



# PhotoPress

Only good news

Wednesday  
December 1, 2021  
Volume 58 | Number 30

SERVING MARTIN COUNTY PLUS ADJACENT MINNESOTA & IOWA COUNTIES

2021 City of Fairmont Legal Newspaper

## Winter Special Event

Wednesday, **December 1<sup>st</sup>** through Thursday, **December 23<sup>rd</sup>**

During the holidays many people will struggle to hear and understand conversation at family gatherings. Mostly, due to undiagnosed or untreated hearing loss. **This holiday season make sure you can hear the people you want to hear the most.**

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**Fairmont Eagles** 1228 Lake Ave • 238-2555

- Closed Friday - Private Party
- Monday Night Bingo 7pm
- Kitchen open at 5pm

Fridays: Full Menu Available • Full Service Bar • Everyone Welcome!



THE FAIRMONT LIONS CLUB recently presented \$1,000.00 to Fairmont Kinship. Left to right: Wayne Kahler, Tony Roesner, Sarah Caballero, Jen Kahler, Katy Gonzalez, and Dustin Tino.



**95th BIRTHDAY** - Dorothy Malo of Fairmont will celebrate her 95th birthday on Tuesday, December 7th. Cards will reach her at Goldfinch Estates, 850 Goldfinch Street, Apartment 316, Fairmont, MN 56031.

**3<sup>RD</sup> ANNUAL**  
**Cookie Walk**  
**SAT, DECEMBER 11**  
**9:00AM - 11:00AM**

Purchase by the pound or buy pre-boxed.  
 Containers available or bring your own.  
 Enjoy coffee and cider - free will donation

**St. James Lutheran Church**  
 108 S James St, Northop, MN



**85th BIRTHDAY** - An 85th birthday celebration honoring Janice Franck will be held on Saturday, December 4th with an open house from 1 p.m. to 4 p.m. at Legends II in Ceylon. Janice was born December 6, 1936. Cards can be sent to her at Temperance Lake Ridge, 410 Fox Lake Avenue Sherburn, MN 56171.



**90TH BIRTHDAY** - Mary Louise Sanders is celebrating her 90th birthday on Tuesday, December 7th. Cards and letters can be sent to 2600 Poetter Circle, Fairmont, MN 56031. We are having a family dinner on Saturday, December 4th at The Ranch. Friends and relatives can stop by for cake from 2:30 to 3:00 p.m.

Sweet Financial Partners is excited to announce that the American Legion Lee C. Prentice Post #36 has donated \$2,500 to the Martin County Beyond the Yellow Ribbon Chapter. Pictured here is Bryan Sweet, Tam Plunhoff with Beyond the Yellow Ribbon, Steve Fosness with the American Legion and Britany Anderson. This donation was in coordination with the Scott Neil event that Sweet Financial is sponsoring at the Fairmont High School on Tuesday, December 7th at 6:30 p.m. Sweet Financial Partners will be matching donations up to \$5,000 each, given to the Martin County Beyond the Yellow Ribbon Chapter and the Martin County Veterans Service Office. For more information and to RSVP to this event visit [www.scottneilsrvp.com](http://www.scottneilsrvp.com) <<http://www.scottneilsrvp.com/?fbclid=IwAR11JMbATT1kGn70nOShkj0h-JY8g6JsC-mvQBwElxryn-biPRL6yTX0LZQ>>. Thanks again to Steve Fosness and the American Legion for their generous donation.



#### TRUMAN CRAFT SALE

**December 4<sup>th</sup>**

**9am - 3pm**

Truman Community Building

Over 20 tables of vendors

Chili lunch • Bake sale • Door prize

*Come enjoy the experience  
by shopping local!*

6th Annual

#### ROAST BEEF COMMERICAL

Sunday, Dec. 5th  
11am-12:30pm

St. John's Lutheran  
Church Antrim

A Free Will Offering.

Pre orders for whole homemade pies, (Apple, Pecan, Cherry, Blueberry) can be done by calling 507-236-7292. Orders are due by Wed. Dec. 1st. You can pick up the preordered pies on the day of the meal.

Offering to-go orders, with limited seating in church basement

**DQ SEASON ENDING STOCK UP AUCTION SALE!**

**OPEN NOON TO 8:00PM** WED., DEC 1 TO SUN., DEC 5 We will close when all soft serve is gone!

**WEDS., DEC 1 & THURS., DEC 2**  
**10% OFF** ALL REMAINING DQ ITEMS

**FRI., DEC 3**  
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**SAT., DEC 4**  
**30% OFF** ALL REMAINING DQ ITEMS

**SUN., DEC 5**  
**40% OFF** ALL REMAINING DQ ITEMS

First come First Serve • No Coupons  
 Hurry In! We'll close when we're out of Ice Cream

*Thanks for a Wonderful year!*

**GIFT CARDS AVAILABLE**

**DQ HAPPY TASTES GOOD** 1326 Blue Earth Ave. Fairmont • Minnesota [dairyqueen.com](http://dairyqueen.com)

#### People First's meeting

Tuesday, December 7th, People First will hold their monthly meeting from 4:00 to 5:00 p.m., at Fairmont's Pizza Ranch. We will have a Christmas party with those attending choosing to bring a \$10.00 gift for a male, female or a unisex gift and they in turn will receive a gift.

Afterwards, people can choose to eat their meal at The Pizza Ranch or head out for a different destination. If anybody needs a ride to the meeting or has questions about People First, call Pat Kietzer at 507-848-5017.

## FOR SALE



**F1 Standard Bernedoodles**

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**Aktion Club Theatre**, a part of Kiwanis International, will meet Thursday, December 9th from 4:30-5:45 pm in the basement of Grace Lutheran Church in Fairmont. Any questions about the group, or if you need a ride to this event, please call Pat Kietzer at 507-848-5017 or the Arc office at 507-235-8580. The public's invited to join any of our theatrical practices.

## MCW DFS Scholarship Help Night

The Martin County West Dollars for Scholars board will hold an informational meeting on Wednesday, December 8, at 6:30 p.m. at the Martin County West JR/SR High School computer lab for all MCW seniors and their parents. We will explain how the scholarship application system works and how it is scored. We will also help in filling out your application. The scholarship application deadline is March 15, 2022.

Students who wish to apply should start by creating or updating their online student profile at: [dollarsforscholars.org](http://dollarsforscholars.org).

Martin County West Dollars for Scholars will be awarding scholarships to MCW seniors who apply as well as Post-Secondary students who reapply during their college careers.

To register contact Shy Hornick at MCW: JR/SR High School 764-4661 or Deb Schwager at 236-5213 for any questions or information.



Principal Paul Steinhaus of Martin Luther High School accepts treats from Kaylee Bauman and Dani Pettit of Bank Midwest during National Education Week.

## IHD Craft & Vendor Show

The Interlaken Heritage Days committee is excited to once again be hosting their semi-annual Craft & Vendor Show. These shows are just one way we raise the thousands of dollars it takes

to put on the IHD festival each June.

This year's Holiday Craft & Vendor Show will take place on Saturday, December 4th from 10:00 a.m. to 3:00 p.m. at The Fairmont National Guard

Armory. With over 40 vendors signed up with a wide array of handmade crafts and a variety of direct sales vendors you will be able to find something unique for everyone on your holiday list.

Shopping local is more important than ever.

The IHD committee will be serving lunch and snacks during the show, proceeds from this will also go towards the 2022 festival weekend. We hope to see everyone on December 4th.

## Madelia Health opens Truman Clinic

Madelia Health announces that it has fully staffed the Truman Clinic and opened our doors to patients on December 1st. The Clinic is located at 401 N. 4th Avenue, and will be open from 8 a.m. to 5 p.m. weekdays. Patients can make appointments now by calling 507.776.TRUE (507.776.8783).

The Madelia Health caregivers that will be serving patients in Truman are all residents of the area:

Carolyn Drevlow is a Certified Nurse Practitioner who will be working exclusively at the Truman Clinic. Drevlow grew up in Truman and currently re-sides there. She has been a Nurse Practitioner in the area since 2003, and most recently worked at Dulcimer Medical Center in Fairmont and Ecumen Hospice in Owatonna. Carolyn will see patients of all ages at the Truman Clinic. She will provide care for acute illnesses and minor injuries, chronic disease and medication management, immunizations, well-child care, sports physicals, adult physicals and preventive health care.

Lauren Schofield is a Registered Nurse (RN) who will also be working exclusively in Truman. Lauren lives east of Truman with her husband, Will, and their children. She is a graduate of New Ulm Cathedral High School and attended the University of Minnesota, Duluth and Presentation College for her RN degree. She worked ten years in long-term care and seven years in public health prior to joining Madelia Health. In addition to her RN role, Lauren will also be doing some on-site laboratory tests for patients.

Ashley Holm will be working in Patient Services at the Truman Clinic. She recently moved to Truman from Madelia. Ashley has been working at our Madelia facility for four years.

In August, Madelia Health signed a five-year lease with the City of Truman to open the Clinic. It is attached to the Heartland Senior Living facility location, formerly occupied by Mayo Clinic Health Systems. The inside of the building has been fully remodeled

with new flooring, paint, furniture and decorating. Outside new landscaping and signs will be completed soon, if weather permits.

"We are excited to expand our health care services to the City of Truman, and to give area residents the option of having their primary care needs met close to home," said Jake Redden, Madelia Health CEO.

### About Madelia Health

Madelia Health, formerly Madelia Community Hospital & Clinic, is an independent, nonprofit facility staffed by a team of medical professionals that are committed to providing health care of the highest standards to patients in the Madelia, Lake Crystal, and Truman areas. As a 25-bed acute care hospital, we offer all of the primary health services: Laboratory, Radiology, Mobile MRI, ultrasound, CT, 3D Mammograms, Physical Therapy, Home Care, Emergency Room/Urgent Care, Retail Pharmacy, Ambulance Services and Surgical Care.



