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Volume 5 • Issue 3

The Messenger Becomes A Legal Newspaper in Dodge County

The Messenger is pleased to announce that it is now a legal newspaper in Dodge County, Minnesota as of August 2023, meeting Minnesota Statutes for legal newspaper status in the community and county.

The Messenger Newspapers were formed back in the early 2000's to fill a void left in towns when their local weekly newspaper ceased publication. Over the last twenty-plus years, we have grown to ten different hometown publications in fifteen separate hometowns in Dodge, Goodhue and Rice and Wabasha Counties. Until 2022 all of our publications were published once each month in the communities we serve.

The Dodge Center Messenger began as a monthly publication after the long time Star-Herald newspaper ceased publication in 2018. In 2022, The Messenger was contacted about becoming a legal newspaper in Dodge County. Our business model had been very successful as a monthly publication, delivering hometown news in the Triton area. Further discussions took place with interested and supportive parties to make the move to publishing twice per month. (Publishing twice per month is required to meet the state statute requirement for legal newspaper status. Legal status is required for a publication to publish official legal notices for school, city, township and county government, as well as other legal notices.)

(continued on page 10)

Christmas Memories from the Past

David is 89 years old this Christmas. He remembers Christmas as a child in Salt Lake City, where his dad was a teacher at a school in Utah. The lived in a two-story house with a steep stairway leading to the upper level. On Christmas morning the kids would sit on the steps waiting for their parents to open the door. The presents were not wrapped, but were on the dining table covered by a sheet. They would join hands and march around the table like a train until the sheet was removed. One year they received the nicest gift ever. His dad found three pedal cars second hand and each boy got one. There was a firetruck, and airplane and a car. The girls would get clothing.

(continued on page 3)



Angel with candles, hand carved by Fritz Fuchs

Celebrating 800 Years of Nativity Displays

By Catherine Eayrs

As we celebrate Christmas in 2023, Christians around the world are celebrating the 800th anniversary of the tradition of the Nativity scene displayed in homes, churches, and communities. But how did this important religious tradition evolve?

Historians confirm that Saint Francis of Assisi chose Greccio, Italy, as a favored location to visit because the people of this community were devoted to their faith. A local wealthy nobleman and his wife, John and Alticama Velita, offered Francis a place to build a humble hermitage or haven. Here, Francis meditated on the incarnation in which God took human form in the birth and life of Jesus.

(continued on page 4)

May the Joys
of the Season
Be With You
All Year

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Merry Christmas and Happy New Year!

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Christmas: "Season of Hope"



By Colin Rueter

Hope is a powerful topic. In C.S. Lewis' *The Lion, the Witch and the Wardrobe*, there is a scene where Mr. Tumnus, a fawn in Narnia, is lamenting to Lucy Pevensie about the fact that due to a terrible curse, Narnia endures an everlasting winter but they never have Christmas. In fact, there is no celebrating of any kind. Every day is the same—cold, dark, and desperate. "It is winter in Narnia," said Mr. Tumnus, "and has been for ever so long.... always winter, but never Christmas." Later, all the children hear sleigh bells. It is the driver of a sleigh who is a giant of a man dressed all in red and white. It is Father Christmas! He declares, "I have broken through at last. [the

White Witch] has kept me out for a long time, but her magic is weakening. Aslan is on the move! A merry Christmas! Long live the true King!" Hope is coming for Narnia!

The hope that I speak of, that Lewis shows us as Aslan in the story, is a person! Hope is Emmanuel, God with us! Hope is not wishful thinking in positive change, but recognizing that the God who created all things came to this place of perpetual winter to shine His light and give us perpetual, living hope through His Son. We were cold, helpless, and lifeless, so God came in the flesh, born of a virgin, sinless throughout His whole life, giving His life as a ransom for many, and being raised from the dead so that all who believe in Him would not perish but have eternal life. Our hope is living because Jesus lives today and we celebrate this Christmas season with a hope that does not disappoint.

I want to close by bringing us to a specific passage that is not common to Christmas. The Apostle Peter wrote a letter to a people who are suffering for their faith in Jesus Christ. He writes a common greeting in verse 1 & 2, reminding them that they were chosen by God, according to the foreknowledge of God the Father. 1 Peter 1:20 says that Christ Himself was foreknown by the Father in the same way. God didn't just know about us; He knew us—personally—and He chose us, even while we were still sinners (Romans 5:8). We are chosen through the sanctifying work of the Holy Spirit to set us apart for God, making us people God can call holy and His children. We fulfill our purpose in God choosing us as His children when we obey

Christ. Here is our text this Christmas from 1 Peter 1:3-9, "Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls." Peter reminds us that God is to be praised because He has caused us to be born anew to a living hope, real hope through Jesus Christ, and that the temporal world now cannot overcome that hope. Though trials may come, they test our faith and refine it so that it is revealed as genuine, real, and active in our life. Though we do not see Jesus, we know and love Him, therefore we obey and faithfully walk with Him. Light momentary affliction today prepares for us the glory when we see Jesus' face to face and our joy is full.

Do you have the sense some days, like those Pevensie children shivering and con-

fused in a cold land, that despair clouds your hope? You are not alone. Many people cringe at the mere thought of another pain or trial, others rise to the occasion, most are somewhere in between. Friends, Christmas is a season of hope, even though with everything going on in our world today we are tempted to despair. Peter's encouragement is one of perseverance in faith because God is with us. It isn't enough for us to simply get up every morning and trudge through each day nor paste a smile on our faces and ignore troubles. C.S. Lewis brilliantly wrote *The Chronicles* allegory soon after the World War, a time of despair for many and time of needed reflection on true hope. It seems that a story like this is needed again and again to awaken our hearts to see the world as it is, always winter, and yet give hope to our hearts that it won't stay this way – Christmas is coming, Aslan is on the move, Hope is here. Come to Jesus this Christmas and know Hope. May He help us to reflect on the hope He brings through the written word that we would know Him better this Christmas season. So onward! It is in the darkest times that our collective light shines brightest for the world to see and by grace praise our Father in heaven. Merry Christmas and hold fast Christian. Behold, the King is coming soon!

Friends, this season can bring a plethora of emotions, including loneliness, sadness, and anxiety, even with the hope that Jesus brings. Therefore, if you have questions, need prayer, a word of encouragement, or a cup of coffee, please contact me via my personal email: niloc1214@gmail.com

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Area Church Directory

The Glory of Jesus

They crucified two rebels with him, one on his right and one on his left. — Mark 15:27

When we think of the glory of God, we probably have something like Isaiah 6 in mind. The prophet Isaiah had a vision of God in a heavenly temple, "high and exalted, seated on a throne." Seraphim (fiery creatures with wings) were flying about, singing, "The whole earth is full of his glory." And the temple trembled and shook (Isaiah 6:1-4).

That's glory. Glory is big. Glory is high. Glory is powerful. No doubt that's what James and John have in mind when they ask to sit on either side of Jesus in his glory. They want the best seats in the house. They want to be where the action is. They want to be where power resides.

They have no idea what they're talking about. Because Jesus is on a long mission that will redefine glory. Glory will not describe an untouchable God so high up as to be invisible, except in a vision. No. Glory will now describe God in human flesh, lifted a few feet off the ground and nailed to a cross. Glory will now describe the God available to be touched, to be spat upon, to be mocked. This is what it means for God to be human. And this is how glory is redefined when God becomes a suffering servant.

"We have seen his glory," John says (John 1:14).

Jesus, we praise you for your glory. It's a glory that overturns our expectations. Thank you for setting them right-side up. Amen.



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Christmas Memories from the Past

(continued from page 1)

Their dad would get a tree a couple days before Christmas and the kids would decorate it with strips of shiny, silver icicles. The family would draw names and each one would buy a gift for whose name they had. David always hoped someone other than his older sister would draw his name, because she gave him practical things. He remembers that his mom would sew clothing out of feed sacks and they were quite good material.

For the Christmas day meal there would be chicken, mashed potatoes, gravy, cranberries and home baked bread. They would get real butter, which was hard to come by due to the war rations. His dad loved nuts and he had a nutcracker to open the shells. There was also licorice, bubble gum and jelly beans for treats. All the kids participated in the church program and he enjoyed the festive time of getting dressed up and singing Christmas songs. They went to a Methodist Church there, which was only unusual because it was a Mormon county.

One of his non-Christmas memories was riding back to Minnesota in his parent's 1949 Chevrolet each summer to visit the grandparents. Dave loved the green grass and fishing

so much her moved back to Minnesota when he came back from his two years in the service.

Nancy is 84 years old. She recalls her parents going out to chop a tree for Christmas when she was young. They were gone a long time. Her mom was real particular about the tree. It had to be perfect. When her dad put the tree up in the house the kids got to decorate it. The next morning when she got up, she realized that her mom had redecorated the tree while they slept.

There were seven kids in her family growing up. They went to church on Christmas Eve. The kids would have their part to recite in the program and costumes to match. They usually would each get a new outfit to wear for Christmas. Afterward they would open gifts. The boys would get toys like trucks and the girls got dolls and clothes. Her dad would give them some money to buy small presents for each other. They didn't have much, but they were happy. Christmas day the house was full of company. Her grandparents would arrive early in the day with small gifts like socks and underwear. The relatives would show up in time for a big meal. The main course was lutefisk, lefse and oysters. There was also turkey, potatoes, gravy, apple and pumpkin pie, her favorite. Afterwards the kids would go outside to play and make snow angels and snowmen.

Larry is 87 years old and grew up in a family of six kids, four boys and two girls. They lived in Rochester and his dad worked at the Mayo Clinic. He recalls how his dad rode his bike to work at the clinic every day and they

didn't own a car until the family purchased a new 1955 Plymouth.

When Larry was young the family would celebrate Christmas by opening gifts on Christmas eve. One of the gifts he received as a young man was a wrist watch, which he considered about the greatest thing on earth. Another gift he recalls from his youth was a pair of cowboy boots. His birthday also fell in December, an event that kind of got lost in the excitement of the holiday.

On Christmas day there was always dinner with the family consisting of turkey and dressing. His grandparents were from Ireland. After Larry got older, he played the dollar drop game with the kids, where they tried to catch a crisp new dollar bill before it hit the floor. A few years ago he asked if they were too old to play the game, but they wanted to keep up the tradition so he procures some new money from the bank for the occasion.

Larry lived at Ryan's Bay in Lake Zumbro for over fifty years and used to drive the ski boat and pickup boat as well as serve as the announcer for the water ski performances on the lake.

Mary is 95 years old and grew up on a farm in western Minnesota. She remembers the Christmas programs at the country school and churches when she was young were more about Jesus' birthday than Santa Claus. They consisted of Christmas songs and recitations the kids memorized. She can recall playing an angel in one of the pageants. There was a man dressed as Santa who gave each kid a bag of candy at the school program.

As the oldest of seven kids, Mary helped a lot with the cooking at Christmas time. Family would come over for the Christmas meal of turkey, mashed potatoes, gravy, sweet potatoes and cranberry salad. One specialty was her dad's favorite treat from old England. He would steam plum pudding with raisins and currants for four hours and then make a sweet sauce that was poured hot over the pudding. The memories of the meals with the family was more important than the gifts.

For fun they would ski behind the pickup on country roads. The kids took turns with the one pair of skis and had to remember to throw the rope over the mailboxes as they passed by. After the lakes froze they would ski behind the pickup on the flat surface as there were no hills to be found where they

grew up.

