

# Community Health

COMMUNITYHEALTHMAGAZINE.COM | AUTUMN 2022

## Best Friends

KLN teams with Soldier's 6 to provide service dogs for Veterans

PAGE 22

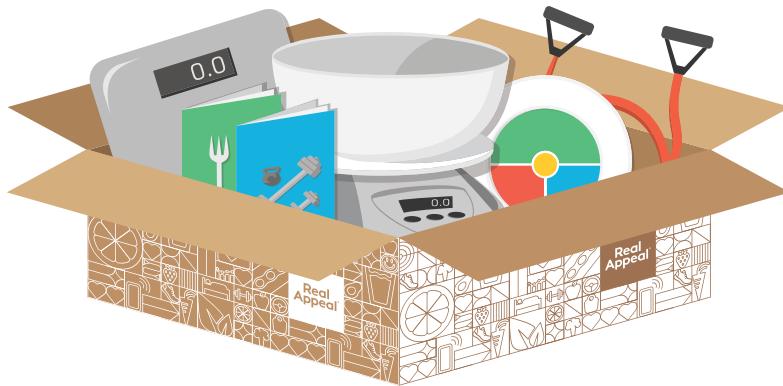


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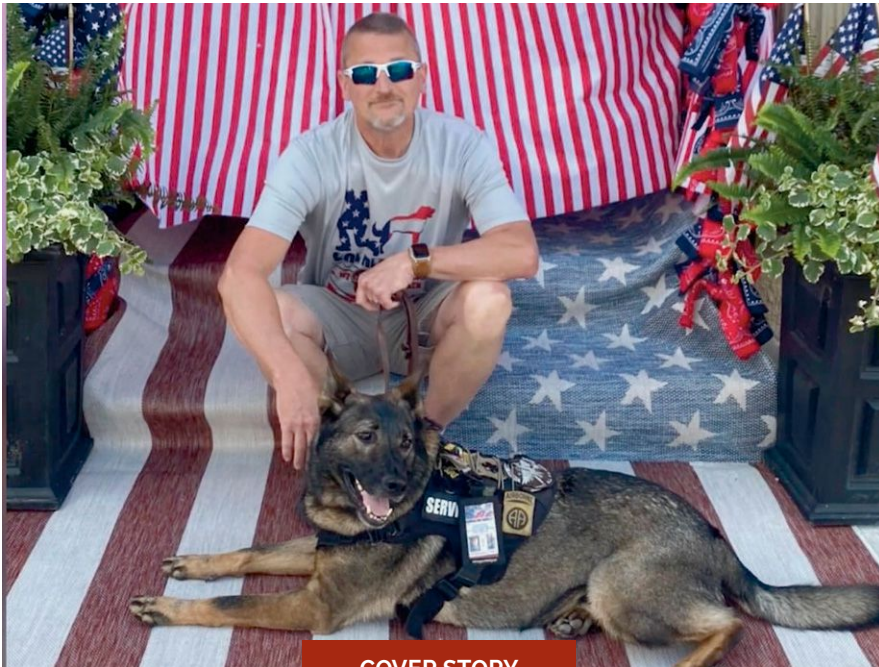


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COVER STORY

## Backing Veterans

**22** KLN Family Brands supports Veterans and first responders through initiatives including Soldier's 6 and its newly formed Veteran's Resource Group.

### Breast Cancer Awareness

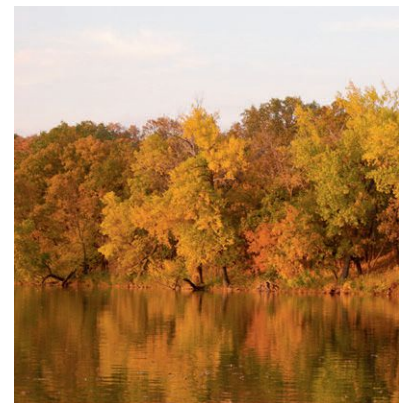
**6** Early detection through timely screenings has been key to the increase in breast cancer survival rates. This disease and how it can be caught in its early stages are top of mind during October, which is Breast Cancer Awareness Month.



COMMUNITY

### Unicycle Guy

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# Putting People First

Hello, and welcome to the autumn 2022 edition of *Community Health*, our quarterly health and wellness publication. We hope you all had a safe, fun and healthy summer, and we now head into the home stretch of 2022.

KLN Family Brands prides itself on putting people first, and this magazine is part of that effort. *Community Health* is another resource we provide that can help you improve your overall well-being and achieve your health and wellness goals. Each quarter, we will provide informative, educational and inspiring stories pertaining to physical, mental and emotional health. We will also provide valuable information about the resources available to you through your company health plan.

This edition has a wealth of content, including several stories about people you may know and work with. You don't want to miss our cover story about Soldier's 6, a KLN partner that provides service dogs to military Veterans experiencing mental health challenges such as post-traumatic stress disorder. KLN employee Mike Boehmer, a former police canine handler, trains these dogs — and their Veteran partners. Turn to page 22 to read more about it.

October is Breast Cancer Awareness Month, a topic close to the heart of KLN. Many of you participate in Pink Fridays to show your support for breast cancer awareness and solidarity with those whose lives have been touched by the disease. To read more about breast cancer and Pink Fridays, check out the stories on pages 6 and 7.

We also have a story about Tory Paulson, an employee at our Delano plant and somewhat of a local celebrity where he lives in Buffalo. Tory rides a unicycle nearly every day, including when he makes the 7-mile round trip to buy groceries. Read more about Tory on page 8.

We would love to hear more stories about our employees' health, wellness and fitness endeavors. If you have something to share — a workout regimen, healthy eating plan or places to enjoy the outdoors, just to name a few — please email me at [mmoch@klfamilybrands.com](mailto:mmoch@klfamilybrands.com). These stories can help spread the word about good health and might inspire your co-workers to take their own steps toward enhancing their wellness.

We hope you enjoy this edition of *Community Health*. Enjoy autumn, have a wonderful holiday season and we'll be back with another info-packed issue in 2023.



**Marni Moch**  
WELLNESS COORDINATOR  
KLN FAMILY BRANDS

*Community Health* is another resource we provide that can help you improve your overall well-being and achieve your health and wellness goals.



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# Getting Back to School ... Safely

Staying healthy while getting an education should be easier with these helpful tips

By Bill Jones

**With fall comes the call for children** to return to school. And even when we are not in the midst of a pandemic, that call comes with some health and safety concerns.

The National Safety Council publishes a checklist of tips to help, and the first umbrella under which those tips fall is transportation safety. Walkers are encouraged to utilize sidewalks whenever available or walk facing traffic when sidewalks are not available. They should also look both ways before crossing intersections or crosswalks while making eye contact with drivers. Those riding bikes should ride on the right

*Continued on next page*



side of the road, come to complete stops before crossing and walk bikes across streets, as well as wear helmets and bright clothing, according to the NSC. In both instances, travelers should avoid distractions.

Students taking the bus should stand 6 feet away from the curb when waiting, and when crossing in front of a bus is necessary, students should walk at least 10 feet ahead of it to ensure the driver can see them, according to the NCS.

If parents are dropping students off at school, they should obey all traffic rules and school drop-off procedures, make eye contact with children crossing the street, and avoid passing buses that are loading or unloading. Parents of teens who drive themselves to school should set good examples behind the wheel and share their expectations for safety.

### Physical Safety

Students should avoid overstuffing their backpacks. No backpack should weigh more than 5 percent to 10 percent of a child's body weight, according to the NCS. Rolling backpacks may relieve that burden but can create trip hazards in crowded school hallways, NCS adds.

"Even something as simple as a backpack that is too heavy or improperly worn can, over time, misalign the curva-



ture in the lower and middle vertebrae of the spine, leading to muscle and joint pain and other issues that could conceivably last a lifetime," says Dr. David Culpepper, clinical director of LifeMD. "Buying your child a backpack that properly distributes weight across the body and making sure that they wear it over both shoulders can help mitigate these issues."

Culpepper says people should pay similar attention to the shoes their chil-

dren are wearing.

"Shoes with flat soles that offer no arch support offer less protection against repetitive stress to the spine when walking and can also lead to plantar fasciitis, a condition that can cause sharp pain in the bottom of the foot and heel," Culpepper says.

When on playgrounds, children should leave their necklaces and any jackets with drawstrings at home to reduce strangulation hazards, according



# First Step in Prevention

The Centers for Disease Control and Prevention (CDC) recommends all people 6 months and older get a flu vaccine annually.

The vaccine prevents millions of flu infections and related doctor's visits each year. In 2019-2020, the vaccine prevented an estimated 7.5 million flu illnesses, 3.7 million doctor visits, more than 100,000 hospitalizations and more than 6,000 deaths.

Even when the flu is still contracted, the vaccine can reduce the severity of the illness. When the vaccine is similar to the flu circulating, it can reduce the risk of having to go to the doctor by 40% to 60%.

