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Dry....WHAT?

By Cheri Roshon

Being a massage therapist for 35 years has its benefits, like being able to help others resolve pain in their bodies, and its drawbacks. Drawback #1 is the fact that I am very picky as to who I



Dr. Klein

let work on me! When I find someone who is not only capable and caring, but has a desire to go beyond the normal therapies, I investigate further. "Normal" is defined in the dictionary as "what most people would do".

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Triton FFA Prepares Students for Agricultural Careers



The 2024-2025 school year at Triton started with the Agriscience program welcoming Triton Alumni Katie Fitzgerald to join as the second Agriculture Teacher and Co-FFA Advisor. Katie graduated from South Dakota State during the spring of 2024 and brings with many different experiences of large animal management to the program.

After graduating a large group of seniors we have a very young chapter this year. Members have participated in showing at the MN State Fair along with many invitational contests. We had our first ever team compete in the region Food Science contest.

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Triton FFA Chapter

Announcements

- GriefShare support group meeting Mondays, 6:30-8:30 pm beginning March 10, at Anchor of Hope Church, 203 East Main Street, Dodge Center, MN. Contact Pastor Emeritus Dale Rood at 507-633-2772 for more information. Registration is available on the GriefShare website, by calling Pastor Rood, or at any session. This is for anyone experiencing the loss of a loved one, friend, or other significant person in their lives.

- 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

Checking out A & B Boutique

By Cheri Roshon

Driving into Dodge Center on County Road 7, if you look to the left as you are entering town, you might see a small sign that says A & B Beauty Boutique. When you turn your head, you see a small shed and wonder what could be inside or what a boutique may contain. You turn left down North Street for a short distance, and you cautiously turn in. You think this could be the place, and it is!

Infused with confidence, you open the door and are warmly greeted by one of the staff and asked if you are looking for anything in particular. Yes, that was my first experience with A & B Beauty Boutique at 710 3rd Avenue NW. I have to say I was impressed not only with the wide variety of clothing, but also with everything else offered to the incoming customer. I said, "Yes!"

(continued on page 10)



25th Dodge County Expo

Next month will be the 25th annual Dodge County Business Expo. The event is scheduled to be held on Saturday March 29th from 8am to 2pm at the Triton High School. Admission is free and over 100 local vendors are going to be on hand exhibiting services and products.

Start the morning out with a 25 cent breakfast from 8 to 9:30am in the cafeteria. A food court is open as well for lunch. Live music is planned throughout the morning starting with the Rockin' Hep Cats from 9:30 to 11:30am. Chris Rollo will perform from noon to 2pm. Rookie the Clown will be on hand to entertain the kids from 8am to noon and the Just for Kix kids will be dancing at noon. A scavenger hunt is planned for the kids.



EDEN PROGRESSIVE GOPHERS 4-H CLUB

PANCAKE BREAKFAST

Sunday, March 16, 2025 from 7:30a.m. to 12:30p.m.

West Concord American Legion

Hot Pancakes, Eggs, Breakfast Sausage, Milk, Juice & Coffee

Profits to go towards fixing up the 4H building at the county fairgrounds.



Same price! Same great 4-H'ers!

\$8.00 for 5 yr old-adults
4 years old & under free



Triton FFA

STEAK FEED

Saturday, February 22nd • 4:00-8:00 PM

Faith Community Church, West Concord

4:00-6:00 PM Drive Up Available
4:00-8:00 PM In-Person Dining to the Public and Donors
- Take Out Meals Available -

Snow date announcement would be made on KTTC and on Triton website. Same time and location.

\$15⁰⁰

Steak Dinner

Kids Hot Dog Meal \$7.00

Valentine's Day is a Wrap



By Peter Moen
Concord Church of Christ

Valentine's Day is a wrap! Hopefully your loved one received some flowers, maybe a box of chocolates, a Valentine's card with sweet nothings written on it. The vestiges of this holiday are still around us with discount candy wrapped in pinks and reds, flowers in their vases as you try to make them last, and hopefully the lovely sentiments your loved one professed to you.

The modern Valentine's Day ideals are often well-intentioned actions of conveying love for someone else. It is a sanctioned "going out of one's own way" in order to show how much you love someone special to you. Words and cards and gifts are all ways we can express our continued infatuation and maybe even commitment toward each other.

But we as Christians know love in all its portrayals is much, much deeper than just words or actions surrounding a holiday. Our love comes not just from the well-spring of our own good intentions, but love—true love—has first been exemplified to us by our Creator God who loves us so much he sent his Son, Jesus, to show us how to truly love each other.

The love of God teaches us we not only are supposed to love those who reflect that love back toward us, but we are to love even when that love is not returned. This goes to the core

of the extent to which Jesus loved us. The words to arguably the most famous verse speak to this type of love, "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

This is where true love starts: Our God loves us and sacrificed everything for us. Our response to that love is not too simply receive it by accepting Jesus as our Lord & Savior and take hold of the promises of both this life and the next. Instead, our response is to turn around and share that love with everyone we encounter. For, when the question was asked of Jesus about who were supposed to love, he gave a response that not only knocked the socks off of those who heard it firsthand, but SHOULD also knock our socks off as well.

We are to love indiscriminately even those who we consider enemies. When I look at the news today we seem to have lots of enemies. Might it be the democrats? Or, is it the Republicans? Is it the immigrants who seem to be doing so much damage to our country? Or, maybe the corporate fat cats who are gaming the system? Could it be those who chose the "wrong" way to view how medicine and vaccinations and medical insurance works?

Basically, according to the news and depending on which side of the fence you are on, anyone whom you might disagree with has been labeled an enemy. The rhetoric today from the 24/7 news stations and from social media have pitted us against each other. Instead of loving each other these different platforms would have us throwing verbal bombs at each other and splintering us further and further apart.

If you claim to be a follower of Jesus Christ you must resist the many urges we are subjected to. It is so easy to label someone an enemy and disregard them as people, as children of God. This must not be the way! In fact, if this is your way, scripture tells us your standing with God is in question. As First John 4:7-8 states, "Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love."

Valentine's Day is a great reminder to share love towards those we love. I hope it spurs you on to greater and greater acts of love for those in your life! However, the love we find in Christ, the love we are reminded of so often in scripture, teaches us a love that is not meant for any one holiday but for every day. A love that goes beyond all the divisions and meets people where they are at. A love that does not judge them, but a love that reflects the love of Jesus and all that he has done for us.

CLAREMONT FIRE DEPARTMENT RELIEF ASSOCIATION BREAKFAST & SILENT AUCTION SUNDAY, MARCH 2nd, 2025

9am to 12:30pm

Suggested Donation: \$10

Kids 5 and under: Free

***Silent Auction from 9am to 12pm.

***Gluten Free Option Available

DODGE CENTER

Faith Lutheran Church

308 2nd St. NW, Dodge Center
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://gracelc.church>

Worship 9a.m.; Sunday School 10:30a.m.

Praise Fellowship Church

602 Central Avenue S, Dodge Center

Roger Langworthy • 507-374-6400

Kids 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

(American Assoc. of Lutheran Churches)

11 1st Ave. N.E., Dodge Center

www.biblelc.org • 612-803-1212

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 Finish Well!

No one has ever shown the mighty power or performed the awesome deeds that Moses did in the sight of all Israel. — Deuteronomy 34:12

Moses remained committed to the Lord until the very end of his life. He was a child of God, a diligent leader of God's people, a prophet, and much more. Moses is described as a "man of God" and a "servant of the Lord" in the closing chapters of Deuteronomy. He knew who he was and whose he was. That makes a difference in one's life. Moses was faithful. Though he was certainly not perfect, Moses finished well.

When we think about finishing well, we realize it is not a last-minute commitment. We can stay focused even when we must take detours and alter our plans. When we fall, we get up with the Lord's help. When things do not go the way we thought they would, we cannot allow our feelings and thoughts to get in the way of doing God's will. We know we depend on the Lord in all things, and we stand firm in his strength.

When our time comes to leave our home on earth to go to our eternal home in heaven (unless Jesus returns before then), we want to say, "I have fought the good fight . . . I have kept the faith" (2 Timothy 4:7). And we want to hear our Lord say, "Well done, good and faithful servant!" (Matthew 25:21).

Father, Son, and Holy Spirit, help me to be fully committed to doing your will until the very end of my life. May you be glorified! 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 Brederland

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

9:00a.m. Sunday School; 10:00a.m. Worship

concordchurchmn.com

Zwingli United Church of Christ

"The Berne Church"

23148 Co. Hwy. 24, West Concord • 507-356-4340

Pastor Karen Larson

Sunday 10:00a.m. Worship; Find us on Facebook

Email your church announcements,
schedule, etc. to the The Messenger at:
hometownmessenger@gmail.com

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or email:

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Allan “Al” Reinke

Allan “Al” Reinke, age 55, died at home in Morristown, Minnesota on Saturday, February 8, 2025. Gathering of Family and Friends was Thursday, February 13, 2025 from 11:00 AM – 1:00 PM at Wing-Bain Funeral Home in Granite Falls with a Prayer Service at 1:00 PM. A Celebration of Life was held Saturday, February 15, 2025 at the American Legion in Morristown, Minnesota from 11:00 AM- 3:00 PM.

Allan Henry Reinke was born on October 21, 1969, in Granite Falls, Minnesota the son of Gerald and Darlene (Erickson) Reinke. He was baptized and confirmed at St. Paul’s Lutheran Church in Granite Falls, Minnesota. Al attended school in Renville-Sacred Heart graduating in 1988. He furthered his education at MN West Technical College obtaining a degree in Machining.

Al met the love of his life, Lorri Rasmussen on a blind date arranged by mutual friends. They were married in Las Vegas on December 3, 2005. He worked for Par Piping in Granite Falls for 4 years and then started working for McNeilus Truck in Dodge Center, where he has worked for the last 26 years.

Al loved going Harley riding with his friends and family. He loved all types of hunting, but deer hunting was his favorite and considered a “holiday.” Al also loved all types of fishing, especially on the “high bank” on the river at the family farm. He loved camping with family and friends on the river and elsewhere. Watching drag racing was also a passion of Al’s. In fact, another “holiday” was an annual trip to BIR, in Brainerd, for the NHRA Nationals, where the couple camped with friends and family. Anyone who knew Al, knows he was all about socializing with family, friends, neighbors and complete strangers. Wherever Al went, he met new friends. Many of us would often ask “where’s Waldo now?” Al was an avid fan of the Minnesota Wild and Vikings. Neighbors could definitely hear him cheering... and cussing out his teams.

Music was Al’s jam, and together with Lorri they enjoyed going to concerts. Al would often play “what’s that song/artist” with family and friends. He had a love/hate relation-

ship with Amazon’s Alexa.

Al was larger than life and they broke the mold when they made him. He will be missed by all who crossed his path.

Al is survived by his wife of 19 years, Lorri Reinke of Morristown; mother, Darlene Reinke of Sacred Heart; siblings, Teresa Quintal of Sacred Heart, Mark Reinke of Sacred Heart, Pam Reinke (David Zetah) of Clara City; mother-in-law, Gloria Rasmussen of Morristown; sister-in-law, Gerri (Dean) Hanson of Colorado Springs, CO; brother-in-law, Darren Rasmussen of Northfield; many very loved nieces and nephews, great nieces, great nephews, one great great nephew and another on the way; as well as cousins, other relatives and friends.

Al is preceded in death by his father, Gerald; father-in-law, Lowell Rasmussen; paternal and maternal grandparents, uncles, Roger Reinke, Harold Reinke and several cousins.

In lieu of flowers, please consider donations to your local hospice organization.

Arrangements are with the Wing-Bain Funeral Home of Granite Falls. For online guestbook, please visit www.wingbain.com

Mary Lou (Banta) Mussman

Mary Lou (Banta) Mussman, 94, of Dodge Center, MN was called home to be with the Lord on February 7, 2025, at Birchwood Cottages in Owatonna MN.

Mary Lou was born on November 8, 1930, in Owatonna Minnesota to Joe Banta and Mary (Leffler) Banta. She graduated from Owatonna High School in 1948, and married Duane Mussman September 7, 1950. Mary Lou began working for Federated Insurance in Owatonna and later, after they moved to Dodge Center, she worked for Norwest Bank. She enjoyed her work at the bank and especially loved visiting with her customers. She retired from Norwest after 23 years. Mary Lou enjoyed, baking, dancing with Duane, their winters in Arizona and Texas, playing cards, bowling, camping, fishing and family celebrations.

Mary Lou is survived by her sons, Gary (Bette) Mussman of Dodge Center, Craig (Vicki) Mussman of Dodge Center and Brian

(Jodi) Mussman of Rochester; 6 Grandchildren, Eric Mussman of Kasson MN, Kyle Mussman of Mason City IA, Tricia (Nate) Rud of Mantorville MN, Casey (Aimee) Mussman of Mason City IA, Kip (Crystal) Mussman of Mason City IA and Lucas (Elizabeth) Lott Mussman of Ames IA; 2 Step-Grandchildren, Haley (Seth) Ponce of Kenyon MN and Jeff Hanson of Mankato MN; 11 Great Grandchildren, Daden & Logan Mussman of Kasson, Claire Mussman of Mason City, Tyson & Sawyer Rud of Mantorville, Ava & Ellie Mussman of Mason City, Evan, Jackson & Owen Mussman of Mason City and Piper Lott Mussman of Ames; 2 Step-Great Grandchildren, Adalynn & Ariella Ponce of Kenyon; a brother, Don (Sandy) Banta of Cedar, MN and sister, Darlene (Bruce) Cherland of Minneapolis, MN.

Mary Lou was preceded in death by her husband of 72 years Duane; brothers, Lyle, Jim and Dennis.

A Celebration of Life was held at 11:00 a.m. Friday, February 14, 2025, at Faith Lutheran Church, 308 2nd Street NW in Dodge Center, MN. Pastor Cheryl Indehar officiated. Visitation was held one hour prior to the service at the church. Inurnment will be held at a later date in Riverside Cemetery in Dodge Center, MN.

In lieu of flowers, memorial contributions are suggest to Faith Lutheran Church in Dodge Center, MN.

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

Barbara Jane Mogen

Barbara Jane Mogen, 78, of Faribault, passed away on Saturday, February 1, 2025, at her home.

She was born January 13, 1947, in Rochester, Minnesota to George and Alice (Houseman) Bonser. Barb grew up in Dodge Center and graduated from Dodge Center High School in 1965. After school she married Ronald M. Mogen in 1967. Barb spent most of the next 20 years as a stay home mom, raising 4 children on a small farm in West Concord, MN.

Later in her life she and Ron would divorce. Barb then went on to work for the Mayo Clinic in Rochester, MN as a Nurse’s Aid helping others where she would work for over the next 20 years and eventually would retire from there.

Barbara lived a simple life, her favorite hobby in life was collecting antiques. She loved to spend her time at flea markets, antique shops and garage sales. But her true passion was her grandchildren. Barb’s love for her grandchildren was something to marvel at. She loved to spend time with each and every one of them. She truly was a wonderful mother and grandmother.

She is survived by her children, Stacy Becker of Faribault, MN Jason and Melissa Mogen of Wasilla, AK, Chad and Tina

Mogen of Menomonie, WI, Todd and Melissa Mogen of Owatonna, MN. 11 grandchildren; 4 siblings, and many nieces and nephews.

She was preceded in death by her father, Goerge Bonser, Mother Alice Krohn (stepfather Charles Krohn) and brother, William (Bill) Bonser and nephew’s Kanton Bonser and Blake Bonser.

A Celebration of life will be held at a later date. See michaelsonfuneral.com for updates. Interment will be in the Riverside Cemetery in Dodge Center.

Mona Joan Kruckeberg

Mona Joan Kruckeberg, 83, of Blooming Prairie passed away on Friday, January 31, 2025, at Prairie Manor Care Center.

Mona was born October 2, 1941, in Blooming Prairie, Minnesota the daughter of Lloyd and Helen (Lewis) Jensen. She grew up in Claremont Minnesota and attended Claremont High School. Mona was united in marriage to Ronald Kruckeberg on July 3, 1958, and the couple later divorced. They were blessed with four children Robin, Kim, Craig, and Jaye. After school Mona worked various jobs before working at Viracon for numerous years, until her retirement.

Mona loved to read and always had a book in her hand. She cherished the time she spent visiting with friends and family over coffee. She was an active member of the Peace Lutheran Church Ladies Aide, Redeemer Lutheran/Good Shepherd Lutheran Church, Legion Auxiliary, Card Club, and enjoyed dancing with her friends. Most of all Mona cherished the time that she spent with her Littles, and children.

She is survived by her children, Robin (and Bob) Bender of Blooming Prairie, Kim Kruckeberg of Inver Grove Heights, Craig (and Patty) Kruckeberg of Dodge Center, Jaye Kruckeberg of Onalaska, WI; grandchildren, Aaron, Alysa, Ariana, Lindsey, Nathan, Cody, Jakob, Shari, Kyle, Tanner, Carli, Aidan, Landon, Teagan, Corbin; 23 great-grandchildren, 1 great-great-grandchild; sisters, Sandy Clark, Carol Bigelow, and Pam Jensen; sister-in-law Alice Wobbrock.

She was preceded in death by her parents, Lloyd and Helen Jensen; sister, Judy Quaale; and great-grandson Jaxson Hedberg.

Visitation was at Michaelson Funeral Home on Thursday, February 6, 2025, from 4PM to 7PM. Funeral services were held on Friday, February 7, 2025, at 11AM with a visitation one hour prior to the service at Good Shepherd Lutheran Church in Owatonna. Interment was in the Hillside Cemetery in Claremont. Memorials are preferred to the Prairie Manor Care Center, or to Mayo Hospice.

The family would like to give a special Thank You to the staff at Prairie Manor Care Center and to Mayo Hospice for the tender love and care that they provided to Mona.

(obituaries continued on page 4)

Traxler Law PLLC


traxlerlaw.com

Ann Traxler Attorney

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That's the Latest Underwear & Trees



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.

This is probably a guy thing but I don't like to throw out old underwear. If it still fits and the elastic still holds, I should be able to get another time to wear it before I finally have to let go. One pair in particular I've had a long time. Now I keep it clean but it has more holes than a golf course but it's just so darn

comfortable. Now I think the reason I hate to get rid of it, besides the comfort factor, is that buying underwear is a real crapshoot...literally. And you can't buy just one. You have to buy the whole package which is usually 3 or 6. Costco I think it's 24. But they come all wrapped up in plastic so you can't really get a good feel of how they'll be. They don't let you try them on. I've even offered to go to the dressing room instead of right there in the aisle but I was told, NO, you can't try them on anywhere and you can't open the package.