When Mary went to nursing college in Chicago her parents mailed her a Christmas dinner in dry ice one year. She cooked it and shared it with her nurse friends who were all far away from their homes over the holidays.

Jean is 94 years old and grew up on a farm with her twin sister and one brother. The family endured lean years but her parents always made it a special day for the kids and managed to have some toys for gifts along with clothes and games. She recalls a baby doll for a gift one year.

The family would go to church on Christmas eve and then on Christmas morning would wake to open gifts. The Christmas meal included ham, pork roast, potatoes, chocolate milk and pies. Activities were always playing games as a family. They included Yahtzee and card games like Old Maid. One of her favorite treats was the chocolate cake her mom would bake.

Arletta is 89 years old and grew up living in town with her five brothers and sisters. She remembers going to church on Christmas eve and the next day all her uncles, aunts and cousins went to grandmother's house for a big meal. There would be 30 to 40 all packed in the house together. Her grandmother cooked on a wood stove and served turkey, dressing, cranberry bread and apple pie. There would also be homemade ice cream in the afternoon.

Presents were pajamas and books for the girls and toy car, trucks and farm machinery for the boys. Her favorite was a handmade doll with a china face.

After the noon meal the adults would sit around the table and play 500 while the kids headed outside to slide down the nearest hill on sleds and toboggans.

Bev is 94 years old and was an only child growing up in town during the Great Depression era. Christmas was a big event at her parent's house and her mother baked all sorts of wonderful holiday foods. She got to open her gifts Christmas eve and her favorite gifts as a child were dolls and a doll buggy.

She especially remembers school and church Christmas programs where each child would memorize a piece to be recited in front of the parents.

Christmas day they would get in the car and drive to a relative's farm for a big meal and afterwards she played outside with her cousins.



Season's Greetings

As we get ready to wrap up another year, we're filled with happiness and gratitude, thanks to our many wonderful friends and customers.

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Celebrating 800 Years of Nativity Displays

(continued from page 1)

Francis asked his good friend, John Velita, to organize the people, animals, and manger with hay so that those who came to worship could experience the birth of Jesus in sight, sound, and smell.

Francis presented the mystery of how we (humans) are connected to the divine and nature in the first live Nativity on Christmas 1223 in a cave in Greccio, Italy. This crèche, or scene, helped children understand how God came to earth in physical form as recorded in the biblical account of the birth of Jesus to Joseph and Mary, dwelling in a humble stable amid an ox and donkey. Thus, the God of greatness came to earth in poverty. An angel's announcement to shepherds and a special star shining brightly above Bethlehem brought wise men seeking this baby—the Savior of the world.

Biographers and followers of Saint Francis, Thomas of Celano and Bonaventure, wrote the earliest record of the Nativity scene circa 1260. This scene, also known as the crib, manger, or stable, has stirred faithful Christians of numerous denominations throughout the ages.

For centuries, art objects depict the Nativity

scene in many forms as painters, sculptors, writers, actors, composers, and musicians demonstrate their talents through their interpretations of this Gospel story. Presently, Christians experience a love for the Nativity through worship, pageants, concerts, greeting cards, decorating, and gift giving. In the United States, amidst numerous secular holiday traditions, Christians remember the most sacred tradition—that Jesus is the Reason for the Season.

I had a marvelous experience to see the display of a very special kind of Nativity figures while living and working in Switzerland 30+ years ago. Brienz, a community near Interlaken in Canton Bern, is a famous woodcarving center. Tourists visit the wood-carving school in Brienz and find a variety of beautifully, hand carved figures for sale in local shops in this area as well as in shops in the major cities of Switzerland that feature Swiss made crafts.

Fritz Fuchs, a world-renowned woodcarver and instructor from the Brienz area, visited the Berne Swissfest at Zwingli United Church of Christ, in rural West Concord, several times in the 1980s through the early millennium. Fritz brought a sampling of Swiss folk figures, animals, and Nativity figures to sell at the Swissfest. He designed his own line of Nativity figures and spent several months every year for several decades carving only these figures to keep up with the demand of Nativity sales. Among my most cherished possessions are the Nativity figures hand carved and given to me by Fritz and his family.

I found one of Fritz's most unique, religious



Fritz Fuchs hand carving my angel figure in 2010 at a shop in Interlaken

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

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

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About the Minnesota Country Salute CD Project:

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

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

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



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Celebrating 800 Years of Nativity Displays

(continued from page 4)

designs at his home when my daughter, Annemarie, and I visited the Fuchs family in 2010. It was his depiction of Mary holding the baby Jesus, carved in basswood with an additional element—triangles of all sizes shaped throughout the figure. His abstract interpretation masterfully shows the form of the earthly

mother and child as well as the incarnation through triangles—Father, Son, and Holy Spirit. Fritz Fuchs died in 2021 yet his legacy at Christmas time lives on throughout the world. His hand carved Nativity figures are lovingly displayed at Christmas time by many Swiss people and foreigners who visited Switzerland.

A local woodcarver, LuVerne Schettl, of Oronoco, Minnesota, has made a few of her own Nativity figures. She belongs to the Rochester Woodcarvers. Mrs. Schettl, now age 91, was interviewed a few years ago for the local magazine, Today, which featured her collection of more than 250 Nativity scenes in the December 2015 issue. Her collection is from all over the world and made from various materials—crystal, teakwood, paper, clay, metal, etc. Mrs. Schettl also dis-



Photo of Mary and baby Jesus designed and hand carved by Fritz Fuchs

plays the Nativity in paintings and tapestry. Her granddaughter helps her set up her most cherished display of a Nativity village featuring 100 pieces. The tallest display is assembled outdoors and was given to her by her daughter and son-in-law, Andrea and Keith Maxson, of rural Pine Island.

I recommend the following local event for you to see many forms of the Nativity: Wonder of the Nativity—The public is invited to this free annual event featuring more than 200 Nativity scenes displayed on December 1st and 2nd at The Church of Jesus Christ of Latter-day Saints, 2300 Viola Heights Drive NE, Rochester, MN. Visit the website: <https://friendsofrochestermnstate.com/nativity/>

Commemorating the 800th Year of the Nativity, the Sisters of Saint Francis at Assisi Heights, Rochester, Minnesota, are presenting a play, Lighting the Way to Christmas with St. Francis and the Animals, on December 3rd and 4th.

The public is invited to register for this indoor event as luminaries light your path to the Spirituality Center where you may also see beautiful Nativity scenes displayed.

Visit the website: <https://rochesterfranciscan.org/events/>
Join the celebration of the Nativity this year and make your Christmas special in your own way. If you miss the special events mentioned this year, check them again in 2024.

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*Bonus Certificates are valid January and February 2024. Not valid with other discounts or offers.

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Mercy Meals/Orphan Grain Train Event

The West Concord Community came through in a big way at a Mercy Meals/Orphan Grain Train Event held at the West Concord Historical Society on November 18, 2023, from 8:00 AM-7:00 PM. Community members came together to package meals which will be distributed to areas in the U.S. experiencing natural disasters as well as to countries throughout the world where malnutrition is a problem.



Approximately 250 man-hours were put in on the day of the event alone, with 4,104 meal packages being assembled. That equates to 24,642 servings of food for people in need! The event was sponsored by Trinity Lutheran Church and Faith Community Church, both of West Concord, as well as Concord Church of Christ. The West Concord Historical Society and the City of West Concord also lent their support to the cause. It was an uplifting occasion with lots of smiles and laughter shared throughout the day.




It's the most wonderful time of the year, and we're so grateful to be celebrating it with all of you.

We wish you all a very Merry Christmas and a Happy New Year!

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Sweeter Than Ever Candy Company and Other Nostalgia

By Catherine Eayrs

In this current trend of ordering food online for home delivery, shopping online for items on weekly grocery lists or this year's Christmas gifts, we forget about the past—when food and drink, clothing, and gifts were handmade. These homegrown, hand-made items were once a basic part of our daily routines as families spent considerable time, creativity, and effort to make and share them with others.



Clinette Wolf

Times may have changed dramatically, but the nostalgia for recipes and the good old days still lingers with West Concord alumni! Here's a look back at Home Economics classes and some life skills we learned from our teacher, Clinette Wolf.

(And of course, more candy recipes are printed for you to enjoy this holiday season!)

For example, during the 1980s Clinette Wolf

developed her own curriculum of “candy factory” classes for students who studied advanced foods. It was a creative and resourceful idea as they learned how to develop their own sweet confections to make, package, market, deliver, and analyze their investments and profits. There was no problem selling candy as people of all ages enjoyed delightful sweets. These classes shaped life-long skills while creating happy memories for teens.

I went to the West Concord Historical Society to look in their research library and came upon an old issue of the West Concord Enterprise, December 30, 1987, featuring photos and detailed captions of several students who masterminded the Sweeter Than Ever Candy Company. Top sellers were Sharon and Jim Courson who were grinning with their sales trophies in hand. Caramel makers were Mike Vanstrom, Sean Kutzler, and Steve Quimby. Even eighth graders, Sheila Schwering, Gina Carroll, Shannon Turner, Shelly Kutzler, Karen Long, and Lisa Bennerotte, were photographed as they delivered boxes of candies and cookies they had made in class to the residents of Chicos Board and Care Home.

Clinette Wolf, who grew up in nearby Medford, joined the faculty of West Concord High School in the fall of 1960 and taught Home Economics to hundreds of teens. Clinette continued teaching in the Junior High at West Concord following consolidation of Triton. She continued to live in this community, was a substitute teacher, and remained active in local West Concord organizations. Clinette was also owner of

Clinette's Fudge

3 – 6 ounce pkg of chocolate chips
 1 – 14 ounce can condensed milk
 Dash of salt
 1 1/2 teaspoon vanilla (I use part rum extract)
 1/2 cup chopped walnuts
 In heavy saucepan melt chips and condensed milk. Remove from heat and stir in remaining ingredients.
 Spread evenly onto wax paper lined 8" square pan. Chill 2 – 3 hours. Turn onto cutting board to cut.
 Store in refrigerator or loosely covered at room temperature.

Mother's Divinity

Stir together in saucepan:
 2 1/2 cups sugar
 1/2 cup white corn syrup
 1/2 cup water
 Pinch of salt
 Cook until it forms a soft ball in cold water. While mixture is cooking, beat 2 egg whites until stiff.
 Add a pinch of cream of tartar before beating.
 Pour half of boiling mixture over egg whites and beat, using mixer.
 Return rest of mixture to continue to beat until stiff and mixture has cooled.
 Add chopped walnuts and 1 teaspoon vanilla.
 Drop by teaspoonfuls onto waxed paper. Let cool.

Chocolate Christmas Mice

Melt white or chocolate with some cream.
 Dip drained maraschino cherry w/stem in chocolate.
 Use 2 sliced almonds for ears. Add eyes.
 Let harden on wax paper.

Geraldine's Dress Shoppe using her expertise in fashion and sales for several years. Eventually, she moved to Rochester, where she currently resides, and volunteers at Mayo as one of their knitters.

The field of Home Economics changed with the times, and Clinette Wolf adapted to American social trends while presenting them professionally to her students. In the 1960s-1970s, she taught her students about formal dining and etiquette as they came dressed in prom dresses and tuxedos; planned authentic Hawaiian luaus on the patio courtyard, and introduced Bachelor Home Ec. classes in which outstanding male students, such as Emery Kleven, Tim Nelson, and Jeff Bishop, and others earned the Bachelor Exceptionale trophies.

