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Survival Days is This Weekend



This year the annual West Concord Survival days will be this weekend. The celebration starts on Thursday July 25th with a Guns vs Hoses softball game at 7pm with donations going to mental health awareness and suicide prevention. Watch for clues at city hall and on Facebook all weekend for the Medallion Hunt.

(continued on page 8)

Miss West Concord Candidates 2024

Gracelyn Hodgman, daughter of Ryan & Brooke Hodgman & Adrienne & David Morgan. Gracelyn is involved with Fellowship of Christian Athletes, Triton golf team, Triton cheerleading, Triton theater, Tractor pulling, and Big Brother Big Sister program.



(continued on page 8)

Announcements

• The United Methodist Church of Dodge Center at 20 First Street NE offers a dine in and carry out meal from 5:00-6:00pm the third Wednesday of each month.

Do you have an announcement?
Email: hometownmessenger@gmail.com

Blaze Body Fitness to Open this Week

Blaze Body Fitness, the new health club in West Concord will open this week. They'll be hosting an Open house during Survival Days on Thursday and Friday July 25th and 26th from 3 to 7pm each day.

Blaze Body Fitness is the brainchild of Theresa French of West Concord. Theresa grew up in northern California and moved to Iowa in 1989 and then Minnesota twenty-five years ago. She is a business owner and entrepreneur at heart. Having owned and operated a full-service photography studio to

running a fully remote, online coaching and consulting business helping small businesses with their marketing and sales for the past 15 years. Theresa and her husband Terry have lived in West Concord since 2008 and they have two daughters, five grandchildren and many furbabies.

As a full-figure woman herself, Theresa was tired of the traditional fitness options. In 2017, while working at an online nutrition and fitness company here in Minnesota, coaching hundreds of clients on their nutri-

tion and fitness, she realized most of them struggled in the same way as she had with consistency and sticking with it. It was then she decided to create something less traditional with a different approach to fat loss and fitness by focusing on function and fun. It was then BlazeBody Fitness was born.

With less focus on conforming and performing, BlazeBody fitness promises to be less focused on routine and less regimented. Instead, members will be given the freedom to dance at their own pace, at their own fitness ability and have fun while getting fit. The main focus will be on mindset, making sensible food choices and allowing yourself to step out of the usual routine by freestyling your dance fitness workouts. Theresa believes that if you focus on the fun, the weight loss will come.

The buildout on the vacant building on Main Street started in 2019. Construction was halted during COVID and it once again became a labor of love for Terry and Theresa when they picked their hammers back up in late 2021. The completed remodel features a very upscale lobby, 2 changing rooms and a 900 square foot dance floor with mirrors and D.J. "club like" sound and light system.

(continued on page 15)



Theresa French

Quilts of Valor



By Cheri Roshon

Quilts = Healing for our military men and women who have so bravely served our country.

(continued on page 11)

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How Do You Measure Success?



By Pastor Roger Langworthy
Praise Fellowship Church

It was the Fall of 1985, and I knew that we would soon be starting a non-denominational church in my home town of Dodge Center. Growing up, the only thing we didn't do in Dodge Center was attend school, as our residence was in the West Concord School District. I'm very glad I went to WCHS as that is where I found my wife, Melanie Wheeler, and many other people and things that impacted my life. But I knew that our church plant would be in Dodge Center. I remember the Fall Day well as I was sitting in my office and I had one of those experiences described in Psalm 27:8 (NLT) — My heart has heard you say, "Come and talk with me." And my heart responds, "LORD, I am coming." Inwardly I sensed the Lord was encouraging me to spend some focused time with him. So, I left my office and went for a walk in the park.

A beautiful Fall Day, leaves fallen off the trees, I am walking down a pathway in the park. The question arises in me, "Lord, how will I know if I am successful as a Pastor?" Obviously, this question was coming from the desire and plan to start a church and make a transition from full-time farming into full-time ministry, and I wanted it to count for something real and significant.

I continued my question with what I understood was NOT the real measure of success. "I know that success is not measured by numbers of people in your church, or by how much money you have...those are natural measures that people sometimes use to determine if you are successful or not. But as far as having a spiritual impact on people's lives and having an impact in our community, how will I know if I am successful?"

As I continued to walk down this pathway in the park, my attention was drawn to a huge bird's nest up in the tree. It was very visible as the leaves were all gone off the tree. And I sensed the Lord was replying to my question with another question for me to consider. "How is a bird successful?" I thought about that for a while with various responses as to

how I knew you would not measure the success of a bird, as in nest building, or bug eating, etc. But then it's like a light bulb went off in my head with the realization that a bird is successful in reproducing itself in offspring.

At that point I sensed the Lord was saying to me, "That is how you will be successful as a Pastor, in reproducing yourself in others." And then even more specifically, "Reproducing the Christlikeness that is in you, in others." I could go on and on about how that word from the Lord has sustained me these many years with ebbs and flows with numbers of people in our church and with oppor-

tunities to compare ourselves with other churches around us, which the scriptures say is without understanding (2 Corinthians 10:12).

My focus, rather than on numbers and finances, has been on who am I mentoring? What am I teaching? Is it possible for people to become more Christlike because of what I am doing? And when I am done here, will there be someone else ready to take over? Have I reproduced the likeness of Christ in me, in others? My only goal in life is that when this life is done and I stand before my Father in Heaven, is to the hear the words, "Well done."

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DODGE CENTER

Faith Lutheran Church

308 2nd St. NW, Dodge Center
Pastor Jessica Bakken Busch • 507-374-2174
Traditional Worship 9a.m.; Fellowship 10a.m.

Grace Lutheran Church

404 Central Avenue N, Dodge Center
Rev. Elliott Malm • 507-633-2253
https://gracede.church
Worship 9a.m.; Sunday School 10:30a.m.

Praise Fellowship Church

602 Central Avenue S, Dodge Center
Roger Langworthy • 507-374-6400
Kidz Church 9:15a.m.; Sunday Worship 9:30a.m.

Dodge Center Methodist Church

201 1st St. NE, Dodge Center
Rev. Chad Christensen • 507-374-6885
Sunday Morning Worship at 8:15a.m.,
Fellowship Time Following

St. John Baptist De La Salle

20 2nd St. NE, Dodge Center • 507-374-6830
Mass Saturday 5p.m.

Living Water Assembly Church

104 1st St. NW, Dodge Center
Roy Andrews • 507-374-6561
Sunday 10a.m.

Dodge Center SDA Church

410 3rd Ave. SW
Dodge Center • 507-374-6895
Sabbath School 9:15a.m.; Saturday Worship 11a.m.

Anchor of Hope Church, a 7th Day Baptist Congregation

203 E. Main St., Dodge Center • 507-374-6755
Saturday 10a.m. Worship; 11:45a.m. Sabbath School

Bible Lutheran Church

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Sunday School 9:15a.m.; Worship 10:30a.m.
(weekly sermons available on YouTube and on website)

First Congregational Church

12 Second Street NW
Dodge Center, MN 55927 • 507-633-6873
www.congregationalchurchdc.com
Keith Mosier, Pastor

Area Church Directory

Sleep of Exhaustion

He lay down under the bush and fell asleep.

— 1 Kings 19:5
Yesterday I mowed our overgrown lawn, cleaned our cluttered garage, and washed some of the filmy windows on our house. Physically exhausted at the end of the day, I fell asleep as soon as my head hit the pillow.

In our reading for today, Elijah is exhausted and falls asleep under a bush in the wilderness. But Elijah isn't exhausted from doing chores. He has just had a dramatic confrontation with the priests of Baal (see 1 Kings 18:16-46), and now he is fleeing for his life from King Ahab and Queen Jezebel. Totally shattered—physically, emotionally, and spiritually—Elijah asks God to take his life.

Yet God doesn't answer his plea. Instead, through an angel, God provides Elijah with sustenance for the road ahead. Then, after some more restful, restorative sleep and more food and drink from the angel, Elijah sets out on the journey ahead of him.

What can this extraordinary story teach us? We are reminded of our basic need for sleep and its restorative benefits. Even more importantly, we see that God tenderly cares for us, feeds us, and watches over us—even in our deepest, darkest moments. Though our own story may not be as dramatic as Elijah's, God will provide what we need so that we too can take up the journey ahead of us. In fact, God has already provided for us through his Son, Jesus, who invites us to come and rest in him (Matthew 11:28-30).

Lord, our only hope for true rest is in you. As you reach out to us, help us to come to you. Amen.

CLAREMONT

1st Presbyterian Church

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

St. John Lutheran Church

4532 SE 84th Avenue, Claremont • 528-2404
Pastor Alan Broadwell
Sunday Service at 10:30a.m.

WEST CONCORD

Faith Community Church

305 State Street N, West Concord • 507-527-2244
Pastor David Breederland
Sunday 9:30a.m. Worship; 10:45a.m. Sunday School
www.fcwc.org
Facebook: WC Faith Community Church

Hegre Lutheran, ELCA

51939 Highway 56 Blvd., Kenyon • 507-527-2353
Sunday: 9:15a.m. Sunday School; 10:30a.m. Worship

Trinity Lutheran, ELCA

301 Highland St., West Concord • 507-527-2778
Pastor Chad Christensen • trinitychurchwc.net
Sunday worship video is posted on Facebook:
Trinitylutheranchurchwestconcordmn
Sundays 9:45a.m. Worship in building and live streamed on Facebook.
Sunday School 10:30a.m.
Tuesday Men's Bible Study, 7:00a.m.
at church and via Zoom
Call church for more information on ministries and events.

Church of Christ

55087 200th Ave., West Concord • 507-527-2723
Pastor Peter Moen
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concordchurchmn.com

Zwingli United Church of Christ

"The Berne Church"
23148 Co. Hwy. 24, West Concord • 507-356-4340
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Dennis Lee Karlen

Dennis Lee Karlen, 70, of Byron, MN passed away unexpectedly on Friday, July 12, 2024. He was born on August 3, 1953, in Zumbrota, Minnesota to Jacob and Dorothy (Schletty) Karlen. Dennis grew up on a farm between Pine Island and Berne and graduated from Pine



Island High School. He also attended 'Berne Church' where he noticed a cute redhead, Karren Schuck. They were married at 'Berne Church' and celebrated their 50th Anniversary this past March 2nd. They made their family home in Byron, Minnesota.

Dennis was a longtime employee HIMEC in Rochester as an HVAC expert. While at HIMEC, he worked at IBM, Mayo Clinic and other various sites. He also worked as a Transport Officer for the Dodge County Sheriff's Office since October 2019.

Dennis was a lifelong member of Zwingli United Church of Christ ('Berne Church')

where he was very active in the Swissfest, Handbells, Wood-fired Pizza Nights and making sure the sound was right for Sunday Worship streaming. He was an all-around handyman from the furnace inside to the beautiful flowers that surround the Swissfest stage. Dennis was very proud of his Swiss heritage and he and Karren made several trips to Switzerland.

Dennis was preceded in death by his parents; father-in-law and mother-in-law, Bill and Anne Schuck.

He is survived by his wife, Karren; son, Jake (Ashley) Karlen; grandchildren, Millie Joy and Brooks Dennis; daughter, Kallie Karlen. Also survived by brothers, Paul (Susan) Karlen and Russell (Liz) Karlen; sister, Linda (Greg) Johnson; brother-in-law,

Ken (Susan) Schuck and sister-in-law, Shari Schuck; cousin, Rand (Pati) Schranz, Colorado; many nieces and nephews. Dennis is also survived by his loyal dog, Leo, and his cherished 1970 GTO Judge.

This kind, sweet, hardworking, loving and loved man will be missed deeply by family and friends.

A memorial service was at 1:00 p.m. on Friday, July 19, 2024, at Zwingli United Church of Christ, 23148 County Road 24 West Concord, MN. Reverend Karen Larson officiated. Visitation was from 4:00-7:00 p.m. Thursday, July 18, 2024, at Czaplowski Family Funeral Homes, 801 7th St SE in Kasson, and one hour prior to the service at the church. Inurnment was in Berne Cemetery in Berne, MN.

To share a special memory or condolence please visit www.czaplowskifuneralhomes.com, Czaplowski Family Funeral Homes, 801 7th St SE Kasson, MN 55940 (507) 634-6510. Blessed be his memory.

West Concord Community VBS

The West Concord Vacation Bible School for 2024 will have their kick-off on Tuesday evening, August 6th at the Memorial Park. This is also National Night Out in town.

On Wednesday August 7th at 9am meet at Lion's Park for VBS for kids 4 years old through finishing 6th grade. The morning will be full of singing, Bible stories, crafts, fun games and snacks. Activities will be over at 11:45am

On Thursday August 8th meet again at 9am at Lion's Park for day two of the VBS. Same fun activities and will be done by 11:45am.

On Friday August 9th it will be Family Fun night at Lion's Park in the evening and the fun will start at 5:30pm. Families and all ages are welcome to come. There will games, a bounce house and a picnic meal at 6:30pm. There will be a skit after the meal and everyone is invited to join to worship and praise God in song and story. Activities will conclude at 8:45pm.

On Saturday August 10th there will be a Bible School family pool party from 9:45 to 10:45am weather permitting.



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That's the Latest Daughter's Wedding



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.



A photo opportunity presented itself at the wedding of Emery's daughter when the fire truck arrived.

On August 13th, my oldest daughter Venche and her husband Ben will celebrate their 8th wedding anniversary. A few months ago, while at their house, I looked at a framed picture of toilet paper. Let me explain, and at this point, you say: Yes, Please do!

Well the morning of their wedding as I woke up very early I had some things I wanted to say at their wedding. So I had to write it down but the only paper I had to do it on was some hotel toilet paper. Fortunately we stayed at a classy hotel which used nothing but the best toilet paper.

So what was I supposed to do? I unfurled some paper and started writing. I didn't rip it off immediately as I wasn't sure how much I had to say. But I got it done with 7 sheets of the two-ply paper.

Here's what I wrote: The sign says Love Never Fails. Love also makes us do strange things like wallpaper that spare room the same day as the big game or the day you wanted to go hunting for big game.

Love will make you go to a kindergarten choir concert when you could be doing...nothing!

Those examples tell us truly that LOVE is patient, LOVE is kind. LOVE always trusts.

LOVE always perseveres. Yes, LOVE NEVER FAILS!

Love is written about in song all the time. From Percy Sledge singing 'When a Man Loves a Woman to the Beatles singing Love Me Do!

Randy Travis sang about My Love is deeper than a holler, stronger than the rivers, Higher than the pine trees growin' tall upon the hill. My love is purer than the snowflakes that fall in late December and honest as a robin on a springtime window sill and longer than the song of a whippoorwill.

Johnny Cash sang about a thing called LOVE. Can't see it with your eyes, hold it in your hands

Like the rules that govern our land, it's strong enough to rule the heart of every man, this thing called LOVE.

It can lift you up, it can put you down, Take your world and turn it all around

Ever since time nothing's ever been found

stronger than love.

Yes, LOVE is patient, LOVE is kind. LOVE never fails.

Venche and Ben, May the LOVE of Jesus always be the center of your marriage from this day to the end of time. 8-13-2016. Love you both, Dad.

So when it was my turn to get up front and give my speech, I reached in to the pocket of my rented tux and unfurled the toilet paper. Ben laughed while Venche had that look of fear and wondering 'Now What?'

It was not the wildest thing that happened that day though. At the reception later, they had a popcorn machine that was inexplicably placed under a fire alarm. Sure enough, one popper started to smoke and the alarms went off and notified the fire department and soon after that the big red rig arrived. Venche, in her quick thinking saw it as a photo opp! So the entire wedding party posed in front of the truck and the best of a bad situation was made.

That reminds me of another song that I could have quoted but I didn't know they had planned on the fire department coming to the wedding. A singer named Dickie Feller back in the 70's recorded a song called; 'Making



The popcorn popper that alerted the firemen that there could be a fire at the church.

the Best of a Bad Situation'. In my very early days of being on the radio, I would play that song. Little did I know that, years later, it was to be a theme song for my daughter's wedding.



Emery's well written speech at his daughter's wedding using the best stationary available.



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Museum Musings

What We Survived Thirty-nine Years Ago

By Colleen Sathrum Hayne

In our lives as a community, West Concord, like every place, has had its challenges. Fires, water problems, loss of Main Street businesses, and more have tested our backbone. But what did we survive that gave the name to our city celebration now in its 39th year?

If you lived in West Concord in 1985-86 you remember it all too well—especially if you lived south of town. It all had to do with Highway 56. For a few years MNDOT had been promising that the stretch of road south of West Concord to Highway 14 would be re-graded, but the project kept being postponed. Because of the poor condition of the highway, in the spring of 1985 the road was posted as “closed to over 5 tons axle weight”. This was a great inconvenience. The April 3, 1985 Enterprise explained the problem this way: “If Eldon Ellingson, who lives north of West Concord, wants to take a truck semi-load of corn to Dodge Center, he now travels north to Randolph, then to Cannon Falls, goes south on 52 to Rochester and then west on 14 to Dodge Center.” That was definitely the long way to get there. The Enterprise noted that the 5 ton posting affected not only trucks passing through West Concord, but also the local feed, milk, and fertilizer haulers. Citizens were urged to contact their legislators to get action on the re-construction of Highway 56.

Shortly after the 5 ton posting, Dodge County Commissioners met with West Concord’s native son, senator Mel Frederick, as well as the Commissioner of Transportation, to plead for action. They were successful and in May of 1985 the re-construction of 6.5 miles of highway 56 south of West Concord was announced as one of 27 MNDOT projects in southeastern Minnesota. The road project would involve a 21 mile detour.

At the end of May the bid was awarded to North Star Asphalt Co. of Rochester for \$2,096,620. The re-construction was promised to result in a wider road, better visibility, good shoulders, and the capability of handling 10 tons axle weight.

Coincidentally, the summer of 1985 was West Concord’s Centennial. Fortunately the celebration took place before the detour was put in place in late July. By July 24th Highway 56 construction was well underway. There was only one stretch of blacktop left to be removed, stockpiled, and reused. The September 18th Enterprise reported that the road was nearing completion and would be reopened later in the fall. As the Enterprise wrote, “The opening of the new road will be a long awaited day for West Concord area residents—no more dust and no more detours.”

Unfortunately 6 weeks of wet weather intervened and the opening of 56 was delayed. It was hoped that the contractor would be able to get a drivable surface on the unfinished section so that the detour could be removed for the winter. This hope did not materialize. Due to an impassable section of 56, north and south of County Road 16, the detour was kept in place. It was a tough autumn. By December 4th, two feet of snow had already fallen.

In the Spring of 1986 construction was underway again with hopes that the weather would cooperate and the project could be completed by mid-July. In June it was reported that blacktopping had begun on highway 56 and there was optimism in the air that the road would soon be finished. The July 2nd Enterprise reported that all that remained to be done was completing the shoulders and painting the lines—real progress. At last, the July 16 Enterprise reported that MNDOT had announced that Highway 56 would be opened during the week of July 21-25. Ribbon cutting ceremonies were to be held on Saturday, July 26 at 8:00 a.m. with Senator Frederick and Representative Hartle presiding.

West Concord’s Commercial Club decided that if anything had ever been worthy of celebration, the opening of 56 was it! They invited residents to submit ideas for names of the celebration and West Concord’s barber, Roger Espenson, submitted the winner, “Survival Days”. The very first Survival Days were Saturday and Sunday, July 26 and 27, 1986. The festivities included a beer garden and music, Lions’ Chicken BBQ and a dance—all at the Fire Hall. A Main Street flea market, a horseshoe tournament, a dunking stand, games for kids at the swimming pool, a flower show and luncheon at the Methodist Church, a softball tournament, an ice cream social at Hegre Church, and lots of store specials rounded out the weekend.

After the event was over the Commercial Club was pleased with the huge crowd who had attended. Their words said it all, “With the town spirit and participation, we will be planning another celebration next year!” Dodge Center’s gift plaque to West Concord summed up everyone’s feelings, “Welcome back to the World, West Concord: 56 is Open!” 39 years later we are still celebrating!



Support Businesses That Advertise They Want Your Business!

“Survival Days” Special

Small cones 30¢

Ginny’s Drive-In West Concord

July 26 & 27



Workers are busy working on Highway 56, south of West Concord. Completion of the project is tentatively set for mid-July. The West Concord area is quite anxious for the completion of the project. Hopefully the weather will permit the construction workers to stay on schedule.



North Star Construction puts the final touches on the roads approaching Hwy. 56. The blacktop crew are removing the plant today. Hwy. 56 will not be opened until the shoulders are completed and the lines are painted.

Here it is!

WEST CONCORD

It has taken this explorer over a year to find West Concord and the Farmers State Bank.

But now, with the new Highway 56 open, all his banking needs can be taken care of easily.

Come to West Concord this weekend and celebrate “Survival Days” with us.

“Whatever you do—Bank at the bank that has come for good!”

FARMERS STATE BANK OF WEST CONCORD

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Dave Andrist from Rochester Sand and Gravel is shown removing the last road closed sign from Highway 56. The road was officially opened on Monday, July 21 and ribbon cutting ceremonies will be held this Saturday, July 26 at 8:00 a.m. Senator Mel Frederick and Representative Dean Hartle will be on hand for the event.