Carolyn Drevlow, FNP



Lauren Schofield, RN



Ashley Holm

## WHAT'S COOKING

with Kathy Lloyd

### Parmesan crusted pork chops

4 boneless pork chops  
1/3 cup grated parmesan cheese  
2 tablespoons Italian bread crumbs  
3 tablespoons olive oil  
1/2 tsp. garlic powder  
1/4 tsp. paprika  
1 tsp. dried parsley  
1/4 tsp. pepper

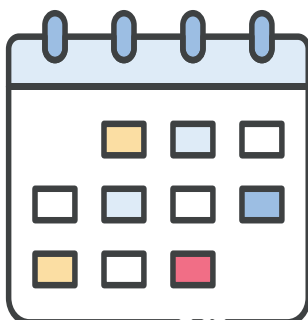
Preheat oven to 350 degrees. Coat glass baking dish with cooking spray.

Drizzle pork chops with 2 Tablespoons olive oil, both sides.

In a shallow bowl, combine grated cheese, bread crumbs, garlic powder, paprika, parsley, and pepper. Dredge pork chops into mixture until coated. Heat 1 tablespoon oil in a skillet and saute pork chops, 5 minutes each side. Place in baking dish and cook for 24-30 minutes, longer if chops are thick.

Stay safe and warm!

**2022 Desktop Calendars ARE NOW AVAILABLE!**



**only \$4.50 + tax**

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Only good news

The LWML Guest Day will be held on Wednesday, December 8th, 2 p.m. at St. John's Lutheran Church, Sherburn. For the program, Karis Hagen will share her experiences of growing up as a missionary's child in Africa. There will be a Christmas hymn sing and coffee and dessert.

## MARTIN COUNTY HUMANE SOCIETY

The Carl Nettifee Memorial Animal Shelter

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### Looking to adopt a kitten or cat? Or two?

During the month of December, we are running a "Cat Days of Winter" promotion!

Two cats or kittens for the price of one!

\$75.00 adoption fee for two. All of our felines are spayed/neutered, up to date on shots, feline leukemia tested negative, dewormed, flea treated and a stool sample tested.

Spread the word, and let's find some amazing cats and kittens their future homes!

**\*\* 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).**



## Parade winners

Winners were announced in the Fairmont Glows parade held recently: Non-profit, City of Fairmont-Public Utilities; Commercial, Remax Total Realty; The Glowing Float, Fairmont Opera House. They each will receive \$50.00 in Chamber Bucks.

**Fairmont Rifle and Pistol Club** will hold its annual meeting on Tuesday, December 7th, 7 p.m. at 310 Downtown Plaza. Enter through the rear door. Anyone interested in joining the club is welcome.

**Concert Association presentation**

The Fairmont Concert Association will present "Miss Myra and the Moonshiners" in concert on Sunday, December 5th at 3:00 p.m. at the Fairmont High School PAC.

Admission is by season membership only, please bring tickets to show at the door or they can be purchased before the concert. Call 236-0714 for more information.

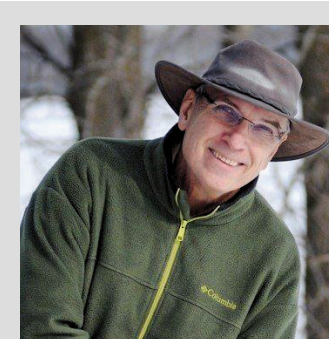
**The Regional Workshop Center in Sherburn** will no longer serve the Monday morning breakfasts, and we also no longer have Wednesday night meals.

**Fairmont High School Class of 1960** and friends will meet for lunch at 11:00 a.m. on Tuesday, December 7th at Pizza Ranch in Fairmont. Join us.

## Red Rock events

Red Rock presents a holiday exhibit. Come and see a variety of quilts, wall hangings, runners, aprons, wreaths and more heartfully handcrafted by members of the Prairie Star Quilt Guild. This joyful holiday exhibit will be on display December 2-17.

Red Rock Center will be rockin' in the holidays with Robby Vee and his Rock and Roll Caravan on Friday, December 3rd at 7 p.m. Join us for an evening of holiday music.



## Naturally

By Al Batt

I want to notice everything. If you notice you aren't noticing everything, is that noticing everything? I digress. Bodies of water become leaf soup in the fall. I miss seeing the NASCAR birds, turkey vultures, flying in circles. In Roman mythology, Romulus and Remus, twin sons of a princess and the god Mars, are the founders of Rome. The brothers quarreled over the location of their new city. Romulus wished to start the city on Palatine Hill, while Remus wanted to put it on Aventine Hill. To settle their disagreement, they agreed to consult augury, a type of prophecy in which birds are observed and examined to determine which twin the gods favored. Each brother prepared a sacred space on his respective hill and watched for birds. Remus saw six vultures, while Romulus saw 12 and began to dig trenches and build walls for the new city on Palatine Hill.

I've been looking for the Christmas hawk. That's a name I called the handsome rough-legged hawk when I was a lad. The bird was as regular as Santa Claus but less giving. This hawk is an Arctic breeder in Alaska and northern Canada and comes south to places like Minnesota in the fall/winter. "Rough-legged" refers to feathered legs, which provide warmth. It, the ferruginous hawk and the golden eagle are the only American raptors to have legs feathered to the toes. Rough-legged hawks perch on thinner branches than red-tailed hawks can and they hover while hunt-

ing, with lemmings being favorite prey in their breeding range. While here, they're likely feeding on voles and mice. Rough-legged hawks come in light or dark morphs. Studies have shown the dark raptors hunt more successfully during cloudy days and the light-colored hawks flourish when the sky is bright. I saw a Merlin, another exceptionally cool raptor. It's slightly larger than a kestrel but often appears considerably larger. This falcon used to be called the "pigeon hawk" because in flight it resembles a pigeon. And I watched a northern harrier, once called a marsh hawk, skimming low over the ground of an open field as it hunted on the wing. This hawk is propelled on languid wingbeats with wings raised in a dihedral when gliding. It forages in a teetering side-to-side flight. An adult female harrier's plumage is dark brown above and buff below. The male is pale gray above and white below, and the males fly lower and faster than the females. This hawk nests on the ground in Minnesota.

The November full moon is the "beaver moon," a name Native Americans assigned to beavers active in preparation for winter. They don't burn wood, but stored wood becomes their winter staple, especially willow, aspen, birch and maple. Beaver kits stay with their parents for up to two years and provide labor for building and maintaining the lodge.

Henry Beston wrote, "The three great elemental sounds in nature are the sound of rain, the sound of wind in a primeval wood, and the sound of outer ocean on a beach. I have heard them all, and of the three elemental voices, that of ocean is the most awesome, beautiful and varied." I grew up on a farm with a definite dearth of oceans. It was the stage where everything played. The wind was the constant. It still is.

### Q&A

"Why isn't anything eating the highbush cranberries in my yard?" The fruit, which can smell like dirty socks, is desperation or starvation food for birds. The fruit stays on the branch and while the berries aren't a favorite of many birds, they're an important survival food in winter and spring.

"Is the golden eagle the national emblem of any countries other than Mexico?" It's also the national animal of Austria and the national bird of Albania, Kazakhstan, Scotland, Serbia, and Germany.

Susan Wegner of Maine asked if I'd ever



**It's no shape-shifting wizard. The Merlin's name comes from the French word esmerillon, meaning falcon. Medieval falconers called the Merlin the "Lady's Hawk." Photo by Al Batt**

seen a crow catch fish? I've watched fish crows eat fish and I've seen them do a gull-like behavior, fluttering over surface water to grab small fish. I don't get to see fish crows where I live, but I've been able to sneak into places where I could find them. American crows eat live fish when the situation allows their capture in shallow water. Minnows appear to be a prime prey item. When there was a species called the northwest-

ern crow, before it was lumped with the American crow, I watched them in Alaska as they fed on shellfish and fish. Crows are opportunistic omnivores and eat nearly everything. Mom wasn't talking about the crow when she accused me of eating like a bird.

Fairmont Christmas Bird Count

The Fairmont CBC will be Tuesday, Dec. 14. Contact Brad Bolduan at 507-831-1189 if interested. Participants don't need to be bird experts and can count birds at their feeders. The count area is a 7.5-mile circle centered at Amber Lake Park and reaches the Iowa border. The circle

25 YEARS AGO IN THE PHOTO PRESS

WEEK OF DECEMBER 4, 1996

Trynda Oberg, a Luther College sophomore, was a member of the college's 80-member symphony orchestra. She was the daughter of Donald and Janice Oberg of Fairmont.

"The Little Town of Christmas" was to be presented by the Children's Theatre. A cast of 90 fourth through 12th graders starred in the production at the Fairmont Opera House.

December 7th was Santa Day in Welcome. Mr. Jim Shattauer was a children's performer, songwriter, recording artist and educator in children's music. The event was sponsored by the Welcome Fire Department, Welcome Legion, Welcome Lions Club, Welcome Women's Auxiliary and MCW Community Education.

50 YEARS AGO IN THE PHOTO PRESS

WEEK OF DECEMBER 4, 1971

Minnesota residents were getting used to the new state sales tax of four percent.

Coach Jim Hanson, Cardinal basketball coach, had his team as ready as possible for the beginning of their 18-game schedule consisting of a two-day holiday tournament at Montgomery and nine home games. As usual, Fairmont planned to play two or three games outside of the South Central Conference, the first of which was to be against the Worthington Trojans here.

The Rolling Green 4-H Club was named state winner in the 4-H safety project area. The Martin County group was one of 24 clubs from the state that was recognized for conducting an outstanding safety program.

