robinson

Chapter Awards:

• Champion Chapter Meat Goat Herd

Welcome to the 2023-24 School Year



Luke Lutterman



Shane Van Beek



Tricia Johnson

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

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

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

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

Shane Van Beek, Elementary Principal

Tricia Johnson, TMS Dean of Students

Luke Lutterman, TMS-THS Principal



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

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

Individual Accomplishments:

Goats

- Grand Champion Goat Carcass- Anna Ridenour

- Reserve Grand Champion Goat Carcass- Dasmine Marquardt

- Grand Champion Graduate Showperson- Anna Ridenour

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

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

(continued on page 12)

Cobra Communications



Craig Schlichting
Superintendent

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

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

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

The first week of school was a bit different

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

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

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

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

#WeAreTriton

2023 MN State Fair FFA Show Triton FFA Member Highlights

(continued from page 11)

Dairy

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



Elyssa Robinson showing her pig.



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

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

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

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

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

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

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



Cadence Spearman with the Grand Champion Milking Shorthorn



Triton Times

Craig J. Schlichting – Superintendent
Triton Public Schools

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Thank You to the Apple Man - Dave Hanson

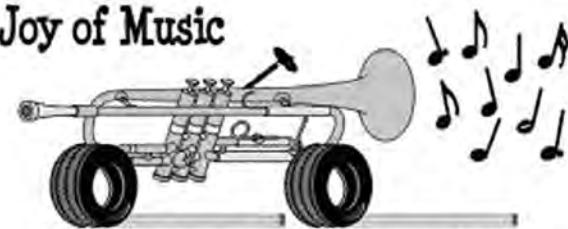


A huge thank you to the Apple Man - Dave Hanson for opening his farm to our students to learn about apple farming and to eat delicious apples over the years. We wish him well, and are so grateful for all of the fun memories that he created for Triton students.

Triton Senior's Project Focuses on the Band Program.

Logan Tuft is doing an instrument drive for the Triton band program to collect unused instruments from the area to be donated to the school for young musicians. Many families have either purchased instruments for their children who were previously involved in the band program at Triton High

Joy of Music

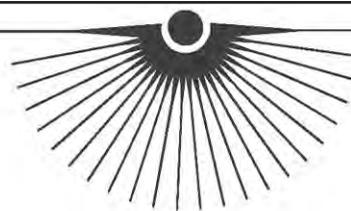


Band Instrument Drive

School or school-loaned instruments that were never returned. There are many different reasons why these instruments are of no use, for example, their child graduated or is no longer in the band program.

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

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



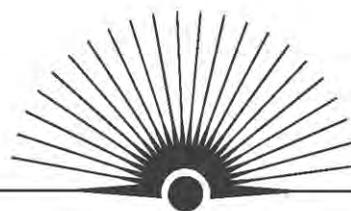
Meet Triton's Homecoming Court

COMMUNITY RECEPTIONS

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

September 20

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



do you know?

1

Triton High School outperformed most local and Gopher Conference Schools on MCA Proficiency during the 2022-23 School year. Math 8.5% proficiency above conference average, Reading 5.3% proficiency above conference average, Science 21% proficiency above conference average.

Triton High School was one of three schools in the entire state to have State Level ExCel Award Winners in 2022 (Jude Gosse, Mariah Busch). Jude Gosse was also the Region 1A Triple A Award Winner and State Level Recipient in 2023.

2

Triton High School Senior, John Moenning, is the only student in Minnesota to be named a Finalist for The FFA Agricultural Proficiency Awards.

3

Over 95% of the Class of 2023 completed the Triton Academies Program. This couples a rigorous and relevant curriculum, with senior capstone career-focused opportunities. This industry-based 15-hour experience prepares students for career and post-secondary success.

4

77% of the class of 2023 completed dual enrollment college courses in English and Math. Triton High School Graduates can earn 46 College Credits at Triton High School.