The vaccine is especially important for those who are at higher risk of serious illness, including those who are pregnant, under 2 or over age 65, as well as people with chronic illnesses, like asthma, heart disease, chronic lung or kidney disease, and diabetes.

Even if for people not in a high-risk group, getting vaccinated can help protect others who are at high-risk. As Covid-19 continues to circulate, preventing the flu will also lessen the strain on medical facilities.

Ideally, the best time to get vaccinated for most people is before the end of October, but vaccination after that can still be effective.

KLN will be offering flu shots in Perham during two still-to-be-determined days in October. Please watch for more information regarding these clinics in the upcoming Toolbox Talks or on the company TVs.

to the NCS. Bumps and bruises are to be expected for a child playing sports, but head injuries should never be ignored.

## You Are What You Eat

Sarah Skovran, a registered dietitian nutritionist, says a proper diet is crucial to maintaining good health in school. One thing that sometimes gets in the way of that is food timing, she says, especially when it comes to athletes who may be trying to time their food consumption to have energy, but not be stuffed when it comes time for practice or games. Timing can also be a major concern for children who have diabetes.

"Lunch periods often aren't very long. I've seen schedules with as little as 15 minutes allocated for lunch," Skovran says. "With the need to accommodate overcrowding, some schools have their first lunch period as early as 10 a.m., and lots of students are not hungry then. Many school cafeterias don't allow children to take food away to eat later."

Skovran says families should look at the school schedule as early as the summer if possible. They may be able to provide food at the scheduled times for a few weeks to help children adjust before they are on that schedule at school. Lunches packed at home can be prepped in easy-to-open containers. Foods that are quick to eat and don't require reheating will give students more time to

consume the meals during short breaks, she adds.

Registered dietitian Amber DeVore adds that food allergies can create a lot of anxiety for students and caregivers alike. DeVore suggests families set up a time to discuss food allergies with teachers. People should find out how the school handles treats brought for celebrations, if the school provides notice before food will be used in the classroom and if someone can share images of food labels in advance for safety.

"Consider having a bag of safe treats that the teacher can go to if there is an unexpected celebration," DeVore says. "Make it clear what your expectations are as far as your child consuming foods within the classroom."

Prescriptions for epinephrine auto-injectors should be up to date, DeVore adds. As children get older, they may receive paperwork to self-carry epinephrine in their backpacks. Supplying the school nurse with over-the-counter diphenhydramine (Benadryl) or cetirizine (Zyrtec) is also advised. And families of bus riders should understand how the

school handles allergic reactions on the bus, DeVore adds.

School nurses will also request a Food Allergy and Anaphylaxis Emergency Care Plan or a Life-Threatening Allergy Management Plan be completed by a pediatrician, DeVore says.

"This document is crucial in explaining the steps involved in treating your child's particular food allergy reaction through step-by-step directions for symptom management," DeVore explains.

## Pandemic Precautions

With COVID-19 still a concern, the Mayo Clinic also offers some tips to students returning to in-person learning during the pandemic.

Children who can are encouraged to get fully vaccinated against the coronavirus (in addition to regular vaccinations). Students, especially those who have not been vaccinated, should try to practice social distancing when possible. Well-fitted face masks are also recommended by Mayo Clinic. Students should wash their hands well and stay home if sick, the organization says.



# Think Pink

October is **Breast Cancer Awareness Month**, a reminder to stay on schedule with your screenings

By Karen Marley

**More women than ever are surviving breast cancer.** The National Breast Cancer Foundation reports that breast cancer death rates among women declined by 40% between 1989 and 2016.

Given that breast cancer is the second-most common cancer among women, second only to some skin cancers, such a large decline is encouraging.

This does not mean breast cancer is less of a concern in 2022 than it was 33 years ago. The U.S. Centers for Disease Control and Prevention (CDC) states roughly one in eight women will be diagnosed with breast cancer during their lifetime.

The U.S. population is growing and aging and the number of new cases and deaths is increasing, even while the rate of deaths from breast cancer is declining. The CDC reported 264,121 cases among women in 2019 (the latest year for which statistics are available from the CDC), compared to 196,684 new cases in 1999. Female breast cancer amounted to nearly 20 percent of all cancer cases, male or female, in 2019.

### Prevention Starts with Screening

The American Cancer Society (ACS) largely attributes the lower death rate to improvements in early detection. Screenings refer to the tests and exams used to find a disease in individuals who display no symptoms. One of the best screening tools is a mammogram, according to the CDC.



Pink Fridays at KLN is an employee-driven effort.

An ACS timeline of its own breast cancer recommendations shows that before 1980, mammograms were only recommended for women over 35 years old who have a personal history of breast cancer, and women over 40 years old who have a mother or sister diagnosed with breast cancer. Annual screenings were at that time recommended only for women more than 50 years old, and clinical breast exams were only recommended periodically.

Since 2015, women 20 and older get a breast exam as part of their clinical wellness checkups every three years. Women older than 40 receive a clinical exam with their checkup every year, in addition to an annual mammogram. Women older than 45 are asked to get a mammogram every year until age 55, at which point they can decide if they prefer an annual or biennial mammogram.





Many KLN employees wear pink on Fridays in October to show their support for breast cancer awareness and those whose lives have been touched by the disease.

### Imaging Advancements

Advancements in medical technology have allowed medical professionals to provide a greater array of tools for early detection. The most popular screening tests are mammograms, ultrasounds and MRIs, the latter which are helpful for those with a high risk of getting breast cancer. Among many people, confusion remains about whether an ultrasound or a mammogram is a better choice.

Verywellhealth.com, an online, physician-reviewed resource to help individuals make informed health decisions, explains that mammograms remain the better choice for women who have no symptoms. While a mammogram does expose the patient to X-rays, it has several capabilities that an ultrasound lacks. Mammograms can take an image of the whole breast at once, take an image deep inside the breast and reveal micro-calcifications that could be indicative of a small mass. Ultrasounds are preferable for diagnostics once a lump has been found. Women with dense breast tissue should use both a mammogram and an ultrasound for increased accuracy.

There are also emerging screening technologies. Many of these involve injecting a substance into the bloodstream and taking images to reveal details about the breast tissue. Another screening method is positron emission mammography, which uses a radioactive particle to detect cancer cells.

Other tests are also being developed, including optical imaging tests that measure light that is sent through the breast tissue; electrical impedance imaging, which scans the breast for electrical conductivity; and elastography, which is done in conjunction with an ultrasound and looks for suspiciously firmer, stiffer tissue.

In conjunction with advanced imaging technology, screening recommendations reflect a growing trend of shared decision-making between physicians and their patients. Decisions may be influenced by whether a woman is considered high risk for breast cancer. The CDC has a list of red flags for high risk. These include being a carrier of the BRCA1 or BRCA2 gene mutation, radiation therapy to the chest between ages 10-30, a diagnosis of Li-Fraumeni syndrome, Cowden syndrome, Bannayan-Riley-Ruvalcaba syndrome and family history.

Although advances in breast cancer screenings and early detection are moving in the right direction, these tests can only happen if a person makes the choice to go to a clinic and get screened.

# The Power of PINK

## Employees help drive breast cancer awareness

By Karen Marley

**On any given Friday during October**, Building 1 (Kenny's Candy & Confections) on the KLN Family Brands campus in Perham is awash in pink shirts. The effort has grown into a company-wide movement.

The flood of pink comes from a coordinated effort to elevate breast cancer awareness and support. The gesture is just as sweet as the treats produced inside Building 1, only much more important. Most employees wear a pink Kenny's Candy T-shirt. Others wear shirts custom-made to honor their loved ones. The warehouse crew, consisting largely of men refers to the day as "Real Men Wear Pink on Fridays."

Human Resources has also responded to the company-wide effort by making available to its workforce educational resources such as pamphlets and fliers. Pink, of course. These are placed on the bulletin board near time clocks to ensure everyone sees them. The company has also changed its health insurance plan so that 3D mammography, which is considered to be the highest quality type of breast cancer screening technology, is covered as preventive care.



# One-Wheeled Wonder

## 'Unicycle Guy' Tory Paulson rides all year long

By Jeff Vorva

**There are some people who know him as Tory Paulson,** but a lot more know him simply as “the Unicycle Guy.”

Since moving to Buffalo a few years ago, Paulson has become a noticeable figure in town. All year long, Paulson rides a 5-foot-tall unicycle on an almost daily basis. Winter poses challenges with ice and snow, but he sometimes takes the cycle to the local ice rink and does a few laps to entertain the skaters.

“It didn’t take people too long to know who I was,” he says.

Paulson, who works on the assembly line at the KLN Family Brands plant in Delano, drives a car to and from work. But his preferred mode of transportation for everything else is his unicycle.

“I started when I was 19,” says Paulson, 38, who grew up in Cokato. “I got sick of everyone stealing my two-wheeler bike. I saw a kid riding a unicycle and I went into a bike shop and asked the guy if he had one. They gave me a price and there you go.”

For the record, he did have a unicycle stolen once, but it was returned.

