

PhotoPress

Only good news

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SERVING MARTIN COUNTY PLUS ADJACENT MINNESOTA & IOWA COUNTIES 2021 City of Fairmont Legal Newspaper



Martin County Veterans

By Judy Bryan, Freelance Journalist

The Martin County Historical Society is embarking on a new venture by creating a book to honor local living military veterans.

"What we'd like to do is get as many veterans as possible who would like to include their stories and pictures," said Lenny Tvedten, director of the MCHS.

Although they would like to include deceased veterans, at this time they are only

considering living veterans who fit the following criteria:

- The veteran is currently or was previously a resident of Martin County.
- The veteran was honorably discharged.
- The veteran served on active duty other than training in any of the five branches of the military, either stateside or overseas, regardless of their tour of duty.

"This can be anybody

who is a military veteran. I'm even going to put myself in it, and I was just stateside," said Tvedten, referring to his four-year stint with the Coast Guard in Cleveland, Ohio. "Everyone who served on active duty supported our country and has a story to tell."

A question-and-answer format will be provided to each participant so they can easily convey their experiences. The MCHS staff will then create the veteran's story based on feedback provided by the veteran.

The completed story will

be returned to the veteran who will have the opportunity to edit and approve the final copy prior to inclusion in the book.

At least one photo, but no more than three, preferably of the veteran during service, will be included in the book.

Deadline to participate is March 31.

Interested veterans should email the MCHS at edirectormchs@gmail.com or call (507) 235-5178.

Tvedten hopes to finish the book this summer and have it available immediately after it is printed.

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2019 CHRYSLER PACIFICA TOURING L



Heated leather, connected radio factory tow pkg, 28K miles

\$26,841 or \$395/mo.

2019 DODGE GRAND CARAVAN SXT



Power seat, doors and liftgate, remote start, rear air and heat...

\$18,995 or \$269/mo.

2019 RAM PROMASTER CITY



cargo van, Navigation radio, dual sliding doors, front drive only 2000 miles!

\$22,975 or \$335/mo.

2020 RAM 1500 CLASSIC



SLT, heated cloth buckets, heated wheel, navigation radio, wheel to wheel running boards, only 1500 miles!!

\$38,564 or \$579/mo.

2020 FORD EDGE SEL



AWD, only 7800 miles!, great color, heated leather, sunroof...

\$29,152 or \$435/mo.

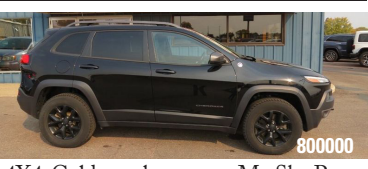
2018 JEEP COMPASS LATITUDE



4X4, power heated seats, heated wheel, remote start, 2-tone paint, 18" wheel upgrade, only 6300 miles!

\$22,332 or \$325/mo.

2017 JEEP CHEROKEE TRAILHAWK



4X4, Cold weather group, My Sky Power / Removeable Sunroof, Beats Audio, only 24K miles!

\$24,495 or \$359/mo.

2016 JEEP RENEGADE TRAILHAWK



Heated leather trimmed interior, large radio/camera, 85K miles

\$20,495 or \$295/mo.

2017 CHRYSLER 200 LIMITED



leather trimmed heated bucket seats, largest interior in class, only 17000 miles!

\$11,925 or \$159/mo.

2015 CHRYSLER 300 LIMITED



leather trimmed heated bucket seats, largest interior in class, only 17000 miles!

\$18,563 or \$269/mo.

2012 FIAT 500C



Power convertible top only 48000 miles, front drive, great mileage

\$8,995 or \$165/mo. 48 mo 5.99%

1992 MAZDA B2600I



Ext cab 4X4 Pickup with only 75000 miles and no rust!

\$6,794 or \$149/mo. 36 mo 5.99%

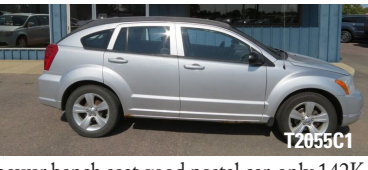
2008 CHEVY IMPALA



AWD, heated seats, 3rd row seating 176000 miles

\$4,669 or \$119/mo. 24 mo 5.99%

2010 DODGE CALIBER SXT



power bench seat good postal car, only 142K miles...

\$3,756 or \$79/mo. 24 mo 5.99%

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heated leather 3 rows of seats 173K miles

\$3,927 or \$85/mo. 24 mo 5.99%

All payments plus tax and license 2000 down cash W.A.C.



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50TH ANNIVERSARY - Ken and Bobbie Atzenhoefer were married on January 23rd, 1971. Cards will reach them at 919 Willow Street, Fairmont, MN 56031. (Submitted photo)

Waletich joins RE/MAX Realty

Vonnie Cone and Wade Barslou, owners of RE/MAX Total Realty of Fairmont and Blue Earth, announce the addition of Rene Waletich to their team of professional Realtors.

Rene's passion for real estate has evolved throughout the years. She has purchased and sold multiple properties since residing in Southern Minnesota and has over 30 years invested in the community. Rene started her career as Registered Nurse which gives her the compassion and understanding of each customer's unique and specific needs.

In her leisure time, Rene loves spending time

with her husband and family. She also enjoys golfing, long walks, and biking.

Rene is looking forward to making the selling or buying process a positive experience for all of her clients.

You can reach Rene at 507-399-9609 or by emailing her at Rene.Waletich@Remax.net.



CREST receives MRAA grant

The Minnesota River Area Agency on Aging (MNRAAA) has awarded CREST a CARES grant. The CARES grant is designed to allow community-based organizations to provide support services such as telephone reassurance, transportation, and caregiver support services.

These funds are designed to address the service needs of older adults during the COVID-19 pandemic. MNRAAA is focusing these dollars on rural areas and our population with the greatest social need and those facing

isolation.

CREST will provide telephone reassurance calls weekly and transportation services to medical appointments, grocery shopping, visits to the library or other social activities for older adults in Martin County. They will also provide caregiver support services to caregivers through individual/Family Counseling and Support Groups.

If you are interested in being a CREST volunteer or would like to access CREST services, please call the CREST office at 235-3833.

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A FEW OF OUR CATS AVAILABLE FOR ADOPTION:

LOBO is a two year old handsome coonhound who loves people. He's okay with certain dogs.

BUBBA is a two to three year old American Bulldog. Absolutely adores people and loves attention. No cats, small dogs or male dogs.

MOUSE is adorable! An all black male kitten, this little guy lives to play and give kisses on your nose.

BILLY has had a rough kitty life... hit by a car and left with a broken pelvis, he's healed now and looking for his very own family. Lovable and affectionate.

To see pictures and descriptions of the animals we have available for adoption, visit: www.pawprints.petfinder.com

**** Volunteers wanted and needed! Stop by the shelter during our open hours to find out how YOU can help the animals! For a complete listing of animals available for adoption, visit: www.pawprints.petfinder.com.**

MLHS to provide COVID Care Kits

As part of Lutheran Schools Week the Student Council and National Honor Society students of Martin Luther High School, Northrop are inviting you to help them provide COVID Care Kits that will be distributed throughout the community.

These kits will contain activity and wellness items to foster family togetherness and creative inspiration during these difficult times. Funding is needed to provide the materials.

Principal Paul Steinhaus has not cut his hair since March 2020. He

will get a "COVID Cut" on Friday, January 29th at 1:00 p.m. if students can raise \$1,500. Principal Steinhaus will have his hair cut off by Laurie Austin of Sheer Radiance Salon. The event will be broadcast on Facebook Live. \$50 donors can have in-person VIP access.

If you would like to partner with the students please call 507-436-5249 or mail your check to MLHS at PO Box 228, Northrop, MN 56075. Mark it "COVID CUT." You can also give online at www.martin-lutherhs.com.

POSITIVITY CORNER

JUST A REMINDER:

*Anything worth doing
is worth overdoing.*

- Mick Jagger



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Curbside Job Fair Thursday, the 28th

CareerForce in Fairmont is providing a new type of Job Fair on Thursday, January 28th from 1 p.m. to 3 p.m. To abide by COVID distancing guidelines it will be a "Curbside Job Fair" and those looking for work can literally pull up to the curb and CareerForce Staff will meet

them with a back pack containing job openings, applications and other employment resources.