Early Childhood Education

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

ECFE Fall plan:

Growing Together—Friday Mornings

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

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

Cost: \$20/family per Semester

Fall Semester Dates:

September 22, 29

October 13, 27

November 10, 17

December 1, 15

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

Creciendo juntos – las clases de los viernes por la mañana

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

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

Costo: \$20/por semestre/familia

Fechas para el semestre de otoño:

22 y 29 de septiembre

13 y 27 de octubre

10 y 17 de noviembre

1 y 15 de diciembre

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



ECFE Evenings Plan: Evening Adventures

Children aged 2-5 and an adult

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

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

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

Dates:

October 4 Healthy Habits

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

November 1 TBD

November 29 TBD

December 6 TBD

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

6-7:30PM

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

Creciendo juntos – las clases de los viernes por la mañana

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

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

Costo: \$20/por semestre/familia

Fechas para el semestre de otoño:

22 y 29 de septiembre

13 y 27 de octubre

10 y 17 de noviembre

1 y 15 de diciembre

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

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

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

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

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

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



TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550

Flag Football Youth Enrichment League
Grades 1-5

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

Cost: \$70

Dates: Tuesdays

September 26

October 3,10,17,24, 31

3:20-4:20 PM

Grassy area by the Playground



{YEL!} Junior Soccer Youth Enrichment League
Grades K-3

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

Cost: \$70

Dates: Thursdays

September 21, 28

October 5,12,

November 2,9

3:20-4:20PM

Grassy field by the playground



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

Grades 1-6

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

Cost: \$32

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

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

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

PLANNED EVENTS: more information to come

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

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



TRITON CLASS OF 2024



SENIOR SPOTLIGHT

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

POE BROSKOFF

SPONSORED BY



TRITON CLASS OF 2024



SENIOR SPOTLIGHT

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

NANCY FERNANDEZ

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5K • Family 1 Mile • Costume Contest

Saturday, October 28
Mantorville, MN

5K race 9am

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

1 mile race 10am

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

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

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



The Looney Lutherans

in *I'm Dreaming of a Looney Christmas*



The Looney Lutherans
Ames Center, Burnsville, MN

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

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

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

Thursday, December 7

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

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

Sewing 101 with Sandy Sandy Huber

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

Cost: \$14

This is a 2-night class:

October 9 and October 16

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

Triton's FACS room located in THS



Knitting for Beginners with Sandy Sandy Huber

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

Cost: \$14

This is a 2-night class:

October 23 and October 30

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

Triton's FACS room located in THS



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

Triton Community Ed offering free Adult ESL and GED classes!

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

All levels of ability are welcome.

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

Classes will start on October 3rd.

Tuesdays and Thursdays

3:30-5:30PM GED

6-8PM ESL

TES Room 403



Safe Driving Class Jim Jensen

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

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

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

October 5

5-9PM in the THS Media Center



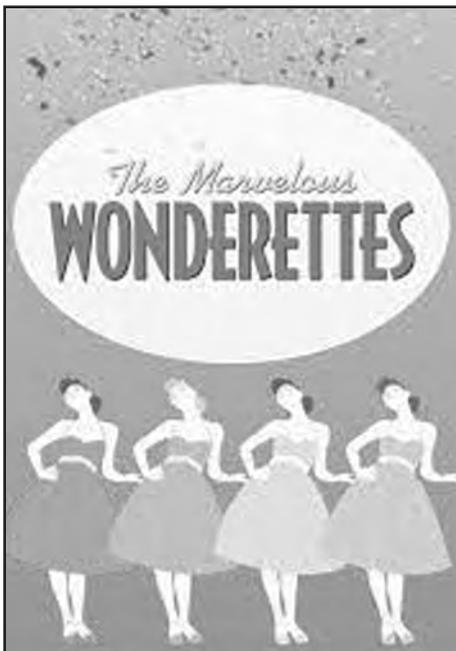
The Marvelous Wonderettes Sidekick Theatre at the Masonic Heritage Museum, Bloomington, MN

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

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

Cost: \$88, includes ticket to show, lunch buffet/gratuity, and coach bus ride Wednesday, November 8

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



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

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

Phone: _____ Email: _____

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

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

Southern Minnesota

Golden Link

A weekly advertising supplement to these Southern Minnesota publications:

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Pick Up:
Sept. 30th
8:30AM-4PM



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

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

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

Collectable Farm Toys

Big Bud—John Deere—Case—Deutz—
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—Allis-Chalmers—Misc. others

Other Toys

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—Road Champs—Hot Wheels—
Zylmex—Rays Toys—Mojorette—
Maisto International—Misc. items









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Ross Thompson Estate Auction

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



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

VIEW AUCTION ON: www.jensenauctionsmn.com

JENSEN AUCTIONS 507-456-1210

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Hours:
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Thursday-Saturday 6:00am-8:00pm

1160 Frontage Road, Owatonna
507-444-4000

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Hours: Monday: 11am-10pm
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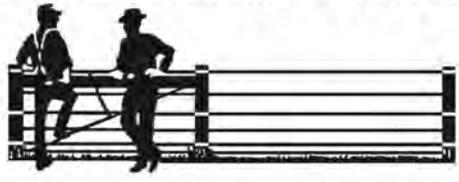
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LIVE LAND AUCTION