Paulson taught himself to ride the unicycle in a matter of days. He rides the cycle for fun, but also uses it to run errands. He makes an empty-handed 3½-mile trip to buy groceries and a 3½-mile trip back home armed with food.

“I don’t use a backpack,” he says. “I have two hands that are free.”

The Unicycle Guy doesn’t participate in competitions or shows. He just enjoys the ride, and it can be an effective stress-management tool.

“If I’m having a bad day, I can get on the unicycle and ride it,” he says. “People wave at me; it cheers me up. And I like to think that when they see me, I am making them happy, too.”

Paulson has gained minor celebrity status. A student produced a video story about him and the Buffalo Community Podcast spent more than 20 minutes interviewing him.

“I love that he knows how much people enjoy seeing him,” Rebecca Pulsa posted on the podcast’s Facebook page.

“I meet him quite often in the summer while I’m walking [and] always have said ‘hi’ to him and one of my first questions I asked was ‘how do you get up there?’ posted Mattie Miller. “I thought it was very neat and a very good talent that he has.”

“Our kids love seeing Tory cruising around town,” added Edward Arens.

Paulson probably won’t be setting a trend, but one young girl in his neighborhood did get a unicycle of her own after seeing him riding.

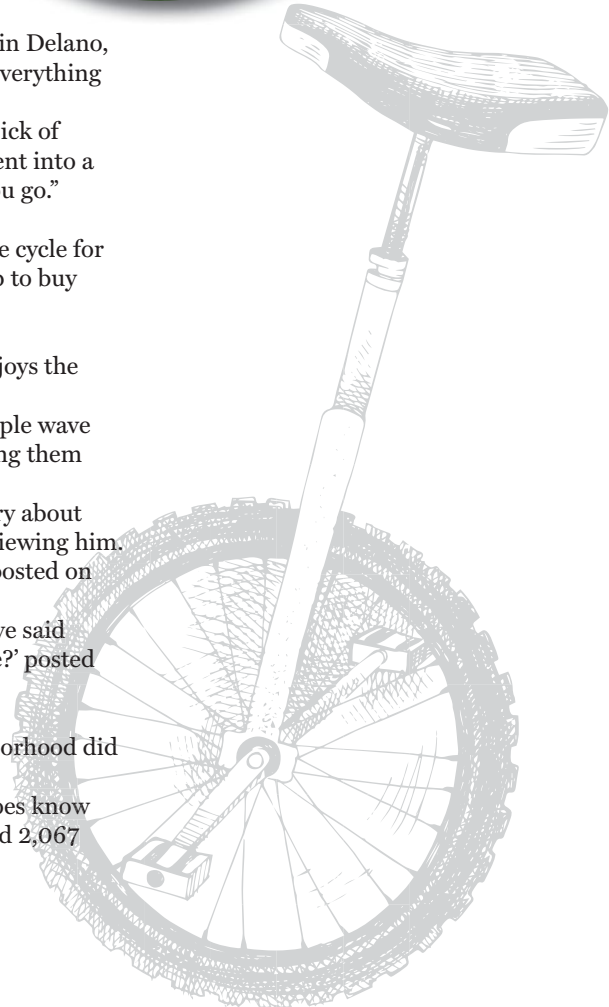
Paulson doesn’t know how many miles he has ridden over the years, but does know that in 2020 — the year COVID-19 shut most of the world down — he traveled 2,067 miles.

And he does have a personal record for distance.

“The longest trip I made was 42 miles,” he says.



KLN Delano plant employee Tory Paulson walking dogs while riding his unicycle.



# Help on your time

## Sanvello is there when you need it

By Michael Gilbert

**Eight years ago, former co-workers Chris Goettel and Dale Beermann** created the mental health app Pacifica to provide healthful tips and exercises to people who have anxiety issues.

In 2018, after nearly three million signups and being named a Google Play “Editor’s Choice,” Pacifica underwent a rebrand complete with a name change. Known now as Sanvello, the goal of the app is to help people feel better wherever they go through four types of support: self-care, peer support, coaching and therapy.

Sanvello provides self-care support through its on-demand services. Strategies and resources are available day or night by simply grabbing their phone and tapping the app. A “Daily Mood Tracker” on the app enables a user to assess their mood, identify patterns, and track sleep and exercise metrics. The app offers coping tools to help manage potentially stressful situations including schoolwork and public speaking.

Sanvello wellness coaches have more than 200 hours of training in cognitive behavioral therapy. Connecting with a coach can be done through the “Your Team” icon on the app. Sanvello coaches offer one-on-one support through a variety of means including in-app messaging and real-time, anonymous classes.

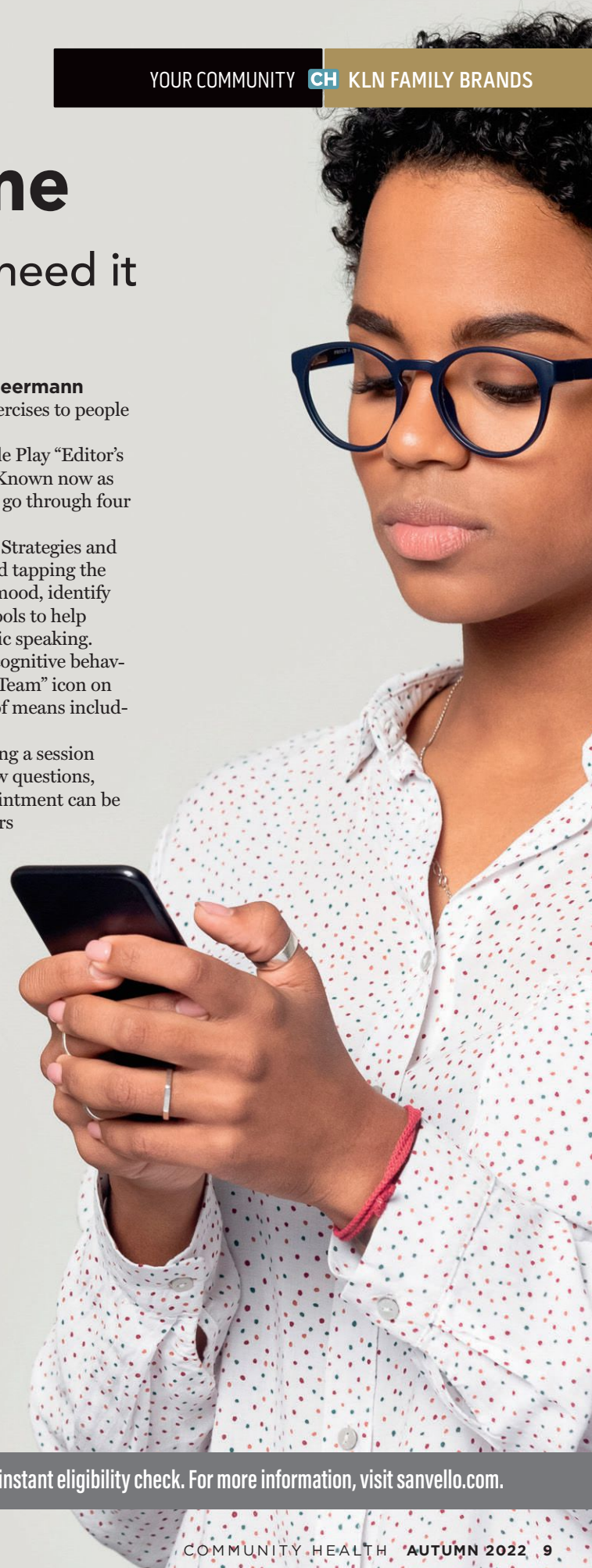
Another feature to the Sanvello app is on-demand therapy. Scheduling a session can be completed quickly through the app. After the user answers a few questions, Sanvello will suggest a therapist who matches the criteria and an appointment can be scheduled. All sessions are confidential and conducted virtually, so users can meet with the therapist from almost anywhere.

The Sanvello community forum offers a judgement-free perspective and advice on techniques that may help reduce stress. Many community members speak from personal experience with a variety of life challenges and mental health matters.

Peer support includes chat groups devoted to a variety of topics:

- eating disorders
- chronic illnesses
- relationship questions
- LGBTQ+ advice and help.

Tap the “Upgrade” button within the app and answer the questions for an instant eligibility check. For more information, visit [sanvello.com](https://sanvello.com).



# Making Sense of Your Money

## Tips for maximizing your financial resources

By Bill Jones

**There is a quote often attributed to Albert Einstein**, noted genius, about compounding interest. The verbiage changes a bit depending on who you ask, but it is said Einstein referred to compounding interest as “the most powerful force in the universe,” “eighth wonder of the world” or “mankind’s greatest invention.”

Whether the quote or attribution are completely accurate — it’s a source of internet debate — the sentiment about what compound interest can do for one’s finances is on point, according to Casey Nelson, a CPA and LPL financial planner.

“If you start young and you get that snowball rolling down the hill by starting to put dollars away, and you talk about a compounding rate of return on itself, 30 years later that annual return is a really significant number compared to that first year,” Nelson says.