**SUZANNE SUKALSKI** was recently profiled on KSTP-TV Channel 5's Twin Cities Live for Down Syndrome Awareness Month. Suzanne has Down syndrome, but that certainly does not define her. Suzanne, aka Sunshine Suzy, has been a Breakfast Hostess at the Fairmont Hampton Inn the past 9 years, is an inspirational speaker, and is an entrepreneur with her own business packaging and selling her Super Crunchy Corn Nibbles. Suzy's mission is to: "Nourish the Soul. Celebrate Abilities. Inspire Possibilities." You can watch Suzy's interview at: <https://www.sunshine-suzy.com/news/twin-cities-live-news-story-suzanne-sukalski>. Pictured are Suzanne Sukalski, aka Sunshine Suzy, with Twin Cities Live Reporter Kristin Haubrich and Videographer Seth Holst.

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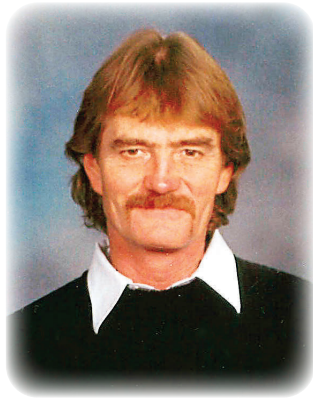
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## Obituary Notices



### Bruce A. Schwieger, 71

A celebration of life service for Bruce A. Schwieger

er, 71, of Fairmont, MN, will be held at 1:00 p.m. Thursday, December 9, 2021, at Lakeview Funeral Home in Fairmont. A private family burial will be held at a later date. Friends are invited to join the family in remembering Bruce one hour prior to the time of service from 12:00 p.m. to 1:00 p.m. on Thursday, December 9, 2021, at the Lakeview Funeral Home. Bruce passed away Friday, November 19, 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.

Bruce Allan Schwieger was born on January 29, 1950, in Fairmont, MN, the son of Wilbert "Jack" and Lois (Moeller) Schwieger. Bruce received his education attending school in Fairmont and graduated from Fairmont High School. In 1968, Bruce was united in marriage to Allison Grewe. To this union two sons were born, Shane and Dana. Bruce and Allison were later divorced but Bruce was blessed to find love again when he met and in 1982, married Katherine Lenz. Together the couple

made their home in Fairmont where they raised their children, Rider, Logan, Jasmine, Derek and Shawn. Bruce and Kathy also welcomed into their home over 130 foster children all of whom held a special place in Bruce's heart.

Bruce worked at various construction jobs, many years at the Garry Elevator and was a machinist until an accident in 2010 forced him to retire.

Bruce loved working and tinkering in his garage and looked forward to warm summer days spent on the open road cruising on his motorcycle. He cherished many memo-

ries made traveling with family and friends and treasured spending time with his children.

Left to cherish his memory is Kathy Schwieger of Fort Dodge, IA; children, Shane Lohman of Mankato, MN, Dana Lohmann of Mankato, MN, Rider (Ashley) Schwieger of Cedar Falls, IA, Logan Schwieger of Fort Dodge, IA, Jasmine Schwieger of Fort Dodge, IA, Derek Ziegelman of Lonsdale, MN, and Shawn (Kaylee) of Webster, MN; 130 foster children; brothers, Ken (Alice Nowicki) Schwieger of Cottage Grove, OR, and Jeff (Dawn) Schwieger of Shakopee, MN; sister, Wanda (Joe) Tessaro of Magalia,

CA; step-siblings, Marshal (Jeri) Grabau of Des Moines, IA, Melanie (John) Lawson of Maple Grove, MN, and Blaine Grabau of Fairmont, MN; sister-in-law, Lori Schwieger of Fairmont, MN, as well as many nieces, nephews, extended family and friends.

Bruce was preceded in death by his parents, Wilbert "Jack" Schwieger and Lois Schwieger; step-mother, Irene Grabau-Schwieger; brother, Keith Schwieger; sister, Karen Schwieger; step-brother, Bruce Grabau and several nieces and nephews.

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



### Russell L. Rosenberg, 76

Memorial services for Russell L. Rosenberg, 76, of Fairmont, MN, were held on Wednesday, De-

cember 1, 2021, at the Lakeview Funeral Home in Fairmont. Burial followed the service in Armstrong Grove Cemetery in Armstrong, IA. Russell passed away Friday, November 26, 2021, at his home in Fairmont. The Lakeview Funeral Home and Cremation Service of Fairmont is assisting the family with arrangements.

Russell Lee Rosenberg was born November 7, 1945, in Fairmont, MN, the son of Harold and Fern (Cheever) Rosenberg. Russell was raised

on the family farm near Ceylon where he attended school and graduated from Ceylon High School with the class of 1963.

On July 26, 1969, Russell was united in marriage to Lois L. Ayers at the United Methodist Church in Fairmont, MN. Together the couple would make their home a farm near Fairmont and were blessed with two children, Scott and Chad.

Russell loved life on the farm and took great pride that came from a hard-day's work. Following his retirement, Rus-

sell worked for AGCO and could often be found on the weekends taking drives in the countryside to check on area crops.

Following the passing of his wife, Lois in 2009, Russell was blessed to find love and companionship again when he met Sharon Theobald. The couple enjoyed a loving friendship and cherished their 10 years together.

Russell loved spending time outdoors and was an avid hunter. He enjoyed long days spent on the lake trying his luck at landing the next big fish

and was known for his vegetable garden and the large watermelons that he grew. He loved spending time with his family and treasured the many memories made watching his sons in high school playing basketball.

Left to cherish his memory is his loving friend, Sharon Theobald of Fairmont, MN; sons, Scott Rosenberg of Worthington, MN, and Chad Rosenberg of Redwood Falls, MN; grandchildren, Ashlyn Rosenberg, Brigitte Rosenberg, and Callie Rosenberg;

brothers, Ronald Rosenberg, Arnold (Joyce) Rosenberg, and Low-ell Rosenberg; sister-in-law, Shirley (Robert) Lynch; brother-in-law, Roger (Theresa) Ayres; as well as many other extended family and friends.

Russell was preceded in death by his parents, Harold and Fern Rosenberg; wife, Lois Rosenberg; two brothers, Duane (Margaret) Rosenberg and Merlin Rosenberg and other family.

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



### Virginia A. Maday, 99

Mass of Christian Burial for Virginia A. Maday, age 99, of Fairmont, MN, were held on Saturday, November 27, 2021, at St. John Vianney Catholic Church in Fairmont. Burial followed the service in Calvary Cemetery in Fairmont.

Virginia passed away on Saturday morning, November 20, 2021, at the Mayo Clinic Health System in Fairmont. The Lakeview Funeral Home and Cremation Service in Fairmont is assisting the family with arrangements.

Virginia Ann (Lucas) Maday was born on September 26, 1922, in Chicago, Illinois, the daughter of Frank and Hattie (Kernia) Lucas. She received her education attending school in Chicago and graduated from high school in 1941.

Following her graduation, Virginia worked at International Harvester Company in Chicago. On January 5, 1946, Virginia was united in mar-

riage to Raymond Maday in Chicago, IL. Together the couple moved to Fairmont, MN, where they made their home and were blessed with three children, Larry, Ronald and Elaine. Raymond passed away November 22, 1966.

Virginia worked at St. John Vianney Convent and the Fairmont Senior High School in Food Service until her retirement in 1987. Following her retirement, Virginia worked for St. John Vianney School as a playground supervisor for many years.

Virginia was a member of St. John Vianney Catholic Church where she was active in Catholic Daughter's and served on St. Timothy's Circle. She

was a member of the Martin County Veterans of Foreign Wars Post #1222 Women's Auxiliary and also a member of the Lee C. Prentice American Legion Post #36 Women's Auxiliary in addition to being a life member of the Fairmont Hospital Auxiliary.

Left to cherish her memory are her children, Larry Maday and his wife, Donna of Fairmont, MN, Ronald Maday of Bettendorf, IA, and Elaine Olson and her husband, Terry of Ft. Meyers, FL; grandchildren, Dan Maday, Sara (Matt) Johnston, Miranda Maday (Bryan English), Melissa (Korianne) Gevaert, Tammy (Chad) Anderson, Sherri (Jeff) Johnson, Matt Ol-

son, and Bryce Olson; six great-grandchildren; three great-great-grandchildren; special niece, Alice Zielinski; as well as many other nieces, nephews, extended family and friends.

Virginia was preceded in death by her parents, Frank and Hattie Lucas; husband, Raymond; father-in-law and mother-in-law, Valentine and Julia Maday; daughter-in-law, Nancy Maday; brothers, Edward (Irene) Lucas, Ted (Gertrude) Lucas, and Sylvester (Laurel) Lucas; brothers-in-law,

Norbert (Alma) Maday, Ludwig (Marion) Maday, and Philip (Connie) Maday; sisters-in-law, Amelia Maday, Susie (Edward) Hassing, and Johanna (Raymond) Konradi.

Special thanks of deep gratitude to all the kind and caring staff at the Lakeview Methodist Health Care Center.

The family requests memorials be given in Virginia's name to the St. John Vianney School Endowment Fund.

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



### Muriel Ann Mikkelsen, 86

Muriel Ann Mikkelsen was born July 11, 1935 in Chicago, IL, and died November 11, 2021 in St Paul, MN. She was preceded in death by parents, The Rev. Sigvard and Mildred Tweeten and son Luther Mikkelsen. She is survived by beloved husband, The Rev. Dr. John Mikkelsen, children Sara (Michael) Kyle, Erick (Leann) Mikkelsen, and Ann (James) Jorgenson, grandchildren Laura (Ryan) Thilquist, Helen Kyle, Ellen, Em-

ily, and Grace Mikkelsen, Kathryn Jorgenson, and great-grandson Gavin Thilquist. Her deep faith and her love of family and of reading will be remembered by those who loved her.

A Memorial Service will be held at 11:00 a.m. Tuesday, December 7th with visitation one hour prior to service at Our Savior's Lutheran Church, 910 9th Street East, Menomonie, Wisconsin. Private burial will be held at a later date in

West Salem, WI.