Auction at AuctionCast Studio in Zumbrota or online at **www.landproz.com**

TUESDAY SEPTEMBER 26 1:00 PM

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

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

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

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

OWNER:
 | **PALMER FAMILY FARMS**

AUCTIONEERS:
 | **GREG JENSEN | SONNY JENSEN**
 507-383-1067 507-402-9445

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AUCTION CALENDAR

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

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

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

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

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

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U of M Expert Alert: Fall Respiratory Illnesses

By University of Minnesota

The transition of seasons from summer to fall coincides with the annual resurgence of respiratory illnesses. Health officials across the United States are preparing for an uptick in flu, RSV and COVID-19 cases.

Jill Foster with the University of Minnesota Medical School and M Health Fairview talks

about the fall respiratory illness season and how to stay healthy.

Jill Foster, MD

“The past few falls and winters have taught us that our previous patterns of respiratory illnesses aren’t following the rules. We had a very early and severe RSV and flu season that caught many people by surprise. The best defense in all of these situations is to be as prepared as possible and the best preparation is through vaccination for flu, the updated COVID-19 booster and the new RSV vaccines for those who are eligible.”

“It’s hard to differentiate the various respiratory viruses. Typically, the common cold is the least severe. You’ll have a runny nose, a low-grade fever, some aches and pains and generally will start to feel better after a cou-

ple of days. Influenza comes on suddenly with higher fever and coughing as the more prominent symptoms. You may also feel miserable and ache all over. Flu usually lasts longer than a cold—from a week to 10 days of feeling ill. Influenza also has a higher chance of developing into pneumonia and then needing hospitalization. COVID can be tricky because it can have no symptoms, seem like a cold or land you in the hospital on a ventilator. It is much more unpredictable and just because you have a mild case doesn’t mean you can’t spread it to someone else who will be hospitalized.”

“All of the things that we learned more about in the early days of COVID-19 are useful in preventing infection from any respiratory virus: Handwashing and good hand hygiene, wearing masks and being aware of the air ventilation in rooms.”

Jill Foster, MD, is a professor of pediatrics in the University of Minnesota Medical School and pediatric infectious diseases physician with M Health Fairview. Her expertise is in prevention and treatment of viral diseases, and in mobilizing public health and healthcare systems in the areas of prevention and screening.



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13 Groups Sue EPA Over Factory Farm Water Pollution

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

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

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

"EPA's deliberate head-in-sand approach to factory farm regulation has facilitated a national clean water crisis, decades in the making. When given the opportunity to finally right its wrongs, EPA elected instead to double down on special treatment for factory farms," said Food & Water Watch Legal Director Tarah Heinzen. "Factory farms are polluters by design — true environmental protection requires a willingness by EPA to confront this industry head on. It is high time EPA addressed the crisis it has spent decades enabling."

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

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

National Pollutant Discharge Elimination System (NPDES) permits.

"For over a decade, the EPA has doggedly looked the other way as factory farms across the U.S. balloon in size and regional concentration, destroying watersheds and accelerating the decline of endangered species," said Hannah Connor, Environmental Health Deputy Director at the Center for Biological Diversity. "Denying this petition after the Supreme Court took an ax to the Clean Water Act is an appalling abdication of this administration's clean water and environmental justice objectives. I'm hopeful the court will force the EPA to reconsider its dangerous failure to curb factory farm pollution."

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

"The Trom family farm in rural Dodge County, Minnesota is surrounded by 12 swine factory farms in a 3-mile radius," said Sonja Trom Eayrs, attorney, rural advocate, farmer's daughter, and co-founder of Dodge County Concerned Citizens in Minnesota. "Like many families in rural America, ours must contend with dangerous discharges from neighboring factory farms on a daily basis. We've contacted the regulators on several occasions, with little to no assistance. What do you do if the regulators will not regulate?"

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

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

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



By Jim Miller

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How to Plan a Green Funeral

Dear Savvy Senior,

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

--Old Environmentalist

Dear Environmentalist,

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

Green Burial

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

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

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

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

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

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

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

Green Cremation

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

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

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

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**CITY OF CLAREMONT
CITY COUNCIL MEETING
TUESDAY, AUGUST 1, 2023
7:00 P.M.**

Pursuant to due call and notice thereof, a regular City Council meeting was held on Tuesday, August 1, 2023, at 7:00 p.m. at Claremont City Hall.