The event will be held on the north end of the old Penney's building - the glass doors. Employers participating include Lakeview Methodist Health Services, Fairmont Foods, Goldfinch Estates, Avery Weight-Tronix, Tealwood/Temperance Ridge and Redi

Haul.

Many employers are struggling to connect with job applicants and it is the hope this event will connect them and result in jobs for many. The first 25 job seekers will receive a free flash drive that can be useful to store data during their job search. For questions please call CareerForce in Fairmont at 235-5518.

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COLLEGE NEWS

Annie Malliet, daughter of Steve and Jessica Sovell of Fairmont, recently graduated with a Bachelor of Arts degree from Buena Vista University, double majoring in Psychology and Human Services.

The University of Wisconsin-Eau Claire extends congratulations to the 2,986 students named to the fall 2020 Dean's List. Students from this area who were named to the Dean's List are: Fairmont: **Ashlyn Quist**, College of Arts and Sciences. The Dean's list eligibility criteria can be found online at <https://www.uwec.edu/news/news/fall-2020-deans-list-4529/>.

Hannah Ammann, of Truman graduated from Western Technical College in the Agri-Business Science Technology program. Ammann is one of 208 graduates to receive an associate's degree or technical diploma in the 2020 Fall Term. To learn more about Western Technical College programs and services, call 608.785.9200 or visit www.westerntc.edu.

Seth Hughes, of Fairmont, a senior at Wisconsin Lutheran College, has been named to the college's Dean's List for the fall 2020 semester. Hughes is a graduate of Rocky Mountain Lutheran High School. To be eligible for Dean's List, a student must carry a semester GPA of 3.6 or higher. Wisconsin Lutheran College (WLC) is an independent, nationally ranked Christian college located in Milwaukee, Wisconsin.

Daniel Brummond of Fairmont was named to the University of Minnesota Duluth Dean's List. He is a biochemistry Major at the Swenson College of Science and Engineering. This is an honor reserved each semester for students who have achieved a term GPA of 3.5 or higher.

Calvin Guritz of Fairmont was named to the Dean's list for the fall 2020 semester at Bethany Lutheran College in Mankato. In order to achieve this, the student has to have had a GPA of 3.5 or higher. He is majoring in Sports Marketing and Business.

The University of Wisconsin-River Falls fall semester Dean's List honoring 1,995 students has been released by Registrar Kelly Browning. To be named to the Dean's List, a full-time undergraduate must earn a grade point average of at least 3.5 on a scale of 4.0, or midway between an "A" and "B" average. Area students are listed below by hometown, name, and major.

Fairmont, MN
Brittany Bass, Elementary Education
Taylor Crissinger, Health & Human Performance
Gabriella Cristina Veloso Lima, Animal Science
Grace Higgins, English
Garrett Myren, Business Administration

MLHS Fall Honor Roll

The following students have earned Honor Roll status for the 2020-2021 Fall Semester at Martin Luther High School, Northrop.

***Honor Roll with Distinction (3.5 and above)**
Honor Roll (3.0 - 3.44) Students are listed in order alphabetically per category, ties are listed alphabetically

9th grade
Ella Bolen*
Jade Kitzerow*
Sarah Matasovsky*
Lilah Hubbard*
Jacob Singleton*
Reed Wagner*
Bethany Petrowiak
Brianna Petrowiak

10th grade
Sutton Bohlsen*
Jakob Fischer*
Diana Sargent*

Jacob Taylor*
Wyatt Luhmann*
Hannah Bergt*
Anna Schultz*
Lance Stevens*
Jonah Hackett
Ashley Engelby
Zach Flohrs

11th grade
Kambria Steinhaus*
Mallery Geistfeld*
Tyson Kube*
Zackary Jenks*
Trevor Rosburg*
Emily Sokoloski*
Josie Clow*
Mariah Geistfeld*
Lily Cyphers*
Alyssa Wiederhoeft*
Ryan Singleton*
Paige Roiger

12th grade
Caleb Schultz*
Josh Bergt*
Emma Bolen*
Michaelah Petrowiak*
Lucia Samper-Eiroa*

Marriage License Applications

Michelle Lynn Obrien and Jason Albert Chatfield
Krystalee Michelle Mack and Justin Michael Johnson

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SCHOOL LUNCH MENUS | JANUARY 25-29

SOUTHERN PLAINS

25	26	27	28	29
No School	American Classics <ul style="list-style-type: none">Cheese Pizza Extra Extra <ul style="list-style-type: none">Seasoned Broccoli FloretsChilled Peaches Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">BBQ Chicken SandwichTater Tots Extra Extra <ul style="list-style-type: none">Fresh Orange Wedges Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">Beef Walking TacosSeasoned Refried BeansShredded Lettuce Extra Extra <ul style="list-style-type: none">Shredded Cheddar Cheese Extra Extra <ul style="list-style-type: none">Fresh CarrotsChilled Pineapple Chunks Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">Cheese Stuffed BreadsticksMarinara Sauce Extra Extra <ul style="list-style-type: none">Savory Green BeansSliced Fresh Strawberries Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk

FAIRMONT JUNIOR/SENIOR HIGH

25	26	27	28	29
No School	American Classics <ul style="list-style-type: none">Classic Pepperoni Pizza 2/Mto <ul style="list-style-type: none">Cheese Pizza Extra Extra <ul style="list-style-type: none">Seasoned Broccoli FloretsChilled Peaches		American Classics <ul style="list-style-type: none">Beef Walking TacosShredded Cheddar CheeseMexican Style Refried BeansShredded Lettuce Extra Extra <ul style="list-style-type: none">Fresh CarrotsChilled Pineapple Chunks	American Classics <ul style="list-style-type: none">Cheese Stuffed BreadsticksMarinara Sauce Extra Extra <ul style="list-style-type: none">Savory Green BeansSliced Fresh Strawberries

ST. PAUL'S LUTHERAN

25	26	27	28	29
American Classics <ul style="list-style-type: none">Mini Turkey Corn DogsBaked Beans Extra Extra <ul style="list-style-type: none">Sliced Fresh Apples Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">Cheese Pizza Extra Extra <ul style="list-style-type: none">Seasoned Broccoli FloretsChilled Peaches Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">BBQ Chicken SandwichTater Tots Extra Extra <ul style="list-style-type: none">Fresh Orange Wedges Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">Beef Walking TacosSeasoned Refried BeansShredded Lettuce Extra Extra <ul style="list-style-type: none">Shredded Cheddar Cheese Extra Extra <ul style="list-style-type: none">Fresh CarrotsChilled Pineapple Chunks Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">Cheese Stuffed BreadsticksMarinara Sauce Extra Extra <ul style="list-style-type: none">Savory Green BeansSliced Fresh Strawberries Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk

ST. JOHN VIANNEY

25	26	27	28	29
No School	American Classics <ul style="list-style-type: none">Cheese Pizza Extra Extra <ul style="list-style-type: none">Seasoned Broccoli FloretsChilled Peaches Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">BBQ Chicken SandwichTater Tots Extra Extra <ul style="list-style-type: none">Fresh Orange Wedges Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">Beef Walking TacosSeasoned Refried BeansShredded Lettuce Extra Extra <ul style="list-style-type: none">Shredded Cheddar Cheese Extra Extra <ul style="list-style-type: none">Fresh CarrotsChilled Pineapple Chunks Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	American Classics <ul style="list-style-type: none">Cheese Stuffed BreadsticksMarinara Sauce Extra Extra <ul style="list-style-type: none">Savory Green BeansSliced Fresh Strawberries Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk

FAIRMONT ELEMENTARY

25	26	27	28	29
No School	Main Entrees <ul style="list-style-type: none">Penne PastaCreamy Alfredo Sauce Sides for All Meals <ul style="list-style-type: none">Diced ChickenHerb Breadstick Sides for All Meals <ul style="list-style-type: none">Green Peas Extra Extra <ul style="list-style-type: none">Chilled Pears Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	Main Entrees <ul style="list-style-type: none">Mini Turkey Corn Dogs Sides for All Meals <ul style="list-style-type: none">Tater Tots Extra Extra <ul style="list-style-type: none">Fresh Banana Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	Main Entrees <ul style="list-style-type: none">Toasty Cheese Sandwich Extra Extra <ul style="list-style-type: none">Fresh Broccoli Florets Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk	Main Entrees <ul style="list-style-type: none">Cheesy French Bread Pizza Sides for All Meals <ul style="list-style-type: none">Savory Green Beans Extra Extra <ul style="list-style-type: none">Fresh Orange Wedges Milk & Condiments <ul style="list-style-type: none">Skim Milk1% Low-fat MilkChocolate Skim Milk

Menus Subject to Change. We try our best to serve our menus as posted; however, sometimes last minute changes occur.
Please check with the cafe manager prior to the meal if you have any concerns.