Her husband, Rev. John Mikkelsen, served as pastor at Grace Lutheran Church in Fairmont from 1972 to 1985. Cards can be mailed to: Mikkelsen Family, 1670 Legacy Parkway East, Apt. #340, Maplewood, MN 55109.

Memorials preferred to Our Savior's Lutheran Church Library in Menomonie, WI, the Menomonie Public Library, Menomonie, WI, or St. Olaf College, Northfield, MN.

## - Gary Pawlitschek -

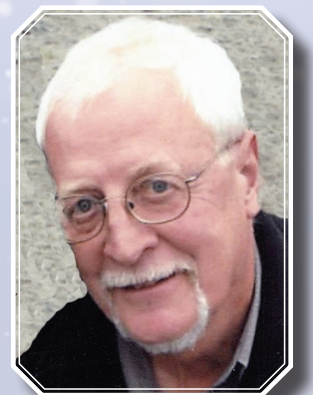
A Mass of Christian Burial for Gary Pawlitschek, age 77, of Winnebago, MN, will be held at 1:00 PM on Friday, December 3rd, at St. Francis Xavier Catholic Church, in Windom, with Father Pratap officiating. Military Honors will follow the service at church. Burial will be held at St. Francis Xavier Catholic Cemetery, in Windom.

Visitation will be held from 11:00-1:00 PM on Friday, December 3rd, at St. Francis Xavier Catholic Church, in Windom.

Gary Pawlitschek passed away on Saturday, November 27th, at United Hospital District, in Blue Earth, MN.

Funeral arrangements are under the care of the LaCanne Family Funeral Service in Windom.

Condolences and memories of Gary can be sent online to: [www.lacannefuneralhome.com](http://www.lacannefuneralhome.com)







### Nancy L. Madsen, 81

Funeral Service for Nancy L. Madsen, age 81, of East Chain, MN, were held on Tuesday, No-

vember 30, 2021, at the Lakeview Funeral Home Chapel in Fairmont with interment in East Chain Evangelical Free Church Cemetery in East Chain. Nancy passed away on Monday evening, November 22, at Goldfinch Memory Care in Fairmont. The Lakeview Funeral Home in Fairmont is assisting the family with arrangements.

Nancy Louise (Hallstrom) Madsen was born August 17, 1940, to Albert and Esther (Ackerson) Hallstrom in Silver Lake township, MN. She at-

tended school in a one-room school house in Silver Lake. When she entered 8th grade, she attended East Chain Consolidated School until graduating in 1958. Nancy Attended Minneapolis School of Business in downtown Minneapolis, where she obtained her Associates Degree in Laboratory and X-Ray. She also took singing lessons at Northwestern Bible College when it was downtown Minneapolis and graduated in 1960.

In 1960, she married Harvey Madsen April on

9th. She also started working for Dr. Schultz and Dr. Zemke and worked until 1970. She took some time off to raise her two daughters Lisa and Heidi.

She went back to work at the Fairmont Medical Center part-time in 1982 and worked in Lab and X-Ray. She became X-Ray Supervisor and eventually she co-directed X-Ray when the hospital and clinic combined into one area. She saw many changes in the Medical Center as they became a part of Mayo Health System. She retired in 2006

after working 24 years.

In her free time, she loved to sew, quilt and scrapbooking. She sewed clothes for her daughters and sewed items for White Cross for the missionaries.

Left to cherish her memory include her husband, Harvey Madsen; daughter and son-in-law Heidi and Chris Pasion; sisters-in-law, Doreen Madsen, and Carol and Kermit Heide; brother-in-law, Arnold and Donna Madsen; and many nieces and nephews.

She was proceeded in

death by her daughter Lisa Madsen; her parents Albert and Esther Hallstrom; brother, John Hallstrom and wife Jean; sisters, JoAnne Hockert and husband Lester, Elaine Rudolph and husband Clemens, Donna Conrad and husband Raymond Mikkalson and Alvin Conrad; parents-in-law, Andrew and Esther Madsen; brothers-in-law, Maynard Madsen, and Lavern Schultz; and sister-in-law, Arlene Schultz.

[www.lakeviewfuneral-home.net](http://www.lakeviewfuneral-home.net)

## Last-minute holiday shopping tips

Some people thrive by doing all of their tasks early. Others seem to do their best work when faced with a time crunch. The methods individuals use to manage their time at work and play may extend to the ways they approach holiday shopping as well.

There's no right or wrong way to handle holiday shopping tasks, though Christmas Eve crowds at malls and throughout shopping districts suggest that there's more late comers than there are early birds. The following tips can help those who typically wait until the last minute to check names off their lists.

- Utilize free shipping services. Shoppers who shop for gifts online at the last minute run the

risk of gifts not arriving on time. Many online retailers charge a premium for expedited shipping. Try to stick to shopping at online retailers that offer free shipping even in the eleventh hour.

- Create a budget. When rushing around from store to store, it may be easy to spend more than you want to. Make a list of how much you want to spend on each person, and stick to that limit for each person. Move on to the next store if you didn't find what you need in your price range.

- Establish a time limit. Stores have strategies in place to keep shoppers in their establishments longer, hoping you'll make impulse buys. These tricks include scenting the air

with inviting aromas, putting necessities at the rear of the store, failing to display the time, and putting discounted items by the registers or door to attract shoppers. Set an alarm on your watch or phone for each store so you get what you need and get out on time.

- Subdivide bulk gifts. Think about purchasing bulk gifts like gift baskets from wholesale clubs and then breaking them down into individual gifts. This way you can gift several people on one purchase and save time in the process.

- Choose one-size-fits-all gifts. Think about a gift that can be purchased for multiple people so you can save time shopping for individualized

Continued on page 8

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Photo of Church (JPEG or PDF)

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Church Website:

Date and Time of Christmas Eve Service:

Date and Time of Christmas Day Service:

Please e-mail photo and information by NOON on Dec 8th

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Continued from page 7

gifts for everyone. For example, print a personalized photo calendar for several members of your family. You also can purchase multiple subscriptions or memberships to zoos or magazines for people on your list. Streamlining gifting in this way may save money as well as time.

- Choose in-store

pickup. Rather than scouring various aisles, you can shop a retailer's website and then pick up items in the store. You'll save on potential shipping fees but still benefit by avoiding crowds.

Some people wait until the last minute to do their holiday shopping. A few tricks of the procrastinator's trade can make last-minute shopping go smoothly.



## Get gifts there on time



Thanks to families being more spread out than ever before, today's holiday shoppers must figure out ways to get holiday gifts to their destination on time. The holiday season tends to be the busiest time of year for many delivery services. The following tips should help shoppers ensure their loved ones' gifts arrive on time.

- Ship directly. Adobe Analytics reported that online shopping hit a record high of \$108.2 billion in the 2017 holiday shopping season, and all indicators suggest online shopping will only increase in the years to come. Holiday shoppers who want to ensure their loved ones will receive

their gifts on time can rely on online shopping. When checking out, have gifts shipped directly to loved ones' homes. Many online retailers will even wrap gifts for a nominal fee.

- Research shipping options. In 2018, Christmas falls on a Tuesday. Shoppers who plan to rely on two-day or overnight shipping should keep that in mind. Some delivery services may be open throughout the weekend before Christmas, while others may only be open on Saturday. Last-minute shoppers, whether they're shopping online or in-person, should confirm their shipping options well in advance of Christmas. Be-

cause Christmas is on a Tuesday this year, getting gifts to their destination on time may require shoppers to purchase and ship them earlier than they otherwise might.

- Purchase package insurance. Consumer Reports notes that UPS and FedEx shipments automatically come with declared-value coverage of up to \$100. (Note: Declared value is the carrier's maximum liability.) Purchasing additional insurance can ease shoppers' concerns about lost or stolen packages. Just be sure to keep all invoices and receipts in case claims must be filed. Shoppers also should ask for tracking numbers on all packages

so they can confirm when packages are delivered.

- Properly secure the package. Many delivery services now have off-site drop-off boxes that can make it easy to send gifts. This is a convenient service, but shoppers who use them won't be able to have a company employee provide in-person confirmation that their packages are secured to company standards. Poorly packaged items may never be shipped. Visit the shipping company's website for packaging guidelines, and include a business card and duplicate label inside the package just in case it is damaged after being dropped off.

## 5 GREAT GIFTS FOR TWEENS AND TEENS THIS HOLIDAY SEASON

Children often marvel at the world around them. They're delighted to receive just about any toy, and play with items that others may not see as fun - including everything from mixing bowls to cardboard boxes. Slowly that cherubic toddler turns into a school-aged wonder, and later into a young adult trying to find his or her place in the world. With each passing year, the task of finding gifts for tweens and teenagers becomes that much more challenging.

While most parents and other relatives may never seem "cool" in the eyes of their teens, they can gift the tweens and teens they love with presents that will earn them a few extra brownie points. The following are five gift ideas that are tailor-made for tweens and teens.

### 1. LED STRIP LIGHTS

Both girls and boys may enjoy customizing their rooms as they

see fit. Teens can utilize LED strip lights to create a unique ambiance that reflects their style. These often self-sticking ribbons of lights adhere right to walls. They come in a variety of lengths so they can be used to frame the perimeter of the room, if desired. Complete with multicolored options and a remote control, teens can set their room colors as their mood dictates.

### 2. GIFT CARDS

Teens try to keep up with the latest styles. A gift card or clothing gift from one of their favorite retailers can help them build their ensembles that much quicker. Aeropostale, Abercrombie & Fitch, Hollister, Forever 21, Zumiez, American Eagle, and Tilly's are just some of the stores popular among today's tweens and teens.

### 3. WIRELESS EARBUDS OR HEADPHONES

Wireless headphones

are used on a daily basis by tweens and teens. They rely on them for listening to music, watching movies on their devices and even during remote learning sessions. There are many brands to choose from, and Beats by Dre and Apple AirPods are among the most popular.

of 1990s style, Dr. Martens boots are once again in demand.

