Pain Mgmt. Services in Fairmont

Holiday Delights

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Only good news

Wednesday **December 4, 2019**

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SERVING MARTIN COUNTY PLUS ADJACENT MINNESOTA & IOWA COUNTIES

The Guy From Just Around the Corner By Al Batt

My neighbor Crandall to town was. I told her that stops by.

"How are you doing?" I

"Everything is nearly copa-

cetic. I didn't get the farmvard cleaned the 8 inches of snow fell in my yard, but OK. I like to



find surprises when the snow melts in the spring. Christmas is a peck of fun, but I didn't get a big Christmas tree this year. I got a Christmas bouquet instead. That should cut down on the number of squirrels I'll find in it on Christmas and be small enough that I can get into the same room with it."

Naturally

The world had put on its winter coat — a heavy coat of snow. I drove through way too much snow (according to the National Weather Service) to get to an important meeting. We complain about the weather forecasts, but we should complain that they are too accurate. Another attendee asked how my drive

I'd seen a small flock of snow buntings. Those birds made the post-storm journey a de-

Forty-two Canada geese flew over the yard in a lopsided V-formation, honk-alonking their way south. The bird feeders had been busy. If you fill your feeders, the birds will come before a storm.

A rooster pheasant flew from the yard. I heard him before I saw him. I was sorry to have bothered the handsome fellow. Male pheasants utter a series of loud, excited twonote calls when they flush. It's difficult to assign a precise meaning to these cackles.

Red oak, ironwood and buckthorn hang onto their leaves. Turkeys, deer and squirrels dig through the snow in search of acorns. The squirrels may be checking for cached nuts.

Fairmont Christmas Bird

The Fairmont CBC will be on Thursday, December 19th. Interested parties should contact Brad Bolduan at 831-1189. Participants don't need to be experts and may count birds at feeders. The count area is a 7.5-mile circle centered at Amber Lake Park, reaching the Iowa border, and including East Chain, Wilbert, and Imogene.

"Are there are more than one kind of cattail in Minnesota?" There are two — the common or broadleaf cattail and the narrow-leaved cattail, both found in shorelines of marshes, lakeshores, river backwaters, and road ditches. There is also a hybrid of those two species. Narrow-leaved cattail isn't native to Minnesota or the United States. It's a native of Canada. The DNR says narrow-leaved cattail has a flower spike 4 to 8 inches long and 1/2 to 1 inch wide that looks like a hotdog on a stick. A broad-leaved cattail spike is 4 to 6 inches long and 1 to 2 inches wide that resembles a sausage on a stick.

"Do soybean aphids eat buckthorn?" They do feed on buckthorn. They spend the winter as eggs on buckthorn, a critical part of the soybean aphid life cycle. Aphid eggs hatch on buckthorn in the spring and populations build idea of a pecking order came

producing winged spring migrants that eventually colonize nearby soybeansthe summer host of the aphid. Soybean fields with buckthorn nearby are often the first to be infested by aphids in the spring. The aphids go through many generations throughout the summer. At the end of the soybean growing season, the aphids produce both male and female migrants, which fly to buckthorn to mate and lay eggs, Soybean aphids are vellow aphids only 1/16th of an inch long. They have distinctive tailpipes (cornicles) on the tip of their abdomens. There are a number of insect predators of soybean aphids, including the multicolored Asian lady beetle, minute pirate bug and green lacewing. Buckthorn was once sold in nurseries and 1,700 feet of buckthorn was planted as a hedge on the Minnesota State Capitol grounds. It has since been replaced with hedge co-

'Why is nature usually called 'she'?" Because even when angry, she is beautiful.

"How do birds decide who eats first at the feeders?" They operate on a hierarchy called a pecking order. The

from studies conducted in the 1920s when Norwegian biologist Thorleif Schjelderup-Ebbe established that chickens had a dominance system. He named it the "pecking order" after noting that chickens enforced their leadership by administrating a sharp peck of the beak to underlings whenever they got ideas above their station. Our feeder birds follow that same practice.

"There is an opossum in my yard. Should I worry about the animal having rabies?" Any mammal can get

rabies, but the chance of rabies occurring in an opossum is rare. It's thought that the opossum's low body temperature makes it difficult for the virus to survive in the animal's body.

Thanks for stopping by "The sun, the darkness, the

winds are all listening to what we have to say." —Geronimo

"We haven't yet learned how to stay human when assembled in masses." — Lewis Thomas

Do good. © Al Batt 2019



The Steller's jay was discovered in Alaska in 1741 by Georg Steller. Photo by Al Batt

invites you to attend our

lune-up Seminar

Wednesday, December 11th 11:00 a.m. - 2:00 p.m.

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No need to pre-register! FREE admission! **Complimentary lunch provided!** www.LangeAgSystems.com

Seminar Objective:

Providing information to assist you with maintaining a healthy and comfortable environment inside your livestock facility while conserving energy and keeping operating costs down during the cold weather months. Our experienced staff will be on hand to educate and answer any questions that you have.

Seminar Topics:

- Fans
- Controllers
- Heating
- Curtains
- Inlets



Teresa Lynn Kuhl and Daniel Lee Klancke

The Regional Worship Center will host a pancake, sausage and egg breakfast Monday morning from 8:00 a.m. to 10 a.m. at the church, located at 2 Crossroads Drive, across from Kum and Go in Sherburn. All are welcome to join them.

Trimont Methodist Church 54th annual Soup Dinner

The Trimont United beverages. Methodist Church will be December 7th from 11 a.m. to 1p.m.

They will feature homemade vegetable beef soup, by the Trimont Area Cen-BBQ or hot turkey sandwiches, assorted pies and

Also for sale at the event having their 54th annual will be greeting cards, Soup Dinner Saturday, Rada Cutlery and dishcloths. The youth group will be having a bake sale.

Music will be provided tennial Band.

IHD to host craft show at Five Lakes Centre

December 7th from 10:00 a.m.-3:00 p.m. at the Interlaken Golf Club, 277 E Amber Lake Drive, There will be over 30 local craft- raiser for the 2020 Interers and vendors present to show you jewelry, soaps, pillows, scarves, cutting boards, clothing, books, baked goods, décor and so much more! It is guaranteed you will part of their fundraisfind something for ev- ing efforts. To see a list eryone on your holiday of current vendors check shopping list.

Club will also be hosting craft-fair-vendor.

The Interlaken Heri- a free wine sampling, so tage Days Holiday Craft come sip, shop and help & Vendor Show will be make someone's holiday taking place on Saturday, brighter by shopping local. This is a free event open to everyone, no membership required.

This event is a fundlaken Heritage Days festival. The IHD committee will also be hosting free will donation gift wrapping for all those gifts you purchase at the show as out the IHD website The Interlaken Golf https://ihdfairmont.org/



Chloe Murphy, a Fairmont High School senior, has been named Rotary "Student of the Week." Chloe is the daughter of Dan Murphy and Tracy Richardson. Chloe's high school career has been a busy one through her involvement in softball, FFA (reporter), school musical, prom committee, and National Honor Society. She has also been active in 4-H. Following graduation, Chloe will be attending Creighton University and will major in biology. (Submitted photo)

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Tarnished Brass to participate in 2 concerts



members from the upper p.m. at Chanhassen High midwest, including Fair- School. mont resident Larry Vogel, will take part in two ber 14th Tarnished Brass Christmas concerts this will perform seven admonth.

forming along with seven Mary's Basilica in Minnechoirs at a Christmas apolis at 4:30 p.m.

'Tarnished Brass', a concert on Thursday, Debrass group made up of cember 12th at 6 and 8

On Saturday, Decemvent songs before and The group will be perduring the service at St.

Lunch with the Arts to feature local trio



seasons with Bill Busse, Joyce Schultz and Sandy Center for the Arts.

The trio will perform Rock Center for the Arts in served. Fairmont.

everything from Yogi Yor- taken.