No more detours

Come visit West Concord this weekend during “Survival Days”

This couple can now take Highway 56 to West Concord and meet all the friendly folks at First National Bank.

First National Bank West Concord FDIC



Survival Days open road ribbon cutting ceremonies were at 8:00 a.m. on Saturday, July 26. Shown are, left to right: Harlan Buck, candidate for state representative in District 30-B; Senator Mel Frederick; West Concord Mayor Frank Mathias (cutting the ribbon); and Representative Dean Hartle of Owatonna. Highway 56 had been closed for over a year, so it was quite a celebration.

(additional picture at www.westconcordmn.net, www.claremontmn.net, www.dodgecentermn.com)



West Concord Survival Days Citywide Garage Sales

57302 State Hwy 56
(Mike Jones - 2 miles south of WC)

Fri (7/26) 8am - 4pm, Sat (7/27) 8:30am - 3pm

- High back booster car seats
- Kids' bikes
- Furniture
- Clothing (kids & adult-exc. cond.)
- Toys/Little Tykes Coupe Car & Truck
- Drill Press
- Michael Kors purses
- Much more!

110 Concord Street

(Rumpf...all proceeds to Alzheimer's Association)

Fri (7/26) 8am - 4pm, Sat (7/27) 8am - 4pm

- Lots of stuff - no pricing, donations only

207 Todd Court (Nielsen/Knudsen)

**Thurs (7/25) 8am - 5pm, Fri (7/26) 8am - 5pm,
Sat (7/27) 8am - 12noon**

- Wii fit board & games
- Kitchen/household items/decor
- Kid's toys & games
- Beauty products
- Sports equipment
- Charcoal grill
- LC Creations

924 West First Street (Schley)

Fri (7/26) 8am - 4pm, Sat (7/27) 8am - noon

- Baby items
- Hutch
- Garden items
- Clothing (men's & women's)
- Home décor
- Much miscellaneous

610 State Street (Mertins)

**Fri (7/26) 9am - 3pm, Sat (7/27) 9am - 3pm,
Sun (7/28) 9am - 3pm**

- Stampin Up stamp sets
- Punches & dies
- Crafting items
- Women's plus size clothing
- Household items
- Much more!

217 Olive Street (Gunderson)

Fri (7/26) 9am - 5pm, Sat (7/27) opens at 9am

- Clothing (kids - adult)
- Winter coats & snow pants
- Boots
- Elevated dog cots
- Household
- Much more!

405 South Street (Garness/Bahr)

Sat (7/27) 8am - 1pm

- Household items
- Home decor
- Books
- Clothing (men's & women's)
- Much miscellaneous

Wescon Lanes Main Street (Multi-family)

Fri (7/26) 8am - 5pm, Sat (7/27) 8am - 5pm

- Clothing (kids - adult) - all new
- Miscellaneous wedding decor
- New men's cowboy boots
- Misc home

113 Olive Street (Wilmes)

Thurs (7/25) 12noon - 5pm, Fri (7/26) 8am - 5pm

- New 20" kids' bike
- Household items/clocks
- Clothing
- Christmas tree & décor
- Tools
- Cordless vacuum
- Many more items!



422 Olive Street (Boerner)

Fri (7/26) 8am - 3pm, Sat (7/27) 8am - 3pm

- Books
- Household items
- Home decor
- Clothing
- Legos
- Misc items

316 Highland Street (Gilbert)

**Thurs (7/25) 8:30am - 4pm, Fri (7/26) 8:30am - 3pm,
Sat (7/27) 8:30am - 3pm**

- "Treasures" for everyone!

600 West First Street (West Concord Historical Society)

Fri (7/26) 9am - 1pm, Sat (7/27) 9am - 1pm

- Vintage sewing machines
- Trunks
- Vinyl records
- Dresser
- Vanity table
- Small music room organ
- Beautiful etagere
- Lots more!

WC Library Main Street

**Wed - Fri (7/24 - 7/26) 10am - 5pm,
Sat (7/27) 10am - noon**

- Used books - free will donation

311 Clyde Street (Leas)

**Thurs (7/25) 8 - 5pm, Fri (7/26) 8am - 5pm,
Sat (7/27) 9am - 3pm**

- Homemade furniture/DR table & chairs
- Mantis tiller 7924
- Outdoor bistro set
- Electric scooter & helmet
- Kitchen cart/household items
- Books/CDs/78 records
- Hand tools
- Much more!

616 State Street (Shea)

Thurs (7/25) 9am - 4pm, Fri (7/26) 9am - 4pm

- Baby items & clothes
- Toys
- Clothing (boys & womens)
- Christmas decor
- Household items

520 6th Street (Finne - multi-family)

**Thurs (7/25) 5-7pm, Fri (7/26) 8-4pm,
Sat (7/27) 8am - noon**

- Boys clothes (3-5)
- Girls clothes (NB-7)
- Misses/Women (small - 2X)
- Men's clothing (XL-XXL)
- Toys
- Miscellaneous

116 Ellington Street (Phyllis Jones)

Fri (7/26) 9-5pm, Sat (7/27) 9am - 1pm

- Dishes
- Holiday decor
- Kid's toys
- Much, much more!

305 State Street North (Faith Community Church)

Thurs (7/25) 9am - 4pm, Fri (7/26) 9-4pm

- Baby/kids' clothing
- Fishing tools & tackle
- Household items
- Miscellaneous
- Much more

213 Ellington Street (Behind Ginny's Drive-In)

Sat (7/27) 10am - 5pm

- Farmer's market
- Crafts
- Flea market

516 West 1st Street (Pearson)

Fri (7/26) 10am - 5pm, Sat (7/27) 10am - 5pm

- Baby clothes
- Adult clothing
- Toys
- Household items
- Little bit of everything!

310 Clyde Street (Dessner)

**Thurs (7/25) 1-5pm, Fri (7/26) 8am - 7pm, Sat (7/27)
8am - 8pm, Sun (7/28) 8am - 2pm**

- Baby clothes
- Walkers
- Antiques
- Glassware
- Everything Make-up
- Adult clothing
- Pet accessories



PLAN TO ATTEND THE ROYALTY PAGEANT AT LION'S PARK on Friday, July 26th at 6:30pm!

0-12 Month Category



Clayton Schletty

Parents: Cody & Jackie Schletty
Grandparents: Zane & Darla Schletty



William Dean Giesler

Parents: Emily Fischenich & Dan Giesler
Grandparents: Karla & Paul Fischenich, Mary & Roy Giesler



Brayton Crony

Parents: Adam & Melonie Crony



Warren Jensen

Parents: Ben & Casi Jensen



Renn Weber

Parents: Craig & Hannah Weber



Lillian LaMae Rislov

Parents: Allison & Jacob Rislov
Grandparents: Grant D. & Barb Eler



Liam Davis-Mendoza

Parents: Michael Davis & Dulce Mendoza



Saylor Fate

Parents: Blake Fate & Baihley Nelson
Grandparent: Denise Fate

13-36 Month Category



Ella Ramsey

Parents: Ben & Amanda Ramsey
Grandparents: Dave & Sarah McCool



Harper Schley

Parents: Chris & Shelby Schley
Grandparents: Steve & Linda Bucher



Rhett Crony

Parents: Adam & Melonie Crony



Eislee Gardner

Parents: Matt Reiter & Jenna Burshem



Gannon Edling

Parents: Nelson & Cayla Edling
Grandparents: Larry & Denise Ellingson



Tegen Ellingson

Parents: Jenna Dale & Cameron Ellingson



Haizlee Paulson

Parents: Hailey Davidson & Alex Paulson



Adeline Bushlack

Parents: Maclan & Sara Bushlack
Grandparents: Steve & Linda Bucher



Henry Johnson

Parents: Justin & Vanessa Johnson
Grandparents: Lois "Jeannie" Johnson





Survival Days is This Weekend

(continued from page 1)

Friday from 7 to 11am you can get coffee and donuts at the West Concord American Legion Hall on Main Street. City wide garage sales start Friday at 8am and continue through the weekend. Loot for a listing in the next issue of the Messenger on July 24th. The Historical Society has an open house from 9am to 1pm. The food trucks and beer garden open up on Main Street at 5pm on Friday. A 3 on 3 basketball tournament starts at Memorial Park at 5:30pm. A Garden Tractor pull will be held at 6pm on Front Street. The Miss West Concord pageant will take place at 6:30pm at Lion's Park with a rain venue at Trinity Lutheran Church. There will be live music under the tent from 8pm to midnight and fireworks planned at 10pm.

On Saturday the Fire Department will have a Burrito breakfast starting at 8am. The Scott Hodgman Classic Car & Bike Show will be held on Main Street from 8am to noon. A meat smoking competition will be held in front of the Gochnauer Dairy Barn all day with judging at 4pm. A softball tournament starts at 8 am at the ball field and a 5K run/walk starts at 8am at Lion's Park. A sand volleyball tournament starts at 9am and an antique tractor pull will be held from 10am to

2pm near the dairy barn. A petting zoo will be held at the dairy barn from 10am to 3pm.

A new activity for 2024 will be a kids bounce house and fun games behind the Historical Society from 10am to 3pm. An inflatable laser tag course will be open from 10am to 6pm also. The food trucks open at 11am Saturday and the swimming pool hosts a treasure hunt for the 2 through 12 year old kids at 11:30am. The West Concord library will host a magic show at Lion's Park at 1pm. Family Bingo is scheduled under the big tent from 2 to 4pm. The Rochester riders Mud Bog will be held at the old football field behind Hyland Systems from 2 to 5pm.

The beer garden opens up at 5pm Saturday and there will be a dance with a live band under the tent from 8pm to midnight. Excavator rodeo will be held at the east end of Main Street at 7:30pm Saturday.

On Sunday the community worship service will be held at Lion's Park at 9:30am. The food trucks open at 11am and the beer garden opens at noon. A pie and ice cream social will be under the big tent at from noon to 3pm and the grand parade starts at 1pm. The firemen's water fight starts at 2pm at the east end of Main Street.

Miss West Concord Candidates 2024

(continued from page 1)

She works at HyVee in Kasson. Gracelyn is sponsored by Ginny's Drive Inn. **Joslyn Peterson**, daughter of Christina Peterson and Brandon Peterson. Joslyn is involved with 4-H, FCCLA, WCFD volunteer, and Interning with North Road Photography. She has participated in ditch clean-up, Tree planting in WC, Halloween Hootenanny and Survival Days. Joslyn is sponsored by Heritage Bank.

WEST CONCORD LIBRARY SURVIVAL DAYS USED BOOK SALE

In the Lobby of City Hall
Wed. July 24----10-5
Thurs. July 25----10-5
Fri. July 26----10-5
Sat. July 27----10-12

*Free will donation!
Hosted by Friends of the Library*



For up-to-date information from the City of West Concord visit www.westconcordmn.com

Join us for Book Group at the West Concord Library

Wednesday, July 31 from 4-5pm
Angry Housewives Eating Bon Bons by Lorna Landvik
Minnesota Author

The women of Freesia Court are convinced that there is nothing good coffee, delectable desserts, and a strong shoulder can't fix. Laughter is the glue that holds them together—the foundation of a book group they call AHEB (Angry Housewives Eating Bon Bons), an unofficial "club" that becomes much more. It becomes a lifeline. Holding on through forty eventful years, there's Faith, a lonely mother of twins who harbors a terrible secret that has condemned her to living a lie; big, beautiful Audrey, the resident sex queen who knows that with good posture and an attitude you can get away with anything; Merit, the shy doctor's wife with the face of an angel and the private hell of an abusive husband; Kari, a wise woman with a wonderful laugh who knows the greatest gifts appear after life's fiercest storms; and finally, Slip, a tiny spitfire of a woman who isn't afraid to look trouble straight in the eye.

This stalwart group of friends depicts a special slice of American life, of stay-at-home days and new careers, of children and grandchildren, of bold beginnings and second chances, in which the power of forgiveness, understanding, and the perfectly timed giggle fit is the CPR that mends broken hearts and shattered dreams.

512 pages, Paperback, First published March 4, 2003



Saturday, August 3 from 9-10am
Beartown by Fredrik Backman

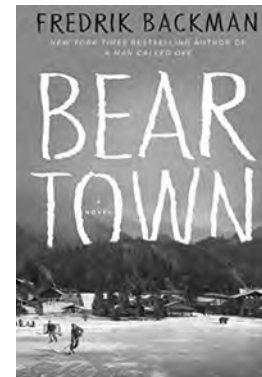
A dazzling, profound novel about a small town with a big dream—and the price required to make it come true.

People say Beartown is finished. A tiny community nestled deep in the forest; it is slowly losing ground to the ever encroaching trees. But down by the lake stands an old ice rink, built generations ago by the working men who founded this town. And in that ice rink is the reason people in Beartown believe tomorrow will be better than today. Their junior ice hockey team is about to compete in the national semi-finals, and they actually have a shot at winning. All the hopes and dreams of this place now rest on the shoulders of a handful of teenage boys.

Being responsible for the hopes of an entire town is a heavy burden, and the semi-final match is the catalyst for a violent act that will leave a young girl traumatized and a town in turmoil. Accusations are made and, like ripples on a pond, they travel through all of Beartown, leaving no resident unaffected.

Beartown explores the hopes that bring a small community together, the secrets that tear it apart, and the courage it takes for an individual to go against the grain. In this story of a small forest town, Fredrik Backman has found the entire world.

432 pages, Hardcover, First published September 15, 2016



WEST CONCORD PUBLIC LIBRARY PRESENTS
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JIM JAYES

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Dive into the captivating world of magic's legends! Jim's classic tricks will reveal the secrets of history's greatest magicians and their iconic feats. An enchanting experience for all ages, this program is free and open to the public.

July 27, 2024
1:00pm

(507) 527-2668

Lions Park
Corner of West Main & 3rd St
West Concord, MN 55985

Find more events in the region here!





West Concord Fire Department Mock Crash Demo

Saturday July 27th
on Mainstreet and Front Street
Starts at 4:00pm



2024 West Concord Events

- Thursday-Sunday, July 25th-28th, 39th Annual Survival Days Weekend
- Tuesday, August 6th - National Night Out (6-9pm)
- Saturday, September 21st - 3rd Annual Oktoberfest Event (3-7:30pm) 
- October Membership Drive, Date/Time to be determined
- Saturday, December 7th - 18th Annual WC Community Christmas 

Silent Auction at the 2nd annual LaMae's Bright Light 5K Saturday July 27th at Lion's Park

We have had a few generous donations for a silent auction! Items will be on display and open for bidding from 7:30am-10am. Bring your check book, cash or credit card and if you can't stick around and you get the bid, we will get your item to you!

Celebrate West Concord Survival Days

Friday – July 26th, 2024

7:00 – 11:00 AM

Donuts

West Concord Legion Hall

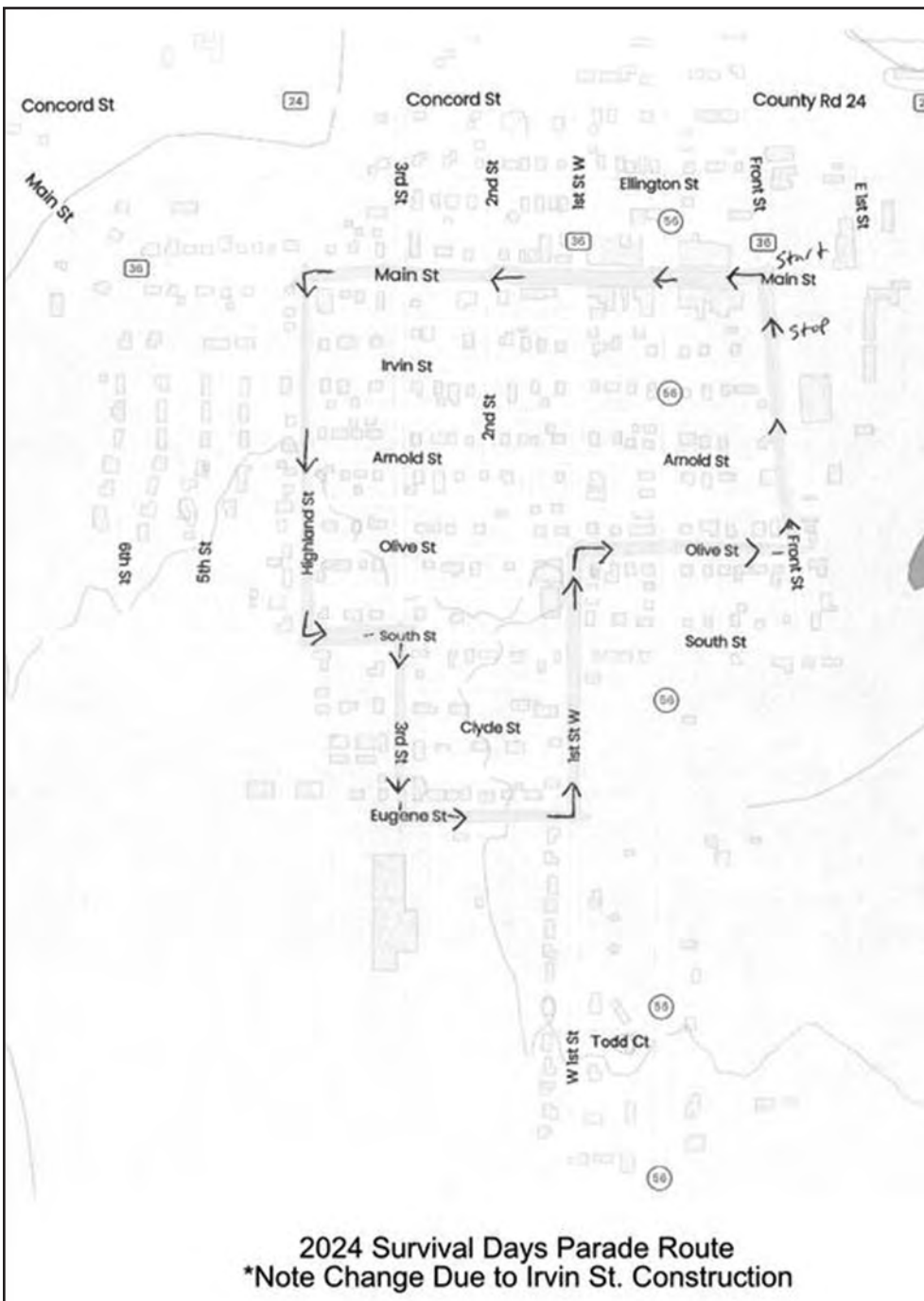
still ...

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\$8.00 dozen



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WEST CONCORD SURVIVAL DAYS

Kids Activities

Fun & Free Outdoor Activities

Saturday, July 27th
Behind the West Concord Historical Society from 10:00AM - 3:00PM

Activities:

- Bounce House
- Rookie the Clown
- Face Painting
- Treasure Dig
- Tattoo Station
- Prize Wheel
- Plinko
- Yard Games
- Petting Zoo at Gochnauer Farm

Food trucks will open uptown at 11:00am

Laser Tag
10:00AM-6:00PM
\$4.00 per game or 3/\$10



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- **eStatements**

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- **Mobile Apps: MyCardRules**

MyCardRules is an easy-to-use app that lets you set card controls, add restrictions and receive transaction alerts. Available for download on Google Play or App Store.


MBT Bank
www.mbtbank.bank

Quilts of Valor

(continued from page 1)

Vernice Engelken, a long time Dodge Center resident, told me about the Quilts of Valor last year, and invited me to come to the ceremony to see what an impact the gifting of a quilt could mean to those who were in combat throughout the wars waged. Unfortunately I was not in Minnesota when the

ceremony took place, so this year I feel honored that she asked me to do a "call for nominees" for this year's ceremony.

Saturday, October 5th at 12 pm, the Quilts of Valor committee will be hosting the ceremony for those nominees at the Dodge Center American Legion. What the committee is asking is that if you are, or know of a veteran who has served in any capacity, please send your nomination to Vernice at 215 1st Avenue Circle, Dodge Center Mn 55927, or give her a call at (507) 374-2163. The committee will review the nomination, and a quilt will be set aside for the person being honored. Last year 16 men were honored and gifted. Before the quilt is given, each person is introduced and the branch they served in and

the dates of service are announced.

I would like to share the beginning of the idea, which started as a dream, literally. Founder Catherine Roberts' son was deployed in Iraq in 2003. She had a dream of a young man, sitting on the side of his bed in the middle of the night, hunched over in utter despair. She said she could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if in a movie, she saw him in the next scene, wrapped in a quilt. His whole demeanor changed from one of despair into one of hope and well being. The quilt had made this dramatic change.

The first quilt was awarded to a young soldier from Minnesota who lost his leg in Iraq in November of 2003. In 2014, a milestone was reached when 100,000 quilts had been gifted to our military men and women! In 2019 over a quarter of a million quilts had been given. Volunteers spend a lot of time and money making these special quilts, and not one is the same. The goal was to reach 500,000 quilts by the 20th anniversary of the first quilt in 2023.

A few of the comments from the recipients over the years are as follows.

"My quilt isn't another military medal to be placed in a box and sit on my shelf. I was moved to tears."