### 5. VIDEO GAME CONSOLES

Each gamer has his or her preferred platform for gaming. From the Nintendo Switch to the Xbox Series X to the Sony Play-



### 4. SNEAKERS AND SHOES

Sneakers have long been popular gifts for teenagers, but they tend to be costly, especially for trending styles and brands. Vans Slip-On® Core Classics, Converse Chuck Taylor All Star High Top Sneakers, Reebok Club C 85 Vintage, Nike Air Force One, and Adidas Samba are popular among today's tweens and teens. In addition, thanks to the resurgence

Station 5, these systems are in high demand. Due to that demand, these products may be harder to find the closer you get to Christmas Day. Grab them while you can and soak in the smile on your favorite tween's or teen's face.

Teens and tweens are notoriously challenging to shop for. However, with some knowledge, loved ones can find gifts tweens and teens are more likely to use and enjoy.

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## The Joy of Snow

By Tom Palen

Dozens of people have sent me the same picture; it's a signboard that reads: "Say what you will about the south, but no one retires and moves north." It still humors me. Although I'm not a big fan of the heat associated with the south, that's not the most significant flaw I find in the message. I always have to tell these people, "I'm not retired; I'm just between jobs."

Admittedly, while between jobs, I did move to northern Minnesota, where I enjoy the cooler climate. We don't get sweltering temperatures in the summer, and I love the cold and snowy winters. But this type of winter is not for everyone, especially people who say they hate snow. I read a social media post that might help these poor misguided souls.

"If you choose not to find joy in the snow, you will have less joy in

your life but still the same amount of snow." That's profound. I wish I were the one who wrote that, but I'm not, so I will quote it as 'author unknown.'

I've always lived where five months of the year came with cold weather and snow; in a word, winter: Montana, South Dakota, Iowa, Wisconsin, and now Minnesota. I like snow and always have.

As a kid, we'd listen intensely to the radio station impatiently waiting for the morning disc jockey to speak those four glorious words: "School is canceled today." When he finally said it, we'd jump up and down celebrating. Cheers echoed through the house as the word spread, "There's no school today." It was as if our favorite team had just won the championship game in overtime against a detested rival.

With this news, some of my brothers and sisters went back to bed, while others scrambled to find boots, hats, scarves, gloves, and of course, extra socks.

Mom had a large wicker basket of mismatched socks. If we didn't have snow boots, we'd put on two pairs of socks, then slip a plastic bread bag over our foot, followed by another

sock, then the shoe. Even though our shoes would get wet, the plastic kept our feet dry so that we could stay outside longer.

When gloves or mittens weren't available, a pair (or two) of socks on your hands worked just as well.

There was a lot to be done on a snow day:

1. We'd hurry outside to the undisturbed, new snow.

2. Standing with our backs to the fresh snow, we'd put our arms straight out to our sides and fall backward.

3. Sweeping our arms and legs simultaneously, we made snow angels.

After making snow angels, we might take our snow shovels out to clear a few walks and make a few bucks - or keep playing in the white magic.

The neighborhood kids would gather and roll big snowballs to build snowmen and snow forts to take cover from fast-flying snow projectiles. We always started off with teams, but inevitably teammates would turn on one another, and it became a free-for-all. The walls of the snow fortress no longer offered protection as many snowballs came from a teammate within the same fort!

Snowball fights

weren't my favorite thing to do because, frankly, I wasn't that good; it's hard to throw a snowball with socks on your hands, but I still participated. Sooner or later, someone was going to get hit a little too hard. Then, tempers flared, and warm tears rolled down cold cheeks. Some of the kids stomped away angry to their houses, but always came back out.

Inside the house, we'd toss our wet clothes in the dryer. Boots and shoes made a thundering racket tumbling inside the drum! Socks, gloves, and hats were set on top of heat registers to dry, along with cold hands to be warmed. When our clothes were dry enough, we'd get dressed again and make our way to a nearby hill for snow sledding. Sleds with steel rails were only good when the snow was packed down.

To prepare the sledding site, we'd go screaming down the hill on a saucer or rolled up plastic sled; they were the fastest. School lunch trays that were "borrowed" from the cafeteria, were also great for sledding. A cookie sheet or a turkey roasting pan would work for the smaller kids - even a big piece of cardboard would do. As long as it

was smooth on the bottom, it was a potential for sledding. Of course, the more we packed down the snowy hill, the faster the sleds went.

Albeit dangerous, bumper skiing was an exciting event where skiers soon learned the hazards of a dry patch on the road. Unfortunately, the sport resulted in headaches, not from hitting the pavement but crouching down behind a running car right next to the tailpipe. Just a couple of runs in this event always left me queasy and nauseous. Bumper skiing wasn't the only risky thing we did in the snow.

In Iowa, we would pull a saucer sled or an inner tube tied to a long rope behind Dad's red and grey Ford 8N tractor. On the tube, you'd hold on for dear life when the tractor picked up speed, then suddenly turned sharply. The sled whipped on the end of the rope, crossing perpendicular over the plowed rows of a snow-covered cornfield. Wiping out hurt, and much like bull riding, there was no stopping the tractor until the rider had been launched. I'm still amazed that we never broke any arms or legs doing this. Still, pulling sleds behind a tractor wasn't the most dangerous thing I did.

When I was fifteen years old, my older brother Gerard and I bought identical motorcycles at Jerry Smith's Cycle Ranch; - bright blue Kawasaki KZ400s, with a gold and black stripe. Mine sat in the garage (as far as Dad knew), waiting for me to turn sixteen to get my driver's license. My birthday is in November, so being one who loved the cold and snow any-

way, as soon as I had my license, I rode the motorcycle all winter long.

One day, riding in fresh snow, I was stopped at a red light, heading south on Highway 63. A car was coming up behind me, and I knew it wasn't going to get stopped, so I tried to get moving. Unfortunately, the car slid into my rear tire, shooting me through the intersection like a rock coming out of a sling-shot. I shot right between two cars coming off the cross street. Woodland Avenue. Fortunately, I didn't get hurt.

The guy who hit me had a pipe-wrench and helped me pull my bent fender away from the rear tire so I could ride home. "You shouldn't be riding that thing in the snow!" He warned me.

I probably sounded like a smart-aleck teenager when I replied, "Would it have made a difference if I was in my car? You still would have hit me; you need to slow down." The man gave me a dirty look and his information, saying he would pay for the fender. I did partially heed his advice; "From now on, if it's snowing, I'll stay off the highway."

A week later, I rode my motorcycle in the snow heading south on North Court Street, which parallels Highway 63. A car was approaching the stop sign on Woodland Avenue. I could tell she wasn't going to get stopped, and oncoming traffic kept me from trying to swerve around her. The car slid through the stop sign; I hit the front left fender and flew over my handlebars, smacking my mirror with my knee! I bounced off her hood, then tumbled and skidded across the snow-

Continued on pg. 10

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covered street.

The lady jumped out of her car and came running to see if I was hurt. I got up from the pavement, trying to remove the snow that packed into my helmet and was freezing my cheek. "Are you okay," she asked, quite shaken herself. "I couldn't get stopped, and it just happened so fast, and..."

"I'm okay, just a little banged up," I said while brushing snow off my chest and pants. "Is my motorcycle okay," I asked while limping back to the other side of her car to check it out.

A police car pulled up with his lights on; Ron

Tolle was the officer; I knew him. I had never been in an accident before, and his presence made me feel more at ease. "Is anyone hurt," he asked? "Tom, are you okay? Do you want me to call an ambulance?" I assured him I was okay.

Officer Tolle helped me lift the broken bike lying on its side, back up on its wheels, and put down the kickstand. The headlight was still on, but the motor wasn't running; I turned the key off, then assessed the damages. Ron walked around the bike with me. The front forks were bent and pushed inward to the frame, the

left turn signal had broken off, and one mirror was knocked loose. "Did someone hit you from behind, too," he asked? "How did your back fender get smashed up?"

"That happened last week," I pointed down the street, "on the other end of Woodland Avenue. A car hit me from behind on the highway."

The officer shook his head, "You shouldn't be riding this thing in the snow!" He warned me. I turned the key on, pulled in the clutch, and pushed the button - the motor fired right up. Ron must have read my mind, "You can't ride this home Tom, I've al-

ready called a wrecker to tow it."

The tow truck arrived and Bill Carr got out. "Are you alright," he asked while putting on his gloves. I told him I was, then he said, "You shouldn't be riding this thing in the snow. Does your dad know you're riding a motorcycle in the snow?" I stood there quietly as he lifted my bike with his winch. He read the side of the gas tank, "Kawasaki. Do you want me to take it out to Jerry Smith's or drop it off at your folks' house?"

When Jerry Smith saw the motorcycle, in his soft, always gentle voice, he said, "You know Tom,

you shouldn't be riding this on snowy roads; it's not the right type of bike for that."

With time, I got smarter, I still rode my motorcycle all winter, but when it was snowing, I drove my car instead. What a thrill it was (and still is) cutting cookies in a parking lot covered with fresh snow in my car.

A few things have changed as I got a little older and had a little more money: I prefer a snowblower over a shovel, I bought a six-foot toboggan, but I think I would still ride a sheet of cardboard down the hill. I have warm boots

and gloves now, and my aim has improved - I like throwing snowballs at my wife, daughters, and grandkids.

I don't think that will ever change for me; I still love the cold and snow. With hot cocoa and wood fires in the stove, winter isn't just a season - it's a special feeling.

It is true, "If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow." Author unknown.

To easily share this story, please visit our website at: [www.fairmont-photopress.com](http://www.fairmont-photopress.com)

**The Salvation Army's annual Red Bags** pick-up will be this Saturday, December 4th. Donors should have their red bags bag by their front door by 9 a.m. on Saturday. Staff members from the Sentinel, Photo Press and KSUM, along with area Boy Scouts will pick up your contributions. The bags were distributed by the Photo Press in area towns with last week's (November 24th) issue, and in the Sentinel in Fairmont this week. In Welcome, bags are available at the Post Office.