In the 1980s-1990s, Clinette cleverly connected a new generation of teens with senior citizens by making and distributing May Baskets; successfully implemented candy sales of caramels, fudge, peanut brittle, and peanut

clusters; and promoted a burger contest—one student, Lisa Bennerotte, recalled taking home this honor.

The role for many young women transitioned from homemaker to professional in a wide variety of careers in the workforce. Family homes earned dual incomes and the need for child care rose. By 1994, the study of Home Economics changed to Family and Consumer Science, or FACS class. The West Concord Chapter of Future Homemakers of America (FHA), of which Clinette was the advisor for 37 years, also had a number of young women elected to regional and state leadership roles—among them, Joan Kiel, Margie Boe, Kacey and Katie Kutzler, Chris Pechacek, Deb Gillard, and Colleen Coy. By 1999, FHA chapters were changed nationally to Family, Career and Community Leaders of America (FCCLA).

Thank you, Clinette, for your dedication to our youth and leadership in our community.



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Unlocking Harmony: Embracing the 3rd Universal Law in Everyday Living



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

In a world filled with chaos and constant motion, the search for balance and harmony becomes a universal pursuit. Many turn to ancient wisdom and spiritual principles for guidance, and one such guiding light is the 3rd Universal Law. Rooted in the belief that energy flows where attention goes, this law offers a profound path to finding equilibrium in our lives.

Understanding the 3rd Universal Law

The 3rd Universal Law, often expressed as "Energy Flows Where Attention Goes," is a fundamental principle that underscores the in-

terconnectedness of our thoughts and experiences. It suggests that the focus of our attention shapes the energy around us and, in turn, influences the outcomes we manifest in our lives.

Implementing the Practice

1. Mindful Awareness:

Start by becoming aware of your thoughts and emotions. The practice of mindfulness allows you to observe your mental landscape without judgment. Take note of where your attention naturally gravitates.

2. Positive Affirmations:

Consciously direct your attention toward positive affirmations. By repeating uplifting statements, you channel your energy into constructive pathways, fostering a more positive and harmonious environment.

3. Visualization Techniques:

Visualization is a powerful tool in implementing the 3rd Universal Law. Envision your goals and desires with clarity. Picture the life you wish to lead, and as you do, you're actively directing energy toward the realization of those dreams.

4. Gratitude Practice:

Shift your focus towards gratitude. Acknowledge and appreciate the positive aspects of your life. Gratitude not only redirects your attention but also attracts more of what you're thankful for.

The Role of Life Coaching

While implementing the 3rd Universal Law into your life may seem straightforward, many individuals find value in the guidance

of a life coach. These professionals specialize in helping individuals navigate the journey of self-discovery and personal transformation. A life coach can provide personalized strategies, accountability, and support as you work to redirect your energy and cultivate a more harmonious existence.

Life coaching sessions often involve discussions about your goals, challenges, and the specific areas of your life where you want to apply the principles of the 3rd Universal Law. Through this collaborative process, you gain insights, develop actionable plans, and receive encouragement to stay on course.

In essence, a life coach serves as a trusted ally on your path to unlocking the full potential of the 3rd Universal Law, guiding you to-

ward a life that reflects your deepest desires and aspirations. Whether you're seeking clarity in your career, improvements in relationships, or enhanced overall well-being, a life coach can provide valuable support on your journey to intentional living.

The Call to Action

As we navigate the complexities of modern existence, the 3rd Universal Law stands as a beacon of hope—a reminder that we possess the power to shape our reality through the focus of our attention. By integrating this law into our daily lives, with the additional support of a life coach, we embark on a journey of self-discovery and transformation, unlocking the doors to a more harmonious and fulfilling existence.



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A Strong Immune System



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

As we move into the winter months, there is a steady increase in colds and flu reported throughout the country. This yearly cycle of illness has become almost routine to the point that many expect to get sick and just believe it is an unavoidable fact of human existence.

However, another amazing fact about human existence is the complex immune system existing in each one of us. Your immune system is the built-in defense process that works to keep you alive. Without this immune system, you would not be alive today. This system is constantly guarding against germs and invaders that want to take advantage of you. We need to become more aware of how this immune system works and how to support the important work it does.

White blood cells are the “troops” on the front line of your immune system. There are many types of white blood cells, just like there are different branches of the military. Each type of white blood cell does a specific job to protect your body. Just like our military men and women, these white blood cells need food to be able to keep doing their job well. When specific nutrients get limited, then the white blood cells will not be able to complete the job well. To keep your front line “troops” in top condition for the winter season, you need to make sure these cells are getting the nutrients they need.

Some of the key nutrients include:

VITAMIN C – one of the least expensive vitamins on the market and an essential nutrient to help the white blood cells eliminate bacteria and germs. Early in the COVID pandemic Vitamin C in high doses was identified as a helpful nutrient to reduce symptoms. Intravenous Vitamin C was used in hospitals to help reverse the downward health spiral of many patients. Best food sources of Vitamin C include: Bell peppers, broccoli, kiwi, whole oranges, and strawberries. Vitamin C chewable tablets with bioflavonoids will be a higher quality choice for supplement. I do not recommend orange juice because the high sugar content of the juice will make the white blood cells sluggish.

VITAMIN D – is a fat-soluble vitamin essential for balanced cell activity. This vitamin is able to enter the nucleus of the cell to turn on and off important processes. We learned from the pandemic that those individuals who had 30 ng/ml or higher of Vitamin D in their blood did not need to go into the Intensive Care of the hospital for COVID treatment. Sources of Vitamin D include: Cod Liver Oil, Goose liver, salmon, sardines, and whole eggs. The whole food choices listed are preferred to any fortified food source. More resources on Vitamin D are available at www.grassrootshealth.net.

ZINC – is an essential mineral for an strong immune system. Current descriptions of virus infections suggest that a virus takes over a cell and forces it to replicate more virus particles. The COVID virus is described to produce excess spike proteins which begin to cause damage in the body.

Zinc helps to stop this replication process before it gets out of control. Zinc is also essential for constructing the proteins that will fight against bacteria. Best food sources for zinc include: Beef, lamb, lentils, pepitas, and cashews. A zinc tablet of 15 mg / day is another way to supplement if you do not eat these food sources regularly.

While sugar is known as an energy source, it does not help the immune cells to get more work done. A 1973 study observed that when white blood cells were exposed to glucose sugar they slowed down and remained sluggish for up to 5 hours. The same study observed the cells were most actively attacking bacteria when there had been no sugar around for 24-36 hours. As you move into the holiday season, be attentive to how frequently treats are consumed and pay attention to your body signals. A glass of water will help your immune system more than another candy.

You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

I can help you make healthy changes for 2024 with a personal food plan to generate health and improved quality of life. Contact me today to discuss your health goals for the new year.

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

or send an email to: nutritionproportion@gmail.com

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

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The Messenger Becomes A Legal Newspaper in Dodge County

(continued from page 1)

Beginning in June of 2022, we began to print and distribute the Messenger twice a month as required by the State of Minnesota to fulfill the legal requirements set forth by the Minnesota Secretary of State office, Minn. Stat. § 331A.02, subd. 1 (a)-(j). The requirement was fulfilled after 12 months of twice monthly publishing and distribution. The Messenger filed the necessary paperwork with The Minnesota Secretary of State office once the requirements were met.

The Messenger is supported by local advertisers and paid subscriptions.

Thanks to overwhelming community support, The Messenger also collaborated with the Triton School District for the last several years to provide full circulation of the Triton Times publication, reaching the residents served by The Triton School District in Dodge Center, West Concord and Claremont. This ongoing partnership also saves the district tax dollars in publishing the school news they previously did in their in-house publication.

We look forward to continue serving the Triton area and our communities of Dodge Center, Claremont and West Concord in this new capacity, working to grow and continuing to offer our readers the best we can in local media coverage.

We want to thank these three communities for their continued support as we grow to serve the area better.

FREELANCE WRITERS WANTED

Duties include covering feature and human interest stories and upcoming events in the Messenger coverage area.

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- Great people skills
- Knowledge of/access to a computer
- Enjoy small town atmosphere
- The ability to work some night hours as needed for editorial



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Holiday Safety Tips for Your Pets

The holiday season is upon us, and many pet parents plan to include their furry companions in the festivities. As you gear up for the holidays, it is important to try to keep your pet's eating and exercise habits as close to their normal routine as possible. Also, please be sure to steer pets clear of the following unhealthy treats, toxic plants and dangerous decorations.

Be Careful with Seasonal Plants and Decorations

Oh, Christmas Tree: Securely anchor your Christmas tree so it doesn't tip and fall, causing possible injury to your pet. This will also prevent the tree water—which may contain fertilizers that can cause stomach upset—from spilling. Stagnant tree water is a breeding ground for bacteria, and your pet could end up with nausea or diarrhea should he imbibe.

Avoid Mistletoe & Holly: Holly, when ingested, can cause pets to suffer nausea, vomiting and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems. And many varieties of lilies can cause kidney failure in cats if ingested. Opt for just-as-jolly artificial plants made from silk or plastic, or choose a pet-safe bouquet.

Tinsel-less Town: Kitties love this sparkly, light-catching "toy" that's easy to bat around and carry in their mouths. But a nibble can lead to a swallow, which can lead to an obstructed digestive tract, severe vomiting, dehydration and possible surgery. It's best to brighten your boughs with something other than tinsel.

That Holiday Glow: Don't leave lighted candles unattended. Pets may burn themselves or cause a fire if they knock candles over. Be sure to use appropriate candle holders, placed on a stable surface. And if you leave the room, put the candle out!

Wired Up: Keep wires, batteries and glass or plastic ornaments out of paws' reach. A wire can deliver a potentially lethal electrical shock and a punctured battery can cause burns to the mouth and esophagus, while shards of breakable ornaments can damage your pet's mouth and digestive tract.

Avoid Holiday Food Dangers

Skip the Sweets: By now you know not to feed your pets chocolate and anything sweetened with xylitol, but do you know the lengths to which an enterprising pet will go to chomp on something yummy? Make sure to keep your pets away from the table and unattended plates of food, and be sure to secure the lids on garbage cans.

Leave the Leftovers: Fatty, spicy and no-no human foods, as well as bones, should not be fed to your furry friends. Pets can join the festivities in other fun ways that won't lead to costly medical bills.

Careful with Cocktails: If your celebration includes adult holiday beverages, be sure to place your unattended alcoholic drinks where pets cannot get to them. If ingested, your pet could become weak, ill and may even go into a coma, possibly resulting in death from respiratory failure.

Selecting Special Treats: Looking to stuff your pet's stockings? Stick with chew toys that are basically indestructible, Kongs that can be stuffed with healthy foods or chew treats that are designed to be safely digestible. Long, stringy things are a feline's dream, but the most risky toys for cats involve ribbon, yarn and loose little parts that can get stuck in the intestines, often necessitating surgery. Surprise kitty with a new ball that's too big to swallow, a stuffed catnip toy or the interactive cat dancer.

Plan a Pet-Safe Holiday Gathering

House Rules: If your animal-loving guests would like to give your pets a little extra attention and exercise while you're busy tending to the party, ask them to feel free to start a nice play or petting session.

Put the Meds Away: Make sure all of your medications are locked behind secure doors, and be sure to tell your guests to keep their meds zipped up and packed away, too.