Enjoy the songs of the geson's "I Yust Go Nuts at Christmas" to Dean Martin's "Christmas Blues" Ettesvold at the Red Rock and all the great holiday favorites.

Come enjoy the music, as part of the "Lunch with holiday treats, friendship the Arts" program Tues- and conversation. Bring a day, December 10th, from bag lunch if desired. Cof-Noon to 1p.m. at the Red fee and refreshments will

Everyone welcome, a This year they will have free will donation will be

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91st birthday open house will be held for Lorraine Van Note of Fairmont on Saturday, December 7th from 1 to 3 p.m. in the **Fairmont United Meth**odist Church Fellowship Hall. Lorraine was born December 12th, 1928. Cards can reach her at 405 Willow Street, Fairmont, MN 56031.



LUTTERMAN An open house honoring Irene Lutterman's 98th birthday will be held Saturday December 7th from 1 to 4 p.m. at St. Luke's Catholic Church in Sherburn. Irene was born December 7th, 1921. Cards can reach her at 410 Fox Lake Avenue, Apt. 201, Sherburn, MN 56171.



Members of the Fairmont Early Risers Kiwanis Club were busy serving hungry customers during their annual pancake supper, held at Five Lakes Centre in Fairmont Monday night.

Sherburn American Legion Christmas party

The Sherburn Ameri- begins at 5 p.m. and meal will be hosting a Christ- ing oyster stew and chili, mas party for all those who sandwiches and bars have worked at the steak this past year.

Legion Hall. Social hour join us.

can Legion and Auxiliary at 6 p.m. They will be serv-

We are thankful for fry and hamburger nights those who help at these meals - without your help, The party will be Sun- we would not be able to day, December 8th at the have these meals. Come



Fairmont Office 103 N. Park St., Fairmont, MN



Local Eagle Scout project to focus on flag retirement ceremony My name is Aaron hosting a flag retirement wrong or illegal. The

to conduct a flag my Eagle Scout Project. retirement ceremony for flags.

summer This I was helping a co-worker load some things into his car and saw that he had an old American flag in his back seat. He said that he needed to dispose of it and I told him I would take it and make sure that it was properly retired. Then he told me that his mom also had an old flag and he would bring it to work the next day. That made me wonder how many other people

retired. I wanted to make that the flag represents. sure people knew what they should do with their worn-out flags.

American Legion asked it. my Scoutmaster if he had any scouts interested in that burning a flag is month.

my Eagle Scout Project. flag retirement ceremony, longer a fitting emblem Part of my project we're not just honoring for display, should be community the flag's service to our destroyed in a dignified outreach to make people country. We're also way, aware of what they should honoring all the men and burning." do with their worn-out women who served our



Aaron Hendricks

in the community had country and defended collection box at Fleet flags that needed to be the freedoms and ideals and Farm Supply in

American Flag Facts:

- be thrown in the garbage. Earlier this year, a The preferred way to Project. I am making member of the Fairmont retire a flag is by burning plans to conduct the

Includes:

Overall

Hendricks. I am a Boy ceremony. I decided to United States Code Title Scout with Troop 56 in do the ceremony and 4, Chapter 1, Section 8 Fairmont. I am planning community outreach for Paragraph k states "The flag, when it is in such When we conduct a condition that it is no preferably

3. A flag should only be retired if it is torn, frayed, faded, or soiled and can't be cleaned. If you have a flag in good condition you do not want, you should find a friend, relative, or co-worker to give it to so they can put it to good use.

4. If you have a flag that needs to be retired, you can bring it to Walmart and place it in one of the collection located boxes between the service desk and the optical department.

There is also a flag Fairmont.

5. The collected flags 1. Old flags should not will be properly retired as a part of my Eagle Scout ceremony at Cedar Point 2. Many people think Scout Camp later this

> St. John Lutheran Church, Sherburn will have a Guest Day on Wednesday, December 11th at 2 p.m. They will have Christmas carols, a dessert lunch, program and more. Join them and please bring a Christian child's book for their misson project.

Financial Focus

Provided by:



Paul Schellpeper, Drew Schellpeper, Wyman Fischer, Dan Hamlet, Mandi Kosbab Financial Advisors, Edward Jones, www.edwardjones.com, Member SIPC

Not Too Soon for End-of-Year Financial Moves

take some of these steps sooner rather than later.

Here are a few sugges-

contributions. Like many people, you might not usually contribute \$25,000 if you're 50 or older. Ask your employer if you can increase your cial professional. 401(k) contributions in to use that toward your 401(k), too.

• Add to your IRA. minimum You have until April 15, 2020, to contribute to your IRA for the 2019 tax year, but the more you can put in now and over the next few months, the up with in a hurry at the filing deadline. For 2019, you can put up to \$6,000 in your IRA, or \$7,000 if you're 50 or older.

• Review your port-

is constructed. Is it still properly diversified, or has it become over-• Boost your 401(k) Does it still fit your risk tolerance, or do you find yourself worrying excessively about short-term

with the help of a finan-

2019, and if you receive your RMDs. Once you children, have you starta bonus before the year turn 70½, you gener- ed saving for college? ends, you may be able ally need to start taking Have you considered withdrawals - the tech- ways to protect your finical term is "required nancial independence if tions," or RMDs - from of long-term care, such your traditional IRA and as an extended nursing your 401(k) or similar home stay? If these or plan. After the first year in which you take these financial to-do list, start RMDs, you must take planning now to get less you'll have to come them by the end of each them done next year. year thereafter. If you don't withdraw at least so don't get left behind the minimum amount without having taken (calculated based on the steps to keep moving your age, account bal- toward your financial ance and other factors) folio. It's always a good you face a penalty of 50% least once a year, and loss of thousands of dol- Jones Financial Advisor

We've still got a cou- now is as good a time lars. So, take your RMDs ple of months until 2019 as any. But don't make before Dec. 31. The fidraws to a close, but it's any judgments based nancial services pronot too early to make solely on your results vider that administers some end-of-the-year over the past 10 months. your IRA or 401(k) can financial moves. In fact, Instead, look carefully help you determine the it may be a good idea to at how your portfolio amount you must withdraw.

• Think about next year's opportunities. It weighted in some areas? happens to almost all of us: A year has passed, and we haven't taken the actions we had planned. So, start thinking now the maximum amount price swings? These are about what you want to to your 401(k), which, the types of factors that do in 2020 from a finanin 2019 is \$19,000, or might lead you to make cial standpoint. Can you some changes, possibly afford to ratchet up your investments in your retirement plans? If you • Don't forget about have children or granddistribu- you ever need some type other items are on your

Time goes quickly -

This article was writidea to review your in- of what you should have ten by Edward Jones for vestment portfolio at taken out – a potential use by your local Edward

eat play shop

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Area College Student News



College will host its an-reign of justice and comnual Christmas in Christ passion in our world. Chapel worship services December 5-8 on campus student(s) will perform at in Saint Peter, Minn. This Christmas in Christ Chayear, Christmas in Christ pel: Chapel's theme is Love Beyond Borders. Over Plumhoff and Iliana Ra-350 students will lead mon the audience through the incarnation story in Coleman the gospel of Matthew, connecting us to God's formance abundant and generous December 7th will be love and inspiring us to livestreamed online for transcend borders that free beginning at 7:30 keep us divided from one p.m.

Gustavus Adolphus another and from God's The following local

Fairmont: Madisyn

Saint James: Callie

The evening per-

Five Lakes Centre Mall

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Pain Management Services now in Fairmont

Guest Columnist

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

Did you know that pain ropractic does not do this These days many orthomanagement services are now available in Fairmont? No, it's not a new program at Mayo; right now, their services" are in Mankato. Then again, "pain management services" can mean a lot of things. In this article I hope to open your eyes to a much better and safer version of pain management that's available in Fairmont, and has been for some time now - like, a long time!