Obituary Notices



Betty J. Pannkuk, 96

Funeral Services for Betty J. Pannkuk, age 96, of Fairmont, MN will be held at a later date. Betty passed away Tuesday afternoon, January 12, 2021 at Goldfinch Memory Care in Fairmont. The Lakeview Funeral Home in Fairmont is assisting the family with arrange-

ments.

Betty Jean was born March 1, 1924 in Iowa City, Iowa as Genevieve Wright. She was adopted at six months of age by Richard and Nellie (Andersen) Hubert. She graduated from Fairmont High School in 1942.

Betty was united in marriage to Donald Glasco in 1942. They were blessed with one child, Karen. Donald enlisted in the Air Corps in 1944 and passed away in WWII flying the hump over Burma

carrying supplies.

Betty worked at the canning factory for two years and then went to work at the Fairmont Hospital. During her employment she was recruited by Dr. E.E. Zemke and Dr. Robert Zemke in 1948 to work for them at their medical office. She followed them to the new clinic in 1972. In 1989, Betty retired. After retirement Betty took on some house cleaning jobs and cleaning the funeral home at night for several

years.

Betty was married to Robert Louis Anderson on November 15, 1946. They shared 48 years together. This union was blessed with two children, Michael, and Debra. Robert passed away September 7, 1994.

Betty married Don Pannkuk in 1995. Don passed away January 13, 2013.

Betty is survived by her children, Karen King of Martinez, CA, Michael (Vickie) Anderson of

Acampo CA, and Debra (Tom) Thiesse of Aurora, CO; seven grandchildren; eight great-grandchildren; and one great-great grandchild; other extended family and friends.

Betty was preceded in death by her parents; two brothers and their wives, Ralph (Pearl) Hubert, and Harry (Owen) Hubert; her three husbands; special niece, Cindy Klug; and many other nieces and nephews.

www.lakeviewfuneralhome.net



Ardith D. Heupel, 86

Private family service-

es for Ardith D. Heupel, age 86, of Fairmont, MN, are being held at a later date. Ardith passed away on Sunday morning, January 10, 2021, at Heartland Senior Living in Truman, MN. The Lakeview Funeral Home and Cremation Service in Fairmont is assisting the family with arrangements. Cards may be directed to Greg Heupel, 2147 105th St., Fairmont, MN 56031.

Ardith Darlene (Halmrast) Heupel was born on February 17, 1934, in De Lamere, ND. She was the daughter of Adolf and Lillian (Jorgenson) Halmrast. She attended schools in Tacoma, WA, and later in De Lamere, ND, where she graduated in 1952.

In 1955, Ardith was united in marriage to Helmuth W. Heupel of Elgin, ND, in De Lamere. They shared for-

ty-seven years together before Helmuth passed away in 2002. Ardith was employed at Northwestern Bell Telephone and AT&T in Fargo, ND.

Left to cherish her memory include her twin sons, Jeff Heupel and Greg (Judy) Heupel; daughter, Deb (Dale) Moeller; son, Scott (Mary) Heupel; grandchildren, Desiree Holt, Matt (Angel) Moeller, Danielle Moeller, La-

hmya Heupel, Garrick Heupel, Grace Heupel, Lindsey (Jeremiah) Luhmann and Delaney (Kyle) VanZandt; great grandchildren, Eli, Chantel, Mariah, Luca, Marek, Willow, Brayden, Tylin, and Peyton; brother, Merle (Jaci) Halmrast; sister-in-law, Lela Halmrast; as well as many other extended family and friends.

Along with her par-

ents, Adolf and Lillian Halmrast, Ardith was preceded in death by her husband, Helmuth Heupel; sisters, Luella (Homer) Martinson, Janet (Gene) Ballard, and Beatrice in infancy; brothers, Leonard Halmrast, Gerald Halmrast, and Lester Halmrast.

www.lakeviewfuneralhome.net



Douglas H. Fink, 74

A celebration of life visitation for Douglas H. Fink, 74, of Ceylon, MN, will be 4:00 p.m. to 7:00 p.m. Thursday, January 21, 2021, at the Lakeview Funeral Home

in Fairmont, MN. A private family burial will be held at a later date. Doug passed away Thursday, January 14, 2021, at the Mayo Clinic Health System in Mankato, MN. The family asks that people are mindful of social distancing guidelines, wearing masks and best practices in helping to reduce the spread of COVID-19. The number of people in attendance will be monitored. The Lakeview Funeral Home and Cremation Service of Fairmont is assisting the family with arrangements.

Douglas Henry Fink was born on May 25,

1946, in Fairmont, MN, the son of Henry and Helen (Haskins) Fink. Doug attended school in Fairmont and graduated from Fairmont High School with the class of 1964. He would go on to further his education attending commercial college in Mankato where he earned his degree.

On March 9, 1978, Doug was united in marriage to Sandra Bowman in Armstrong, IA and welcomed her 5 children into his life as his own. The family made their home in Ceylon and Doug and Sandra would later add to the family

with a child of their own.

Doug worked at Rim & Wheel and later GKN in Armstrong, IA until his retirement in 2010. Not being one to sit around and enjoying the opportunity to visit with others, Doug jumped at the opportunity to work as a greeter at Wal-Mart until his official retirement in 2015.

Doug was a member of Our Saviors Lutheran Church in Ceylon, MN. He was an avid sports fan and especially enjoyed spending Sunday afternoon in his favorite chair watching Nascar and college sports. Always one

willing to try his luck, Doug could be found on warm summer days looking for the next great fishing hole and the next great fish story that came with the day's catch. Family was extremely important, and he treasured spending time with family and friends. Doug was an ardent reader and was an accomplished puzzle solver.

Left to cherish his memory is his wife, Sandra Fink of Ceylon, MN; children, Steven (Tracy) Petersen of Fowler, CO, Terry (Kristi) Petersen of Ceylon, MN, Mike (Stacy) Petersen of Find-

lay, OH, Corey Petersen of Northrop, MN, Amy Schultze of Fairmont, MN, and Danielle (Justin) Mogler of Estherville, IA; 32 grandchildren; 30 great-grandchildren; brother, Tim (Dawn) Haskins of Kiester, MN; as well as many other extended family and friends.

Doug was preceded in death by his parents, Henry and Helen Fink; an infant brother, Henry Charles Fink; as well as many aunts, uncles and cousins.

www.lakeviewfuneralhome.net

DEATH notices

Please e-mail your obits to: editor@fairmontphotopress.com

January 10 - Ardith D. Heupel, 86, Fairmont. Lakeview Funeral and Cremation Service

January 12 - Helen M. Peterson, 84, Armstrong. Henry-Olson Funeral Home

January 12 - Betty J. Pannkuk, 96, Fairmont. Lakeview Funeral and Cremation Service

January 12 - Paul L. Anderson, 93, Dunnell. Kramer Family Funeral Home

January 13 - Brenda J. Neumann, 59, Fairmont. Lakeview Funeral and Cremation Service

January 14 - Douglas H. Fink, 74, Ceylon. Lakeview Funeral and Cremation Service

January 14 - David A. Ehlers, 72, Fairmont. Lakeview Funeral and Cremation Service

January 15 - Daniel R. Jose, 55, Sherburn. Kramer Family Funeral Home

January 17 - Patricia M. Kneeland, 82, Fairmont. Lakeview Funeral and Cremation Service

IN MEMORIAM - ONE YEAR AGO

January 13 - Janice N. Hiebert, 91, Fairmont (formerly of Ceylon)

January 16 - Stephen P. Albert, 66, Sherburn

January 17 - Deloris M. Hillmer, 90, Fairmont



Helen M. Peterson, 84

Funeral services for Helen Peterson, 84, of

Armstrong, were held on Saturday, January 16, 2021 at the United Methodist Church in Armstrong with Pastor Lyndon Roesler officiating. Burial took place at Armstrong Grove Cemetery. Online condolences for the family may be at www.henryolsonfuneral.com.