I'm trying to replace one, not six of them but it's the marketing people who want to move volume. Shirts, yes you can buy just one and you can try it on. Not in the aisle though, I found out. You can buy one pair of blue jeans or a jacket or sweatshirt. But underwear, no deal. Socks come in large quantities. You have to buy two socks but they don't package them in one pair. Why I need 12 or 24 pairs of new socks, I don't know. And they wonder why men hate shopping.

Even beer, you can buy one but it's probably 64 ounces. Smaller cans you have to buy at least 6 or 12 or 24. Costco, I think you have to buy a keg. But guys don't mind shopping for beer. We're kind of funny that way but unfortunately, wives never send us out to buy beer. We have to think about it all on our own. But most guys are good at remembering. Broccoli, soup, crackers, bread, butter, oh you mean I was supposed to pick them up too? So then it's a second trip.



Aluminum Christmas trees like the one from the WCHS, were all the rage from the mid 50's to the mid 60's.

But I digress. I wanted to write a little about the picture of the aluminum Christmas tree. These were popular from about the mid 50's to the mid 60's. The Sears catalog sold a boatload of them back in the day. They kind of fell out of favor with American households in 1965, after the airing of 'A Charlie Brown Christmas'. People thought the aluminum trees looked too much like Charlie's sad looking Christmas tree, so by 1967 or so, the aluminum tree along with the colored wheel like you see in the picture, were relegated to basements, garage or estate sales or sold for 25 cents.

But if you are one of the lucky ones who hung onto your vintage aluminum tree, they are now coming back into favor. A quick look at E-Bay shows a wide variety of prices. But the original vintage trees can be worth \$400 to \$1000. The original box helps boost the asking price. In fact, it was a number of years ago, a rare 7 foot pink aluminum Christmas tree sold online for \$3600.

The West Concord Historical Society has two of these aluminum trees. One of them you see in the picture that was one display in the Heritage Room. There was a Wisconsin company, Aluminum Specialty Company, that made over a million of these trees. Back in the late 50's and early 60's, they retailed for about \$25. So you probably had to think twice if you really wanted to invest in one. And if you did, you hate the Charlie Brown

Christmas show.

I'm hoping my leisure suit will come back like the aluminum trees and I can recoup my cost. It's coming up on 60 years old but I'm beginning to think that some things never do make a comeback. If you're interested in a leisure suit, it's only had one owner. It looks as good as the day I bought it, which come to think of it, that's not a good selling point. You can't destroy it. It's made of the same material as the stealth bomber is made of. It's very durable and long-lasting. I guess I should have invested in the aluminum Christmas tree.

OBITUARY

Paul Alios Maroo

Paul Alios Maroo, 74, of Dodge Center passed away in Rochester, MN, on Saturday, February 15, 2025, after a 21-year fight with cancer.



Paul Alois Maroo was born on June 3, 1950, in Austin, MN, to Ernest C. and Rosemary (Ryan) Maroo. He attended school in Dodge Center, MN graduating in 1968. He worked on pipeline construction prior to joining the U.S. Navy in March 1969.

On March 1, 1975, Paul married Donna Jean Boeve in Steen, MN. They went on to have two daughters and lived around the world and country throughout their marriage.

During his 20-year career in the Navy, Paul served on both surface ships and submarines as a radioman, retiring in November 1989, with the rank of RMC.

Paul then worked at the Dodge Center American Legion Post 384, The Dodge Center Star Record, and as a substitute rural postal carrier before beginning his next career for the US Postal Service (Rochester) in June 1993. He retired for the second time in June 2013.

Paul was a member of the USS Philadelphia sailor org, a lifetime member of the VFW and Disabled American Veterans, and a member of The American Legion Post 384, where he served on the color guard, as First Vice Commander and Post Commander. Paul's interests included spending time with his wife and family. These included playing golf, singing karaoke, playing St. Nick for many years, and American history, especially The Civil War and WWII.

Paul is survived by his wife, Donna; and two daughters, Amy Jean of Austin, and Dr. Jill Deanne of Waterloo, IA; siblings, Alice (Allen) Durst of Mantorville, Kathie (Blair) Kleeberger of Wasioja, Thomas (Holly) Maroo of Kasson, Robert (Julie) Maroo of Rochester, and Dale (DeAnne) Maroo of Mason City, IA; in-laws, Coni (Paul) Nelson of Austin, Ed (Sue) Boeve of Stillwater, Gary Uithoven of Las Cruces, NM, Sharron (Bruce) Fraser of Edgerton, Sue (Howie) Vis of Hills, Merle (Melanie) Boeve of Clive, IA, Keith (Marlys) Boeve of St. James, and Pam (Rich) Jeffer of Midlothian, VA. He is also survived by many nephews, nieces, and great nephews and nieces.

He was preceded in death by his father, Erine; mother, Rosemary; brother, William; sister-in-law, Marcia; mother-in-law, Betty; and father-in-law, Ed.

A celebration of life will take place this spring. To share a special memory or condolence please visit www.czaplewskifuneralhomes.com, Czaplewski Family Funeral Homes, 25 South St SW Dodge Center, MN 55927, 507-374-2155.

Blessed be his memory.



**Holly J. Burow
CPA, LLC**

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Museum Musings

JUST A GIRL WHO LOVES PLAYING BASKETBALL

By Colleen Sathrum Hayne

Paging through a new acquisition at the Museum, a fascinating scrapbook of the West Concord High School Class of 1925, a stunning photo of the girls' basketball team of '25 looked back at me. Friends had told me about their family members being a part of West Concord's girls basketball teams in the 20's and 30's and yet when my class reached the high school in the late 60's there were no women's sport teams. I thought to myself, there must be a story here.

James Naismith invented the game of basketball back in 1891 at Springfield College, MA, where he was a graduate student. The game was brought to Minnesota by his roommate, Max Exner, who had played in the very first basketball game ever.

Max moved to Carleton College in late 1892 to continue his studies and was soon hired as the first "physical culture" instructor at Carleton. During the winter of 1893 he introduced basketball to his women students. Even though they had to play in an unventilated 30' x 36' gym that was in the lower level of the women's dormitory the women were highly enthusiastic about the game. Here's what the 1892-93 yearbook said about the newly inaugurated basketball program:

"... you should have seen the fun. See the ladies on the floor, attired in loose dresses permitting free action of the body and tennis slippers upon their feet. They are divided into two sides, standing at opposite sides of the gymnasium; their eyes sparkling with excitement, ready to dash at the ball when put into play. Each individual player dashes to obtain the ball, now darts to obstruct an opponent and again to protect the goal; running dodging, squirming, while exercising her vocal organs to the best of her ability." The writer concludes, "Are girls fit for the drawing room only?"

Can they participate in active games as boys can? Were you permitted to witness one of these games you would surely conclude that they can."

Very quickly the game spread to high schools in southeast Minnesota and West Concord was one of them. At the Museum we have photos and information about West Concord girls basketball teams from 1925 - 1932. The 1925 team was comprised of Viola Zeller, Gertrude Bosshard, Elva Stinson, Ethel Fraley, Marian Tracy, Marian Bosshard, and Katharine Wilson. They played wearing black bloomers!

In the 1928 WCHS yearbook girls athletics is covered along side the boys athletics.

The girls played 12 basketball games that year with opponents of Mantorville, Kasson, Hayfield, Kenyon, Randolph, and Dodge Center. The players were Rose Robinson, Edna Jaeger, Lorene and Marion Zeller, Margaret Whiting, Luella Fairbanks, and Carmen Spreiter. The yearbook reported that "the team did not strike their pace until near the end of the season."

The 1929 WCHS yearbook has a page and a half account of the girls basketball team's year. Getting to games was not as easy as today. The team made its way to games by various modes of transportation, including everyone piling in a truck, on a sleigh, and on the train. New members of the team in '29 included Elna Campbell, Marguerite Henry, Mildred Wilson, and Hazel Gochbauer. The scores from the games were lower than those of girls games today: a typical score from 1929 was West Concord 18 — Hayfield 12. The 1929 team won the most games of any team in the county that year. West Concord's games were played at City Hall which we know as the "Muni" today.

By 1937, on examining the WCHS school year book, there is no girls basketball team or any mention of girls athletics. What happened? In the 1920's the National Amateur Athletic Federation was created to make recommendations about athletic participation in the U.S. There was thought to be little gender bias in the Federation's work since most of the leaders were women, including President Hoover's wife, Lou. The NAAF was concerned that the girls' model of sports participation was too closely aligned with the boys' model, and far too competitive. The Federation decided it needed to put girls' health first and remove them from competitive sports. Both those in the field of physical education and medicine believed that women weren't built for the rigors of competition and warned that women's childbearing ability could be damaged by too much strenuous activity. The NAAF reported its findings to state departments of education throughout the country. They in turn contacted local superintendents of schools throughout their states and during the early 30's girls basketball and other girls sports began to be dropped throughout the U.S. What a travesty!

That brings me back to 1968 when girls' high school options for anything athletic were cheerleading, pep club and the Girls Recreation Association (GRA). I was a student during that 40 year gap when there were very few, if any, sports team outlets for girls. What brought us back to the world of vibrant girls sports teams we have today? More than anything, it was the passage of the Federal Title 9 law in 1972 that prohibited sex-based discrimination in any activities that receive federal funding. At last the WCHS 1972 yearbook shows the records of girls basketball, gymnastic, softball, and track and field teams for the first time since the 1930's. Girls sports teams had returned to stay.

As one of the girls on the 1929 team reported at the end of the season, "We returned our suits to Miss Peters (coach) with regrets, but retained our many fond memories and benefits of basketball for ourselves." Those girls would have enjoyed wearing a popular t-shirt of today that shouts out, "Yes, I do play like a girl—try to keep up!" If you'd like to see more photos of the WCHS girls teams of the 1920's and 30's, be sure to stop by the Museum.



1925 Team—front row: Ethel Fraley, Marian Tracy, Marian Bosshard, Katharine Wilson, 2nd row: Viola Zeller, Gertrude Bosshard, Elva Stinson, 3rd row: Coaches, Miss Reinertsen and Miss Bergstene



1932 Team—Left to right: Virginia Clifford, Lorraine Round, Margaret Round, Margaret Hubmer, Myrna Fairbank, Harriet Smith, Sybilla Paukert, Kathryn Ferguson, Margaret Paukert, Coach, Helen Flom

Supporting Our Local FFA Chapters & Celebrating National FFA Week Feb. 15 - 22, 2025

Starting in 1948, the National FFA Board of Directors designated a weeklong tradition to recognize George Washington's example and legacy as a leader and farmer. For the past 76 years, FFA members across the country have taken part in agricultural, leadership and service-based activities during National FFA Week.

"National FFA Week is a significant event that really showcases the heart of our organization," says Christine White, chief program officer for the National FFA Organization. "Local chapters use this as an opportunity to highlight program success, recognize community supporters and amplify the mission of the organization."

Again this year, more than 700,000 FFA members will spend the week of February 15 - 22 developing their potential for premier leadership, personal growth and career success through agricultural education.

They will do so in creative and innovative ways. Whether volunteering to clean up the local fairgrounds or throwing a citywide party to celebrate the 1732 birth of our first president, there is no limit to how this week can be recognized.

"It could be hosting a breakfast for teachers, an open house for FFA supporters or bestowing chapter-level degrees. It truly is an opportunity to celebrate all things FFA. As a former member and agricultural educator, FFA Week is something I always looked forward to since it was a way to share my passion for the organization," White says. "FFA

members should embrace the planning, execution and celebration that occurs with developing activities and events for FFA Week. The skills of teamwork, communication and advocating are ones you will carry with you beyond your FFA experience."

Keep track of all that is happening by following #FFAWeek on your social channels. Find more about all the resources available at FFA.org/National-FFA-Week.

The organization also wants to Thank Alumni and Supporters!

Whether they wore the blue jacket or simply support an organization they were never a member of, these individuals are celebrated on National FFA Alumni and Supporters Day. Since 1971, alumni and supporters have found ways to significantly contribute to their local chapters.

Jeremy Krerowicz, the past president of the

Denmark FFA Alumni in Wisconsin, fondly remembers his time as a member, and he used those experiences as motivation to lead the 2020 Outstanding FFA Alumni and Supporters Chapter.

"Our members love to see the students grow," Krerowicz says. "We love seeing them being recognized at state and national conventions, during their chapter banquet and throughout the community. It shows that we are doing our part. We help them with the resources they need to get that far."

In every state in the nation, alumni and supporters chapters work to create environments where people and communities can develop their potential for premier leadership, personal growth and career success.

Find out more information at www.mnffa.org, or www.ffa.org

Triton FFA Prepares Students for Agricultural Careers

(continued from page 1)

Other regional contests students have competed in include: dairy, horse, livestock, poultry, milk products, food science, fish and wildlife, small animals, best informed green-hand (BIG) and discussion meet contests. Four members completed region proficiency applications and at the time of printing the official results had not been released yet. Those members include Brady Staub completing a Diversified Crop Production Entrepreneurship proficiency, Emma Kruckeberg with a Small Animal Entrepreneurship, Tristan Nelson with an Ag Mech Repair and Maintenance Placement, and John Moenning with a Diversified Agriculture Production Entrepreneurship. Our BIG team of Hunter Hamm, Lily Klejeski, Brinley Dickie, Coy Froyum and Brayden Munnickhuysen placed 10th in the region contest and will be participating at state.

Our annual corn and soybean drive fundraiser brought in over \$16,000 from over

80 donors and the chapter reinvested \$1500 in groceries from Sunshine Foods to donate to the Dodge County Food Shelf in November. We look forward to celebrating with our donors and supporters along with our community members to end National FFA Week with our annual Steak Feed Dinner Saturday February 22 at Faith Community Church in West Concord from 4 to 8 pm. The \$15 steak dinner includes an 8 ounce sirloin steak, cheesy potatoes, corn, dinner roll, cookies and beverages.

Looking at next school year, Triton FFA will be turning 25 years old. We will have a jar at the steak feed for people to put ideas on how we should celebrate that milestone. If you are not able to make it to the steak feed and have a suggestion or would like to share a story, feel free to contact one of the advisors: Ms. Katie Fitzgerald at kfitzgerald@triton.k12.mn.us or Mr. Robert Ickler at rickler@triton.k12.mn.us.

Wear Blue Day



Friday, February 21 at work or school, wear blue to show your FFA pride on National Wear Blue Day.

Get your blue at https://shopffa.org/cat/148/forever_blue

Get your blue today!



Ready? Set?

Mark your calendars for Give FFA Day 2025!

In 2025, we will celebrate the 10th Give FFA Day. We hope you'll plan to pitch in to help FFA raise \$1.5 million to support members across the country.

With overwhelming support from donors, FFA raised over \$1.44 million on Give FFA Day 2024. We're looking forward to what we can achieve together in 2025.

Plan to join us for Give FFA Day 2025 — Thursday, Feb. 20.

Frequently Asked Questions

What is Give FFA Day?

Give FFA Day is the day each year during National FFA Week that we encourage members, alumni and friends of FFA to show their support through a philanthropic gift. These donations help fund the programs that make a difference in the lives of students. Donations of all sizes are magnified when they become part of this larger giving effort.

When is Give FFA Day?

In 2025, Give FFA Day will be the 24 hours of Thursday, Feb. 20. All donations made during those hours—no matter the time zone you live in—will be counted toward the Give FFA Day totals.

Where does Give FFA Day happen?

Everywhere! Give FFA Day happens online, so you can take part no matter where you live. Many chapters hold events during National FFA Week, so check locally for any planned events.

Why should I give to FFA on Feb. 20?

Thursday, Feb. 20 is your chance to make the most out of your gift to FFA and show off your FFA pride. Every donation will count toward matching gifts throughout the day and each campaign description provides more information about how your gift will be used.

Can I make a gift by phone?

Yes, you can donate at any time on Give FFA Day by calling 888-332-2668 and pressing the star (*) key.

Is there a minimum gift amount?

All donations count toward Give FFA Day, however, we recommend a minimum donation of \$5.

Are Give FFA Day contributions tax-deductible?

All funds listed on the Give FFA Day site are considered tax-deductible and an email receipt will be provided. We recommend you consult with your tax advisor for specific tax advice.

What if I already made a donation to FFA this fiscal year?

First, thank you for your support! While we certainly would encourage you to consider another gift on Give FFA Day, your support in other ways is also appreciated. You can help in promoting Give FFA Day among your friends and family through our social media toolkit.

Who can I contact with additional questions about Give FFA Day?

You can email GiveFFADay@FFA.org or call 888-332-2668 and press the star (*) key.



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PROUD TO SUPPORT NATIONAL FFA WEEK




This year, FFA members and the organization will celebrate National FFA Week from February 15-22, 2025.

During this week, FFA members organize activities that raise awareness not only about the National FFA Organization, but also the role agriculture plays in students' lives.



2025 Triton FFA Chapter



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West Concord Ice Rink Open as the Temperature Remains Below Freezing



The West Concord ice rink is lighted and open each day for skating from 8am to 10pm as long as the temperature remains well below freezing.

The warming house is "normally" open M-F 5 - 8pm and S-S afternoons when staff is available.

West Concord library card holders can check out ice skates during normal library hours.



Thank you to the Dodge County Salvation Army for supporting the Saturday Feb. 8 skate with hot drinks and snacks.

Thank you to the three men who've been managing the rink since it was flooded, Doug Kruger, Nathan and Parker Nielsen.

Snow Emergencies

It's that time of year again! Although our fall has felt a little more like summer, winter is right around the corner. As a reminder, the City of West Concord has a snow ordinance for all city streets. Every effort is made to keep streets clear of snow and ice during and after a snowstorm. The city can't do it all alone and we rely on you, to help us, by following the snow rules set in place by council.

Snow Emergencies: No vehicle or trailer shall be parked on any city street or alley during a declared snow emergency. A snow emergency is defined as any time the quantity of snow warrants the deployment of snowplows. During snow emergencies, no parking shall be allowed on the road or alley for 48 hours after the start of a snowfall. Warnings and/or citations will be issued to vehicle owners parked in the path of snowplow on the first pass. Any vehicle violating this article may be towed without notice to the property owner, at the owner's expense.