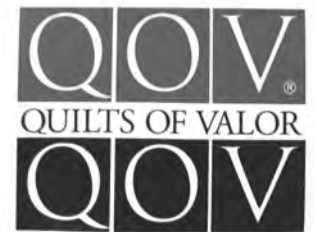
"I never expected to have the hurt I have been carrying to be so miraculously softened."

As you can see, these are more than just a blanket for the bed. They represent the love and care we have for our returning veterans, and are a way to literally wrap them in com-

Quilts of Valor[®] Foundation



Our Mission: to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor.



fort to thank them for their service. To learn more about this organization, or to volunteer in whatever capacity you can, or to donate to the organization so they can keep up this inspiring tradition, go to www.QOVF.org/nomination-awards and learn more!

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Email: a.sanders@insurancebrokersmn.com

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Phone: 507-288-7600
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Dodge County Fair





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Chris Olson is ELVIS
www.espking.com

Doug Allen Nash is JOHNNY CASH & NEIL DIAMOND
www.dougallennash.com



Show Time **Saturday, September 28 at 7:30 PM**

Call 507-645-9992 or Email Your Ticket Reservation to: firesideloungedennison@gmail.com Put "Elvis Tickets" in the Subject Line.

Advance Tickets \$25.00

Day of Show \$30.00 plus tax



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- **FOOD STANDS** - OPEN DAILY, Breakfast served
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- **KIDS PEDAL PULL** - Saturday after Parade
- **TRACTOR PULL** - Sunday 9:00am, Registration 7:00am
- **RAFFLE TRACTOR DRAWING - SUNDAY 4:00pm**

Miniature Railroad Train Rides
No charge, but donations are welcome

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1st Prize - Minneapolis Moline Tractor or \$2,000 Cash
2nd Prize - Minneapolis Moline Pedal Tractor
3rd Prize - 1/16 Scale Minneapolis Moline Tractor

Live Music!

Friday, August 30: Czech Concertina Club 2:00-5:00pm
Saturday, August 31: Marv Gohman 10:00am-Noon
Charlie Sticha Band 1:00-5:00pm
Sunday, September 1:
Non-Denominational Church Service 8:00am
Marv Gohman 10:00am-Noon
Dakota Ramblers Band 1:00-5:00pm

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Registration of all golf carts & AUV's will be required at Exhibitor's Gate. Proof of insurance. No cycles.

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CONTACTS:
Bill Becker 507-581-1225
Jeremy Sevcik 507-403-1614
Carmen Sevcik 507-649-0352



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Fenders & Fibers

By Cheri Roshon

Mark your calendars for July 28th as the Dodge County Historical Society brings you Fenders & Fibers from 11am to 4 pm! This is the 3rd annual fundraiser to benefit the Historical Society and keep things running smoothly, just like the vintage tractors and classic cars on display!

The call is out! If you have a vintage tractor or car that you would like to put on display for the public to enjoy, just call 507-635-5508 and get the details from one of the staff. They welcome all to show off their Big Boy Toys for everyone to ogle!

There will be a larger than life quilt display in the Bartel Gardens across from the Fender display, so if you have a quilt you would like



Keeping your name in front of your potential customers is an essential part of marketing your business in today's competitive market.

Call Terry at 507-951-7417 or email: hometownmessenger@gmail.com

to show or sell, either call, email or go on FaceBook to let them know you'd like to join in the fun! There will also be vintage quilts in the Wasioja Church on display.

DCHS will be providing brats at the food tent this year. The Onion Creek band from Ames, Iowa will be back to entertain you in

the shade of the gardens. Bruce Ebnet will be giving miniature horse and wagon rides. Dean Jirousek will have a Civil War era coin collection on display at the Recruiting Station. The 3 historic buildings, the school, the church and the Recruiting Station will all be open for you to look through. Vendors will

be set up to sell their wares, and there will be a variety of things to choose from!

If you would like to volunteer to help this year's event, call the number listed above and find out what you can do to help make this event special for everyone! Hope to see you there!

**Good Beer.
Good Drinks.
Good Times.**

Pool, Darts, Pull Tabs, E-Tabs,
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Dear Savvy Senior,

I need to hire a good in-home caregiver to help my elderly father who lives alone. What's the best way to do this?

--Searching Sarah

Dear Sarah,

Finding a good in-home caregiver for an elderly parent is not always easy. How can you find one that's reliable and trustworthy, as well as someone your parent likes and is comfortable with? Here are some tips that can help.

Know His Needs

Before you start the task of looking for an in-home caregiver, your first step is to determine the level of care your dad needs.

For example, if he only needs help with daily living tasks like shopping, cooking, doing laundry, bathing or dressing, a "homemaker" or "personal care aide" will do. But if he needs health care services, there are "home health aides" that may do all the things a homemaker does, plus they also have training in administering medications, changing wound dressings and other medically related duties. Home health aides often work under a nurse's supervision.

Once you settle on a level of care, you then need to decide how many hours of assistance he'll need. For example, does your dad need someone to come in just a few mornings a week to cook, clean, run errands or perhaps help him with a bath? Or does he need more continuous care that requires daily visits?

After you determine his needs, there are two ways in which you can go about hiring someone. Either through an agency, or you can hire someone directly on your own.

Hiring Through an Agency

Hiring a personal care or home health aide through an agency is the safest and easiest option, but it's more expensive. Costs typically run anywhere between \$15 and \$30 an hour depending on where you live and the qualification of the aide.

How it works is you pay the agency, and they handle everything including an assessment of your mom's needs, assigning appropriately trained and pre-screened staff to care for her, and finding a fill-in on days her aide cannot come.

Some of the drawbacks, however, are that you may not have much input into the selection of the caregiver, and the caregivers may change or alternate, which can cause a disruption.

To find a home care agency in your dad's area use search engines like Google or Bing and type in "home health care" or "non-medical home care" followed by the city and state your dad lives in. You can also use Medicare's search tool at Medicare.gov/care-compare - click on "home health services." Most home health agencies offer some form of non-medical home care services too.

You also need to know that original Medicare does not cover in-home caregiving services unless your dad is receiving doctor ordered skilled nursing or therapy services at home too. But, if your dad is in a certain Medicare Advantage plan, or is low-income and qualifies for Medicaid, he may be eligible for some coverage.

Hiring Directly

Hiring an independent caregiver on your own is the other option, and it's less expensive. Costs typically range between \$12 and \$25 per hour. Hiring directly also gives you more control over who you hire so you can choose someone who you feel is right for your dad.

But be aware that if you do hire someone on your own, you become the employer so there's no agency support to fall back on if a problem occurs or if the aide doesn't show up. You're also responsible for paying payroll taxes and any worker-related injuries that may happen. If you choose this option, make sure you check the aide's references thoroughly and do a criminal background check at companies like eNannySource.com.

To find someone use an elder-care matching service like Care.com or CareLinx.com, which both provide basic background checks.

Blaze Body Fitness to Open this Week

(continued from page 1)

The keystone offering of this new dance fitness studio will be routine free dance sessions of 30-45 minutes with varying music genres and themes to keep members dancing to their favorite songs. From the 50's and 60's to hip hop and country, to 80's & 90's to Latin Salsa beats, these dance sessions are designed to serve every age range and fitness level. Theresa says, "It's like dancing all night long at the best wedding reception ever or going "clubbing," just without alcohol. From the 50's and 60's to hip hop and country, to 80's & 90's to Latin Salsa beats, these dance sessions are designed to serve every age range and fitness level.

Members can use a heart monitor which will display your heartrate on a monitor inside the dance space so you can keep your workout within the prescribed heart rate zones to meet your fitness training goals. Circuit Strength Training and HIIT (High Intensity Interval Training) will also be offered 2-3 days a



week using small equipment such as kettle bells, battle ropes, tension bands and medicine balls for full body strength training and agility.

Later this fall, Theresa will be hosting special dance clinics taught by local choreographers in swing, ballroom, hip hop as well as line dancing. In the future look for special community events such as a movie on the big screen during the winter and holiday inspired formal dinner and dance events.

Be sure to stop by for the Open House during Survival Days or check out the website blazebodyfitness.com for a full calendar of events and class offerings or follow us on Facebook @facebook.com/blazebod. You can also reach her by phone at 507-969-5708. Theresa and Blaze Body Fitness is excited to help you ignite the fire for what you desire in your fitness and in your life.



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The View From the Back *Part 1*

By Ted Gamble

Ted Gamble is an avid runner and friend of The Messenger. This is the first of a 3 part series on his recent adventures that we will run in the Messenger in July, August and September. We hope you enjoy it.

I'm thinking about this on Sunday morning, the day after the race.

Everything is sore, and I have feet on my blisters. My toes hurt.

A working title of this story could be "Zumbro will Zumbro!", a phrase from the race director's email referencing the notoriously bad weather and muddy conditions at the race. This year it actually got HOT!

Or "Why the _____ do you want to do that!?"--the question my father usually asked me when I told him about my next running adventure.

Or what about "The view from the back"? This one makes the most sense, so I think I'll go with that—you'll know why after you read my story....

This year I was going to attempt to run the Zumbro 100 in the Zumbro River bottoms near Theilman, MN. In previous years I've done the 50, 34, and 17 mile distances. It's a looped course and the 100 mile course is six 17 mile loops with 34k feet in total elevation change and a 34 hour time limit. This will be my first attempt at the 100 mile distance.

I made a mental commitment to sign up in late August and training began immediately in early September. That's early for an April race, but I wanted to give myself some extra time. A friend of mine who was also running the race; Derrick, gave me the plan. It was a 24 week plan that he followed about a year ago for his first 100 miler.

Early September to mid-April is longer than 24 weeks, but the extra time cushion would be nice because the holidays and our wedding anniversary were in that time frame. I decided that I would just re-do the prior week's plan if any long runs were missed, or there were any pauses in the training. You cannot plan for everything and you never know what else might come up.



Our campsite

By that, I mean the weather. It can get very, very cold and snowy here in Minnesota. So I think I had about four extra weeks built into the training plan. In the end it turned out very well as we had a very mild winter. The weather only forced me inside two or maybe three times between September and April. So, training went better than planned. With the mild winter and dry weather, the trails were in excellent condition. Things seemed

to be lining up for a good race!

I took Thursday off to prepare for the Friday/Saturday race and drove to the Zumbro bottoms where the race was held. There I met up with Chad and Derrick and Derrick's wife, Chris. After putting up my tent and just hanging out for a while I went to my motel in Lake City about ten miles away.

(continued on page 17)



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The View From the Back

(continued from page 16)

Our campsite wasn't a very high end or luxurious motel. I only wanted a warm, dry, and cheap place to stay because it's assumed that it would be cold in early April. The outside was being remodeled, and that was OK. The inside was clean though it was kind of chilly at night. The heat didn't work properly so it took a while to warm up. As I waited for the room to heat up, I thought that a shower would warm me up and help me relax, I was already starting to get a little anxious.

There was no hot water.

After an hour or so, the room warmed up, but because it was radiator heat, it kept getting warmer. Eventually I figured out how to open the window and that helped. Long story short, I did not sleep well at all that night, and the 5:30am alarm came too soon. When I got up I noticed Linda couldn't sleep either--she sent me a text about 3am, saying that she was praying for me. I appreciated that as it was certainly needed!

I left the motel at 6AM. I was hungry and needed something with a lot of calories to get me going. Nothing was open that early so I

picked up a few items at a local Kwik Trip. The evening meal the night before was from Burger King. That may have had an effect on how things went early on, but who knows?

I arrived at the campground and got together with Derrick and Chad and a few others showed up to see us off.

After months of training, the big event finally started. It was a beautiful day! Running at Zumbro usually means rain, snow, sleet, cold and overall bad weather. And mud, copious amounts of mud, soul-sucking, sticky and slippery at the same time. But not this year—if anything the forecast called for conditions to be almost too warm with 70's on Friday, and close to 80 on Saturday. I don't typically do well in the heat, but we'll talk more about that later. The trails were in the best condition I've ever seen them and not a drop of mud anywhere—in other words, they were perfect!

The first of the six laps took about four hours and 15 minutes which was equal to what Derrick and I had done about a month earlier on a practice run at Zumbro. I thought that was a little fast, but there's plenty of time to slow down since we now had some time "in the bank". I had calculated that I would need a 5.5 hour/lap average in order to meet the 34 hour cutoff time. There were no illusions of being fast, I did not care if I finished last, I simply wanted to finish.

On the second lap it started to get warm out. I must not have been eating or drinking enough because I began to feel really awful after only a few miles. I got to the final aid



Andy and I crossing the Zumbro on the first lap.

station about 3 1/2 miles from the finish and mentioned it wasn't going as well as I wanted it to. One of the workers told me I should drink more water and get some more food. Easier said than done! I tried to eat a Cliff bar earlier, and ended up tossing it in the woods—it made me retch a little. I didn't want food, so he suggested some pickle juice to help settle my stomach. I also grabbed some candy and decided to walk it back to the finish line.

Why was I suffering so much? It's only the second lap? There are still four more to go! I started to feel sorry for myself--the last week or so has been very discombobulated with a lot of things in my personal life going on with a death in the family, and various work and family responsibilities all seeming to hit at once.

It was also hot, and I never do well in the heat (I recalled a conversation with Derrick back in July, "Hey, let's do Zumbro—at least we won't have to worry about overheating!" he said), maybe I hadn't trained as hard as I thought? Maybe I could've done more? But, during training I ate better, I lost some weight, gave up beer (I gave up beer for this?!?), I was sleeping really good, so everything was in line. I should've been doing better! Why was this happening?

All they way back I was having an internal



Despite the beautiful scenery, I was really struggling here.

debate—should I quit? Should I tough it out? Once the "quit" word sneaks into the brain, it's really hard to ignore as the doubts kept percolating.

(continued on page 18)

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The View From the Back

(continued from page 17)

When I finally arrived at our camp, just short of the finish line, I collapsed into a chair and put my head in my hands. I was really discouraged about what was going on, especially after training so hard for so long. What a waste of time, and training!

As I was sitting there Chad and Chris told me a story about Derrick. It seems his legs cramped up really bad and he had fallen down on the trail. His eye fell out and landed in the dirt. He has a glass eye from an old BB gun injury. I couldn't help not laughing. Or feeling bad for laughing.

No matter what happens today, I will not lose an eye!

I could see the disappointment in Chad's eyes as he tried to encourage me to keep going. Chris was also there trying to convince me not to drop. But, I was done, it just isn't going to happen today. Maybe I could call this a really good training run for FANS? Chris gave me a cup of soup and a banana. It was then that another thought crept into my head...there is still 24 hours to go before cut off, and there are only four laps to go—that's six hours per lap, slower than my current pace. Those thoughts gradually began to replace the "quit" that was stuck in my brain. Maybe....

But no! I was done. I took off my hydration vest and walked to the lap counters in the start/finish area. But something happened on that short walk, I realized that I felt OK, and I was mostly just feeling sorry for myself. I think maybe I can do this?

When I arrived I was asked for my bib number.

"Number 16, but I left it back by my tent. I was going to quit, but I changed my mind. Do I need to go get it, and come through again?"

"No, you can just get back on the trail—good luck!"

I went back to the tent to grab my stuff and told Chad and Chris (and an old friend, Nick was there too now) that I was still in it. I wanted to walk an entire lap and evaluate again when I come back. Nick handed me a red solo cup full of the noodle soup to drink as I walked. My water bottles were refilled, and as I walked I started feeling better and better. My stomach settled down (pickle juice?), and my attitude rebounded. The noodle soup and banana was the "magic elixir" that kept me going.

I started the third lap about 6 o'clock. It was going to be a walking lap, and I was assured that at least half of it would be in the dark, so I brought my headlamp with. As always I was a little concerned about what it's going to be like in the dark, in the woods, all by myself. Well, I could always rely on the Dog Men to keep me company. I hear they are native to the area. Seriously.

In the end, it wasn't bad at all. Actually, I kind of enjoyed it. It was peaceful. It was quiet, I was by myself and probably bringing up the rear by a long way, and I was OK with that. I was just walking, but I kept reminding myself that my goal here today is to simply finish. There was no chance of winning, or even placing now. My plan was to run the first lap and then see what happens. I only needed a 5.5 hour average lap, and I would be good. The first lap was done in 4:15, which I thought was a bit fast and the second lap didn't go so well, but if I could finish this third lap before midnight, I would still be on the original plan. If my fourth lap started at the same time as the fifty milers, or maybe a little bit earlier it would be good just to have the company of more people. Then I wanted to be separated enough from the 34 and 17 milers when they started the following morning so they wouldn't be in my way. Or, so I wouldn't be in their way.

Anyway, I'm on my own and I'm in the dark. I brought my phone with because I knew that I would be in this situation and I thought it would be a good opportunity to listen to some music or some podcasts to keep my mind occupied. I started with some podcasts, got through three of them; long ones that had overlapping and intersecting topics that were very interesting to me. Don't ask me what they were about; I cannot remember—only that they were really absorbing at the time.

And then I switched to music, probably the best music I had ever heard. I was starting to feel a lot better. The idea to walk a lap was working.

Should I eat jerky at night, what if some animal smells it, and comes looking for it? I don't know what lives out here....

When I arrived back at camp about 11:45pm, Nick said I looked like a new man. And he was right; I felt it too as I was in a much better place both mentally and physically. My confidence was back and I was going to finish this thing! I was even joking when Chad came out to pace me on the fourth lap (pacers are allowed only after three laps are complete) that I had just completed the Bon Jovi lap, because we're "halfway there"! Get it? I had a lot of alone time to think...

So Chad and I took off a few minutes before the Midnight 50 race started. I told him I didn't want to talk, just let me listen.

"Tell me your life story, Chad. Let's start at the beginning—what was your favorite color when you were born?"

But I was feeling so much better by then so it was nice to talk/converse as we went about our business of completing the fourth lap.

He reminded me that I told him a few weeks back that "If I could be on my fourth lap when the 50 milers start, that would be great!" I was right where I wanted to be.

We had about a one mile head start and we were already on the top of Rock Hill when they started.

We could see a line of headlights snaking through the woods as they followed us up which was a really cool sight to see. As we started to head down the other side of the hill and the runners started to catch and pass us, several of the runners saw my name and

number on my bib so there were lots of compliments – "way to go hundo runner" and phrases like that. That gave me a mental boost.

Also heard a lot of "Hey, you're Ted Gamble, we follow one another on Strava!" I heard that maybe a dozen or two times and it really surprised me. I wish I could remember everybody I saw that said that because it was kind of cool to attach a real person to what was only a name on a screen.

We were also passed by a younger runner, Ian, (he was in his late 20's) who was in my church camp group at Eagle Bluff in Lanesboro several years ago. He was probably in junior high at the time, and I was one of his camp counselors. Over the years, he had grown about a foot, his hair included. He was rocking a Forrest Gump meets a Grizzly Adams look. We talked for a little bit and agreed to catch up after the race. I found out later that he dropped after his first lap, so we were unable to meet as he was long gone by the time I was done.

We finished the fourth lap in less than 6 hours so we were still on pace. Chad decided to stay with me and we began lap number five. But before I tell you about that (this is where it gets really interesting, and a little weird!), let's take a short interlude and review the course.

The entire race is on trails. There are some horse trails, there is some single track, a few logging roads, and a little bit of gravel road. Plenty of variety, but no pavement.

The trail heads out of the campground/horse-park and runs along a corn field before heading up Rock Hill, an



"Where am I? Who am I? What's going on..."

appropriate name as the trail is strewn with rocks. It rises about 300 feet above the campground, but this one is not that bad compared to what comes later. It's a little bit lengthy but from the top, you get a really pretty view of the campground with the Zumbro River in the background--you will see a lot of photos of this area online.

From here we head through the woods, and kind of curl down an old logging road. Reminds me of my father-in-law who was a logger--that spot was being logged out a few years ago during the race and in the morning when it's typically cold, all of the mud was frozen so it was an easy spot to get through but as the day wore on and the mud melted, it became a muddy quagmire.

(Watch for part 2 in the next issue of The Messenger)

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CITY OF CLAREMONT CITY COUNCIL MEETING TUESDAY, JUNE 4, 2024 7:00 P.M.

A regular meeting of the City Council of the City of Claremont, Minnesota was held on Tuesday, June 4, 2024, at 7:00 p.m. at Claremont City Hall.

Members present: Mayor Tasha Dahl, City Council Members: Jacob Klejeski, Krystal Sultze, Deb Ellis, and Ryan Hedberg (Hedberg arrived at 7:15 p.m.). Council Members absent: None.

City staff and others present: Administrator Elizabeth Sorg, Maintenance Director Casey Dahl, City Attorney Mark Rahrck, and Donna Gregory.

AGENDA

Motion by Sultze to approve the agenda with 1 addition of a request to rent the Fire Hall added under Public Health and Safety, second by Ellis. Motion carried unanimously.

PUBLIC INPUT

None

CONSENT AGENDA

The Consent Agenda consisted of: Minutes of the May 7, 2024 Regular City Council Meeting. Motion by

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

COMMITTEE REPORTS

PERSONNEL COMMITTEE

Nothing at this time.