Helen Marie Peterson, daughter of Bernhard and Esther (Anderson) Williams, was born on May 2, 1936 in Blue

Earth, Minnesota. She passed away at her home in Armstrong, Iowa on January 12, 2021 surrounded by her family at the age of 84 years.

Helen attended school in Armstrong. She was united in marriage to George "Bob" Peterson on September 4, 1953 at her parents' home north of Armstrong. The couple made their home in Armstrong, where Helen took care of the home and raised their children. She also worked at a clothing store and cooked at the school. Once her children were out of school, she worked at the Vet Clinic for 15 years.

Helen was a member of the United Methodist Church in Armstrong and was active in the Ladies' Circle and American Legion Auxiliary. She enjoyed playing cards with her friends.

Helen loved the Lord, and we know with confidence that she is now with God.

Helen is survived by her children Connie (Dennis) Thackery of Armstrong, Rick (Kenda) Peterson of Lenoir City, TN, Deborah (Lonnie) Hoiien of Armstrong, Mark Peterson of Armstrong, and Tod (Kimberly) Peterson of Armstrong; 9 grandchildren; and 13 great-grandchildren. She is also survived by her sisters Arlene (Gordon) Alm and Marjorie Harris; and many dear friends and family.

Helen is preceded in death by her parents, husband Bob, grandson Derrick Peterson, granddaughter Lindsey Hoiien, sister Ruth Dollen, and several lifelong friends.

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Obituary Notices



Paul L. Anderson, 93

A private family funeral service for Paul L. Anderson, 93, of Dunnell, Minn., was held Tuesday, Jan. 19, 2021, at St. John's Lutheran Church in Sherburn, Minn., with Pastor Steven D. Wilson officiating. Burial was in Lake Fremont Cemetery, rural Dunnell, Minn., with military honors by the Thomas P. Saxton American Legion Post 356 and Sherburn Veterans of Foreign Wars Post 8261.

Anderson died Tuesday evening, Jan. 12, 2021, at Season's Healthcare in Trimont, Minn. Public visitation was Tuesday at St. John's Lutheran Church in Sherburn. Kramer Family Funeral Home is in charge of arrangements.

Paul Leonard Anderson was born on August 24, 1927 to Paul and Sylvia (Cayler) Anderson in Lincoln Township, Emmet County, Dolliver, Iowa. He received

his education and later graduated from Dolliver High School. Paul then attended Mankato Business College. On June 29, 1946 he entered the United States Army serving until his honorable discharge on November 13, 1947. He married Fern Sorensen on January 25, 1948 and they shared 72 years of life together. Their union was blessed with five children: Lynn (Zeke), Jan, Greg, Doug and Ron (Sam). Paul was employed by Johnson Repair and Harry K. Jorgensen both in Fairmont. After moving to Dunnell he worked for Rudy Matthes at his Gas Station and Trucking Business and was the manager of Midland Cooperative for many years. He then was employed by Percy Engel at his Lumberyard until working for the City of Dunnell as the Police Chief and City Maintenance Worker until his retirement in 1992. He enjoyed his time at the family cabin in the northern woods especially during deer hunting season.

He is survived by his children, Lynn (Gail) Anderson of Ceylon; Greg Anderson and Sam (Kathy) Anderson both of Ceylon, Jan Hybbert of Dunnell; daughter-in-law, Theresa Anderson of Dunnell; sisters-in-law, Nancy Mathews,

Delores and Nancy Anderson; grandchildren: Jared (Tammy), Justin (Kris) Anderson; Tammy (Tom) Gregory, Sheila (Matt) Kitzmann, Harmony (Duane) Buchmeier, David (Brittany), Dan (Holly) Anderson; Chad, Nolan (Kari), Adam (Becky) Hybbert, Chris (Sandy) Haertl, Melissa (Dean) Werner; Step-grandchildren, Carl (Julie) Hughes, Lisa Hybbert; Great grandchildren, Parker, Payton, Paige, Logan, Reese, Sage, Michael, Colton, Jersey, Stella, Vincent Anderson; Jordan, Dylan, Cayden, Easton Gregory; William, Ava, Rian, Kade Kitzmann; Bryce Johnson, Sway, Octavia, Mylee, Gunnie Buchmeier; Alex, Leah, Conrad, Marek Hybbert, Scott, Jackie Haertl; Carter, Liam, Grayson Werner.

Proceeding Paul in death was his wife, Fern Anderson; son, Doug; parents, Paul Sr. and Sylvia Anderson; grandson, Brandon Anderson and his mother, Zola; brothers, Dean, Dave, Clare and Duane; brothers and sisters-in-law, Harry (Bud) and Lil Sorensen, Florence and John Blowers Sr., Irene Ziemer, Dan Mathews and Elaine Andersen; parents-in-law, Harry and Ellen Sorensen; Step-granddaughter, Lori Bell and many other friends and relatives.

www.kramerfuneralhome.com

Mayo Clinic Health System's hospital visitor policy

The visitor policy for hospitalized patients in Fairmont, Mankato, New Prague, St. James and Waseca, Minnesota, has changed to allow one visitor per patient. Previously, due to the COVID-19 surge, visitors were not

allowed, aside from compassionate exceptions in some circumstances.

Compassionate exceptions for more than one visitor may be granted on a case-by-case basis. All visitors will be screened prior to entry.

Visit Mayo Clinic Health System's COVID-19 resource site for contact information; the most up-to-the-minute information about COVID-19; and what to do if you have symptoms, unrelated health care needs, or need to visit someone at the clinic or hospital.

COVID-19 Vaccine Update

Community Health & Human Services of Faribault & Martin Counties is identifying individuals who are eligible and interested in receiving the COVID-19 vaccination. At this time, our agency has received 300 doses of the Moderna vaccine. As of 1/14/2021, we have distributed 260 doses to individuals identified as part of Minnesota's 1A distribution group. The remaining 40 doses have been allocated to the 1A distribution group and appointments have been scheduled. We have not received information about when our next allocation of vaccine will be coming.

The Governor announced an expansion to allow for vaccination of individuals who are over the age of 65 and those working in schools and childcare. This survey identifies that you are interested in receiving the covid-19 vaccine. We will provide information on how you can schedule

your vaccine appointment when we receive additional doses of vaccine.

<https://www.surveymonkey.com/r/VaxsurveyFM>

Our top priority is the health and safety of those in our community. It is important that everyone continue to take steps to prevent the spread of COVID-19 even after the vaccines are distributed. This means:

- Social distancing - Staying at least 6 feet from other people when you go out

- Avoid crowded spaces and when possible, take advantage of outdoor activities

- Wear a face covering when you are unable to social distance

- Washing your hands often with soap and water and using alcohol-based hand sanitizers

- Covering your coughs and sneezes with your elbow or a tissue.

These are simple public health interventions that we know are effective

and can make a difference in how quickly this virus spreads and they are the best ways to slow the spread of disease and protect those most vulnerable in our community. While COVID-19 can be mild for most people, those who are older or have underlying medical conditions can be a higher risk for severe disease. We all know someone who is at higher risk—a family member, neighbor, coworker—so we all have to work together to protect them.

If you have symptoms of COVID-19, such as fever, headache, loss of taste/smell, cough, body aches, sore throat or shortness of breath, stay home. Call your health care provider before going to the clinic or a hospital. They will give you information on what to do.