Piling of Snow: Persons shall not push or deposit snow or ice into a street or alley from private property or public boulevards. Do not pile snow at street corners or at the ends of public drives so it interferes with the view of the traveling public.

Property owners will be charged removal costs if such piles must be removed by City staff or other agent of City.

As a reminder, the city code states:

800.01 Repair and maintenance of sidewalks. The owner of property within the city abutting a public sidewalk must keep the sidewalk in repair and safe for pedestrians. The owner and occupant of the property must use diligence to remove snow, ice, dirt or rubbish from the sidewalk. Snow and ice must be removed within 24 hours after a snow or sleet storm. Sidewalks must be kept free of debris, including the trimming of tree limbs.

1310.11 Subd. 1 'A "snow removal period" as used in the subsection means a period of time commencing at the beginning of each snowfall and lasting for 48 hours after a snowfall even if the snow has been removed from city streets.'

1310.11 Subd. 2 'Parking prohibition. During a snow removal period, it is unlawful to park or leave standing a vehicle on any street for 48 hours after a snowfall.'

Thank you for your help in keeping our streets and sidewalks free from snow and ice this winter.



NEW HOURS

West Concord Muni

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MONDAY: 4 PM - 9 PM
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11 AM - 12 AM
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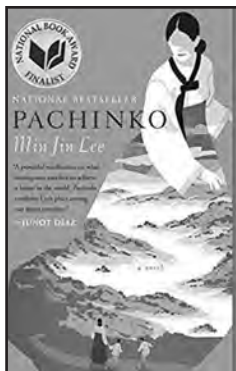
Join us for Book Group at the West Concord Library Saturday, March 8 from 9-10am *Pachinko* by Min Jin Lee *National Book Award Finalist*

In the early 1900s, teenaged Sunja, the adored daughter of a crippled fisherman, falls for a wealthy stranger at the seashore near her home in Korea. He promises her the world, but when she discovers she is pregnant—and that her lover is married—she refuses to be bought. Instead, she accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. But her decision to abandon her home, and to reject her son's powerful father, sets off a dramatic saga that will echo down through the generations.

Richly told and profoundly moving, *Pachinko* is a story of love, sacrifice, ambition, and loyalty. From bustling street markets to the halls of Japan's finest universities to the pachinko parlors of the criminal underworld, Lee's complex and passionate characters—strong, stubborn women, devoted sisters and sons, fathers shaken by moral crisis—survive and thrive against the indifferent arc of history.

Genre: Historical Fiction

First Published: February 2017, 512 pages (paperback)



Join us for Book Group at the West Concord Library Wednesday, March 12 from 4-5pm *Little Fires Everywhere* by Celeste Ng

In Shaker Heights, a placid, progressive suburb of Cleveland, everything is meticulously planned – from the layout of the winding roads, to the colors of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules.

Enter Mia Warren – an enigmatic artist and single mother – who arrives in this idyllic bubble with her teenage daughter Pearl, and rents a house from the Richardsons. Soon Mia and Pearl become more than just tenants: all four Richardson children are drawn to the mother-daughter pair. But Mia carries with her a mysterious past, and a disregard for the rules that threatens to upend this carefully ordered community.

When old family friends attempt to adopt a Chinese-American baby, a custody battle erupts that dramatically divides the town – and puts Mia and Elena on opposing sides. Suspicious of Mia and her motives, Elena is determined to uncover the secrets in Mia's past. But her obsession will come at an unexpected and devastating cost.

Genre: Fiction

First Published: September 2017, 338 pages (hardcover)



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How to Apply:

If you're ready to take on this rewarding challenge, contact us today! Email us at ambdirector@westconcordmn.com or call us at (507) 527-2176 for more information.

Save the Date for the St. Patrick's Day Event

Celebrate with us on
March 15, 2025

Join the fun!
at the West Concord Bell Tower
6:30 – 9:00p



Checking out A & B Boutique

(continued from page 1)

I would like to do a story on your boutique,” and proceeded to look around and be impressed.

If you have never been there, I highly recommend you get over there and check it out. This is a success story!

Andrea and Blake Hilsman moved to Dodge Center in 2015 from Kasson. Both went to Kasson-Mantorville High School and were high school sweethearts. Andrea started selling clothing online in 2017, while also working at Mayo Clinic. Blake started his own construction company in 2016 building decks. In 2020 when they welcomed their first child Oliver, they were given the opportunity to find a larger house to expand both of their businesses. They moved just a couple blocks to a property with a big yard and an existing horse shed. As the basement of their new house started to fill with clothing, they had the idea of turning the shed into a storefront so people could come in and try on before buying. Also, so Blake could have his basement back.

They applied for a conditional-use permit and remodeled the shed for Andrea’s business. In just under a year Andrea had filled the small 864 square foot shed to the max and



needed to expand, so Blake built an addition to triple the size of the shed.

Andrea has always wanted her boutique to be affordable to all women and to include all women by saying, “We are a size inclusive women’s clothing boutique with a passion for making women feel good and confident! Not only do we carry clothing, accessories and shoes for women, but we also carry kid’s clothing, gift items, and we even offer custom DTF and DTG printing”!

But that’s not all. There are snacks and jewelry, candles and oils, and so much more to see. You can watch their Live events on Facebook on Wednesday nights at 7:00pm from their Facebook page by searching *NEW*A & B Beauty Boutique VIPs, or online at abbeautyboutique.commentsold.com/store. There you will see the new arrivals every week being modeled by Andrea. You can shop from the comfort of your home, in your pajamas, if you wish. Once you see something you want, you purchase online, and it can be shipped to you, or you can pick up



your order in the bins right outside the building. Or you can do what I do, and shop in person! Their in-store hours are Wednesday from 11:00am - 4:30pm, Thursday from 11:00am - 6:30pm, Friday from 11:00am - 4:30pm, and Saturday from 10:00am - 2:00pm.

Andrea is currently on maternity leave, but when she returns full time, the store will be back open on Wednesdays from 11:00am - 4:30pm. Becky Hilsman, Linda Wohlfel and Taylor Winkels are helping run the store while she is away. They are there to show you around and help you decide what goes together to make your purchase complete. According to Alisha Selthun, “It has a small-town feel, with personal connections. I like to shop local!”

Another branch of the business is custom tee shirts and other promotional clothing. They do printing for several organizations in the area, and will print one or hundreds,

whatever your needs are. Nikki Knutson said, “They were so easy to work with when we had customized tee shirts made for the boys football moms.”

But that’s not all! From time to time, Andrea will host special events including their yearly Anniversary Celebration, Birthday Bash, and Black Friday. During these events Andrea likes to include other local businesses like Alisha Sweet Treats, Poppy & June permanent jewelry, Coffee Creek Espresso, and others to come. And if you are lucky you may get to meet the junior executives, Oliver, age 5, and Kaden, age 2. Baby Maxson completes the family so you may be overwhelmed with cuteness while visiting, or occasionally during the Live Sales!

So, come on down and meet the crew! Its a beautiful shop, and you are likely to find something you need! And tell them Cheri sent you.

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West Concord Fire Department Members Take the Plunge



The West Concord Fire Department had seven members and six family join them in the Polar Plunge on February 8th. They raised just over \$2,000 in the event.



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Rural Finance Authority Declares Emergency Due to Animal Disease Outbreaks

The declaration allows eligible farmers to apply for zero-interest loans

The Minnesota Department of Agriculture's Rural Finance Authority (RFA) Board has declared an emergency for three animal diseases: avian Metapneumovirus (aMPV), highly pathogenic avian influenza (HPAI), and the H5N1 flu virus. This makes zero-interest Disaster Recovery Loans available for Minnesota farmers whose operations have sustained livestock losses due to the diseases from February 12, 2025 to February 12, 2026. "The RFA Board's declaration is an important step in helping Minnesota farmers af-

ected by these three animal health diseases," said Minnesota Agriculture Commissioner Thom Petersen. "I encourage those who have faced livestock losses to explore these zero-interest loans."

aMPV is a highly infectious respiratory disease affecting poultry. It causes significant immunosuppression in birds which leads to secondary infections and often high mortality. Minnesota has reported 871 aMPV positive tests since April 2024, which is likely an undercount of actual cases across the state. The disease is a burden to producers who lose birds and have no means of financial support like they do with HPAI and other diseases.

HPAI is a contagious viral disease of domestic and wild birds and is fatal. It's a major threat to the poultry industry, animal health, trade, and the economy worldwide. The first cases of the current HPAI outbreak in Minnesota were confirmed in March 2022. Since then, there have been 185 cases affecting 9.1 million Minnesota domestic birds, mostly turkeys. There have been four HPAI cases reported in 2025.

H5N1, the same virus that causes HPAI in

poultry, can also affect dairy cows and other animals; however, it rarely kills cows. The H5N1 outbreak in dairy cattle appeared in a Texas dairy in March 2024. The first Minnesota case appeared in June 2024. No cases have been reported in 2025.

The Disaster Recovery Loan Program offers affordable financing to support Minnesota farmers after declared disasters or hardship events, such as animal disease outbreaks. These funds are available to farmers for expenses not covered by insurance, including replacement of flocks or livestock, building improvements, or to cover the loss

of revenue when the replacement, improvements, or revenue loss is due to the confirmed presence of one of the three animal diseases. Eligible farmers will work with their local lender to secure the loans from the RFA.

The Minnesota Department of Agriculture's Rural Finance Authority is the state's agricultural lender with a mission to develop farm resources. RFA offers low-interest loan programs for a variety of farm activities

More information, including full eligibility requirements, can be found on the Disaster Recovery Loan Program webpage.

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How Can I Remove Plaque from My Dog's Teeth?

We love our dogs and many of us won't say no to puppy smooches – but to be fair, not all furballs have the freshest breath out there. If your dog has bad-smelling breath, the culprit might be plaque buildup and the bacteria overgrowth that comes with it. We all know that bacteria are responsible for all things smelly, and when it comes to oral hygiene, the reason why bacteria are there in the first place is bits of leftover food that slowly but surely turn into tartar on your pet's teeth. The best way to prevent plaque on a dog's teeth is to brush them, but what about existing buildup? How can you remove plaque from your dog's teeth at home – or is it something that has to be done professionally? Here's what you need to know about plaque and tartar and how best to remove them.

Maintaining good dental health in dogs is crucial for their overall well-being. Addressing plaque in your dog's teeth is not just about maintaining a bright smile; it's a key aspect that contributes to their overall health, happiness, and longevity. Regular dental care is an investment in your dog's well-being that pays off in various ways - it's sure way to prevent dental diseases such as gingivitis and periodontitis, eliminate bad breath odor, avoid tooth decay and loss, and maintain your dog's good appetite. After all, dogs depend on their teeth to eat properly. Just imagine the effect of bad or missing teeth. Unchewed food, indigestion, vomiting – the list is long. So it goes a long way to act on this ahead of time and prevent tartar buildup and remove any existing one. Here are just a few tips to consider when dealing with persistent dog teeth plaque:

Prevent Buildup With Regular Brushing

Dogs need to brush their teeth just like us! They'll need your help to do it, of course. Remember that it is never too late to start. Start slowly and gently with short brushing sessions, gradually increasing the time as your dog becomes more comfortable. Of course, you should use a toothbrush that is designed specifically for dogs or a similar fingerbrush. The toothpaste also needs to be for dogs only (never use human toothpaste as it may contain ingredients harmful to dogs).

Offer Raw Bones

Including raw meaty bones in your pet's diet can be a natural and healthy way to remove plaque. However, you should be cautious and choose appropriate-sized bones to avoid choking or dental damage. Remember that bones can splinter, so exercise caution. Another thing to keep in mind is to source the raw bones from trusted suppliers to reduce the risk of salmonella.

Use Dental Chews and Toys

You should stock up on special dental chews and toys for dogs that are meant to be chewed and gnawed on. Such toys and yummy treats are especially useful for fighting plaque, essentially not allowing it to build up. Look for products with ridges or textures that are particularly efficient in this role.

Professional Dental Cleaning:


If all else fails, you should explore the option of a professional tooth cleaning service. Sometimes, the plaque is too severe to be treated at home and requires the use of dental tools that can be only found at a vet's office. In most cases, your dog will also be sedated for the duration of the process so you don't have to worry about them getting stressed – it's pain-free and can make a drastic change for the better.

In the end, remember to consult with your veterinarian if you are worried about the amount of plaque on your pet's teeth as they can provide guidance on the most suitable products and techniques for your specific dog. Regular veterinary check-ups are crucial for monitoring your dog's oral health and addressing any dental issues promptly so don't skip them!



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Choosing a Camp: A Simple Guide for Parents



By Brian Kettering, Director of Day Camps at Camp Victory
Zumbro Falls, MN

Living in the age of information, it can feel like options for everything are abundant, perhaps even to a paralyzing degree. There are dozens of subscription services you can sign up for, everything from televisions shows to groceries to coffee to video games, it's all out there. There are different news media outlets all reporting the same event but presenting it in a totally different way. There are different auto parts stores all selling the same parts, often in the same strip mall. Restaurants

that both sell burgers but with a little unique twist, within the same driving distance from your house. Public school, private school, or homeschool? What's the difference between pasture-raised and grass-fed? Are they Baptist or Presbyterian? Do you want 1%, 2%, whole milk, or half-and-half in that drink, sir?

If reading those questions got your heart pumping a little bit thinking of all the different decisions you have to make on a daily basis, fear not. When choosing a summer camp for your children, you don't need to be paralyzed by choice. Here are three helpful things to look for in a summer camp to determine whether or not that camp is offering a quality program fit for your family.

The first one is safety. Sending your kids away, whether for a day or for a week, can be a scary thing. Something that helps alleviate some of that anxiety is having a certain level of trust in a camp's policies for hiring, training, program setup, and handling of emergency situations. One thing that can be helpful to look for is certification from accreditation boards. Organizations like the American Camping Association (ACA) have very thorough and often rigid guidelines a camp must live up to in order to maintain accreditation. These guidelines include standards for everything from the kitchen to the waterfront, ensuring that operations at a camp are consistent and safe. Some camps require very thorough background checks and lengthy interview processes for potential counselor hires, as well as extensive training

on camper safety through organizations like MinistrySafe. Camps may also choose to certify their lifeguards through a Bonafide lifeguard training program such as one through the Red Cross. Kitchens at camps may also be licensed by the state, requiring regular inspections from the state Health Department. Certifications from all of these organizations should help ease the mind of a worried parent as it becomes clear that the camp really is concerned about safety. Most camps can explain their processes for all of these things if you simply give their office a call!

The next thing to look for is value. "Is my kid going to get my money's worth out of this camp?" This question will almost always come up when considering summer camp options for your children. One of the best things you can do to get a head start on this question is to look at the prices of several different camps within a reasonable driving distance and make some comparisons. However, as with any product, cheap does not always mean good. Scan the website of a camp and see if you can find a sample of a daily schedule anywhere. This may help you determine whether or not a camp offers a reasonable number of the things you care about. If you value an educational camp experience, see how much time a day is spent on educational programming. If you value fun activities, pay attention to the number of activity rotations that are on the schedule. If you value a spiritual or religious experience, see about chapel, memory verse, or devotional times in the schedule. Once you've deter-

mined which camps will offer you the things that matter most at a price you can appreciate, you'll be ready for number three, which is...

Fun. Is my camper going to have fun? Are they going to make friends? Are their counselors going to make them feel welcome? Will they come home singing and dancing and droning on and on about how their day or week at camp was the best time of their lives? While it's nearly impossible to predict exactly what an individual's experience somewhere new will be, there are some signs you can be looking for to determine whether or not a camp's summer programs will be fun. Take a look at a camp's social media page and ask yourself the following questions. Do the staff look excited? Are the children smiling? How much singing and dancing do you see in the videos? Does the property look vibrant, green, and alive? Sure, these things can be easy to capture and edit down to their pinnacle moment in media, but if you're still not sure, see if the camp you're considering has any open house events you can come to. Many camps offer events year-round, some in the spring and some in the fall. Stop by the camp on one of those days and ask yourself the same questions, but in the real setting.

Hopefully once you've considered all of these things, you'll be ready to send your child to camp this year with confidence and peace of mind!

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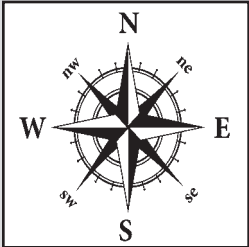
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Changes in Latitudes, Changes in Attitudes

Red Wing Pottery



By Terry Campbell

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

I have had this Red Wing crock around the farm for most of my life. I remember when my parents got it. It was in October of 1968. Our neighbors, Lester & Lillian Derby, had a farm auction since they were retiring from farming and moving into town. I got to skip school and go with my dad to the auction. It was a magical time for an eleven year-old boy, as I always enjoyed farm auctions. Most of the farmers from the neighborhood were there and the mood was quite upbeat and kind

of festive. And the Concord Church of Christ ladies had a lunch kitchen set up in the old tin shed across from the barn, serving sloppy joes, kool-aid and chocolate frosted brownie bars.

My parents bought quite a number of things at the auction that day, and this 15 gallon Red Wing crock was just one of them. But it has stuck in my mind and for some reason has remained on the farm for the last fifty-six years. I was always aware of the town of Red Wing, just 45 minutes to the north-east of the farm because of the Red Wing Pottery and the Red Wing work boots we wore. The town as named after a great Dakotah Nation chief who had befriended the first settlers who moved there. The native Indians hunted the bluffs and fished along the shores of what is now Lake Pepin, long before the first French Voyageurs set foot there in 1680.

In 1861, John Paul, a German immigrant moved to Red Wing and discovered a rich pocket of clay on the land that he intended to farm. A potter by trade, he used this clay to make the first Red Wing stoneware. In the early days settlers needed stoneware crocks and jugs for safe food and beverage storage. Large crocks up to fifty gallons were used for storing vegetables and pickling foods. They had wire handles on the sides and a wooden lid with a bail to secure the top.