FINANCE COMMITTEE

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

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

PUBLIC HEALTH & SAFETY COMMITTEE

The Claremont Agency requested to rent the Fire Hall on June 14. Motion by Klejeski to approve Claremont Agency's request to rent the Fire Hall, second by Sultze. Motion carried unanimously.

PLANNING & ZONING COMMITTEE

Nothing at this time.

EDA

The Claremont Service Center applied for a façade improvement grant. They will be re-tinning the outside of their building, new windows, gutters, and other improvements. Motion by Klejeski to approve the \$2500 grant request, second

by Ellis. Motion carried unanimously.

MAINTENANCE DE- PARTMENT

Nothing at this time.

PARKS COMMITTEE

Quaale Masonry and Chelmo Construction submitted bids for a full-size basketball court in Henning Park. The lowest bid was over \$7000 which included keeping part of the old concrete that is cracked. To take out the concrete and do it nicer and safer it will be over \$10,000 so it will need to be budgeted for. The council will look into doing this next year.

At this time, Council Member Klejeski and Fire Chief Dahl were paged out to a fire.

Quaale Masonry bid \$12,750 for concrete and block sides for two 10' x 30' dug outs at Claremont Field and Chelmo Construction's bid was \$11,620. As a plus, Chelmo Construction is also doing the sides and roof of the dugouts. Motion by Sultze to approve Chelmo Construction's bid for the concrete and blocks for the dug outs, second by Ellis. Motion carried unanimously.

Two companies were called for electric bids for the score-

board and lights. The bid request is to put the scoreboard in now and place conduit where the lights will go for installation later on. Only one bid has been received so far. Administrator Sorg will get at least one more bid.

Progress has been made on Claremont Field and Harmer Park: Dahl has talked to Hodgman Excavating about expanding the parking lot, Hodgman Excavating has also installed an extra inlet and it doesn't appear to be flooding, Dahl has planted more grass and Corey's Outdoor Services has put starter fertilizer on it, the bleachers are in but not put together yet, the scoreboard is in, and the Harmer Park sign is in and will be installed soon.

Ethan Reed has planted the food forest in 3 areas very similar to the food forest flyer he had presented to the council.

PEOPLESERVICE

Their monthly reports were in the packet.

CITY ENGINEER

Final notices were sent to those who have not had their service line and sump pump inspected yet.

Bolton & Menk is working on a response to MPCA re-

garding the sulfate limit.

On May 22, Bolton & Menk engineers toured the wastewater treatment facility with our PeopleService representative Nick Vikers and city staff. They looked at the various pieces of equipment that need attention or replacement. They will prepare a prioritized list of improvements with anticipated costs.

Engineer Olinger and staff also met to discuss a large street project that will be planned for next year.

CITY ADMINISTRATOR REPORT

Administrator Sorg received a bid for reconstructing a portion of the sidewalk in front of City Hall as there is a large crack in it. A portion of the cracked sidewalk belongs to Russell Mosley. Following the Assessment Policy, Mr. Mosley has signed an agreement willing to pay the 30% of his portion, which is \$615. The Agreement states if he fails to pay it will be assessed onto his taxes. The sidewalk repair will be done soon by Quaale Masonry at a total cost of \$5710.

Sorg emailed Attorney Rahrck and Engineer Olinger a sample copy of a

sump pump ordinance requiring residents to have their sump pump inspected once their property is sold. They will review and draft an ordinance for consideration.

Dodge County Public Health contacted City Hall recommending the city adopt an ordinance for growing cannabis or selling cannabis if the council would like to have specific regulations over it. Attorney Rahrck will check into what other cities are doing or what recommendations the council might want to consider.

Sorg went over Dahl's review with him but since he left on a fire call, it will be tabled until July.

CITY ATTORNEY

Nothing at this time.

OLD BUSINESS

None

NEW BUSINESS

The Hogfest Committee applied for a Temporary Liquor License for August 2 - 4. Motion by Sultze to approve the Temporary License for Hogfest, second by Ellis. Motion carried unanimously.

(continued on page 20)

Summer is the Perfect Time to Refresh Your Pet First Aid Skills

As a breeder you probably already have good first aid knowledge, but it's a good idea to brush up every so often and to review what is in your first aid kit. In the heat of an emergency, even the most experienced owners can lose composure and forget what to do. Below are some tips to follow that will help you stay calm and better able to do the right things.

Stay Calm: A dog will sense your anxiety, so try to remain calm and focused.

Assess the Situation: Ensure your own safety first. If the situation is dangerous, move yourself and the dog to safety.

Muzzle Your Dog: Even a normally friendly dog may bite when in pain. A muzzle should be part of your first aid kit. If you need to use a makeshift muzzle, say a bandage, cloth, or even a leash, be careful not to obstruct the dog's ability to breathe.

Check Breathing and Airway: Ensure the dog is breathing. If not, perform artificial respiration.

Check Circulation: Check for a pulse by feeling the femoral artery inside the hind leg. If there's no pulse, perform CPR if necessary.

Control Bleeding: External bleeding requires immediate attention, so press down firmly on the area with your fingers or the palm of your hand and then apply a firm, but not tight, bandage. Don't worry about cleaning out the wound until the bleeding has stopped. Take the dog to the veterinarian as quickly as possible. Antibiotics may be needed to stave off infection.

Handle Fractures: Fractures require immediate attention. Dogs will hold a fractured or dislocated limb in an unnatural position; signs of a fracture often include lameness, pain, and swelling. The dog should be transported to the veterinarian with as little movement as possible. Do not use antiseptics or ointments on open fractures.

Treat Shock: Keep the dog warm with a blanket and try to keep its head lower than its body. Do not give anything to eat or drink. Keep the dog warm and quiet, treat any visible injuries, and get to a veterinarian immediately.

Remove Foreign Objects: If your dog is choking, try to remove any visible obstructions from the mouth using pliers or tweezers. Be careful not to push a foreign object further down.

Heatstroke: With a rectal thermometer (in your first aid kit!), take your dog's temperature. If the temperature is less than 105 degrees F, you should still consider this an emergency and immediately take your dog to your veterinarian. If the temperature is higher than 105 degrees F, try to cool the dog down, and after a few minutes, retake the temperature. Don't reduce the temperature below 103 degrees F, because the temperature may descend to critical levels. Walk or carry the dog to a well-ventilated, cool area.

Spray or sponge the dog with cool (not cold) or tepid water, especially on the underside. Do not immerse the animal in cold water.

Use a fan to blow cool air on the dog.

Poisoning: If you suspect poisoning, contact your veterinarian or a poison control hotline immediately. Do not induce vomiting unless instructed by a professional.

Transport Safely: If your dog needs veterinary care, transport them to the vet carefully. Use a sturdy carrier or a flat surface if the dog is large.

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Sat. 8am-Noon



Dodge Vet Clinic

17 Airport Road N.
Dodge Center, MN

374-2125

M-F 8am to 5pm; Sat. 8am to Noon

Legal Notices

CLAREMONT CITY COUNCIL MEETING

(continued from page 19)

There are 3 residents in town who have received 1 letter followed by 4 administrative fines due to non-compliance with city code, specifically debris in open areas and unlicensed vehicles. There are 3 options the council could do to bring these properties into compliance: the attorney can send a letter, invite them to a public hearing for discussion, or take action for abatement. Some of these properties are a safety issue. Council requested Sorg and Rahrwick work together and send notices for a public hearing at the July meeting.

The PeopleService Contract expires in 2025. Administrator Sorg briefly researched the city hiring a licensed water and wastewater facility operator who can also train employees so they can get their licenses. Sorg will continue working on this such as job descriptions, a posting for a part-time position and coming up with a transition plan. Maintenance Director Dahl will be attending both a water and wastewater class and registering to take both Class D tests at those trainings.

Motion by Ellis to adjourn the meeting at 8:23 p.m., second by Sultze. Motion carried unanimously.

ATTEST:
Elizabeth Sorg,
Administrator
Tasha Dahl, Mayor

TRITON ISD NO. 2125 – SUMMARY SCHOOL BOARD MINUTES REGULAR SCHOOL BOARD MEETING MONDAY, JUNE 17, 2024 – 6:00 P.M. TRITON HIGH SCHOOL MEDIA CENTER – DODGE CENTER, MN & ZOOM VIDEO CONFERENCING (WOODSPRING SUITES 121 WELLS ST., WILLISTON, NE 58801)

This published information is a summary of the full minutes of the June 17, 2024, Triton School Board meeting. A copy of the full minutes is available for viewing in the Triton District Office, 813 West Highway Street, Dodge Center, or online at www.triton.k12.mn.us.

Present: Wendy Kenworthy,

Duane Bartel, Lloyd Henslin, Jr., Rebecca Knutson, Brian Ginder (via ZOOM), Craig Schlichting, Luke Lutterman, Shane Van Beek, Tricia Johnson, Corey Black, Tina Kozisek, others.

The School Board approved the following items:

- Agenda and consent agenda including May 20, 2024 regular meeting minutes as presented; budget update; claims and bills; treasurer's report; donations, open enrollment agreements for students #061724A, #061724B, #061724C, and #061724D; contracts for Lincoln Johnson, Kylie Lindquist, Nallah Cain, and Liam Dostal as Cobra Care Assistants;
- Insurance proposal for 2024-2025;
- FFA Officer overnight retreat to Harvest Farm Campground in Cresco, IA July 23-25, 2024;
- Preliminary budget for 2024-2025;
- 2024-2025 Resolution for Membership in the MN State High School League;
- MSBA Association Dues and Policy Services renewal dues for 2024-2025;
- MREA Membership Renewal for fiscal year 2024-2025.

Meeting adjourned at 7:00 p.m.

WEST CONCORD CITY COUNCIL MEETING

June 20, 2024

7:00 P.M.

PRESENT: Mayor Jeffrey McCool, Council members Nielsen and Ripley.

ABSENT: Council Members Burse and Peterson

ALSO PRESENT: Colton Kraling of Stantec, Todd Hagen of Ehlers, Maintenance Supervisor Keith C l a m m e r , Administrator/Clerk Paula Even Trenda, Accountant Michelle Lee, and Police Chief Shannon Boerner, Fire Chief Chad Finne, Paul Zager of MNDOT.

APPROVAL OF AGENDA;

MOTION: Motion to approve the agenda with the addition of 2 items: WC Pool Update and Playground Equipment.

- Consent Agenda
- Approve of Council Meeting Minutes of May 16, 2024
- Resolution 2024-33: Acceptance of Resignation of Accountant Michelle Lee and acceptance of part-time

schedule

- 2023 Population and Household estimates from Minnesota State Demographer

- 4/1/23 population estimate 844

- 4/1/23 household estimate 345

- Approval of Payment of Claims: May 17, 2024 – June 13, 2024:

- Resolution 2024-35: To approve the lease for lawful gambling activity for the Historical Society.

MOTION: Motion to approve Consent Agenda as presented.

Motion made by Council member Nielsen, seconded by Council member Ripley

Ayes: Mayor McCool, Council members Nielsen, Ripley

Nays: None

Motion passed

PUBLIC COMMENT -

Sandra Sullivan – Wanted Stantec to address the issue of the tree that was damaged by road construction work. As well as ask if there was anything we could do to preserve the really large tree across from her property slated to be removed with the property. Colton addressed during his update.

Galen Koelkeritz – felt that the wording of the water shut off letters and door hanger were a little too harsh and unforgiving. His business sales are the worst they've been since 2017. Would prefer a gentler reminder. Was also frustrated by the online payment system being down for a few days when they did try to go in and pay.

CITY BUSINESS

Resolution 2024-34: Acceptance of donation from Penny Elliot for Fire/Ambulance; donation from Lois Turner for Swimming Pool

MOTION: Motion to approve Resolution 2024-34 Acceptance of donation from Penny Elliot for Fire/Ambulance; donation from Lois Turner for Swimming Pool. There were no questions.

Motion made by Council member Nielsen, seconded by Council member Ripley

Ayes: Mayor McCool, Council members Nielsen, Ripley

Nays: None

Motion passed

Resident Lynn Nelson: forgiveness for portion of her water bill

Her bill was \$600 when nor-

mally it is only \$70. People Services examined the meter and told her water meter was needing to be replaced. It took longer for replacement due to People Service staffing and then found out the meter was actually fine, and she had a leak in the system. She had a plumber come right away and now her usage is back to normal. She is asking the city to forgive a portion of the overage due to People Services delay.

MOTION: Motion to approve forgiveness of the portion of usage above the average usage for the same time period.

Motion made by Council member Nielsen, seconded by Council member Ripley

Ayes: Mayor McCool, Council members Nielsen, Ripley

Nays: None

Motion passed

Approve: Renewal West Concord Worker's Compensation coverage through LMCIT

Approve: Renewal West Concord Property/Casualty coverage through LMCIT

MOTION: Motion to approve renewal of insurance through LMCIT. Motion made by Council member Nielsen, seconded by Council member Ripley.

Ayes: Mayor McCool, Council members Nielsen, Ripley

Nays: None

Motion passed

Approval of Accounting Clerk/Administrative Assistant Updated Job Description and Authorization to Advertise the Position.

Due to Michelle's resignation, a revised position description was created using her current description, the

former clerk description, as well as other descriptions from cities and counties currently hiring for similar openings. According to LMC, the average range for this position should be \$18-24/hr. for a town/city of less than 2000 people. Position will accept applications through July 15th.

MOTION: To accept updated position description for Accounting Clerk/Administrative Assistant and post the job.

Motion made by Council member Nielsen, seconded by Council member Ripley.

Ayes: Mayor McCool, Council members Nielsen, Ripley

Nays: None

Motion passed

MNDOT Paul Zager/Chad Hanson: Public presentation on Hwy 56 project to begin 8/12/24

Paul Zager from MNDOT presented the portion of Hwy 56 to be repaved beginning August 12, weather permitting. He explained it is just a mill and overlay project, along with changes to curbs and sidewalks to make those ADA compliant. Project should be done quickly. He will also have a booth during Survival Days with additional details for residents. He provided a handout and provided a full color printout at city hall.

- Residents asked if there was an assessment for ADA work and curbs/sidewalks. Mr. Zager said he would check.

- The council asked for contractor contact information and he will provide it to City staff.

Colten Kraling, Stantec Engineering
Site Manager, Colten Kraling, of Stantec was present to

provide an update on the street projects. The removal of the material at the municipal liquor store was lower than the change order and is finished. They are just waiting for rain to stop to complete the lot. The streets project has sewer lines in, and few areas just need the final tiling laid in. Hoping the weather will dry out so they can finish and put down the fill. According to Colton, he will talk with Heselton about equipment and protecting the tree that was damaged. Unfortunately, as lovely as the large tree is that is slated to be removed, it needs to be taken out. Homeowner is aware and is ok with the removal.

Authorize and Approve:

Expansion of the 2024 Utility and Street Reconstruction engineering budget for supplemental services associated with construction Change Order #1 – South Street Reconstruction and addressing hidden conditions under the Liquor Store parking lot.

Approve: Request for payment #2 on 2024 Street & Utility Project - \$368,986.50

MOTION: Motion to approve expansion of Engineering budget for supplemental services related to Change Order #1 and approve payment #2 to contractor.

(continued on page 21)

Concord Township Residents Notice

The August regular monthly meeting will be moved from August 8 to August 15 at 7:00PM due to a schedule conflict.
Mike Jones
Clerk

NOTICE OF CANDIDATE FILING FOR 2024 MUNICIPAL ELECTION CITY OF WEST CONCORD, MINNESOTA

Notice is hereby given pursuant to Minnesota Statute 205.13; Subd 2, that candidate filings for the City of West Concord elected offices will begin at 8:00 a.m. on Tuesday, July 30, 2024, and end at 5:00 p.m. on Tuesday, August 13, 2024.

Candidates for the following offices file with the West Concord City Clerk/Administrator, 180 Main Street, PO Box 435, West Concord, Minnesota 55985.

CITY OFFICES

Regular Municipal Election to elect:
Mayor for a term of four years.

City Councilmember (2 seats) for a Full-term of four years each.

Paula Even Trenda
City Clerk/Administrator
City of West Concord, Minnesota

Legal Notices

WEST CONCORD CITY COUNCIL MEETING

(continued from page 20)

Motion made by Council member Neilsen, seconded by Council member Ripley.

Ayes: Mayor McCool, Council members Nielsen and Ripley

Nays: None Motion passed

Ehlers: Todd Hagen

Todd was present to explain the Sale Day Report for Bond 2024A and 2024B. Said the city remains in good financial position as attested by the AAA bond rating. Due to the smaller size of Bond B, the interest is higher. The city maintains a strong budget forecast and strong liquidity of assets.

REPORT OF OFFICERS ADMINISTRATOR/ CLERK REPORT:

It was reported that the city received from the Historical Society a check in the amount of \$2,650.67 for the gambling rent at the Municipal Liquor

Store. Municipal On & Off Sale Report was included for council review. Sales remain strong but looking into expenses, as they seem high compared to the high sales. The current year to date budget was provided to the council to review.

Brought up the need for a special work session in July to address the EMS/Ambulance situation and contract with Dodge Center. They would like to charge a fee for services during these hours and it would not impact the normal mutual aid agreement when West Concord has coverage. West Concord asked for an extension until October 1 on the current contract for 60 hours of coverage and will wait to hear from Dodge Center.

Pool Update was provided by Pool Manager. A new water heater was installed for showers.

The mayor has been approached by residents to pur-

chase the playground equipment from the former Charter School location. Discussion on how to handle this was had. Bidders must take all equipment. A decision to have interested parties submit a sealed bid was decided. Bids will be accepted for one month. The winning bidder would have 3 months to remove equipment and return ground to grade.

MOTION: Motion to approve acceptance of bids and process for removal for Charter School Playground Equipment. Motion made by Council member Neilsen, seconded by Council member Ripley.

Ayes: Mayor McCool, Council members Nielsen and Ripley

Nays: None Motion passed

LIBRARIAN REPORT:

Heather Fredericks present and explained to the council the highlighted activities for the summer and book sale plans for Survival Days.

PUBLIC WORKS REPORT:

Maintenance Supervisor Keith Clammer reported EBA Grant paperwork has been

submitted. We have another 15-20 trees to cut down and another 10 added. This fall there will be a pruning and this will be part of the in-kind donations in the grant. Keith had someone look at pump house #2 doors and they can be repaired for around \$500 not replaced for \$3000. He was also having new keys made for People Services. The city needs a new water pump and with all the rain this year, soon rather than later. Originally, he had budget \$11,000, but the price from 2023 to now has gone to almost \$20,000. He would get details and exact quote to the city office for council approval.

PEOPLESERVICE REPORT:

Wastewater Supervisor Chris Sanders verbally reported that the weather de-

layed June hydrant flushing, as well as highlights on his report for general maintenance.

POLICE CHIEF:

Police Chief Boerner had no updates.

FIRE CHIEF:

Fire Chief Chad Finne brought the application for a new fire volunteer. He also brought up information on proposed new OSHA regulations and getting public comment to stop the implementation. Chad was going to forward information to the city.

Chief Finne presented an application for a new fire fighter. Michaela Neuzil who will be working in West Concord.

MOTION: Motion to approve the hiring of Michaela Neuzil for Fire Fighter pending background investigation. Motion made by Council

member Neilsen, seconded by Council member Ripley.

Ayes: Mayor McCool, Council members Nielsen and Ripley

Nays: None Motion passed

ADJOURNMENT

MOTION: Motion to Adjourn.

Motion made by Council Member Nielsen, seconded Council member Ripley.

Ayes: Mayor McCool, Council members Ripley, Nielsen

Nays: None Motion passed

By: _____ Mayor Jeffrey McCool Attest:

By: _____ Paula Even Trenda Clerk/Administrator

DODGE CENTER SUMMARY COUNCIL MINUTES Monday, June 24, 2024

This published information is a summary of the full minutes of the June 24, 2024 Dodge Center City Council meeting. A copy of the full minutes is available for viewing at City Hall, 35 East Main Street or online at www.ci.dodgecenter.mn.us.

Present: Bill Ketchum, Gary Trelstad, Cathy Skogen, Paul Blaisdell, Lee Mattson, Mark Barwald, AJ Gengler, Jeremy Dostal, Deputy Vermeersch, City Attorney Tim Woessner, Kathy Freeman

Absent: Matt Maas

City Council approved the following items:

- Agenda and consent agenda to include: Minutes from June 10, 2024 City Council Meeting, June 10, 2024 Special Council Meeting, March 19, 2024 Park Board Meeting and May 14, 2024 HRA Meeting; Payment of Bills; Resolution 2024-018 Adopting Facility Plan Amendment for Wastewater System;
- K & M Glass replace the broken windows at the Fire Department and Ambulance Services with the red trim windows;
- Notify West Concord and Hayfield, commencing December 1, 2024, Dodge Center Ambulance Services will charge \$34/hour for services rendered through December 2025. The contract will include a 30-day out clause;
- Adding One Hundred Dollars (\$100) per staff member who successfully completes the wellness program;

Meeting adjourned at 6:53 pm

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2024

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Maintenance Worker

General Duties:

This position will be directly responsible and accountable to the Maintenance Supervisor. This is a part-time position working 20 - 31 hours/week, including some weekends. Responsibilities include mowing, snowplowing, maintaining parks and buildings, water and wastewater duties, and other maintenance duties as required.