Nelson has served as a financial advisor for KLN Family Brands for more than a decade, managing the company’s 401(k) and working on everything from a company level to questions from employees. His greatest advice to people is: Figure out early on how to live on 85% of your income, and save and invest the rest.

He acknowledges that can be easier



**Casey Nelson**  
LPL Financial Planner

said than done for people who don’t have a massive income and start out living on 100%, especially in a time of inflation.

“It’s hard to get dollars into the plan without squeezing yourself so hard you can’t live life,” Nelson says. “It’s a challenge, without a doubt, but if you can commit to living on 85% of what you make versus 100% — or like most of America, 110% and get themselves into debt — what an unbelievable feeling to just learn to live on 85%.

“It’s going to set you up for a tremen-

dous amount of success.”

Of course, there is no universal advice, which is why Nelson says he is at KLN regularly to field questions from employees. Some people may want to start with putting 6% aside and work toward 15%.

“It’s different for everybody,” Nelson says. “The 72-year-old that’s going to work for another two years and wants to use the money they put in immediately to take it out at 74 is different than the 28-year-old who should be investing in stock and not worrying about ups and downs because they’ve got four decades before they’re going to touch it.”

But Nelson says the sooner people can learn to save and invest, the better. A lot of younger folks tend to put it off.

“I’ve had a lot of people come in 10 years later and say, ‘I wish I had done this 10 years ago,’” Nelson says. “I’ve never heard the person who’s been in the plan for 30 years say, ‘I really wish I wouldn’t have done that at 23 and [have] \$500,000 in the plan.’

People need to recognize the significant differences between saving and investing, Nelson adds. Savings remain available in a pinch or for bigger expenses, but people should expect to let go of their money for some time with investments. The trick is



## The formula for compound interest

$$A = P \left(1 + \frac{r}{n}\right)^{nt}$$

**A** = Total amount

**P** = Principal amount

**r** = Annual rate of interest, expressed as a decimal

**n** = How many times interest is compounded per year

**t** = How long the money is deposited or borrowed, expressed in years

investing without leaving oneself cash-strapped, he says.

“The biggest thing is finding a happy medium of chucking some dollars into savings, along with putting dollars into long-term investments,” he explains. “There’s a balance there, because you have to live life. It’s tough to strike that balance, but the people that do it young are, by far, the best off.”

Profit sharing and bonuses provide great opportunities for employees to boost their savings accounts while also treating themselves with something like a weekend trip.

“It’s important to have that in life,”

Nelson says. “Not everything is all about saving constantly and worrying constantly. But there is something to be said for if you could take half of that check each time and chuck it into a savings account [and] do something fun with the rest. What a world of difference that would make to give you a little emergency cushion.”

Nelson would not necessarily advise changing 401(k) contributions because of a quarterly profit-sharing check, but a promotion or raise could be cause to re-examine those long-term investments. A raise is an ideal time to up the percentage of contributions to a plan because it won’t be as noticeable a hit on one’s

pocketbook.

“I always tell people, if you get a raise and you learn to live on last year’s money, and you bump your 401(k) each year — and you can still live comfortably with a good mix of saving and investing — that’s when you’re going to have the most chance of success,” he says.

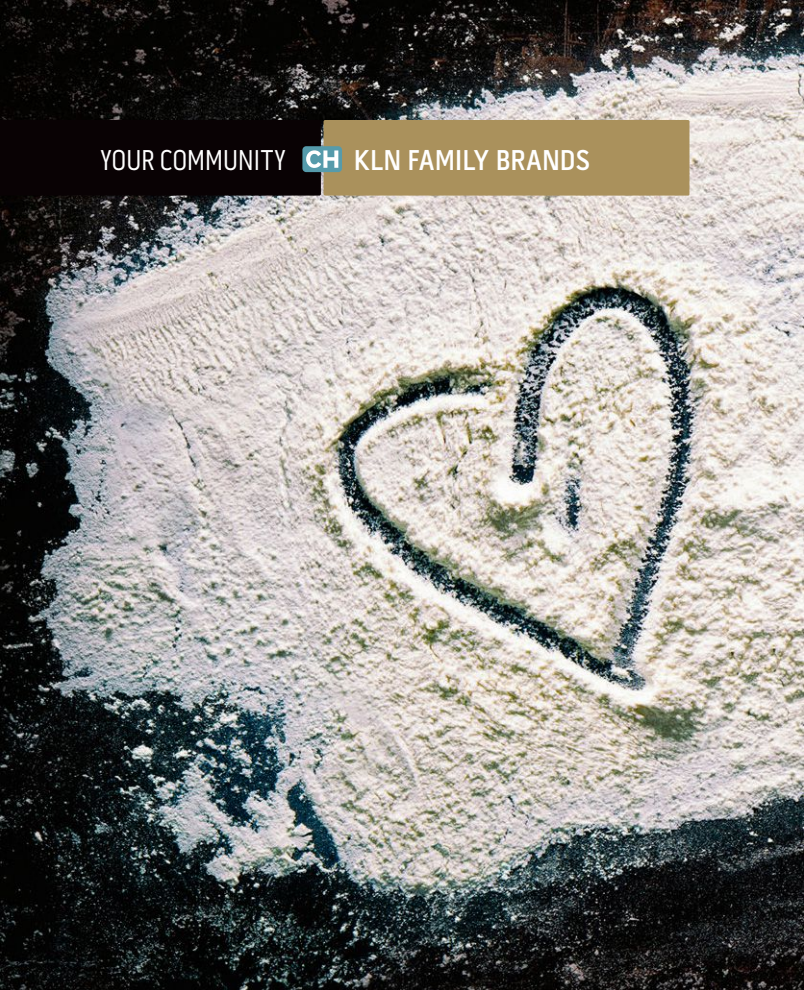
Nelson regularly cautions people about using credit cards. People often get into a bind when they think they can pay off something at introductory 0% rates but get caught 12 months later with 26% interest that can make it tough to get caught up. Don’t overextend on any debt, and save for the big purchases instead of purchasing them on credit, he advises.

“Credit cards can be great to build points, but if they’re not paid off monthly in full you should never use them,” he adds.

He encourages KLN employees to reach out to him if they have any financial questions.

“I’ve committed a lot of time to trying to be a good point of contact for anything financial, and I want it to remain that way,” Nelson says. “I’m here as a resource. It goes beyond just 401(k) I can talk to people about. If you’ve got a question, ask me.”

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Finley's founders Angie and Kyle Gallus



# Going to the Dogs

Unexpected success turns former educators into dog-treat bakers

By Bill Jones

**To understand Finley's mission,** one needs to know how it all began. Long before Finley's was even an idea, Angie and Kyle Gallus were special education teachers.

In 2010, Angie was working at a high school when she came to a realization.

"I noticed some of my students were lacking the work skills they were going to need in the future, so I wanted to come up with something that could help them learn those skills," she says.

With the help of a grant, she started an all-natural dog treat business right there in her classroom and kept it going for roughly three years. Angie and the students would bake for three days and practice job skills on the others. They would deliver treats, punch in, punch out and budget.

Angie eventually left the high school and went back to teaching elementary students.

A couple years later, she and Kyle were sitting on the couch when some former students sent a Facebook message. Now 22 and 23 years old, they wanted to bake again, and Angie did not know how to handle the unexpected request. But on Valentine's Day 2016, they came over to the Gallus house to bake some dog treats together.

"When they left, our hearts were super-full, but it was also bothering me knowing they were now adults and they were unemployed," Angie says. "It just kept eating away at us."

The couple started looking for a commercial kitchen. Kyle says they tried to get into roughly 50 different kitchens, but all of the owners said no, considering it as a liability to have people with disabilities in their kitchens.

Finally, one owner decided to take a chance on the couple and offered a commissary kitchen for just \$75 a month.

"It was a steal," Kyle says. "I think we owe that commissary kitchen our life. It was the only kitchen that would allow us to do what we wanted to do."

On Tuesdays and Thursdays, after teaching all day, the Gallus duo would mix the materials at home, haul them to the kitchen and bake with five of their former students. Then, they would head to breweries, 5Ks and anywhere else that would allow them to sell the treats.

Their rescue dog Finley came along, and the company soon took the pup's name.

Then, one fateful day in 2017, actor Ashton Kutcher posted on Facebook that what the couple was building was "a business model anyone can get behind."



Photo by Katie Lange, KLN Employment Brand Marketing Coordinator

Examples of the flavored dog biscuits available from Finley's.

“That set us into motion where our sales started to increase,” Angie says.

Increase is an understatement. The couple found themselves in the kitchen four to five days a week and in need of more help. Kyle left the classroom to run the logistics side of the business and find manufacturing partners, while Angie kept teaching for two more years to pay the bills as they tried to grow Finley's.

“I remember thinking in that mo-

ment: Yes, this is tough, but why are we really here?” Angie says. “That’s what kept us going.”