I have had several patients tell me that they are being sent to a pain management program in Mankato as their current problems are not responding to medication and medical management. This typically means finding the best drugs to decrease pain levels and helping patients learn to live with their pain. Unfortunately, this is often done before ever consulting with a Doctor of Chiropractic. In many cases, chiropractic can indeed decrease pain and increase body function. The awesome thing is that chi-

by masking pain, but by actually improving health!

One of the biggest sources of chronic pain is out of Canadian Memorial Chiropractic College has shown that chiropracjust in the spine, but the whole system. This research showed that chiropractic adjustments decreased blood markers for inflammation like hs-CRP and IL-6. Combined with supplements like curcumin and fish oil that naturally decrease inflammation, chiropractic used in a functional medicine setting can be very effecthat results from chronic inflammation.

A number of chronic pain problems come about from unresolved injuries that typically involve neurogenic (coming from the nerve) pain. That is where chiropractic can really shine. Pinch or entrapped nerves are often freed and relieved by proper and scientific application of chiropractic.

want to access your Netflix,

Disney+ or Hulu accounts

on a regular TV, the Roku

can do it! If your smart TV

pedic surgeons and physiatrists work with chiropractic doctors in a team approach to get patients only "pain management inflammation. Research the relief they need. If your doctor has not recommended teaming up with a chiropractor, ask them tic reduces pain - and not why. You can always go on your own; you never need a medical doctor's "permission" to change course or add chiropractic-centered care to your regimen.

There are a number of "natural" approaches that are only symptomatic. In other words, they feel good without solving the problem. They are, in effect, pain managetive in decreasing pain ment. But they never take the next step into actually solving the problem that is causing the pain. A good example of this is non-surgical spinal decompression. While it certainly feels good and can give you some relief, there has not been an actual research article published in the last nine years. And a comparative study published in the journal Chiropractic and Osteopathy

in 2007 noted that the evidence is limited, "particularly when many other well investigated, less expensive alternatives are available."

This past March, the Missouri state government passed legislation to include chiropractic in its pain management programs as a way to address the opioid crisis. They saw that the state of Tennessee did this and was able to save 40% of their health care costs. At the federal level, a House-Senate Bill is attempting to do the same thing. If common sense prevails over politics, this may happen there as well.

So, when you consider pain management, consider a broad-spectrum approach like functional medicine. Why are you in pain? Why has it not responded to your treatment to date? Have you tried a combination of natural approaches like chiropractic, massage, and proper supplementation? As the holiday season approaches, consider giving yourself the gift of renewed hope, a new chance to feel good, and the very real possibility that you can start the new year out finally on the road to not just relief, but recovery!

Ice and wind cause power outages last week

Last weekend's ice, the lines to backfeed snow and strong winds caused transmission line direction," outages for some local residents.

morning Saturday 668 Sherburn Federated members on the line. ITC crews found a faulted arrestor and then members power was restored.

Round two came added. Federated from five (Minneota, about 8 a.m. The ice and and finally an outage. "Great River Energy switched

power from a different said Matt Madden, Federated's assistant operations manager. "GRE's crews determined the worst galloping lines were near Manyaska substation lost the Minneota substation power from 6:38 a.m. to so it was shut off and 8 a.m. This substation power was backfed from receives electricity via neighboring substations the ITC transmission by Federated's line crews.

"Federated thanks their for patience," Madden "With Sunday morning around transmission line outages 2 a.m. for the Round Lake our crews help drive Substation. Next, 1,539 the lines to determine members where the problem is, substations but we cannot work on Dunnell, GRE's transmission lines. Middletown, Enterprise We remind members and Wisconsin) lost to follow Federated's power from 7 a.m. until Facebook page for major outage updates. If you GRE's transmission lines through to dispatch after it's a major power outage is occurring and we have dispatched crews."

> Jeff's Jottings! **PhotoPress** What is it?

What's Cooking

with Kathy Lloyd

Oh Christmas tree!

Tis the season, Pa Lloyd managed to get our Christmas tree up, and I got the decorations on. I love doing that, so many of our decorations are ones our children made or were given to me by friends and family. So each decoration holds special memories, I know it's time to think of maybe a table top tree but then I wouldn't be able to use all of my decorations, I'm not ready to give that up yet. I gave myself a Christmas present this year, we had a gas insert put in our fireplace. It was no longer safe for the man of the house to get up on the roof to clean the chimney and I love a fire, it's so cozy and festive. It looks like the real thing so I am one happy Grandma! Now I have to decorate the mantle and hang the stockings. What used to take me a half day to decorate takes me 2 days. Oh well gives me something to do!

Have you ever had a recipe in your recipe file for years that you have never gotten around to use? Years ago I copied a recipe off a Bisquick box for a Impossible Brownie pie, it's probably been in my box for 20 years. I had a craving for dessert a month or so ago so finally tried it, now I have made it three times (once I took it over to my granddaughter's). It's quick and easy and doesn't make such a large amount so good for the two of us. I hope that you will like it too.

Impossible Brownie Pie:

1/2 cup brown sugar

1/4 cup granulated sugar

1/4 cup butter (softened) 1/2 cup bisquick

4 oz. semi sweet chocolate, melted, cooled for 5 minutes

1/2 cup nuts chopped (optional)

Put all ingredients in a blender except nuts. Blend for 2 minutes, stir in nuts then pour into a greased pie pan and bake at 350 degrees for 25-30 minutes. Cool for 5 minutes, serve with ice cream or whipped topping, good to serve at room temperature too.

Happy decorating and have a good week!

YEARS AGO IN THE PHOTO PRESS

WEEK OF **DECEMBER 7, 1994**

Buggy rides were given during the Downtown Fairmont's Christmas celebration. Gary and Linda Hanson of Granada and their horse, J.R. gave Jordan Huffmann and her aunt, Nancy Lobb, a tour of the downtown area.

Mrs. Ted Fisher brought in a three pound, three ounce white radish from their garden in rural Granada. Her husband planted the "Giant Sakurama Radish" the first week of August and it was haring remodeled for a camvested on Thanksgiving era shop. It was purchased Day. It had a circumfer- by Mr. and Mrs. Donald ence of 18 inches.

KFMC radio's Al Travis was set to host the third annual Kamp For Kids project all week long at the corner of Highway 15 and Blue Earth Avenue in Fairmont. As part of the project, red bags were to be filled with non-perishable goods and hygiene items Kurtz, Secretary. to go to those in need through the Fairmont Salvation Army. Sponsors of the red bag project were Carlisle Plastics, Inc., KFMC, Sentinel, Fairmont Photo Press and the Salvation Army.

YEARS AGO IN THE PHOTO PRESS

WEEK OF DECEMBER 7, 1969

The Fairmont Community Hospital Board reelected officers for the upcoming year. They included President U.B. Idstrom, Vice President Donald David, Secretary-Treasurer Vern Nolte and E.A. Thayer, acting chief of the medical staff who replaced Dr. H.A. Williamson. Other board members were Charles Zierke and Rollo Campe. Cale Neal was administrator.

Fairmont Hotel was be-Morris. The camera and hobby shop will have its office on the upper floor.

New officers of the Fairmont Chamber of Commerce were Todd Paulus, President; Harris Sorenson, 1st Vice President; Leonard Meschke, 2nd Vice President and Jeremy

eat play shop



Do you Roku? Roku is a new addition to the Fairmont Library! Roku is a your regular TV into a smart TV! All you need is a WiFi connection and a TV with an WiFi and away you go! If you your favorite content!

isn't compatible with the new Disney+ service, Roku can connect you! Plus, the Roku device has a lot of free streaming options available for use, even if you don't have membership accounts with Netflix and others. Roku sticks check out for one week and there are no overstreaming stick that turns due fines. Try it out today!! All Roku information is reset when returned to the library, so no personal information HDMI input. Plug the Roku is shared with the next user. into your TV, connect to your It's a great way to stream all

CREST annual appeal address correction

on the CREST annual appeal hance the Quality of Life for

CREST is once again seekduring the Annual Appeal. Again this year, an anonymous donor will match each gift, which doubles the impact on the lives of family, friends, and neighbors. It is through the generosity of all

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In last week's Photo Press. of us working together that an incorrect address was CREST continues to grow provided to the Photo Press and expand services to "En-Those We Serve."