A Room of Their Own: Give your pet his own quiet space to retreat to—complete with fresh water and a place to snuggle. Shy pups and cats might want to hide out under a piece of furniture, in their carrying case or in a separate room away from the hubbub.

New Year's Noise: As you count down to the new year, please keep in mind that strings of thrown confetti can get lodged in a cat's intestines, if ingested, perhaps necessitating surgery. Noisy poppers can terrify pets and cause possible damage to sensitive ears. And remember that many pets are also scared of fireworks, so be sure to secure them in a safe, escape-proof area as midnight approaches.

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2023-2024 Triton Teacher of the Year

By Shelly Bungum

Marit Lang has received the award of Triton's 2023-2024 Teacher of the Year. Mrs. Lang is a middle school math teacher. While at Triton, Marit has worked as an Educational Assistant, taught early childhood education, kindergarten, first, third, and fifth grade. This fall she moved from the elementary to the middle school to teach 6th grade math and it also marks the start of her 35th year of teaching, 26 of them being at Triton Public Schools. She has also taught after school programs, summer school, coached 5th grade math masters, and helped out at track meets.

Marit graduated from Winona State University where she earned a Bachelor's Degree, and later went to Hamline University where she obtained her Master's Degree in Education. Through these degrees, she was able to teach any grade level Pre-K through 6th Grade. As it turns out, she has taught just about every subject within that license area!

As part of the nomination process for Teacher of the Year, colleagues write a brief explanation of who they are nominating, her colleagues wrote, "Marit Lang is the epitome of what it means to be an educator. She is willing to take on any role to help our students. She is firm, but flexible and is a team player. Even after many years in education, she is still finding new ways to help students, such as incorporating the Modern Classroom Project. She is constantly doing those things that need to be done, but get lost in the busyness of the day or are done once and forgot-

ten, such as analyzing data, reworking assessments to fit targets, and differentiating for all learners. Any teacher in any stage of their career would learn a great deal about how to be a great educator by observing and collaborating with Marit. Marit is a tremendous teacher who works tirelessly for her students and for her own professional growth as an educator. This was most recently demonstrated in her taking on both a new position in the middle school and completing the Modern Classroom Project. Marit has served our school in so many capacities throughout the years. She has taught grades K, 1, 3, 5 and currently 6th grade in the Middle School. She has served as treasurer of the union for quite a few years, and was also secretary of the negotiations team for many years as well as the Elementary building rep. She was the math masters coach for 10 years, and worked on the Veterans day committee for as long as she worked in the elementary. In addition, she was on the I Love to Read committee, she was also on the leadership team that worked to come up with a continuous improvement plan to meet AYP, and was the chair for the math curriculum adoption committee, just to name a few things! In each role that she takes on, she is the epitome of dedication, professionalism, and ultimately, care for her students and their growth both educationally and personally."

Marit started her teaching career in Fort Lauderdale, Florida teaching kindergarten for Broward County Public Schools. After living

and working in that area for three years, her and her husband moved back to Minnesota. At that time, Minnesota had a surplus of teachers, and it was difficult to get a teaching position. So Marit became a substitute teacher for 7 different school districts. This experience gave her the unique perspective of seeing a wide variety of teaching and leadership styles within education.

When asked, "Why did you choose to become a teacher," Marit's response was, "I became a teacher because it is the only thing I ever really considered doing as a career, aside from wanting to be one of Charlie's Angels when I was in middle school. I can't tell anyone the exact reasons why education was such a calling, but I was fortunate enough to have exceptional teachers growing up in Zumbrota. I had so much respect for them, and I just enjoyed learning and being in school. I also have an aunt that taught for Faribault Public Schools, and she has always been such a positive role model for me."

Marit is very honored to be named Triton's Teacher of the Year. She said, "It means a great deal to me since I feel that Triton has so many incredible educators, and to have their respect humbles me."

In addition to being Triton Teacher of the Year, Marit will become a candidate for Minnesota Teacher of the Year. The Minnesota Teacher of the Year program has recognized excellence in teaching in Minnesota for 60 years. The program selects one teacher to represent the state's thousands of excellent edu-



Marit Lang

cators.

Congratulations Marit Lang and thank you for serving the Triton community. #wearetriton

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Craig Schlichting
Superintendent

In my article last month I talked about the importance of gratitude. One of the things that I am grateful for is the life experiences that I have had playing football. It is fun to talk about successes and the positive experiences, and I appreciate those wonderful happy memories. More importantly, for me and my path in life, is to reflect on the times that things didn't go as well as I would have liked. The times when things were rough, like getting hurt and not feeling well and having to fight through pain. Or when I experienced a season ending injury and had to rehabilitate and focus on getting well again while others were able to fill my role and I could only watch. The reality is, life doesn't always go the

way we would like or plan for it to happen. Being faced with adversity and difficult situations is unfortunately very much a part of life. It is important to learn to work through those situations and understand that adversity will always be a part of our life. Learning to accept that adversity happens, and then being hopeful and having a positive attitude for the long-term that things will get better. It is easy to feel sorry for yourself and think that you are the only one that bad things happen to. But, everyone deals with adversity. It is easy to look at someone and think that they have everything going their way, and how it would be better if we were in their shoes. That may be the case on a given day, but the truth of the matter is, they have adversity in their life as well. Sometimes we may not know or realize that, and it makes it easy to think that the grass is greener on their side of the fence. The reality is that we all deal with adversity at times in our life.

How we handle adversity is what is important. It doesn't mean we have to put a smile

on our face and just accept things that happen to us. It does mean that we need to reflect on the situation for what it is, and look at the things we do have control of. Having a positive attitude and hope that there are things you can do to improve the situation in the future is an important step to addressing adversity. Even if we put our heart and soul into something, there is always the chance that we might F.A.I.L. (First Attempt In Learning). Getting things right often takes practice and multiple failures.

In my previously mentioned adversity, I learned that being injured was very a much a part of the game of football, and to think that I was going to be able to play my entire career without that happening is pretty unrealistic. What I was going to do when I was done playing, needed to be a focus, because at some point it was going to be a reality. I am so happy that I decided to go back to school and finish my degree after I had a season ending injury, because it ultimately led to my career here at Triton. I have found Tri-

ton Public Schools to be an amazing place, and a big part of that journey to get here started when I got injured and needed to look at how I was going to deal with it. Sure it would be neat to finish the story with... "I healed up and lived happily ever after playing football", but the reality is that I was able to finish my degree and find something even better!

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

#WeAreTriton

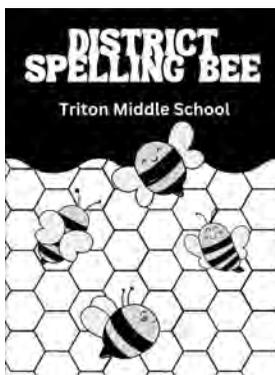
Triton's Annual Title 1 Family Fun Night



Triton's annual Title 1 Fall Family Fun night was held on Tuesday, December 5th. The evening started with a free supper of walking tacos. There were 10 different reading and math-based games with prizes for completing them. Some of the favorites were the estimation station, bingo, and beanbag toss with Mr. Van Beek.

December 2023 District Announcement

Prepare for an exciting display of linguistic talent! Our highly anticipated District Spelling Bee is fast approaching. Save the date for January 11, 2024, and join us at the Triton Middle School Library from 8:15 am to 9:45 am as our top spellers compete for the district title!



Triton Middle School

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BECKER	GARRISON	JETER	KADEN	PHILLIPS	CARTER
DAHL	AVERY	JOHNSON	KEANNA	ROSENAU	RYAN
DUPEY	BRYCE	KASPER	CHARLES	RUDESILL	BROOKLYN
DUPEY	KAYLEAH	KEENER	JENAE	SANSON	AUBRIE
EMANUEL	ABRIELLE	KLEIN	LIAM	SCANLAN	CLAY
FATE	JAXON	KLEMMENSEN	JAYDEN	SCHEPPMANN	ALYVIA
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HENSLIN	AVEREE	MAES	MADDISON	VAN BEEK	KENZIE
HENSLIN	ABIGAIL	MARQUARDT	QUINN	VAN ZUILEN	IVY
HENSLIN	CHARLOTTE	MATEJCEK	AUNIKA	VERMILYEA	COLBY
HENSLIN	REBEKAH	MECHTEL	BROOKLYN	WENNES	SIRI
HOREJSI	MATHEA	NOLD	SAMMANtha	WILSON	SAMANTHA
HUKEE	JESSICA	OGREN	HENRY	WIRKUS	ELLIOT
JARA	MATIAS	OKEEFE	ELIJAH	WOLF	REBECCA

First Quarter

Circuits in STEM

Triton Elementary Library received a grant from People’s Energy Cooperative Trust to purchase snap circuits. Kindergarten through 5th grade have been able to use them this past month.

Here are the Kindergarten students getting their circuits to work. They were so happy and excited when they made a working circuit!



JUNE 2025

- ✓ WHO: ANY CURRENT 8TH - 11TH GRADE TRITON STUDENTS
- ✓ LOCATION: ITALY, FRANCE & SPAIN
- ✓ INFORMATION: CONTACT ELIZABETH NESETH ENESETH@TRITON.K12.MN.US

Triton Middle School

ADREON	KAIDEN	HERNANDEZ	SOPHIA	PHILLIPS	CAMDYN
ARNESON	CAMERON	HIMLI	WHITNEY	PRICE	SAMUEL
BENDA	KHLOE	HODGMAN	NOLAN	RAMIREZ CARBAJAL	MONICA
BISHOP	SHELBY	HODGMAN	TUCKER	REYES	JEMA
BISHOP	TIANA	KENWORTHY	AVA	ROBERTSON	CORA
BLANCHARD	MCKINLY	KORBISCH	K'STIN	ROHWER	PATRICK
BOYSEN	WESTEN	KORBISCH	NERAK	RONGVE	BRADY
CAIN	CRUZ	KRAEMER	MIKAYLA	ROSE	ISABELLA
CHABLE	DARVELIA	KRUCKEBERG	SCARLETT	SANSON	KIMBER
CHICOS	EMMA	KRUGER	JACOBY	SCHWERING	GRACELYN
COCHRAN	LEIGHTON	KUBAT	MAVRIC	SCHWERING	LANE
CURRAN	ALAYNA	KUNZ	ADRIANA	SHERMAN	KAECYN
DAHL	KAYLEY	LANDSTEINER	AVERY	SKALICKY	DANIKA
DAVIS	PATRICK	LAUE	PEYTON	SPENCER	TEAGAN
DEML	SAWYER	LEGLER	ALYVIA	THOMAS	LOGAN
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EASTON	LATARIS	MCNEILUS	ANDREW	VANEGAS	MARTIN
EDGE	MAURICE	MEALY	MASON	VONDERSITT	GRACIE
FATE	COOPER	MILNER	MACKENZIE	WEBER	CASEY
FLOEN	RONAN	MUNNIKHUYSEN	BRAYDEN	YOUNG	DYLAN
FREERKSEN	JOSSLYN	OCAMPO	JORGE	ZRUCKY	KAYLEE
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First Quarter

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Triton High School Concurrent Classes

By Christi Runnells

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

Concurrent American Government is the equivalent of Rochester Community & Technical College's (RCTC) POLS 1615 Introduction to American Government class. Successful completion of this semester course earns the student 3 college credits. This course is open to juniors and seniors who have a qualifying reading ACT or MCA test score or pass into college level on the Accuplacer test. We actually first offered this class as a concurrent ITV class in partnership with Zumbrota-Mazeppa many years ago (earliest we could find was 2000-2001). Most recently, we started offering this course in the fall of 2021 and it has been so popular that we consistently run two sections of the class every year since. Sam Storlie is the instructor and has been teaching it for the last three years. Mr. Storlie stated he enjoys challenging his students to think critically about their government and country. He believes the course is valuable because "it develops skills to be

an informed citizen who can think from multiple perspectives when analyzing politics." Further, he believes this class is "great for any student who wants to go beyond the status quo when it comes to examining politics." One of Minnesota's high school graduation requirements is a class on US government. Students who take this course are able to fulfill this graduation requirement while also earning free college credits (and oftentimes getting a college general education requirement taken care of as well as it fulfills Goal Areas 5 & 9 of the MN Transfer Curriculum).

