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# PhotoPress

Only good news

Wednesday  
April 21, 2021  
Volume 57 | Number 50

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

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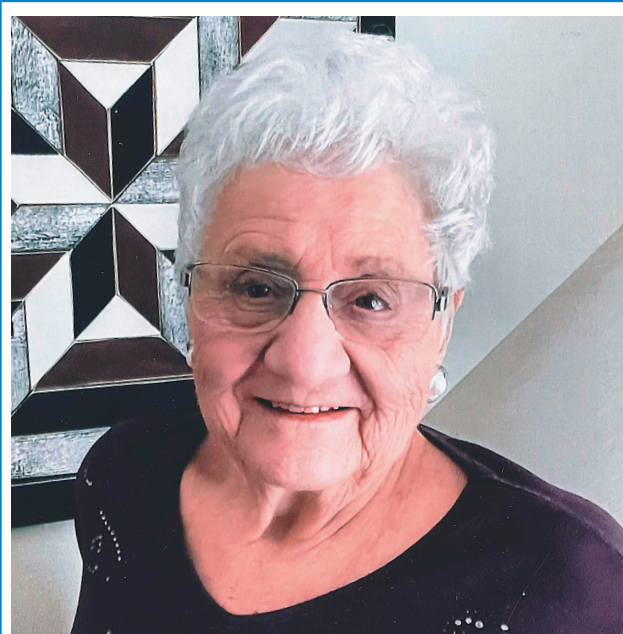




**50TH ANNIVERSARY** - Lyle and Kathy Rippen-trop will observe their 50th wedding anniversary on April 24th. Cards may be sent to them at 1001 Spruce St., Fairmont, MN 56031. (Submitted photo)



**EARLY RISERS KIWANIS** President Allen Struck (left) welcomed Pastor Jacob Wurster (center) as a new member. Pastor Glen Davis (right) is Jacob's sponsor. Jacob has recently taken over the spiritual leadership of the Christian Church of Fairmont following Pastor Davis' retirement. (Submitted photo)

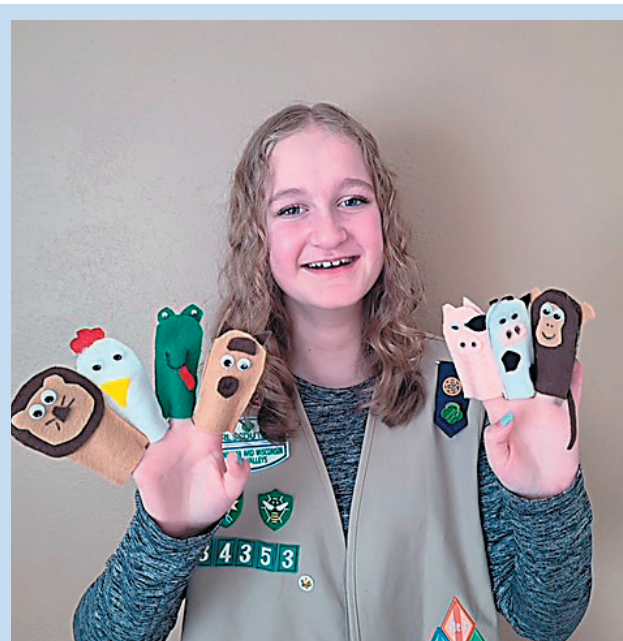


**EUNICE EISENMENGER** will celebrate her 90th birthday on April 30th. Cards will reach her at 1640 Blue Jay Blvd., Room 10, Fairmont, MN 56031. She was born April 30th, 1931. (Submitted photo)



**60TH ANNIVERSARY** - Leon and Ardis Schleininger of Fairmont have been married for 60 years. They were married on April 15th, 1961. (Submitted photo)

**GIL PICKEN WILL BE 90 ON APRIL 23!**  
**SARAH IS 15 YEARS OLD!**  
**CARDS MAY BE SENT TO:**  
**302 FAIRVIEW AVE., FAIRMONT, MN 56031**



**GIRL SCOUT HAILEE GREELEY** displays some of her finger puppets made for her Troop 34353 project with a \$500.00 donation from American Legion Lee C. Prentice Post 36. Children will be allowed to choose a finger puppet at Fairmont Mayo Clinic or Dulcimer Clinic after having a radiology test, immunization, cast placed, etc. This allows the children a pleasant distraction from their medical procedure with the doctor. (Submitted photo)

A Come and Go Bridal Shower for **Caitlin Wille** will be held at Zion Lutheran Church, rural Fairmont, on Saturday, May 1st, 2021, from 9 a.m. to 11 a.m. with a short program 10:00 a.m. All are welcome to help celebrate with Caitlin as she prepares to marry Darren Balcom.

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## POSITIVITY CORNER

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- Eleanor Roosevelt



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## Obituary Notices



### John D. Swanson, 86

Funeral services for John Dale Swanson, 86, of Fairmont, MN were held on Saturday, April 17, 2021, at Grace Lutheran Church in Fair-

mont. Burial followed the service at Lakeside Cemetery with full military honors by the Lee C. Prentice American Legion Post #36 and the Martin County Veterans of Foreign Wars Post #1222.

John Dale Swanson passed away Tuesday, April 13, 2021, at the Lakeview Methodist Health Care Center in Fairmont. The Lakeview Funeral Home and Cremation Service of Fairmont is assisting the family with arrangements.

John Dale Swanson was born January 25, 1935, in Mountain Lake, MN, the son of John P.

and Florence (Anderson) Swanson. He received his education attending District #97 Country School in Elm Creek Township, Martin County, MN and was proud to have completed his GED while in the Marines. In 1954, John enlisted in the United States Marine Corps and was stationed at 29 Palms and Camp Pendleton in California where he served his country proudly over the next three years, receiving his honorable discharge in 1957.

On August 27, 1955, John was united in marriage to Joyce Sheppard in Trimont, MN. Together the couple made their home in California, Trimont, and later Fairmont and celebrated over 65 years of marriage. To this

union, three children were born, Gail, Jodi, and Jerry.

John farmed until 1979 when he began working for the State of Minnesota Highway Department and at Snow Wheels where he worked until his retirement in 1998.

John was a member of Grace Lutheran Church. He was an avid golfer and looked forward to warm summer days spent with family and friends on the links. John cherished spending time with his grandchildren and enjoyed outing with them for breakfast at Edie's. He looked forward to quiet days reading his favorite book and enjoyed the adventure of the open road and traveling to new as well as familiar places.

John was always willing to help as the "handyman" for his kids and loved a good treasure hunt at area garage sales. Family was extremely important to John and he looked forward to entertaining family at the holidays and never walked away from an opportunity to play cards.

Left to cherish his memory is his wife, Joyce Swanson; children, Gail (David) Honnette, Jodi (Roger) Volz, and Jerry (Terri) Swanson; grandchildren, Aaron (Lynn) Honnette, Brittany (Troy) Field, Shane Honnette, Shaun Honnette,

Chelsea (Dave) Braun, Mackenzie Volz, Mitchell Volz, Jessica (Copper) Buss, and Kristina Swanson; great-grandchildren, Colton Field, Aaron Field, Logan Field, Anna Honnette and Elise Honnette; as well as several nieces, nephews, extended family and friends.

John was preceded in death by his parent, John P. and Florence Swanson; and siblings, Fern Holmlund, Oscar Swanson, Stanley Swanson, June Barnhart, Faye Anderson and Pearl Stello.

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

First Congregational UCC will host a **free community drive-thru meal** on Wednesday, April 28th, serving from 5:30 p.m. until food is gone. The menu includes a chicken burrito bowl, black bean salsa, apple sauce, ice cream treat and bottled water. The meal will be served by the UCC Hospitality Board.

**Hope Café To Go:** St. John Vianney Church will be delivering a free hot meal on Sunday, April 25th around 5:00 p.m. (fourth Sunday of the month). Anyone interested in receiving a free hot meal should email or call Bridget at 235-2451 or [bbecker@sjvhf.org](mailto:bbecker@sjvhf.org). Please call before noon on April 25th and leave your name, address, phone number and how many meals.

## 25 YEARS AGO IN THE PHOTO PRESS

April 17, 1996

Janet Ruth took a position with Fairmont Cable TV as producer of local programming. Ruth previously worked at Sauck, Brown & Ruth, primarily producing "Focus on Fairmont" and other programs for Fairmont Cable TV. Kay Sauck, president of Sauck, Brown and Ruth announced that the agency's name would be changed to Sauck & Brown.

The Salvation Army Women's Auxiliary announced its "Lip Sync '96", the major fund raising effort that supported the important programs of the local Salvation Army. The event would be held in June at Sylvania Park band shell.

