# PhotoPress 

## Wednesday January 1, 2020

SERVING MARTIN COUNTY PLUS ADJACENT MINNESOTA \& IOWA COUNTIES

## NEW YEAR, NEW YOU Start Within, Heal your Gut! <br> Guest Columnist

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

Welcome to 2020!! Here education, the desire to we go: another year, another fresh start. Only this time, you will have more information-better infor-mation-on how to avoid the classic early failure in attempting to reach your new year's goals. With the right information and your renewed commitment to change, this can be the year that you finally do it!!
I speak as someone who has done it. This past year, along with my wife Monica, I was able to make permanent positive changes in my health, my weight, and my workouts by building on a sound foundation of proper supplementation, diet, exercise, and lifestyle. I am not here to sell you the latest multi-level marketing gimmick or diet, just sound nutritional advice based on years of experience, a ton of research and
serve at a higher level, and the success I have seen in my own health through putting into action the advice that I give you.

Before you sign that gym membership, before you buy all those weight loss products that Dr . Oz supposedly promotes, before you do anything, stop and think. Why did those things not work for you in the past? Why did your efforts go to waste? What were you missing? I can tell you right now you were missing something. It's the same thing over $80 \%$ of all Americans are missing, and that is paying attention to your gut. Your leaky gut. Until you heal your gut, nothing else will work. Let me explain.

Those supplements you were told will burn fat or help you lose weight? They must be absorbed by your
gut. The new diet you are going to try really hard to stick with? That food goes into and through your gut. The food you take in to fuel your workouts? Again, it must go through your gut. Gut, gut, gut. Are you getting the pattern? Lots of people never do. They reach for the acid reflux pills, or the Maalox, or the Alka Seltzer to cover up the symptoms of a leaky gut and they wonder why nothing ever works.

Are you ready to change all that? Here's a quick explanation of how it works. Your gastrointestinal (GI) tract includes your esophagus, your stomach, and your intestines. Acid reflux occurs when stomach acid backs up into your esophagus. It's very easy to fix, as we've discussed before. Once food gets into your small intestine, a whole new world

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of trouble begins. The lining of your small intestine must be healthy enough to let the good stuff in and keep the bad stuff moving through. In most people, the trouble starts here. Our small intestine lining is not healthy. This can be due to stress, environmental toxins, medications (a big one!), smoking, and mostly our poor diets. When bad stuff leaks through we get inflammation, autoimmune diseases, poor absorption, and many other issues. Inflammation leads to swelling, water retention, increased visceral fat, and many other problems. Poor absorption means the vitamins we take never get to where they should be. We end up tired, overweight, bloated, and stiff from all the inflammation-not to mention broke because we waste all of our money on weight loss schemes that don't work.

You can heal your gut, but it takes some expert guidance and quality supplements. There are no drugs that can heal your gut. Let me repeat that,
there ARE NO DRUGS that heal your gut. They cover symptoms, at best For ex ample, taking Tums for an upset stomach is like plugging your nose when you smell your house burning or spraying air freshener when your toilet is plugged.

Proper supplements like curcumin (the right kind matters a lot!), ginger, and boswellia can begin the healing process. Glutamine and berberine can restore the thickness of the gut lining (when you take them can be very important). High quality probiotics are very important here as well; the wrong ones can actually make your gut worse! There are plenty of cheap probiotics out there, and usually they go right through you. Other supplements like licorice root, aloe, and marshmallow extract can be soothing as well. Chiropractic adjustments are very important here as well to ensure proper balance between sympathetic and parasympathetic nerve tone.

Once your gut is
healed, then the changes in diet and exercise will make a much bigger and longer lasting difference The workouts will no longer make your problems worse by raising inflammation and you'll feel better the next day because your inflammation is actually decreasing. The supplements you take will actually get into your system and help you build muscle, instead of helping bad gut bacteria do other things to you.