One of our more recent concurrent class offerings is our concurrent Intro to Education Careers class. For this class we partner with Minnesota State University-Mankato and it is equivalent to their KSP 150 Exploring Careers in Education class. This spring semester class earns the student 3 college credits, upon successful completion of the course, and also applies towards Goal Area 2 of the MN Transfer Curriculum. In order to take the course, juniors must have a 3.3 cumulative gpa or higher and seniors must have at least a 3.0 gpa. We first offered our concurrent education class in the 2021-2022 school year and have been able to run the course the last two school years. Alli Horejsi is our instructor for the class and is excited to be able to teach the class again this spring. Mrs. Horejsi especially enjoys that this class provides students with opportunities to explore career options while working collaboratively with Cobra Care and Triton elementary, middle and high school students. "Fewer people are going into education-related career paths,"

Mrs. Horejsi stated, "Offering a class such as this provides our students with a real-world opportunity working with our own student body. It provides an experience for us as a school to further promote this field while potentially growing our own future educators as well." Any student who is interested in exploring careers that work with youth in any way, such as teachers, daycare workers, nurses/healthcare, social workers/counselors, law enforcement, and many more will benefit from taking this course. Or students who simply want to broaden their experiences and explore a field they haven't yet considered will also find value in this course. Mrs. Horejsi shared a quote from a current senior who took this class last year, Lauryn Nauman: "Introduction to Education was a very beneficial class. I think this because it not only helped me with growing and learning in the education department but also helped me with general concepts of life. We went to many different grade levels which gave us all sorts of experience. This helped me see what grade level I was enjoying most. We also learned how to deal or cooperate with everyone. For example, we talked about different



mental health disorders and how to make accommodations or be there for them. This is a big help no matter what occupation you go through. I am interested in business so learning to cooperate with anyone is an amazing skill to acquire. I recommend everyone take this class." Students always make the best course promoters.

TRITON CLASS OF 2024



SENIOR SPOTLIGHT

Katherine Ross is a senior at Triton this year. Her parents are Dennis and Amanda Ross and she has one sister. She is active in Student Council, MHS, Link Crew, FCCLA, EADD, AFS and band. Katherine is also involved in triton softball and volleyball. Outside of school she enjoys snowboarding, sand volleyball, Club summer and fall softball. Her pastimes are Just Dance and hiking. Her favorite movie is the original Alice in Wonderland, favorite actor Adam Sandler and musician Bruno Mars. After graduation Katherine plans to attend NDSU in Fargo, North Dakota for a Masters in Architecture.

KATHERINE ROSS

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TRITON CLASS OF 2024



SENIOR SPOTLIGHT

Claire Terpstra is a senior at Triton this year. Her parents are Marisa Starkson and Shawn Terpstra. She has one brother and two sisters. She is active in Link Crew, SADD, Student Council and yearbook. Claire is also involved in Triton volleyball. Outside of school she enjoys club volleyball and fishing. Her pastimes are painting, going to movies and hanging out with friends. Her favorite movie is The Lorax and favorite artist is Post Malone. After graduation she plans to attend college to become a pharmaceutical scientist.

CLAIRE TERPSTRA

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2023 Triton Cobra Football Wraps up Season



2023 Team Award Winners this fall. All of these awards were voted on by their peers and the individuals that received these awards were all integral parts of our success this fall. From left to right, Brody Munnikhuisen (Jr., WR/DB) won the Most Improved Player Award, Alex Ortiz (Fr., RB/LB) won the Scout Team Player of the Year Award, Austan Adreon (Sr., FB/LB) won the Defensive Player of the Year Award, Hunter Stark (Sr., RB/LB) won the Offensive Player of the Year Award, Jayce Leonardo (Sr., WR/DB) won the coveted award of Team MVP. All of these student-athletes did it the right way this fall and were positive role models for our younger Cobras.

By Coach Neseth

The 2023 Cobra Football team celebrated the season with a banquet in

November. This fall the Cobras played one of the most difficult regular season schedules in the state for our AA football. However, it paid off come playoff time as the Cobras were able to secure victories over JWP, St. Clair/Loyola, and finally Maple River in the section finals. It was the first time the Cobras advanced to the state tournament since 2010. Unfortunately, the Cobras were stopped in the quarterfinals of the state tournament by a strong Cannon Falls squad, but that didn't put a damper on the accomplishments our student-athletes achieved this fall. The Cobras were led by a strong senior class, Carson Koenigs, Jayce Leonardo, Austan Adreon, Kaeden Ellingson, Maguire Keller, Zach Barker, Hunter Stark, John Moening, Joiser Ortiz, and Bronson Freerksen, all played a vital role in our success this fall, not only from their play, but their leadership throughout the season. Some of the accomplishments the Cobras had this fall included having a 6-6 record and advancing to the state tournament. Statistically, the Cobras were well-balanced, having a passer throw for more than a 1,000 yards (Pierce Petersohn) and a rusher (Hunter Stark) rush for over 1,100 yards. Jayce Leonardo and Hunter Stark both scored 12+ touchdowns on offense and again demonstrated the balanced



2023 All-District Southeast (White) winners this fall. Jayce Leonardo (WR, DB, Sr.) and Hunter Stark (RB, LB, Sr.)

attack the Corbas employed this fall. Defensively, Austan Adreon, Joiser Ortiz, and Hunter Stark led our team in tackles, with Maguire Keller leading our team in turnovers, with 7 INTs on the season. It was a season with high and lows, like every sports season will have, but what made this group



2023 All Sub District Southeast (White) Honorable Mention winners: Brody Munnikhuisen (WR/DB, Jr.), Carson Koenigs (OL/DL, Sr.), and Pierce Petersohn (QB, DB, So.)

special was their resilience throughout the season and their work ethic. Thanks to all the seniors for everything they have done for Cobra Football and for the special memories we made this fall. I also want to the coaching staff, Colt Ullom (defense), Sam Storlie (special teams), Cole Rollins (OL, JV

DC), Brady Essig (QB/WR/DB, JV OC) your hard work and dedication to the program were instrumental in our success this season. The future of Cobra football is bright and we are excited to continue to build on the success we had this fall next year!

**Evening Adventures
Children aged 2-5 and an adult**

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

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

Dates:

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

*** Topics that are being scheduled are focused on yoga, farming, experimenting with foods, music, construction, Earth Day, and May Day. We'd love to hear what interests you and your child have for future sessions. Feel free to email us at avermilyea@triton.k12.mn.us with your ideas!

6-7:30PM

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

**Interested in Preschool or Kindergarten?
Here is what you need to know and do....**

Birth to 5 years old - Make sure we have your child on the school census.

Ages 2- to 5 years - Join an ECFE class and enjoy "you & child" time. Meet other parents and we clean up the mess. Joining an ECFE class allows you to register for Preschool early in April.

Ages 3-4 - Call for an appointment for Early Childhood Screening The last screening dates this year is February 5, or by special appointment.

Ages 3-5 - Register for Preschool. Registration for the Fall 2024-25 will be in April.

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

**Have other questions or concerns? Please call us at 507-418-7550.
Let us answer your questions before you miss something important.**



**Growing Together –
Friday Mornings
Children ages 2-5 years, not yet in Kindergarten**

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

Join Mrs. Vermilyea on Friday mornings and meet some new friends! This class provides time together with your children in a variety of activities that will help your 2-5 year old develop new interests and relationships. Mrs. Vermilyea will provide many activities, games, toys, and crafts for your children to explore.

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

Registration Deadline: December 20

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

2nd Semester Dates:

January 5 and 26

February 2 and 23

March 1 and 15

April 5 and 12

May 10th



Triton Times

Craig J. Schlichting – Superintendent
Triton Public Schools

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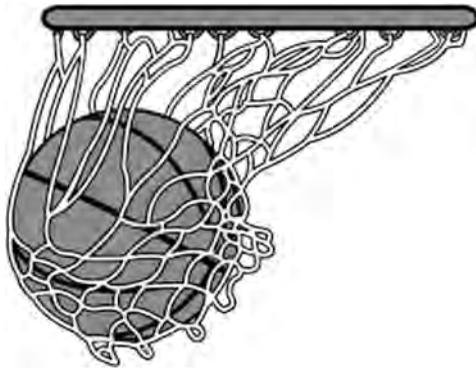
From
*Craig Schlichting, Superintendent
Teachers and Staff*



TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550

Biddy Basketball Ages 4-Grade 3

Biddy Basketball is a program designed to introduce young children to the game of basketball. The emphasis of the program is to teach children the basic skills of basketball, teamwork, and fun. Triton student athletes and coaches will coach these teams. This is a great opportunity for the HS athletes to mentor kids and be leaders. We ask that parents do not participate in the coaching of the kids. Proceeds from this program will go to the HS Basketball teams.



Cost: \$24, includes team shirt

Dates:

Saturdays, February 3, 10, 17, 24

Grades 1-3

9-9:50AM

Boys in the East Gym

Girls in the West Gym

Ages 4 & K

10-10:50AM

All in the East Gym

All families should enter through the ACTIVITIES Entrance located on the North side of the school.

Registration deadline is January 10, to guarantee a shirt.

Please indicate shirt size on registration.

TRITON COMMUNITY ED AND STORYBOOK THEATRE
(FORMERLY PRAIRIE FIRE THEATRE)
PRESENT.....



Welcome to the Kingdom of Crescendo, a musical place to live! You've arrived just in time for the Mourning of the Lost Voice. King and Queen Coda's daughter Rapunzel was stolen away by the Evil Witch long ago, and Crescendo has never been the same since. When King and Queen Coda develop a taste for a magical fruit, Bradley Baker must save the day! Alongside Bart the Bard, he travels into the woods to find the sought-after berries and meets Unicorns, rock-obsessed Witches in Training, and the awfully noisy Punk Rocks. Will our heroes be able to discover Rapunzel's true-identity and return her to Crescendo?

**KIDS AGES 1ST GRADE AND UP!
COST: \$35**

AUDITIONS: 3:15-7:30PM ON MONDAY, JANUARY 29 IN THE MAIN CAFETERIA

**PRACTICES: TUESDAY, WEDNESDAY, AND THURSDAY
JANUARY 30 - FEBRUARY 1 FROM 3:15-7:30 PM
DRESS REHEARSAL: FRIDAY, FEBRUARY 2 AT 3:15PM**

PLEASE SEND A PACKED MEAL FOR THESE DAYS AS WE WILL HAVE A DINNER BREAK EACH DAY

**PERFORMANCES
FRIDAY, FEBRUARY 2 AT 7PM
SATURDAY, FEBRUARY 3 AT 2PM**

**ADMISSION TO PERFORMANCES FOR THE PUBLIC:
\$5/ADULTS AND \$3/STUDENTS**

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

**Are you or your family members covered
by South Country Health Insurance or UCare?**
Those insured by these health care programs might benefit from discounts on class registrations. If you have either of these options, please call 507-418-7550 with any questions regarding their use.
Thank you!