Scott Gemmill, son of Bruce and Ann Gemmill, designed a broom which adjusts to the height of the person sweeping. He called his invention the Adjustable Broom. The second grader at St. John Vianney

School, was to have his invention entered in the Minnesota Inventors Congress in Redwood Falls. His idea was in the top 15 out of 177 inventions at the regional fair in Mankato.

The Trimont Spraying Service and Channel Inn volleyball teams competed in the Class C Minnesota Recreation and Park Association state tournament. Trimont Spraying Service team members were Lisa Edgington, Deb Gerdts, Leslie Glaser, Todd Edgington, Gary Coombes, Dale Burkhardt and Steve Schlager. Channel Inn players were Kari Sandberg, Lynn Buntjer, Joanna Sandberg, Wayne Wannarka, Kevin Nordstrom, Nick Van Ohlen and Steve Mann.

## 50 YEARS AGO IN THE PHOTO PRESS

April 17, 1971

The Lake Theatre was showing a Ma and Pa Kettle movie over the weekend, with an admission charge of only 50 cents for children.

George Linton was appointed representative of Waddell & Reed, national distributors of mutual funds.

Michael Sampson, a Fairmont man who served as General Westmoreland's personal chef in Viet Nam, prepared all the gourmet dishes for the annual achievement day dinner of the Martin County

April 13 - John D. Swanson, 86, Fairmont. Lakeview Funeral and Cremation Service

April 13 - June Schultz, 94, Welcome. Kramer Family Funeral Home

April 14 - Jeremy D. Nelson, 45, Minnetonka, MN (formerly of Ceylon). Kramer Family Funeral Home

April 15 - Bruce A. Striemer, 62, Ceylon. Lakeview Funeral and Cremation Service

### IN MEMORIAM - ONE YEAR AGO

April 12 - Vernon Bau, 92, Truman.

April 14 - Jack W. Rooney, 69, Fairmont.

April 14 - Thomas R. Sherry, 91, Fairmont.

April 15 - Roger L. Cochran, 89, Fairmont.

April 19 - Norma J. Jacobsen, 87, Sherburn.

Extension Club held at Fairmont High School.

HyVee and the Fairmont Photo Press were co-hosting a Graduation Fest at the Holiday Inn in Fairmont, for 1996 high school graduates and their parents.



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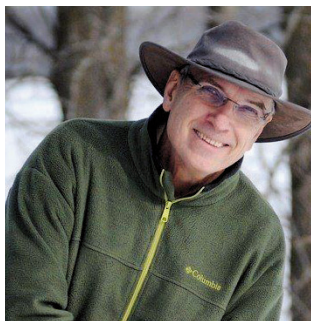
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## Naturally

By Al Batt

What's all the yellowing about? It's about American goldfinches. They are turning a brilliant yellow.

Dandelions are spring to some folks. The yellowing of spring. Is a group of dandelions called a pride? Mark Twain said, "In the spring, I have counted 136 different kinds of weather inside of 24 hours."

It's good to see turkey vultures back and checking the expiration dates of roadkill.

I am in awe of the feeder birds in the April snow. I make it a cardinal rule to look at every cardinal. A red-tailed hawk soaring high caused me to think of the line from "Oklahoma," "We sit alone and talk and watch a hawk making lazy circles in

the sky."

European starlings were introduced into this country by Shakespeare enthusiasts in 1890. Their population is declining in the UK and North America. The Harris's sparrow is named after Edward Harris, Audubon's pal and a horse breeder. The breeding range of this sparrow is all in Canada.

The crow-sized peregrine falcons return in February to nest on the roof of the Mayo Building in Rochester. In early April the female lays 3-4 eggs that hatch 35 days later in early to mid-May. The nestlings are given names by patients, staff and visitors.

### Telling tales out of stool

I was in a state park when poop rained down upon my car. Bacteria in the bird's gut break down the uric acid, giving it the white color before exiting the bird's cloaca. Birds mainly eating fish like bald eagles, cormorants, great blue herons, gulls or osprey produce mostly white poop. I'm not sure what birds targeted my car, but their accuracy was amazing.

### No one is a dodo

Dodos were flightless birds on the island of Mauritius in the Indian Ocean. After Dutch sailors landed

and settled on the island in 1598, the dodo's population rapidly declined.

The dodo was easy to catch and was hunted by sailors for food, but the introduction of pigs, dogs and rats with a taste for dodo eggs and the ability to outcompete the dodos for food was devastating. The Oxford University of Natural History sources said dodo meat wasn't tasty.

### When weasels fly

I enjoy the writings of Annie Dillard. Her book "Pilgrim at Tinker Creek" is exquisite. I read her essay ("Living Like Weasels"), which mentioned author and wildlife artist Ernest Thompson Seton's report of someone shooting an eagle and finding the skull of a weasel attached to the raptor's throat. He guessed the eagle had swooped down and grabbed the weasel. The would-be-prey chomped onto the throat of the eagle and never let go. The eagle carried a reminder of that day for the rest of its life.

### Q&A

"I've heard about declining bird populations. Are some bird species doing well?" The number of birds in North America has fallen by 29% since 1970. Bald eagles are thriving, peregrine falcon

populations have grown and waterfowl numbers are on the upswing.

"Where do the red-winged blackbirds spend the winter?" Most blackbirds breeding in the northern U.S. migrate to the southern states for the winter.

"When do bucks drop their antlers?" Most bucks in Minnesota shed their antlers between December and March. Declining day length causes a decrease in testosterone, which results in antler shedding. Look for sheds in places where deer sleep, where they feed and the trails between those two places.

Concentrate on southern exposures.

"When are white-tailed fawns born?" May or early June are prime times as they allow the fawns to grow during warm days and nights while missing the cold of early spring.

"When do juncos leave here?" I see them here as late as in May every year.

"What else other than orioles eats grape jelly from feeders?" Catbirds, tanagers, robins, house finches, woodpeckers (downy, hairy, red-bellied), brown thrashers, rose-breasted grosbeaks, cardinals, starlings,

Cape May warblers, yellow-rumped warblers, orange-crowned warblers, chipmunks and squirrels are all possibilities.

"There were branch tips on the ground under my spruce trees. What caused that?"

The damage is usually the work of a hungry red squirrel. It feeds on newly formed buds at the end of a twig by snipping off 3 to 6 inches of new growth, eating the bud and dropping the rest. This occurs when there is little other food available to them.

"Why do blue jays carry away several peanuts in

their mouths and throats?" It's because they don't have pockets. It saves them trips to the feeder.

Thanks for stopping by "Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting - over and over announcing your place in the family of things." — Mary Oliver

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." — The Dalai Lama.

Do good.

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The City of Fairmont Park Department would like to invite you to our annual Arbor Day Celebration on Friday, April 30th 2021. The program will be held in Memory Park, 600 Shoreacres Dr. (East of Lakeview Methodist Home), at 1:30 pm. Mrs. Finkbeiner's SJV 4th grade students will perform a short program. The City

Forester, Chad Striemer, will be planting a Thunderchild Crabapple tree with the help of the students. In case of inclement weather, the program will be held at the Park Department Facility located at 407 E. Margaret Street. The Park Department would then plant the tree at a later date. Anyone with questions should contact Nick Lardy at 235-9330.

## Update on Local COVID-19 Vaccination Efforts

Contact: Tim Langer 507-238-4757; [tim.langer@fmchs.com](mailto:tim.langer@fmchs.com)

### Weekly Update: 4/19/21

#### Vaccination work as of 4/16/21:

- Faribault County: 5,276 individuals have received at least their first vaccination for COVID-19. 38.2% of the total population has received at least 1 dose. The percentage of population over age 65 in Faribault County who received their 1st dose of vaccine is 81.8% and the population of those eligible for vaccine (age 16+) vaccinated with at least one dose of vaccine is 47.6%.
- Martin County: 7,846 individuals have received at least their first vaccination for COVID-19. 39.5% of the population has received at least 1 dose. The percentage of population over age 65 in Martin County who received their 1st dose of vaccine is 78.9% and the population of those eligible for vaccine (age 16+) vaccinated with at least one dose of vaccine is 49.10%.
- Community Health & Human Services did not receive any 1st dose allocation of vaccine last week. 30 doses remain unclaimed from the week prior were distributed on 4/15/21.
- Mayo Clinic Health System Fairmont received 306 1st doses last week and distributed all by 04/17/21.
- United Hospital District did not receive any 1st dose allocation last week.
- Dulcimer Medical Center did not receive any 1st dose allocation last week.

#### Plan for week of 4/11:

- Community Health & Human Services is not scheduled to receive any new 1st doses of vaccine this week. Individuals who are interested in receiving a vaccine can [covid.clinic@fmchs.com](mailto:covid.clinic@fmchs.com) to receive help finding a local

vaccine provider.