When Finley's pivoted to a business model that included manufacturers, the Galluses needed a way to keep employing people with disabilities — the reason the company existed. So they started hiring ambassadors to run demo tables, hand out coupons and share the company's mission with people at local grocery stores.

“It just really took off, and we’ve been really fortunate to have the support of our retail partners,” Angie says.

But she and Kyle were still two ex-teachers trying to find their way in the business world. That is where KLN steps into their story. It started with a gift basket of Wiley Wallaby licorice, which is produced by the sister company of Tuffy's Pet Foods.

Angie and Kyle were confused when they received sweets from a company that could be considered a competitor.

“We were too in the weeds trying to keep the company afloat to really understand: What do we do next?” Kyle says.

But a second gift basket caught their attention, and the couple met with the company to see what they could learn. While there was no investment from KLN at that time, the Galluses received mentorship from the company.

The investment eventually came without a desire to change the mission that has driven Finley's. Tuffy's acquired Finley's outright earlier this year, with Angie now serving as vice president of mission advancement and Kyle vice president of brand development. Kyle says they made the decision after realizing KLN was about more than just buzzwords and could truly support their vision.

“This was a no-brainer if we wanted to serve out this mission,” Kyle says. “It’s going to serve so many people above just the Finley's and KLN family.”

“We are so grateful to them for choosing us,” Angie adds. “We couldn’t be more thankful and proud to be under KLN’s umbrella.”

Photo by Katie Lange, KLN Employment Brand Marketing Coordinator





# Community Connection

## KLN thrives with help of partners such as Perham Health

By Bill Jones

**John Donne famously wrote that** “no man is an island,” implying we all play a part in a bigger picture and in a greater community. It can be a lot easier once we understand that and find good partners, instead of trying to go it alone.

The same can be said for companies, which can operate in their proverbial corner of the world but cannot survive without their customers, find their place without becoming part of their communities or serve a greater purpose without partnerships that align with the mission.

KLN Family Brands has for years understood the power of community partnerships. And those connections have, among other things, led to more convenient health care for employees and a new brand with a unique mission being welcomed into the fold.

### Perham Health

Sanford Health Director Beth Ulschmid has worked with a number of large businesses in town and formed great relationships over her 25 years with Sanford. But one, in particular, stands out.

“Definitely the most productive relationship has been with the KLN group,” she says.

That relationship helped bring an on-site clinic to employees in recent years. When KLN Family Brands wanted to explore the possibility of opening a basic health services clinic for employees, Sanford looked into it. In 2016, the clinic opened in an office shared by both companies in Perham.

“They wanted to provide the convenience for their employees to have a dedicated time to be seen, develop those relationships and reduce claims for their insurance

companies,” Ulschmid says.

On-site clinics can help keep KLN’s health care costs down and help with employee retention.

There are also benefits for Sanford, which uses Epic for its electronic medical records. When it met with KLN years ago, Sanford wanted all records in one place for patient safety, ease of treatment, and reduction of duplicate X-rays and labs.

“It’s really beneficial to have all those records in one place so we can treat the employee more safely and less costly,” she says.

The clinic is ultimately about the well-being of employees and that begins with preventive care. Ulschmid cannot stress enough how important that is.

“I always push preventive care,” she says. “It’s important to have preventive services so you can count on that relationship (with a doctor) when you do need help.”

As far as partners go, KLN found a good one in Perham Health. Perham was ranked in the Top 10 hospitals in Minnesota in 2022 by Newsweek and in the Top 300 in the United States.

Beyond the numbers, Perham Health is a community hospital, which allows for more personalized connections like the ones the company has with KLN.

“They know us and trust us,” Ulschmid says. “If they hear an employee is dissatisfied with something, they email me and we look into it and figure out how to fix it — within a couple hours, usually.

“I appreciate having that connection with the KLN folks, because they’re open and honest with us, and we can be open and honest back and really try to improve health care in our little community here.”





# IN THE HEART OF THE LAKES

Trail connecting **Perham** and **Pelican Rapids** will eventually stretch 32 miles

By **Michael Gilbert**

With the Perham segment of the Heart of the Lakes Trail complete, work has started on the Pelican Rapids stretch. When completed, that stretch of trail will extend from State Highway 59 south of Perham to County Highway 3.

The first segment of what will eventually be a 32-mile-long multi-use recreation trail between Pelican Rapids and Perham opened in 2021. That was nearly seven years after the Otter Tail County Public Works Division held an open house to introduce a master plan for the path.

Fifteen months after the Perham section was completed, the trail has become a popular spot for visitors and residents to enjoy one of the most beautiful and picturesque areas in West Central Minnesota.

The trail was built to meet the increased demand for non-motorized outdoor recreation in Otter Tail County. Biking and walking are two of the most common activities at the trail, but it is also used by joggers, hikers and in-line skaters.

The trail was designed and will be constructed in multiple segments, with two yet to be completed. The eastern segment stretches nearly 7 miles from Perham west to OTC CSAH 35.

The western segment will begin in Pelican Rapids and stretch 7 miles to Maplewood State Park, while the middle segment will run along McDonald and Silent lakes and provide a portal into Maplewood State Park. The 9,250-acre park is known for its hardwood trees including sugar maple, basswood, American elm and oak, making it a fantastic place to view autumn colors. Maplewood also boasts eight lakes and several ponds open to swimming, fishing and boating.

The trail has been designed with all users in mind, and according to Otter Tail County Park and Trails Director Kevin Fellbaum is “an exciting feature to enhance the outdoor recreational opportunities in the county.” Rest stops, each with a bench and bike rack, are located approximately every 2 miles. It also features mile-markers and roadway name signs to keep users aware of their surroundings.

Public artwork has been placed along the trail with the purpose of engaging and inspiring trail visitors. The artwork examines the region’s culture, history and environmental character while showcasing the talents of local artists.

# COLOR IT AUTUMN

**Lakes Country is beautiful at all times of the year, but the changing colors of autumn make for a particularly unique and spectacular show. Here are a few of the top places to view this natural changing of the guard.**

## **North Country National Scenic Trail**

Roughly 800 miles, or a little more than one-sixth of the 4,600-mile long North Country National Scenic Trail, passes through Minnesota. Some of those 800 miles are located in Otter Tail County.

The heavily wooded North Country Trail has its fair share of red, orange and yellow leaves, but there is much more to explore than just the pine and hardwood trees. The non-motorized trail has multiple paths for walking and hiking as well as bicycling. These trails thread around numerous lakes and wetlands, and up and down glacial hills. It's common to see guests on horseback and, come winter, cross-country skies and snowshoes. Bring a pair of binoculars and try to spot some of the wildlife, including bald eagles and many waterfowl.

Primitive campsites are available along the trail. **For more information, visit [exploreminnesota.com](http://exploreminnesota.com).**

## **Glendalough State Park 24869 Whitetail Lane, Battle Lake**

The best way to take in the fall colors here may be via bike, as the Glendalough Trail Loop provides views of the 1,931-acre park. Other ways to explore the park come in the form of boating, kayaking and canoeing. Wildlife that call the park home including white-tailed deer, Canada geese, red foxes and snakes.

Campers can stay in cabins with electricity and pro-

pane fireplaces, or rough it by staying at campsites. Check out the park's Historic Lodge, where Presidents Dwight D. Eisenhower and Richard Nixon both stayed while visiting Glendalough. **For more information, visit [www.dnr.state.mn.us](http://www.dnr.state.mn.us).**

## **The Pine to Prairie International Birding Trail**

This trail features several stops in Otter Tail County and the trail is an ideal spot for birding during the fall bird migration. Known as the inaugural birding trail in Minnesota, the Pine to Prairie is home to several unique residents including the ruffed grouse, red and white-winged crossbills and the boreal chickadee. The pine forests, deciduous woodlands, native tallgrass prairies, sand dunes, bogs, lakes and rivers attract more than 275 species of birds.

**Visit [mnbirdtrail.com/](http://mnbirdtrail.com/) for more information.**

## **Phelps Mill County Park 29029 County Highway 45, Underwood**

Phelps Mill is a great place to drop the kayak in the water and enjoy the autumn beauty of Otter Tail County. Anglers can try their luck in the Otter Tail River and guests can view the historic Phelps Mill, which was constructed in 1889.

The park features a children's play area and numerous picnic tables for those interested in packing a lunch and taking in the sights and sounds.

**Learn more by visiting [ottertailcountymn.us/building/phelps-mill/](http://ottertailcountymn.us/building/phelps-mill/)**

## **Prairie Wetlands Learning Center 602 State Highway 210E, Fergus Falls**

At nearly 330 acres of prairie lands and another 28 of wetlands, the Prairie Wetlands Learning Center is a spot to see popping fall colors and abundant wildlife. The center has four miles of non-strenuous trails.

The Prairie Wetlands is the origin of the Minnesota River Birding Trail, a 10.7-mile out-and-back trail that is home to several birds including the America robin, American goldfinch and red-winged blackbird. Head to the center in the late fall and be on the look-



Glendalough State Park



Otter Tail River



Pine to Prairie International Birding Trail

out for reptiles and amphibians burrowing in the mud or gathering for group hibernation.