Safe Driving Class Jim Jensen

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

Please call Triton CE at 507-418-7550.

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

4-Hour Refresher Course

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

January 18

5-9PM in the THS Media Center

New — Pickleball!

Volunteer helpers: Dana Pfeffer and Sonja Hruska

Pickleball has become a favorite for all ages. It's easy to learn and play. This class will be a 2-hour pickup game style for indoor pickleball. There is no formal instructor, however there are some volunteer community members willing to welcome new and seasoned players alike. Participants are encouraged to bring their own paddles, but some will be on hand to borrow. Please wear clean shoes and bring a water bottle.



Cost: \$30 per session

Monday nights from 6:30-8:30PM in the Triton Elementary School Gym (South Gym)

Session One:

January 8, 15, 22, 29, February 5, 12

Session Two:

March 4, 11, 18, 25, April 1, 8

New! Yoga at the Green Shack

Join Sarah Tripp at the Green Shack on Tuesday nights for yoga! Sarah is a 200-hour certified Yoga instructor. She practices Vinyasa Yoga, with a focus on connecting movement and breath work. She will help adapt poses so that all participants can find the benefits of yoga according to their individual needs/abilities. This class is appropriate for preteens through the elderly. A few yoga mats will be available for use, but it is appreciated if you bring your own. A bottle of water is also highly recommended. A maximum of 15 people will be allowed to participate.



Cost: \$5 Registration fee, free will donations accepted at classes.

6-6:45PM

Tuesdays: January 2- March 26

Located at the Green Shack: 20658 CR-34, Dodge Center

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

Million Dollar Quartet Old Log Theatre, Excelsior, MN

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



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

Lunch choices are:

-Off the bone beef short ribs, mashed potatoes, and seasonal vegetables

-Chicken Breast, mashed potatoes, and seasoned vegetables

-Vegetarian pasta with house marinara

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

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

January 25, 2024

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

The 2024 Dodge County Business Expo

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



NEW this year—

A Taste of Dodge County Food Court!

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

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!

Tuesdays and Thursdays

3:30-5:30PM GED

6-8PM ESL

TES Room 403

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

The soundtrack of a generation inspired this BROADWAY SMASH HIT! For six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time! Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers – then recorded her Grammy-winning masterpiece, TAPESTRY. The musical takes you on a joy-filled, emotional ride of a lifetime! Featuring over two dozen hits including "One Fine Day," "The Locomotion," "So Far Away," "Natural Woman," "You've Lost That Lovin' Feelin'," and "Will You Love Me Tomorrow," this Tony and Grammy Award-winning musical is filled with the songs you remember and a story you'll never forget. A huge cast of singers and dancers bring more than 24 of her greatest hits to life in a triumphant celebration!



Lunch is ordered off of the menu and served at your table. Water, Tea and coffee are

included. Soda, alcohol and dessert is an extra that the individual is responsible for these costs.

March 27, 2024

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

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

Registration

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

Call us at 507-418-7550

Go On-line at: triton.k12.mn.us

Click on the Menu tab, and select Community Education under the Community Header, choose Class + Activity Online Registration.

Please note that for students the software does not automatically update their grade, teacher, or t-shirt size. Please update these pieces of information each year.

Mail the registration: see below.....

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

Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

City: _____ Zip: _____ Email: _____

Participant Information:

First/Last Name: _____

Class Title: _____

Grade if student: _____ Teacher: _____

First/Last Name: _____

Class Title: _____

Grade if student: _____ Teacher: _____

First/Last Name: _____

Class Title: _____

Grade if student: _____ Teacher: _____

Payment Information: Total Due: _____

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

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

Adult Participant or Parent/Guardian Signature: _____

Questions Call 418-7550

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

Check Out Our Website

www.triton.k12.mn.us and click on the

Community Education tab

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That's the Latest Farmwork



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. He's a 1971 graduate of West Concord High School. You can view past columns at his website RoadFarming.com. You can email him at emery@roadfarming.com.



The old New Holland 270 baler made a lot of 'rectangular' square bales on the Kleven farm with lots of sweat equity put into each bale.

First off, an update from last month when I wrote about a state fishing record set in South Dakota. In late October, a North Dakota fisherman, Aaron Schuck, broke a 21 year old record for the largest walleye caught in South Dakota. In the 'hook and line' category, Schuck's walleye, caught in Lake Oahe, weighed 16 pounds and 8 ounces. Just after the November Messenger went to print, Schuck's 3 week old record was broken when Keith Pazour of Pierre, SD, caught an even bigger walleye on the same lake. Pazour's fish, verified by the SD Game, Fish and Parks department, weighed in at 17 pounds and 13 ounces and was 33 inches long. We'll see if one over 18 pounds will be caught in time for our January issue.

Now to what I really wanted to write about this month; I have written about and I tell people my background of growing up on the farm 2 miles north of West Concord and eventually taking over the farm from my parents before leaving for the world of farm broadcasting. I have over the years, gotten the question about if I miss the farm and do I miss any certain aspects. The short answer is yes...and no.

I do miss the rural life and small town living but I get back to visit enough to get over that. I do, in the fall, walk out in Keiven's field to see how the corn or beans look up close. The corn this year looked very good considering we had a dry year. I've not heard the official yield from this past growing season but I'm sure it's upwards of 200 bushels per acre.

I don't miss the long hours spent at planting season or harvest season. I certainly don't miss picking rock out of the fields. Nowadays they just replant the rocks by running a big roller over them. Where was this technology back in the day? I also don't miss walking the soybean fields to pick or cut weeds, in particular the buttonweeds, sunflowers, giant ragweed and the occasional volunteer corn. I had a broadcasting friend who used buttonweed as a front of the house decorative plant. He asked if I knew what this plant was. I said, 'yes, would you like me to yank it out for

you?' 'No, I kind of like it', he said. I don't need to tell you he was a city kid having grown up in the Twin Cities.

I see sunflowers planted on purpose in gardens. And yes, I realize that the high plains states grow acres upon acres of it, but for me, it was a weed that did not belong in the soybean fields. Sunflowers aren't as bad as velvetleaf but for me, it stirs up those weed pulling days. I am surprised that some of these city folks don't use the giant ragweed for a hedge. Kingweed as I called it, grows fast and very tall. It's a hardy and sturdy plant too. In the fall, you can chop them down and

burn them in the outdoor fire pit.

One thing I do miss, kind of, is the baling hay in the small square bales. They're actually rectangles but they ended up being called small squares. That's why geometry was hard for farm kids. I couldn't do it for a full afternoon anymore like I used to, but it was a good exercise program. I've written before how Coach Lorry Gunhus would make a visit to the farm during the summer to see if I was baling enough hay and if I'm sure I picked up every last rock in the bean fields. I assured him I was and I did.

More than the work of heaving bales of hay

5 high on the rack against the wind, where the chaff blows right back at you, I miss the smell of alfalfa drying in the sun. I will still occasionally pass a field with that very smell and I have to stop and reminisce about years gone by. Then I start to sweat in the heat and decide I don't miss all of the work associated with that great smell.

I often think of the line that it'd be nice to know you're in the good ole' days while you're actually in them. I think I've done that a lot but not as much as I probably should have.

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Talking Winter Skin Health with U of M

MINNEAPOLIS/ST. PAUL (12/11/2023) — The winter months bring fun activities for those willing to brave the outdoors, but time outside in the dry and cold air can be harsh on our skin.

Dr. David Pearson, an assistant professor at the University of Minnesota Medical School and a dermatologist with M Health Fairview, talks about how to keep your skin healthy during the winter.

Q: What unique challenges does our skin face in the winter?

Dr. Pearson: Our skin is our interface with the environment. As temperatures and humidity levels drop, one of the first places we experience this is on our skin — particularly in places like Minnesota, where it gets very cold and dry. Unsurprisingly, a number of studies show that skin and fingernail moisture content is much lower during the winter months. When our skin dries out, its barrier function is compromised and we become more suscepti-

ble to external allergens, irritants and even infections. The effects of cold can range from being a nuisance to quite dangerous. Frostbite can occur when the skin temperature gets to 28 F — this only takes about 30 minutes when the thermometer reads 0 F. Our skin isn't physiologically equipped for unprotected, prolonged exposure to these temperatures, so be sure to wear warm coats, hats and gloves when you're going outside.

Q: What common skin issues do you see during the winter?

Dr. Pearson: We see lots of dry skin, even incidentally, in people who come in for other skin concerns. Winter is often a more difficult time for people with eczema — especially on their hands. We also see many irritant reactions, such as frequent tissue use during respiratory virus season or rashes from licking your lips. I specialize in autoimmune connective tissue diseases and see a lot of Raynaud's and pernio (chilblains). Raynaud's is the rapid onset of white or blue discoloration of the fingers and/or toes from cold exposure due to constriction of blood vessels. Perno is the delayed onset of tender pink bumps on the fingers and toes one to two days after cold exposure.

Q: What are your go-to recommendations for those suffering from dry winter skin?

Dr. Pearson: Moisturize, moisturize, moisturize! It's pretty intuitive, but it bears repeating. The environment treats our skin differently in the winter and we may have to

change our behaviors to acclimate. I generally recommend a thick moisturizing cream that you have to scoop out of a jar or squeeze out of a tube over those with a pump handle, which tends to be used for thinner products. I don't like a lot of additives, perfumes or scents — keep it simple. Ceramides are a good ingredient to look for and may be helpful in restoring the skin barrier. I also recommend a gentle soap that doesn't have perfumes or scents either, as these can be irritating to the skin. Some data suggests humidifiers can be helpful in certain circumstances, but probably less so than moisturizers.

Q: Should people still wear sunscreen/SPF in the winter?

Dr. Pearson: In short, yes. Getting into a routine with sunscreen improves the consistency of use, so I often recommend working in a combined moisturizer/SPF product every day. The long answer is a little more nuanced. In Minnesota, our UV index — how much ultraviolet light reaches us — is pretty low in the winter. People's skin is usually covered up in the winter, but there's actually a fair amount of reflection of UV light from the snow. Prolonged exposure through outdoor activities (or long drives) can add up. If you're lucky enough to travel south or upwards in elevation, I would definitely recommend applying sunscreen like you would during the summer months.

Q: What are you doing to advance research

in the dermatology field?

Dr. Pearson: As the director of the Autoimmune Connective Tissue Diseases Specialty Clinic, my interests are focused on lupus, dermatomyositis, scleroderma, morphea and vasculitis, among others. Our group is involved in a number of industry-sponsored clinical trials aimed at developing new and better therapies for these diseases. Unfortunately, many of these diseases currently have limited treatments and can be devastating to people who suffer from them. We hope to address this unmet need. I'm also particularly interested in the environmental triggers of these skin diseases. I'm working with Drs. Michael McAlpine and Tianhong Cui, both in the U of M's mechanical engineering department, on a few translational projects where we are developing novel, skin-interfaced sensors. Like many autoimmune diseases, the conditions I study are characterized by periods of both increased and decreased activity, and we still have a lot to learn about why and when flares will happen.