Community Health & Human Services of Faribault & Martin Counties provides daily COVID-19 updates on their Facebook page. Statewide COVID-19 information can be found on the Minnesota Department of Health website (www.health.state.mn.us).

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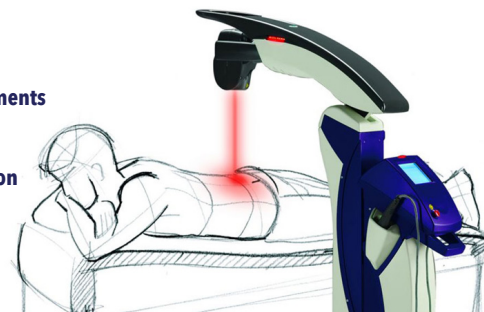
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- Neck, Back & Joint Pain
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- Pre-Surgical Prep
- Plantar Fasciitis
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How adults can take active roles in their health care

Adults play a significant role in their own health care. Adults focused on getting fit may visit various fitness facilities before signing up for a membership, and individuals who want to improve their diets may spend

countless hours poring over healthy recipes and the latest trends in nutrition. Such research pays dividends, and the same commitment can be applied to choosing the right health care services.

Adults who are en-

rolled in employer-sponsored health insurance plans may feel as though their options are limited in regard to their health care services. However, there are many ways for patients to get more out of their health care plans.

•Shop around for a primary care physician. It's easy to be overwhelmed when perusing lists of in-network primary care physicians provided by insurance companies. Such lists can seem endless and it can be hard to

distinguish one physician from another. Adults in need of new primary care physicians can ask neighbors or family and friends who live nearby for recommendations. It's important to put the time in when choosing a primary care physician, as people

who are comfortable with their physicians are more likely to schedule annual wellness visits or book appointments when they aren't feeling well. Such visits can be life-saving.

Continued on page 7

Finally, a solution to painful burning, tingling feet

**Craig Hartman,
D.C., M.S., C.Ac.
Trimont, MN**

Are your feet painful, tingling, or numb? Do you get sharp, stabbing, squeezing pain in your feet when you walk or stand up? Maybe it feels like you are walking on pins and needles!

If you are having these types of symptoms, you may be one of the 6 million people in the U.S. that suffer from peripheral neuropathy or plantar fasciitis. These conditions are typically not life-threatening, but they do make each day miserable and difficult. Thankfully, the ineffective traditional treatment for these conditions is being replaced by new technology that uses deep muscle contractions to address the underlying causes of your discomfort, give you pain relief and improve your quality of life in a relatively short period of time.

To understand why this new technology is so effective, however, we must first understand what causes debilitating conditions such as peripheral neuropathy and plantar

fasciitis.

For many, if their feet feel good, they just take them for granted and don't give them much thought. But talk to any person with foot pain, and you will find out how miserable it is. Imagine that every time you stand and walk there is pain and discomfort. Think about how often you have to use your feet each day with standing and walking – for most of us, it is a lot!

When your feet hurt while doing normal everyday things, your energy drains quickly and your motivation to get up and get things done slips away also. You may be able to tough it out for a while, but eventually you either don't want to stand and walk due to the pain or your neuropathy progresses to the point where you lose your ability to walk due to loss of balance and strength (think of needing a walker or wheelchair).

With peripheral neuropathy, the feet can be so sensitive and painful that even sleeping is affected. Sometimes the touch of sheets on the feet hurts, or sometimes the feet just

ache or throb while you are trying to sleep. This makes for some very restless nights and tired, fatigued days!

Another thing to remember about neuropathy is that it tends to get worse over time. A study done at Johns Hopkins confirmed this and even though symptoms are usually in the lower legs and feet, nerves of the thighs are also effected leading to leg weakness that can progress to walkers and wheelchairs.

The Johns Hopkins study found that it is important to address the cause of the neuropathy as soon as possible to prevent progression and loss of function.

So, what causes these conditions? It may be one of several things. For peripheral neuropathy, the most common cause is lack of circulation to the feet (and sometimes hands), resulting in insufficient nutrients and oxygen reaching the nerves. When the nerves don't get nutrients and oxygen, they begin to not work properly, causing pain and discomfort; similar to waking

up with a weak, tingling arm after sleeping on it during the night.

What causes this lack of circulation? Usually it is one of several factors. The most common cause is the Standard American Diet. This diet which is loaded with too much sugar and processed grains causes high levels of insulin in our bodies that result in high levels of inflammation that block and limit circulation to the extremities. The decreased circulation restricts the flow of nutrients and oxygen to the nerves, thus causing discomfort and pain.

Another common cause of peripheral neuropathy is limited circulation due to heart problems or infections such as a virus or from medications such as those used in chemotherapy. About 20 percent of the time the cause is unknown, referred to as idiopathic neuropathy.

For plantar fasciitis, the cause is inflammation at the bottom of the foot in the "fascia." The inflammation causes pain and tenderness when you walk or stand. But, what causes the inflammation?

Inflammation in the fascia of the foot can be caused by several factors. The most obvious is trauma from poor shoes or high level of activity such as jogging, but most

times the cause is not that obvious. In these cases, the pain is usually a result of too much inflammation throughout the body that settles down to the highly stressed area on the bottom of the foot near the heel.

With new technology, we can now create circulation in the lower legs and feet that pumps the inflammation out of the bottom of the feet and give long-lasting relief to plantar fasciitis.

Now that you are more familiar with these conditions, I am sure you really want to know what can be done for relief.

Traditional treatment for both of these conditions does not provide great results. For peripheral neuropathy, the most common treatment approach is medication. There are several drug treatment options, but the most common appears to be the anti-seizure drug gabapentin (Neurontin) or pregabalin (Lyrica). Other types of medications such as anti-depressants or pain relievers may be used also.

The downside to these medications, according to an article from Johns Hopkins Medical Center, is that they neither reverse or stop the progression of neuropathy and most times they don't provide much relief.

For plantar fasciitis, typical treatment includes

braces, arch supports, steroid shots, ice, pain reliever medication and surgery as a last resort. Again, most of these do not work well, so people end up just hoping and waiting for the pain to go away. Unfortunately, this can take months to years.

But there is good news! There is now other treatment programs featuring therapeutic instruments that resolve the underlying causes by improving nerve function and circulation in the feet. These are very unique instruments that have many studies behind them showing great benefits for peripheral neuropathy and plantar fasciitis. These are amazing instruments that have worked successfully with thousands of cases around the country.

At our office we use these instruments in a very comprehensive program that addresses the underlying cause and provides relief of peripheral neuropathy and plantar fasciitis in over 90% of cases. This treatment program is not just covering up symptoms while the overall condition worsens as medications for peripheral neuropathy do.

If you are suffering from these conditions, there really is now a program that can prevent it from gradually worsening and give you relief so you can walk, sleep and do the active things you enjoy doing.



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Continued from page 6

•Schedule annual wellness visits. Annual wellness visits are very important, even for health-conscious individuals who are not experiencing any signs of illness or injury. Regular checkups and screenings can uncover health problems even when no symptoms are present, potentially saving patients' lives. For example, Hackensack Meridian Health reports that mammograms have reduced breast cancer mortality

in the United States by 40 percent since 1990. Many insurance providers cover annual physicals at no cost to the patient, and screenings can catch diseases early when they're at their most treatable and treatment is less expensive and less time-consuming.

• Be a prepared patient. Prepare a list of questions prior to a scheduled doctor's appointment. Jot questions down as they come to you in the weeks leading up to the appointment and don't hesitate to ask

questions during the visit.

•Be open and honest with your physician. Concealing behaviors from your physician will negate some of the benefits of visiting the doctor. For example, if you live a largely sedentary lifestyle but tell your doctor you're physically active, he or she won't offer advice on how

to make exercise a bigger part of your life. Being open and honest with a physician enables the doctor to give the best medical advice.

Taking an active role in their health care is a great way for adults to improve their overall health and can help them reduce their risk for illness.

Various types of glaucoma and their symptoms

Eyesight is important but easily taken for granted. Few people can imagine life without their eyesight, but hundreds of millions of people across the globe experience compromised vision every year.