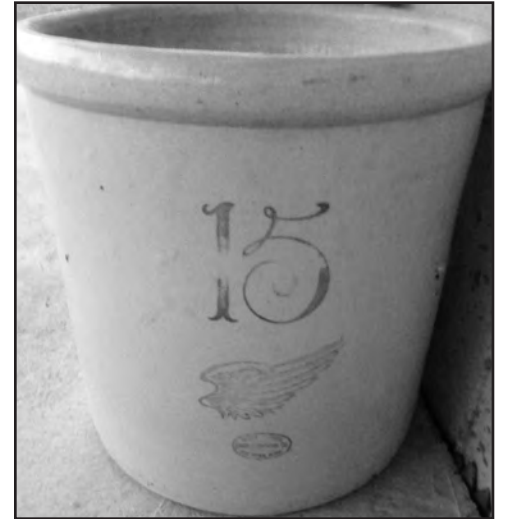
Every home and business had a water crock for drinking water and crocks of all sizes were used to store lard, butter, eggs, salted meats, eggs and vegetables. Stores and manufacturing businesses used the crocks to hold liquids and chemicals needed for their daily operations. The largest crock known was an

eighty-gallon size.

The early stoneware was colored because they were fired by wood and coal and the soot and ash would discolor the pottery. By 1895 the kilns were converted to oil heat so it was possible to produce white glazed stoneware.

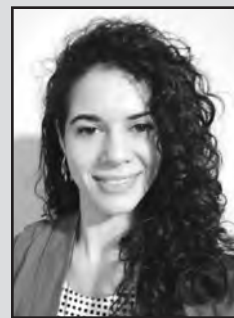
As towns and cities grew and installed sewer systems the demand increased to include manufacturing ceramic drain pipes. The production in Red Wing grew at a rapid rate. By 1906 there were at least four companies producing stoneware and sewer pipes in Red Wing. Over time competition from established eastern kilns and the invention of the refrigerator caused the decline of the Red Wing stoneware. By 1936 there was only one company left producing stoneware in Red Wing and it took the name of Red Wing Potteries. The product line was reduced to flower pots and vases and lunch and dinner ware.

So, the Red Wing crock doesn't hold anything but memories any longer, but when I



see it, I am reminded of a wealth of old friends, family and people from days long gone by.

A Minnesotan: The Problem With Geese



By RosaLin Alcoser

There is nothing I fear more on this earth than geese... well maybe snakes, but geese are the more immediate threat. Because here in Minnesota geese are everywhere.

Geese are at the park, in the parking lot, on the sidewalks, and even standing in the middle of the freeway in some cases- like they own the place.

It started out when I was a small child and the geese would chase me around the park honking. Since I was about the same size as them I guess it made sense that they were going after me.

Thankfully in response to these attacks my sister would chase the geese away from me so that I was not mauled to death by a goose at age six.

However, it did not stop as I got older. To this day geese will still chase me if given the chance. Now I can out run the geese or

avoid them all together.

When I was in community college in Rochester the geese that would hang out on campus would chase me across the campus on an almost daily basis. Which my mother did not believe was happening until she saw me take off running at the sound of 'Honk! Honk!' and a flock of geese start charging at me.

Don't worry I made it to the car before the geese caught up to me and lived to tell the tale.

My fear is not just limited to geese either. It does extend to water brands as a whole. I have also been attacked by ducks and gulls. The only reason the loons, swans and crane have not gotten to me is because I am not fool enough to go anywhere close to them after the incident with the duck.

A couple years later when I was in University back south I was at the park with some friends. We were sitting on a bench watching the ducks, but not doing anything to the ducks. When a duck walked up to me and bit me on the leg with its serrated beak.

While ducks do not have teeth it does hurt when they bite you with their serrated beaks.

It is because of that duck and many, many geese that I now stay clear of all water birds. As I now live under the belief that if I give them space they just might not try to kill me... or at least not have the opportunity to.

P.S. as I write this two ducks have landed on my patio and taunted me with their serrated beaks.



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SENIOR SPOTLIGHT

FAMILY

Carly Landsteiner is a senior at Triton High School. Her parents are Whitney & David Landsteiner. She has one brother, Chace and two sisters, Avery & Alivia.

ACTIVITIES

She is active in JFK dance.

HOBBIES

Outside of school she enjoys hanging out with her friends. Her pastimes are listening to music, going to concerts, traveling and shopping. She likes pop and country music and her favorite artists are Taylor Swift, Noah Kahan and Morgan Wallen.

FUTURE PLANS

After graduation she plans to attend Winona State University and major in Radiography.

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Alcohol Consumption; Vitamin D Essential; Covid Vaccine News



By Shauna Burshem, D.C.

It seems the way we think about alcohol consumption may be on the verge of a major shift. According to U.S. Surgeon General Vivek Murthy and a recently released report, alcohol is now officially linked to seven types of cancer, including breast, liver, and colorectal cancers. Interestingly—and quite frankly, shockingly—around 16.4% of breast cancer cases can be attributed to alcohol consumption. To top it off, alcohol is now considered the third-leading cause of cancer in the United States, trailing just behind tobacco and obesity. Many people will wonder how could something as socially normalized and celebrated as a glass of wine at dinner or a beer at a party carry such a heavy risk, and yet so many of us remain completely unaware? Currently, alcohol labels simply warn about risks like birth defects and impairment, but they completely leave out the potential cancer connection. Surgeon General Murthy and health experts are pushing for new warning labels and updated drinking guidelines to educate the public. Think about it—what if we could save lives simply by adding a line of text on a bottle? It feels like a small change with monumental potential. Women, in particular, face greater risks even with smaller amounts of alcohol due to biological factors. The bright side? Experts say cutting back even now

could reduce future risks and, in some cases, reverse harmful effects. Personally, I enjoy having a few beers on the weekend. While experts point out that some damage from drinking can be reversible, they also stress that cutting back can significantly reduce future risks. This isn't about demonizing beer or alcohol; it's about being informed and making mindful choices. If updated labels and federal guidelines help create awareness, we all stand to benefit, ensuring that what we enjoy in moderation doesn't silently harm us in the long run. In the last couple years, I have mindfully cut back on my beer consumption, limiting myself to just a few a week. I started doing this as these research reports started to trickle out. Now, with the recent news reports, if you're like me, a little awareness might just change how you approach your next drink.

Vitamin D deficiency is an often-overlooked concern that impacts nearly 40% of Americans. Fatigue, muscle aches, frequent colds, and even feeling down can all be signs of low vitamin D, but many misinterpret these issues as something else. These seemingly minor symptoms can point to deeper health challenges if ignored for too long. Keeping vitamin D levels within the ideal range of 60-80 ng/mL is key to staying healthy and warding off chronic conditions.

Getting outside for just 10-20 minutes a day without sunscreen is one of the easiest ways to boost your vitamin D naturally. However, for those who can't spend time in the sun daily, or for individuals with darker skin tones or diets low in fatty fish, fortified dairy, or egg yolks, supplements can be a lifesaver. Adding foods rich in magnesium, like spinach and nuts, can also support how the body uses vitamin D, enhancing its impact. The ideal D3 dose in the wintertime is 35 per units per pound of bodyweight, plus 100-200 units of vitamin K2. For example, a 160lb person should take 5600 units of D3 daily in the winter.

Healthy vitamin D levels do so much more than strengthen bones—they also lower the risk of serious illnesses like heart disease, cancer, and autoimmune disorders. Regular blood tests are the best way to monitor your levels and make adjustments if needed. A combination of sunlight, a nutrient-packed diet, and supplements can make a huge difference in your health, protecting you from potential long-term problems while helping you feel your best every day.

COVID-19 VACCINE NEWS: A peer-reviewed study conducted by high school students at an FDA lab has uncovered some pretty startling details about Pfizer's mRNA COVID-19 vaccine. Yes, you heard that right—high school students. These young researchers, working under the guidance of FDA scientists, took a deep dive into the vaccine and confirmed something concerning. The study, which got published on Dec. 29, 2024, in *The Journal of High School Science*, found that Pfizer's mRNA vaccine contains levels of residual DNA contamination way higher than what's considered safe—6 to 470 times over the regulatory limits, to be precise. The students tested two separate batches of the vaccine and found “residual DNA to a level that exceeds 10 nanograms per dose.” To put it in perspective, anything beyond this limit raises eyebrows, and these results shot way past that threshold. Now, what does this mean exactly? That part is still a bit of a mystery. According to the study, the impact of these leftover DNA fragments on health isn't fully understood yet. But here's where it gets serious—the researchers noted these DNA fragments could cause something called “insertional mutagenesis,” a fancy term for DNA mutations that might lead to cancer. This revelation was first brought to light by Maryanne Demasi, Ph.D., an investigative medical journalist. To me, it's impressive and fascinating that high school students, while under the mentorship of FDA scientists, made such a critical discovery. It just goes to show, sometimes the biggest insights come from the least expected places.

Keeping our kids healthy and free from injuries while they play winter sports is an absolute must. Chiropractic care can be a valuable addition to their warmup and recovery routines, offering another layer of protection and performance enhancement for young athletes—and their proud parents. I'd love to share why I personally believe chiropractic care is a game-changer for winter sports. Whether your little ones are zooming down the slopes, gliding gracefully on ice, or powering through cross-country trails, keeping their bodies in top shape matters more than you think. Regular chiropractic care works hand in hand with things like warmups and cool-down stretches to set the stage for fewer injuries, better performance, and faster recovery times. Honestly, the benefits go beyond just the kids—families can see the difference too! Here's why I think incorporating chiropractic care into your winter sports routine is so crucial. Take balance and coordination, for instance. When your kids are on skis or snowboards, the ability to control their movements is everything. That effortless glide? It's no accident. Spinal adjustments, which enhance the body's natural ability to sense its position (proprioception), can really elevate performance in big ways. And let's not forget the importance of injury prevention. When the spine and joints are in proper alignment, the risk of sprains or strains can drop dramatically. Add in faster recovery from falls, improved flexibility, and even better strength, and this is why chiropractic care, kids and winter sports go hand in hand.

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

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Food and Mood



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

We are all familiar with the concept of “comfort food.” When you want to celebrate, or you want to introduce some happy experience into a day that has been challenging then you may be choosing a “comfort food” to enjoy. A short list of those items we enjoy

may include chocolate, cheese, coffee, alcohol, soft drinks, candy, chips, pie or cake. We each have a deep, emotional connection with food, which can be positive or negative. How does food affect mood?

In a recent blog post, “Could Diet Alter Your Personality,” Dr. Austin Perlmutter presents some of the current research identifying how the foods we eat can impact how we engage with life. This may not be too hard to understand when you consider how you express yourself when you are not feeling well. You do not have a lot of energy. You do not want to start a new project. You may isolate yourself. So, if a person consistently expresses these traits without a short-term illness, what is influencing how they feel, which results in these personality traits? Perlmutter suggests we take a look at what we eat.

All the food we consume passes through the gut, which is also called “the second brain.” The gut is “the second brain” because many of the proteins and hormones that influence brain activity are produced in your gut. The more quality whole foods you consume, the more helpful hormones are produced. Many of the signals produced in the gut are made by the bacteria that live in the intestines. These bacteria produce chemicals that are associated with reduced anxiety, decreased depression, and less irritability. The connection between the gut and our thinking has been clearly documented by Dr. Natasha McBride in “Gut and Psychology Syndrome (GAPS).” Dr. McBride has demonstrated

with the GAPS protocol how improving the quality of food going into the gut transforms how we think.

Our mind is constantly receiving input from our surroundings. The food we consume is one of those inputs. Headaches, brain fog, and irritability can be signs of inflammation caused by the food eaten. An inflamed brain is not able to process information effectively resulting in poor choices, outbursts, or isolation. A Health and Retirement study published in 2023 evaluated 4,364 participants for inflammation and their thinking abilities. Low levels of inflammation were associated with greater openness, better thinking and more agreeableness. Higher levels of inflammation have been associated with depression and dementia. Consequently, our food choices can greatly affect our thinking and the mood we express.

We can help our brain to function at optimal levels with quality nutrient sources. Wild caught salmon, extra virgin olive oil, cod liver oil, and walnuts are all great sources of omega-3 fatty acids, which the brain uses to make new connections. Decreasing sugar sources like soft drinks, fruit juice, white sugar, and corn syrup will help reduce inflammation so the brain can work more efficiently. High sugar intake is a challenge for many Americans, not only affecting their mood but also increasing the risk of diabetes. The brain functions best with the right balance of proteins, fats, and sugars.

The right balance of nutrients promotes neuroplasticity, which is the description of

how the brain can make new connections and improve physical abilities in the body. The brain is making new connections every time we think through a process, learn a new skill, or make a new memory. Young people make new connections very quickly, which means a quality food plan is especially important in these years. Helping a young person recognize those foods that sustain good brain activity will help them engage in a positive way with their surroundings and help them to thrive for the rest of their life.

As an aid to support your quality food plan, I will host a special series “What Mothers Want to Know” in the month of March focusing on the health questions moms ask most and providing the answers to their questions. An answer to a specific question will be delivered to the participant’s email address each day during the month of March. Thirty questions will be addressed in thirty days. You may send a question to nutritionproportion@gmail.com. You can register to receive the email series in March by sending me your email address where you want the answers sent.

You can also contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

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FAMILY

Cooper Vermilyea is a senior at Triton High School. His parents are Amanda & Brandon Vermilyea. He has one brother, Casey and two sisters, Cami and Colby.

ACTIVITIES

He is active in MHS.

HOBBIES

In his sparetime he enjoys fishing, lifting, sports, tv shows, video games and playing with dogs. His favorite music is Rap/HipHop, and artists Kid Cudi, Iann Dior and actors Adam Sandler, Wentworth Miller and Ryan Gosling. His favorite tv shows are Dexter & Breaking Bad and the movies Hustle and Interstellar.

FUTURE PLANS

After graduation he plans to attend Winona State.

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7. "Or ____?"
8. *Cupid" singer (2 words)
9. Russia's Terrible one, e.g.
10. Pearl Harbor island
11. Between Fla. and Miss.
13. Ship's floating wreckage
14. Afrikaners' ancestors
19. Group of nine singers
22. For each
23. All over the internet
24. Possible allergic reaction
25. Lassooed
26. *Baby's breath's partner
27. Writing vocabulary, e.g.
28. *Cupid's mom
29. Black tie ____
32. Snob
33. Gymnast's goal
36. *a.k.a. "love hormone"
38. Deck alternative
40. Chicago baseballer
41. Defrauds
44. Explosion
46. Pleasing notes succession
48. At the same time
49. Too much egg middle
50. Newspaper piece
51. Five and ____
52. Staff leader
53. Heavenly glow
54. Think, archaically speaking
55. Sport spectator's TV acronym
56. Before, old English

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February 23rd Fundraiser for 8th Grade Trip

By Cheri Roshon

This weekend, February 23rd, there is a breakfast scheduled at the Dodge Center Legion to help raise funds for the Triton 8th Grade trip to Washington. The breakfast will be held from 9am to 1pm and the cost is \$7.00 for adults and \$5.00 for kids. Other fundraisers in the coming months include on March 7th there will be a Family Trivia Night at the Dodge Center Legion. On March 21st there is a Wine Tasting at the Dodge Center Legion. They will be selling brats and hot dogs at the Business Expo on Saturday March 29th and on April 11th a Burger Night is planned.

For 8th graders, a visit to Washington, D.C. is more than just a field trip, it's an unforgettable experience that brings history, government, and culture to life. This exciting journey takes students on a hands-on exploration of some of the most significant sites in American history, from battlefields to national landmarks, providing a deeper appreciation for the nation's past and present.

The adventure kicks off with a pizza party and pool time at a hotel in Ohio, giving students a chance to relax and bond before diving into history. The next morning, they visit the Flight 93 National Memorial in the Appalachian Mountains, where they will learn about the heroic passengers who fought back during the 9/11 attacks. This stop is a powerful reminder of courage and sacrifice. Next, students travel to Gettysburg, one of the most important battlefields of the Civil War. They'll explore the Gettysburg Visitor Center and Cyclorama, participate in the "Heroes of Gettysburg" evening battlefield walk, and gain a deeper understanding of the soldiers who

fought there. The following day includes a guided tour of the Gettysburg Battlefield National Military Park, a visit to the National Cemetery where President Lincoln gave his famous Gettysburg Address, and lunch at the historic Farmhouse Restaurant.

Before heading to Washington, students will also explore Monticello, the beautiful home of Thomas Jefferson, and stop by the National Museum of the Marine Corps in Quantico, where they will learn about the bravery and dedication of U.S. Marines. Upon arriving in the nation's capital, students will embark on an illuminated nighttime tour, seeing iconic landmarks like the U.S. Capitol, Jefferson Memorial, FDR Memorial, Martin Luther King Jr. Memorial, Lincoln Memorial, and Korean War Memorial—a breathtaking way to introduce them to the city.

Over the next few days, students will experience history firsthand. They will take a walking tour of Arlington National Cemetery, witness the Changing of the Guard at the Tomb of the Unknown Soldier, and participate in a wreath-laying ceremony—a powerful and moving tribute to the nation's fallen heroes. They will also visit the Iwo Jima Marine Memorial, honoring the bravery of U.S. servicemen.

The trip includes a tour of Capitol Hill, a stroll past the White House, and a special dinner and theater performance for a taste of culture and entertainment. One of the highlights is a visit to Mount Vernon, George Washington's historic estate, where students will learn about the first president's life and leadership. No visit to D.C. would be com-



plete without exploring the Smithsonian museums. Students will visit the National Air and Space Museum, the National Museum of American History, and the National Museum of the American Indian, where they will encounter incredible artifacts and exhibits that bring history and science to life. The excitement continues with a riverboat dinner and dance cruise on the Potomac River, giving students a chance to celebrate their unforgettable journey with music, food, and fun on the water.

The final day of the trip is filled with meaningful visits to some of the most poignant sites in Washington, D.C. Students will stop at the Lincoln Memorial, Vietnam Veterans Memorial, and World War II Memorial, reflecting on the sacrifices made throughout history. They will also visit the Holocaust Museum, a powerful and emotional experience that teaches the importance of remembrance and understanding.

Before heading home, students will make one last stop at the Smithsonian National Museum of Natural History and the National Museum of American History, where they can see the Star-Spangled Banner, Abraham Lincoln's top hat, and more fascinating artifacts that define the American story.

This unforgettable trip provides students

with a deeper appreciation for American history, government, and culture. Walking in the footsteps of past leaders, witnessing the power of democracy in action, and exploring the sacrifices made for freedom will leave a lasting impression on every student. More than just a tour, this journey is an experience that brings learning to life, shaping the way young minds understand their country and its history.