Minimum Requirements:

High school diploma or equivalent,
Must have Class B commercial driver's license,
Ability to obtain Class D water and Class D wastewater licenses in 2 years,
The wage is anticipated to be \$18 – 21/hour, depending on qualifications

Apply:

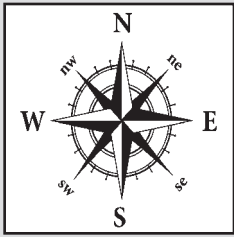
Applications are available at Claremont City Hall at (507) 528-2137 or on-line at www.claremontmn.com.

Applications will be accepted until August 8 or until the position is filled.

Submit applications to the City of Claremont, 140 W. Front Street, PO Box 235, Claremont, MN 55924.

Resumes will not be accepted in lieu of the required application.

Changes in Latitudes, Changes in Attitudes



By Terry Campbell

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

I grew up with an active imagination and some of that would be my dad's fault. My dad was a farmer, but he always thought up more adventurous things to do. That can happen when you spend hours in a field on a tractor. I just assumed it was life as usual. I recall being sent to talk to the guidance counselor when I was in Second grade. I guess my stories sounded too far-fetched. I couldn't understand why they questioned me.

It started out with a Cat D-2. My dad owned a bulldozer. It was the early 60's. A six-year old boy talks about such things at school. But it got much worse. My dad also owned a Cessna 172. That is an airplane. A four-seater airplane. My dad, mom and two of us kids would fly in it. He kept it on the farm and had a landing strip across the road in a hayfield that ran east and west. I recall a friend of his stopped by one cold winter day when I was five. Actually, the friend landed his plane on Highway 57 and taxied right up to the house. After talking for hours after lunch the friend went to leave and the plane was too cold to start. I recall my dad with the Knipco heater on the tractor loader warming up the engine of the plane so it would start.

The poor school counselor couldn't tell if I was making up tales or not. I think they liked kids to stay in that little lane they had planned out for them, just another brick in the wall. My sister told of the same problem. It seems her teacher started to describe the White House in Washington D.C. during a class and my sister told her she has been there. The teacher didn't believe it and told my mom she was making up tales. My mom said we had been there. My dad took us on a vacation each winter and we had seen every site in DC.

My dad belonged to the Flying Farmers. It was a group of farmers with planes and



airstrips on their farms. One family lived next to my aunt and uncle's farm. We could fly down there for the day and fly back home. I recall one summer evening we took off to return to our farm and ran into a thunderstorm on the way home. It was very turbulent and dark with intermittent lightning all around us. Sitting in the back seat I realized my picnic dinner was not staying put. My mom turned around in her seat and held the air sickness bag while I threw up. I believe I was too young to be scared. I figured my dad was invincible and the plane would never crash. I never remember any apprehension at getting a chance to go in the air

with him. I can still recall the smell of the cockpit and the sound of the air from the propeller through the aluminum skin of the plane.

Not content with a fixed wing aircraft, my dad took lessons to get his helicopter pilot's license. He flew for a construction company and my greatest thrill as a kid was to take the day off school and spend it with him flying from job site locations to check on the dirt work. This all happened by the time I was seven years old. I believe his helicopter was a Bell 300A, a two-seater with a Plexiglas bubble for a cockpit. Similar to the ones you see spraying crops.

A Minnesotan: Bikes



By RosaLin Alcoser

Once again Minnesotans have reached the time of the year where we all go outside. All of us. As much as we possibly can. After all, we only have a short period of time where we can be outside before it gets cold again. Then only the cold weather people go outside.

One of the favorite outside activities of Minnesotans of course is biking. Of all

kinds. Road, mountain, sidewalk, snow. You name it and there's a Minnesotan who does that kind of biking.

Now when I was a kid in rural Minnesota my sister and I had mountain bikes so that we could ride on dirt or gravel. So I never learned how to ride on pavement until I went to college. Of course I had to teach myself a whole new version of riding a bike.

Of course as a small child I had learned to ride on the sidewalk before we moved to the rural area. Which of course we did while I was still too little to ride anything except my sidewalk bike. Six-year-old me did not take being left out of bike riding well and declared that when I was grown I was moving to St. Paul where there were sidewalks to ride my bike on.

I will admit that I was off about which part of the cities I would grow up to move to but I was right about there being sidewalks to ride my bike on. Except now that I am an adult riding a road bike instead of a sidewalk bike my young declaration was not fully needed.

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2024

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THEME: FAMOUS FIRSTS
- ACROSS**
1. Croat or Moravian, e.g.
5. Paid player
8. Not Miss or Ms.
11. First-rate
12. Mattress with memory?
13. Be of use
15. "It's time!" signal
16. ___-de-camp
17. Like an unhealthy dog
18. *First one to circumnavigate globe, almost
20. March Madness org.
21. Bring upon
22. Orange Lavaburst drink
23. *Rita ____, first Latina to win Academy Award
26. Winter rides, in Russia
30. Brewery order
31. Unties or unbuttons
34. Nearly
35. One born to Japanese immigrants
37. Good times
38. Rheumy
39. Tel ____, Israel
40. Bequeath
42. Once known as
43. West African country
45. *Chuck ____, first to break speed of sound
47. Genetic info carrier, acr.
48. City near D_sseldorf
50. Short for Dorothea
52. *First artificial satellite (2 words)
55. Clay and silt deposit
56. Marine eagle
57. Mercantile establishment
59. Singer Piaf
60. Concert series
61. Indian nursemaid
62. Craggy peak
63. Little troublemaker
64. Solitary


- DOWN**
1. Give in to gravity
2. Weaver's apparatus
3. The "I" in "The King and I"
4. Carrots or peas, slangily
5. French soldier in WWI
6. Speed gun
7. *First horror film about Damien Thorn, with The
8. Supernatural life force
9. Capital of Latvia
10. Canny
12. Han Solo's "Millennium ____"
13. Prenatal test, for short
14. *The first one helped combat smallpox
19. Tedium
22. 120 mins.
23. #8 Down, pl.
24. Martini garnish
25. Pine product
26. Midterm, e.g.
27. a.k.a. Tibetan wild ass
28. Feel the same
29. Timider
32. Deadly challenge
33. Military moves
36. *Mount first conquered by Hillary and Norgay
38. 10 to 12-year-old
40. Ewe's cry
41. Half-shell delicacy
44. Grind with teeth
46. Fauna member
48. Erasable programmable read only memory
49. Break of day
50. List of chores
51. Prince of Wales to King
52. Searching for E.T. org.
53. Boxer's last blow
54. Azerbaijan's southern neighbor
55. "___ the wild rumpus begin!"
58. "___ one and only"

WEST CONCORD SURVIVAL DAYS 2024


THURSDAY, JULY 25

7:00 pm · Guns vs Hoses Charity Softball Event (Police, Firefighters & EMS)
Donations will be made to Mental Health Awareness and Suicide Prevention


FRIDAY, JULY 26

7:00 am - 11:00 am · American Legion - Coffee & Homemade Doughnuts - Legion Hall, Main St 

8:00 am · City Wide Garage Sales begin - List available in WC Messenger Newspaper


9:00 am - 1:00 pm · West Concord Historical Society Open House 

5:00 pm · Food Stands & Beer Garden Open


5:30 pm · 3 on 3 Basketball Tournament - Memorial Park 

6:00 pm · Garden Tractor Pull - South on Front Street

6:30 pm · Bean Bag Tournament Registration w/7:00pm Start Time- - Grass lot By Legion (If rain, held in Fire Hall)

6:30 pm · Miss West Concord Pageant, Mayor's Key, Citizen of the Year and Baby Contest - Lions Park (by Bell Tower Center) if rain, inside Trinity Church 

8:00 pm - 12:00 am · Live music under the big tent - "In The Fields" - Admission \$10 or A Button

10:00 pm · FIREWORKS - Location behind Gochnauer Dairy Barn (rain day - Saturday) 

12:30 am · Last call, 1:00 am Beer Garden Closes

SATURDAY, JULY 27

7:00 am · Meat Smoking Competition (Judging 4PM) - In Front of Gochnauer Dairy Barn

8:00 am · City Wide Garage Sales Continue

8:00 am · Fire Department Burrito Breakfast (While supplies last)

8:00 am - 12:00 pm · Scott Hodgman Classic Car & Bike Show - Main Street 

8:00 am · Softball Tournament Starts

8:00 am · 5k Run/Walk - LaMae's Bright Light 5k - 7:30am Registration - Start/Finish Lions Park 

9:00 am · Sand Volleyball Tournament begins

9:00 am - 1:00 pm · West Concord Historical Society Open House

10:00 am - 2:00 pm · Antique Tractor Pull (SE Area Tractor Puller Association) South of Gochnauer Dairy Barn

10:00 am - 3:00 pm · Fun on the Farm Petting Zoo - Gochnauer Dairy Barn - East end of Main St

NEW! **10:00 am - 3:00 pm** · Kids Activities and Bounce House - WC Historical Society Yard

10:00 am - 6:00 pm · Laser Tag - Inflatable Course - WC Historical Society Yard  
WE HAVE MOVED

11:00 am · Food Stands Open

11:30 am · Treasure Hunt at the Swimming Pool - ages 2-12 are welcome, bring a swim suit

1:00 pm · Library Program - Magic Capades Magic Show -Lions Park (Rain-Bell Tower) 

2:00 pm - 4:00 pm · Family Bingo - Hosted by WCHS - Under the tent on Main St

2:00-5:00 pm Rochester Rough Riders "Mud Bog"-- Hyland Systems (Old Football Practice Field)

5:00 pm · Beer Gardens Open

7:30 pm · Excavator Rodeo - East end of Main St 


8:00 pm -12:30 am · Dance under the tent - "Travis Thamert" - Admission \$10 or A Button 

12:00 am · Ticket Sales End, 12:30 am Last call, 1:00 am Beer Garden Closes 


WATCH FOR MEDALLION HUNT CLUES ALL WEEK!


Clues can be obtained at City Hall or Facebook Page


SUNDAY, JULY 28

9:00 am · Softball & Volleyball tournaments resume 

9:30 am · Community Worship Service - Lion's Park - Bring a lawn chair- (Rain Site - Bell Tower Center)

11:00 am · Food Stands Open 

12:00 pm · Beer Garden Opens 

12:00 pm - 3:00 pm · Trinity Lutheran Pie & Ice Cream Social - Under the tent 

1:00 pm · Grand Parade - Route: Streets (Main/Front > Main > Third > Eugene > First > Olive > Front > Main)

2:00 pm · Firefighters' "Water Fight" - East end of Main St

4:30 pm · Beer Garden closes



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www.heritagebankmn.com

SUPPORT LOCAL - "CELEBRATE & BUY A BUTTON" AT LOCAL WEST CONCORD BUSINESSES
THANK YOU! TO ALL WHO DONATED TO MAKE SURVIVAL DAYS A SUCCESS!
FOR MORE INFORMATION CALL CITY HALL (507) 527-2668 OR VISIT OUR FACEBOOK PAGE.
ALL EVENTS SUBJECT TO CHANGE OR CANCELLATION

WEST CONCORD: 181 Main Street 507-527-2236

NORTHFIELD: 1520 Clinton Lane 507-645-6736 DENNISON: 37470 1st Ave. Ct. 507-645-5929 

Hogfest August 2-4



This year the weekend of August 2nd through 4th will be the annual Hogfest celebration in Claremont. On Friday August 2nd the festivities will kick off at 5pm when the beer garden and food vendors open. The outhouse races begin at 5pm as well. At 6pm the garden tractor pulls begin and the first clues of the medallion hunt and kid's scavenger hunt are announced. The street dance starts at 8pm and will continue until midnight. The food trucks close at 11pm.

On Saturday breakfast burritos and a bake sale will be available from 8 to 11am at the

Pavilion. At 9am the antique tractor pull starts and coffee and rolls will be served at the venue. The vendor market will be open from 9am to 5pm. At 10am the beer sales will start. At 10am the kids can find coins in the sand enjoy a petting zoo until 2pm. There will be face painting from 11am to 3pm, a silent auction from 11am to 4pm and food vendors from 11am to 11pm on Saturday.

At noon a bean bag tournament will start and a free gaming trailer open from 2 to 6pm.

At 3pm Saturday there will be competition at the mud bogs and a sweet corn and pork

feed from 4 to 7pm. Horse races begin at 5pm, 6pm is the kids pedal pull and silent auction winners announced at 6pm. A foam party for kids will be held between 6 and 7pm. A street dance featuring the Dad's starts at 7pm.

On Sunday August 4th a pancake breakfast is served at the Claremont American Legion from 8am to noon. A car/bike and antique tractor show begins at 8am with the Rockin' Hepcats performing from 8:30 to 11:30am. Food trucks and the vendor market will be open from 9am to 2pm. Beer sales are open

from 10am to 2pm and there will be a bald eagle encounter at noon. The parade starts at 1:30pm and the Fireman's water fight follows the parade.

HOGFEST 2024

FRIDAY, AUGUST 2ND

- 5PM Beer Sales Begin**
- 5-11PM Food Vendors**
- 5PM Outhouse Races**
- 6PM Garden Tractor Pulls**
- 6PM Medallion Hunt/Kids Scavenger Hunt**
(Announcement of First Clue)

8-12AM 507 Country
(Street Dance, Rain or Shine)



SATURDAY, AUGUST 3RD

- 8-11AM Breakfast Burritos** (Pavillion)
- 8-1PM Bake Sale** (Pavillion)
- 8:30AM Rolls and Coffee** (Antique Tractor Pull Area)
- 9AM Antique Tractor Pulls**
- 9-5PM Vendor Market**
- 10AM Beer Sales Begin**
- 10AM Coins in the Sand**
- 10-2PM Petting Zoo** (Gochnauer Farms)
- 11-4PM Silent Auction**
- 11-3PM Face Painting**
- 11-11PM Food Vendors**
- 12PM Bean Bag Tournament**
- 2-6PM Free Gaming Trailer**
(Xbox One, PlayStation 4, Nintendo Switches, Oculus Quest 2 VR)

- 3PM Mudbogs**
- 4-7PM Sweet Corn & Pork Feed**
- 5PM Horse Races**
- 6-7PM Foam Party for Kids**
- 6PM** (Register 5:30) **Kids Pedal Pull**
- 6PM Announcement of Silent Auction Winners**
- 7-11PM The Dads Band**
(Street Dance, Rain or Shine)



SUNDAY, AUGUST 4TH

- 8-12PM Pancake Breakfast** (Claremont American Legion)
- 8-11:30AM Car/Bike and Antique Tractor Show**
- 8:30-11:30AM Rockin' Hepcats**
- 9-2PM Food Vendors**
- 9-2PM Vendor Market**
- 10-2PM Beer Sales**
- 12PM Bald Eagle Encounter**
- 1:30PM Parade**
- Fireman's Water Fight** (After Parade)

**FOLLOW OUR FACEBOOK PAGE
CLAREMONT HOGFEST
DON'T MISS OUT ON GREAT FAMILY FUN!
SUPPORT YOUR COMMUNITY!**

Sitting Too Long Harms Kid's Livers



By Shauna Burshem, D.C.

Loneliness can have a serious impact on the life span of seniors. When older adults feel isolated or alone, it can lead to both physical and mental health problems. Studies have shown that lonely individuals often live shorter lives compared to those who have strong social connections. Loneliness can increase the risk of conditions like heart disease, high blood pressure, and weakened immune systems, making it harder for seniors to stay healthy. In addition to physical health, loneliness also affects mental well-being. Seniors who are lonely are more likely to experience depression and anxiety, which can further reduce their quality of life. Being socially active and maintaining relationships

can help seniors stay healthier and live longer. Making an effort to connect with family, friends, or community groups can make a big difference in improving both health and happiness.

Sitting for more than six hours a day can be harmful to kids' health, especially their livers. When children spend too much time sitting, either in school or at home playing video games, they are at risk of developing fatty liver disease. This condition occurs when fat builds up in the liver, which can lead to serious problems like liver cirrhosis, where the liver becomes severely scarred and damaged. It's important to understand that our bodies are not designed to sit for long periods, and doing so can have lasting negative effects. However, there is a simple solution to reduce these risks: light physical activity. Activities such as playing outside, walking, or biking can dramatically improve liver health and overall well-being. Encouraging children to move around more often can help prevent the buildup of fat in their livers and protect them from severe liver diseases. So, whether it's a short walk during breaks or a fun game of tag, getting kids moving is crucial for their health.

Biotech giant Bayer signed an exclusive licensing agreement with Pairwise, a genetic-based food startup, to develop and market its genetically engineered mustard greens, modified to be less bitter. Critics say the products haven't been evaluated for health or environmental risks and could contain toxins or allergens. One critic says this, "And why anyone would want to genetically modify

mustard greens to make them less, well, mustardy, is a complete mystery to me. The whole point of eating mustard greens is their pungent and bitter taste, and the compounds that make them pungent and bitter also happen to provide health benefits. People who want their mustard greens to taste like lettuce can eat lettuce".

Chiropractic care can be very helpful for people with shoulder problems, like athletes or anyone dealing with shoulder pain. Chiropractors are experts who use hands-on techniques to adjust the spine and joints. By doing these adjustments, they can help reduce pain in your shoulder and improve your range of motion. This means you can move your shoulder more freely and with less discomfort. Whether you're dealing with shoulder strains, sprains, or even issues like an ac separation or rotator cuff problems, chiropractic care can offer relief and help you get back to your normal activities.

Chiropractors also provide rehab exercises tailored to strengthen the muscles around the shoulder and improve overall function. These exercises are an integral part of the recovery process, helping to promote healing and prevent future injuries. Additionally, chiropractors often work in conjunction with physical therapists to offer a comprehensive treatment plan. This collaborative approach ensures that all aspects of shoulder health are addressed, from mobility and strength to pain management and functional recovery. Both chiropractic care and physical therapy aim to

restore optimal shoulder function and enhance the quality of life for individuals dealing with shoulder issues.

In addition to lessening pain and improving movement, chiropractic care focuses on the root cause of your shoulder problems. For example, if your shoulder is fixed in a particular position and won't move easily, a chiropractor can work to adjust it and restore proper alignment. This can make it easier for the muscles and tendons to heal naturally. Athletes, in particular, can benefit from this type of care because it helps keep their bodies in top condition, allowing them to perform better and recover faster from injuries. Overall, chiropractic care offers a natural and effective way to manage shoulder pain and improve overall shoulder function.

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

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hometownmessenger@gmail.com

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The Messenger
Claremont, Dodge Center, West Concord

2024 Minnesota
Renaissance Festival

DRAWING

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messengerdrawing@gmail.com

Put
"REN FEST DRAWING"
in subject line

Drawing will be August 24, 2024.
Tickets sent by mail or picked up at our Dennison office.

THE MESSENGER



2024 Minnesota Renaissance Festival

7 Weekends of Huzzah & Cheers!

Open Weekends Aug 17 - Sept 29
Plus Labor Day, Sept 2 & Festival Friday, Sept 27
9 am - 7 pm • Rain or Shine

Park & Ride Recommended
Prepaid Parking Pass Required for Onsite Parking

952.445.7361 | RenaissanceFest.com



Welcome to the 2024-25 school year!

We appreciate you taking the time to read through this edition of the Triton Times and for your continued engagement and support. We hope you find this information helpful as we want to be prepared to maximize the opportunities this school year will present.

We have a few important dates to remember as we prepare for the school year. Please reference the list below and plan accordingly.

Fall Sports Parent & Athlete Meeting, Tuesday, August 6

Students and at least one parent/guardian who are planning to participate in fall activities should plan to attend this meeting on Tuesday, August 6, at 6 PM in the PAC.

Middle School and High School Open House - Wednesday, August 28 (3:00 - 6:00 PM)

We encourage all students and families to attend the Open House. Students will get their

school pictures taken, pick up important forms for the school year, receive their schedules, set up their lockers, pick up their Chromebooks, and have an opportunity to ask questions. Food trucks will be available outside the Activities Entrance.

Sixth-grade families and students should plan to meet in the PAC for Family Information Night at 5:30 PM. Twelfth-grade families and students should plan to meet in the PAC for an informational meeting at 6:00 PM.

First Day of School, Orientation Day for Sixth and Ninth Grade, Tuesday, September 3

Students in sixth and ninth grade will be the only students that attend school on Tuesday, September 3. On this day we will have orientation experiences. Transportation will run as scheduled on this day. Then all students in grades 6-12 will attend school as normal on Wednesday, September 4. We have imple-



mented this change as we feel orientation experiences are very important and when scheduled in the summer families have many events and activities taking place. This first day is considered a school day for students in sixth and ninth grade and we are excited for 100% attendance.

tend the open house and pick up your Chromebook. We will work together to find a time that works best for you. Please note there is a \$40 technology fee. This fee can be paid at the time of pick up or in advance via the Infinite Campus parent portal.

Triton elementary students excited for new sense-ations



One Triton Elementary student enjoys using the new gel tiles.