Dr. David Pearson is an assistant professor of dermatology at the University of Minnesota Medical School, a dermatologist with M Health Fairview and the director of the Autoimmune Connective Tissue Diseases Specialty Clinic. His research interests include environmental triggers of autoimmune connective tissue diseases, effects on quality of life and development of novel therapies for these conditions.



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Letter to the Editor

Strengthening the Packers and Stockyards Act

It's time to restore our best protection against the meatpacking monopoly.

WHAT IS THE PACKERS AND STOCKYARDS ACT?

More than 100 years ago, the U.S. passed the Packers and Stockyards Act (P&S Act) — the first law to protect farmers and ranchers from concentrated, abusive monopoly power in the livestock industry.

Initially the Packers & Stockyards Act was very successful at leveling the economic playing field, but in the 1980s the courts began eroding its power, allowing corporations to gain unprecedented control over meat and poultry production. As a result, livestock and poultry farmers are going out of business and losing their farms at alarming rates, workers are subjected to low pay and hazardous conditions, and consumers are facing skyrocketing prices at the grocery store — all while corporations like JBS, Smithfield, and Tyson Foods line their pockets with record profits.

STRENGTHENING THE PACKERS AND STOCKYARDS ACT

In June of 2021, President Biden issued the historic Executive Order Promoting Competition in the American Economy, in which he charged the USDA to strengthen this landmark law. So far the USDA has published two very promising rules which will make important strides in strengthening the P&S Act, however, there is still a lot of work to be done and they are running out of time!

Currently, producers who have been harmed by unfair practices must prove harm to the entire industry — a prohibitively high burden of proof that protects monopolies from legal action. In addition to defining unfair practices and undue preferences, the executive order directed the USDA to clarify the law's original intent by removing this misinterpreted requirement to demonstrate sector-wide harm in order to bring action for market abuses.

With the election only one year away, the USDA must issue this rule as soon as possible or risk losing this window of opportunity! Secretary Vilsack previously failed to accomplish this critical task under the Obama administration. We need your help to make sure he is not allowed to fail again.

Brad Trom
Dodge County Concerned Citizens
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Tea bags: No Good. Pork Bad. Strawberries Excellent (right kind)



By Shauna Burslem, D.C.

Purchasing organic pork is the best bet for your health. The antibiotic carbadox is added to pig feed to prevent infections and fatten up the animals. Due to cancer concerns the drug has been banned in the European Union since 1999 and in Canada since 2006. China, Brazil, Australia and the United Kingdom have also banned the drug due to concerns over its cancer risks. A 2017 study found that carbadox consumption increased antibiotic resistance not only to carbadox, but also many other commonly used antibiotics. Organically raised pork is free of antibiotics as well as growth hormones. On November 7th, 2023 the U.S. Food and Drug administration announced they are considering withdrawing their approval of the drug in the animal feed. But based on past government announcements there is no telling how long or if their consideration will actually take place.

A research paper presented at the American Society of Nutrition proved that strawberries have health benefits for the heart, metabolic function and brain / cognitive health. Research from previous studies found that eating strawberries improved colon health and could reduce the symptoms of inflammatory bowel disease which includes afflictions of Crohn's disease and ulcerative colitis. Strawberries contain very important nutrients like vitamin C, potassium, magnesium and quercetin (which is an immune system booster). Sadly, strawberries are heavily contaminated with pesticides and have been ranked #1 on the list of the Dirty Dozen's most adulterated fruits and vegetables with pesticides. So, once again it is extremely important to only eat organic strawberries.

In the more bad news department, an analysis of tea bags found that those sealed in plastic release billions of particles of plastic with every cup that is brewed. Tea is a very important beverage that plays an important role in health. Tea contains antioxidants for health as well as tea can boost brain function and cardiovascular health. The news gets worse though as tea contained in paper teabags are not any safer as the paper tea bag is infused with a known cancer causing agent. Don't despair there is an age old solution. Loose leaf tea brewed in a stainless steel tea ball or tea basket prevents this problem.

Flight attendants have a higher rate of cancer than people in other professions. Flight attendants have a 1.5 times increased rate of breast cancer, 2 times the amount of

melanoma and 4 times the amount of non-melanoma skin cancer. Possible reasons for the higher risk is the disruption in circadian rhythm from irregular work schedules, exposure to carcinogens on the plane, fire retardant chemicals, jet fuel, high levels of cosmic ionizing radiation and electromagnetic radiation exposure.

In the "I get paid a lot of money to promote drug department," Kansas City Chief's star Travis Kelce was reportedly paid 20 million dollars from Pfizer drug company to promote the "Two Shots In One Go" campaign for getting the covid-19 shot and flu shot at the same time.

Speaking of the Covid-19 vaccine, the U.S. Army has reversed its policy on kicking out soldiers for refusing to get the Covid-19 vaccine. The icing on the cake is that the army is asking the soldiers who were kicked out to come back and rejoin the service as well as have a correction to their military record. The army dismissed about 15,000 soldiers during the Covid-19 vaccine campaign and has been sending out recruiting letters to the dismissed troops.

Chiropractic and TRAP shoulder pain: Do you ever get a balled up knot in your upper back or shoulder area? Does it really bother you when you sit at the computer or on your phone for long periods of time? That balled up muscle knot is in your trapezius muscle. The traps are the muscles between your shoulder (deltoids) and your neck. It is a very big muscle and extends from the base of the skull, down the spine to the level of the shoulder blades then up to the AC joint of the shoulder and continues to travel through the side of the neck to the base of the skull. The muscle knots up frequently with over use such as bending your head forward, over-use of the arms above your head and high levels of stress. The traps are the most contracted muscle during times of stress. Trapezius muscle pain is one of the more common complaints in the chiropractor's office. Once the muscle tightens up, it pulls on the moveable bones of the spine creating a misalignment which causes instability in the area. This leads to muscle imbalance and nerve irritation causing pain and discomfort which can be a dull ache or a burning pain and sometimes much more. Chiropractic adjustments to the spine restores stability to the area, relaxing the muscle and relieving the pain. In addition, soft tissue work on the trap muscles such as as massage will relax the muscle to help the chiropractic adjustment hold the spinal bones in their proper position for your body.

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Smart Home Devices to Help Seniors Age in Place

I've been talking to my mobility challenged mother, who lives alone, about automating her house with some smart home products to make it more convenient. She's very interested but we'd like to get your opinion as to which types of smart devices are most helpful for seniors aging in place.

--Searching Daughter

Dear Searching, If your mother is game, smart home products - such as smart lights, video doorbells and voice-activated speakers - can be very useful for aging in place. These devices can add safety and convenience to a home by providing voice and app-controlled operation, which is extremely helpful for seniors who have mobility issues or reduced vision.

Smart home technology can also provide family members peace-of-mind by giving them the ability to electronically keep tabs on their elder loved one when they can't be there.

If you're interested in adding some smart home products to your mom's house, she'll need home Wi-Fi installed, and she'll need either a smartphone, tablet or smart speaker to operate them. To help you get started, here are some different types of devices to consider that are very helpful to older adults.

Smart speakers: A smart speaker - like the Amazon Echo, Google Nest or Apple HomePod - can serve as the brains of a smart home, controlling the devices with voice commands or automating them.

These devices can also play your mom's favorite music, read audiobooks, make calls, set timers and alarms, provide reminders for medications, appointments and other things, check traffic and weather, answer questions, call for help in emergency situations and much more - all done by voice commands.

Smart light bulbs: To help prevent home falls - which are often caused by fumbling around a dark room looking for a light switch - smart light bulbs will let your mom turn on and off the lights by voice command, smartphone or tablet. These bulbs can also change brightness and color and be programmed to come on and off whenever she wants.

Smart plugs: These small units plug into a standard outlet and connect to the internet. That means your mom can control whatever she plugs into them - from a space heater to a coffee maker - using her voice or phone.

Video doorbell: Safety is also a concern for older adults, especially those who live alone. A video doorbell would let your mom see and speak to visitors at the door without having to walk over and open it.

Smart locks: For convenience and safety, smart locks would give your mom keyless entry to her home, provide customized access to family, friends and caregivers, and let you monitor who comes and goes from your mom's house.

Smart thermostat: This lets your mom preprogram or manually control the temperature in her home with voice command or via phone, and let you monitor it too.

Smart smoke alarms: These will alert your mom when smoke or carbon monoxide is detected and will also send alerts to your phone if a problem is detected.

Stovetop shut-off: To prevent home cooking fires, smart stovetop shut-off devices, like the iGuardStove, will turn off electric and gas stovetops when left unattended, and will alert you via text.

Medical alert system: These devices provide wearable wrist and/or necklace emergency buttons that would allow your mom to call for help if she were to fall or need assistance. Many systems today also provide voice activated and fall detection features, and caregiver tracking apps that will let you keep tabs on her.

Cameras and smart sensors: If your mom needs more in-depth monitoring, there are indoor cameras you can install so you can see, hear and talk to her from your phone. Or, if that's too intrusive, you can install smart contact sensors on her doors so you can know when she comes and goes, or on her refrigerator door so you can know if she's eating.

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

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

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

City staff and others present: Administrator/Clerk Elizabeth Sorg, Maintenance Director Casey Dahl, City Attorney Mark Rahrnick, City Engineer Derek Olinger, Matt Durand, Dean Schuette, Bryon Wolf, and Donna Gregory.

The Pledge of Allegiance was recited.

AGENDA

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

PUBLIC INPUT

None

CONSENT AGENDA

The Consent Agenda consisted of the Minutes of the October 3, 2023, Regular City Council Meeting and Resolution No. 23-23: Resolution Establishing Polling Place. Motion by McGovern to approve the Consent Agenda, second by Klejeski. Motion carried unanimously.

COMMITTEE REPORTS

PERSONNEL COMMITTEE

Nothing at this time.

FINANCE COMMITTEE

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

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

PUBLIC HEALTH & SAFETY

COMMITTEE

The 2024 Law Enforcement Contract will be \$75,190 for 28 hours per week. Motion by McGovern to approve the 2024 Law Enforcement Contract, second by Sultze. Motion carried unanimously.

PLANNING & ZONING COMMITTEE

Donna Gregory at 113 3rd Street applied for a variance to install a California style fence in her front yard. A California style fence is a style of chain link, typically connected at the top and bottom with wood beams. Per City Ordinance, fences in front yards need to be

decorative defined as wood vertical posts and wood horizontal rail fence with no more than 3 rails or a wood picket type fence with at least 4 inches of open space between each picket being wood. The planning and zoning committee recommended the council approve the variance. Motion by McGovern to approve the variance of a California style fence in the front yard of 113 3rd Street, second by Klejeski. Motion carried unanimously.

The committee members discussed the fence ordinance and would like the council to consider changing the definition of decorative which reads "as wood vertical posts and wood horizontal rail fence with no more than 3 rails or a wood picket type fence with at least 4 inches of open space between each picket being wood". The committee recommended the council amend the fence ordinance and the council agreed. City Attorney Rahrnick will draft an amended fence ordinance with a more relaxed definition such as front yard fences not being chain link or tin.

EDA

Matt Durand was present to update the council on his housing project. One person has signed a Purchase Agreement, another family is very interested. Durand proposed starting 2 homes by April and the council stated they will let him still have the 3 lots until February, but he has to have started some work (like obtaining building permits, homes purchased, etc.) on the lots by February and starting actual digging/building by spring. The council requested Durand start coming to every other meeting to give updates on the project.