- Mayo Clinic Health System Fairmont is scheduled to receive 48 1st doses of Pfizer vaccine (16+). MCHS-Fairmont is offering vaccines to anyone who meets the currently eligible for vaccinations. Patients who are eligible per the MDH guidelines will be contacted via their portal account or can call the Mayo Clinic Health System vaccination line at 507-594-2100 to schedule an appointment.

- United Hospital District is not scheduled to receive any vaccine this week.
- Dulcimer Medical Center is not scheduled to receive any vaccine this week.

#### Additional opportunities for vaccine exist at the following locations:

Hy-Vee Fairmont Pharmacy  
507-238-2880 | Get Your COVID Vaccine at Select Hy-Vee Pharmacy Locations ([hy-vee.com](http://hy-vee.com))

Wal-Mart Fairmont Pharmacy  
507-235-2517 | Flu Shots & Immunizations - Walmart.com

Sterling Drug- Fairmont  
(507) 238-2797 | COVID-19 Interest ([yoursterlingpharmacy.com](http://yoursterlingpharmacy.com))

Thrifty White Drug - Wells  
507-553-3162 | <https://www.thriftywhite.com/covid19vaccine>

State of Minnesota Vaccine Connector is another resource for finding vaccination appointments: | COVID-19 Vaccination Registration ([mn.gov](http://mn.gov))

Vaccine is available at no cost from any provider. Some providers may ask for insurance information.



## Ask A Trooper: Motorcycle Safety

by Sgt. Troy Christianson,  
MN State Patrol

Question: Can you talk about motorcycle safety going into Spring riding?

Answer: With everything going on in the world today, a motorcycle ride can be the perfect escape. Leave your worries behind, put that helmet on, and head for the open road.

Here are steps you can take to reduce your risk of crashing:

- Ride sober.
- Wear highly visible protective gear, including a brightly colored helmet.
- Have a good riding strategy for every ride.

Wearing proper protective gear can help keep you safe in case of a crash, but having good riding skills can prevent a crash from happening in the first place.

Motorcycle training is a great way to develop and improve safe riding skills, but time is running out to register for the Basic Rider Course (BRC) to earn your endorsement. More than 1,300 riders took the BRC in the first two months of the training season, which started the first week of June, and nearly 300 more riders took other MMSC training courses. Register now for one of the 22 locations throughout Minnesota.

There are a limited number of intermediate courses still available too. This course is a great way to practice riding a new motorcycle or riding with a passenger. You can take the intermediate course with a passenger for no additional charge. MMSC offers advanced and expert training courses too, but those have wrapped up for the season. Challenge yourself to take a training course every year or two to keep your riding skills sharp — after all, training can make a huge difference in avoiding crashes. You can find details about all the training courses on the MMSC's website, including eligibility requirements for each level.

Additional information can be found on the Department of Public Safety's blog: <https://dps.mn.gov/blog/Pages/20200824-make-every-motorcycle-ride-safe.aspx>

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

If you have any questions concerning traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson - Minnesota

## Ruby's Pantry is coming to East Chain

Ruby's Pantry will have a food distribution in East Chain, Minnesota on Saturday, April 24th from 10 a.m. to 11:30 a.m. at the East Chain Evangelical Free Church, located at 507 280th Avenue. This will be conducted in a drive thru procedure and you will not have to get out of your car. You are also asked to clean out the trunk of your vehicle before you come.

There are no income or residency guidelines. Ruby's Pantry is funded by the \$20 cash donation per participant for operational costs. Please bring two large

boxes or laundry baskets for food. They receive an abundance of food.

Ruby's Pantry continues to serve rural communities with donated surplus food and goods to fight hunger and disease. It provides large quantities of food for distributions directly to families in 77 rural communities covering Minnesota and Wisconsin and distributes food to over 500,000 people per year. For more information please see their website at [www.rubyspantry.org](http://www.rubyspantry.org), email [goodnews@rubyspantry.org](mailto:goodnews@rubyspantry.org) or call 507-236-4653.

## NOW OPEN

- Seed Potatoes
- Onion Plants
- Rhubarb
- Asparagus



## 6-PACKS OF PANSIES

### 3-PACKS OF:

- Cauliflower
- Broccoli
- Cabbage
- Brussel Sprouts

WATCH FOR OUR 75<sup>TH</sup> OPEN HOUSE  
FRIDAY APRIL 30 THRU SUNDAY, MAY 2

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407 E. 12th St.  
Fairmont, MN  
507-235-6986



HOURS: M-F 9-6; Sat 9-5; Sun 12-4

Gift Certificates Available!

## PUBLIC AUCTION (AKA)

# STORAGE UNIT WAR

Tuesday, May 11

## FAIRMONT MINI STORAGE

940 East 4th Street • Fairmont • 5:00 p.m.

Unit Nos.: U9C, 11, 98

## STOR-ALL 500 Downtown Plaza Fairmont • Appr. 5:20 p.m.

Unit Nos.: 13, 32, 261

8th Street - behind Olson Rentals  
Starts after downtown units

Unit Nos.: 346, 367, 415, 470, 481, 505

Units may be removed from auction any time up to time of auction.



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Model shown  
745746  
with 42-inch deck  
Featuring  
Smart Speed®  
Control System

Get 'em while  
still available!!

\$2,999

Pick up and  
delivery available  
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### Lawn Grass

- Sun & Shade
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- 4 step program
- 1) 15-0-0 crabgrass
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Hans Hinrichsen, Agronomist • Email: [hans.h@heftyseed.com](mailto:hans.h@heftyseed.com)

Website: [www.heftyseed.com](http://www.heftyseed.com)



**This Week's Martin County**

# REAL ESTATE TRANSFERS

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## WARRANTY DEEDS

Mahtag Gohari Scherer, Trustee, Perry W. Scherer Revocable Trust, Bron J. Scherer, Darin L. Scherer, Geniene B. Scherer, Mahtag Gohari Scherer, Trustee, Perry W. Scherer, Trustee to Reltub LLC, Pt. NE¼, 1-104-29

Darin L. Scherer to Reltub LLC, SE¼NW¼, Pt. NW¼NW¼, Pt. 2 Tracts NE¼NW¼, 1-104-29

Lisa M. Balcom, Jarret Bock, Lisa M. Bock to Richard Burback, Krystalline Krumrey, Lots 13 and 14, Block 2, Beckers Addn.,

Granada

Mark Schultz to Kevin Kastning, Lot 1, Block 2, Casey Jones Addn.

Jason L. Mix, Le Ann Mix Leann R. Mix to Miranda Larson, Cody Olson, E.30' Lot 13, Lot 14, Lot 15 Ex. E.10', Block 2, Campbells Addn., Welcome

Barbara J. Geiger, Leonard A. Geiger to Charles Waterbury, Karen Waterbury, Lots 6 and 7, Block 8, Original Plat Ormsby

Philip R. Tietje to Julie A. Laue Revocable Living Trust, Jeffrey A. Laue, Julie A. Laue, Trustee, Julie M. Laue, Russell M. Laue, Trustee, Russell M. Laue Revocable Living Trust, Pt. NE¼, 15-101-31

Connie M. Kemper Robert L. Kemper to Erik Dresselhaus, Katy Dresselhaus, Subd. of Lots 6, 7, 8, 9, 10, Block 4, Maple Grove Ext. to Wards Central Addn.

Barbara K. Detloff, Kenneth J. Detloff to Cary J. Detloff, Lot 9, Block 7, Taylor & Johnsons 3rd Addn.

## QUIT CLAIM DEEDS

Mary L. Jagodzinske, Maynard L. Jagodzinske to Maynard L. Jagodzinske Revocable Trust, SW¼, S½S½S½NW¼, 35-103-32, SE¼NE¼, 24-101-33, NE¼NE¼, SE¼NE¼, SW¼NW¼, NW¼NW¼, SE¼, 25-101-33, Pt. S½SE¼, Pt. S½N½SE¼, N.35Ac, S½N½SE¼, 23-103-32, SW¼NE¼, Pt. S½NW¼, 24-103-32, Govt. Lot 2, NW¼, Govt. Lot 2, NE¼, SW¼NW¼, 30-103-31, NW¼SE¼, Pt. N½SW¼, 24-101-32, Pt. E½NW¼, 25-101-33

Mary L. Jagodzinske, Maynard L. Jagodzinske to Mary L. Jagodzinske Revocable Trust, SW¼, S½S½S½NW¼, 35-103-32, SE¼NE¼, 24-101-33, NE¼NE¼, SE¼NE¼, SW¼NW¼, NW¼NW¼, SE¼, 25-101-33, Pt. S½SE¼, Pt. S½N½SE¼, N.35Ac, S½N½SE¼, 23-103-32, SW¼NE¼, Pt. S½NW¼, 24-103-32, Govt. Lot 2, NW¼, Govt. Lot 2, NE¼, SW¼NW¼, 30-103-31, NW¼SE¼, Pt. N½SW¼, 24-101-32, Pt. E½NW¼, 25-101-33

Dinita Steuber, Steven Steuber to Dinita Steuber, Steven Steu-

ber, Lot 5, Block 2, Summit Addn.