Boy Scouts from Pack 69 will pick up bags in Sherburn, Dunnell, Trimont and Ceylon. Boy Scouts from Troop and Pack 55 will pick up bags in Truman and Northrop. The drop

spot in Granada is the C Store, and there is a drop spot at the Fairmont Shell station on Albion Avenue.

If you did not receive a red bag, extras are available at the Sentinel, Photo Press or KSUM.

Items most needed are: Food - canned meats, fish, soups, pasta products, peanut butter, cereals, canned fruits and vegetables, baby formula and baby food: Toiletry items - toilet tissue, diapers, baby wipes, feminine hygiene products, tooth paste, etc.: Toys - any toys that are new or like new condition, for all ages: Cash - Cash is very helpful to purchase needed items that are not received.

Please donate only

non-perishable foods in undamaged containers. Home-canned foods, open packages or outdated products cannot be distributed by the Salvation Army's food shelf.

Sponsors for the red bags are A-1 Concrete Grinding & Mudjacking, Bank Midwest, Boekett Building Supply, C&B Operations, First Farmers & Merchants National Bank, Legends 2, Peterson-Anthony Insurance, Richard's Auto Repair & Towing, RDI Rosen's Diversified, Inc., and Smith's Greenhouse. Thanks also to Green Mill for providing coffee, Hy-Vee and Fareway for rolls and juice and Fairmont Shell Station for gas cards for the drivers.

## Make Sure Your Christmas Treats Treat You Right

Guest Columnist

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



The holidays are coming and we are all getting excited! The presents, the visiting, the carols, the treats — oh, the treats — those amazing goodies we only get once a year. Whether it is Grandma's homemade treats or store bought, we all look forward to the treats. But then we spend most of January wondering why we indulged. Perhaps you use your good intentions about your upcoming New Year's resolutions to justify it or maybe you justify it because the indulgence is only once a year.

This year, I want to give you the gift of knowledge and inspiration — knowledge of how to deal with the after effects of indulgence and inspiration through stories of others who have effectively turned the corner on their own health. You see, over a third of all adult Americans are pre-diabetic, or 88 million according to the CDC, and more than 84% don't even know that they are. When someone who is pre-diabetic starts to indulge in holiday treats, their body will struggle even harder to maintain healthy blood sugar levels. But there is hope. Using a functional medicine model, we at Burtis Chiropractic Center have already transformed many pre-diabetics into people with normal blood sugar. It can be done, and it has been done. We have had a number of patients get off their medications for Type II Diabetes, lose weight, and transform their health. Once you achieve something called "metabolic

resilience," you can have a few treats while maintaining your health and losing the guilt!

The main problem behind pre-diabetes is something called "insulin resistance." After too many years of high-carb and high-sugar diets, a body's cells lose their responsiveness to insulin. This makes a person tired, sick, and overweight. Their body compensates by making more insulin; it's like a drug addict that needs more and more drugs to feel the effect. Insulin resistance then leads to greater risks of heart conditions, dementia, kidney failure, and many other health issues.

How do you correct insulin resistance? It takes a three-pronged effort. The most important thing is your diet. You must shift your diet to a low-carb diet, otherwise your body will continue to crave sugar to run on. Your body knows how to use fat for fuel, and after a couple of weeks of utilizing a low-carb, high-healthy fat diet, your body will have all the energy it needs and you will begin to burn your own fat stores for fuel. Second, you need to exercise. If you don't stoke the fires, you won't burn fat for your fuel.

Third, you need to utilize supplements to assist your body in transforming from unhealthy to fit — and not just any supplements, but high-quality, pharmaceutical grade supplements. Before you go online looking for what to take, realize that everyone is different and you need a personalized program

specific to your individual situation to begin that transformation.

Some supplements can be taken with medications, some cannot. Some can be taken with meals, others not so much. Berberine, cinnamon, ALCAR, chromium, rubidium, vanadium, bitter melon, and green tea are just some of the supplements and minerals that can assist you in your transformation, but you can't just take everything and hope for the best. That is a plan guaranteed to fail.

We have had many patients come in to our office and get Wellness Assessments that helped identify the problem behind their insulin resistance. One man lost 30 pounds and is now off all medications. Another man lost 38 pounds and his testosterone levels are again normal. One woman had previously lost 10 pounds by working out but was stuck, and after adding supplements her weight loss took off again. Most of those patients are now off medications, are healthier, and yes, lighter. And now that they have achieved metabolic resilience, they can indulge now and then without risking pre-diabetes or outright Type II diabetes.

So don't be afraid to enjoy the treats, but treat yourself to a health transformation first. Giving yourself the gift of health is a gift to your family as well. Who knows who you will inspire to do the same? Happy Holidays and Merry Christmas from all of us at Burtis Chiropractic Center.

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# SECTION X – SITE 4426

## Guest Columnist

**Darwin Anthony, Business Owner, Artist, Writer**



He was a friend known since grade school. He and I grew up together, were in the same class, played the same games, and graduated at the same time. However, like most of the youth of that time, we went our separate ways. I went into college and he went into the army.

I remember him visiting me once in college. He had driven his brothers' large milk truck to my college town to have some large tires installed. He got the truck

stuck when he tried to drive under a railroad underpass. The truck was too tall. He called me for help. We let some of the air out of the tires and moved the truck forward. It was done as an act of friendship.

We saw little of one another for many years. I learned of his sickness and that he had died. We could not attend his funeral as we were in Michigan visiting our daughter at Thanksgiving. However, I felt a sense of real loss. It had

been a nagging feeling and I decided to find his place of burial and visit it as a tribute to our friendship. Maybe that would bring closure! I tried to contact members of his family without success. I contacted several funeral service companies and asked if they knew where he was buried. They had no record of his funeral. I contacted several area Catholic churches, as he was Catholic, and asked if their records showed he was buried, with no

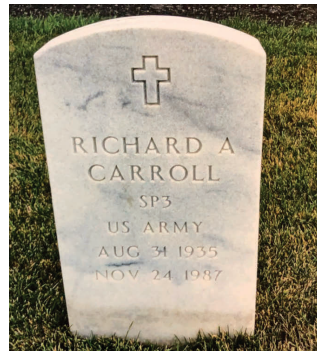
results. I had not given this long-time friend the tribute that he deserved. It was a nagging type with the want of closure. Why was there no record of his burial?

Then it happened! I remembered that he had been in the army. Had he been buried in Fort Snelling National Cemetery? I also remembered his middle name. He was Richard Anthony Carroll. I contacted the cemetery and was told that, yes, he was buried there. How could someone get a sense of relief about finding a gravesite?

We were in Minneapolis yesterday. We decided to visit Fort Snelling and try to find his grave. We had only seen

the lines of white markers from the road in the past. It was hard to believe that each marker represents a person. We entered the main gate and stopped in the information center where a large kiosk panel faced me. The directions on the front asked for information. I inserted Richard Anthony Carroll and it happened! It printed a grave location map. We drove to the right section of the cemetery, parked, and looked at the line upon line of named markers. It was while we waited that a service person of the cemetery drove up in a service vehicle. I asked him if he maybe could help me find a certain numbered grave. His smile gave

the answer! He asked me to walk with him up the hill. He would stop periodically and check the number on a grave. He moved down the line and waved at me. He had found Site 4426 in Section X. I walked to the grave and saw the name of Richard Anthony Carroll! I could feel it come as I touched the white stone marker. I had paid the needed tribute!



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Jared L. Johnson, Tabitha E. Johnson to Destiny Rainville, Pt. NW¼NW¼, 3-103-30

Cemstone Concrete Materials LLC to All In The Family, Pt. 3 Tracts, SE¼NE¼, 8-102-30, Lot 1, Block 1, Pt. 30' driveway easement, Block 6, Lot 2, Block 1 w/easement, Goulds Railroad Addn.

Paul B. Hargan, Tanya Y. Hargan to Jared Johnson, Tabitha Johnson, Lot 6, Block 1, Blomstroms Addn.

Micaela Ann Ellefson, Ryan Matthew Ellefson to Paul Hargan, Tanya Hargan, Lot 5, Block 1, Gambles Addn.

Shaunna Duran to James Ryan, Lots 1, 2, 3, Lot 4, Ex. W.10', Block 10, Original Plat Monterey

Gregory Piper, Laura Jean Piper, Steven Piper to Dale Moeller Debra Moeller, W½NW¼, 36-103-31, Pt. E½NE¼, 35-103-31

Elizabeth R. Smith Revocable Trust, Mark D. Schlomann, Sandra R. Schlomann, Daniel T. Smith, Mark A. Smith, Nikki D. Smith, Shelley L. Tan, Julie A. Werner, Rodney Werner to Douglas A. Willner, Pt. N½SW¼, S½NW¼, Pt. NW¼NE¼, 35-104-30

Joseph L. Biehn, Suzanne D. Biehn to Cole A. Truesdell, Kay M. Truesdell, W½SE¼, 16-102-32

### D-DEEDS

Dan Bebernes, Personal Rep., Estate of Daryl Bebernes to Thomas Bebernes, Und. ½ Int. SE¼, 23-102-31

Dan Bebernes, Personal Rep. Estate of Daryl Bebernes to Dan Bebernes, Pt. SW¼, 21-102-31

## SPL Endowment Fund donations

Thanks to the following who gave \$2,820.00 to the St. Paul Lutheran Church Endowment Fund for the 3rd quarter of 2021.

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Thomas and Mary Westcott

## OFFICIAL PUBLICATION

TO WHOM IT MAY CONCERN:

PLEASE TAKE NOTICE that on the 22nd day of November 2021, after a public hearing, the City Council of the City of Fairmont approved Ordinance 2021-03, an ordinance repealing and replacing in its entirety Fairmont City Code, Chapter 27 Rental Housing.