Of course, an experience like this comes with a cost—\$1,970 per student. To make the trip accessible, families are actively fundraising through community events like Burger Nights and Breakfast Sundays at local American Legions in Dodge Center, a cash raffle with a \$1,500 grand prize, chocolate bar sales, Hegge's Pizza sales, Family Trivia Night and Kwik Trip car wash tickets. Cash donations are also welcome to help students achieve their goal.

For those interested in supporting this incredible educational opportunity, please contact Mandy Cain 507-259-6775. More information can also be found on the school's website at www.tritonschools.org. All donors—individuals and businesses—will be recognized in a special "Triton Thanks You" article at the end of the school year.

Benefit for Michaela



The West Concord Fire Department held a benefit French Toast Breakfast for one of their members on Sunday February 9th from 7am to 1pm. Michaela Neuzil, who had recently started her chiropractic business in West Concord, was injured in an ATV rollover accident on January 31st. Michaela suffered serious injuries, including a spinal injury and required two surgeries and is facing a long road to recovery.

All funds raised go towards her medical expenses. If you wish to donate you may send a check to the WCFD Relief Association, P.O. Box 586 West Concord, MN 55985. Put Michaela in the check memo.

Dodge County partners with Reuse Minnesota to launch Fix-It Clinics

MANTORVILLE, MN – Do you have a knack for fixing, tinkering, or mending items? Dodge County, in partnership with Reuse Minnesota, invites volunteers to participate in upcoming Fix-It Clinics aimed at helping residents repair their items, reduce waste, and share valuable skills within the community.

The Fix-It Clinics will be co-hosted by Dodge County along with four regional partners across Greater Minnesota. Volunteers with skills in fixing, mending, carpentry, or general event support are encouraged to join and make these clinics a success.

The partners include:

- Chisago County
- Dodge County
- Olmsted County

- Pope/Douglas Solid Waste Management
- Stearns History Museum

The clinics will take place approximately once a quarter, with the possibility of increasing the frequency in the future. If you're interested in volunteering your skills or assisting with event needs, please fill out the volunteer interest form: <https://forms.gle/XUf1tSjBD6onsVws9>. Youth under 18 are welcome to get involved with adult supervision, and adults can submit a form for any interested youth.

This initiative is supported by a Statewide Waste Reduction and Reuse grant from the Minnesota Pollution Control Agency.

For more information, please contact Reuse Minnesota at fixit@reusemn.org.

Dry.... WHAT?

(continued from page 1)

Well, I was tipped off a while back that Dr. Klein in Dodge Center was a chiropractor that goes beyond "normal" therapies, and really knows his stuff. To my great pleasure, I found this tip to be right on. Dr. Klein is as curious about alternative therapies as I am, and that says a lot!

We as a society are conditioned to do what others do. I find this to be lacking in a whole host of ways. Our traditional American Medical Association model of health has been around for about 200 years. What did people do before Louie Pasteur invented penicillin, or before doctors understood that hand washing was the way to stop the spread of disease? While some practices, such as drilling a hole in the head to release the demons causing headaches, were not really viable, herbs and other remedies and practices saved many from early death. Bodies are a miracle, and so full of information as to how to heal, that further investigation into "alternative" practices is a valuable option. This article shares an option that I have been using with much success for many years, that not many know about, so let's dive right in!

Dr. Klein at Dodge Center Chiropractic re-

cently completed training in Dry Needling and is enjoying the great results seen from this excellent therapeutic modality.

Read on to learn more about Dry Needling and how it may benefit you!

Dry Needling in Chiropractic Practice

Dry needling is an innovative and effective therapeutic technique increasingly utilized in chiropractic care to address musculoskeletal pain and dysfunction. By integrating dry needling

into their practices, chiropractors offer patients a comprehensive approach to pain relief and functional improvement. This article delves into the principles, benefits, and applications of dry needling in a chiropractic setting.

Understanding Dry Needling

Dry needling involves the insertion of fine, filiform needles into specific points in the muscle tissue, commonly known as "trigger points." These trigger points are tight bands or knots in the muscle that can cause local or referred pain, restrict movement, and contribute to dysfunction.

Unlike acupuncture, which is rooted in traditional Chinese medicine and focuses on balancing the body's energy or Qi, dry needling is based on Western medical principles and targets the neuromuscular system directly.

When a needle is inserted into a trigger point, it can elicit a local twitch response—an involuntary contraction of the muscle fibers. This response is believed to release tension, reduce inflammation, and improve blood flow to the area, facilitating the body's

natural healing processes. Additionally, dry needling can help modulate pain by influencing the nervous system, effectively "re-training" how the body perceives and processes pain signals.

Benefits of Dry Needling in Chiropractic Care

Incorporating dry needling into chiropractic care offers several advantages:

1. Enhanced Pain Relief: Dry needling targets and relieves trigger points, which are often a source of chronic or acute pain. It complements chiropractic adjustments by addressing soft tissue dysfunctions that contribute to pain.

2. Improved Range of Motion: By releasing muscle tightness and improving blood flow, dry needling can enhance flexibility and restore normal movement patterns, crucial for injury recovery and prevention.

3. Faster Recovery: Athletes and active individuals benefit from dry needling as it accelerates recovery by reducing muscle soreness and improving tissue healing.

4. Customizable Treatment: Chiropractors can integrate dry needling with other modalities such as spinal adjustments, therapeutic exercises, and manual therapy to provide personalized care.

Common Applications in Chiropractic Practice

Chiropractors often use dry needling to treat a variety of conditions, including:

Chronic pain syndromes: Conditions like fibromyalgia, tension headaches, and myofascial pain syndrome respond well to trigger point release.

Sports injuries: Sprains, strains, and over-

use injuries benefit from improved muscle function and reduced inflammation.

Postural issues: Poor posture can lead to muscle imbalances and trigger points, which dry needling can address effectively.

Joint dysfunction: By alleviating muscular tension around joints, dry needling can enhance the effectiveness of chiropractic adjustments.

Safety and Considerations

Dry needling is generally considered safe when performed by a licensed and trained chiropractor. Patients may experience mild soreness or bruising at the needling sites, but these effects are temporary. Before starting treatment, chiropractors thoroughly evaluate each patient to determine whether dry needling is appropriate for their condition.

Conclusion

Dry needling has become a valuable addition to your care at Dodge Center Chiropractic, offering targeted relief for musculoskeletal pain and dysfunction. By addressing the root causes of pain and enhancing the effectiveness of other chiropractic treatments, this technique provides a holistic solution for patients seeking improved mobility, pain relief, and overall wellness. As the field of chiropractic care continues to evolve, dry needling stands out as a versatile and evidence-based therapy that empowers patients to achieve optimal health and function.

So, there you have it! If you are interested in checking out Dr. Klein's newest addition to his practice, give him a call at 507-374-6742 to see if dry needling will help you! And of course, tell him Cheri sent you!

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Alyssa Mulder is a
senior at
Triton High School.
Her parents are
Dave and Aimee
Mulder.

She has one old
brother, Kady and a
younger sister Kylei.

ACTIVITIES
She is active
in FCA and
Triton Golf.

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HOBBIES

Outside of school she is active in the Youth Group
at Rochester Assemblies of God.
Her pastimes are spending time with family and
friends, listening to music, writing poetry and hand
knitting blankets.
She enjoys Country and Christian music (her favorite
action movies (favorites are Hack Saw Ridge and
Footloose 2011 version) her favorite actors are
Mark Wahlberg and Adam Sandler.
Her favorite music artists are Gospel Singer
Brandon Lake and Chris Stapleton.

FUTURE PLANS

After graduation she plans to attend
Minnesota School of Ministries at
attain her ministry credentials and
become a youth pastor.

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Letter to the Editor

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

Letter-to-the-Editor:

Do you want lead in your drinking water?

Raise your hand if you want lead in your water. No hands? We thought so.

Congress Moves to Repeal Lead Limits Imposed by Biden-Era Rules

Congress is attempting to repeal the Biden administration's groundbreaking rules that require all the country's very old lead pipes to be replaced over the next 13 years and to lower the limit of lead in water. The repeal, if successful, would in effect prohibit the government from ever requiring lead line replacement in the future, or lowering lead limits. The rule is being targeted via the Congressional Review Act (CRA), which gives Congress and incoming administrations 60 legislative days to consider undoing any last-minute rules implemented by a previous administration. Already, legislators have introduced a resolution that is the first step in CRA repeals. While the deal is not done and requires congressional approval, repealing the rule through the CRA is filibuster-proof. The EPA estimated the stricter standard will prevent up to 900,000 infants from having low birthweight, save about 200,000 IQ points in children and avoid up to 1,500 premature

deaths annually from heart disease. However, the water utility and chemical industries lobbied hard against the lead rules, claiming they "are not feasible," and a water utility industry lobbyist was nominated to help lead the EPA's water division. Polling has found lead replacement rules have a 90% approval rating among all Americans.

Yes, we are among that 90% and it's likely you are, too. WHY? The new Congress needs to rethink its priorities. No American, especially a baby or child, should be made to suffer from higher lead levels in their drinking water.

Brad Trom,
Dodge County Concerned Citizens,
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As older adults age, they may need extra support. Assisted living can be an excellent solution, since residents can get help with some daily activities while still living independently. If your parent is going through that transition, it can be a stressful time for them and your family.

While quality care for your parent is invaluable, assisted living does come at a price — and it can be hard to fit those costs into your budget. The National Council on Aging reports that the average cost of assisted living in the United States is \$4,500 per month, or \$54,000 per year.

Location tends to be the most significant factor, with assisted living facilities in areas with a high cost of living being much more expensive than those in lower cost of living areas. "Within a specific area, costs may be affected by the quality and quantity of staff, particularly medical professionals, the caretaker-to-resident ratio, and the variety of activities, services, and amenities offered." Avoiding facilities with upscale amenities, like new pools or fitness centers, can help save money.

Most assisted living communities split their pricing into the base cost for a room and an additional charge for the level of care required. The cost of care is usually determined by the number of hours of assistance a resident will need each month.

It's helpful to understand your parent's care needs ahead of time, as communities price their services based on this, and the costs can vary widely depending on the level of support required. As a rough estimate, care typically adds about 25% to the base room rate. Memory care tends to cost around 40% more than standard assisted living.

If your parent doesn't have substantial care needs, they may be able to save money by choosing a facility that offers à la carte care pricing, rather than bundled service pricing. With that type of pricing, your parent will pay only for the care that they need, rather than additional services they won't use.

Room selection significantly impacts the total cost of assisted living. Choosing between a private or shared room is one of the most impactful decisions; private rooms offer more privacy and personal space but generally come at a higher cost, whereas shared rooms are a more budget-friendly option for those willing to share with a roommate.

The size and layout of a room can also impact costs. Studios and one-bedroom layouts are usually more affordable than larger or more private two-bedroom options. Additionally, the room's location within the facility can affect pricing. Rooms with scenic views, close access to dining areas, or added features like balconies or patios are often more expensive. Assisted living facilities in regions with lower housing costs, general expenses and property taxes tend to offer more affordable rates than those in high-cost urban or coastal areas. This cost difference can be substantial, making certain regions much more budget-friendly without sacrificing quality of care.

Government programs can potentially provide financial assistance with assisted living costs. For example, veterans and their spouses may qualify for the VA Aid and Attendance benefit to help cover long-term care costs, and some states offer Medicaid waivers that cover a portion of assisted living expenses for eligible low-income seniors.

Long-term care insurance can also be helpful, as policies will often cover some assisted living costs.

Assisted living costs typically rise annually, often in line with inflation. Additionally, if your parent's care needs increase, their rates will also climb.

To prepare, it's a good idea to choose a community where the base costs are well below your parent's monthly budget, leaving a cushion for these inevitable increases. If you plan ahead for future price increases and changing care needs, you can prevent future financial strain.



1st Semester 4.0 Distinction



Front row, pictured left to right: Jaden Holmes, Macy Klejeski, Corey Lilledahl, Spencer Rudesill, Cooper Vermilyea, Olivia Weber, Skyler Wrolstad, Ollie Akkerman, Rainey Dobbs, Cohen McNeilus, Landon Nauman, Pierce Petersohn. Back row, pictured left to right: Jack Fitzgerald, Ryann Heimer, Viktoriia Kundel, Mya Matejcek, Genevieve Starkson, Aidree Van Beek, Aaron Knutson, Abrielle Emanuel, Collin Louks, Maddison Maes, Aubrie Sanson. Not pictured: Giavanna Lundi, Alyssa Mulder, Elijah O'Keefe, Jade Scovill.

The Triton Chapter of the Minnesota Honor Society would like to recognize the following students for earning a 4.0 grade point average for the first semester. Congratulations on this tremendous accomplishment!

Cobra Communications



Craig Schlichting
Superintendent

The total amount of funding designated for public education during the last legislative session was regarded as historic. It may have been historic based on the amount, BUT it was not allocated to school districts to use for their own specific needs. Substantial funding was provided for free breakfast and lunch for all students, unemployment costs for hourly workers, and additional funding for special education in the form of an increased subsidy from 44% to 50%. Special Education should be funded at 100% as it is a mandate. There was an increase in the formula of 4% in 2023 and 2% in 2024-2025. While those increases are appreciated, they are not enough to keep up with the inflationary issues that are impacting schools. The money that was allocated toward education was historic, unfortunately, it came with many mandates.

Those increases came when there was a

historic fund balance of approximately 19 billion dollars. Now, we are waiting for the next projection to be released, which was dismal in November, and rumblings indicate that it will be worse in the next update that has been postponed until March. What does that mean for schools? Quite simply it means that school districts across the state will need to find ways to cut the district budget. With over 85% of our budget being salaries and benefits for employees, we will need to reduce staff to balance our budget.

This financial strain is further compounded by the number of unfunded or underfunded mandates that are required of public schools. An unfunded mandate is any policy or requirement that is created by legislation without sufficient funding to cover the cost of implementation. One example of an unfunded mandate is summer unemployment for hour wage-earners who do not work year-round. For the first two years, the state allocated \$135M toward unemployment payments for these staff, which was not enough to cover the projected expense until 2027 as the money has already been estimated to run out before this next summer is over. This will end up costing the Triton School District about \$50,000 each year.

Public school employees contribute to the Teachers Retirement Association for all certified and licensed staff. The contribution rate is increasing from 8.75% to 9.5%, with no state aid to help pay for it. For Triton this cost will be about \$45,000 each year.

Paid Family Medical Leave will be paid for through an employment tax of 0.7% on wages, with the costs allowed to be shared between the employers and employees. There is no state aid to support this increase for employers. For Triton School District, this increase will cost about \$28,000 each year.

There are several new curriculum requirements for school districts to adopt and implement, including personal finance, Civics, Mental Health, Ethnic Studies, Holocaust and Genocide, and Cannabis Use and Substance Abuse. There is no state aid to support the costs of curriculum materials and teacher training. The cost of those could easily reach \$50,000 or more.

The list goes on, when you look at the aid for special education it is only reimbursed at 50% of the actual cost. The Governor's is proposing a reduction in transportation aid expenses from 95% to 90%. The cost of paying for substitutes will also continue to in-

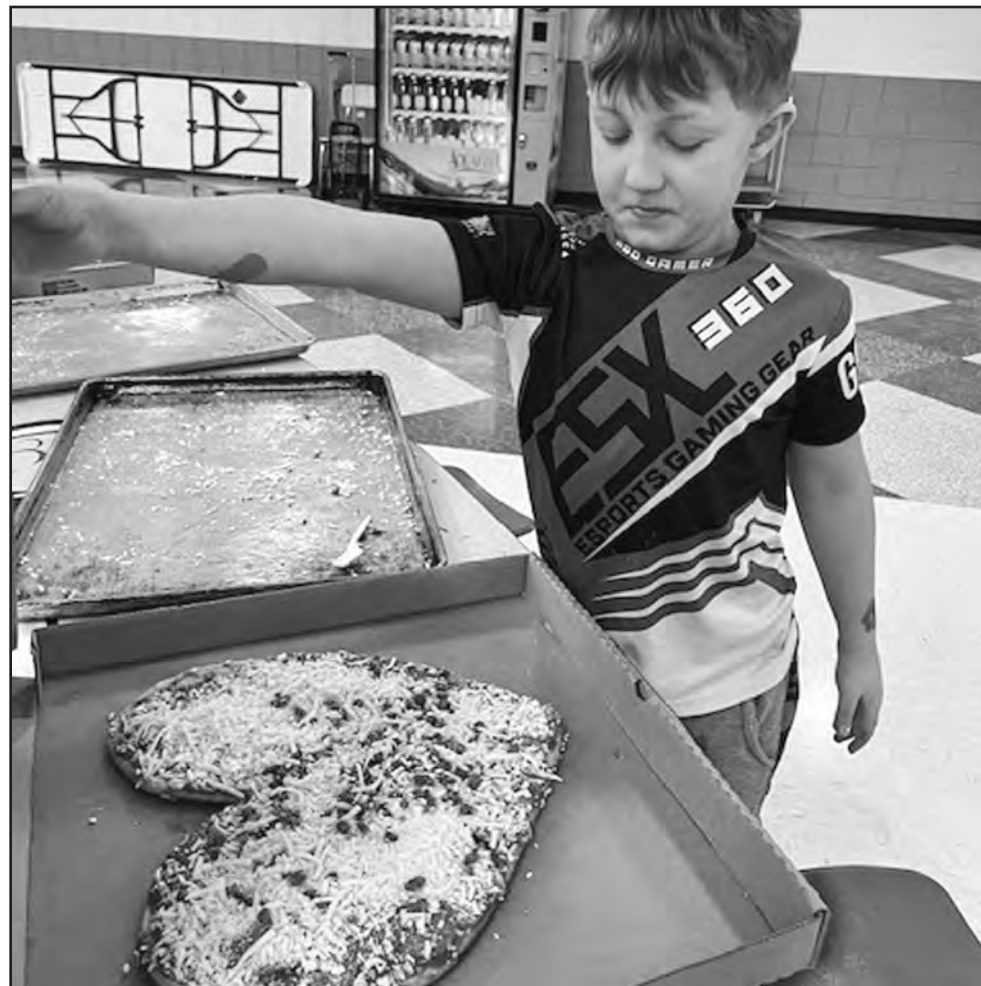
crease with the introduction of ESST and the upcoming PFML (paid family medical leave). When you start to look at the combined impact of all those mandates and increased expenses as a district, we have no other choice than to cut staff, and to ask the legislature for help. The cost of the mandates for our district adds up to about \$300,000, which is not offset by the increases in funding that we received. Please help us by contacting your legislative representatives and let them know that it is time to stop unfunded mandates and cover the costs they are imposing. It is very difficult to create a budget when they keep adding expenses to our budget.