CV-FCA Cooperative to Crystal Valley Cooperative, Pt. S½SE¼, 31-103-32, Pt. S½NW¼NE¼, 6-103-32, Pt. S½SE¼, Pt. SE¼, 31-104-32, Pt. of 100' strip, NW¼SE¼, Pt. of 100' strip, SW¼NE¼, Pt. N½NE¼ (2 tracts), 6-103-32, Lot 1, 2, 12, 13, 14, 15, 16, 17, Block 3, Original Plat Monterey

Andrew L. Geiger, Bridgett Geiger to Leonard A. Geiger, Lots 6 and 7, Block 8, Original Plat Ormsby

Carol Spear, Larry Spear to Blanca R. Reyes W½W½S½, Lot 3 Ex. 5', W½W½ Ex. 5', Lot 4, W½W½ Ex. 5' Lot 5, Block 2, Youngs Addn.

Deborah Schwanke, Larry Schwanke to Dustin Lynn Drager, Pt. SW¼SW¼, 20-104-31

Arthur N. Sussenguth, Valerie Sussenguth, Valerie Swanson to Arthur N. Sussenguth, Valerie J. Swanson, W½NE¼, 16-102-32

Reid J. Olson to Laura M. Olson, Reid J. Olson, Pt. SE¼, 11-104-32

## TRUSTEE DEEDS

Debra S. Boehne, Olson Revocable Trust Agreement to Tony D. Weiss, Pt. OL 10, Campbells Addn., Welcome

Kathy S. Cuppy, Kenneth L. Olson Irrevocable Trust to Kyle K. Kimball-Olson, Kyle K. Kimball, NW¼, 19-101-33

Kathy S. Cuppy, Carole F. Olson Family Trust, Kenneth L. Olson Irrevocable Trust to Kathy S. Cuppy, E½SW¼, 13-101-31, S½SW¼, 18-101-33

Carol J. Nasby, Chris L. Nasby, Nasby Family Trust to LDJ Enterprise of Owatonna LLC, Lot 3, Block 1, Bordens Addn.

## D-DEEDS

Estate of Danny L. Hartung, Sheri LaRue, Pers. Rep. to Dustyn D. Hartung Living Trust, Dustyn Hartung Trustee, Leah Hartung, Trustee, Leah M. Hartung Living Trust, Pt. NE¼, Pt. SE¼, 11-103-31



**Women Forward** | **Guest Columnists:** Brittany Anderson, Lynne Burgraff, Amber Knips, Tina Coquyt, Marsha Malo and Miranda Tulowetzke

*Women Forward Leaders, Raymond James Financial Services, Inc. at Sweet Financial Services*

# Raising Smart Spenders and Savers

**Key financial lessons to teach your children as they grow.**

Talking to kids about money can be awkward, but it's important. That's the takeaway from a recent T. Rowe Price survey, which showed that parents consider topics like death and politics easier to discuss with kids than saving for a goal. A full 85% wanted to avoid the issue by signing their kid up for a personal finance course.

Though a class might help – and your advisor can be a valuable teacher's aide – your kids are still taking their cues from you.

"Parents are the number one influence on their children's financial behaviors," Beth Kobliner, author of "Make Your Kid a Money Genius," told Forbes. "It's up

to us to raise a generation of mindful consumers, investors, savers and givers."

Here we offer essential financial lessons to teach your kids at each age and stage.

## Agnes 3-6

Don't underestimate them – at 3, your kids can grasp basic financial concepts, and by age 7, they have already formed money habits, according to a Cambridge University study. Start with the basics, including the idea that you work to earn money in order to pay for what you want and need – and help your kids understand the difference.

Create a wants vs. needs collage: divide a sheet of paper in half and have your child cut and paste photos from magazines into the two categories.

Other money milestones

mapped out by the experts at the Consumer Financial Protection Bureau include the ability to focus and persist through tasks. Saving for retirement takes large amounts of patience and self-control, so we might as well start teaching them early.

Recognizing tradeoffs is another important early milestone. Try thinking aloud when you're grocery shopping about the amount of money you're exchanging for a product, or have them help you compare the unit price of similar goods. Whether a trade involves money, treats or time, discuss with your child how every decision has consequences.

Around age 5, it's important to give kids some cash to

manage. A regular allowance allows them to start thinking in terms of financial tradeoffs, and you can offer them a three-part piggy bank (save, spend and share) so they begin to understand the different functions of money.

By age 6, your child should be able to focus on completing small chores to earn money and understand the value of different coins and bills well enough to sort and count them.

## Agnes 7-12

As your child grows, help them develop values such as empathy and gratitude. Knowing that some families live in poverty and need assistance is part of financial literacy. Using a site like Dollar Street that shows photos of different families around the world living on a variety of incomes can help. So can letting your child have a say in where the family's charitable dollars will go.

It's also a good idea to pass down family stories to the next generation – how your parents pitched in to help you build your business, your first big purchase, or how spending habits helped you weather the ups and downs of life.

These tales can help them understand their place in the world and develop perspective on what has value in life.

These years are also a good time to have your child open a bank account, which can help them claim the identity as a "saver" and associate positive emotions with it. You should also help them track what they are earning in interest. "There's nothing like receiving an interest payment (even if it is a few cents) in your name for the first time," Asheesh Advani, CEO of Junior Achievement Worldwide, told Inc. magazine.

## Agnes 13-18+

Credit cards, investing, taxes: As your child becomes a young adult, it's time to step up your game to help them with these complex topics and more. You can help them get started with the SIFMA Foundation's annual Stock Market Game simulation, let them take control of buying their school supplies on a budget, or help them calculate credit card interest.

Before your teen racks up any credit card debt of their own, consider adding them as an authorized user on your card. Show them that interest accrues unless the balance is paid off – and that any late

## PUBLIC NOTICE

### Protect your lakeshore and keep it legal

*Seek appropriate permits before taking action to prevent or correct bluff and bank erosion*

Fairmont-area lakeshore owners are reminded to follow Fairmont's Shoreland Ordinance and city permitting processes before taking action on bluff stabilization.

"Bluff and bank erosion have been a problem for many owners that have steep lakeshore property," said Fairmont City Engineer Troy Nemmers. "However, the best of intentions can still harm the lake and the wildlife that lives in and around it, and that's why we're urging lakeshore owners to respect the City of Fairmont's permitting process."

Shoreline stabilization projects such as riprap or sand may not be appropriate in all instances and can negatively impact water quality, populations of fish and wildlife and in some cases, exacerbate bluff erosion.

"Keeping the shoreline in a natural state is ideal for the resource," said DNR area hydrologist Dan Girolamo. "It can protect shorelines from wave action and improve water absorption instead of running off and causing erosion."

While direct aid or assistance is not available from the DNR, Girolamo has some tips to help maintain lake shorelines and bluffs.

### DO NOT:

- Clear-cut (remove all) trees. Ridding the area of all trees removes soil-stabilizing root systems and important water absorption properties.

- Landscape the yard right up to the edge, which can promote runoff and further erode the bluff or bank.
- Irrigate the lawn near the edge. Saturated soils prevent further rainfall absorption, become heavy and can slough or fall into the lake.
- Install landscaping rock or gravel to stabilize. Without rainfall absorption, gravel is especially vulnerable to erosion.

"We realize that shoreline owners may be looking to take advantage of spring weather and this year's lower lake levels," said Nemmers. "However, it's important to protect our lakes and prevent creating any problems, whether it's a fine, damage or loss of your shoreline, or even your neighbors."

Shoreline owners with questions or looking to perform work on their shorelines are urged to contact the City of Fairmont with questions.