You too can "Ennance the ing support from the public Quality of Life" for neighbors strong winds caused cannot call and get and friends by simply writing a check to CREST and to gallop or bounce, hours, that often means mailing it to 820 Winnebago causing blinking lights Avenue, Suite 2, Fairmont, Minnesota 56031. Your gift is greatly appreciated and is remotely tax deductible.







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Jeff's Jottings

early visit again this it a mess for holiday travel-Thanksgiving. My nephew Jared and his family from Bismarck, ND found that out when their Saturday flight back home was changed to earlier Monday morning because of blizzard conditions in their at my niece Mikayla and her husband Matt's home the item was a hog nose

Tt seems that winter My brother-in-law Travis decided to pay us an and I each cooked up a turkey. I did a 21-pounder on year after a big storm struck our Weber grill and Travis our area last week. It made did his 20 pounder in the smoker. So, needless to say, ers both before and after even with 24 people eating turkey, we still had lots of turkey left over. Can we say lots and lots of turkey sandwiches?

"What is it?"

Last week's "What is it?" item was quickly answered by a regular at correctly home area. We did have a answering my "What is it?" houseful of Hagen relation items each week. Brian Olson correctly answered that in Ceylon on Thanksgiving. leader tool. I hadn't seen

> one myself we just used a pliers to grab encourthem move when I was growing up. Thanks Loos



of Sherburn for bringing the item in. This week I have an something that was brought to our office by Don Richards of Fairmont. It measures 7.25 inches in diameter and is made of cast iron. The top photo is a photo of the front of the item and the bottom photo is the back side. So do you know what it is? If you know the answer or want to





guess what it is, email me at jeff@ fairmontphotopress.com

or call us at 507-238-9456 with your answer. I am getting low on new items to highlight in this column, so do you have an item you think would be good to have in this column? Just bring it in and we will take some pictures and get measurements and you will see it featured in a future Photo Press.

Holiday Delights

This Friday night, Downtown Fairmont will be the place to go to get your Christmas cheer, hear lots of great carols and take advantage of business specials as they hold "Holiday Delight" in downtown Fairmont. A number of stores will remain open until 10 p.m. that night. There will be a grand prize drawing of \$150 Downtown dollars and winner need not be present to win. Register in the various stores that night. There will be wagon rides from Rick DeBoer carolers making their rounds, holiday music playing in the streets and trees and decora-

pie is not delicious. As a matter of fact, it's only edible if you hold your nose closed

tions will be lit up throughout downtown.

For the first time in a few years, my quartet SonG-QuesT will not be able to be part of this big night as 2019 proved to be a huge challenge for us in losing one member, while gaining a new member, and a number of health-related issues to our quartet and spouses proved to be too much to get ready for Christmas this year. There are still lots of great things happening downtown Friday night. Support your neighbor, your friends and our communities by shopping local first.

Tea, soup dinner and delights!

Here are a brief list of some of the events happen-Friday, December 6th is Have a great week! Holiday Delights in Downtown Fairmont • Saturday, December 7th is the Red Bag Kamp For Kids bag collection in Fairmont. Have your bags out by 9 a.m. that morning. Boy Scouts will be out in area towns collecting the bags at select locations. • Saturday, December 7th the Trimont United Methodist Church will have their 54th

lar to twice baked potatoes. Pumpkin pies have always given me fits - especially

annual Soup Dinner from 11 a.m. to 1 p.m. The Youth group will also have a bake sale and Trimont Area Centennial Band will perform. Saturday, December 7th Chubb House will have their Christmas Tea and Bake Sale from 11 a.m. to 2 p.m. • Sunday, December 8th the Sherburn-Dunnell All School Reunion Committee will have a pancake feed from 9 a.m. to 12:30 p.m. at MCW High School in Sherburn. The Sherburn Lions will be serving. It will be a freewill donation, with funds raised helping support the All-School Reunion June of 2020. • Monday, December 9th the Regional Worship Center in Sherburn will host a pancake, sausage and egg ing in the coming week. • breakfast from 8 to 10 a.m.

> Drive safely - visit a shut-in or family member - eat, play, shop local - visit downtown Fairmont for Holiday De-



The fourth annual roast beef commercial meal will take place Sunday, December 8th from 11 a.m. to 1 p.m. at St. John's Lutheran Church, Antrim. For a free will offering. The Sunday School is once again sponsoring a craft and bake sale before and during the meal. Come enjoy fellowship with us.

The Ladies of First Congregational Church of Sherburn will have their 4th annual Christmas Cookie **Exchange and Finger** Luncheon Saturday, December 7th at 10 a.m. Bring 1 or 2 dozen cookies, invite and bring your friends. They will also have an ornament exchange.

and swallow fast, washing it was a pumpkin pie flavored Without sugar, pumpkin dessert with a texture simi-

Mom's recipe.

With about ten days to Turkey Day, I had plenty of time to practice...

...only worthy of the trash can...why won't this bake... just like Mom's...

For the rest of this story, visit our website at fairmontphotopress.com or you can request a paper copy by calling the office at 238-9456.

eat play shop

The Truman Craft and Bake Sale will take place on Saturday, December /th from 9 a.m. to 4 p.m. at the Truman Community Building.



when you register.

Jasmine Clausen Esden Carroll.....December 28



Five Lakes Centre Fairmont, Minnesota

"Just the other day"

Guest Columnist

Tom Palen, broadcaster, pilot, writer

Best Pumpkin Pie

Melissa said, "You have so much cooking to do for Thanksgiving, maybe we could get a pumpkin pie from the Rustic Inn...I mean, to save you some time, of course." I glared at her. She defended her comment, "You've always said the Rustic Inn has the best pie on the North Shore."

I reminded her, "I said they have the best pie of any restaurants on the North Shore. I'll make my own pumpkin pie, thank you very much, ma'am!"

She tried to justify such a purchase, "You could make an apple pie, and we could buy a pumpkin pie to save time." I would hear no more of her non-sense and walked

my mom gave me when I was putting together my own cookbook.

I love baking all kinds of pie and I'm pretty good at it, but one pie has been giving me fits for as long as I can remember - the pumpkin pie. Not just any pumpkin pie, but specifically the recipe

ESCHLI HORSENS LENDER We believe in you." Holiday Open House

Monday, December 9th 9 a.m. - 5 p.m.

> Refreshments will be served and a drawing for door prizes

We are collecting new winter gear (gloves, hats, mittens & scarves) for the local elementary schools.

Wishing all of our customers, friends & family a very happy holiday season.

114 S. Park St. | Fairmont, MN | 507-235-5556 | ffmbank.com

Mom hand wrote across the top of the page, "Best Pumpkin Pie of All Time - It came from a friend in Glendive." (The town I was born in.) Below, she hand wrote the recipe for me. I have tried for years to make this recipe and it never turns out.

Melissa's suggestion to purchase a pie this year, inspired me to try again; to work on my pumpkin pie making skills. I knew I could get it right before the kids came for Thanksgiving this

The last time I recall making a pumpkin pie was at my daughter's house in North Carolina, six years ago. I was pleased with the pie. It looked and smelled good and the texture was just right! But when I bit into it? Well, I now call it "The Sugar Free Pumpkin Pie Incident."

down with cold milk. I didn't want to waste two pies, so to salvage them I scraped the baked filling from the crusts into a bowl. I stirred in the forgotten sugar, mounded the filling from both pies into one crust and tossed it back into the oven. The end result

_ow interest rates getting you down? Let's talk.