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

City staff and others present: Interim Administrator/Clerk Elizabeth Sorg, Maintenance Director Casey Dahl, City Attorney Mark Rahrlick, City Engineer Derek Olinger, Tracy Boyum, Duane Boyum, and Mike Berg. The Pledge of Allegiance was recited.

AGENDA

Motion by McGovern to approve the agenda with one addition of a Request from the Hogfest Committee, second by Klejeski. Motion carried unanimously.

PUBLIC INPUT

Tracy and Duane Boyum expressed their unhappiness with the water rates and that there is no gas station or any other businesses in town, and they felt that is why no one will be moving here.

CONSENT AGENDA

The Consent Agenda consisted of the Minutes of the July 11, 2023 Regular City Council Meeting, Minutes of the July 18, 2023 Emergency City Council Meeting, and Resolution No. 23-17: Resolution Accepting Donation. 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 Klejeski to approve the financial reports, second by Ellis. Motion carried unanimously.

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

**PUBLIC HEALTH & SAFETY
COMMITTEE**

Interim Administrator/Clerk Sorg sent Claremont Township the Fire Service Contract renewal which they approved and returned. Motion by Sultze to approve the Claremont Township Fire Service Agreement, second by Klejeski. Motion carried unanimously.

The Public Health and Safety Committee reviewed the Garbage and Refuse Hauler Ordinance and recommended changes to it. The haulers will need to fill out an application, show proof of insurance, hours of collection will be 6 a.m. to 6 p.m., and delete paragraph D. regarding the hauler showing a schedule of proposed rates. Attorney Rahrlick will draft an amended ordinance for review at the September meeting.

PLANNING & ZONING COMMITTEE

Nothing at this time.

EDA

Clifford Brekke finished his façade project which cost \$3445. Motion by Ellis to reimburse him half of the bills which is \$1722.50, second by Klejeski. Motion carried unani-

mously.

Greg Himler applied for a façade improvement grant to replace front windows at 232 W Front Street at the estimate of \$2300. Motion by Klejeski to approve the façade application, second by McGovern. Motion carried unanimously.

MAINTENANCE DEPARTMENT

Nothing at this time.

PARKS COMMITTEE

Nothing at this time.

PEOPLESERVICE

Their reports were in the packet.

CITY ENGINEER

Preconstruction meetings for the outfall sewer project have been scheduled and the 2-week project is planned to start August 17. A verbal agreement with Brennan Toquam was previously agreed to. He will stop in to sign the agreement with compensation of \$1485 to cover the land use, crop damage and any other inconveniences to him. Motion by Dahl to approve the Temporary Easement, second by Ellis. Motion carried unanimously.

For the water tower rehab, temporary water tanks have been delivered to the site. The new gate valve should arrive within a week. After that is fixed, the water tower will be drained. The council would like to see a design draft of slate gray color for the water tower and also the aluminum color. Council will review the designs and Mayor Dahl will approve the final draft.

The crack filling on the streets has been completed and chip sealing will be done Thursday. Pearson Bros. turned in their invoice for \$8476.65 for the crack filling. Motion by McGovern to approve payment of that invoice, second by Sultze. Motion car-

ried unanimously.

INTERIM ADMINISTRATOR/CLERK

Maintenance Director Dahl's 90 days is September 4. Interim Administrator/Clerk Sorg will do his 90-day review and share with the council.

Evan Brown has approved and signed the Separation Agreement.

CITY ATTORNEY

Nothing other than what is on the agenda.

OLD BUSINESS

There are roughly 75 old street signs. The signs will be sold on a first come, first served basis at \$20 each sign.

NEW BUSINESS

Interim Administrator/Clerk Sorg has the proposed 2024 budget in the packets along with a 4% and a 5% increase to the levy. If council has any questions or comments on the budget, they should ask Sorg so that the proposed budget can be approved at the September meeting. The proposed levy has to be approved by September 29. The council would like to see a 6% and a 7% levy for review at the September meeting.

The Hogfest Committee asked if they could use the Fire Hall for free during Hogfest if it rains. Due to the liabilities that could happen, and also the pavilion is open and can be used or the former school gym, the council denied the request.

Motion by McGovern to adjourn the meeting at 7:59 p.m., second by Klejeski. Motion carried unanimously.

ATTEST:

Elizabeth Sorg, Interim Administrator/Clerk
Tasha Dahl, Mayor

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

**Letter-to-the-Editor
Well water in Minnesota's Karst region is at risk!**

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

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

Nitrate-contaminated drinking water can lead to health problems including an increased risk for colorectal cancer, thyroid disease, and birth defects and low birth weight in infants.