Triton Elementary in Dodge Center, Minnesota celebrated the arrival of new tools for its sensory room this spring. With more than 100 students in special education classes at the school, early childhood special education

teacher Lisa Chicos says the fiberoptic spray lights, gel tiles, jellyfish lava lamp, sand panel and hammock swing help students adjust to the classroom and ready themselves for learning.

"These items help my students with specific sensory needs calm down and focus on learning," said Chicos.

(continued on page 29)

Middle and High School Chromebook Distribution

Once again this year, the students in the middle and high school will be issued a Chromebook. Students will have numerous opportunities to pick up their device before school starts. It is our goal to have 100% device distribution before the first day of school. Please contact the Middle School or High School office if you are not able to at-

Please feel free to reach out with any questions or concerns.

Tricia Johnson, TMS Dean of Students
tjohnson@triton.k12.mn.us
(507) 418-7510

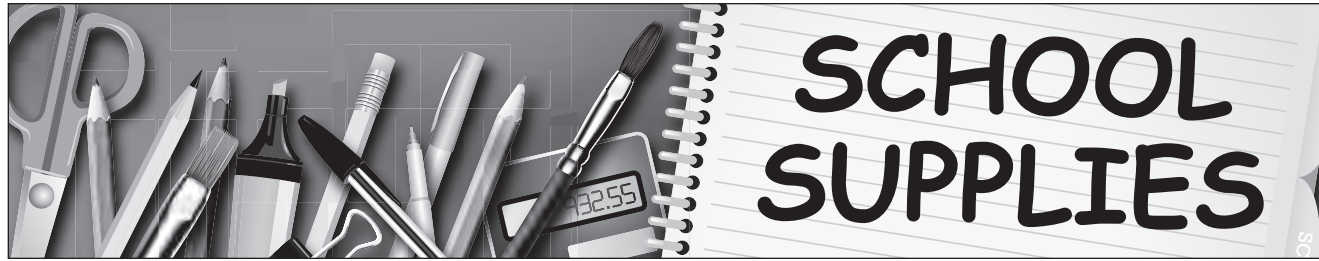
Luke Lutterman, TMS-THS Principal
llutterman@triton.k12.mn.us
(507) 418-7520



Cobras Wrap Up 7-on-7 League

By Coach Neseth

The Cobras wrapped up their 7-on-7 passing league at MSU- Mankato in the last week of June. We were fortunate to win the 12-team passing league this summer, we defeated previously undefeated Mankato East in a barn burner of a game that went to 10 OTs in the semi-finals. We then defeated Cedar Mountain (a state participant in the fall of 2023) in the championship game on a last second defensive stand. We finished our 7-on-7 season by going 9-3. Success at 7-on-7 obviously does not directly result in wins when it counts in the fall, but the skills, understanding of our schemes, and most importantly the competitiveness the boys showed throughout June will carry over come August/September. Next up for the Cobra Football team is the Mini-Camp at Triton High School in July, followed by our team camp at MSU-Mankato. Keep working boys!



WELCOME BACK!

Triton Elementary School Preschool Supply List 2024-2025

- Backpack
- Change of clothes in a gallon ziploc bag
- 1 hard-sided pencil box
- 1 pair blunt-tip scissors
- 2 boxes 24 count Crayola crayons
- 4 Elmer's glue sticks
- (2) two-pocket PLASTIC folders (no prongs)
- Crayola watercolor paints, 8 color tray
- Clorox/Lysol disinfecting wipes

Optional donations: napkins, disposable spoons, hand soap, Kleenex, black expo markers

KINDERGARTEN SUPPLY LIST 24-25

- 1 PLASTIC 2 POCKET FOLDER (ANY COLOR)
- 3 BOXES CRAYOLA CRAYONS
- 2 BOXES CRAYOLA MARKERS
- 8 EXPO WHITEBOARD MARKERS (BLACK)
- 8 GLUE STICKS
- 3 CONTAINERS OF CLOROX DISINFECTING WIPES
- WATER BOTTLE
- SCISSORS
- 1 BOX KLEENEX
- PENCIL BOX
- 12 PENCILS
- HEADPHONES
- 1 WHITEBOARD ERASER
- BACKPACK

OPTIONAL NEEDED CLASSROOM SUPPLIES
 GALLON SIZE ZIP-LOCK BAGS
 QUART SIZE ZIP-LOCK BAGS
 SANDWICH SIZE BAGS
 COFFEE FILTERS
 TOOTHPICKS
 SMALL DIXIE CUPS

NATURE-BASED KINDERGARTEN SUPPLY LIST 2024-2025

- 1 PLASTIC 2 POCKET FOLDER (ANY COLOR)
- 1 NOTEBOOK (ANY COLOR)
- 4 BOXES CRAYOLA CRAYONS
- 2 BOXES CRAYOLA MARKERS
- 6 EXPO WHITEBOARD MARKERS (BLACK)
- 1 -WHITEBOARD ERASER
- 10 GLUE STICKS
- 3 CONTAINERS CLOROX DISINFECTING WIPES
- WATER BOTTLE
- SCISSORS
- 1 BOX KLEENEX
- 12 PENCILS
- 1 PLASTIC PENCIL BOX
- 1 ZIPPER PENCIL POUCH
- HEADPHONES
- BACKPACK

OPTIONAL NEEDED CLASSROOM SUPPLIES
 GALLON SIZE ZIP-LOCK BAGS
 QUART SIZE ZIP-LOCK BAGS
 SANDWICH SIZE BAGS
 COFFEE FILTERS
 TOOTHPICKS
 SMALL DIXIE CUPS
 SMALL WHITE PAPER PLATES

SEASONAL ITEMS NEEDED
 RAIN BOOTS/ MUD BOOTS
 RAIN COAT
 UMBRELLA
 WINTER BOOTS (WATERPROOF- NO UGGS)
 SNOWPANTS
 WINTER COAT
 HAT & MITTENS

TRITON ELEMENTARY

1st Grade SUPPLY LIST

- 1 BOX OF 8 CLASSIC COLOR BROAD LINE CRAYOLA MARKERS
- 1 CONTAINER OF DISINFECTING WIPES
- 1 LARGE BOX OF KLEENEX
- 1 STUDENT SCISSOR
- 1 WHITEBOARD ERASER
- 12 SHARPENED #2 PENCILS
- 2 PINK RECTANGLE ERASERS
- 2 SPIRAL WIDE- RULED NOTEBOOKS
- 2 TWO-POCKET FOLDERS
- 4 BOXES OF 24 CRAYOLA CRAYONS
- 6 GLUE STICKS
- 8 BLACK DRY ERASE MARKERS
- WIRED HEADPHONES IN A ZIPLOC BAG (LABELED WITH FIRST & LAST NAME)
- ONE 5 X 8 PLASTIC PENCIL BOX
- NON-MARKING SHOES FOR GYM TO KEEP AT SCHOOL

TRITON ELEMENTARY

2nd Grade SUPPLY LIST

- HEADPHONES (NOT WIRELESS)
- 24 #2 SHARPENED PENCILS
- 2 INK PENS (ANY COLOR)
- 4 HIGHLIGHTERS
- 2 BOXES OF 24 CRAYONS
- 2 BOXES OF 8-10 MARKERS
- 6 GLUE STICKS
- 2 LARGE ERASERS
- 1 PAIR OF SCISSORS
- 1 WIDE LINED SPIRAL NOTEBOOK (1 SUBJECT NOTEBOOK)
- 1 YELLOW PLASTIC TWO-POCKET FOLDER
- 2 ADDITIONAL TWO-POCKET FOLDERS (1 RED, 1 BLUE)
- 4 DRY ERASE MARKERS
- 1 WHITEBOARD ERASER
- 1 LARGE BOX OF KLEENEX
- 1-2 CONTAINERS OF CLOROX OR DISINFECTING WIPES
- 1 ROLL OF PAPER TOWELS
- GILLILAND AND RUD: 1 BOX OF GALLON SIZE BAGS
- WOHLFIEL CLASS: 1 BOX OF QUART SIZE BAGS
- NON-MARKING TENNIS SHOES TO LEAVE AT SCHOOL (GYM SHOES)

TRITON ELEMENTARY

3rd Grade SUPPLY LIST

- 1 SET OF 12 COLORED PENCILS OR BOX OF 8 MARKERS
- 1 BOX OF CRAYONS
- 3 DOZEN #2 PENCILS SHARPENED
- 1 PINK RECTANGULAR ERASER
- 4 GLUE STICKS
- 1 SCISSOR
- 8 DRY ERASE MARKERS
- SMALL WHITEBOARD
- 1 WHITEBOARD ERASER
- 1 WIDE RULED COMPOSITION NOTEBOOK
- 2 ZIPPER PENCIL POUCHES
- 1 TWO-POCKET FOLDERS
- 2 HIGHLIGHTERS
- WIRED HEADPHONES
- NON-MARKING SHOES FOR GYM TO BE LEFT AT SCHOOL
- 1 BOX OF KLEENEX
- 1 CONTAINER OF DISINFECTANT WIPES
- ***PLEASE NO SPIRAL NOTEBOOKS

TRITON ELEMENTARY

4th grade SUPPLY LIST

- 1 BOX OF 10 THIN MARKERS
- 1 BOX OF 24 COLORED PENCILS
- 48 PENCILS
- 8 GLUES STICKS
- WIRED HEADPHONES
- 4 BLACK DRY ERASE MARKERS
- 1 SCISSOR (BIG SCISSORS ARE OKAY)
- 2 SPIRAL NOTEBOOKS
- 2 LARGE ERASERS
- 1" 3-RING BINDER
- WHITE BOARD ERASER
- 2 HIGHLIGHTERS
- 2 BOX OF TISSUES
- CLOROX OR OTHER DISINFECTING WIPES
- STUDENTS WITH A - M LAST NAMES BRING GALLON SIZED BAGS
- STUDENTS WITH N - Z LAST NAMES BRING QUART SIZED BAGS
- CLEAN, NON-MARKING SHOES FOR GYM TO BE LEFT AT SCHOOL

TRITON ELEMENTARY

5th Grade SUPPLY LIST

- 4 TWO-POCKET FOLDERS (ANY COLOR)
- 1 THREE SUBJECT NOTEBOOK
- 2 ONE SUBJECT NOTEBOOKS
- 4 FINE TIPPED DRY ERASE MARKERS
- 1 WHITEBOARD ERASER
- 45 #2 PENCILS (NO MECHANICAL)
- EXTRA ERASERS (PENCIL TOP OR RECTANGLE)
- 4 HIGHLIGHTERS (1-YELLOW, 1-ORANGE, 1-BLUE, 1-GREEN)
- SCISSORS
- 1 BOX 24 COLORED PENCILS
- 4 GLUE STICKS
- HEADPHONES OR EARBUDS
- NON-MARKING SHOES FOR GYM TO KEEP AT SCHOOL
- DEODORANT TO KEEP AT SCHOOL
- 2 CONTAINERS OF DISINFECTION WIPES
- 1 LARGE BOX OF KLEENEX

Triton Middle School SCHOOL SUPPLY LIST

All TMS students will need these supplies...

- 5 Notebooks
- Colored Pencils or Markers
- 6th & 7th Grade: One - 1 inch or 1.5 inch Binder
- 5 Folders
- Pens - Blue or Black Ink
- Erasers
- TI-30XIIS calculator
- Pencils - 2 or more boxes
- 8th Grade: Two - 1 inch or 1.5 inch Binders

Optional Supplies to give to your Homeroom Teacher

- Cleaning Wipes (clorox, etc.)
- 2 or more boxes of pencils
- Tissues (kleenex, etc.)

Optional supplies to keep in your locker

- Locker shelf and/or other organizers
- Glue Stick
- Highlighter
- Notecards

Triton elementary students excited for new sense-ations

(continued from page 27)

“The budget to acquire additional sensory items is limited, and we rely on donors and grants to enhance experiences for our students

with different learning abilities.”

Horace Mann agent Bill Hansen nominated the school for the Horace Mann Educators Foundation’s EmpowerED grant program,

which helps address needs critical to student success. Triton Elementary was one of 25 nonprofit, education-related organizations nationwide to receive one of the \$2,500 grants.

“This was an absolute game changer for Triton. These aren’t just ‘nice to have’ things, they are daily necessities,” added Hansen. “I was truly emotional listening to the teachers explain how excited they were to start using them right away.”



TRITON PUBLIC SCHOOLS
 ISD #2125 | 813 West Highway Street | Dodge Center, MN 55927
 Proudly serving the communities of Claremont, Dodge Center, and West Concord
 Developing Lifelong Learners

Register your Kindergartner today at Triton Elementary!
 ONLINE REGISTRATION IS OPEN!
 Send an email to whesse@triton.k12.mn.us for the link!

TRITON HIGH SCHOOL SUPPLY LIST

- Notebooks - 1 Per Class
- Folders - 1 Per Class
- Pencils
- Pens - Black or Blue
- Calculator TI-30Xa
- Planner/Agenda
- Comp. Notebook
- Acc Chem, Acc Bio, Ex Phys

TRITON PUBLIC SCHOOLS
SPANISH IMMERSION
CHILDCARE
 Children Ages 3 & 4

Mondays through Fridays 7:30AM-12:30PM \$140/week

** Limited Extended Childcare Available, please inquire with Triton Community Ed for more information

CHILDREN LEARN SPANISH THROUGH PLAY | STARTING FALL 2024 SCHOOL YEAR | QUALIFIED STAFF

A secure environment and excellent nutrition are provided to children. | Play spaces and activities that foster fun while learning for young learners.

REGISTRATION OPENS AUGUST 1

Triton Community Ed
 507-418-7550

Triton Times

Craig J. Schlichting
 Superintendent

Triton Public Schools:
 813 West Highway Street
 Dodge Center, MN 55927
 Office – 507-418-7530
 Fax – 507-374-2447
schlich@triton.k12.mn.us

Produced and published for Triton School District by Mainstreet Publishing
 P.O. Box 1, West Concord, MN 55985
 E-mail: hometownmessenger@gmail.com
 Phone/Text: 507-649-3327
 Fax: 507-645-9878

Dear Parent/Guardian:

Our school offers healthy meals each day. All students can get one breakfast and one lunch free of charge each day at school. Although no application is required to receive this free meal benefit, filling out the Application for Educational Benefits is still important! Your child(ren) may qualify for other benefits like reduced fees at school. Your application may also help the school qualify for education funds, discounts, and other meal programs.

To apply, complete the enclosed Application for Educational Benefits and return it to:

Triton Public schools
813 West Highway Street
Dodge Center, MN 55927

Who should complete this application? Children in households participating in the Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Food Distribution Program on Indian Reservations (FDPIR), and foster, homeless, migrant and runaway children qualify without reporting household income. Alternatively, children can qualify if their household income is within the maximum income shown for their household size on the instructions.

COMMON QUESTIONS:

I get WIC or Medical Assistance. Can my children qualify? Children in households participating in WIC or Medical Assistance do not automatically qualify. Children may be eligible depending on other household financial information. Please fill out an application.

Who should I include as household members? Include yourself and all other people living in the household, related or not (such as grandparents, other relatives, or friends).

May I apply if someone in my household is not a U.S. citizen? Yes. You or your children do not have to be U.S. citizens for you to complete an application.

What if my income is not always the same? List the amount that you normally get. If you normally get overtime, include it, but not if you get overtime only sometimes. For seasonal work, write in the total annual income.

Will the income information or case number I give be checked? It may be. We may also ask you to send written proof.

How will the information be kept? Information you provide on the form, and your child’s approval, will be protected as private data. For more information, see the back page of the Application for Educational Benefits.

If I don’t qualify now, may I apply later? Yes. Please complete an application at any time if your income goes down, your household size goes up, or you start getting SNAP, MFIP or FDPIR benefits.

If you have other questions or need help, call 507-418-7530.

Sincerely,

Craig Schlichting, Superintendent

Why did the chickens cross the school playground?
To get to the other slide.
Did you hear about the teacher who is also a Texas Ranger?
His name is Chalk Norris.
What time does Godzilla come to class?
Whenever he wants.
Where do they keep the books in a farm's library?
In the haystacks.
Why was the student always late to cooking school?
Because he mistakenly set his alarm crock.
Why is magic class the hardest to pass?
All of the tests have trick questions.
What did the custodian say when he jumped out of the janitor's closet?
"Supplies!"
What's an English teacher's favorite dinosaur?
Thesaurus rex.
When does a teacher have to practice losing his job?
During a fired drill.
Why do chemistry students tell the worst jokes?
All the good jokes argon.
What candy always makes the dean's list?
Smarties.
Why can't you take all of your acting classes at once?
You have to take them in stages.
Did you hear about the school mascot who won a lot of awards?
He was really well suited for his job.
Why didn't the sun go to college?
It already had a million degrees.
Why is the library always the tallest part of any school?
It has the most stories.
Why did Gary bring an orange to prom?
Because he couldn't find a date.
What do you do if your chemistry teacher is sick?
If you can't helium and you can't curium, you may have to barium.
Why did the student eat her exam?
The teacher said it was a piece of cake.
Why did the librarian remove the clock from the library?
It was tocking too much.
Why did the computer teacher quit?
He lost his drive.
What did the teacher say to the student who knew only 25 letters of the alphabet?
"Do you know why?"
How do Minecraft players celebrate graduation?
They throw a block party.
Why was the math book sad?
Because it had so many problems.

Did you hear about the college professor who was involved in a car wreck?
He was grading papers on a curve.
When is a blue book not a blue book?
When it has been read.
What does a textbook do in the winter?
Put on a jacket.

Why was the blanket so confident before the test?
It had the material covered.
Why did the circle graduate early?
It already had 360 degrees.
How did the scientist keep his breath fresh?

With experi-mints.
What's the longest word in the English language?
Smiles—there is a mile between the first and last letters.
What's a snake's favorite school subject?
Hisstory.

How to Complete the Application for Educational Benefits

Complete the Application for Educational Benefits form for school year 2024–25 if any of the following applies to your household:

- Any household member currently participates in the Minnesota Family Investment Program (MFIP), or the Supplemental Nutrition Assistance Program (SNAP), or the Food Distribution Program on Indian Reservations (FDPIR) or
- The household includes one or more foster children (a welfare agency or court has legal responsibility for the child) or
- The total income of household members is within the guidelines shown below (**gross earnings before deductions**, not take-home pay). Do not include as income: foster care payments, federal education benefits, MFIP payments, or value of assistance received from SNAP, WIC, or FDPIR. Military: Do not include combat pay or assistance from the Military Privatized Housing Initiative. The income guidelines are effective from July 1, 2024 through June 30, 2025.

Maximum Total Income

Household size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	27,861	2,322	1,161	1,072	536
2	37,814	3,152	1,576	1,455	728
3	47,767	3,981	1,991	1,838	919
4	57,720	4,810	2,405	2,220	1,110
5	67,673	5,640	2,820	2,603	1,302
6	77,626	6,469	3,235	2,986	1,493
7	87,579	7,299	3,650	3,369	1,685
8	97,532	8,128	4,064	3,752	1,876
Add for each additional person	9,953	830	415	383	192

Step 1: Children

List all infants and children in the household, their school and grade if applicable, and birthdate. Attach an additional page if needed to list all children. Check the box if a child is in foster care (a welfare agency or court has legal responsibility for the child).

Step 2: Case Number

If any household member currently participates in SNAP, MFIP or FDPIR, write in the case number and then go to Step 4. If you do not participate in any of these programs, leave Step 2 blank and continue on to Step 3.

Step 3: Adult and Child Incomes / Last 4 Digits of Social Security Number

- **Social Security Number/Total Household Members.** An adult household member must provide the last four digits of their Social Security number or check the box if they do not have a Social Security number. Report the total number of household members and ensure all household members are listed individually on the application in the child or adult section as applicable.
- **Child Income.** If any children in the household have regular income, such as SSI or part-time jobs, list the total amount of regular incomes received by all children, and check the box for the frequency: weekly, bi-weekly, twice a month, or monthly. Do not include occasional earnings like babysitting or lawn mowing.
- **Adult income.** Report the names of adult household members and income earned in this section.
 - List all adults living in the household not listed in Step 1, whether related or not, such as grandparents, relatives, or friends.
 - **Gross Earnings from Work.** This is usually the money received from working at jobs where a paycheck is received. For each income, check the box to show how often the income is received: weekly, bi-weekly, twice per month, or monthly.
 - List gross incomes before deductions, not take-home pay. Do not list an hourly wage rate. For adults with no income to report, enter a '0' or leave the section blank. For seasonal work, write in the total annual income.
 - **Are you Self-Employed or a Farmer?** List the net income per month or year after business expenses. Do not list the same income twice on the application. A loss from farm or self-employment must be listed as 0 income and does not reduce other income.
 - **Any Other Gross Income.** List gross incomes before deductions from all other sources, such as SSI, unemployment, child support, public assistance, social security, rental income or annuities.

Step 4: Signature and Contact Information An adult household member must sign the form. If you do not want your information to be shared with Minnesota Health Care Programs, check the "Don't share" box in Step 4.

Optional: Please provide the information on ethnicity and race that is requested on the second page of the form. This information is not required and does not affect approval for school meal benefits. The information helps to ensure we are meeting civil rights requirements and fully serving our community.