Peter Bode, Planning and Zoning office - 507-238-3940  
Tyler Cowing, Engineering office - 507-238-3948

*Published in the Fairmont Photo Press on April 21 and 28, 2021*

# UPCOMING AUCTIONS

**Friday, April 16th, 2021 @ 5:30 p.m.**-FRANCIS & LAVONNE FETT ESTATE-80 Acres of Farmland & Building Site in Section 8 of Christiana Twp., Jackson Co., MN. Sale to be held at bldg site at 50914 920th Street, Windom, MN. Dan Pike & Associates

**Thursday, June 10, 2021 @ 6:30 p.m.**-PEGGY SILKER-Bare Farmland Auction of 125.60 Acres +/- in Sec 7 of Fairmont Twp., Martin Co., MN & 162.64 Acres +/- in Sec 35 of Westford Twp., Martin Co., MN. Sale to be held at the Knights of Columbus Hall, Fairmont. Hartung, Kahlers & Wedel

**Thursday, August 12, 2021 @ 6:30 PM**-HATCH FAMILY-320 Acres +/- of Farmland, Pasture & Building Site located in Section 13 & 24 of Galena Twp., Martin Co., MN. Auction to be held at the Knights of Columbus Hall, Fairmont, MN. More details coming soon! Hartung, Kahlers & Wedel



For upcoming auction flyers:  
auctioneeralley.com

- Allen Kahler, 841-3466
- Ryan Kahler, 764-4440
- Kevin Kahler, 235-5014
- Doug Wedel, 236-4255

- Dustyn Hartung 236-7629
- Leah Hartung 236-8786
- Chris Kahler, 230-6006
- Dar Hall, 327-0535

**105 South State Street, Fairmont, MN**  
**(507) 238-4318**

## CITY OF FAIRMONT NOTICE OF PUBLIC HEARING

Notice is hereby given that the Fairmont Board of Zoning Appeals will meet at the City Council Chambers, 100 Downtown Plaza, Fairmont, MN 56031 at 4:30 p.m. on Tuesday, May 4, 2021 to conduct Public Hearings to review the following items:

Steve & Tina Jette  
1400 North State Street (Parcel ID 23.172.0010)  
Variance from front yard setback requirements, 20 feet in lieu of 30 feet

Monica Shelgren  
204 Lake Street (Parcel ID 23.188.0240)  
Variance from shoreland impervious surface requirements

Due to the ongoing local emergency surrounding the COVID-19 pandemic and Governor Walz' orders, the Council Chambers can accommodate up to 15 attendees. Members of the public wishing to provide public comment may attend in person or call 1-872-240-3311 and enter the access code **588-440-077** at the time of the meeting. Written comments can also be submitted to City of Fairmont, attention Patricia Monsen, 100 Downtown Plaza, Fairmont, MN 56031.

Patricia Monsen  
City Clerk

*Published in Fairmont Photo Press on April 21, 2021*



payment hurts your credit score.

Talk about which data sources can be trusted. Share how you vet financial decisions, and urge your teen to keep digging if what they're being told doesn't add up. For example, if your child is researching colleges, encourage them to do research beyond reading a school's brochure.

Many successful people trace their money skills back to a formative moment: getting a job as a teen. There's no better way to experience firsthand the effect of taxes, having a boss, being part of a team and managing your time to fit in schoolwork. A seasonal job during school holidays or a part-time gig could help your teen better grasp the working world – and how they picture themselves in it.

Finally, come up with a savings plan for long-term goals, like a car or college tuition. You can use a budgeting app (try Goalsetter or Mint) that helps them visualize their progress, keeps spending in check and gives them a sense of ownership and confidence in their future.

Start the conversation

Whether your kid is 7 or 17, they are ready to hear money talk from their parents and grandparents. After all, financial literacy is not just about dollars and cents. You're really showing

them how to think for themselves, develop values and make sound decisions. In the space of a few teachable moments, you can empower them to take control of their future – a worthy investment.

Sources: T. Rowe Price 2019 Parents, Kids & Money Survey; Forbes; Inc. magazine; CNBC Millionaire Survey; U.S. Consumer Financial Protection Bureau; Sallie Mae's 2019 Majoring in Money report; mtmfec.org

Securities offered through Raymond James Financial Services, Inc., Member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. Sweet Financial Services is not a registered broker/dealer and is independent of Raymond James Financial Services.

## IT Support Technician

Windom Area Health is seeking a full-time IT Support Technician. Responsibilities include computer and hardware set-up and maintenance, software updates, troubleshooting, addressing staff inquiries and submitting access requests. Will perform basic network functions, as well as configuring and maintaining phone server and devices. High school diploma required. Computer and networking skills required. Additional training/education in an IT field highly preferred. Experience in healthcare IT highly desirable.

Applications are available at the front desk of the hospital or online at:

[www.windomareahealth.org](http://www.windomareahealth.org)

**W**  
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**AREA HEALTH**

EOE

Human Resources  
Windom Area Health  
P.O. Box 339  
Windom, MN 56101  
employment@windomareahealth.org

## Registered Nurse (RN)

Windom Area Health is seeking a RN (.7 FTE), who will provide patient care in our inpatient, OB, and ER departments. May occasionally provide support to outpatients as well. Experience preferred, but will train qualified applicants. Upcoming graduates welcome to apply. Position includes working 12-hour shifts every third weekend and holiday, as well as 8-hour day, evening and night rotating shifts.

Applications are available at the front desk of the hospital or online at:

[www.windomareahealth.org](http://www.windomareahealth.org)

**W** **WINDOM**  
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Windom Area Health  
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employment@windomareahealth.org

EOE

## !!New Restaurant in Blue Earth!!



**FARMER'S**  
**DAUGHTERS**  
KITCHEN

**LINE COOKS • WAIT STAFF**  
**FULL & PART TIME**  
**POSITIONS AVAILABLE**

**OPENING MID SUMMER!**

We are currently under construction.  
Positions beginning Mid-June Depending on scheduling.

**APPLY NOW!**

Call 507-525-3363 or stop in at  
BS Studio at 110 N. Main St. Blue Earth  
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**MARTIN COUNTY HUMANE SOCIETY**  
The Carl Nettifee Memorial Animal Shelter  
522 E. MARGARET ST. • FAIRMONT, MN • 238-1885  
pawprints.petfinder.com  
Email: pawprints01@hotmail.com

HOURS: Tue & Thurs 6-8 p.m. • Sat 10 a.m.-2 p.m.

**A FEW OF OUR CATS AVAILABLE FOR ADOPTION:**

**BUDDY** IS A CHANNING BROWN TABBY CAT WITH A WHITE CHEST. FRIENDLY, CUDDLY, PLAYFUL, LAID BACK... HE HAS IT ALL! GREAT WITH OTHER CATS.

**MONTY** IS A HANDSOME SIAMESE WHO WAS QUITE FRIGHTENED WHEN HE FIRST CAME TO US. BUT HE'S COMING OUT OF HIS SHELL AND SHOWING A GREAT PERSONALITY!

**TANGY** IS A LARGE ORANGE TABBY MALE WHO LOVES TO TALK AND VIE FOR YOUR ATTENTION. FRIENDLY AND SWEET.

**SUNDAY** IS A YOUNG DILUTE CALICO, SWEET AND GENTLE. BEAUTIFUL LITTLE FLUFF BALL OF FUR.

**\*\* 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](http://www.pawprints.petfinder.com).**

**PhotoPress**  
Only good news

## Picture Peddler

Deadline Mon at Noon for Wed's publication

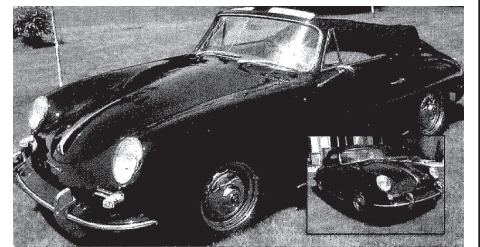
1 week, your picture and 20 words for \$17; Run 2 weeks, your picture and 20 words for \$27. We'll take the picture at the Photo Press for an additional \$3.50



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No rust, excellent condition inside and out.  
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4 wheel drive, leather, loaded  
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Complete vehicle detailing \$150.  
CALL TODAY!!  
Welcome Motor Co., 1310 N. State St.,  
Fairmont, MN, 235-3447, [welcomemotorcompany.com](http://welcomemotorcompany.com)



**2021 FORD EXPEDITION XLT MAX SUV**  
4X4, Magnetic exterior, Ebony interior  
MSRP \$67,405, Sale price \$64,047,  
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507-235-6681 • 800-726-6912



**2006 HONDA ODYSSEY**  
Heated leather, quads, power sliding doors, one owner, local trade.  
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Fairmont, MN, 235-3447, [welcomemotorcompany.com](http://welcomemotorcompany.com)

## HELP WANTED

### Tri-Valley Opportunity

**Winnebago Head Start Center** is seeking job applicants to work in the Migrant & Seasonal Head Start Program.

The Winnebago Head Start Center is looking for positive individuals that enjoy spending time with children. We are looking for professional, hardworking team-players who are passionate about making a difference in the lives of children and their families.

**Available positions include:** Teachers, Classroom Assistants, Bus Monitors, Bus Drivers, Assistant Cook, Custodian, Data Processor, Recruiter & Family Advocate. Check the TVOC website for a full list of positions, the job descriptions, and list of minimum requirements for the position at: [www.tvoc.org/careers](http://www.tvoc.org/careers)

Migrant & Seasonal Head Start positions are open until filled. For questions about any of the positions at the Winnebago Head Start center, contact Randi Rieffer at 800-569-1379 or [randi.rieffer@tvoc.org](mailto:randi.rieffer@tvoc.org).

Tri-Valley Opportunity Council, Inc. is an Equal Opportunity Employer.