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

Go Cobras!
#WeAreTriton

Triton Elementary Students Make Heart Shaped Pizzas

Triton Elementary students made heart shaped pizzas with Taher on February 11. Twenty total students made their own customized pizzas for their friends and family to take home and share through the Kids in the Kitchen class offered by Taher and Triton Community Education.





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Triton Honors Profile of a Graduate Award Winners!

Congratulations to the latest Profile of a Graduate Award Winners! These students continue to be leaders and role models. They have excelled in the profile area of Problem Solving.

The Triton Profile of a Graduate is our locally developed approach to what it means to be a graduate of Triton High School. We have incorporated many principles and competencies designed to help all students develop the skills necessary for success in college, in a career, and most importantly in life.

The Profile of a Graduate is designed around a community-engaged process to create a beacon for future educational strategic planning. It presents a clear visualization of priority goals for teaching and learning that can be easily communicated to students, parents, and staff to align collective efforts. Our Profile articulates the Triton community's aspirations for all students and will serve as a North Star for future system transformation.

TRITON PROFILE OF A GRADUATE

DEMONSTRATING EXCELLENCE IN PROBLEM SOLVING

- SELF AWARENESS
- COMMUNICATION
- WORK ETHIC
- RESILIENCE
- PROBLEM SOLVING
- DEPENDABILITY
- CRITICAL THINKING
- INTEGRITY

| | | | | | | |
|--------------------------------------|-------------------------------|-------------------------------------|------------------------------------|----------------------------------|--------------------------------------|-----------------------------------|
| Hailey Erickson Kindergarten | Eva Waldee First Grade | Finn Van Zuilen Second Grade | Kennedy Gibbons Third Grade | Peter Ickler Fourth Grade | Bentley Kunz Fifth Grade | |
| Addelyn Marquardt Sixth Grade | Emma Axt Seventh Grade | Cruz Cain Eighth Grade | Danika Skalicky Ninth Grade | Nallah Cain Tenth Grade | Lily Maldonado Eleventh Grade | Katie Ludlow Twelfth Grade |

2025 Aquatic Center Employment

The City of Dodge Center is accepting applications for aquatic center employment with a first review as follows: Managers—Monday, March 3, 2025. All others will be reviewed beginning Monday, March 17, 2025.

The following positions are being offered: *Manager, Assistant Managers, Lifeguards & Water Safety Instructors, Food Court Staff, Crossing Guards and Bathhouse/Front Desk Attendants (Rotation).* Applicants must be available to work days, evenings and weekends.

Applications are available at Dodge Center City Hall or on the City's website at www.ci.dodgecenter.mn.us

Triton's 8th Grade Washington DC Trip Fundraisers

- February 9th & 23rd:** 8th grade DC Group will be hosting Breakfast fundraiser at the Dodge Center Legion from 8:00 AM to 12:00 PM. We will be selling meat raffles.
- March 7th:** 8th-grade DC group is hosting a Burger Night with a Family Trivia Night at the Dodge Center Legion from 5:00pm- 7:00pm burger night and Trivia will start at 7:30- 9:00pm.
- March 21st:** 8th-grade group will be hosting a Wine Tasting at the Dodge Center Legion from 6:30 to 8:00pm.

Triton Middle School Honor Rolls - Quarter 2

A HONOR ROLL

6th grade

Beauchamp, Josie *
Bulow, Lily
Fate, Finley
Felix, Angie
Garness, Garet
Hanegraaf, Blakely
Klein, Anya
Marquardt, Addelyn
Ortiz, Izabella
Pearson, Claire
Randall, Alexis
Rohwer, Morgan
Saxton, Griffen *
Thiemann, Adelynn
Wernecke, Taytum
Wilks, Brielle
Wondra, Kaiven

7th grade

Axt, Emma *
Burt, Clara
Dupey, Bryce
Fate, Jaxon
Flowers, Addison *
Henslin, Charlotte
Klein, Liam
Korbisch, K'stin
Koss, Kinsley
Marquardt, Quinn
Scanlan, Clay
Schleusner, Connor
Schley, Layla *
Snyder, Griffin *
Wolf, Rebecca

8th grade

Dupey, Kayleah
Fate, Dylan

Fate, Jalyn
Felix, Cinthia
Frederick, Natalie *
Ginder, Rory
Horejsi, Mathea
Jara, Matias
Kraemer, Mikayla
Lee IV, Gerald
McNeilus, Andrew
Mechtel, Brooklyn *
Orozco, Oscar
Price, Samuel
Sansom, Kimber
Scheppmann, Alyvia
Stanton, Julia *
Thorson, Erin
Van Beek, Kenzie
Van Zuilen, Ivy
Vermilyea, Colby *
Wilson, Samantha *

Denotes a 4.0 GPA*

B HONOR ROLL

6th Grade

Austin, Gavin
Cameron, Alexis
Cochran, Trent
Deters, William
Dostal, Norah
Erler, Laryssa
Finger, Braden
Groe, Taiden
Hamm, Hudson
Hodgman, Olivia
Johnsen, Brody
Johnson, Olan
Keller, Asher
Knott, Kaitlynn
Krekberg, Adam

7th Grade

Becker, Garrison
Blanchard, McKinly
Cochran, Leighton
Dickie, Brock
Floen, Ronan
Freiderich, Lillie
Groe, Raelynn
Heaser, Brooklynn
Hickson Lyke, Dominick
Hodgman, Tucker
Klejeski, Lily
Kruckeberg, Scarlett
Kunz, Adriana
Lutterman, Isabella
Milner, Mackenzie
Phillips, Camdyn
Phillips, Carter
Reyes, Jema
Richardson, Reilly
Rohwer, Patrick
Rosenau, Ryan
Schwenke, Austin

8th Grade

Adreon, Kaiden
Arneson, Cameron
Benda, Khloe
Bulow, Collin
Cain, Cruz
Chable, Darvelia
Chicos, Emma
Curran, Alayna
Davis, Patrick
Dickie, Brinley
Edge, Maurice
Erler, Preston
Fate, Cooper
Freerksen, Josslyn
Froyum, Coy
Hernandez, Sophia
Himli, Whitney
Jeter, Faith
Kubat, Mavric
Landsteiner, Avery
Laue, Aubrey
Laue, Peyton
Madsen, Tenley
Mealy, Mason
Nold, Sammantha
Olevson, Bode
Robertson, Cora
Rongve, Brady
Scudamore, Hunter
Sletten, Bristol
Thomas, Logan
Wennes, Siri
Zrucky, Kaylee

Lorentzen, Kellen
Louks, Colton
Medina, Regina
Peterson, Kyrie
Pflaum, Wyatt
Powell, Preston
Reiser, Alexander
Sorenson, Arella
Spencer, Harmony
Strand, Charlie
Terwilliger, Co-dathew
Van Wyhe, Dawson
Weatherly, Phoebe
Wilson, Wyatt

Sherman, Kaecyn
Williams, Lauren


The Wizard of Oz Coming (back) to the Triton stage



On March 27-29, starting at 7:00 p.m., a tornado will be sweeping Dorothy away from Kansas to the magical world of Oz, now conveniently located on the Triton High School stage. The free afternoon matinee for senior citizens will be on Wednesday, March 26th at 1:00 p.m.

(continued on page 29)






TRITON

EDUCATION MINNESOTA

MEMBER

Spotlight



PAUL SOHLSTROM

HOW LONG HAVE YOU BEEN TEACHING?

I am currently in my 32nd year of teaching middle school math.

HOW LONG HAVE YOU BEEN AT TRITON?

I am currently in my 8th year at Triton.

WHAT AREA/GRADES DO YOU TEACH?

Math 6/7/8

WHY DID YOU BECOME A TEACHER?

In high school, I received a math/science scholarship, and I had no idea what I wanted to do. I chose to study engineering for my first 2 years of college. During those first 2 years, I was coaching and discovered I really enjoyed encouraging and pushing kids to discover their potential and see them succeed. My best friend's dad, who was an excellent, influential teacher, challenged me to consider teaching. After some deep thought I decided to switch and become a teacher.

WHAT IS YOUR FAVORITE PART ABOUT TEACHING AT TRITON?

My favorite part about teaching at Triton has been working with the middle school staff and building relationships with the students.

WHAT IS A FUN FACT ABOUT YOURSELF?

I enjoy making Smoked Finishing Salts :)

“

PAUL SOHLSTROM IS A VALUABLE MEMBER OF OUR TRITON FAMILY. HIS VETERAN PRESENCE AND WISDOM IS GREATLY APPRECIATED AT THE MIDDLE SCHOOL. HE WORKS PATIENTLY WITH STUDENTS IN HIS MATH CLASSES AND HELPS THEM GROW AS PEOPLE AND MATHEMATICIANS. HE IS ALSO A VALUABLE MEMBER OF OUR TEM UNION WORKING AS OUR MEMBER RIGHTS ADVOCATE AND PROMOTING RETIREMENT BENEFITS REFORM. THANK YOU PAUL FOR ALL YOU DO FOR OUR COMMUNITY!

”

The Wizard of Oz Coming (back) to the Triton stage



(continued from page 28)

Starting March 17th, tickets will be sold in advance at the high school office, \$5 for students and \$8 for adults, and at the door, provided there are still have tickets left. You will want to get your tickets in advance for this show because when the tickets are gone, then they're gone!

The Wizard of Oz features Gracelyn Hodgman as Dorothy, Ollie Akkerman as the Scarecrow, Corey Lilledahl as the Tinman, and August Johnson as the Cowardly Lion. Complicating their journey to Emerald City is the Wicked Witch, played by Naomi Lebak. The play features the well-known songs from the famous MGM musical, such as "If I Only Had a Brain," "Somewhere Over the Rainbow," and "We're Off to See the Wizard," although the script follows the original book more closely. This means that there are no flying monkeys, but instead, more named Ozian characters and a few extra human-like characters who act as the witch's henchmen. The musical will be a mix of familiar, beloved scenes and fun new scenes.

This production is directed once again by Anne Wotherspoon with the support of many collaborators. Andrew Wotherspoon is providing accompaniment and music direction, Christine Deetz is technical director, Jaime Geers is choreographer, and John Schreiber is the set designer. Five years ago, Triton attempted to put on Wizard of Oz, but the show had to be shut down to the Covid-19 pandemic. "In the spring of 2020 we were six weeks into the production when we halted and



never returned," director Anne Wotherspoon commented, "so to come back to it now feels fitting and very cathartic."

Right now everyone involved in the production, which includes around 50 students, is in the beginning stages of putting the musical together. The actors are busy learning their lines and songs, the dancers are practicing their choreography, and the crew is busy putting together the set. All look forward to the curtain rising on March 26th! And as Ollie Akkerman (the Scarecrow) states, "People should see the musical because it is not just a show, it is an EVENT."

The Wizard of Oz ticket information:

May be purchased at the high school office from 7:30 a.m. to 3:30 p.m. starting March 17th.

Tickets are \$5 for students and \$8 for adults

Separate tickets will be available for Thursday, Friday, and Saturday; purchase the ticket for whichever night(s) you plan on attending

Once 400 tickets are sold for a performance night, then we are "sold out"

Provided there are tickets still available, you may purchase your ticket at the door.



Triton High School Celebrates Snow Week with Spirit and Festivities

Triton High School was full of excitement and winter spirit as students and staff came together to celebrate Snow Week, a beloved annual tradition featuring themed dress-up days, friendly competitions, and a variety of winter activities sponsored by Triton's Student Council.

The week kicked off with White Out Day, where students wore white in honor of the snow theme. Throughout the week, different themes encouraged participation in dress up days, including Twin Day, PJ's Day, Flannel Day, as well as Red and Pink Day to celebrate Valentine's Day.

One of the highlights of the week was the Snow Week Coronation, students from every

grade were honored as the Snow Week Court.

In addition to the coronation, students engaged in various competitions, including a three-on-three basketball tournament, paper airplane flying competition, a slushie race, a winter clothes relay, and a scavenger hunt which had the gym roaring with excitement.

Many treats were handed out during lunch throughout the week including granola bars, popcorn, ice cream sandwiches and heart shaped suckers.

Triton High School's Snow Week 2025 was another success, proving once again that school spirit and community make the winter season a little brighter.



Cobras take on another Wolf Ridge adventure!





TRITON

EDUCATION MINNESOTA

MEMBER

Spotlight



KAREN KLEINWORT

HOW LONG HAVE YOU BEEN TEACHING?

14 years

HOW LONG HAVE YOU BEEN AT TRITON?

14 years

WHAT AREA/GRADES DO YOU TEACH?

English / Language Arts

WHY DID YOU BECOME A TEACHER?

I felt a call to make a difference with the students, the school, and my community.

WHAT IS YOUR FAVORITE PART ABOUT TEACHING AT TRITON?

I appreciate the strong relationships. School has become my second "family."

WHAT IS A FUN FACT ABOUT YOURSELF?

I love to go fishing!

“

KAREN IS ALWAYS A TEAM PLAYER. NOT ONLY DOES SHE SERVE OUR UNION AS A HIGH SCHOOL REPRESENTATIVE AND MEMBER RIGHTS ADVOCATE. SHE HAS BEEN A HUGE HELP ON 3-HOUR LATE STARTS (THOSE DAYS ARE DAUNTING TO PLAN/EXECUTE!). SHE ALSO TOOK ON DIRECTING ONE ACT PLAY THIS YEAR. AND THEY HAD THEIR MOST SUCCESSFUL SEASON (SUB-SECTION CHAMPIONS!) IN RECENT YEARS. FINALLY, SHE'S JUST AN AWESOME TEACHER WHO TRULY CARES ABOUT HER STUDENTS.

”



Thursday, January 16, 70 Cobras hit the road and headed north for the annual Wolf Ridge adventure.

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Cobras take on another Wolf Ridge adventure!

(continued from page 31)

There was excitement in the air as the buses pulled out of the parking lot, and that enthusiasm remained throughout the weekend.

After the usual stops, we made our way to Gooseberry Falls State Park, where we had our first opportunity to hike in the snow, check out the falls, make some snow angels, and get out and move in the balmy 35 degree temps after a long bus ride. Most of us logged a mile or two in the hour-long stop before hitting the road for the final stretch to Wolf Ridge Environmental Learning Center.

Anticipation was high as we pulled in. Students and chaperones had some time to get settled into their rooms in Mac Lodge before dinner and our first-night circuit of team building games and night hikes.

The remainder of the weekend was full of great learning opportunities as students navigated time without cell phones, built relationships, got out of their comfort zones, and built many of the skills highlighted in the Cobra Profile of a Graduate. Adventures ranged from traversing the ropes course 30 feet in the air to exploring the frozen Wolf Lake to giving cross country skiing a try. Our students impressed us by being willing to take risks and try new things, by supporting each other through challenges, and by showing resilience when they met challenges themselves. A dozen impressed us by sleeping outside under the stars, too!

As the temperature dropped throughout the weekend (-24 degrees on Sunday morning when we headed to breakfast!!), spirits remained high; students weren't afraid to rise



to the added challenge.

We returned Sunday night tired after a busy weekend, but grateful for the weekend full of excellent adventures in learning and memories that will last a lifetime. As always, this experience can't happen without the support of our families and communities; thank you all for your continued efforts to make this happen.

Thanks to Brian Felten, Alli Horejsi, and Kristen Tischer, Triton staff that volunteered a weekend away from their families to take

the trip. Rod Marquardt and Jeremy Dostal continue to be the best bus drivers and chaperones around, and add to so many aspects of the experience for our students. Bruce Huber, Greg Selthun, Nate Hamm, Jake Hesse, Josh Kasper, Nikky Knutson, Jessie Maes, Myla Okeefe, and Peter Wegwerth rounded out one of the best chaperone groups we have had, all of them making huge contributions by encouraging students and being positive role

(continued on page 33)



Cobras take on another Wolf Ridge adventure!

(continued from page 32)

models throughout the weekend.

Thank you all for committing your time and energy to this adventure; we look forward to having many of you join us again in the future!

Financial support of our community partners is also a crucial piece in making this trip attainable for all students – huge thanks to the following businesses and individuals that supported the trip this year: the Wolf Ridge Scholarship Program, McNeilus Steel, Welsh

Equipment, the Claremont Chamber, Rochester Area Foundation, McMartin Electric, Con-Tech, Triton Booster Club, the Somers Family, Claremont Service Center, the Marquardt Family, Kramer Insurance Service, AlCorn, Lloyd Henslin, and the Safeway Agency. Your support is so valuable, and we look forward to continued partnership in the future.

Next year's trip, for the class of 2029, is scheduled for January 15-18, 2026!