According to the Centers for Disease Control and Prevention, glaucoma is the second leading cause of blindness worldwide. In fact, estimates from the World Glaucoma Association indicated that 79.6 million individuals would experience glaucoma in 2020. By 2040, that figure is expected to rise to 111.8 million people.

What is glaucoma?

Glaucoma is a disease that damages the optic nerve. According to the American Academy of Ophthalmology®, glaucoma usually results from the buildup of fluid in the front part of the eye. As that fluid builds up, it increases the pressure in the eye, ultimately damaging the optic nerve.

Are all glaucomas the same?

All glaucomas are not the same, and the AAO notes that there are two major types of the disease: primary open-angle glaucoma and angle-closure glaucoma.

•Primary open-angle glaucoma: The most common type of the disease, primary open-angle glaucoma develops gradually. Eyes affected by primary open-angle glaucoma do not drain fluid as well as they should, resulting in the buildup of pressure that slowly starts to damage the optic nerve.

•Angle-closure glaucoma: Angle-closure glaucoma occurs when a person's iris is very close to the drainage angle in his or her eye. The AAO says that this proximity can block the drainage angle, causing pressure to build up very quickly. However, the AAO also

notes that many people with angle-closure glaucoma develop it very slowly and have no idea they have it until they've suffered severe damage.

What are the symptoms of glaucoma?

The symptoms of glaucoma differ depending on which type a person has.

According to the AAO, there are no obvious symptoms in the early stages of open-angle glaucoma. Blind spots develop in patients' peripheral vision as the disease progresses. Because people often do not experience symptoms until the damage from open-angle glaucoma has become severe, the AAO urges adults to schedule routine eye exams with an ophthalmologist so the disease can be found before any significant damage has occurred.

Blurred vision, halos, mild headaches, or eye pain are some early symptoms of an angle-closure glaucoma attack. However, the AAO notes that people with angle-closure glaucoma do not typically notice any symptoms until the attack has started. As a result, the AAO urges anyone experiencing any of the aforementioned symptoms to contact their ophthalmologist immediately. Once an angle-closure glaucoma attack has begun, symptoms may include:

- severe pain in the eye or forehead
- redness of the eye
- decreased vision or blurred vision
- nausea
- vomiting

No one is immune to glaucoma, which can quickly rob otherwise healthy individuals of their vision. Learning to recognize the early signs of glaucoma and seeking prompt treatment can reduce the likelihood of substantial vision loss.



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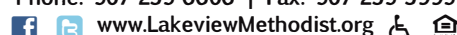
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Lenny Tvedten

By Judy Bryan, Freelance Journalist



Lenny Tvedten just doesn't seem to know how to quit.

"I was going to teach for five years, then do something else. It turned into 30 years, and then I retired," he said.

That was 2001. He was then recruited to fill the new position of director of the Martin County Historical Society. He initially turned down the job be-

fore relenting and accepting it.

"I was going to do this for two years," Tvedten said.

That was 20 years ago, and he says he'll keep going "as long as I can make a difference in a positive way."

Tvedten, 75, is a native of Elmore and earned an education degree from Mankato State Univer-

sity. In 1968, he joined the Coast Guard.

"I spent four years in beautiful downtown Cleveland, Ohio, on the 21st floor of the federal building overlooking Lake Erie," he said. "I didn't get seasick. Actually, it was probably the best four years of my life. It was terrific. It was really a positive experience."

He returned to Fairmont in 1972, primarily as a fifth grade teacher but branching out into other classes as needed. Six months before he retired from teaching, he started working at the MCHS, spending his days in the classrooms and his nights at the museum.

"When I started here, I could spell 'museum' and that was about it," Tvedten said.

Don Milbrandt had advocated for Tvedten to take the director position.

"I want people to know, when you walk across the street, that you're the museum guy," he recalled

Milbrandt telling him.

Tvedten went home and told his wife, Carol, about the conversation.

"Like that's ever going to happen," he told her.

Tvedten chuckles at the memories now, but the reality is, he is the museum guy.

Twenty years ago, nothing was computerized at the museum. There was no research library. An elevator was added in 2007. A few years ago, newspapers were digitized. A security system was installed.

And the displays evolved and expanded.

"Fortunately, I've had good people to work with, a lot of good board members and staff, so it's been enjoyable," Tvedten said.

"I've learned a tremendous amount about museums and how they work," he said. "When I first started, I went to New Ulm, Mankato, different places, and got their director's input on what they do.

"Every day, I learned a little bit more. I learned how to write grants. I got to do so many different things that I didn't get to do in education, yet education really lends itself to this kind of work."

Tvedten writes a monthly column published in Martin County newspapers, with each installment focusing on a different aspect of the area's rich and colorful history. He considers part of his duties like the meetings, agendas, fundraising and bill paying as a job, but other parts are more inviting.

"The promotion, the publications, the research, the writing is what I enjoy most. It's just amazing the things you learn and find out about Martin County. That's what I enjoy, finding and imparting to the public," he said.

He also instituted classroom visitations for all public and private elementary schools in the county. Each classroom

is invited to spend time at the museum so students can learn about the facility and the historic treasures it holds.

Tvedten believes that the museum should be more than a place to view things. He and his staff currently are developing an interactive room where visitors, especially the younger ones, can touch and operate the display which includes a 1983 computer, a switchboard, a rotary dial telephone and a pinball machine.

"I consider myself extremely fortunate," Tvedten said. "I've had two jobs that I really loved. I enjoyed teaching, and a byproduct of that is seeing a lot of my students as adults. My board members are former students. My dentist is a former student. My attorney is a former student. And then to have a chance to do something else that I enjoy, that I didn't see coming, what more could you ask for?"

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The many ways walking benefits your body

Life changed dramatically in 2020. When the World Health Organization declared a COVID-19 pandemic in March 2020, hundreds of millions of people across the globe were forced to change how they go about their daily lives, including how they exercise.

Health-conscious adults accustomed to exercising at local gyms had to find new ways to exercise in the wake of the pandemic. Many gyms were forced to close in areas hit hard by COVID-19, and that left many people without access to fitness equipment like weights and cardiovascular machines. Resilient men and women soon found ways to exercise, and many of them embraced walking.

Though walking might not provide the same level of intensity that fitness enthusiasts are accustomed to, the Arthritis Foundation® notes the various ways walking benefits the body.

•Walking protects against heart disease and stroke. Walking strengthens the heart and protects it against heart disease. The AF also notes that walking lowers blood pressure. In fact, post-menopausal women who walk just one to two miles per day can lower their blood pressure by nearly 11 points in 24 weeks, while women who walk for 30 minutes a day can reduce their risk of stroke by 20 percent.

•Walking strengthens the bones. New York-based Plancher Orthopedics and Sports Medicine notes that walking can stop the loss

of bone mass for people with osteoporosis. In addition, post-menopausal women who incorporate 30 minutes of walking into their daily fitness regimens can reduce their risk of hip fractures by 40 percent.

•Walking can extend your life. The AF notes that one study linked walking to longer life expectancy, finding that people who exercise regularly in their fifties and sixties were 35 percent less likely to die over the next eight years than people who never walked.

•Walking can improve mood. One study from researchers at California State University, Long Beach, found that the more steps people taking during the day, the better their moods were.

•Walking can lower risk for cognitive decline. Walking also has been linked to a lower risk for age-related cognitive decline. A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease compared to men who walked less. In addition, a study from researchers at the University of California, San Francisco, found that age-related memory decline was lower among women ages 65 and older who walked 2.5 miles per day than it was among women who walked less than half a mile per week.

Foot traffic increased as people were forced to find new ways to exercise during the COVID-19 pandemic. Walking is a great way to stay in shape and even provides some lesser known benefits for people who walk each day.

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Ernie and Sandy Nuss

By Judy Bryan, Freelance Journalist

Being retired does not mean you stop working. It just means you no longer get a paycheck.

For Ernie and Sandy Nuss of Fairmont, volunteerism is a deeply ingrained trait, one they have passed on to their children and grandchildren. Those who have benefited from their extensive and diverse activities involve everything from youth to business to veterans.

The couple met when Ernie was in the U.S. Army and Sandy was a teacher. They married 54 years ago, lived in Colorado Springs and started a family.