CEDA submitted a 2024 Contract for Professional Services for consideration. At this time, there is no need for an annual contract. CEDA might be open to a "per project cost" should something come up. Administrator/Clerk Sorg will talk to Ron Ziegler, President of CEDA.

Greg Himler was approved for a façade grant improvement through the city. His cost to replace 3 windows was \$2226.17. Motion by Sultze to reimburse him \$1113.09, second by McGovern. Motion carried unanimously.

MAINTENANCE DEPARTMENT

Nothing at this time.

PARKS COMMITTEE

Dean Schuette, Claremont Area Chamber President, was present to give an update on the ballfield. He got a proposal for a 16' high backstop fence and a fence along the sides

for approximately \$15,000. The chamber will be making another donation prior to the end of the year which will pay for everything that is done including the fence. The ballfield will be ready for use by spring. The chamber and city will request more donations in the spring to add improvements to the ballfield such as a collapsible fence for the outfield. They also discussed having a pavilion and swing sets or playground of some type. Schuette suggested naming it Claremont Field at Harmer Park. Typically, the park is named and then the ballfield in that park has a different name. The council agreed with that name. Brian Nelson farms the land and some of his crops were damaged from the tile installation. Schuette told Nelson to tell him the dollar amount of crop damage so he could get reimbursed.

PEOPLESERVICE

Their reports were in the packet.

CITY ENGINEER

The sewer outfall project is finished, and the 3rd and final pay estimate is \$9297.50. Motion by Klejeski to approve Pay Request #3 for \$9297.50, second by McGovern. Motion carried unanimously.

Don Gray's land had some crop damage this year and they verbally agreed to reimbursement of \$330 for the damage. Motion by Sultze to reimburse Don Gray in the amount of \$330 for the crop damage, second by McGovern. Motion carried unanimously.

All of the water tower rehab is done except the recirculating pump; they are waiting for a part for the pump. Motion by McGovern to approve Tanksco's Pay Application #3 in the amount of \$18,603.88, second by Sultze. Motion carried unanimously.

ADMINISTRATOR/CLERK

About half of the old street signs were sold and brought in \$700.

Congratulations to City Maintenance Director Casey Dahl as he successfully completed a stormwater permit inspector course.

CITY ATTORNEY

Attorney Rahrnick will review Sorg's draft of the amended employment policy regarding the new Earned Sick and Safe Time law.

OLD BUSINESS

None

NEW BUSINESS

Bryon Wolf briefly went over the city's insurance policy renewal. The cost for this year is \$28,060. Motion by Mayor Dahl to not waive the monetary limits on them municipal tort liability, second by Klejeski. Mo-

tion carried unanimously.

Dan Murphy, City Building Inspection Services, turned in his resignation and will no longer be available as building official effective December 31, 2023. Inspectron out of Rosemount submitted a contract and fee schedule. They are similar to City Building Inspection Services. Motion by Klejeski to approve the Contract with Inspectron, second by Sultze. Motion carried unanimously.

Attorney Rahrnick drafted Ordinance No. 2023-1107: Regulating Use of Cannabis on Public Property, stating it is unlawful to use cannabis on public property. Motion by McGovern to approve Ordinance No. 2023-1107, second by Sultze. Motion carried unanimously.

Three administrative citations have been issued. The council would like Administrator/Clerk Sorg to continue issuing administrative citations as needed.

Service Line Warranty Program contacted City Hall to offer 2 programs for unanticipated water or sewer repairs: coverage of unexpected high water or sewer bills and also coverage of exterior service line repairs for a monthly fee. The first type of coverage helps residents with unexpected high water or sewer bills. They sign up all residents and then residents can call to cancel it. Sorg said the city won't offer that to residents as it is not right that the resident would have to cancel something they didn't sign up for. The second type of coverage is exterior water or sewer service line repairs. They send the information to residents on city letterhead. The council felt they could offer the coverage on their own and residents might get confused by sending the information out on city letterhead.

Sorg added the administrative fines fees to the Resolution of Fees. Motion by Klejeski to approve Resolution No. 23-24: Resolution of 2023 Fees, second by Sultze. Motion carried unanimously.

The council reviewed the proposed final budget and levy. They agreed to a final levy increase of 3%. The council will approve the final budget and levy at the December meeting.

Motion by Klejeski to adjourn the meeting at 8:35 p.m., second by Sultze. Motion carried unanimously.

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

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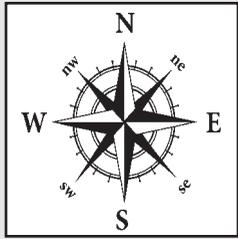
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Changes in Latitudes, Changes in Attitudes My Childhood Christmas



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.

The first Christmas I can remember as a child was 1964. I was seven years old. I had the same interests as any second-grade boy. The toy machinery was the best. When my dad went to the implement dealer for parts I would stand at the toy display and wish. As a typical farm boy I was mesmerized by tractors. We had toy trucks, tractors and all sorts of farm implements and attachments to play with. Couldn't wait to grow up and actually drive them for real.

There is one reason that 1964 stands out in my memory though. Lots of fun things happened before that, but November 3rd, 1964 changed me forever. I always thought my dad was invincible. I remember him carrying huge bags of feed on his shoulder around the farm. He was strong and a farmer. Sort of Superman. It was election day 1964. My dad farmed and worked construction. Not just any construction, but with bulldozers. Caterpillar tractor D-8 dozers. They moved dirt, buried boulder, made roads and dams, pushed over trees and anything else that they wanted. Not only that but my dad flew a helicopter as well. From West Concord to the western part of Minnesota and from job site to job site every day.

But November 3rd was election day and my dad was going to fly back home and take my mom to the Milton Town Hall where they would vote that evening. It was foggy that evening and my dad decided to land at the

Owatonna Airport and get a ride home instead. The altimeter on a helicopter tells you the altitude above sea level. It doesn't tell you about tall trees though. And there was a very tall tree between him and the Owatonna Airport.

I remember my mom sitting us four kids down on the sofa and telling us that our dad had been in a bad accident. She was driving to the Owatonna hospital. My grandma was there to watch us. KDHL radio reported on the accident. They got my dad's name right, but all the neighbors heard that he had been killed in the crash. He survived but was in a body cast for over a month and got out of the hospital in December. My mom had to drive him and he got around on crutches.

Before Christmas my parents decided the family was going to spend the holidays down south. We opened our Christmas presents a week early and headed south. This was before Disney World. There was just sandy beaches and alligators in Florida. But away we went. It was the first time I had been out of Minnesota. We learned how to ride for 1,500 miles with four kids in the back seat of a Chevrolet Impala. My mom would make sandwiches and we ate elbow to elbow with our brothers and sisters. No McDonalds back in those days for us.

I had never seen a Christmas without snow. I didn't think they would decorate for Christmas in Florida. I just figured it was alligators and flamingos and sunny beaches. But there was Santa Claus, reindeer and fake snow. We made fun of them, we knew what snow was and were glad to be away from it.

It was worth it. I was with my family and we were on an adventure together, and I was glad we were all there. I didn't think too deeply about the turn of events until much later. My dad nearly lost everything he had in life and decided to take the next chance to do things together. He had a wife and four kids and he wanted to enjoy doing things together. It became an annual event. We bugged out of Minnesota and headed to Florida every Christmas after that one. And we gladly traded our snow and cold Christmases for a couple weeks in Florida. My dad made it another twenty Christmases to enjoy with the family. And for me, memories with your family are much better than gifts. Have a Merry Christmas.

A Minnesotan: Christmas Games



By RosaLin Alcoser

Christmas is a magical time of the year and in Minnesota one of the few times that no one is really upset by the snow. Including my transplanted hispanic family from the south.

We absolutely love Christmas and for our traditions Christmas starts on December 24 with Christmas Eve and goes until January 6th on Three Kings Day. For us this whole time frame is Christmas.

My family will often play games at Christmas ranging from board games to more intricate puzzles. For most families a puzzle would have a beautiful Christmas scenery or a fun character on it. However, for my family it's a list of clues and riddles that someone has to figure out in order to find their present.

In full disclosure I am usually one of the

family members given the puzzle and to this day have yet to solve one. The game normally ends when they give up on me solving the puzzle or I find the item by searching for it alone.

When I make a game for one of them though it goes a little bit differently and is usually just a game for myself. Christmas 2019 was one of the years that I did this. At the time my father had decided that he could only hang his coats on a brown hanger and everyone had to use a white or blue hanger. Only he could use the brown ones.

So being the good daughter that I am, I systemically took all of the brown hangers out of the coat closet. Every time he left the house, if I was home I would grab the hanger, replace it with a new one, and hide the brown one under his bed.

He knew that it was me and could not find where I had been hiding the hangers. It drove him absolutely nuts for the about week and a half that I did this.

Until one evening right in the middle of Christmas I moved the hangers. The next morning he comes to breakfast to find all of his brown hangers dangling above the table from the chandelier.

This was probably one of the best games I've ever played during Christmas and was also the reason my mother started having me go into work earlier.



Ask A Trooper

By Sgt. Troy Christianson of the Minnesota State Patrol

Question: My question is why electric cars and trucks do not have front license plates? These are all from Minnesota which is required by law. They are not from out of state.

Answer: Electric vehicles are required to have a front license plate in Minnesota, this is a common equipment violation. Minnesota State Statute (M.S.S.) 169.79 states: "No person shall operate, drive or park a motor vehicle on any roadway unless the vehicle is registered in accordance with the laws of this state and has the license plates or permit confirming that valid registration or operating authority has been obtained."

Vehicles that are allowed to display only one license plate include motorcycles, a dealer's vehicle or vehicle in-transit, classic car, collector car or a vehicle that is of model year 1972 or earlier that is not registered as a collector vehicle and is used for general transportation purpose.

License plates must be displayed on the front and rear of the vehicle. They cannot be displayed in the front windshield or rear window. The plates must be securely mounted and displayed horizontally with the identifying numbers and letters visible. License plates issued to vehicles must also display the month of expiration in the lower left corner of each plate and the year of expiration in the lower right corner of each plate.

The plate must be unobstructed and free from grease, dust or other blurring material (dirt, mud, snow, etc.) so the lettering is visible at all times. It is unlawful to cover assigned letters and numbers or the name of the state of origin with any material, including any clear or colorless material that affects the plate's visibility or reflectivity. This also includes license plate brackets that block the state of issuance and tabs.

Why do we have two license plates? First and foremost, it is the law in Minnesota M.S.S. 169.79. From a law enforcement perspective it is safer to have two plates. For instance...

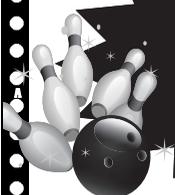
- If an officer needs to run vehicle information they can get the plate information from the front or rear of the vehicle.
- It makes a suspect vehicle easier to identify if it is encountered from the front or the rear.
- If a suspect vehicle is backed into a parking spot it is more easily identified.
- Identifying a suspect in a crime (from surveillance images) is easier with front and back plates.

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

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



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MERRY
CHRISTMAS
and Happy New Year!

The holiday season is here, and we can't think of a better time to share our warmest wishes to all of our friends and neighbors who make this community a wonderful place.

We appreciate you, and your loyal support!

We will be closed December 25 and January 1 so our employees can celebrate the holidays with their families.



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