MKT-5894I-A

Paul Schellpeper Financial Advisor 1001 East Blue Earth Ave Suite B Fairmont, MN 56031 507-238-4244



Financial Advisor 1001 East Blue Earth Ave Suite B Fairmont, MN 56031 507-238-4244 www.edwardjones.com

Drew Schellpeper

Edward Jones MAKING SENSE OF INVESTING

Member SIPC

Dining and Entertainment

Fairmont Toy Show (under new promoter)

December 14th & 15th 2019

Saturday 9am-5pm Sunday 10am-3pm

Five Lakes Centre 400 S State Street, Fairmont, MN

Farm toys, cars, trucks & various collectibles



Fairmont Eagles

1228 Lake Ave · 238-2555

Thursday, December 5 • 7pm: Meeting

Friday, December 6 • 5-7pm: Burger Night **Burgers \$6**

Month's Burger: Yum Yum Burger

1/3# burger topped with American cheese, lettuce, tomato and Yum Yum sauce

Steve Lange &

Bob Petrowiak

Monday, December 9: Kitchen opens 5pm • Bingo 7pm

Tuesday, December 10 • 5-7pm: Fish Supper • \$10

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

HOT MEALS ON WHEELS

Hot Meals on Wheels are Monday through Saturday for convalescents and persons who cannot purchase and prepare adequate meals. Meals are prepared by Lakeview Methodist Healthcare and volunteers deliver in Fairmont between II a.m. and noon each day. This is a community project and is non-profit and not government funded. For more info on Hot Meals on Wheels, contact Karen Toupal 507-236-8781.



Fairmont, MN

Sun-Thurs 11:00-9:00; Fri-Sat 11:00-10:00 www.elagaverestaurantemexicano.com

SENIOR DINING WEEKLY MENU

Senior Dining is served each weekday at 11:30 a.m. at Friendship Village Monday thru Friday. Meals catered by Lakeview Methodist Healthcare. To reserve your meal, call 238-1650 between 9 a.m. and noon the day before.All area seniors welcome. LSS Senior Nutrition is made possible in part under the Federal Older American Act through an award from the MN River Area Agency on Aging under an area plan

approved by the MN Board on Aging. **DEC 5 - 11**

Roast turkey, THURS: dressing, gravy, winter mix veggie, cream pie.

FRI: Shrimp, hashbrown bake, mixed veggie, ice cream.

MON: Bean soup, cornbread, applesauce, twinkie dessert.

TUE: Pot roast, red skin po-■ tatoes, gravy, baby carrots, rice pudding.

I WED: Chicken a la king, bis- I cuit, beet pickle, lettuce salad, brownie.



Holiday Concert Fri., Dec. 13th • 7 p.m.

Doors open at 6pm

ADVANCE TICKETS REQUIRED

\$15 Students \$6

Available at Hy-Vee, Red Rock or www.redrockcenter.org

Now Serving Wine & Beei



Shop Truman Craft Sale

December 7th, 2019 **Community Building** 9 a.m. - 4 p.m.



Face Painting • Truman Pride will have lunches for sale • Scentsy Frangrances • Tall Glass Angels • 31-Bags • Crystal Bracelets • Creative Memories Products • Albums • Lifetime warranty on Coverlets • Pillowcases • Baby Bibs • Willow Angel Tree Ornaments Popcorn Bars • Wooden Signs • Hand Pottery • Framed Puzzles Buttom Christmas Ornaments
 Flip Flop Welcome Signs
 Goat Soap • Glass Painted Christmas Ornaments • Quilts and Afghans

5th Annual **Cookie Walk**

ONE DAY ONLY!

Friday, December 6th 3 p.m. - 7 p.m.

JOIN US FOR DOZENS OF HAND BAKED GOODIES INCLUDING COOKIES, CANDIES, SNACK MIX, AND LEFSE

Goods will be available for sale by the pound. Pre-made cookie rays will also available for sale

First Congregational UCC 319 Downtown Plaza

4th Annual

ROAST BEEF COMMERICAL

Sunday, Dec. 8th 11am-1pm

St. John's Lutheran

Church Antrim A Free Will Offering.

The Sunday School is once again sponsoring a craft and bake sale before and during the meal.

Come enjoy fellowship with us.



SAT., DECEMBER 14 9 a.m. - 11 a.m.

Cookies and Candies will be available for purchase by the Pound!

Containers provided or bring your own!

Pre-boxed "gift-able" cookie batches available.

Coffee and Cider will be available for a free will donation

St James Lutheran **Church of Northop**

eat play shop



The Fairmont Area Elementary School 5th grade class recently visited the Pioneer Museum in Fairmont and took a tour of Martin County history. (Submitted photo)

Haven't got your tree or decorated for the Holidays? Stop here first!!



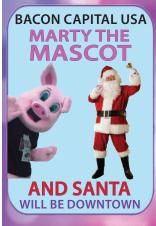


407 E. 12th St. Fairmont, MN 507-235-6986

VISA MISSERGE DISCOVER

M-F 9am-6pm **SATURDAY** 9am-5pm **SUNDAY** Noon-4pm

Downtown Fairmont's Friday, December 6th



Register for grand prize \$150 **Downtown dollars** participating stores for the

GRAND PRIZE DOWNTOWN DRAWING

Fairmont Opera House will be presenting Mick Sterling "At Christmas" at 7:30. Make a purchase at any downtown store and get a buy one get one free coupon for the evening's performance.

It's the BIGGEST shopping night in Downtown Fairmont

Wagon Rides

Most **Stores Open Until** 10 p.m.

Signs in **Participating Stores Open** Late!

Holiday **Bargains**

Seasonal Music

LAL.

Participating Merchants Include

EL AGAVE ~ GOOD NEWS BOOK STORE ~ FAIRMONT SENTINEL ~ JAKE'S PIZZA ~ SOVELL JEWELRY ~ PICTURE THIS SCRAP THAT ~ DEE'S FLORAL & DESIGNS ~ BLAZER BAR & GRILL ~ BUNTJER SALON UNITED METHODIST ~ WHITE ORCHID ~ D&S TROPHIES ~ CJ SWEET ~ THE VISUAL IDENTIFY VAULT ~ THRIVENT FINANCIAL ~TWELVE BASKETS ~ INDULGE SALON ~ FAIRMONT PHOTO PRESS

Local Girl Scouts place inverted Christmas Tree at Mayo Clinic Fairmont

By Siri Kabrick, Troop Leader, Junior Girl Scout Troop 34727



Holiday Delights December 61H 9pm-10pm 10AM-9PM When you book a 2020 Session Prizes and Refreshments

WWW.FACEBOOK.COM/SHARIMARIEPHOTO 208 Downtown Plaza • Fairmont, MN

Holiday Delight Friday, December 6 Tanning, Product and Other Specials

Door Prize Drawings

Refreshments Served

GIFT CARDS AVAILABLE FOR:

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salon & spa

203 Downtown Plaza Fairmont 507.235.5266



119 Downtown Plaza - 507-235-5026

Fairmont. the

been displayed in the window of "Picture This Scrap That" on Downtown Plaza. We would like to thank Deb Kelly for graciously allowing us to display our tree for many years and also thank MCHS Fairmont for permitting our tree display this

310 Downtown

235-3705

8 p.m. - 9 p.m.

25% off

storewide

9 p.m. - 10 p.m.

30% off

storewide

Few items exempt

Register for Downtown Dollars Drawing!