2024-25 Application for Educational Benefits

Complete one application per household for all children. Please use pen (not a pencil). Mail or return completed form to: Triton Public Schools, 813 W. Highway Street, Dodge Center, MN 55927

STEP 1: List ALL Household Members who are infants, children, and students up to and including grade 12 (if more spaces are required for additional names, attach another sheet of paper).

Definition: A Household Member is "Anyone living with you and shares income and expenses, even if not related." Read *How to Complete the Application for Educational Benefits* for more information. Adults over grade 12 living in the same household should be reported in Step 3. If your children attend different districts or charter/nonpublic schools, return an application at each one.

Child's First Name (list all children in household)	MI	Child's Last Name	School	Grade	Birthdate	Foster Child (v)
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>

STEP 2: Do Any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, MFIP or FDPIR? Medical assistance does not qualify. If NO > Go to STEP 3.
If YES > Enter SNAP, MFIP or FDPIR Case Number (between 4-9 digits, do not report EBT card number) _____ then go to STEP 4 (Do not complete STEP 3)

STEP 3: Report Income for ALL Household Members (Skip this step if you answered 'Yes' to STEP 2)

A. Last Four Digits of Social Security Number (SSN) of Adult Household Member: XXX-XX- Or Check if Adult has No SSN: Total Number of All Household Members (Children + Adults)

B. Child Income.
Sometimes children in the household earn or receive income, such as from a part time job or SSI. Please include the TOTAL income received by all children listed in STEP 1. Do not include income received by adults in the box to the right.

Total Income Received by All Children	Weekly	Bi-weekly	2x Month	Monthly
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C. All Adult Household Members (including yourself). For each Household Member listed, if they do receive income, report total gross income only. If they do not receive income from any source, write '0' or leave any fields blank. You are certifying (promising) that there is no income to report. Not sure what income to include here? Flip the page and review "Sources of Income" for information. "Sources of Income" will help you with the Child Income section and All Adult Household Members section.

Names of All Adult Household Members (First and Last)	Gross Earnings from Working at Jobs					Are you Self-Employed or a Farmer?			Any Other Gross Income				
List all Household members not listed in STEP 1 (including yourself) even if they do not receive income. Include children who are temporarily away at school or in college.	Weekly	Bi-weekly	2x Month	Monthly	Report income before deductions or taxes in whole dollars (no cents).	Monthly	Yearly	Net income from Farm or Self-Employment. Do not duplicate elsewhere.	Weekly	Bi-weekly	2x Month	Monthly	SSI, Unemployment, Public Assistance, Child Support, and others on Page 2
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$

STEP 4: Contact information and adult signature. "I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

I have checked this box if I do not want my information shared with Minnesota Health Care Program as allowed by state law.

Printed name of adult signing form _____ Daytime Phone _____

Address (if available) _____ Apt# _____ City _____ Zip _____

SIGN HERE: Signature of Household Adult _____ Date _____

Do Not Fill Out: For School Office Use Conversions to Annualize All Income:	X52	X26	X24	X12	X1	Household Size:	Categorical Eligibility	Free	Reduced	Denied	
	Weekly	Bi-weekly	2X Month	Monthly	Annualize						
All Total Income (Include child and adult income)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Determining Official Signature:						Date:					
Confirming Official Signature:						Date:					

See Page 2 for Additional Information. Return completed form to the school at the address listed at the top of the form. Do not mail to the Minnesota Department of Education or United States Department of Agriculture.

OPTIONAL: Children’s Racial and Ethnic Identities

We are required to ask for information about your children’s race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children’s eligibility. Respond to both Step One, *Ethnicity* and Step Two, *Race*.

Step One: Ethnicity (check one): Hispanic or Latino Not Hispanic or Latino

Step Two: Race (check one or more): American Indian or Alaskan Native Asian Black or African American Native Hawaiian or Other Pacific Islander White

INSTRUCTIONS: Sources of Income

Sources of Income for Children

Sources of Child Income	Examples
<ul style="list-style-type: none"> Earnings from work Social Security <ul style="list-style-type: none"> a. Disability Payments b. Survivor’s Benefits Income from person outside the household Income from any other source 	<ul style="list-style-type: none"> A child has a regular full or part-time job where they earn a salary or wages A child is blind or disabled and receives Social Security A Parent is disabled, retired, or deceased, and their child receives Social Security benefits A friend or extended family member regularly gives a child spending money A child receives regular income from a private pension fund, annuity, or trust

Sources of Income for Adults

Earnings from Work	Public Assistance / Alimony / Child Support	All Other Income
<ul style="list-style-type: none"> Salary, wages, cash bonuses (before deductions or taxes) Net income from self-employment (farm or business) If you are in the U.S. Military: <ul style="list-style-type: none"> a. Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) b. Allowances for off-base housing, food and clothing 	<ul style="list-style-type: none"> Cash Assistance from State or local government Supplemental Security Income Unemployment benefits Worker’s compensation Alimony payments Child support payments Veteran’s benefits Strike benefits 	<ul style="list-style-type: none"> Social Security Disability benefits Regular income from trusts or estates Annuities Investment income Rental income Regular cash payments from outside household

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

At public school districts, each student’s school meal status also is recorded on a statewide computer system used to report student data to MDE as required by state law. MDE uses this information to: (1) Administer state and federal programs, (2) Calculate compensatory revenue for public schools, and (3) Judge the quality of the state’s educational program.

Nondiscrimination statement: In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: program_intake@usda.gov

This institution is an equal opportunity provider.



TRITON PUBLIC SCHOOLS

ISD #2125 | 813 West Highway Street | Dodge Center, MN 55927

Proudly serving the communities of Claremont, Dodge Center, and West Concord

Developing Lifelong Learners

Estimado padre/tutor:

Nuestra escuela ofrece comidas saludables todos los días. Todos los estudiantes pueden recibir un desayuno y un almuerzo gratis cada día en la escuela. Aunque no se requiere una solicitud para recibir este beneficio de comidas gratuitas, ¡completar la solicitud de beneficios educativos sigue siendo importante! Su(s) niño(s) puede(n) tener derecho a otros beneficios como la reducción de cuotas en la escuela. Su solicitud también puede ayudar a la escuela a calificar para fondos educativos, descuentos y otros programas de comidas.

Para presentar la solicitud, complete la solicitud de Beneficios Educativos que se encuentra adjunta y envíela a:

**Triton Public Schools
813 West Highway Street
Dodge Center, MN 55927**

¿Quién debe completar esta solicitud? Los niños de hogares que participan en el Programa Suplementario de Asistencia Nutricional (SNAP, por sus siglas en inglés), el Programa de Inversión Familiar de Minnesota (MFIP, por sus siglas en inglés) o el Programa de Distribución de Alimentos en Reservaciones Indígenas (FDPIR, por sus siglas en inglés), y los niños en hogares de crianza, sin hogar, migrantes y fugitivos califican sin reportar los ingresos del hogar.

Alternativamente, los niños pueden calificar si su ingreso familiar está dentro del ingreso máximo indicado para el tamaño de su hogar en las instrucciones.

Preguntas Frecuentes:

Recibo WIC o asistencia médica. ¿Mis niños pueden recibir la ayuda? Los niños de hogares que participan en el programa WIC o en la asistencia médica no cumplen automáticamente los requisitos. Los niños pueden ser elegibles dependiendo de otra información financiera del hogar. Por favor, complete una solicitud.

¿A quién debo incluir como integrante de la familia? Debe incluirse a sí mismo y a todas las demás personas que vivan en el hogar, parientes o no (como abuelos, otros parientes o amigos).

¿Puedo solicitar la ayuda si alguien de mi familia no es ciudadano de los Estados Unidos? Sí. Ni usted ni sus niños tienen que ser ciudadanos estadounidenses para que usted pueda completar una solicitud.

¿Qué ocurre si mis ingresos no son siempre los mismos? Si normalmente cobra horas extras, inclúyalas, pero no si sólo las cobra a veces. En caso de trabajo de temporada, escriba el total de ingresos anuales.

¿Se comprobará la información sobre los ingresos o el número de caso que proporcione? Es posible. También podemos pedirle que nos envíe un justificante por escrito.

¿Cómo se conservará la información? La información que usted presente en el formulario y la aprobación de su niño se protegerán como datos privados. Para más información, consulte la página trasera de la solicitud de beneficios educativos.

Si no cumpla los requisitos ahora, ¿puedo presentar la solicitud más tarde? Sí. Complete una solicitud en cualquier momento si disminuyen sus ingresos, aumenta el tamaño de su unidad familiar o empieza a recibir Beneficios SNAP, MFIP o FDPIR.

Si tiene otras preguntas o necesita ayuda, llame al 507-418-7530.

Atentamente, Craig Schlichting, Superintendent

DISTRICT OFFICE (507) 418-7530 | ELEMENTARY SCHOOL (507) 418-7500 | MIDDLE SCHOOL (507) 418-7510 | HIGH SCHOOL (507) 418-7520

#WEARETRITON

Cómo completar la solicitud de Beneficios Educativos

Complete el formulario de Solicitud de Beneficios Educativos para el año escolar 2024–25 si alguna de las siguientes situaciones aplica a su hogar:

- Algún integrante de la unidad familiar participa actualmente en el Programa de Inversión Familiar de Minnesota (MFIP), en el Programa de Asistencia Nutricional Complementaria (SNAP) o en el Programa de Distribución de Alimentos en Reservas Indígenas (FDPIR) o
- El hogar incluye uno o más niños en acogida (una agencia de asistencia social o un tribunal tiene la responsabilidad legal del niño) o
- Los ingresos totales de los integrantes de la unidad familiar están dentro de los límites indicados a continuación (ingresos brutos antes de deducciones, no salario neto). No incluya como ingresos: los pagos por acogimiento familiar, las prestaciones educativas federales, los pagos del MFIP ni el valor de la ayuda recibida de SNAP, WIC o FDPIR. Militares: No incluya la paga de combate ni la ayuda de la Iniciativa Militar de Vivienda Privatizada. Las pautas de ingresos están vigentes desde el 1 de julio de 2024 hasta el 30 de junio de 2025.

Ingreso máximo total

Número de integrantes de la familia	\$ Por año	\$ Por mes	\$ Dos veces por mes	\$ Por 2 semanas	\$ Por semana
1	27,861	2,322	1,161	1,072	536
2	37,814	3,152	1,576	1,455	728
3	47,767	3,981	1,991	1,838	919
4	57,720	4,810	2,405	2,220	1,110
5	67,673	5,640	2,820	2,603	1,302
6	77,626	6,469	3,235	2,986	1,493
7	87,579	7,299	3,650	3,369	1,685
8	97,532	8,128	4,064	3,752	1,876
Añadir por cada persona adicional	9,953	830	415	383	192

Paso 1: Niños

Indique a todos los bebés y niños del hogar, su colegio y curso, si procede, y fecha de nacimiento. Adjunte una página adicional si es necesario para indicar todos los niños. Marque la casilla si un niño está en acogida temporal (una agencia de asistencia social o un tribunal tiene la responsabilidad legal del niño).

Paso 2: Número de caso

Si algún integrante de la unidad familiar participa actualmente en SNAP, MFIP o FDPIR, escriba el número de caso y vaya al paso 4. Si no participa en ninguno de estos programas, deje el paso 2 en blanco y continúe con el paso 3.

Paso 3: Ingresos de adultos y niños / Los últimos 4 dígitos del número de seguro social

- **Número de la Seguridad Social/Total de integrantes de la unidad familiar.** Un integrante adulto del hogar debe presentar los últimos cuatro dígitos de su número de seguro social o marcar la casilla si no tiene número de seguro social. Indique el número total de integrantes de la unidad familiar y asegúrese de que todos los integrantes de la unidad familiar figuran individualmente en la solicitud en la sección de niños o adultos, según proceda.
- **Ingresos de los adultos** Si alguno de los niños de la unidad familiar tiene ingresos regulares, como SSI o trabajos a tiempo parcial, indique el importe total de los ingresos regulares percibidos por todos los niños y marque la casilla correspondiente a la frecuencia: semanal, quincenal, quincenal o mensual. No incluya ingresos ocasionales como cuidar niños o cortar el césped.
- **Ingresos de los adultos.** Indique en este apartado los nombres de los integrantes adultos de la unidad familiar y los ingresos obtenidos.
 - Indique todos los adultos que viven en el hogar y que no se hayan incluido en el paso 1, ya sean parientes o no, como abuelos, parientes o amigos.
 - **Ingresos brutos del trabajo.** Suele tratarse del dinero recibido por trabajar en empleos en los que se recibe un sueldo. Para cada ingreso, marque la casilla que indique la frecuencia con la que se recibe el ingreso: semanal, quincenal, dos veces al mes o mensual.

What did the cheerleader wear to the big school dance?
Her prom proms.
Where do students keep their homework in

circus class?
Three-ring binders.
What do you call a teacher with no body and no nose?

Nobody knows.
Why do historians call it the Dark Ages?
Because there were a lot of knights.
Why did the prom committee stop buying


helium balloons?
The cost was rising.
What book was the chemistry teacher reading?

A book on helium—she couldn't put it down.
Why do protons make the best cheerleaders?
They're always so positive.
Did you hear about the well-dressed pencil that went to the prom?
Boy, did he look sharp.
What did the buffalo say to his child on the first day of school?
Bison!
Why was Kasie so prepared for her first day of math class?
She had a calculator she could really count on.
What did the pencil say to the pen on the first day of school?
Looking sharp!

- Indique los ingresos brutos antes de las deducciones, no el sueldo neto. No indique el salario por hora. Para los adultos sin ingresos que declarar, escriba un "0" o deje el apartado en blanco. En caso de trabajo de temporada, escriba el total de ingresos anuales.
- ¿Es usted trabajador por cuenta propia o agricultor? Indique los ingresos netos mensuales o anuales después de los gastos de la empresa. No indique los mismos ingresos dos veces en la solicitud. Las pérdidas procedentes de la agricultura o del trabajo por cuenta propia deben indicarse como ingresos nulos y no reducen los demás ingresos.
- Otros ingresos brutos. Indique los ingresos brutos antes de las deducciones de todas las demás fuentes, como SSI, desempleo, ayuda a los niños, asistencia pública, seguro social, ingresos por alquileres o rentas vitalicias.

Paso 4: Firma e información de contacto Un integrante adulto del hogar debe firmar el formulario. Si no desea que su información se comparta con los programas de asistencia médica de Minnesota, marque la casilla "No compartir" en el paso 4.

Opcional: Proporcione la información sobre etnicidad y raza que se solicita en la segunda página del formulario. Esta información no es obligatoria y no afecta la aprobación de los beneficios de comidas escolares. La información ayuda a garantizar que cumplamos con los requisitos de derechos civiles y sirvamos plenamente a nuestra comunidad.



2024–25 Solicitud de Beneficios Educativos

Complete una solicitud por hogar para todos los niños. Utilice bolígrafo (no lápiz). Envíe por correo o devuelva el formulario completado a: Triton Public Schools, 813 W. Highway Street, Dodge Center, MN 55927

Paso 1: Indique Todos los integrantes del hogar que sean bebés, niños y estudiantes hasta el grado 12 inclusive (si se necesitan más espacios para nombres adicionales, adjunte otra hoja de papel).

Definición: Un Integrante del Hogar es "Cualquier persona que viva con usted y comparta ingresos y gastos, aunque no sea pariente." Para más información, lea *Cómo completar la solicitud de Beneficios Educativos*. Los adultos mayores de 12 años que vivan en el mismo hogar deben indicarse en el paso 3. Si sus niños asisten a diferentes distritos o colegios chárter/no públicos, devuelva una solicitud para cada uno de ellos.

Nombre del niño (indique todos los niños del hogar)	IM	Apellidos del niño	Escuela	Grado	Fecha de nacimiento	Hijo adoptivo (V)
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>

Paso 2: ¿Alguno de los integrantes del hogar (incluido usted) participa actualmente en uno o más de los siguientes programas de asistencia: SNAP, MFIP o FDIPIR? La asistencia médica **no cumple** los requisitos. Si es **NO** > Vaya al Paso 3. Si es **SÍ** > Introduzca el número de caso de SNAP, MFIP o FDIPIR (entre 4 y 9 dígitos, no indique el número de la tarjeta EBT) _____ y luego vaya al Paso 4 (No complete el Paso 3)

Paso 3: Reporte los ingresos de todos los integrantes del hogar (Omita este paso si contestó "SÍ" al Paso 2)

A. Cuatro últimos dígitos del número de seguro social (SSN) del integrante adulto del hogar: XXX-XX-____ O marque si el adulto **No tiene SSN:** Total de todos los integrantes del hogar (niños + adultos)

B. Ingresos de los niños.
A veces los niños del hogar ganan o reciben ingresos, tales como de un trabajo de medio tiempo o SSI. Por favor, incluya el total de los ingresos recibidos por todos los niños indicados en el Paso 1. No incluya los ingresos recibidos por los adultos en la casilla a la derecha.

Total de ingresos recibidos por todos los niños	Semanal	Quincenal	2 por mes	Mensual
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C. Todos los integrantes adultos del hogar (incluido usted). Por cada integrante del hogar indicado, si reciben ingresos, indique únicamente los ingresos brutos totales. Si no reciben ingresos de ninguna fuente, escriba "0" o deje algún campo en blanco. Está certificando (prometiéndolo) que no hay ingresos que declarar. ¿No está seguro de qué ingresos debe incluir aquí? Dé la vuelta a la página y consulte la sección "Fuentes de ingresos" para obtener más información. La sección "Fuentes de ingresos" le ayudará a rellenar los apartados "Ingresos de los niños" y "Todos los integrantes adultos de la unidad familiar".

Nombres de todos los adultos del hogar (nombre y apellidos)	Ingresos brutos del trabajo					¿Es usted trabajador independiente o agricultor?			Otros ingresos brutos				
	Semanal	Quincenal	2 por mes	Mensual	Informe los ingresos antes de deducciones o impuestos en dólares enteros (sin centavos).	Mensual	Anual	Ingresos netos de la agricultura o del trabajo por cuenta propia. No duplicar en ningún otro sitio.	Semanal	Quincenal	2 por mes	Mensual	SSI, desempleo, asistencia pública, manutención de niños y otros en la página 2
Enumere a todos los miembros del hogar que no figuran en el PASO 1 (incluido usted mismo), incluso si no reciben ingresos. Incluya a los niños que están temporalmente en la escuela o en la universidad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
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Paso 4: Información de contacto y firma de un adulto. "Certifico (prometo) que toda la información en esta solicitud es verdadera y que todos los ingresos están declarados. Entiendo que esta información se da en relación con la obtención de fondos federales, y que los funcionarios de la escuela pueden verificar (comprobar) la información. Soy consciente de que si doy información falsa a propósito, mis niños pueden perder los beneficios de comidas, y puedo ser procesado bajo las leyes estatales y federales aplicables."

He marcado esta casilla si no deseo que mi información se comparta con el programa de asistencia médica de Minnesota según lo permite la ley estatal.

Nombre impreso del adulto que firma la solicitud		Teléfono de día	
Dirección (si está disponible)	Apto#	Ciudad	CP
FIRME AQUÍ: Firma del adulto del hogar		Fecha	

Do Not Fill Out: For School Office Use Conversions to Annualize All Income:	X52	X26	X24	X12	X1	Verified? Attach Tracker	No change	Free After Verified	Reduced After Verified	Denied After Verified
	Weekly	Bi-weekly	2X Month	Monthly	Annualize		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All Total Income (Include child and adult income)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Household Size:	Categorical Eligibility	Free	Reduced	Denied
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determining Official Signature:						Date:				
Confirming Official Signature:						Date:				

Consulte la página 2 para obtener información adicional. Devuelva la solicitud completada a la escuela a la dirección indicada en la parte superior del formulario. No lo envíe al Departamento de Educación de Minnesota ni al Departamento de Agricultura de los Estados Unidos.



TRITON PUBLIC SCHOOLS

WE ARE HIRING

JOB POSITIONS

Special Education and Preschool Paraprofessionals

JOIN OUR TRITON TEAM

TO APPLY, VISIT OUR WEBSITE BELOW AND CLICK ON THE EMPLOYMENT TAB

www.triton.k12.mn.us
507-418-7520

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 accommodations for all. Please call Triton CE at 507-418-7550.

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

Cost: \$20, checks should be made to Jim Jensen
September 12
5-9PM in the THS Media Center



OPCIONAL: Identidad racial y origen étnico de los niños

Tenemos la obligación de pedir información sobre la raza y el origen étnico de sus hijos. Esta información es importante y ayuda a asegurar que estamos sirviendo plenamente a nuestra comunidad. Responder a esta sección es opcional y no afecta la elegibilidad de sus hijos. Responda al paso uno, *Origen étnico* y al paso dos, *Raza*.