Over the next few months I will talk about other strategies like the keto diet, intermittent fasting, and the right kind of workouts for improving your health and increasing your resilience. Other things like weight loss and better workouts will come as a natural consequence of better health. For now, start within by healing your gut, and everything else will follow.

Have a happy, healthy New Year. Let us help you make it your best one ever!

## HERE is what WE can DO:

## Advertising

The Photo Press has a weekly circulation of over 24,000 readers.

NEW ITEMS should be brought in by Fridays before E.O.D! ADS should be APPROVED before NOON Mondays!
Newspaper Assembly - Tuesday Mornings (NO AD CHANGES)

## Printing

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Photo Press can customize anything! IF YOU HAVE A CURRENT JOB WITH US, PLEASE PROVIDE YOUR JOB NUMBERS! Baby/Bridal Shower • Banners • Booklets • Brochures • Business Cards • Business Forms • Funeral Folder • Envelopes • Flyers - Invoices • Labels • Large Format • Note Pads • Postards • Programs • Reports • Wedding Stationary and much more!

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Erika Roxana Sanchez Cortez and Jose Jacobo Gomez Aleman

Jessica Kathleen Linton and Brandon James Eckmann


BLOMGREN 80TH - Vic Blomgren of Winnebago celebrated his 80th birthday on December 20th, 2019. Please join him for a celebration in his honor on Sunday, January 5th, 2020 at the Winnebago Municipal Center in Winnebago from 1 to 3 p.m.


SAXTON 95TH - Doro thy Saxton of Fairmont will celebrate her 95th birthday with an open house in her honor on Saturday, January 4th, 2020 from 2 to 4 p.m. at Maplewood Residence Dining Room, 620 Summit Drive, Fairmont. Dorothy was born January 6th, 1925. Cards will reach her at Maplewood Residence, 620 Summit Drive, Fairmont, MN 56031.

> Fairmont High School Class of 1953 will meet for lunch at 11:30 a.m. on Friday, January 3rd at the Ranch Restaurant in Fairmont.

## 16th annual Generation to Generation Auction <br> For over 15 years, auc- School in Northrop on Sat-

 tion lovers have been urday, January 18th begin flocking to the Martin Lu- ning at 9:15 a.m. ther High School gym in January to bid on auction items for a good cause.The 16th annual Generation to Generation An-


This is a huge, all-day sale that benefits Student Tuition Aid at MLHS.

Some of the items on the auction this year include a collection of very old children and women's clothing, collectible toys, dishes, crocks, furniture and primitives.

Of particular interest is an ornate Pastor's study chair used by Rev. Emil Geistfeld of the tique Auction will be held Truman area, Mickey and at Martin Luther High

The soup's on for a soup lunch benefit for ARC Southwest. The benefit will be held Friday, January 3 rd from 11 a.m. to 1 p.m. at St. Martin's Episcopal Church in Fairmont. Take out orders are available by calling 238-2686. This event is Thrivent Action Team supported.
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, January 1st they will not have a meal due to New Year's Day holiday.

The Regional Worship Center will host a pancake, sausage and egg breakfast on Monday each week from 8 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.

## Martin County Relay

 for Life will hold its firs committee planning meeting for the 2020 Relay on Monday, January 6th at 5:30 p.m. at Mayo Health SystemsFairmont in the East/ West classroom. Team captains are welcome to attend if they would like.Fairmont High School Class of 1960, spouses, and friends will meet for lunch at 11:00 a.m. on Tuesday, January 7th, 2020 at Pizza Ranch in Fairmont.

Minnie Mouse tin tea set,

Blood donors needed to boost blood supplies
Blood donations of all at St. John Vianney Cathotypes - especially type O- lic Church in Fairmont are urgently needed now, as winter weather impacts the blood supply.

Upcoming local blood donation opportunities include:

- January 2nd - 10 a.m. to 4 p.m. - UHD, 515 S . Moore Street, Blue Earth
- January 6 th - 1 to 7 p.m. - United Methodist Church in Elmore
- January 6th -2 to 7 p.m.