Wanting to be closer to their children's grandparents, they moved to Madelia which was halfway between Ernie's hometown of Frederika, Iowa, and Sandy's hometown of Holdingford, MN. Ernie worked for an accounting firm in the Twin Cities, his job requiring extensive travel. He tired of being away from home and jumped at the chance to join a Fairmont accounting firm.

"We moved to Fairmont in 1975. It was about the best thing that ever happened to us," Ernie said.

A year later, he became part owner of the firm which operated for many years under the name of Roessler and Nuss.

"When we moved here, the corporate culture was to get involved in the community. It wasn't just sitting on a board. You were going to get involved," Ernie said.

When their oldest son became involved in hockey, the Nusses did too, an association that has continued for 45 years. Ernie chaired the committee responsible for putting artificial ice in the arena.

When their sons aged out of the hockey program as players, they became officials and coaches. Ernie and Sandy continued to cheer on the players as their grandchildren hit the ice.

"We've had a good impact. It was good for us," Ernie said.

"Even now, when we go to our grandchildren's hockey games, we sit with the young people," Sandy said. "They talk to us and laugh with us."

Ernie served as Fairmont Area Chamber of Commerce board president

twice, as well as president of the Chamber's Bureau 14.

"I was the only Yacht Club commander that never knew how to swim, but they did try teaching me," he chuckled.

After Ernie sold his ownership in the accounting firm, he continued to work there for three years to ease through the transition before retiring in 2004. He then got involved with the Fairmont American Legion honor guard and the Let's Go Fishing program for seniors.

Sandy started teaching third grade a year after they moved to Fairmont. She had a degree in library science so she eventually switched to librarian at Budd and Lincoln Schools where she served for about 25 years. She also was a computer lab instructor and enrichment teacher.

But it was after her retirement in 2003 that she cultivated her true passion of history. She had wanted to be a history teacher, she says, but at the time she was in college, history and physical education were solidly coupled together as a male coach's major so she switched to elementary education.

When she ended her teaching career, Sandy continued volunteering at the hospital gift shop and started spending a few days a week at the Martin County Historical Society, using her tremendous organizational skills in arranging the reference room documents and photographs.

She helped create a booklet with historical information and photos continues to be used by participants on the Let's Go Fishing pontoon tours of Fairmont's chain of lakes.

Ernie and Sandy are longtime volunteers for Meals on Wheels.

"We'd always make sure we were scheduled at Christmas time," Sandy said. "We wanted our grandkids to go with us to see how it is. We wanted them to know what it was to volunteer, to help people in need."

Those grandchildren are now adults in their 20s, but the impact of what they learned remains strong.

"They were upset this year that they didn't get a chance to do Meals on

Wheels with us. They learned how to volunteer that way," Ernie said.

Throughout all their activities, including both of them learning to fly in the 1980s, they each have a favorite project.

"The best thing I've ever done in Fairmont is spend 15 years on the Fairmont Area Foundation," Ernie said. When he was approached to be a founding board member in 1991, Ernie admits he thought the project was a "dumb idea."

"Today, they have the capability of contributing \$100,000 to various charities each year," he said. "I am so proud of having served on that group. It was a team effort."

"It was good for Fairmont, and after about seven years, we opened it up to the county. We changed it to the Martin County Area

Foundation."

"I think the best thing we've ever done are the veterans' stories. We met the most wonderful people," Sandy said.

After the couple retired, Ernie saw an article in the Des Moines Register about residents at the Marshalltown, Iowa, veterans home being concerned that schools weren't teaching about veterans and telling their stories. He made some calls, talked it over with Lenny Tvedten, director of the Martin County Historical Society, and embarked on a project where he and Sandy made 59 videos of local veterans telling their stories in their own words.

The first two videos featured Chuck King and Truman Kittelson, veterans in their 90s. King was an escaped prisoner of war who spent six months wander-

ing through Europe during World War II, hiding behind enemy lines and relying on locals to help. When he hit Allied lines, he had to undergo interrogation to prove he was a U.S. soldier.

Kittelson also was a POW, having spent three years in the hands of the Germans during World War II.

Ernie said he asked them how they had lived so long after surviving such horrific stress.

"They both had the same answer: God couldn't throw anything more at us," Ernie said.

The powerful impact of those first two interviews spurred Ernie and Sandy to continue with the project. Ernie would do a basic interview and then research the veteran's military occupation and duty station. He then would talk the vet-

eran through the highlights, drawing out anecdotes of events and personalities during their service. Sandy would operate the video camera.

"Sometimes I would cry," she said. "Sometimes I would just have to turn away. It was hard, but it was important."

Before COVID put a halt to the project, 59 videos had been completed. Each veteran, who maintains sole ownership of the content, received a video as did each of their children. A copy of each interview is available for viewing at the Martin County museum.

"We just met so many neat people, and they're still friends of ours today," Ernie said.

"To me, that was one of our better things," Sandy said.

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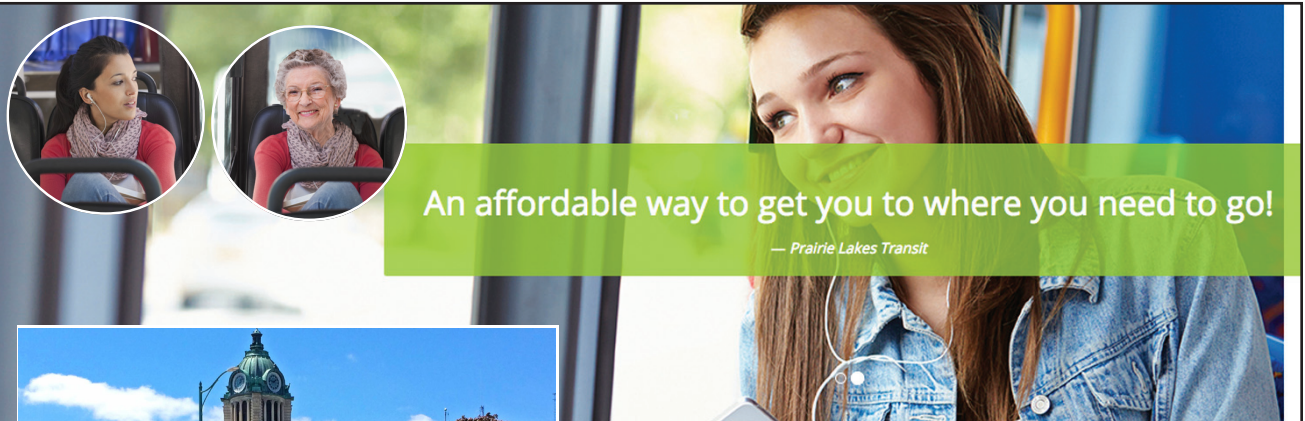


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Preventive care and the pandemic

Procrastination is not typically considered a good thing. But as the world spent much of 2020 confronting the COVID-19 pandemic, putting certain things on hold became part of the new normal.

In an effort to reduce infection rates, public health officials with the Centers for Disease Control and Prevention and the World Health Organization urged people to limit their in person interactions with people outside of their own households. As a result, many of the things people do on a regular basis, including seeing their physicians for wellness visits, were rescheduled.

It's understandable that many people postponed preventive care and wellness visits during the pandemic, but it's also potentially dangerous. For example, researchers with the Health Care Cost Institute found that childhood vaccinations declined by roughly 60 percent in mid-April 2020 compared with 2019. Other screenings and preventive exams, including mammograms, pap smears and colonoscopies, also declined by significant percentages during the pandemic compared to the previous year.

The National Center for Chronic Disease Prevention and Health Promotion notes the power of preventive care is undeniable. In fact, the NCCDPHP points out that, while chronic diseases are among the most common and costly of all health problems, they're also among the most preventable. Annual wellness visits and early detection efforts like routine screenings for at-risk populations can uncover problems before they escalate into something more serious. In addition, annual physicals, which are provided free of charge through many health insurance policies, provide great opportunities for doctors to advise patients on their overall

health and how to improve it if exams and blood work turn up any red flags.