Gift Certificates Available

(507) 238-2656

114 E. 3rd St.

I am Siri Kabrick and I am Troop Leader for Junior Christmas tree. Here is Girl Scout Troop 34727 in

Our troop put up and decorated County Girl Scouts Service Unit Christmas Tree on Sunday, December 1st. This year the tree is on display using ornaments made by several troops (using recycled juice can lids) in the Mayo Clinic Health System-Fairmont clinic lobby near the provider photos at Station F. In past years, the tree has

The tree is an inverted the story of how inverted Christmas trees came to be:

The Christmas tree was Martin first used by Saint Bonafice of Devonshire in the seventh century to explain the holy trinity to pagans. The Christmas tree was originally hung upside down so that pagans knew the tree was not simply a floral decoration but was instead a symbol of Christianity. By the 12th century, Christians across Europe were customarily hanging their tree upside down. Eventually, the tradition was replaced with the upright Christmas tree, so that the tree pointed toward heav-

Misconceptions of the Original Trend

As the tree tradition flipped, some countries in Europe maintained the upside-down approach. Eventually, Christians unfamiliar with the upsidedown tree began to think the trend was sacrilege and represented anti-Christmas sentiments. Because of this misconception, some non-Christians use the symbol of the upsidedown Christmas tree the same way they use the symbol of the upside-down cross -- which was originally symbolic of Saint Peter's cross -- as an anti-Christ symbol.

Revival of the Original

In the mid 2000s, the upside-down Christmas tree trend became popular again. However, few believe it had much to do with history or a revival of Christian ideas and symbolism. Edward O-Donnell, an expert on Christmas traditions, explained that the upsidedown Christmas tree most likely became a trend again because it seemed nontraditional. An upside-down tree looks bizarre in the home and could be considered "edgy" and appeal to non-Christians who celebrate Christmas.

Christmas Tree Symbolism

The Christmas tree has been used to symbolize several Christian concepts. The triangular shape of the tree was originally used to symbolize the three points of the holy trinity. Because fir trees remained lush during the winter, while many other types of trees lost their leaves or died, the fir tree began to symbolize the Tree of Life in the Garden of Eden. Eventually, people started decorating the tree with apples and white wafers taken during Communion. Because of these decorations, the Christmas tree represented both the Tree of Life and the Tree of Knowledge.

found on Research https://www.ehow.com/ info_8683446_significanceupside-down-christmastree.html



Boxed Christmas Cards - over 100 styles

Nativity Sets
 Ornaments
 Bibles

Little People Nativity (while supplies last)

Selected gifts ½ price

We special order religious and

non-religious books. Please ask.

BOOKSTORE

Left to right: Siri

Kabrick, Norah Heille,

Aliya Duehlmeyer, Brae-

lyn Miller, Samantha

Krueger. (Submitted pho-







Fairmont Area Kinship Staff-Jen, Sarah, and Katy accept a donation of \$1,500, for single and group children mentoring activities, from Steve Fosness-Lee C. Prentice American Legion Post 36 Commander. (Submitted photo)

Fairmont United Methodist Church continues its Wednesday Evening Suppers from 5 to 6 p.m. at the church, 119 E. 2nd Street in Fairmont. This Wednesday, December 4th they will serve Christmas Chili (Hanging of the Greens). Next Wednesday, December 11th it will be fish fillets, mashed potatoes, and coleslaw. All dinners include peanut butter and jelly sandwich, beverage and donated desserts. A \$2 donation is suggested.

St. James Lutheran Church of Northrop will have their 2nd annual Cookie Walk on Saturday, December 14th from 9 to 11 a.m. Cookies and candies will be available for purchase by the pound. Containers are provided, or bring your own. Pre-boxed "gift-able" cookie batches also available. Coffee and cider is available that day for a free will donation.



Connecting faith & finances for good.®



Please join me for my Christmas Open House event.

EVENT DETAILS:

Friday, December 6, 2019, 4:00 p.m. Thrivent Financial Office 301 Downtown Plaza Fairmont, MN

HOSTED BY:



Scott C Fuhrman RHU®, FICF, FIC Financial Consultant 507-235-9877

No need to RSVP. Hope to see you there!

No products will be sold at this event.

Appleton, Wisconsin • Minneapolis, Minnesota Thrivent.com • 800-847-4836 26112A R9-16

The **Fairmont High** School Class of 1953 will meet Friday, December 6th for lunch at 11:30 a.m. at the Ranch Restaurant in Fairmont.

retired Martin County Highway workers and spouses will meet for lunch on Tuesday, December 10th at 11:30 a.m. at the Ranch Restaurant in Fairmont.





- Register for Downtown Drawing
- In-store Prizes
- Refreshments Served!

9am-6pm... G**om**-Som.. 910m-1001m.

235-9856 • 107 Downtown Plaza • Fairmont Mon-Fri: 9:00-5:00 • Sat: 9 a.m.- 1 p.m. • www.deesfloral.com Daily delivery in Fairmont and the surrounding areas!



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ALL FINE **JEWELRY** & WATCHES

STOP NEXT DOOR TO

LITTLE BIRD **CREATIVE SPACE**



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David W. Iverson, 55



Walter Iverson, 55, Fairmont will take place Friday, December 6th from 1 to 3 p.m.. at Lakeview Funeral Home in Fairmont. David died Wednesday, November 27th at Seasons Healthcare in Trimont. Lakeview Funeral and Cremation Service is handling arrangements for the fam-

David Iverson was born December 17th, 1963 in Fairmont. He was the son Iverson of Sherburn; brother Steve Andersen of Lyle Iverson and Alice mother - Alice Johnson and step-father Gordon (Wilke) Iverson. He attended school in Ceylon Larry (Kelly) Iverson of

A visitation for David where he enjoyed scout- Fairmont; sister - Peggy ing, boxing and cars.

> mont where he worked for Art (Bonnie) Andersen of Armour & Co., Tyco Plastic Fort Madison, Iowa; sisterjoyed camping and fishing great nephews and friends. with friends and family.

> partner, Janet Diekmann grandparents, of Fairmont; son - Cory Dennis Iverson, halfof Fairmont; brother -

Iohnson (Kenny) David moved to Fair- Princeton; half-brother and Harsco, until he re- in-law - Joanne Andersen tired in 2008 due to disabil- of Sanborn, Iowa; many ity. He made his home with uncles, aunts, nieces, Janet Diekmann. They en- nephews, great nieces,

Along with his father, Left to cherish his Lyle Iverson, David was memory include: his life preceded in death by his brother Johnson.

hold your phone in your because our dispatch hand or use it at any time for video calling, video streaming, social media apps, gaming, looking at video or photos stored on the phone, reading texts and scrolling or typing on the phone.

> The new law does allow a driver to use by voice commands or single-touch activation.

Emergency calls are allowed both in handheld and hands-free mode.

November 27 - Gayle Mau, 60, Fairmont Lakeview Funeral and Cremation Service November 27 - David W. Iverson, 55, Fairmont Lakeview Funeral and Cremation Service December 1 - Ellis E. Saxton, 91, Fairmont Lakeview Funeral and Cremation Service December 1 - Edwin W. Fitzlaff, 65, Truman (formerly of Jackson) Zaharia Family Funeral Home

In Memorium One Year Ago This Week

November 25 - Marilyn K. Thompson Christ, 69, East Chain, formerly of Lakota, Iowa

November 26 - Maurine C. Wendel, 96, Fairmont November 26 - John Naas, 64, Fairmont (formerly of Sherburn)

November 28 - Kenneth L. Crissinger, 84, Sherburn November 30 - Charles L. Rakness, 79, Fairmont November 30 - Robert J. Friesen, 76, St. James December 2 - Betty A. Kaelberer, 77, Truman December 3 - Darrel F. Hagedorn, 89, Fairmont

You can avoid a ticket - and a crash — if their cell phone, but you simply buckle up, only in hands-free mode drive at safe speeds, pay attention and always

> Zero Deaths. have any If you questions concerning

drive sober. Help us

drive Minnesota Toward

traffic related laws or issues in Minnesota send your questions to Sgt. Troy Christianson -Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. (Or reach him at, Troy.Christianson@state. mn.us)

operators and landlords

Ask A Trooper: **Hands-free rules**

by Sgt. Troy Christianson, **MN State Patrol**

Minnesota's hands-free response and hands law is in effect it seems free options are not there are numerous available? vehicles pulled over on the shoulder with law does not allow the driver talking or motorists to stop on a **texting on the phone.** roadway unless it is for an This seems unsafe. Is emergency. it legal and if not what is the recommended this prevent us from phone. procedure receiving a call or text as efficiently as possible

Challenges in setting

2020 land rental rates

Question: Now that that needs a prompt

Answer: Minnesota

Instances **upon** utilizing our resources

receive center may numerous calls reporting an occupied stalled vehicle. A Trooper would then be sent to the reported location to either find someone talking on their phone or no longer at the site.