A complete copy of the ordinance may be viewed on the City of Fairmont's website or at the City Clerk's Office.

BY ORDER OF THE CITY OF FAIRMONT

/s/ Patricia J. Monsen  
Patricia J. Monsen, City Clerk

*Published in the Fairmont Photo Press on December 1, 2021*



Richard & Shirley Johnson

## MOVING TAG-SALE

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9 a.m. to 4 p.m. each day

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(507) 399-9292

## PUBLIC NOTICE

Please take notice that there will be a joint work session on the Fairmont Chain of Lakes Watershed, Thursday, December 16, 2021 at 6:00 p.m. in the City Hall Council Chambers located at 100 Downtown Plaza. This is a public meeting and will include the Fairmont City Council, Martin County Board of Commissioners, and Martin Soil and Water Conservation District Board of Supervisors.

The press is hereby notified.

Patricia J. Monsen  
City Clerk

*Published in the Fairmont Photo Press on December 1 and 15, 2021*

## WE NEED YOU!

The City of Fairmont is looking for citizens to volunteer to be on a Board or Commission. This is a great opportunity to get involved, learn, make new friends and help make your City a better place to live, work and recreate.

Openings may be available on the following Boards and Commissions:

- Police Commission
- Park Board
- Public Utilities Commission
- Planning Commission
- Board of Zoning Appeals
- Safety Council
- Airport Board
- Building/Fire Code Appeals Board
- Housing & Redevelopment Authority
- Charter Commission

Applications can be picked up at City Hall or you may access them at: <https://fairmont.org/wp-content/uploads/2021/07/CABC.pdf>.

Completed applications should be returned to Patty Monsen, City Clerk at City of Fairmont, 100 Downtown Plaza, Fairmont, MN 56031 or emailed to [pmonsen@fairmont.org](mailto:pmonsen@fairmont.org) by December 27, 2021.

*Published in the Fairmont Photo Press on December 1 and 15, 2021*

## MARTIN COUNTY BOARD OF COMMISSIONERS

### Chairman:

Elliot Belgard

### Vice Chairman:

Richard Koons

### FIRST DISTRICT

(Elected Position, Term up 12-31-24)

Elliot Belgard

213 N 3rd Av E

Truman, MN 56088

507-776-2106 (H)

507-236-1173 (cell)

e-mail: [elliott.belgard@co.martin.mn.us](mailto:elliott.belgard@co.martin.mn.us)

Chairman

### SECOND DISTRICT

(Elected Position, Term up 12-31-22)

James Forshee

1306 School St

Fairmont, MN 56031

e-mail: [james.forshee@co.martin.mn.us](mailto:james.forshee@co.martin.mn.us)

### THIRD DISTRICT

(Elected Position, Term up 12-31-24)

Kathy Smith

529 Budd Lake Drive

Fairmont, MN 56031

507-236-3489 (cell)

e-mail: [kathy.smith@co.martin.mn.us](mailto:kathy.smith@co.martin.mn.us)

### FOURTH DISTRICT

(Elected Position, Term up 12-31-22)

Richard Koons

1172 125th Street

Welcome, MN 56181

507-236-2902 (cell)

e-mail: [richard.koons@co.martin.mn.us](mailto:richard.koons@co.martin.mn.us)

Vice Chairman

### FIFTH DISTRICT

(Elected Position, Term up 12-31-24)

Steven Flohrs

1056 230th St.

Ormsby, MN 56162

507-639-3071 (H)

507-236-5995 (cell)

e-mail: [steve.flohrs@co.martin.mn.us](mailto:steve.flohrs@co.martin.mn.us)

## UPCOMING AUCTIONS

**Friday, December 3, 2021 @ 10:30 A.M. REINHOLD STRUHS ESTATE-** 240 Acres +/- in Section 7 & 17 of South Branch Township, Watonwan County, MN. Sale to be at the American Legion at 620 First Avenue South, St. James, MN. Dan Pike & Associates

**Friday, December 3, 2021 @ 1:30 P.M. DOUGLAS, ROCK & RODNEY ANDERSON-** 156.86 Acres +/- in Section 35 of Butterfield Township, Watonwan County, MN. Sale to be held at the American Legion at 620 First Avenue South, St. James, MN. Hartung, Kahlers & Associates

**Thursday, December 16, 2021 @ 10:00 a.m.- WEINZETL, HARDEN & OHLRICH-** 62.92 Acres +/- in Section 26 of Minneota Twp., Jackson Co., MN. Auction to be held at the Jackson American Legion Hall at 411 First Street, Jackson, MN. Hartung, Kahlers & Associates

WEEKLY EQUIPMENT SALES ONLINE AT:  
[WWW.AUCTIONEERALLEYLIVE.COM](http://WWW.AUCTIONEERALLEYLIVE.COM)



For upcoming auction flyers:  
[auctioneeralley.com](http://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**

## PHOTO PRESS NEWS POLICIES

The Photo Press, with its "Only Good News" policy, reserves the right to edit or shorten any news articles submitted for publication, including obituaries. We will not publish any letters to the editor that are political or religious-themed in nature. We will be happy to put them in ad form for a charge, should you still want to have your items published.

Also please understand that the advertising is what brings the Photo Press free to you each week, therefore paid advertising is given first priority, then time-sensitive articles such as benefits, birthdays and anniversaries, etc., then other material depending on its content.

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## PhotoPress Only good news Classifieds

### 10 Apartments For Rent

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one or two bedrooms,  
some with heat pro-  
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tfn-10



[martincountylibrary.org](http://martincountylibrary.org)

## CHECK IT OUT!

@ the Martin  
County Library

As adults, we can get stuck reading "age appropriate" books. But it's a great idea for adults to read children's books too! Why? Children's books provide a great perspective on childhood, and how adults impact them.

Seeing a young person's perspective on all of life's ups and downs is a highlight of reading children's books. Their simplicity can also make you fall back in love with books, and set your imagination free!

Not to mention, children's books are typically a little shorter and quicker to read! Here are a few suggestions to get your reading list started: Starfish by Lisa Fipps, Front Desk by Kelly Yang, and Sunshine by Marion Dane Bauer...all are available at the Martin County Library!

### SJV School Honor Roll 1st Quarter

**GRADE 5:**  
"A" Honor Roll  
Kaylee Kloeckner  
"B" Honor Roll  
John Carr  
Sean Cihoski

Halyn Haycraft  
Leo Heller  
Ana Jo Hill  
Lili Hill  
Sam Landsteiner

**GRADE 6:**  
"A" Honor Roll  
Kelly Lockwood

**"B" Honor Roll**  
Lauren Bettin  
Ingrid Edman  
Michael Hamlet  
Lexi Haycraft  
Max Krahmer  
Avery Kurt  
Tyler Slama  
Brooklyn Stone

## 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



**WELCOME MOTOR DETAILING**  
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Fairmont, MN, 235-3447, [welcomemotorcompany.com](http://welcomemotorcompany.com)



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Sign-On Bonus!

**Valero Renewables is accepting applications  
at its Ethanol Plant located in Welcome, MN  
for the following positions:**

**ACCOUNTING ASSOCIATE**

**I&E TECHNICIAN\***

**PROCESS OPERATOR\***

**S&R OPERATOR\***

**\*SIGN-ON BONUS INCLUDED**

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- 7% 401(k) Employer Match • Discretionary Employer Contribution • Discretionary Annual Bonus • Paid Vacation & Holidays • Company-Supplied Uniforms

Qualified applicants should apply to:

**[www.valero.com/careers](http://www.valero.com/careers)**

Valero Renewables is the ethanol segment of Valero Energy, which is ranked in the Fortune 500 and a six-time Civic 50 winner of America's most community-minded companies. Valero is the first traditional refinery to enter large-scale ethanol production.



EO/AA Employer including W/M/Disability/Vets/Sexual Orientation and Gender Identity

# SCHOOL LUNCH MENUS | December 1-3

## FAIRMONT JUNIOR/SENIOR HIGH

1	2	3
<b>American Classics</b> <ul style="list-style-type: none"> <li>Meaty Spaghetti Sauce</li> <li>Spaghetti</li> <li>Garlic Breadstick</li> <li>Roasted Green Beans</li> </ul> <b>2Mato</b> <ul style="list-style-type: none"> <li>Meat Lover's Pizza</li> <li>Classic Cheese Pizza</li> </ul> <b>Grill</b> <ul style="list-style-type: none"> <li>Classic American Cheeseburger</li> <li>Roasted Green Beans</li> <li>Spicy Chicken Sandwich</li> <li>Pickles</li> </ul> <b>On the Go</b> <ul style="list-style-type: none"> <li>Blueberry Parfait with Granola</li> <li>Crispy Chicken Caesar Salad</li> </ul> <b>Buffalo Ranch Chicken Wrap</b> <ul style="list-style-type: none"> <li>Extra Extra</li> <li>Fresh Carrots</li> <li>Caesar Salad</li> <li>Tropical Fruit Cocktail</li> <li>Fresh Red Seedless Grapes</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Yellow Mustard</li> <li>Low Sodium Ketchup</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>Toasty Cheese Sandwich</li> <li>Campbell's Tomato Soup</li> </ul> <b>2Mato</b> <ul style="list-style-type: none"> <li>Italian Sausage Pizza</li> <li>Classic Cheese Pizza</li> </ul> <b>Grill</b> <ul style="list-style-type: none"> <li>Classic American Cheeseburger</li> <li>Sliced Carrots</li> <li>Crispy Chicken Patty Sandwich</li> <li>Pickles</li> </ul> <b>On the Go</b> <ul style="list-style-type: none"> <li>Strawberry Parfait with Granola</li> <li>Crispy Chicken Caesar Salad</li> </ul> <b>Whole Grain Dinner Roll</b> <ul style="list-style-type: none"> <li>Extra Extra</li> <li>Fresh Broccoli Florets</li> <li>Fresh Radish</li> <li>Chilled Peaches</li> <li>Sliced Fresh Apples</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Yellow Mustard</li> <li>Low Sodium Ketchup</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>BBQ Chicken Sandwich</li> <li>Tater Tots</li> </ul> <b>2Mato</b> <ul style="list-style-type: none"> <li>Classic Pepperoni Pizza</li> <li>Classic Cheese Pizza</li> </ul> <b>Grill</b> <ul style="list-style-type: none"> <li>Classic American Cheeseburger</li> <li>Tater Tots</li> <li>Spicy Chicken Sandwich</li> <li>Pickles</li> </ul> <b>On the Go</b> <ul style="list-style-type: none"> <li>Blueberry Parfait with Granola</li> <li>PBJ and Cheese Fun Lunch</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Confetti Coleslaw</li> <li>Red Bell Pepper Strips</li> <li>Chilled Diced Peas</li> <li>Fresh Orange Wedges</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Yellow Mustard</li> <li>Low Sodium Ketchup</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>