Visiting a doctor during the pandemic

As vital as preventive care can be, it's understandable if people are hesitant to visit their doctors during the pandemic. But patients can take certain steps to calm their nerves about booking preventive care appointments during the pandemic.

- Schedule telemedicine appointments. The number of telemedicine appointments has skyrocketed during the pandemic. While the transition from predominantly in-person appointments to telemedicine might have been a reluctant and rocky one at the start of the pandemic, many doctors' offices have since firmly established their telemedicine protocols. The Mayo Clinic advises patients who have not yet tried telemedicine to contact their doctors' offices to arrange an appointment.
- Inquire about office procedures. Doctors try to keep patients healthy, not get them sick. Various medical organizations, including the American Academy of Family Physicians, have provided thorough checklists to help physicians prepare their offices to welcome patients during the pandemic. Patients can ease their concerns by contacting their doctors' offices and asking them about their pandemic-related protocols.
- Don't hesitate to make requests. There's no such thing as being too safe from COVID-19, so patients can work with their doctors to calm their fears even further. Ask to pay co-pays over the phone and request that the front desk call you when the doctor is ready so you don't have to sit in the waiting room.

Preventive care is an important component of health care, even during a pandemic.

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2020 we survived... now 2021 is the year to thrive

Guest Columnist

Dr. Scott Burtis, M.S., D.C., Burtis Chiropractic Center



Did you breathe a sigh of relief as the new year began? Not just the celebration of a new beginning, but more than most years, the relief that the past year is behind us?

If we're being honest, 2020 wasn't really anybody's year, but there are a lot of reasons for a renewed hope with the beginning of a new year. This year specifically, many people find hope in the release of the vaccine. The pandemic numbers are apparently better, as the highly anticipated holiday surges never materialized. Next time (and there will be a next time!), we can and will be more prepared, more resilient, and stronger.

We survived one heck of a year and overcame a number of obstacles, and hopefully we all learned some things and came out of the year a little stronger than we started. What did you learn from 2020? That fear doesn't help anything? That preparation beats desperation? That we are more resourceful than we realized? That if we put our minds to it, we can and will accomplish great things? Personally, I realized that resilience was a key part of 2020; I think everyone's resilience has grown this past year. Resilience, both mental and physical, is very important for many reasons.

One important fact of physical resilience is

that healthy people stay healthy. By now we are more familiar with the meaning of the word "comorbidity." It means that when you have one physical condition it weakens your body's ability to handle a second. Most everyone understands that COVID-19 is much more serious if you have another condition like diabetes, heart conditions, obesity, etc. Many people started to do more about that once they understood. They were reminded that many of these conditions, these "comorbidities," are nothing more than lifestyle diseases.

What is a lifestyle disease? It's anything that is caused by choices we make involving areas of our health which we have the power to control. While many conditions have an added genetic component, for the most part you can do something about them. Do you have high blood pressure? Changing your diet and exercise can correct that in most cases. Diabetes Type 2? Same thing. Obesity? Again, you have the power to change that as well. Remember what your doctor told you before prescribing those drugs for your blood pressure? Try exercise and diet changes first! (They better have told you this before just prescribing drugs. If not, we call that malpractice!)

We've all learned a lot about mental resilience

in 2020, as well. Oftentimes, we can't change the situation we've been handed — in the case of 2020, we couldn't help that the pandemic was here. We had to make some changes as a result of its presence. Learning to cope with those changes, implementing new ways to keep ourselves healthy, and remaining optimistic in the face of the pandemic has strengthened the mental resilience of us all.

There are a number of natural health approaches that increase our resistance and resilience. Chiropractic improves

nervous and immune system function and resilience. A number of vitamins and supplements do the same, as can exercise and healthy diet choices. All these things work synergistically. That means that when you combine any number of these natural approaches, they all work even better together. (Remember, ALL drugs have negative side effects; none of them make you healthier. They just address symptoms or numbers on your lab reports.)

This year, I urge you to make some positive health choices that will make you stronger and more resilient. Start seeing your doctor of chiropractic for more than just pain relief. Find a functional medicine specialist that can help find the root cause of the symptoms

you're experiencing and guide you to health in ways that Dr. Google can only dream of. Take control of your health, and stop relying on pills, potions, and lotions to make

you "feel" better. Take the steps to actually be better. Do this, and a year from now you will be looking back and thinking what a great year it was.



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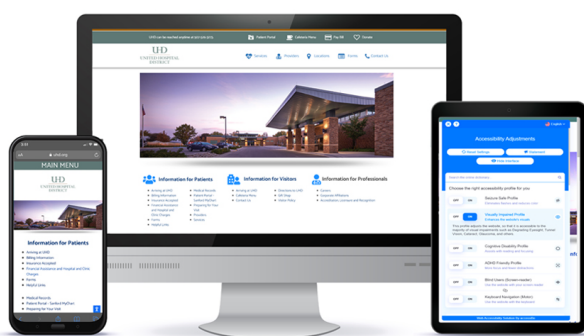
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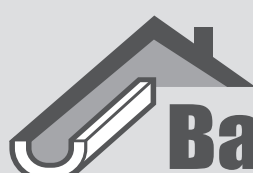


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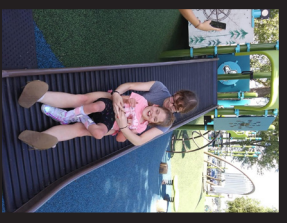
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If you are interested in helping the Martin County Area Foundation in our efforts, please contact us! For more information on the Martin County Area Foundation, visit: www.mcaefoundation.org



The Martin County Area Foundation recognizes Tabitha Bicknase for her years of service on the Martin County Area Foundation Board. *Thank you, Tabitha!*

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The Student Council of Martin Luther High School, Northrop held a class fundraising contest. They raised \$600 for Heaven's Table Food Shelf during the Christmas Holidays. Pictured are: Student Council Vice-president Mallory Geistfeld, Adviser Amanda Bergt and President Josh Bergt. (Submitted photo)

Fairmont Girls 10u hockey update

Fairmont girls 10U hockey team update from this weekend:

The team played its first two games of the season this weekend.

On Saturday, January 16 at Luverne, the team won 16-0.

On Sunday, January 17 at Owatonna, the team won 17-0.

REMAX Bantam B hockey results

The REMAX Bantam B team returned to hockey this past weekend with their opening game on Saturday at the Martin County arena versus Okoboji/Spirit Lake. The Bantams defeated the Blizzards 7-3.

Scoring for Fairmont was Luke Kester off an assist from Jace Prindle and Kester also had another unassisted goal. Mathew Cone had an unassisted goal and an assisted goal from Jace Prindle from Ty-

son Pankow. Eric Dertman added a pair of goals with one assist coming from Tyler Kurt. Conner Gronewald added an unassisted goal with and goalie Ilana Moeller had 15 saves.

On Sunday the REMAX Bantams traveled to Sleepy Eye to play New Ulm/Sleepy Eye and defeated them 2-1. Scoring for Fairmont was Tyson Pankow with an assist from Jace Prindle and Luke Kester added an unassisted goal. Goalie Isaiah Lockwood had 24 saves.

PhotoPress Classifieds

3 Notices

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7 Help Wanted

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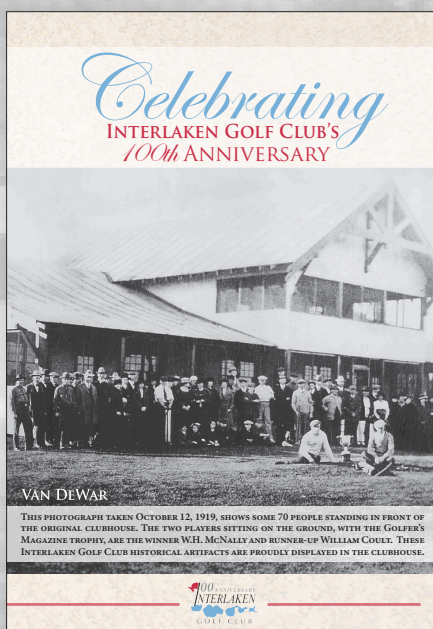
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