The visitor center is open from 8 a.m.-4 p.m. Monday, Wednesday and Friday and houses an exhibit area and a number of staff-led programs. **For more information, visit [fws.gov](https://www.fws.gov).**

### Otter Tail River

At 192 miles, the Otter Tail River is the third longest river in Minnesota and a picturesque place to enjoy autumn. The slow-flowing and easily navigable waterway is an ideal spot for novice kayakers. Canoeing is also a popular activity and a relaxing way to view the pine, spruce, fir, oak, elm and ironwood trees that line the river and produce breathtaking colors in the fall.

The many dams on the river act as a roadblock for fish migrating upstream, and anglers are known to take advantage and reel in smallmouth bass and sturgeon. Loons and bald eagles are just a few of the birds who live along the river.

**Visit [dnr.state.mn.us](https://dnr.state.mn.us) for more information.**

### God's Acres

Located just off County Highway 1 in Battle Lake, God's Acres is a wellness spot for the body, mind and soul. Free and open to the public, the park offers a plethora of activities for the entire family. Those seeking to soak up the beauty of fall may want to explore the Masters Mile Walk for a peaceful hike around the property. The Prayer Garden is a place to reflect while surrounded by the beauty of nature. A play area featuring multiple slides, swings and a climbing apparatus are a hit with the children, and adults enjoy conversing under the covered shelter. Other activities include disc golf and an obstacle course.

**Visit [zionamor.org/god-s-acres](https://zionamor.org/god-s-acres) for more information.**

# FALL INTO FUN

## 10 things to do this autumn in Otter Tail County

### Henning Haunted House

606 2nd St., Henning  
7-10 p.m., Oct. 22, 23, 29 and 30

The skeleton crew at the Henning Haunted House has been providing the community with bone-chilling moments and thrills for the past decade. Admission is \$5. Food vendors will be selling their specialties from 6-9 p.m. all four nights. For more information, visit [cityofhenning.com/community/henning-haunted-house](http://cityofhenning.com/community/henning-haunted-house).

### Pie & Pumpkin Oktoberfest

Henning Landmark Center  
415 Douglas Ave., Henning  
11 a.m.-1 p.m., Saturday, Oct. 1

Kick start your Halloween fun by attending the Landmark Center's annual Pie & Pumpkin Oktoberfest. The all-ages event will feature fresh baked pies, pumpkin-carving and painting, and live music. For more information, visit the Landmark Center on Facebook @[HenningLandmark.org](https://www.facebook.com/HenningLandmark.org).

### Corn Maze and Pumpkin Patch

Otter Berry Farm  
38132 470th Ave., New York Mills

Looking for fun on the farm? It can be found nestled in Minnesota's Lakes Country at Otter Berry Farm. One of the main attractions at this fourth-generation family farm is the 6-plus acre corn maze. The farm has more than 50 varieties of pumpkins, gourds and squash for sale, as well as a petting zoo, corn pit and straw maze. The farm is open weekends in September and October. For more information, visit [otterberryfarm.com](http://otterberryfarm.com).

### Thea's Pumpkin Patch

19982 Appaloosa Road, Pelican Rapids

Thea's started out small a little more than a decade ago with a single acre of pumpkins. Today, there are more than 7 acres featuring more than 30 varieties of pumpkins and gourds.

Six years ago, the owners expanded their venture to include a corn maze that has become a favorite of guests. Open through Oct. 31, Thea's also has a petting zoo, hayrides and concessions, including a variety of hot, fresh doughnuts. For more information, visit [theaspumpkinpatch.com](http://theaspumpkinpatch.com).

### Up North Junkin' Fall Market

Lakeside Tap & Event Center  
2727 450th St., Perham  
Oct. 14-15

The Lakeside Tap & Event Center features handmade crafts and home décor. Expect plenty of vintage items for sale along with goodies and treats. The market will be held from 4-7 p.m. Friday, Oct. 14 and 9 a.m.-3 p.m. Saturday, Oct. 15. For more information, visit [perham.com](http://perham.com).



## Mother Goose & Bean's

16607 340th St., Erhard

Established in 2014, Mother Goose & Bean's is known for its unique pumpkins. Don't be surprised to find a white, blue-green or red pumpkin in the 5-acre patch. For those who love the thrill of solving a problem, the corn maze at Mother Goose & Bean's will surely delight. An ever-changing leaderboard displays the 10 fastest times to finish the maze. Don't leave the farm without trying its four flavors of kettle corn — including cinnamon French toast — which is popped fresh right in front of customers. Open weekends, weather permitting. Visit [mothergooseandbeans.com](http://mothergooseandbeans.com) for updated hours.

## Haunted Museum

Otter Tail County Historical Society

Van Dyk Park

1110 W. Lincoln Ave., Fergus Falls

7 p.m. Friday, Oct. 28

Revisit some of Otter Tail County's most notorious former residents and events during the Otter Tail County Historical Society's Haunted Museum at 7 p.m. Friday, Oct. 28. Otter Tail's history is replete with stories that are shocking, spine-tingling and bizarre. Taken directly from actual historical accounts, readers will tell stories of grisly murders, escaped maniacs and other blood-curdling tales. For more information, contact the museum at **(218) 736-6038**.

## Gobble Wobble 5K

Perham Bike Path

8 a.m. on Thanksgiving

Bring the whole family for a fun and healthy start to your Thanksgiving. Prizes will be awarded to the top finishers in several age categories as well as the best-dressed participants. Cost is \$15; children 11 and under are free. For more information, visit [perham.com](http://perham.com).

## Holiday Parade of Lights

Downtown Perham

5:30 p.m. Friday, Nov. 25

This Perham holiday staple will feature a parade of floats decorated in colorful lights. Candy and holiday goodies will be given to select parade-goers along the route. Attendees who keep their eyes peeled may get lucky and spot Santa and Mrs. Claus. For more information, visit [perham.com](http://perham.com).

## Over the River Holiday Festival

Downtown Fergus Falls

Saturday, Dec. 3

This Holiday Festival features an appearance from Santa, horse-drawn carriage rides, food and drink vendors, a tree lighting and fireworks. Live music and a holiday art crawl are also in the works. For more information, visit [ffriver.org/OTR](http://ffriver.org/OTR).



# HEALTHIER HOLIDAY

Moderation is the key when it comes to enjoying the foods you love while staying on top of your health

## Eats

By **CMG Staff**

**One of the keys to eating healthy** is learning to exercise control and practice moderation. It is a myth that one must eliminate certain food and/or food groups to lose weight or live a healthier lifestyle. While some people must because of certain health conditions avoid consuming some foods, the majority of people can indulge in what they enjoy, so long as they do it with self-control. Do you want a piece of apple pie after Thanksgiving dinner? Go for it. Just keep it to one piece of pie, and don't go back for another a couple hours later.

Here are a few tips that can enable you to enjoy the foods you like, without compromising your health or taking a step back in your weight-loss journey.

### Portion size

Overeating and being overweight is not so much about what we eat, but how much we eat. Portion sizes are frequently larger than is necessary. For many people this has been the case since they were young, and they have literally been trained to eat more than they need. Try decreasing portion size by one-third.

### Modify your routine

Changing your eating routine can help you eat in moderation. The American standard of three meals is rooted in custom rather than what is healthiest or most effective. This causes blood sugar levels to drop between meals, which can contribute to overeat at the next meal. Instead, eat five or six smaller (about the size of a fist) meals per day.

### Why are you eating?

Are you truly hungry, or is your need to eat being driven by stress, sadness or boredom? Ask yourself "am I hungry?" before taking that first bite and eat only when your body answers "yes."

### Avoid trigger foods

Some foods are tough to eat in moderation. If you love French fries or ice cream, depriving yourself of these foods is not necessarily a path to better health and wellness. Control how often you eat these foods and the amount you consume.

### Hydration or Hunger?

Not being sufficiently hydrated can result in a feeling many people associate with hunger. Before you eat, try drinking water to see if that helps. If not, eat one of your five to six small meals.

### Off the Wagon

If you falter and eat a meal or snack that is too big, go back for seconds or give in to a craving, forgive yourself and move on with your eyes on your goal. It is common for people who falter to get discouraged and give up. If you get off track, eat something healthy the next meal or snack.



## Wild Rice-Stuffed Squash

### Ingredients

2 medium butternut squash (2 to 2¼ pounds each)  
 3 Tbsp apple cider vinegar  
 2 Tbsp pure maple syrup  
 4 Tbsp olive oil  
 Kosher salt and freshly ground black pepper  
 1 small onion, chopped  
 ½ cup wild rice  
 ½ teaspoon mild curry powder  
 ½ tsp ground cinnamon  
 ¼ tsp cayenne pepper  
 3 Tbsp dried unsweetened cherries  
 1 cup fresh parsley leaves, chopped, plus more for garnish  
 1 Tbsp chopped fresh sage  
 ¼ cup walnuts, coarsely chopped

### Directions

Preheat to 400 degrees.