## ST. PAUL'S LUTHERAN

1	2	3
<b>American Classics</b> <ul style="list-style-type: none"> <li>Meaty Spaghetti Sauce</li> <li>Spaghetti</li> <li>Garlic Breadstick</li> <li>Roasted Green Beans</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Fresh Red Seedless Grapes</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>Toasty Cheese Sandwich</li> <li>Campbell's Tomato Soup</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Fresh Broccoli Florets</li> <li>Sliced Fresh Apples</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>BBQ Chicken Sandwich</li> <li>Tater Tots</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Confetti Coleslaw</li> <li>Sliced Fresh Apples</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>

## FAIRMONT ELEMENTARY

1	2	3
<b>Classics</b> <ul style="list-style-type: none"> <li>Meaty Spaghetti Sauce</li> <li>Rotini Pasta</li> <li>Garlic Breadstick</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>Tuna Salad Sub</li> </ul> <b>Sides for All Meals</b> <ul style="list-style-type: none"> <li>Roasted Green Beans</li> <li>Caesar Salad</li> <li>Fresh Orange Wedges</li> <li>Tropical Fruit Cocktail</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Skim Milk</li> <li>Chocolate Skim Milk</li> <li>Skim Milk, Lactose Free</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>Classics</b> <ul style="list-style-type: none"> <li>Chicken Fajitas</li> <li>Shredded Cheddar Cheese</li> <li>Cilantro Lime Brown Rice</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>Ham &amp; American Cheese Sandwich</li> </ul> <b>Sides for All Meals</b> <ul style="list-style-type: none"> <li>Seasoned Corn</li> <li>Fresh Broccoli Florets</li> <li>Chilled Peaches</li> <li>Fresh Golden Delicious Apple</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Skim Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> <li>Salsa</li> </ul>	<b>Classics</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>Turkey, Cheddar &amp; BLT Ranch Wrap</li> </ul> <b>Sides for All Meals</b> <ul style="list-style-type: none"> <li>Seasoned Peas</li> <li>Fresh Cauliflower Florets</li> <li>Unsweetened Applesauce</li> <li>Fresh Red Seedless Grapes</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Skim Milk</li> <li>Chocolate Skim Milk</li> <li>Skim Milk, Lactose Free</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>

## SOUTHERN PLAINS

1	2	3
<b>American Classics</b> <ul style="list-style-type: none"> <li>Meaty Spaghetti Sauce</li> <li>Spaghetti</li> <li>Garlic Breadstick</li> <li>Roasted Green Beans</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Fresh Red Seedless Grapes</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>Toasty Cheese Sandwich</li> <li>Campbell's Tomato Soup</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Fresh Broccoli Florets</li> <li>Sliced Fresh Apples</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>BBQ Chicken Sandwich</li> <li>Tater Tots</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Confetti Coleslaw</li> <li>Fresh Orange Wedges</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>

## ST. JOHN VIANNEY

1	2	3
<b>American Classics</b> <ul style="list-style-type: none"> <li>Meaty Spaghetti Sauce</li> <li>Spaghetti</li> <li>Garlic Breadstick</li> <li>Roasted Green Beans</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Caesar Salad</li> <li>Fresh Red Seedless Grapes</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>Toasty Cheese Sandwich</li> <li>Campbell's Tomato Soup</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Fresh Broccoli Florets</li> <li>Sliced Fresh Apples</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>	<b>American Classics</b> <ul style="list-style-type: none"> <li>BBQ Chicken Sandwich</li> <li>Tater Tots</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>Confetti Coleslaw</li> <li>Fresh Orange Wedges</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>1% Low-fat Milk</li> <li>Chocolate Skim Milk</li> <li>Lactose-Free Skim Milk</li> <li>Ketchup</li> <li>Yellow Mustard</li> <li>Mayo</li> <li>Light Ranch Dressing</li> </ul>

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.





**2021-22 Fairmont Cardinal Girls Basketball Team** - front row (l-r): Allison Janssen, Anna Ehlert and Olivia Ortega. Middle row: Ava Terfehr, Anna Busche, Emma Gudahl and Kate Busche. Back row: Cadee Becker, Rayah Quiring, Brittney Mosloski, Cassidy Schultz, Jazlyn Geerdes and Grace Pendergast. Not pictured: Maggy Totzke and Abby Cihoski. The Cardinal head coach is Sara Junkermeier. The Cards took on Windom Tuesday night in the season opener. They travel to Waseca this Thursday night. *Courtesy fairmontsports.com*



**SOUTH ALL-STAR** - Cardinals Zach Jorgensen has been selected to play in the 2021 Minnesota Football Showcase (High School North vs South All-Star Football Game). The game will be played on Saturday, December 4, noon at US Bank Stadium. The annual All Star Game features the best high school athletes from across the state. Card head football coach Mat Mahoney nominated Jorgensen. Jorgensen will play defensive back for the South All-Stars. Quarterback Jorgensen led the Cardinals to the State quarterfinal game vs Dassel Cokato and a 9-1 record. *Courtesy fairmontsports.com*



## 8th Annual Fairmont Staff/Alumni Holiday Tournament



**Team "High Risk"** won the Championship in the 8th Annual Staff/Alumni Tournament. Classes ranging from 1994-2010. Joey Fitzgerald, Brian and Tyler Wille, Martin Tow, Brad Haugen, Dan Bonk, Mike Laue, Jake Clements, Natanael Moreno, Ethan Scheffler



**2021-22 Martin County Area Magic Gymnastics Team** - front row (l-r): Hayley Clarke, Caydence Weber, Adrianna Knafla, Ava Thate, Nola Thedens, Abi Chavez, Amelia Anderson and Madisen Ludwig. Back row: Thea Peterson, Anna Bachenberg, Jadyn Montgomery, Ellie Schultze, Hailee Schuett, Ellie Hernes, Hannah Linse, Anna Utermarck and Hannah Fischer. Not pictured: Amalia Leiding, Kara Osmundsen and Megan Wheeler. Head coach is Annie Post. The Magic opened the season Tuesday at Live Fit vs Windom. Next Tuesday, December 7 the Magic hosts Marshall. *Courtesy fairmontsports.com*



**2021-22 Fairmont Area Cardinals Boys Hockey Team** - front row (l-r): Ilana Moeller, Nate Rakness, Brock Lutterman, Isaiah Lockwood, assistant coach Matt Lytle, head coach Dylan VanBrocklin, assistant coach Roger Claeys, Dominic Hegdal, Alexander Moeller and Carson Johnson. Middle row: Lincoln Becker, Jace Prindle, Jace Teveldal, Alec Reutzel, Hartley Aust, Beau Becker, Nikolas Flanagan and Luke Kester. Back row: Tyson Pankow, Matthew Steuber, Lucas Flohrs, Hank Artz, Thomas Claeys, Hudson Artz, Eli Anderson, Mathew Cone and Connor Gronewald. The Cards head coach is Dylan VanBrocklin. The Cards opened the season Tuesday vs Minnesota River at Le Sueur. The Cards host Waseca this Thursday vs Waseca. *Courtesy fairmontsports.com*



**2021-22 Fairmont Area Cardinals Girls Hockey Team** - front row (l-r): Brittney Lopau, Abigail Sundeen, Maia Goerndt, Rachel O'Connor, Hadley Artz, Macy Militello, Bella Larson and Hannah Goerndt. Middle row: The Cards head coach is Ashley Olson, Reese Olson, Alex Martin, Keara Flanagan, Kate Hagen, Lily Truesdell, Karissa Newville, Alexis Newville, Mackenzie Householder and assistant coach Eric Householder. Back row: Madison Sokoloski, Jadyn Musser, Brooklyn Murphy, Shaye Dietz, Emily Sokoloski, Jozie Hoefker, Corene Moeller and Lilly Meyers. The Cards head coach is Ashley Olson. The Cards are 2-1-1 on the season and played Minnesota River Tuesday night. They travel to Waseca this Thursday night. *Courtesy fairmontsports.com*



**2nd place "Class of 2018"** - Sam Schwieger, Nate Kallenbach, Brady Allen, Wyatt Quiring, Derek Missling, Conner Tordsen, Carter Klanderud



**3rd place years "Classes 2012-2015"** - Spencer Chirpich, Jay Ruen, Luke Becker, Levi Becker, Riley Schwieger, Ryan Noll, Jordan Voss, Sam Havnen, Alex Kopischke



**4th place "The Totally Super Cool Best Friends"** Classes 2015-2017 - Cole Emler, Parker Monsen, Walker Tordsen, Tyler Tennyson, Tyler Johnson, Nate Johnson, Travis Thiesse, Noah Quiring, Carter Lloyd



**5th "Shooters Anonymous" Class of 2020** - Carson Toomer, Jack Hested, Joey Flohrs, Dan Brummond, Carter Bell, Sed Parker, Zach Soelter, Ryan Hennager, Wyatt Frank

**fairmont**  
**sports.com**  
LIVE CARDINAL WEBSTREAMING VIDEO