The Silver Lake 4-H club recently visited the Pioneer Museum in Fairmont and took a tour of Martin County history. (Submitted photo)

## Toddler Tinker Labs at Martin County Library

The Fairmont Library will activities each month...the host monthly Toddler Tinker best part? Leave the mess Labs on Wednesdays at 9:30 behind at the library! a.m.

Dates for the Toddler Tinker Labs are: January 8th, February 5th, March 4th, and April 8th.

The "lab" is designed to allow toddlers to explore, grow and create with a variety of

Call the library at 238 4207 with questions. No registration is required and this event is free and open to the public.


## Make a New Year's resolution you can keep!


(Above): Elizabeth Lintelman of Sherburn was the lucky winner of the Photo Press "Stocking Stuffer" full

## City of Lakes Garden Club to meet in January <br> a business meeting fol

City of Lakes Garden Club meeting will be held Wednesday, January 8th, 2020 at The Ranch Restaurant at 9:00 a.m. in Fairmont. NOTE: This is a change of date and time due to the New Year's holiday.

Each person is responsible for their own meal. You may order off the menu. Please call or text Leslie Walkowiak at 651-895-6578 to RSVP your attendance. Visitors and new members are always welcome, but please call ahead of time so that accommodations are adequate.

Committee assignments and hosts for our monthly meetings will be determined at the meeting. Annual Membership Dues will also be collected at this time. There will be

Grace Lutheran Church in Fairmont hosts an open door meal Wednesday evenings from 4:45 to 6:00 p.m. each week. Wednesday, January 1st they will not have a meal. On January 8th it will be tacos.All meals include fruit, veggies, peanut butter/jelly sandwich, cookies, milk, water and coffee. Free will donation.
of gift cards from local businesses. Thank you to the businesses who were part of this promotion: Bomgaars, Fairmont Awards, NAPA, Perkins, Graffiti Corner, Graham Tire, PDDCW, Ambiance on Albion, Boeckett Building Supply, El Agave Mexican Restaurant, Fareway Food Stores, Visual Identity Vault, Pizza Ranch, HyVee, Sovell Jewelry, Smith's Greenhouse, Richard's Auto Repair, Fairmont Municipal Liquor Store, Welcome Meats, Bowlmor Lanes/Tee Box, D\&S Trophies and Embroidery, Fairmont Butcher Block. lowed by an informative presentation. The presentation theme for 2020 will be "Methods of Gardening" and/or "Visitors to the Garden". The topic for the January meeting will be Visitors to the Garden "Jewels of the Night - Fireflies".

The club meets the first Wednesday of each month. Next month's Garden Club meeting will be February 5th, 2020. Our civic project for the month will be providing Valentine table decorations for a local nursing facility.

If you are interested in becoming a member or would like more information about the Garden Club, please call Leslie Walkowiak at 651-8956578. You can also find us on Facebook.

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BITUARY notices
Catherine M. Kasper, 98


## Bruce W. Zingler, 58



Services for Bruce W Zingler, 58, of Fairmont, were held Tuesday, December 31st, 2019, at Lakeview Funeral Home in Fairmont. A private family burial will be held at a later date. Bruce passed away Wednesday afternoon, December 25th, 2019, at Mayo Clinic Health Sys- Rapids, Blue Earth, Win-
latl, Albert Lea, Sauk

Funeral Mass for Catherine "Kate" M. Kasper, 98, of Fairmont, was held Friday, December 27th, 2019, at Saint John Vianney Catholic Church in Fairmont. Kate was laid to rest at Calvary Catholic Cemetery in Fairmont alongside her life-long love, Frank, who has now welcomed her with outstretched arms and the greatest smile you have ever seen. Catherine passed peacefully December 19th, 2019. She was comfortably at rest in her home surrounded by all of her children who had come to Fairmont to celebrate her 99th birthday.
tems in Mankato. Lakeview Funeral Home and Cremation Service of Fairmont assisted the family with arrangements.
Bruce William Zingler was born December 1st, 1961, in Pipestone, MN, the son of Murray Edward and Eunice Esther (Beack) Zingler. He attended school in Pipestone and graduated from Pipestone High School. Following his graduation, Bruce went on to further his education attending the Vocational College in Anoka, MN.