# MARK YOUR CALENDARS

## Fairmont's Spring City Wide Sales

Thursday, May 6th • Friday, May 7th • Saturday, May 8th

If you would like to advertise your sale in the Photo Press please submit your information by Thursday April 22 at 4pm

Email: [frontdesk@fairmontphotopress.com](mailto:frontdesk@fairmontphotopress.com)

**25 WORDS \$15**

**35 WORDS \$25**

(INCLUDES ADDRESS AND TIMES)

**ADS WILL BE PUBLISHED**

**APRIL 28 & MAY 6**



**PhotoPress**  
Only good news





**HIGH STRETCH** - Firstbaseman Ashley Mueller keeps her toe on the bag as Card teammate Nevaeh Rahm looks on. The Cards host Waseca this Thursday at Cardinal park. Courtesyfairmontsports.com



**TAGGED OUT** - Cards catcher Chantel Moeller puts the tag on a Trojan runner as pitcher Allison Janssen backs up the play. Courtesy fairmontsports.com

## PhotoPress Classifieds

### 1 Cards of Thanks

**Brolsma-** Words cannot begin to express our appreciation for the many kindnesses our family received following the passing of our beloved husband, father, grandpa and great-grandpa Robert Brolsma. We would also like to thank UHD Hospice for their loving care and concern and Pastor Wilson and Vicar Jeff Hagen for their visits and for sharing communion during the 6 weeks Robert was on hospice. Also, a heartfelt thank you for the beautiful service Pastor and Jeff performed. Thank you to Doug and Josh Grunzke for bringing their beautiful team of Belgian horses to carry Robert to his final resting place. Thank you to Kramer Funeral Home for their guidance and help

with planning the service and the beautiful picture. To each and everyone may your days be filled with sunshine and blessings from above. In Christ, The Good Shepherd. Norma Brolsma, Scott & Mary, Kent & Mary, Kari and all the great and great-grandchildren. 16-1tp-1.

**Lee-** Thank you to all for the cards, memorials, phone calls, food and visits at the passing of our loved one. The family of Tracy (Ekstrand) Lee. 16-1tp-1

### 9 Wanted to Buy

**BUYING AND SELLING** any gold and silver items, collector coins, diamonds, gold jewelry, paying \$25-\$30 for silver dollars, rare currency. No collection too big. Kuehl's Coins, Fairmont, Minnesota, 507-235-3886, 507-399-9982.. Open 10:30 am-5:30 pm. 16-3tp-9

### 10 Apartments For Rent

**KRUEGER REALTY:** one or two bedrooms, some with heat provided. Garage, water, on-site laundry. EHO. Call Krueger Realty at 507-235-9060. 16-tfn-10

### 12 Other Rentals

**For Rent or custom feed available** September 1: Three - 1,000 head wean to finish hog barns north of Fairmont, next to a blacktop a mile north of I-90. Cell: 507-848-1765 Ask for Glen 16-3tfn-12

### 28 Rummage & Garage Sales

**1225 North Orient-Huge Multi party garage sale.** Thursday-Saturday 8am-2pm. Fishing, camping, clothing, decor and so much more. 16-1tp-28.

## SJL 3rd quarter honor roll

St. James Lutheran School-Northrop 2020-2021 Quarter Three Honor Roll

### High Honors (GPA of 3.5 or better-all A's and B's)

Lili Wiens (Grade 5)  
Cedar Bohlson (Grade 6)  
Caleb Meyer (Grade 6)  
Jackson Luhmann (Grade 7)  
Harley Geistfeld (Grade 8)  
Chase Hilmer (Grade 8)

### Honors (GPA of 3.00 or better-no grade lower than a "C")

Hailey Simpson (Grade 5)  
Owen Blaufuss (Grade 7)  
Braden Roiger (Grade 7)  
Madison Sokoloski (Grade 7)  
Abby Wolter (Grade 8)

# Militello Motors

## 2021 BEST DEALS OF THE YEAR!

**WE NEED YOUR TRADE-IN!!!**

### 2021 DODGE CHALLENGER GT PLUS



C2148

AWD, Nav, sunroof, heated leather/suede, great stereo

**BEST DEAL \$39,495!**

### 2021 CHRYSLER 300 TOURING



C2145

AWD, heated leather, sunroof

**BEST DEAL \$39,245!**

### 2021 JEEP RENEGADE



T2110

4X4; Latitude trim, cold weather group

**BEST DEAL \$24,948!**

### 2021 CHRYSLER PACIFICA TOURING L



T2151

FWD, 10" Nav, screen, power dr & Pass seats, advanced safety

**BEST DEAL \$36,995!**

### 2021 JEEP CHEROKEE LAT LUX



T2156

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The Kumba family, from left: Jenny Baumberger, Lisa Stout, Cindy Voit, Muriel and Sherman Kumba

# Sherm Kumba, Decades of dedication

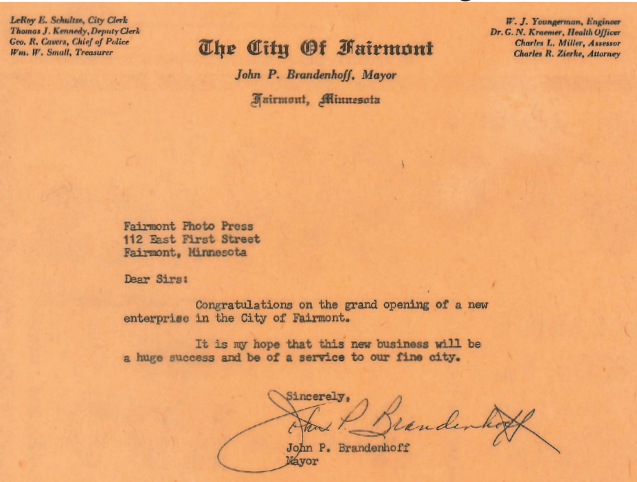
By Judy Bryan, Freelance Journalist

Sherman Kumba is an unassuming guy who's somewhat reluctant to talk about the milestones in his life. While he happily talks about his 65-year marriage to his wife, Muriel, and the pride he has for their three daughters, he is quite modest about his courage and tenacity establishing the Photo Press and overseeing the publication for decades. As he nears his 86th birthday in a few days, Sherm continues to serve as Photo Press editor and circulation manager. Although he reduced his hours to half-time a few years ago, he gives no indication that he wants to step back entirely. "The kids say the Photo Press is his baby. He wouldn't be happy at home all the time," Muriel said. Sherm does not dispute this. He has dedicated the past 58 years of his life to the publication he helped give birth to in 1963 when he was just 27 years old. After graduating from high school in 1953, Sherm attended Estherville Junior College and started working part-time at the Estherville Daily News, sweeping floors and cleaning presses until moving up to circulation, then as typesetter. He and Muriel married in 1955 and moved to Fairmont where he started working in the production department, or "back shop," at the Fairmont Sentinel, until he was drafted in 1958. He spent two years with the Army Signal Corps in New Jersey before he returned to Fairmont and his work at the newspaper. A couple of years later, in an attempt to unionize the back shop for wage benefits, 13 of the 14 employees walked out and were replaced by new workers. But, after nine months of picketing, the

union vote failed. "That was probably the best thing that ever happened," Sherm said. The group started checking around, talking to merchants about the feasibility of a community newspaper/commercial printing business. "We decided we could do this so we rented this building," he said, referring to the Photo Press' first and only location at 112 E. First St., Fairmont. "Our first issue was published on May 16, 1963." That first issue consisted of 12 pages and was sent to 7,900 homes and businesses in the Martin County area. Current circulation stands just shy of 12,000 with the publication going to homes in southern Minnesota and northern Iowa as well as snowbirds who winter in warmer climates. Of the 13 who staged the walk-out, two moved to the Twin Cities area, and one retired. The remaining 10 invested in starting the Photo Press with each putting in \$1,000, for a total of \$10,000. "When he came home and told me what they were going to do, I called him a fool," Muriel recalls. "We probably were," Sherm admits. "I had to borrow from an insurance policy. Some of the guys refinanced their houses, but it was the best thing that ever happened, even though we worked our tails off." "We all did, the husbands and the wives," Muriel said. When extra help was needed, it was all hands on deck. Spouses worked together to assemble, fold and address the papers and ready them for mailing. After a few years, the Photo Press switched from all mail to partial carrier delivery, and its work force expanded to a second generation when Sherm and Muriel's