We encourage motorists to find a safe place to exit and find a parking lot or legal parking zone before manipulating their

Remember under the law, you may not

Guest Columnist



Phone: (507) 381-7960 • E-mail: kent.thiesse@minnstarbank.com

pleted in any given year, farm operators and nonfarm landowners begin the tenuous task of negotiating annual land rental rates for the following crop year. Approximately 60-70 percent of the crop land in the Upper Midwest is under a land rental agreement, and most rental agreements are negotiated on an annual basis. There are some two or three-year leases in existence, which are more common in rental agreements among family members. Arriving at equitable land rental rates for the 2020 crop year is even more of a challenge, given the variable crop yields in 2019 and continued low grain market prices, as well as uncertainty tiations.

rental arrangements have been between farm operators and landlords that usually have known each other quite well, sometimes being neighbors or family members. However, in recent years, more and more land ownership has been transferred to family members or family trusts outside of the local area where the land is located. Some landowners are hiring the services of a land management company to represent them in land

such as we are now experiencing.

surrounding trade nego- Northern Iowa had corn ever recorded. yields that were 10-20 per-In the past, many land cent above their 10-year jecting the national avercrop insurance actual age farm-level soybean production history (APH) market price for the 2019vields in 2016 and 2017, 20 marketing year at an avbefore having corn yields erage of \$9.00 per bushel, that were 10-20 percent compared to final national or more below long-term average price of \$8.48 per average yields in 2018 and 2019. This points out why it is best to use the updat- average corn price for the ed 10-year APH vields, or 2019-20 marketing year other verifiable historical at an average of \$3.85 per yield data, to make yield bushel, compared to \$3.61 projections for cash rental per bushel for 2018-19. rate estimates for the coming year.

remained fairly low for price bids for the Fall of rental negotiations. Many nearly over four years 2020 are currently much times, farm operators have (2016-2019), though re- lower. Southern Minneso-

Once harvest is com- had very limited previous cently there have been working relationships with some signs of slight imthe newer landlords or provement, due to the those representing land- poor crop yields in 2019. owners. This can lead to Soybean prices have remore challenges when ne- mained fairly low followgotiating annual land renting the Chinese tariffs on al rates, especially during U.S. soybean imports in more difficult economic mid-year of 2018, which times in crop farming, continue to be in effect at this time. U.S. soybean export levels to China in 2019 Crop producers in the have been only a fraction Upper Midwest are indiof what they were prior cating mixed crop producto the ongoing trade war. tion results in 2019. Some Up until 2018, China had producers reporting near been importing approxiaverage corn and soybean mately one-third of the yields, while producers U.S. soybean production in other areas had some on an annual basis. The of their lowest crop yields estimated U.S. soybean in the past two decades, carryover at the end of the many for the second year 2018-19 marketing year on in a row. Many farm op- August 31st, 2019 was over erators in portions of 900 million bushels, which Southern Minnesota and was at the highest level

USDA is currently pro- rental agreements. bushel for 2018-19. USDA is estimating the national Even though there is some current strength in local Cash corn prices have grain markets, forward

ta prices for the Fall of 2020 are near \$3.30-\$3.40 per bushel for corn and near \$8.30-\$8.40 per bushel for soybeans, with even lower prices in Western Minnesota and the Dakota's. It is probably not realistic to base 2020 cash rental rates on projected prices of near \$4.00 per bushel for corn and \$9.00 per bushel for soybeans, given the current fundamentals in the grain markets.

Most farm operators have received some market facilitation program (MFP) payments in 2019 to compensate for some of depressed market prices that have resulted from the ongoing trade war. However, these MFP payments did not totally account for the financial loss incurred by many crop producers with reduced crop yields. USDA has indicated that farmers should not plan on MFP payments for 2020, so they should not be factored into 2020 cash

Average crop input exin Southern Minnesota, excluding land costs declined somewhat in 2017 and 2018; however, expense estimates were a bit higher for 2019, especially for fertilizer, fuel, repairs, and harvest costs. Most farm operators will likely have similar operating expenses for 2020. Costs for operating interest in 2020 could be slightly lower compared to previous years, due to declining inmay be offset by increasing levels of farm operat-

ing debt. Production costs are highly variable from farm-to-farm, depending on fertility level, availability of livestock manure, and farm operator efficiency.

The tight cash flow margins in crop production for the 2020 crop year are causing concern for farm operators, as they negotiate land rental rates for the next year. The very tight, or even negative profit margins for next year's crop, are also a concern for ag lenders, as they begin to re-finance crop producers for the 2020 crop year. Some farm operators will the financial loss from the need to do some serious evaluation before agreeing to pay higher land rental rates for 2020, which could potentially lead to some large financial losses for their farm operation.

In many cases, landin 2019, especially in areas lords have lowered land rental rates in the past few years, due to the lower commodity prices and tighter cash flow margins. Management Analyst, has Now landlords are wondering if they need to make formation Sheet titled: further adjustments in "Flexible Lease Agreeland rental rates; however, penses for crop production this can be a difficult deci- a free copy of this Informasion, considering that real estate taxes on farm land are quite high in some areas. Demand for rented farm land has remained very strong in some areas: however, that demand has has some very good restarted temper a bit for rented land at higher land rental rates, due to the continued low commodity prices. Serious and honest negotiation between farm operators and landlords will be required to arrive terest rates; however, this at equitable rental rates for 2020 and beyond.

An alternative for farm

to consider for 2020 may be to enter into a "flexible cash rent agreement", which sets a reasonable 'base rental rate" that is based on average crop yields, typical production costs, and projected 2020 prices. A "flexible lease" would have provisions to increase the final annual rental rate in the event of exceptional crop yields and/or higher than anticipated crop prices in 2020. These final cash rent adjustments should be based on actual crop yields and/ or crop market prices in the Fall of 2020, with any rental rate adjustments occurring on the final land rental payment for the year. If the "base rental rate" is set higher than realistic breakeven levels for the farm operator, the flexible lease will not be very

Kent Thiesse, Farm prepared an updated Inments for 2020". To receive tion sheet and other land rental information, contact Kent Thiesse at: kent. thiesse@minnstarbank.

effective to address the

added financial risk.

Iowa State University sources on flexible cash leases and written cash rental lease contracts, including sample cash rental contracts, which are available on their "Ag Decision Maker" web site, which is located at: http://www. extension.iastate.edu/ agdm/.

Grace Lutheran Church in Fairmont hosts an **open** door meal Wednesday evenings from 4:45 to 6:00 p.m. each week. Wednesday, December 4th (Advent) they will serve chicken wild rice soup and chili. On December 11th it will be meatballs. All meals include fruit, veggies, peanut butter/jelly sandwich, cookies, milk, water and coffee. For A free will donation.

Join the Martin County

Library in Fairmont on

Saturday, December 7th at

of elf stations and holiday

activities for kids. This

event is free and open to

the public. Call the library

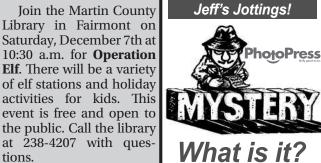
at 238-4207 with ques-

tions.

will have a Christmas **Open House** on Friday, December 6th from 1 to 4 p.m. Hot cocoa, coffee and Christmas goodies will be available for all. At 4 p.m. there will be a drawing from all new members joining in 2019. The winner will receive a garden flag. There is still time to become a new member. Need not be present to win.