On December 1st, 1981, Bruce was united in marriage to Linda Wartner in Pipestone. Together the couple made their home across southern and central Minnesota including Pipestone, Anoka, Mar-

Lakeview Funeral Home in Fairmont assisted the family with arrangements. In lieu of flowers, memorials are preferred to the St. John Vianney School Endowment Fund.

Catherine "Kate" (Schnabel) Kasper was born December 21st, 1920 to Mabel Aylward Schnabel and John E. Schnabel in Wisconsin Rapids, Wisconsin.
Kate was baptized at Saints Peter and Paul Catholic Church and following Catholic grade school attended Lincoln High School where she graduated in 1938. She enrolled in Mt. Mary Uni-
nebago and Fairmont. They were blessed with three children, Kyle, Erik, and Katrina.
Bruce worked various jobs thoughout his career. He worked at Shopko, Subway as a manager, Elmore Academy, Continental Carbonic and most recently found his passion in helping others as an EMT, serving the communities of Blue Earth, Elmore and Winnebago.

In his spare time, Bruce jumped at the chance to spend time outdoors. He loved being out in nature, being a sound tech, and cherished time spent with family and friends camping, fishing, playing cards and shooting at the gun range. Bruce took great pride in keeping a nice lawn and often in the summer months he could be
versity in Wauwatosa, Wisconsin, and graduated in 1942 with a Bachelor of Science degree.

Kate met Frank W. Kasper of Fairmont, in 1941 while he was at the University of Notre Dame and she was at Mt. Mary. They married June 3rd, 1944, in Saints Peter and Paul Catholic Church in Wisconsin Rapids.

Almost immediately following their wedding, Kate and Frank moved to Ohio where Frank was preparing for deployment with the U.S. Army Frank was destined for Frank was destined for
18 months of active duty in the European Theater
found on his riding mower making sure the grass was perfect.

Left to cherish his memory is his wife, Linda Zingler; children, Kyle (Janelle) Zingler, Erik (Rebecca) Zingler, and Katrina (Lee) Shoen; sister, Lee (Charlie) Gilmore; brother-in-law, Randy (Janele) Wartner; grandchildren, Oliver, Madeline and baby Shoen on the way, and Rhett and Rhayna Zingler; father-in-law and mother-in-law, Roger and Judy Wartner; nieces, nephews, cousins; brother, Shawn Shoen and his family, Corey Shoen, Ian Shoen, Drew Dettmer and Kelvin Bahr.

Bruce was preceded in death by his parents, Murray and Eunice Zingler; infant son, Nate Edward Zingler; grandparents;
in World War II. Kate returned alone to Wisconsin Rapids to stay with her parents while Frank was overseas. During that time, she gave birth to their first child, Catherine (Kitty) February 26th, 1945. Frank returned home from the war in March of 1946. They then moved to Fairmont, Minnesota, where they made their home. Frank passed away March 11th, 2007.

Kate was a member of St. John Vianney Parish in Fairmont where she became President of CCW. She was a charter member of the St. Francis Circle, a life member of the Fair-
and special friend, Aleia Dettmer.

The family requests me-
morials be left in Bruce's

## D EArIT notices

mont Community Hospital Auxiliary and enjoyed singing with the Mozart Society.
She are survived by their six children: Cath erine Budic Campbell (Steve), F. Kevin Kasper (Jane), Patricia E. Kasper, James W. Kasper (Lee Ann), Laurianne Farrell (Tom), John M. Kasper (Patti), sixteen grandchildren and twenty-six great grandchildren.