Triton High School Honor Rolls

TRITON HIGH SCHOOL "A" HONOR ROLL - SEMESTER 1 3.667 - 4.000 GRADE 9

Emanuel, Abrielle
Freiderich, Allie
Hamm, Hunter
Henslin, Averece
Hukee, Jessica
Keener, Jenae
Klemmensen, Jayden
Knutson, Aaron
Louks, Collin
Maes, Maddison
Maes, Mason
Matejcek, Aunika
Ogren, Henry
Okeefe, Elijah
Pearson, Christine
Rudesill, Brooklyn
Sansom, Aubrie
Vallejo, Maya
Weber, Casey
Wirkus, Elliot

GRADE 10

Baumgartner, Jaiden
Essig, Reagan
Iverson, Harper
Koss, Braxton
Kundel, Viktoriia
Lutterman, Aidan
Madison, Lydia
Matejcek, Mya
Molina, Keanna
Runnells, Sabree
Solano, Emanuel
Starkson, Genevieve
Thiemann, William
Van Beek, Aidree
Vermilyea, Casey
Young, Gavin

GRADE 11

Akkerman, Ollie
Ascencio, Emanuel
Behne, Nola
Dobbs, Rainey
Holtet, Andrew
Kanzenbach, Damian
Langworthy, Reece
Maldonado, Lily
McMartin, Henry
McNeilus, Cohen
Nauman, Landon
Oakland, Addison
Petersohn, Pierce
Scovill, Jade
Stanton, George

Wirkus, Abigail GRADE 12

Chicos, Courtney
Fitzgerald, Jack
Heimer, Ryann
Hodgman, Gracelyn
Holmes, Jaden
Johnson, August
Klejeski, Macy
Knutson, Craig
Kodada, Cole
Kozisek, Anastazia
Landsteiner, Carly
Lebak, Naomi
Lilledahl, Corey
Lorentzen, Khloe
Ludlow, Katie
Lundi, Giavanna
McChesney, Kileyah
Mulder, Alyssa
Munnikhuysen, Brody
Orozco, Daniel
Price, Madeline
Quimby, Bryar
Romero, Ashley
Rudesill, Spencer
Velasco Castaneda, Alisson
Vermilyea, Cooper
Weber, Olivia
Wheeler, Katerina
Wrolstad, Skyler

TRITON HIGH SCHOOL "B" HONOR ROLL SEMESTER 1 3.666 - 3.000 GRADE 9

Dahl, Avery
Grzybowski Schwering, Gracelyn
Johnson, Keanna
Klankowski, Abe
Kodada, Addison
Korbisch, Nerak
Locke, Averie
Michog, Mackenzie
Rose, Isabella
Schrom, Elijah
Skalicky, Danika
Spencer, Teagan
Tushaus, Kendra

GRADE 10

Broskoff, Logan
Burt, Emmitt
Cain, Nallah
Chinn, Gwendolyn
Cummings, Riley
Freerksen, Brady
Froyum, Autumn
Gomez-Thompson, Jesenia

Horejsi, Neven
Johnson, Lincoln
Kruckeberg, Emma
Lindquist, Kylie
Nelson, Colton
Reiser, Avery
Rieck, Megan
Ronken, Aden
Sackett, Hayden
Scanlan, Austin
Sowieja, Connor
Stevenson, Claire
Thomas, Graden
Thompson, Candice
Wolf, Jason

GRADE 11

Bills, Mason
Chable, Dora
Deters, Izabel
Freiderich, Norah
Gann, Frankie
Garness, Hunter
Heroff, Mason
Holtet, Wade
Jackson, Varzaes
Jensen, Gare
Kasper, Noah
Klankowski, Beau
Liudahl, Roselyn
McMahan, Kerisma
Noaeill, Mason
Ortiz, Alan
Reniker, Brylee
Richardson, Hailey
Skjeveland, Logan
Staub, Brady
Wilson, September

GRADE 12

Anderson, Anna
Bishop, Madison
Brose, Jack
Chinn, Angeleigh
Dearborn, Lily
Dostal, Miley
Gonzalez, Giselle
Herrick, Hayley
Knudson, Alyssa
Lasker, Shane
Majerus, Cooper
Meaney, Jaden
Mendoza, Guadalupe
Peterson, Mitchell
Rodriguez, Steven
Selthun, Isaiah
Swenson, McKenna
Thomas, Brynn
Tushaus, Tessa

Join us for

BINGO!

Every Saturday
January, February and March

Dodge Country Club, 1 pm

Meat raffles

Must play all games to qualify for Blackout

Progressive number Blackout each week
until \$1,000 is won guaranteed

Benefitting Triton-related activities

Sponsored by Claremont Area
Chamber of Commerce
License #05159

Triton Grads: Where are they now?

By Christi Runnells

Once the senior class graduates, I always wonder where they end up and what they're doing these days. This school year I'd like to showcase some of our awesome Triton alums!



Student:

Ashley Ximena Dominguez-Marquez

Graduation Year: 2020

Current City: Austin, MN

Ashley's graduating class didn't get to finish their high school career like everyone before her. Their classes stopped mid-March, there was a mid-summer golf cart prom parade and graduation happened in the parking lot in their vehicles. But before mid-March 2020, Ashley got to experience a normal high school career where she participated in Link Crew, EARTH club, Art Club and Theater and many concurrent courses. One her favorite memories was on a service day when her advisory class was cleaning out the nature center building and found a mouse! She remembers, "it was fun to talk to some of my classmates that I never really got to talk to outside of advisory, trying to get the mouse out of the shack. I cherish this memory because I had a hard time getting along with my classmates but during the whole commotion we all laughed and worked together to try and get the mouse in a net."

Ashley also remembers her two favorite teachers were Mrs. Wotherspoon and Mr. Felten. She shares that they taught her discipline and that learning doesn't have to be boring. She had some of the best memories in their classrooms—study hall or class—and they always cheered her up. "I will forever miss the trunk monkey videos in Mr. Felten's [class] and the mini plays that we had in Mrs. Wotherspoon's. I always left their classes feeling like I learned something and also had a good time." But she notes that her favorite classes were actually taught by Mrs. Swanson, anatomy and physiology, and concurrent biology. Ashley said she always looked up to Ms. Swanson despite how difficult her courses were, she always left with something new. "Ms. Swanson's classes were the reason for which I chose to major in nursing."

This is what Ashley is working on right now—getting her nursing degree at Riverland Community College. She is also working at

Scooter's Coffee, saving up so that she can transfer to Winona State University to finish her Bachelor's in Nursing. In addition to helping her decide what to major in, Ashley shared that Triton helped her to prepare to face the adult world in a way that she's not so anxious about the things she might be doing wrong. "Classes like Life on Your Own and Personal Finance have helped me so much in applying the skills that I learned in high school to my life now." When Ashley thinks back on her high school career, she recognizes the opportunity that concurrent courses presented for her and advises current high school students to take those courses, especially the ones that pertain to their future career of choice. She also encourages students to get involved with clubs—even if they're not ones their friends want to join—because it can open new doors and help students make new connections or friendships. "Make the best out of high school because it ends quicker than you expect. Laugh and make memories. Ask for help when you need to and remember to choose your own happiness." It's great to see that you have chosen your own happiness Ashley and are pursuing your goals! We wish you the best as you get your nursing degree!

Here are two class of 2021 graduates:



Student: Joseph Corley

Current City: Sleepy Eye

Joseph transferred to us in his sophomore year of high school and joined boys basketball, We Are One and the Yearbook Committee. His favorite memory was being a part of the basketball team. Additionally, his favorite classes were Mr. Hanegraaf's classes (our high school phy ed and health teacher). Joseph said Mr. Hanegraaf's classes were guaranteed to be fun, entertaining and possible to get a very good grade! He remembers his favorite teacher to be Mr. Storlie, one of our high school social studies teachers. I enjoyed his classes and he always pushed me to work harder and become a better person," shares Joseph.

These days Joseph is currently working as a full-time police officer for the city of Sleepy Eye while taking classes for his master's degree in criminal justice. He just finished his Bachelor's degree program last spring from Minnesota State University-

Moorhead. Joseph's advice for current Triton students is to "slow down, take a breath, and enjoy the now!" Thank you for your work Joseph and stay safe!



Student: Ramon Medina

Current City: Dodge Center

Ramon also transferred to us early in his freshman year and quickly became heavily involved in the growing soccer program at Triton. "Soccer became one of my biggest passions and I continued to play after school in my free time," Ramon shared. He also was a part of EARTH club with Ms. Horejsi and

really enjoyed doing extracurricular activities at school. His favorite memory of Triton High School was the Wolf Ridge trip where he got to be outside and learn a lot of new things. He also enjoyed getting closer to his classmates and teachers as a result of this trip. He shares that his favorite teachers were Mr. O'Brien and Mr. Felten because "their classrooms were always welcoming and they were able to make class fun while still teaching their subjects." Ramon didn't pick out one favorite class but instead said he had good memories from every class he took. He feels that being at Triton helped him to learn how to interact with many different people, a life skill that is beneficial on a daily basis. "Triton also helped me experience things out of my comfort zone which taught me about persistence," he said.

Since graduating high school he attended Riverland Community College and earned his associates degree. He is now working full-time at Con-Tech. He was recently married and is looking to buy a house soon in the neighborhood with his new wife. For current and future Triton high school students, Ramon recommends "actually use the resources the school provides such as career fairs and scholarship applications. Doing this in high school can save you time [and money], but it's also easier to get help if you need it." I would also second this advice! Congratulations on your wedding and best of luck in the house hunt, Ramon!

TRITON PRESCHOOL REGISTRATION



Class options 2025-2026

- 3 years old -- Tuesday and Thursday 8:00-10:30am \$105/month
- 4 & 5 years old -- 3 mornings/week
• Monday, Wednesday, Friday 8-10:30 am \$145/month
- 4 & 5 years old -- 4 afternoons/week
• Monday through Thursday 12:30-3:00pm \$185/month
- 4 & 5 years old -- 5 days/ week
• Monday-Friday 8-10:30 OR 12:30-3:00pm \$225/month

\$50 registration fee for all students. This covers registration, snack and milk for the year.

All children must potty trained!

Registration opens March 10th for current families and March 17th for new families!

Link will be posted at
<https://www.triton.k12.mn.us/page/preschool>

TRITON COMMUNITY ED YOUTH ENRICHMENT 507-418-7550

Canvas Painting
with Sunshine and Roses
Grades K-6

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



March 4

Cost: \$26 per painting, or do both canvases for \$48

Dolly the Dolphin
3:15-4:15PM

Spring Gnome
4:15-5:15PM

TES Art Room #167



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. Drivers aged 55 years old and older who successfully complete the Safe Driver Class will qualify for reductions in their automobile insurance premiums. Please remember to bring your driver's license with you to class. It's important to pre-register so that Jim can ensure accommodation for all. Please call Triton CE at 507-418-7550.

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

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


2-Class Dates Available:


March 20

Or

May 15

5-9PM in the THS Media Center





TRITON PRESCHOOL
REGISTRATION

Opens
March 17th

Class options:

3 YEAR OLDS:

Tues & Thurs. mornings

4/5 YEAR OLDS:

Mon, Wed, Fri mornings
4 afternoons/week (Monday-Thursday)
5 days/week-mornings OR afternoons

Transportation & Scholarships will be available!

More details coming soon!

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: _____

Attention SCHA or UCARE Insured Families:

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

TRITON COMMUNITY ED ADULT ENRICHMENT 507-418-7550

Medicare Basics
Beth Fahning-Hanggi

Understanding Medicare doesn't have to be complicated. By familiarizing yourself with the basics—how Medicare works, the different parts, and how to choose the right plan—you can make informed decisions that best fit your health needs and budget. Whether you're a senior or a family member helping with the process, taking the time to understand Medicare can help ensure you or your loved one gets the healthcare coverage needed in retirement. You're not alone in this journey!



Cost: \$5/family
March 11

Two class options, please indicate which time you are reserving when registering.

10-11AM at the Union Coffee Café back-room area
or
6:30-7:30PM at the Triton Highschool Media Center

Pickleball! Open Gym

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



Cost: \$45 for two nights a week/\$30 for one night per week
Sunday nights from 6:30-8:30PM
& Wednesday nights from 7:30-9PM

March 2/5 through April 6/9
Triton WEST Gym
Enter/Exit through the Main ACTIVITIES Doors

Triton Community Ed Office Hours:
M-F 8am-3:30 pm
Check Out Our Website
www.triton.k12.mn.us
and click on the
Community Education tab

50 \$Money\$ Making Side Hustles for Teens

Hey, Teen! What's the fastest way to make money as a teenager? The answer is a side hustle. Fortunately, you don't have to wait till you're over a certain age to earn \$\$ with side hustles that can easily fit into your teen life — between all the classes, chill sessions, and extracurricular activities. And most of these side hustles don't require you to study more, won't interfere with your social life, and can help you hit any financial goal — maybe even get that car! You'll leave class loaded with information about how to fill out any legal forms to get the business started, and details about 50 profitable side hustle ideas to get you going fast.



Informative handouts for future use are included in the class fee. The instructors include a guest teen entrepreneur, and a longtime instructor LeeAnne Krusemark who is a Chamber of Commerce Past President, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

Cost: \$21

Monday, March 3
5-6PM
Via Zoom

A Perfect Wedding

Side Kick Theatre, Masonic Heritage Center, Bloomington, MN

The big day gone hilariously wrong!
A groom wakes up on the morning of his wedding day with a hangover and a strange woman in his bed. Mix in the bride, her mother, the best man, and a maid that knows too much, and you have a recipe for disaster. Wedding bells or running for the hills? Their big day will be far from a piece of cake! We will have buffet lunch in the ballroom prior to the show.

Cost: \$92, includes guaranteed coach bus, lunch and ticket to the show.

April 23, 2025

| Bus | Departs | Approx. Returns |
|---|----------|-----------------|
| Byron Middle School 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 |

YOU MUST CALL TRITON COMMUNITY ED
AT 507-418-7550 TO
REGISTER FOR THIS TRIP!



ABC

TRITON

ABE

ADULT BASIC EDUCATION

GED CLASSES

Tuesday and Thursday
3:30 - 5:30

ESL CLASSES

Tuesday and Thursday
6:00 - 8:00

We offer in person learning, online learning for GED
test preparation and online learning
for general English

Classes Start
Oct. 1, 2024

More Information
507-418-7550
tbradford@triton.k12.mn.us

TRITON
COMMUNITY ED
ADULT ENRICHMENT
507-418-7550


Multplayer Minecraft:
Block Hunter
Grades 1-5

Join us in this new multiplayer Minecraft class as we play this hide-and-seek game. Hunters will work together to find the hidden blocks and animals on our new adventure map. Get ideas to create your own mini-game.

Additional Technical Requirement:
Minecraft Java Edition
PC (Windows or MacBook), will not work on Chromebook, tablets, or phones

Cost: \$34
Saturday, March 15
8-10AM

An email with information and links will be sent to the email address you provide the week prior to the class. It is the parent's responsibility to read the email prior to the class and follow any preparation steps prior to the start of the class.




Instant Guitar for Busy People
Craig Coffman
Ages 13+

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you to play along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure. This class includes an online book and online follow up video lessons, so that you can continue to practice on your own. An optional periodic online question and answer session is also included. A recording of the class is included.

Topics include how chords work in a song, forming the 3 main types of chords, tuning your guitar, basic strumming patterns, and how to play along to simple tunes.

Cost: \$69, includes all materials and follow up

March 18
6:30-9:30PM
Via Zoom, you will be sent a link prior to the class.



Instant Piano for Busy People
Craig Coffman

In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment! Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at home with your piano or keyboard in a relaxed environment. This course includes an online book and follow-up video lessons, so that you can continue to practice on your own. An optional periodic question and answer session is also included. A recording of the class is also included. This lecture is partly lecture/demonstration and partly hands on instruction.

Topics include how chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid "counting", how to simplify over 12,000 chords

Cost: \$69, includes all training and materials

March 17
6:30-9:30PM
Via Zoom, you will be sent a link prior to the class.

Start your own Online Business:
A Beginner's Guide (including the top 25 online businesses to start)

Looking for ways to make money online? Turn your ideas or homemade products into income by starting an online business. You will learn how to: find a gap in a niche market and fill it; build your own website, and market your business effectively (including SEO) so potential customers will find you; take care of business forms and taxes; create multiple sources of income (including Affiliate commissions).

You'll also get info about the 25 most popular online businesses to start. Informative handouts for future use are included in the class fee. The instructor LeeAnne Krusemark is a Chamber of Commerce Past President, current author/editor, and a nationwide Professor of Publishing at higher learning institution, including Harvard Adult Education. The webinar login information will be emailed the day before class.

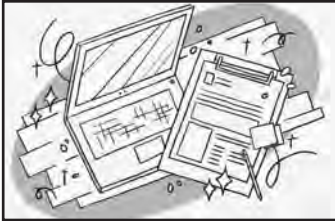
Cost: \$31
Wednesday, March 5
4-6PM Via Zoom

Using Amazon's Kindle Direct
to Self-Publish your Book for FREE

Whether you're looking to publish a paperback novel or short ebook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page and write an Amazon author bio. Informative handouts for future use are included in the class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

Cost: \$21

Tuesday, March 4
4-5PM
Via Zoom



Writing Short Stories: A Beginner's Guide

Writing short stories (1,000–30,000 words) helps you discover your writing voice and how to convey your ideas. You'll learn how to bring your story to life with an engaging plot, as well as character development, action, and dialogue. You'll also learn the technical parts of crafting a short story, including structure, important character moments, and progression in the story. You'll also know what to do with your short story once completed, including editing, proofing, and publishing options. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in the class fee. The webinar login information will be emailed the day before class.

Cost: \$31

Thursday, March 6
6-8PM
Via Zoom

Be a Better Writer: 10 Easy Tips to Improve Your Writing Now

We write everyday: emails, social media posts, work projects, and even nonfiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with a workbook full of writing tips and tricks, which is included in the class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

Cost: \$41
Saturday, March 1
3-6PM
Via Zoom

SPELL IT OUT!



I _ _ S _ _



S _ _



S _ _



I _ _



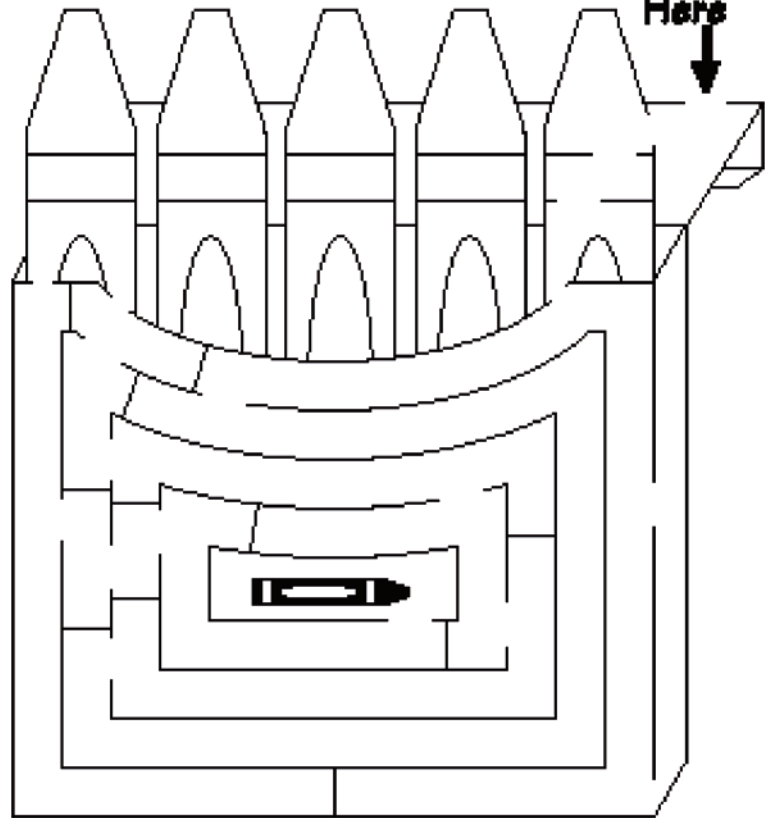
M _ _



S _ _

Find the black crayon.