three daughters, Cindy, Lisa and Jenny, were recruited as carriers. (The Kumbas' first child, a son, died in infancy.) Muriel remembers the many times their daughters would be tapped to pick up an extra carrier route and how the girls still laugh about their dad compensating them with a Snickers candy bar. Work responsibilities required Sherm to spend a lot of time away from his family, but they accepted this. "You don't start a business and then stay home," Muriel said. With all three girls involved in school activities and sports, Sherm and Muriel attended events to support their daughters. "The girls would say they'd see me sitting there. Then they'd look up, and here comes this bald head with a pencil behind his ear. Then we knew dad finally got there," Muriel said, teasing her husband about the pencil he always had tucked by his ear. Over the years, the original investors retired or passed away until only Wayne Schroeder and Sherm remained. "We were getting older so we decided to put the Photo Press up for sale. We had several prospects, but we rejected them," Sherm said. Then, about six months after Wayne passed away, the Kumbas got a call from Bob Luedtke of Fairmont, saying his daughter was interested in buying. "She wanted to give back to her home community, buy something that would be a benefit for the community, so we sat down and negotiated," Sherm said. In the spring of 2011, Andy and Karen Luedtke Fisher, California residents who maintain a home in Fairmont, became the new owners of

the Photo Press. "They tell us what they'd like to have done, but they've pretty much left us alone," Sherm said. "When we sold it, they asked me if I'd stay on for six months, and then we'd have a meeting to discuss it further," he said. "We still haven't had that meeting, and this is 10 years later." Sherm credits the success of the Photo Press to its staff. "They're all good people, and we all get along," he said. Randy Chirpich has sold ads and taken sports photos for the paper for 37 years. "One of the nicest things is that everybody knows what they've got to do, and they go out and do it, and we've been lucky to have some faithful advertisers," he said. "It's a great community, and there's not a day that goes by that I don't have somebody say how much they appreciate our paper and what goes in it. It's been a wonderful adventure." Sandy Gethmann joined the Photo Press crew a little over a year ago and credits the paper's success to its dedicated leadership and the example Sherm sets. "Sherm is the best guy in the world, and we all know it," she said. "Even through COVID, that man is here every day, and he will never leave a minute before 5 p.m." The Jaycees, Kiwanis Club, Dollars for Scholars and the United Methodist Church all have benefited from Sherm's involvement and leadership. Nowadays, he dedicates his spare time to the Fairmont Lakes Foundation, where he serves on the board of directors. "If you want something done, just call Sherm," Muriel said. "He's a pretty good guy." And you'd be hard pressed to find anyone who disagrees with that.



Official city welcome, 1963



Muriel and Sherm

*"It's a great community, and there's not a day that goes by that I don't have somebody say how much they appreciate our paper and what goes in it. It's been a wonderful adventure."*  
*-Randy Chirpich  
Longtime co-worker*



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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 enrolled 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.

- **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.
- **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.

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.

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## Exercise ideas for people with mobility issues

Physical activity is vital to overall health. The World Health Organization says limiting time spent being idle and taking advantage of opportunities to get moving - even if it's just a little bit of exercise - can go a long way toward improving overall health.

In November 2020, the WHO released new exercise guidelines for people of all ages. Adults should get between 150 and 300 minutes a week of moderate to vigorous aerobic activity, and that includes older adults and those with chronic conditions or disabilities.

Individuals with limited mobility due to age or preexisting medical conditions may wonder how they can meet the guidelines for exercise. Those with chronic pain or illness sometimes find that exercising for more than a few minutes can be challenging. Even brief periods of exercise can pay dividends, and there are various approaches people can take to work around mobility and other issues.

## Explore chair exercises

Just because you are seated doesn't mean you can't get a workout in. Seated chair exercises can work various muscle groups. Seated arm rows, tummy twists, overhead arm raises, hand squeezes with a tennis ball, inner thigh squeezes, leg lifts and extensions, and many other exercises can be customized to be performed in a chair.

## Work out in the water

Exercising in the water can assist with movement and reduce strain on the body. The Arthritis Foundation says the water's buoyancy supports body weight, which minimizes stress on joints and can alleviate pain. Water provides gentle resistance as well - up to 12 times the resistance of air. That means it's possible to build strength and muscle even just walking or swimming around a pool.

### Use resistance bands

Resistance bands are like giant rubber bands that can be used to build up strength and flexibility. Resistance bands are effective, low-cost gear that can offer high-impact results for building muscle, staying fit and increasing mobility. Resistance bands can be used in lieu of hand weights for many exercises and be ideal for those who find barbells and dumbbells are challenging to maneuver.

## Mind-body exercises are an option

**Elder Gym**, a fitness from home service for seniors, suggests exercises like Tai Chi and yoga for those with limited mobility. These exercises integrate awareness of body movement with the exercise through coordinated breathing. The exercises encourage people to focus on slow, fluid movements and deep stretching.

Seniors and others with limited mobility are advised to first discuss fitness regimens with a physician to get a green light to proceed. Then exercise regimens can be started gradually and altered to become more vigorous as the body acclimates to exercise. Increase duration and frequency as strength and endurance builds.



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## Mayo donates wellness kits to isolated seniors

Mayo Clinic Health System is distributing wellness kits to seniors across Southwest Minnesota who continue to be isolated due to COVID-19.

Mayo Clinic Health System staff were invited to submit cards, notes or drawings to go into over 350 kits. These kits also include resistance exercise bands, puzzle books, healthy recipes, note and greeting cards, stamps, and gratitude journals, among other things.

"Social isolation among seniors has continued to be a prevalent issue during the pandemic," says Laura Bowman, regional director of community partnerships for Mayo Clinic Health System. "The kits are a gesture to help seniors with mental well-being, as well as provide community resources so they know how to reach out if they need help."

Mayo Clinic Health System's Community Relations Team has partnered with community organizations across Southwest Minnesota to help distribute the kits. For example, Le Sueur County Public Health is assisting with distribution across Le Sueur County, Minnesota. Distribution began in March.

"It is wonderful to have connections within our communities to be able to do this sort of outreach," says Darlene Tuma, a nurse and adult health supervisor with Le Sueur County Public Health. "We all have a variety of resources, and working together to support our community members is very rewarding."

Other partnering organizations include Vine in Mankato; Meals on Wheels in St. James and Waseca, Minnesota; Heartland Senior Living in Fairmont, Minnesota; and Aging Services for Communities in various locations.



**Harriet Schmidt, a resident of Carriage House Senior Living in Le Center, Minnesota, is presented a wellness kit by Darlene Tuma, a nurse and adult health supervisor with Le Sueur County Public Health, left, and Heather Tietz, Mayo Clinic Health System community relations officer.**

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# Warning Signs of Alzheimer's Disease

Some change in memory is normal as we grow older, but the symptoms of Alzheimer's disease are more than simple lapses in memory. People with Alzheimer's experience difficulties in communicating, learning, thinking, and reasoning. These are problems severe enough to have an impact on an individual's work, social activities and family life.

The Alzheimer's Association believes that it is critical for people with dementia and their families to receive information, care, and support as early as possible. To help family members and health care professionals recognize the warning signs of Alzheimer's disease, the Association had developed a list of common symptoms.

**Memory Loss:** One of the most common early signs of dementia is forgetting recently learned information. While it is normal to forget appointments, names, or telephone numbers, those with dementia will forget such things more often and not remember them later.

**Difficulty Performing Familiar Tasks:** People with dementia often find it hard to complete everyday tasks that are so familiar we usually do not think about how to do them. A person with Alzheimer's may not know the steps for preparing a meal, using a household appliance, or participating in a lifelong hobby.

**Problems with Language:** Everyone has trouble finding the right word sometimes, but a person with Alzheimer's often forgets simple words or substitutes unusual words, making his or her speech or writing hard to understand. If a person with Alzheimer's is unable to find his or her toothbrush, for example, the individual may as for "that thing for my mouth."

**Disorientation to Time and Place:** It is normal to forget the day of the week or where you are going. People with Alzheimer's disease can become lost on their own street. They may forget where they are and how they got there and may not know how to get back home.

**Poor or Decreased Judgment:** No one has perfect judgment all of the time. Those with Alzheimer's may dress without regard to the weather, wearing several shirts on a warm day or very little clothing in cold weather. Those with dementia often show poor judgment about money, giving away large sums to telemarketers or paying for home repairs or products they do not need.

**Problems with Abstract Thinking:** Balancing a checkbook is a task that can be challenging for some. A person with Alzheimer's may forget what the numbers represent and what needs to be done with them.

**Misplacing Things:** Anyone can temporarily misplace a wallet or a key. A person with Alzheimer's disease may put things in unusual places like an iron in the freezer or a wristwatch in the sugar bowl.

**Changes in Mood or Behavior:** Everyone can become sad or moody from time to time. Someone with Alzheimer's disease can show rapid mood swings from calm to tears to anger for no apparent reason.

**Changes in Personality:** Personalities ordinarily change somewhat with age. A person with Alzheimer's can change dramatically, becoming extremely confused, suspicious, fearful, or dependent on a family member.

**Loss of Initiative:** It is normal to tire of housework, business activities or social obligations at time. The person with Alzheimer's disease may become very passive, sitting in front of the television for hours, sleeping more than usual or not wanting to do usual activities.