Cut each squash in half lengthwise and scoop out and discard the seeds. Arrange the halves in a large baking dish, flesh-side up.

Whisk together vinegar, maple syrup and 2 tablespoons oil. Brush the flesh-side of the squash halves with some of the maple-oil and sprinkle with ¼ teaspoon salt and a few grinds of pepper. Place squash flesh-side down in the baking dish and brush the skin side with maple-oil mixture, and sprinkle with ¼ teaspoon salt and a few grinds of pepper. Roast on middle rack until fork-tender, 30 to 40 minutes. Let squash rest until cool enough to handle. Scoop some of the flesh into a large bowl, leaving about ¼-inch border of flesh all around. Leave scooped-out flesh in large chunks.

Heat 1 tablespoon oil in a medium saucepan over medium-high heat, then add the onions and cook, stirring occasionally, until soft and golden brown, about 6 minutes. Add the rice, curry powder, cinnamon, cayenne and ½ teaspoon salt and stir until the spices are toasted, about 1 minute. Add 2 cups water and bring to a simmer covered, stirring occasionally, until the rice is tender and most of the liquid is absorbed, 30 to 40 minutes. Remove from heat and add to the chunks of squash along with the remaining maple-oil, cherries, parsley, sage, ½ teaspoon salt and a few grinds of black pepper.

Evenly stuff the scooped-out squash halves with the filling, then drizzle with the remaining 1 tablespoon oil and bake, uncovered, until filling is warmed through, about 30 minutes. Cut each in half crosswise and transfer to a serving platter. Sprinkle with walnuts and parsley. Serve warm.



## Cheese-and-Spinach Stuffed Portobellos

### Ingredients

4 large portobello mushroom caps  
¼ tsp salt  
¼ tsp freshly ground pepper, divided  
1 cup part-skim ricotta cheese  
1 cup finely chopped fresh spinach  
½ cup finely shredded Parmesan cheese, divided  
2 Tbsp finely chopped kalamata olives  
½ tsp Italian seasoning  
¾ cup prepared marinara sauce

### Directions

Preheat oven to 450 degrees. Coat a rimmed baking sheet with cooking spray.

Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and 1/8 teaspoon pepper. Roast until tender, 20 to 25 minutes.

Mash ricotta, spinach, ¼ cup Parmesan, olives, Italian seasoning and the remaining pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on high for 30 seconds to 1½ minutes.

When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous 1/3 cup ricotta filling into each cap and sprinkle with the remaining ¼ cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.

## Apple-Cranberry Crisps

### Ingredients

1 Tbsp butter  
¾ cup regular rolled oats  
¼ cup chopped walnuts  
6 Tbsp pure maple syrup  
1½ tsp ground cinnamon  
2½ pounds cooking apples, peeled, cored, and sliced  
¾ cup fresh or frozen cranberries, thawed  
¼ cup packed brown sugar  
¾ cup orange juice  
2 Tbsp cornstarch

### Directions

Melt butter in a 6-quart pot and add oats, walnuts, 2 tablespoons of the maple syrup and 1/2 teaspoon of the cinnamon. Cook, uncovered, 5 to 8 minutes or until oats and walnuts are starting to toast. Transfer mixture to a plate to cool.

Add apples, cranberries, brown sugar, and the remaining 4 tablespoons maple syrup and 1 teaspoon cinnamon. In a small bowl, whisk together orange juice and cornstarch. Add to apple mixture and stir to combine.

Cover and cook on medium-high for 30 minutes. Let stand 10 minutes before serving. Sprinkle with oat topping and serve warm.

*TIP: Doing advance prep? Soak the apple slices in a solution of half a teaspoon of Kosher salt to one cup of cold water to keep them light-colored and crispy until you're ready to cook.*

# WATCHING THEIR BACKS

KLN gets behind **Soldier's 6**, looks to focus resources on Veterans

By Bill Jones

**KLN Family Brands wants to ensure** all employees have the resources they need to succeed at work and in life. Veterans, however, are among those that may need a little extra attention, according to Senior Director of Food Safety and EH&S Sheila Hamlett.

“There are different challenges that Veterans can have, specifically with mental health, but it can also be financial and some other things,” Hamlett says. “We just want to make sure they are aware there are resources out there that can help them.”

As a Veteran who served for 15 years in the Army between active duty and the



Ed Abrahamson and his wife Dana founded Soldier's 6 to provide service dogs to Veterans, corrections officers and first responders. Ed is a Gulf War Veteran and retired police officer whose struggles with PTSD were eased when Rex, a service dog, was introduced into his life.

For more about Soldier's 6 and the help the non-profit is providing Veterans, check out the following videos produced by KLN Employment Brand Marketing Coordinator Katie Lange.

[youtu.be/7-SBc36gdvs](https://youtu.be/7-SBc36gdvs)  
[youtu.be/FzjFVegpQVM](https://youtu.be/FzjFVegpQVM)  
[youtu.be/uYnXFyKaTNI](https://youtu.be/uYnXFyKaTNI)

[youtu.be/\\_OL-iBJffyK](https://youtu.be/_OL-iBJffyK)  
[youtu.be/9TKSkgs8sc](https://youtu.be/9TKSkgs8sc)  
[youtu.be/itmL6NuMWo4](https://youtu.be/itmL6NuMWo4)

reserves, Hamlett knows this well. After more than a decade of work with KLN, she is part of a recently created steering committee for Veterans at the company.

“Initially, we're working on identifying who our Veterans are, because we weren't really sure who we had,” Hamlett says. “It wasn't something anybody was tracking. In order to not leave anyone out, we're trying to make sure that we get everybody identified.”

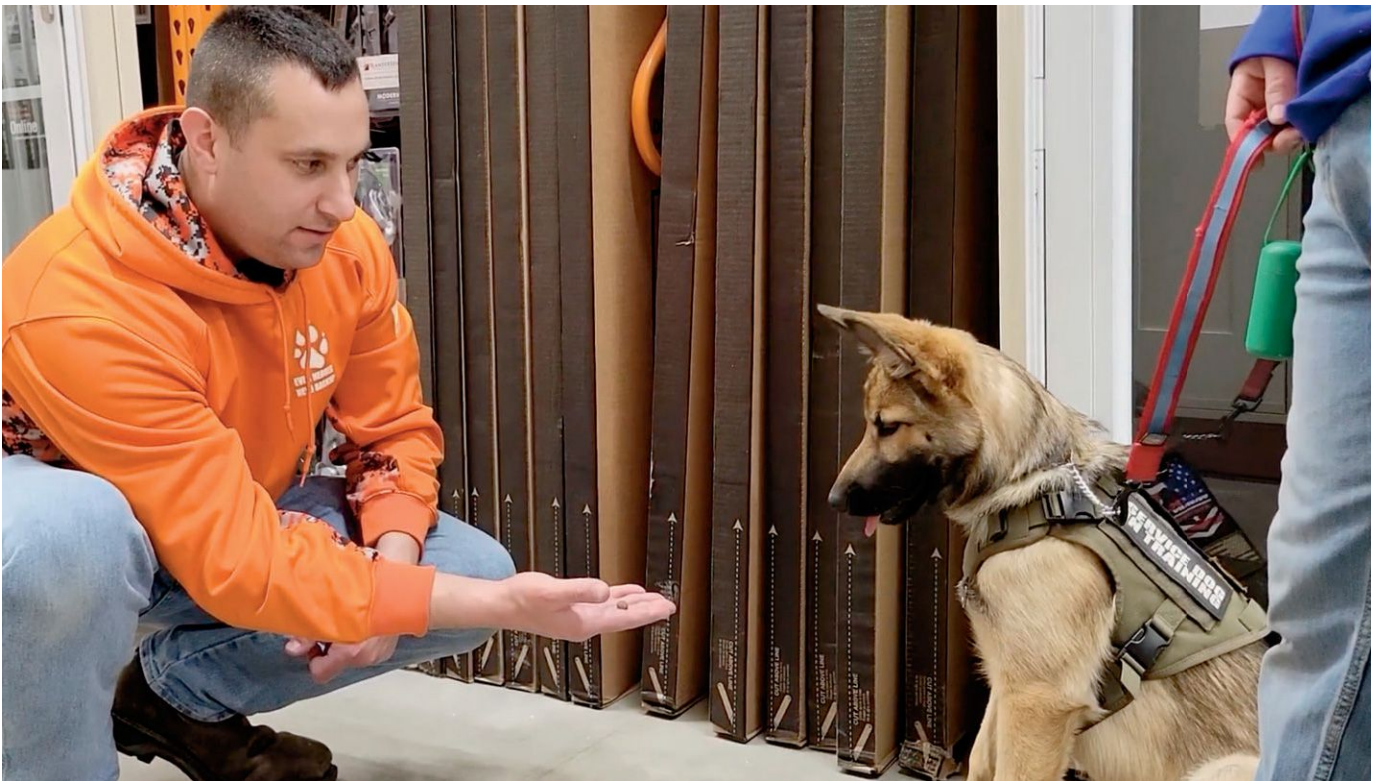
KLN Safety Director Victor Peterson, a

Veteran and steering committee member, says Veterans make up roughly 3.5% of the company's workforce. Veterans hold positions from hourly manufacturing personnel to director roles, Peterson adds.