Start Here ↓



Come Help Us Celebrate **25 Years!**



**The 25th Annual
Dodge County Expo**
Presented by the Dodge County Chambers of Commerce
Saturday, March 29, 2025
8am-2pm, Triton High School

January 2025

Greetings Past Dodge County Expo Exhibitors:

The Expo Committee invites your business/organization to join us once again in presenting the 25th Annual Dodge County Home and Business Expo on Saturday, March 29, 2025, at Triton High School in Dodge Center from 8 a.m. to 2 p.m. In addition to the usual entertainment, we are planning activities and a food court to attract more families to the Expo. We plan these events to bring a steady crowd, keep the traffic flowing — to bring more people to your booth. To help celebrate 25 years, we are bringing back breakfast with the KM Telecom Boogie Breakfast for 25¢.

If you plan to participate again this year, please complete the reservation form and send it along with your check payable to the **Dodge County Expo, to P.O. Box 743, Dodge Center, MN 55927**. This will secure your booth space. This is your early registration opportunity. Beginning January 30, registration opens to all and will be first come, first served.

The final registration deadline is March 1, 2024. After that you will be charged a \$25 late fee. The school district asks that everyone keep these in mind when planning your Expo booth:

- No liquids or foods that melt are to be served in the gym areas;
- No excessive use of school district resources such as utilities and supplies;
- No propping open of doors;
- No changes to the buildings structure or grounds without prior school district approval;
- No animals without prior approval. Dogs must remain at assigned booths. They are not allowed in areas where food is served.
- All exhibits must be family oriented/themed.

Set up will be from 6 to 9 Friday evening, March 28, (do not come early, booths will not be ready) and after 6 a.m. on Saturday morning.

An email will be sent in March to all registrants with complete details on booth set up, booth assignments, a schedule of events, hospitality area and other information about the Expo.

Please join us for the 2025 Expo. Feel free to contact committee members below if you have any questions.

Dodge County Expo Committee

DODGE CENTER
Kristy Faber 418-7550
Chris Pluto 612-816-3664
Larry Dobson 220-5689

KASSON
Jennifer Galloway
507-634-2511
Dave Evans
507-421-3065

HAYFIELD
Tom Monahan
477-3492

WEST CONCORD
Dan Rabe
527-2236

MANTORVILLE
Bob Soland
507-421-3393
Lynnette Nash
635-5814

The Dodge County Expo was established in 1998 and is hosted by the Triton School District and Dodge County Chambers of Commerce.

The 25th Annual Dodge County Expo
Saturday, March 29, 2025, 8am-2pm
Triton High School, Dodge Center

Dodge County commercial businesses, service organizations, non-profits, private vendors, crafters, etc. are welcome to participate.

For \$125, you will be provided with an 8 x 10 booth, table, two chairs and publicity on the event. A single plug-in electrical outlet is an additional \$10. *All vendors requiring electricity will be located around the perimeter of the exhibit halls.*

There will be a \$25/booth late fee for registration after March 1.

A limited number of booths are available.

Set up:

6-9 p.m. on Friday, March 28, 2025. (Do not come early, booths will not be set up.)
Doors will also be open for set up by 6 a.m. on Saturday, March 29, 2025.

EXPO ADMISSION IS FREE TO THE PUBLIC

Please fill out the following information
and send with your check for \$125 (plus \$10 for electricity) to:
Dodge County Expo
PO Box 743
Dodge Center, MN 55927

Please make sure that the people representing your business at the Expo are given the information we send out to you. It makes everything run more smoothly when as many questions as possible are answered in advance of the event.

___ Yes, please sign me up for ___ booth(s) at \$125 each (non-refundable)

___ Yes, I will need electricity \$10

___ Yes, I need wireless Internet access.

Total amount enclosed _____

Please make checks payable to: Dodge County Business Expo

Business/Organization: _____

Address: _____ City: _____ Zip: _____

Contact Person: _____ Phone: _____ Cell Phone: _____

Email: _____ 2nd Email: _____

(You may include additional email addresses of others you would like to have kept informed - please print clearly.)

Description of Business/Organization: _____

Requests for location _____

(If you want to be beside another exhibitor, put the name here)

Contact Kristy Faber 507-418-7550 or Chris Pluto 612-816-3664 or Lynnette Nash 507-635-5814
for more information.

The Dodge County Expo was established in 1998 and is hosted by the Dodge County Chambers of Commerce.



Saturday 8AM-2PM
March 29th

25 Cent
Breakfast
8-9:30AM

Scavenger
Hunt for
the kids!

**Free
Admission**

**Live
Music**

**Over 100
Local
Vendors**

Food
Court



Triton High School • 8 a.m. to 2 p.m.
813 West Hwy Street, Dodge Center
www.dodgecountyexpo.com

25TH ANNUAL DODGE COUNTY EXPO
ENTERTAINMENT LINEUP MARCH
29TH AT TRITON HIGH SCHOOL



BOOGIE 8AM
TO 10AM



THE ROCKIN' HEP CATS
9:30AM TO 11:30AM



CHRIS ROLLO 12PM
TO 2PM



JUST FOR KIX
DANCERS 12PM



ROOKIE THE
CLOWN 8AM TO
2PM

All persons desiring to be heard with reference to the above-named request should attend this meeting or submit a written comment to the Community Development Technician. Written comments must be received by 4:30 p.m. on Monday, March 3, 2025, at Dodge Center City Hall, c/o Planning and Zoning, 35 East Main Street, PO Box 430, Dodge Center, Minnesota, 55927.

CITY OF CLAREMONT
SPECIAL CITY
COUNCIL MEETING
(continued from page 41)

The council asked the applicants questions and discussed issues with each applicant.

Motion by Hedberg to appoint Jared Sultze for Mayor, second by Ellis. Ayes: Hedberg and Ellis. Nay: Gregory. Abstain: Sultze. Motion carried.

Motion by Sultze to adjourn the meeting at 8:20 p.m., second by Ellis. Motion carried unanimously.

ATTEST:
Elizabeth Sorg,
City Administrator
Jared Sultze, Mayor

Filed in District Court State of Minnesota February 4, 2025

STATE OF MINNESOTA
COUNTY OF DODGE DISTRICT COURT THIRD JUDICIAL DISTRICT Court File No.: 20-PR-24-730

In Re: Estate of Royce Merlin Code a/k/a Royce M. Code, Decedent.

NOTICE OF AND ORDER
FOR HEARING ON PETITION FOR FORMAL ADJUDICATION OF

INTESTACY, DETERMINATION OF HEIRS, FORMAL APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS

It is Ordered and Notice is given that on the 7th day of April, 2025 10:00 AM, a hearing will be held via Zoom, see notice of remote hearing, for the adjudication of intestacy and determination of heirship of the decedent, and for the appointment of Lydon A. Code, whose address is 4998 147th St. Northfield, MN 55057, as personal representative of the estate of the decedent in an unsupervised administration.

Any objections to the petition must be raised at the hearing or filed with the Court prior to the hearing.

If the petition is proper and no objections are filed or raised, the personal representative will be appointed with the full power to administer the decedent's estate, including the power to collect all assets; pay all legal debts, claims, taxes, and expenses; sell real and personal property; and do all necessary acts for the decedent's estate.

Notice is further given that, subject to Minn. Stat. §

524.3-801, all creditors having claims against the decedent's estate are required to present the claims to the personal representative or to the Court within four (4) months after the date of this notice or the claims will be barred.

Debra A. Groehler Judge of District Court , February 4, 2025

Aimee McCormack Dodge County Court Administrator ATTORNEY FOR PETITIONER

Debbie Korman
504 Central Avenue, PO Box 716
Faribault, Minnesota 55021
507-334-5534
Fax: 507-334-5535
Attorney License No. 0286643

Office of the Minnesota
Secretary of State
Certificate of
Assumed Name
Minnesota Statutes, Chapter 333

The filing of an assumed name does not provide a user with exclusive rights to that name.

The filing is required for consumer protection in order to enable customers to be able to identify the true

owner of a business.

ASSUMED NAME:
EJS Installation LLC
PRINCIPAL PLACE
OF BUSINESS: 511 3rd Street Claremont, Minnesota 55924

USA APPLICANT(S):
Name: Ethan Johnson
Address: 511 3rd Street Claremont, Minnesota 55924
If you submit an attachment, it will be incorporated into this document.

If the attachment conflicts with the information specifically set forth in this document,

this document supersedes the data referenced in the attachment.

By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities.

I further certify that I have completed all required fields, and that the information in this document is true and correct

and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

SIGNED BY: Ethan Johnson

MAILING ADDRESS:
511 3rd Street Claremont, Minnesota 55924

EMAIL FOR OFFICIAL NOTICES: ejsinstallation@gmail.com

ADVERTISEMENT FOR BIDS
DODGE CENTER, MINNESOTA

ELECTRONIC PROPOSALS will be received through QuestCDN vBid (On-Line Bidding ONLY) by the City Council of the City of Dodge Center until **10:00 AM on the 13th day of March, 2025**, at which time the proposals will be reviewed for the following public improvements;

2025 STREET IMPROVEMENT PROJECT
WIDSETH PROJECT NO. 2024-11405

The City is bidding the project using the Best Value procurement method defined in Minn. Stat. § 16C.02, subd. 4(a). A panel of committee members will rank each bidder in four (4) separate categories. There will be a maximum total of 100 points possible for each bidder and the relative weight of the selection criteria are as follows: 1) Price submitted by contractor in the proposal – max. 60 points 2) Contractor's performance on previous three similar projects – max. 15 points 3) Risk assessment and plans of mitigation – max. 15 points 4) Interview – max. 10 points (interviews will be scheduled with each bidder submitting a complete proposal and will be held the week of March 17th, 2025). The bidder with the highest average combined score following the evaluation process will be considered by the City Council of the City of Dodge Center after 6:00 PM on the 24th day of March, 2025 for possible contract award.

The work shall include the following approximate quantities: **Base Bid** - Remove Bituminous Pavement – 5,750 SY, Common Excavation – 4,400 CY, Aggregate Base Class 5 – 5,050 Ton, Bituminous Wearing and Non-Wearing – 1,330 Ton, Sewer and Water Services - 53 Each, PVC Sanitary Sewer – 1,405 LF, PVC Water Main – 1,620 LF, Hydrants – 4 Each, Construct Sanitary Manholes - 6 Each, RCP Storm Sewer Pipe – 420 LF, Construct Drainage Structures - 4 Each, Concrete Sidewalk – 3,740 SF, Concrete Curb & Gutter B624 – 2,950 LF, Seeding – 1.1 Acres, Miscellaneous and Appurtenant Construction Items. **Alternate Bid** – Concrete Sidewalk - 2,735 SF.

No proposal will be considered unless it is electronically submitted through QuestCDN vBid prior to 10:00 AM on the 13th day of March, 2025. No paper bids will be accepted. A Cash Deposit, Certified Check, or Bidder's Bond, payable to the City of Dodge Center, in the amount of not less than 5% of the amount of the bid must accompany each proposal as a guarantee that the bidder, upon award of the Contract will enter into a Contract with the City of Dodge Center and furnish a Performance and Payment Bond along with a Certificate of Insurance if awarded the contract. Both the Performance and Payment Bonds must be written for the full amount of the Contract and will be required with the Contract. The deposit will be subject to forfeiture as provided by law. The deposits from each bidder will be retained by the City of Dodge Center until the evaluation process is completed and it has arranged financing for the project, but no longer than sixty five (65) days.

The City of Dodge Center reserves the right to waive any informalities, to reject any or all proposals and to award the Contract to the contractor offering the best value applying the weighted selection criteria previously listed in the advertisement.

Complete digital project bidding documents will be available on February 20th, 2025 at www.questcdn.com. You may download the digital plan documents for **\$55.00** by inputting Quest project #9517364 on the website's Project Search page. Please contact QuestCDN.com at (952) 233-1632 or info@questcdn.com for assistance in free membership registration, downloading and working with this digital project information.

Bids shall be electronically submitted using QuestCDN vBid (On-Line Bidding ONLY).

Dated this 19th day of February, 2025.

Lee Mattson
City Administrator, City of Dodge Center

DODGE CENTER SUMMARY COUNCIL MINUTES
Monday, February 3, 2025

This published information is a summary of the full minutes of the February 3, 2025 Dodge Center City Council special 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: Mayor Bill Ketchum, Cathy Skogen, Gary Trelstad, Paul Blaisdell, Braedon Dostal, Lee Mattson and Meredith Brose

Absent:

City Council approved the following items:

- Agenda;
 - Resolution No. 2025-003 - A Resolution Approving Multiple Variances for Swamibapa, Inc.;
 - List of delinquent nuisances for certification as a special assessment.
- Meeting adjourned at 6:10 p.m.

DODGE CENTER SUMMARY COUNCIL MINUTES
Monday, January 27, 2025

This published information is a summary of the full minutes of the January 27, 2025 Dodge Center City Council regular 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: Mayor Bill Ketchum, Cathy Skogen, Gary Trelstad, Paul Blaisdell, Braedon Dostal, Lee Mattson, Jeremy Dostal, John Fox, Mark Barwald, Tyler Breuer, Vanessa Hines – Widseth and Kathy Freeman

Absent:

City Council approved the following items:

- Agenda and consent agenda to include: Minutes from January 13, 2025 City Council Meeting and December 10, 2024 HRA Meeting; and Payment of Bills;
 - Purchase of gas pool heater for Aquatic Center pool;
 - Request by Staff to apply for a permit to do a burn at the brush dump and airport as weather permits;
 - Estimation of resident water bills when they advise the City they have let the water run to prevent freezing pipes;
 - Child Care Provider's request to waive fees associated with using the Community Center for three (3) of their training sessions in 2025 and 2026;
- Meeting adjourned at 6:59 p.m.

DO YOU HAVE A STORY IDEA?

Email:
hometownmessenger@gmail.com

CONCORD TOWNSHIP TO LET QUOTES

Quotes will be opened at the regular monthly meeting on Thursday, March 13, 2025, 7:00 P.M. at the Concord Town Hall. Quotes are requested for the following:

Crushed rock, 8000 ton, more or less. Crushed to 7/8", shall conform to specification No. 3138 (class 2), except that the material passing No. 200 sieve shall be modified to <10 percent. The Township requires rock to be spot spread by June 1st prior to chloride application. The remainder shall be delivered & truck spread by June 15th. **Quotes shall be itemized by material and truck/spreading.**

Lawn mowing of Township Hall and Concord Park

Ditch mowing: 38 miles plus or minus, top-cut July, deep cut fall

Ditch spraying: 38 miles plus or minus sprayed as needed to control noxious weeds/brush.

All quotes must include a certificate of insurance showing proof of liability coverage.

Mail quotes to: Mike Jones, Concord Township Clerk, 57302 State Hwy 56, West Concord, MN. 55985, before 5:00PM, March 13, 2025. Please mark Sealed Quote on envelope. Quotes may also be delivered in person or e-mail to: concordmnclerk@gmail.com

The Concord Township Board reserves the right to reject all quotes, to waive defects and to award in the best interests of Concord Township.

By Order of the Concord Township Board
Mike Jones, Clerk
February 8, 2025

CONCORD TOWNSHIP Election Notice

Notice is hereby given that Concord Township, in Dodge County, will on Tuesday March 11, 2025 conduct the Town Election at the Concord town hall. Polls will be open from 5:00-8:00 pm. Inclement weather date will be March 18, 2025.

CONCORD TOWNSHIP Annual Meeting Notice

Notice is hereby given that Concord Township, in Dodge County, will on Tuesday March 11, 2025 conduct the Annual Township Meeting at the Concord town hall beginning at 3:30pm. Inclement weather date will be March 18, 2025.



Submit Your Engagement, Wedding or Birth Announcement

Email:
hometownmessenger@gmail.com

SUMMARY PUBLICATION SECTION 1115. CANNABIS AND HEMP BUSINESSES

On January 16, 2025, the City of West Concord, Dodge County, Minnesota adopted Resolution 25-05 Ordinance 115, an ordinance Adopting West Concord City Code Chapter 11, Section 15, Cannabis and Hemp Business Regulations.

Ordinance 25-05 adopts regulations for cannabis and hemp businesses, including establishing a retail registration requirement for cannabis retail businesses and lower potency hemp edible retailers delegating it the county; limits the number of registered cannabis retail businesses within the city; and adopts additional regulations and restrictions on cannabis and hemp businesses.

It is hereby determined that publication of this title and summary will clearly inform the public of the intent and effect of Ordinance No. 115, and it is directed that only the above title and summary of Ordinance No. 25-05 conforming to Minn. Stat. Sec. 331A.01 be published, with the following:

NOTICE

A printed copy of the full text of Ordinance No. 115 is available for public inspection by any person during regular office hours at the office of the West Concord City Clerk, 180 Main Street, West Concord, MN, 55985 by standard mail, or by electronic mail, and at any other public location which the Council designates.



Friday & Saturday JULY 11 & 12, 2025

For More Information & to Order Tickets Go To
www.iconicfest.com

Friday, July 11

Saturday, July 12



2 DAY OUTDOOR MUSIC FESTIVAL!

*Held at the Green Lantern
9 miles East of Brainerd on Hwy. 18*





Business Link

• Bellechester • Castle Rock • Claremont • Dennison • Dodge Center •
 • Dundas • Goodhue • Hampton • Kenyon • Mazeppa • Nerstrand •
 • Randolph • Wanamingo • West Concord • Zumbro Falls •

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 Lodermeiers.net

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211 West Main St.
 Kasson
 507-634-4184
 Wed-Fri 10-6
 Sat 10-2

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All Seasons Community Services

SENIOR DISCOUNT TUESDAYS

DISCOUNT POKER WEDNESDAYS

30/30 THURSDAYS

Mon - Sat 10am to 5pm
 Closed Sundays
 530 2nd St. Kenyon
507-789-5622

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CLOTHING • JEWELRY
 PURSES
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 224 MAIN ST, WANAMINGO
 507-250-4503

All Your Printing & Sign Needs

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113 Forest Street, Kenyon, MN 55946
507-789-4611
 dandsbannersignandprint.com

L&D Recycling, Inc.
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