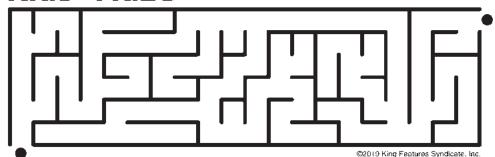
The Truman Museum

The Sherburn American Legion is in need of a new roof on their building. They are accepting donations of any amount. The new roof will cost \$16,000 and they need your help. Thank you to those who have already been so generous with donations. They are over half-way to their goal.



Fairmont Dance Team will be holding their first annual Showcase Night. Varsity and JV teams will perform their jazz and high kick dance for the community this Friday, December 6th at 7:30 p.m. in the Fairmont High School main gym. Admission is free. All are welcome.

Kids' Maze



PhotoPress

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



2013 CHEVROLET SILVERADO 3/4 ton, Duramax Diesel, 4x4,

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WARRANTY DEEDS

Maria Garcia Fernandez, Eber Noe Juarez to Lucas Encarnacion Chavez-Martin, PT SW1/4SE1/4, 33-104-30 Robert J. Lachapelle to Alexander Phippen, Lot 4, Subdivision of Lots 1 and 2, Block 7, North side addition Lucas Fjetland to Derrick Greiner, Lot 34, Block 1, **Shoreacres Addition**

Judith M. Ripley, Michael C. Ripley to Anna Haase, PT AP #70, SW1/4, 8-102-30

Kay M. Wrucke, Marlin D. Wrucke to Judith M. Ripley, Michael C. Ripley, E44' Lot 3, Block 1 and W6' Lot 2, Block 1, Maple Grove Extension Wards Central

Christine Montesano, Joseph Montesano to Elizabeth L. Montesano, Natalie L. Montesano, PT NE1/4, Govt. Lot 4, 30-102-30

Christopher A. Elbert, Sarah B. Elbert, Sarah B. Knudson to Jessica Knakmuhs, Lillian Ross, W135' EX W70', Outlot 28, Campbells 2nd Addition Welcome

Farmers State Bank of Trimont to Cory J. Sinn, Brian M. Steen, PT SE¼SW¼ and PT SW¼SE¼ and PT & Access Easement SE1/4SW1/4, 32-104-32 and Outlot H, OL A of Outlots A to H inclusive to the town of Triumph

Farmers State Bank of Trimont to Shane Schofield, PT SW¼SE¼ and PT 3.57 AC of SW¼SE¼, 32-104-32

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WINGERT REALTY LAND SERVICES, INC. Johnson, Lori Weinke, Todd Weinke to Allison Johnson, Lot 11, Block 8, 1st Ext Wards Central Addition

Geraldine M. Gewerth, Herbert G. Gewerth, Linda Range, Attorney in Fact to Dennis Classon, Helen Classon, Lot 2, Block 1, Eastside First Addition

Ashley Healey, Ryan M. Healey to Cameron Wilking, Randy Wilking, E100' S70' N140', Lot 7, Block 2, Scotts Addition Truman

Robert M. Ahlgren, Michelle M. Alhgren, Kelly A. Mc-Master, Kimberly A. Nelson, Randy L. Nelson to Robert Lenort, Susan Lenort, Betsy Tino, Dustin Tino. Lot 7, Block 1, Holdens Addition

Dennis D. Classon, Helen J. Classon to Christopher Mark Gaalswyk, Lauren Elise Gaalswyk, PT NE¼, Govt Lot 2, 30-101-30

Cassandra Jo Caron to Brett Hofer, Kelly Hofer, W50' of Lots 6 and 7, Block 7, 1st Ext Wards Central Addition

Carmen Deling, Randy Deling, Natalie Wiederhoeft, Scott Wiederhoeft to Amy Anders, Nathan Anders. PT 5.87 AC UND 2/3 INT, NW¼NW¼, 21-103-30

Erica June Buhmann Wickert to Allison Nicole Young, Zachary Ryan Young, Lot 4, Block 2, Heritage Park 3rd Addition

Elaine Bezdicek, Greg Bezdicek to Elizabeth Peters Viesselman, W½ SE¼, 16-102-31

Kenneth E. Buhmann, Patricia Buhmann to Douglas Peterson, Judy Peterson, PT NW1/4, 18-101-29

Dale Richard Eisenmenger, Linda Thate Eisenmenger to Leah Katherine Jorgenson, PT S1/2 AP #69, 8-102-30

QUIT CLAIM DEEDS

Paul E. Miller, Ruth A. Miller to Paul E. Miller, Ruth A. Miller, Lot 9, Block 2, 1st Ext Wards Central Addition

Charles A. Maday, Mary Jo Maday to Charles A. Maday, Mary Jo Maday, PT .4 AC NW $\frac{1}{4}$ and PT .4 AC SW $\frac{1}{4}$ and PT 1.56 AC NW1/4, 29-101-30

Joan M. Luedtke, Russell E. Luedtke to Robert J. Lachepelle, Lot 4, Subdivision of lots 1 and 2, block 7, North Side Addition

Amy Anders, Nathan Anders to Carmen Deling, Natalie Wiederhoeft, PT .25 AC UND 2/3 INT, NW1/4NW1/4, 21-103-30

Nathan Anders to Amy Anders, Nathan Anders, PT 5.87 AC UND 1/3 INT, NW1/4NW1/4, 21-103-30

CONTRACT FOR DEED

Deborah L. Sumey, Steven W. Sumey to Karen K. Plathe, Douglas A. Smith, Lot 1, Block 4, Krahmers Ad-

TRUSTEE DEED

Roebbeke Family Revocable Living Trust, Darlene R. Roebbeke Trustee to Sara Junkermeier, Troy Junkermeier, Lot 5, Block 1, Southgate Sixth Addition

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The Martin County Youth Foundation awarded \$2.450 to the Chamber of Commerce to help fund next spring's Area Career Exploration which provides 700+ students from 12 area schools with opportunity to meet with 80+ businesses and receive information on career paths and job opportunities in our local area. L-R: Laura Kramer, Board Member and Ned Koppen, Chamber President. (Submit-



The Martin County Youth Foundation awarded \$1,680 to the Fairmont Bowling Association (FBA) USBC to allow 240 youth to learn how to bowl with free safety coaching, lessons, equipment and games. L-R: Laura Kramer, Board Member and Deb Klujeske, **FBA.** (Submitted photo)



The Martin County Youth Foundation awarded \$500 to Kelly Lopau (center) to provide a Musical Sensory Garden at the Fairmont Elementary School where children with sensory issues can play on musical instruments that have matching color coordinated songs for those who can't read notes. Kelly is working towards the Gold Award-the highest Girl Scout award she can earn. Also pictured is Kelly's mother, Dawn Lopau (left) and Char Kahler, Board Member (right). (Submitted photo)

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Fairmont Christian School students participated in some fun activities last week. The classroom was a safari theme, so to solidify the previous units, the room was made into a Jungle Hospital. Some students worked with number bonds while bonding with baby animals in the "nursery," others sorted "medicine" into the correct bottles, while another group bandaged animals during subtraction surgery. There were 7 stations they each had to visit in the hospital and each student had a medical file to chart what they completed. (Submitted photos)





Volunteers with 3M Cares helped Martin County Kinship with a mailing to tell about the awesome mentoring of youth in our county. (Submitted photo)



The Martin County Youth Foundation awarded \$2,200 to Martin County Kinship to provide fees and/or equipment to allow youth to participate in activities that will help them develop positive behaviors. L-R: Greg Brolsma, Kinship Asst. Dir. and Peter Odgren, Board Member. (Submitted photo)

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