The leading cause of nitrate contamination is from industrial agriculture, in particular Concentrated Animal Feedlot Operations (CAFOs), as well as monoculture row crop production. Industrial farming practices have proliferated across Minnesota in recent years causing nitrate levels to rise statewide. The pollution is particularly concerning in the karst region, where the unique geology of the land al-



lows nitrogen spread on agricultural fields through manure and commercial fertilizer to rapidly infiltrate into groundwater used for drinking water by area residents.

Despite an acute awareness of the problem, state and local authorities have thus far failed to sufficiently address the crisis. That's why Dodge County Concerned Citizens joined ten other local and national environmental organizations in April to petition the federal Environmental Protection Agency to intervene.

Organizational advocacy on this issue was an important first step, but it alone won't get the job done. No one in this state should have to worry about what's in their water. Officials at every level need to know that Minnesotans care deeply about this issue. Sign the petition our partner Minnesota Center for Environmental Advocacy created to add your voice to the growing call for immediate action: <https://www.mncenter.org/petition-SE-MN-drinking-water>

Thank you,
Brad Trom

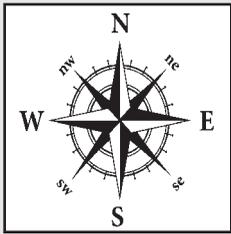


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Changes in Latitudes, Changes in Attitudes



By Terry Campbell

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

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

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

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

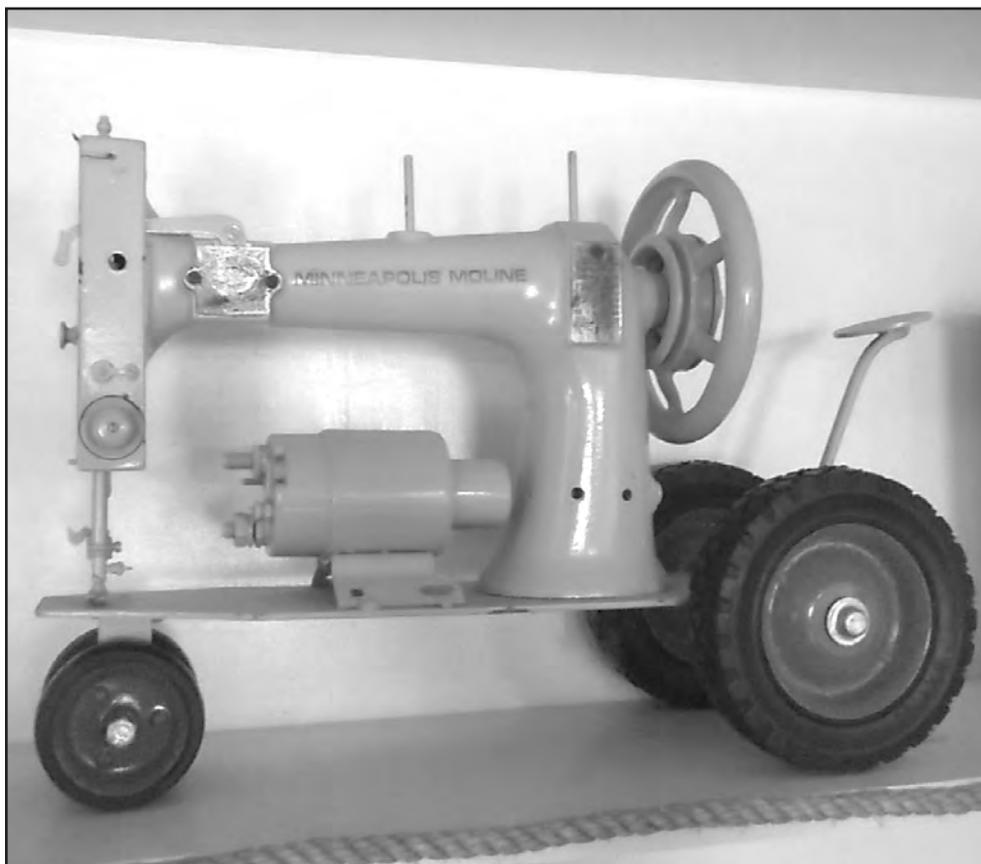
One day my activity aroused a bumble bee which had taken up residence under neath the

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

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

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

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



A Minnesotan: Down at the Riverside



By RosaLin Alcoser

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

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

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

current was way too strong to safely hold a Baptism in. Great part to go tubing in not so much for safely dunking people in and out of the water.

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

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

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

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

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



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