Paso uno: Origen étnico (marque una): Hispano o Latino No Hispano o Latino

Paso dos: Raza (marque una o más): Indio americano o nativo de Alaska Asiático Negro o afroamericano Nativo de Hawai u otras islas del Pacífico Blanco

INSTRUCCIONES: Fuentes de ingresos

Fuentes de ingresos de los niños

Fuentes de ingresos de niños	Ejemplos
<ul style="list-style-type: none"> Ingresos del trabajo Seguro social <ul style="list-style-type: none"> a. Pagos por discapacidad b. Beneficios de sobreviviente Ingresos procedentes de una persona fuera del hogar Ingresos procedentes de cualquier otra fuente 	<ul style="list-style-type: none"> Un niño tiene un trabajo regular de tiempo completo o parcial en el que recibe un sueldo o salario Un niño es ciego o tiene una discapacidad y recibe el seguro social Un padre o madre tiene una discapacidad, está jubilado o ha fallecido y su hijo recibe Beneficios de la Seguridad Social Un amigo o un miembro de la familia le da regularmente dinero para gastos al niño. Un niño recibe ingresos regulares de un fondo de pensiones privado, anualidad o fideicomiso

Fuentes de ingresos de los adultos

Ingresos del trabajo	Asistencia pública / Pensión alimenticia	Otros ingresos
<ul style="list-style-type: none"> Sueldo, salario, bonificaciones en efectivo (antes de deducciones o impuestos) Ingresos netos del trabajo por cuenta propia (agricultura o negocio) Si pertenece a las Fuerzas Armadas de EE.UU.: <ul style="list-style-type: none"> a. Sueldo base y bonificaciones en efectivo (NO incluya la paga de combate, la FSSA ni los subsidios de vivienda privatizados) b. Subsidios para vivienda, comida y ropa fuera de la base 	<ul style="list-style-type: none"> Ayudas en efectivo del gobierno estatal o local Ingreso Suplementario del Seguro Beneficios por desempleo Indemnización laboral Pensiones alimenticias Pagos de manutención de niños Beneficios para veteranos Beneficios de huelga 	<ul style="list-style-type: none"> Seguro social Beneficios por incapacidad Ingresos regulares procedentes de fideicomisos o herencias Anualidades Ingresos por inversiones Ingresos por alquiler Pagos regulares en efectivo procedentes de fuera del hogar

La Ley Nacional de Almuerzos Escolares Richard B. Russell requiere la información de esta solicitud. Usted no tiene que dar la información, pero si no lo hace, no podemos aprobar a su niño para comidas gratis o a precio reducido. Debe incluir los últimos cuatro dígitos del número de seguro social del miembro adulto del hogar que firma la solicitud. Los cuatro últimos dígitos del número de la seguridad social no son necesarios si presenta la solicitud en nombre de un niño en un hogar sustituto o si indica un número de caso del Programa de Asistencia Nutricional Suplementaria (SNAP), del Programa de Asistencia Temporal para Familias Necesitadas (TANF) o del Programa de Distribución de Alimentos en Reservas Indígenas (FDPIR) u otro identificador FDPIR para su niño, o si indica que el miembro adulto del hogar que firma la solicitud no tiene número de la seguridad social. Utilizaremos su información para determinar si su niño reúne los requisitos para recibir comidas gratuitas o a precio reducido, y para la administración y aplicación de los programas de almuerzo y desayuno. PODRÍAMOS compartir su información de elegibilidad con programas de educación, salud y nutrición para ayudarles a evaluar, financiar o determinar los beneficios de sus programas, auditores para revisiones de programas y funcionarios encargados de hacer cumplir la ley para ayudarles a investigar violaciones de las reglas del programa.

En los distritos escolares públicos, la declaración de comidas escolares de cada estudiante también se registra en un sistema informático estatal que se utiliza para informar de los datos de los estudiantes al MDE, tal y como exige la ley estatal. El MDE utiliza esta información para: (1) Administrar programas estatales y federales, (2) Calcular los ingresos de compensación para las escuelas públicas, y (3) Juzgar la calidad del programa educativo del estado.

Declaración de no discriminación: De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, nacionalidad, sexo (incluidas la identidad de género y la orientación sexual), discapacidad, edad o represalias por actividades previas relacionadas con los derechos civiles.

La información del programa puede estar disponible en idiomas distintos del inglés. Las personas con discapacidades que necesiten medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de signos americano), deben ponerse en contacto con la agencia estatal o local responsable que administra el programa o con el Centro TARGET del USDA en el (202) 720-2600 (voz y TTY) o ponerse en contacto con el USDA a través del Servicio Federal de Retransmisión en el (800) 877-8339.

Para presentar una denuncia por discriminación en un programa, el denunciante debe completar el formulario AD-3027, USDA Programa de Formulario de Denuncia de Discriminación que se puede obtener en línea en: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del denunciante, así como una descripción escrita de la supuesta acción discriminatoria lo suficientemente detallada como para informar al Subsecretario de Derechos Civiles (ASCR) sobre la causa y la fecha de una supuesta violación de los derechos civiles. El formulario AD-3027 completado o la carta deben enviarse al USDA por:

- (1) correo postal: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; o
- (3) correo electrónico: program.intake@usda.gov

Esta institución ofrece igualdad de oportunidades.

TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550

Triton Elementary School Preschool Supply List 2024-2025

- Backpack
- Change of clothes in a gallon ziploc bag
- 1 hard-sided pencil box
- 1 pair blunt-tip scissors
- 2 boxes 24 count Crayola crayons
- 4 Elmer's glue sticks
- (2) two-pocket PLASTIC folders (no prongs)
- Crayola watercolor paints, 8 color tray
- Clorox/Lysol disinfecting wipes

Optional donations: napkins, disposable spoons, hand soap, Kleenex, black expo markers

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

Kids Crafting with the Green Shack

Join Brittany at the Green Shack for these fantastic kids' classes. All of these classes are located at the Green Shack: 20658 County Hwy 34, Dodge Center. Please register through Triton Community Ed.

Kids Beaded Jewelry

July 29
 9-11AM
 \$27

Kids Paracord Bracelets and Keychains

July 29
 1-3PM
 \$27

Kids Colored Sand Jars

July 31
 1-2PM
 \$17

Kids Fairy Gardens

July 31
 3-4PM
 \$32

Kids Cross Stich/Hand Embroidery

August 5-9
 10AM-Noon each day
 Cost: \$42



QUESTIONS?

Call us at 507-418-7550

SUMMER OFFICE HOURS

Monday-Thursday 8AM-3PM
 Fridays CLOSED

FIND US AT.....

www.triton.k12.mn.us and click on Menu and choose Community Education under the Community Section

Facebook at: Triton Community Education

Triton Preschool Registration

Openings for 3 year olds:
 Tuesday/Thursday 8-10:30am

Openings for 4 & 5 year olds:
 *Monday, Wednesday, Friday
 8-10:30--VERY LIMITED SPOTS
 REMAIN

*Tuesday-Friday 12:30-3:00 pm

Register at:
<https://www.triton.k12.mn.us/page/preschool>

Dodge Refreshed Presents

6th annual

HAUNTED HUSTLE 5K & FAMILY FUN RUN

Dodge Refreshed
 Making healthy choices a priority



scan to register

5K • Family 1 Mile • Costume Contest
 Saturday, October 26
 Mantorville, MN

5K race 9am	1 mile race 10am
\$35 May 20 - Aug 31	\$10 May 20 - Oct 18
\$40 Sep 1 - Oct 18	\$15 day-of registration
\$45 day-of registration	

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

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

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

Over the River and Through the Woods Sidekick Theatre at the Ives Masonic Heritage Center

Every Sunday, Nick crosses the river to New Jersey and has dinner with both sets of his Italian-American grandparents. But Nick has dreams, and when he receives the perfect job offer from the west coast, he is determined to take it. His grandparents – Frank, Aida, Nunzio, and Emma – are just as determined that he stay put. Thus begins a series of shameless schemes and hilarious shenanigans that will have you roaring in your seat while reminding you of the wonderful zaniness that is family. 45 tickets are available for this trip.



We will have lunch in the ballroom prior to the show. The menu includes: Creamy Chicken Breast, with Rosemary Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert, Coffee, Hot Tea (Special dietary meals available by request ahead of time).

COST: \$82, includes coach bus ride, lunch at the theatre and ticket to the show.
CALL: Triton Community Ed at 507-418-7550 to Register for this Trip

Thursday, October 10

<u>Bus</u>	<u>Departs</u>	<u>Approx. Returns</u>
Byron Community Ed Parking Lot	9:30AM	5:15PM
Kasson Football Field Lot	9:45AM	5PM
Dodge Center Triton Activities Entrance	10 AM	4:45PM
Owatonna Target Parking Lot closest to the Hotel	10:25 AM	4:20PM

Irving Berlin's White Christmas Chanhassen Dinner Theatre

Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters enroute to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean" and the perennial title song, White Christmas is an uplifting, wholesome musical that will delight audiences of all ages. 47 tickets available for this trip.



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.

December 4

Cost: \$110, includes coach bus, lunch and ticket to the show
PLEASE CALL TRITON COMMUNITY ED AT 507-418-7550 TO REGISTER FOR THIS TRIP

<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
Owatonna Target Parking Lot closest to the Hotel	9:45AM	4:30PM

Branson Country Christmas— A Special Tribute To Veterans Branson's Ozark Jubilee Treasure Island Resort and Casino



Direct from BRANSON the OZARK JUBILEE features an all star cast of Branson's top entertainers. This year presenting, "AN ALL NEW CHRISTMAS SHOW", WITH NEW MUSIC, NEWJOKES, but the same, WORLD CLASS TALENT THAT YOU HAVE COME TO EXPECT! This year the OZARK JUBILEE will be honoring and paying tribute to our VETERANS, and thanking them for their SPECIAL SERVICE. The entire second half of our show is a total variety of Christmas music. From traditional standards you'll remember such as Silent Night, White Christmas and many more to some more contemporary Christmas selections. We will share with you the TRUE meaning of Christmas with music, comedy and message to provide an evening of entertainment that will touch your heart. The Jubilee features Branson's funniest comedian and world class fiddler DOOFUS DOOLITTLE! Doof will have you rolling in the isles with his unique brand of humor and you will be captivated by some of the best fiddle and word class violin music ever. Doofus has an all new line up of jokes and hilarious routines this year not to miss! Having performed with several of these artists, Doofus will be sharing stories from some of those legends. A real treat this year, Doofus will be saluting the great comedians of yesteryear! Folks such as Archie Campbell, String Bean, Minnie Pearl and many more of your favorites! If you like Country Music, and Good Clean Family Entertainment, you'll want to bring all your friends & come out & see the: OZARK JUBILEE! 45 tickets available.

We will arrive early enough for you to gamble if you'd like to do so, or simply have a coffee and people watch! We will also enjoy a group lunch during the show.

Menu includes: Turkey, mashed potatoes and gravy, corn, rolls and butter, dessert and coffee/water.

November 7

Cost: \$92, includes coach bus ride, lunch and ticket to the show
CALL TRITON COMMUNITY ED to register for this trip at 507-418-7550

<u>Bus</u>	<u>Departs</u>	<u>Approx. Returns</u>
Dodge Center Triton Activities Entrance	9:20 AM	4:40PM
Kasson Football Field Parking Lot	9:35AM	4:25PM
Byron Community Ed Parking Lot	9:50AM	4:10PM

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 On-line Registration.

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

Mail the registration form to:
Triton Community Education
813 West Highway St
Dodge Center, MN 55927

Name: _____ Home Phone: _____
Mailing Address: _____ City: _____ Zip: _____
Email: _____

Participant Information:

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

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

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

Payment Information: Total Due: _____

Missing Pieces



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

entire tower collapses. It is amazing how many pieces can be removed from a wooden tower before it falls to the ground. The human body is even more amazing with the ability to sustain life and keep going even when essential nutrients are lacking. But at some point, the human body will collapse just like the JENGA tower if the right nutrients are not provided.

When you notice symptoms of illness starting, do you think about what your body needs – more medication or more nutrients?

The runny nose and itchy eyes are because you need more Zyrtec? The excessive high blood sugar means you need more insulin? Or the extra weight gain means you are lacking Ozempic? Of course not. Yet these medications are well known for the symptom relief they provide and because medical doctors will recommend these medications before talking about the essential building blocks your body needs.

Your body will begin to show symptoms when it is missing essential nutrients because these nutrients are the original building

blocks used to make your body. While medication may lessen a symptom for a season, the only true way to eliminate that symptom is to identify the necessary ingredients your body is signaling to receive.

Headaches – a common symptom for many people. What is a headache trying to tell you? First, consider drinking pure water. Water is 75% of the human body and a headache can signal you are dehydrated. Second, consider your stress. Taking some magnesium can help to relax muscles and quiet nerves. Additionally, increased stress will use up B vitamins quickly, so a B-complex supplement, a whole egg, or some spinach will increase the necessary B vitamins.

Diabetes – we are seeing an alarming rise in people struggling with high blood sugar. What does high blood sugar measures mean? First, pure water intake should be considered.

The kidneys will help to remove excess sugar from the body with proper water intake. Clients with diabetes are consistently missing magnesium and B vitamins, which are important nutrients to properly handle sugar. Vitamin D is another common nutrient that is low in clients with diabetes. Along with these nutrients an increase in healthy protein sources and a decrease in processed sugar is very helpful.

High Blood Pressure – a common symptom related to weight gain and stress. What does

high blood pressure mean? The body is having difficulty relaxing partly because of a lack of nutrients that will help the body to relax. Magnesium and potassium are two essential minerals the body will use to relax. There are four B vitamins commonly deficient in clients with high blood pressure, as well as Vitamin D and Vitamin C. Healthy food choices will provide these vitamins and help the body to move to a healthy weight which will result in lower blood pressure. In addition to good nutrition, a quality exercise routine can improve blood pressure.

As a society we have become well trained to look to medications to reduce our symptoms of illness, and we have become ignorant of the true building blocks that sustain our life. Illness is a result of missing pieces that need to be supplied in order to maintain life and move forward. Another day is passing by. Will you continue to live life as you have and remove another link, or will you replace some of the missing pieces and give your body what it needs to thrive?

Contact me to discuss your health goals for 2024. I can help you reach those health goals with whole food plans customized to your specific needs. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

Are you familiar with the game – JENGA? This game challenges you to see how many pieces you can carefully remove before the

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CLUTCHMEN CAR CLUB PRESENTS

21ST ANNUAL TRUCK & TRACTOR PULL

SATURDAY, AUGUST 3RD, 2024
9:00AM SIGN UP
10:00AM START

CLUTCHMEN CAR CLUB

SLEDS:

- WILD ROSE

TRACTOR CLASSES:

- CLASSIC: 3,500-11,000 LBS
- OUT OF FIELD: 3,000-16,000 LBS
- HOT FARM: 5,000-12,000 LBS
- KING OF THE HILL: UP TO 16,000 LBS

TRUCK CLASSES:

- STOCK: 1/2 TON STOCK, 3/4-1 TON STOCK
- DIESEL: 8,500 STOCK TURBO & NON-TURBO
8,500 MODIFIED & 8,500 OPEN CLASS
- STREET MOD: 5,500-5,800-6,500 LBS

QUESTIONS OR FOR RULES CALL MIKE B. 651-341-2424,
DAVE R. 507-649-0710

DENISON, MN (LOCATED 35 MIN. SOUTH OF ST. PAUL.
BETWEEN HWY 52 & I-35)

PLAZA MORENA
CAMPESTRE GRILL

DINING ROOM
Open 7 Days a Week
11:00am-10:00pm

5% OFF MEAL PURCHASE
Expires July 31, 2024
Does not include alcohol.
Not valid with any other offer.

160 26th St NE, Owatonna
507-413-0819
www.plazamorena.com

623 BAR AND GRILL
EST. 2022

MEAT RAFFLES Sundays at 4PM
BINGO Tuesdays at 6PM

Dennison Lions Club Charitable Gambling Permit #2762

E-TABS, PULL TABS EVERYDAY!
FOOD SPECIALS!

Watch Our Facebook Page for Updates!
- ON/OFF SALE -

Closed Mondays
Tuesday-Friday: Bar 11am-Close; Kitchen 4-8pm
Saturday: Bar 11am-Close; Kitchen 11am-9pm
Sunday: Bar 1-9pm • Kitchen 1-8pm
Main Street, Dennison • Phone 507-782-9061

Take a Short Drive to Delicious

The Fireside
Celebrating 20 Years of Family Hospitality

SUNDAY SUPPER IS BACK!

DAILY FEATURES
WEDNESDAY Enjoy Our Jumbo Wings Specials!
BBQ Rib Dinner - 1/2 or Full Rack (begins at 4:00p.m.)
THURSDAY \$3.50 All Taps, Domestic Bottles, Rail Drinks!
Taco Specials! Fajita Specials! 16oz. Margarita Special!
FINALLY FRIDAY All You Can Eat Fish Dinner
SATURDAY Hand Battered Jumbo Shrimp or Slow Roasted Prime Rib
SUNDAY Enjoy Our Sunday Breakfast Beginning at 9a.m. and Sunday Pasta Features

37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
Friday & Saturday 11:00 AM-9:30 PM; Sunday 9:00 AM-8:00 PM
Bar Open Later
RESERVATIONS STRONGLY SUGGESTED. CALL 507-645-9992.
www.firesidelounge.net

Center Restaurant
507-633-3333
30 Main Street
Dodge Center, MN 55927

Breakfast, Lunch & Dinner
Generous portions, friendly service and delicious homestyle cooking anytime!

10% OFF with this ad
Good Monday-Friday. Expires July 31 2024.

TRY OUR DAILY SPECIALS!
BREAKFAST SERVED ALL DAY!

Hours: Sunday-Thursday 7am-3pm
Friday-Saturday 7am-8pm
507-633-3333

House Smoked BBQ Food, Cold Drinks and LIVE MUSIC!

Watch our Facebook Page Daily
Specials & Weekend Entertainment!

Check Out Our Website!
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Great Way to Keep Up on All Our Live Events!

THE RBAR
4354 292nd St E, Randolph
507-646-0107
rbar.randolph@gmail.com
Monday 3:00pm-9:00pm
Tuesday-Thursday 11:00am-11:00pm
Friday & Saturday 11:00am-1:00am
Sunday 11:00am-9:00pm

AREA DINING & ENTERTAINMENT

Serving Your All-American Favorites
Burgers, Pastas
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BREAKFAST SERVED All Day

Olivia's FAMILY RESTAURANT
Family Fare at Great Prices

Hours: Sunday-Wednesday 6:00am-3:00pm
Thursday-Saturday 6:00am-8:00pm
1160 Frontage Road, Owatonna
507-444-4000

SANDWICHES • BURGERS
BBQ

THE SMOKIN' SILVERBACK

1832 South Cedar Owatonna MN
507-214-0701
Monday-Thursday 11am-9pm
Friday-Saturday 11am-10pm
Sunday 11am-7pm

Great Food • Strong Coffee
Daily Lunch Specials • Delicious Desserts

Area 57 COFFEE Cafe
Where Good Coffee and Good Friends Meet!

M-F 7:30am to 7:30pm
Sat. 7am to 2pm; Closed Sundays
125 Main Street, Wanamingo, MN
507-824-2969

NEW! GRAB N GO LUNCHES

TOREY'S
Restaurant & Bar
TOREY'S.NET

YUM!
Don't Let Your Hurry Come Before Your Hunger!

PICK UP ONE OF OUR DELICIOUS SALADS OR WRAPS!
Available Weekdays 11am-1pm

LOCATED NEAR THE BACK ENTRANCE OF THE RESTAURANT AT 208 N. CEDAR, OWATONNA

507-455-9260
CHECK OUT OUR MANY NEW LUNCH & DINNER MENU ITEMS!
MON-TUE-WED-THURS 11:00AM-9:00PM
FRIDAY 11:00AM-9:00PM
SAT 3:00PM-9:00PM • SUN CLOSED

BOOK YOUR SUMMER EVENTS!
Banquet Hall, Seating Up to 300

East Wind 東風 Buffet

15% OFF
Wednesday, Thursday with ad

10% OFF
Friday, Saturday, Sunday with ad

MENU OR BUFFET
Hours: Monday: 11am-10pm
Tuesday: Closed
Wed.-Sun.: 11am-10pm

Cannot be used with other offers.
507-451-9666
1015 W. Frontage Rd., Suite 103, Owatonna • South of Lowe's
Dine In Only • Expires July 31, 2024

TAMMY'S PLACE
Restaurant & Bar
Kasson, MN

DRINKS • APPETIZERS
SANDWICHES • BURGERS
SALADS • WRAPS • DESSERTS

DAILY SPECIALS
Closed Mon.; Tues-Thru 11am-9pm; Fri-Sat 11am-10pm
Sun 11am-8pm
111 West Main Street, Kasson, MN
507-634-3133

BREAKFAST, LUNCH, DINNER

BURGERS
ESPRESSO
HOTDISH
ICE CREAM

Try our daily specials!

ANGIE'S
EST. 2002
Restaurant

635 2nd Street, Kenyon
Hours:
Tues.-Sat. 7am to 8pm
Sunday 8am to 1pm
Closed Mondays
507-789-1100

Olivia's FAMILY RESTAURANT
Family Fare at Great Prices

Breakfast
Daily Specials
Weekend Breakfast
Buffet

10% OFF with this ad
Good Monday-Friday. One coupon per meal.
Expires July 31, 2024

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