If you recognize any of these warning signs in yourself or a loved one, the Alzheimer's Association recommends consulting a physician. Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step to getting appropriate treatment, care, and support services.

*If you would like more information on "Warning Signs of Alzheimer's Disease" feel free to contact Gail Gilman, Family Life Consultant, M.Ed., C.F.C.S. and Professor Emeritus - University of Minnesota at waldn001@umn.edu.*

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# The benefits of leisure activities extend beyond beating boredom.

Leisure activities may be widely viewed as fun ways to fill up free time, but the benefits of leisure activities extend beyond beating boredom. A 2011 analysis published in the journal BBA Molecular Basis of Disease found that leisure activities have a positive impact on cognitive function and dementia. The analysis, conducted by researchers with the Aging Research Center in Stockholm who examined various studies regarding the relationship between certain activities and cognitive function, defined leisure activity as the voluntary use of free time for activities outside the home. Af-

ter retirement, leisure time constitutes a large part of many retirees' lives, and finding ways to fill that time is more beneficial than merely avoiding boredom. The

researchers behind the study concluded that the existing research is insufficient to draw any firm conclusions regarding the effects of certain types of leisure

activities on the risk for dementia and cognitive decline, though they did note that multi-domain cognitive training has the potential to improve cognitive function in healthy older adults and slow decline in affected individuals. A multi-domain approach to cognitive training involves memory, reasoning, problem-solving, and map reading, among other activities. Aging adults who embrace activities that require the use of such skills may find that they're not only finding stimulating ways to fill their free time, but increasing their chances of long-term cognitive health as well.



## Visiting with your Physician



To stay healthy, you need to feel comfortable talking with your physician and your nurses. Here are some tips to help you feel more comfortable.

### ASK

Ask questions. If you don't understand what your physicians or nurses say, ask them to explain. Always ask about any medicines or tests they say you need. If you don't ask, they may think you have all the information you want.

Let your physicians and nurses know if you need more time to ask questions about your health. If the physician doesn't have time that day, you may be able to talk to another physician or nurse, schedule another appointment, or find out when you can call later to speak to someone.

Some physicians and health plans have call-in lines. If you call, you can speak to an advice nurse. Tele-health visits are also available by some providers. Consider this option to visit with medical professionals.

### TELL

Your health history. Tell your physicians and nurses about your health history. For example, tell them about any major diseases or operations you have had. Be sure to mention family history of diseases and conditions. For example, if high blood pressure runs in your family, let your physician know.

Your health now. Only you know how you feel and whether you feel differently than you did before. Tell your physicians and nurses. Also

tell them if you take any medicines, herbs, or supplements such as vitamins or calcium. And let them know if you are seeing another physician or a chiropractor, an acupuncturist, or any kind of therapist. Don't hesitate to report personal information. Feel free to talk about your beliefs and concerns. You don't need to wait to be asked.

Be sure to tell your physician and nurses if you have any allergies or reaction to medicines.

### FOLLOW UP

Once you leave the physician's office, follow up.

•If you have questions, call the physician's office.

•If you have problems with your medicine, call your physician or your pharmacist.

•If you need to see a specialist or get a test, make the appointment or ask your physician's office to make the appointment.

•If you do not hear from your physician or nurse about test results, call and ask. If you don't understand the results, ask what they mean.

Following these tips of ASK, TELL and FOLLOW UP can help make your visit with your physician or nurse much more effective.

If you would like more information on "Visiting with your Physician" feel free to contact Gail Gilman, Family Life Consultant, M.Ed., C.F.C.S. and Professor Emeritus - University of Minnesota at waldn001@umn.edu.

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## Amazing Allergy Facts

Allergies can make you feel miserable. Following are some tips that can be helpful to allergy sufferers.

Hay fever sufferers should wash their hair at night because washing will remove any pollen from your hair and keep them from settling on your pillows and bedding. Avoid common irritants like tobacco smoke, automobile exhaust, hair spray and perfume. Wash your hands frequently. Venture outdoors only when the pollen counts are low.


The best time to take an antihistamine, which helps block allergic reactions, is before symptoms surface. Remember, antihistamines can cause sleepiness. So never take one any time safety requires you to be alert. Ask your doctor about the newer types that cause less drowsiness.

Researchers found a simple solution if you are allergic to dust mites and suspect your area rugs make you sneeze and itch. Place the rug outdoors in the direct sunlight for a few hours. Airing out rugs and other household items dries and heats them exterminating the mites.

Moving to another location is no guarantee of relief for allergy sufferers because they usually develop allergies to their new region's pollens and molds within a few years of moving. Plus, most allergy-provoking grasses are widespread throughout the world.

Many Americans believe they have a food allergy, but only a small percentage really do. Most food "allergies" are actually signs of digestive problems, food poisoning, or stress.

*If you would like more information on "Amazing Allergy Facts" feel free to contact Gail Gilman, Family Life Consultant, M.Ed., C.F.C.S. and Professor Emeritus - University of Minnesota at [waldn001@umn.edu](mailto:waldn001@umn.edu).*



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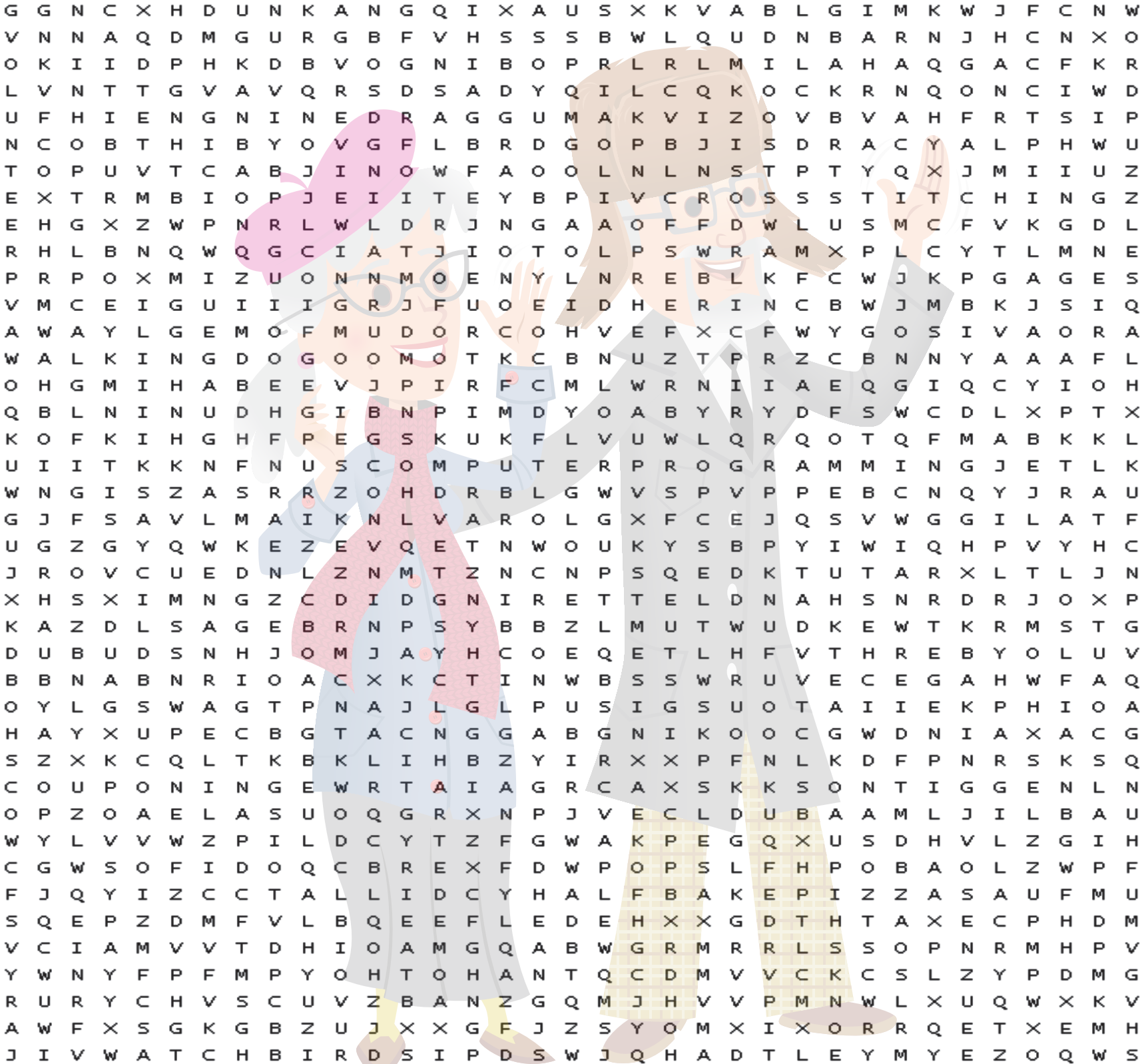


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