Hamlett emphasizes the Veterans-related initiative at KLN is a new program. The steering committee members are open to suggestions.

“We're really looking to do right by our Veterans and making sure they





All Photos by Katie Lange, KLN Employment Brand Marketing Coordinator

Mike Boehmer, a former SWAT officer, trains service dogs for KLN and Soldier's 6.



Gunny, a chocolate lab and service dog for Soldier's 6.

feel welcome and are being utilized in ways they can be," she says. "Veterans have a lot of leadership experience that is often overlooked. They have a lot of other capabilities and experiences besides putting bags in boxes or turning a wrench."

One way KLN shows support for Veterans is by partnering with Soldier's 6, which for the past eight years has provided service dogs to active military members, Veterans and first responders in need of support. KLN offers the non-profit monetary support as part of the partnership.

Earlier this year, KLN hired Mike

*See Dogs on next page*

# At Their Service

## How dogs can help improve Vets' mental health

By Bill Jones

**On a typical day with KLN,** Mike Boehmer meets with dogs and handlers. Just as he was taught to train his own dogs, he empowers others to do the same.

"I walk hand in hand with the handler and the dog," Boehmer says. "I show the handler how they should operate with the dog, what they should do, the telltale signs the dog is giving the handler. I help that handler understand their dog and read their dog."

"Then, they have ownership and the ability to use what they're learning to take next steps and further our advanced training with their dog."

The training gives the owner a sense of accomplishment that they trained the dog to perform certain tasks. In



All Photos by Katie Lange, KLN Employment Brand Marketing Coordinator



Mike Boehmer was a canine handler for most of his law enforcement career.

**Dogs, continued from previous page**

Boehmer to train service dogs for KLN and Soldier's 6. Boehmer served for 17-years in law enforcement, including time on the Seattle Police Department SWAT team. He has been a canine handler for most of his career after starting his first police job at the age of 21.

"Every K9 unit needs a test dummy, if you will, to go put on the bite suit and run with the dogs and just be a chew toy," Boehmer says. "I was that dumb kid that raised my hand, 'Yeah, me, me, me. I want to try it.'

"After I tried it for the first time, I was hooked."

The vast majority of Boehmer's work on the police side was with German shepherds and Belgian malinois. With Soldier's 6, he works with every breed and mixed breeds. Boehmer says he loves learning about their unique traits and personalities, figuring them out and helping owners train them.

"They test my ability and test my patience and stamina and everything else," Boehmer says. "Every breed has their own personality. It posed a little bit of a challenge for me to learn some of the quirks and habits some of these dogs have, but it's a good challenge. It's a fun challenge. If everything was easy I wouldn't enjoy going to work."

As part of the partnership, KLN is able to get K9s into the hands of those in need. Aside from paying for the dog and its training to get it certified as a service dog, KLN also covers the cost of all pet bills for the first year. The unique arrangement exists because KLN's mission is in line with that of the organization.

"It's something KLN can afford to do and wants to do," Boehmer says. "They saw the value in what Soldier's 6 is doing in their mission. KLN is big on giving back and supporting the local community, Veterans and first responders."



**Service, continued from previous page**

a program specifically designed for active military personnel, Veterans and first responders, Soldier's 6 is also the first step toward forming essential bonds.

"Once we get that bond formed between the two, everything else starts to come naturally," Boehmer explains. "These dogs are super-smart and they catch on almost immediately."

Once that bond is formed, a dog can pick up on its owner's physical changes that are related to emotions and stress. They know when to step in and offer comfort, and then people start to recognize their own signs of change.

"They read us like a book," Boehmer says.

He notes Soldier's 6 gets its name from military lingo for watching someone's back (6 o'clock).

Senior Director of Food Safety and EH&S Sheila Hamlett adds that if someone is in the process of having a post-traumatic stress disorder panic attack, dogs can help break that cycle by getting in their face and drawing attention away from the stimulus causing the attack. They can also wake Veterans who are experiencing night terrors and provide space in crowded environments.

"Even going to the grocery store, where they can't watch every angle by themselves, a dog can watch your back," Hamlett says.

Hamlett has been working with service dogs since she was an animal care specialist at the service dog training center at Fort Knox. There, she was responsible for the veterinarian care of dogs trained to provide assistance to physically disabled Veterans and their family members.

When Hamlett moved to Minnesota, she saw a television news story about Veterans who received dogs from Patriot Assistance Dogs. She inquired about volunteering and since 2015 has tried to go most Monday nights to offer her expertise.

"It's completely independent of KLN, but KLN has been a supporter of the program since its inception, whether it's donating pet food for the dogs or other donations for their fundraisers," she says.

# Perham Area Community Center

*“Building better lives through social, recreational & physical activities”*

## Personal Training

Our Personal Trainer, Taylin, is here to help you with any of your fitness needs and goals. First-time member? Stop by for a free one-time guidance! Looking for a personal training plan to fit your needs? We offer that, too! Check out our website below, under ‘fitness,’ to learn more, or email Taylin at [wellness@perhamareacommunitycenter.net](mailto:wellness@perhamareacommunitycenter.net).



## Swimming Lessons

We offer group and private swimming lessons. We also offer adult swimming lessons if you are looking to try something new! Group lessons are for students ages 4 years old and up! We also have multiple parent-child classes available for families with swimmers 6 months to 3 years of age. Check out our website for schedules and info.

218.346.7222

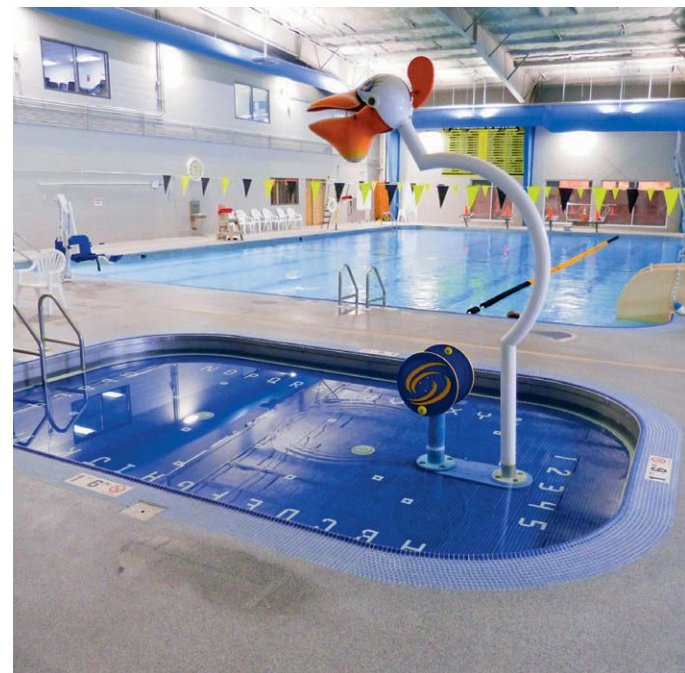
@thepaccperham

## Amenities

- Fitness Studios
- Cardio Equipment
- Walking Track
- Waterslide
- Free Weights
- Playland
- Lap Pool
- Birthday Parties
- Hot Tub
- Swimming Lessons
- Sauna
- Field House

## Birthday Parties & Events

Looking for a place to hold a birthday or special event? We offer special membership prices for members looking to hold a party or event here. If interested in holding a party or event here, please call **218.346.9843** or head to our website that is listed below.



[www.perhamareacommunitycenter.net](http://www.perhamareacommunitycenter.net)



## I hold on to my future by balancing risk and return

It's difficult to watch the markets go up and down, knowing my retirement account is also going up and down.

I prefer a constant rate of return. But the reality is if I only invest in the "sure thing" I may not earn enough to compensate for inflation. So, in order to hold onto my future, I need to balance risk aversion with need for returns.

### It's a balancing act

Investing comes with risks and returns. By balancing the two, I can hold on to my vision for retirement.

Here is an example of how my potential retirement account value varies over time based on the rate of return I earn.

Annual salary = \$30,000								
Contribution rate	5% = \$125/month		7% = \$175/month		10% = \$250/month		15% = \$375/month	
Potential balance in 30 years earning:*	3% return	8% return	3% return	8% return	3% return	8% return	3% return	8% return
	\$72,518	\$177,202	\$101,525	\$208,082	\$145,035	\$354,403	\$217,553	\$531,605

\*These are hypothetical examples for illustrative purposes only and are not indicative of any particular investment or investment strategy. Investments will fluctuate and when redeemed, may be worth more or less than originally invested.

You can see the difference between a 3 percent rate of return and an 8 percent rate of return is substantial. It's clear that if I determine I need \$400,000 to retire, earning a 3 percent rate of return is not going to get me there. Not unless I can save a lot more.