Kate (Mom) will be missed dearly by all who knew her for the amazing woman that she was. She will be forever in our hearts.
lakeviewfuneralhome.net

## Dining

## 18TH ANNUAL



Martin Luther High School
315 Martin Luther Drive - Northrop, MN
January 4 \& 5 - Sat. 9 to $5 \cdot$ Sun. 9 to 3

## Public Invited



Age 10 \& Under FREE. No one under 18 admitted

Admission without a parent.
Great place to find a gun for
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Contact Rich Wolf for information or to reserve tables - $\$ 25$ ea. NO FLEA MARKET OR CRAFT ITEMS! Sponsored by
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## FAIRMONT AREA

Menus subject to change due to inclement weather, shortages
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JAN 6-8
MON: K-6: Italian meatball sub, hamd \& cheese sandwich, green beans, tomatoes, orange, applesauce. JR/HS: Mini turkey corn dogs, baked beans, carrots, tomato \& cucumber salad apple, peaches.
TUE: K-6: Softshell taco, ham \& turkey chef salad, dinner roll, refried beans, carrots, apple, peaches. JR/HS: Italian meatball sub, tater tots, peas, caesar salad, cucumbers, orange, appleWauce.
WED: K-6: Sloppy joe, turkey ham \& cheese sandwich, cinnamon glazed carrots, caesar salad, grapes, pears. JR/HS: Chicken tenders, dinner roll, green beans, chicken, bacon \& spinach penne, pepper strips, banana, fruit cocktail.

## and Entertainment

## Fairmont Opera House... <br> Games Sewell Ballet <br> Friday, January 10th AT 7:30PM <br> This performance will be a

 James Sew ell Ballet Retrospective celebrating 30 years of creative innovation. A company of 8 professional JSB dancers will perform multiple pieces from the company's first three decades.FARMOATMA 507-238-4900 or fairmontoperahouse.org

## HOT MEALS <br> ON WHEELS

Hot Meals on Wheels are Monday through Saturday for convalescents and persons who cannot persons who cannot purchase and prepare adequate meals. Meals are prepared by Lakevie 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.

ST. PAUL LUTHERAN ST. JOHN VIANNEY

ARISE ACADEMY FAIRMONT
Menus subject to change due I to inclement weather, shortges or delays in shipping. JAN 6-8
MON: Chicken patty sandwich, tater tots, carrots, pineapple
IChunks. rice, corn, applesauce.
IWED: Boneless chicken wings, I Idinner roll, baked beans, celery I Isticks, peaches.

## 

Thursday, January 2•7pm: Meeting
Friday, January 3 - 5-7pm: Burger Night Month's Burger: $\quad$ Burgers \$6
BLT Burger BLT Burger

Sunday, January 5•8:30am to 12:30pm: Breakfast Buffet •\$10
Monday, January 6: Kitchen opens 5pm • Bingo 7pm

## ST. JAMES <br> LUTHERAN SCHOOL

enus subject to change.
JAN 2-8
THURS: Pizza, lettuce salad, berry blend, apple muffin FRI: Hot dog, baked beans, broccoli w/dip, pears. MON: Creamed chicken over rice, carrots, biscuit, banana. ITUE: BBQ riblet sandwich, cheesy hashbrown, peas, mixed fruit. I WED: Pancakes, ham, green beans, blueberries, pudding cup.


It wasn't a typical and I for the Hagen gatherChristmas Day for ing. Two things changed Karis and I this year. that plan: Dad had "flap reWe usually have a big gath- construction" surgery on his ering for the Hagen side of face in Mankato on Christthe family and then go the mas Eve Day and Karis has following weekend to the Harder side to celebrate. This year because Christmas came in the middle of the week, we celebrated Christmas the weekend before at the Arnold Harder home in Mountain Lake. My sisters were both with their families on vacation to different parts of the country (Maine and Florida), so it was to only be Mom, Dad, Karis
 mas Eve Day and Karis has
been fighting the flu for the past week. So, instead of potentially giving Dad the flu bug after his surgery, we chose to have Karis and I spend a nice Christmas Day at home. It was actually nice to spend a relaxing day at home once, even if our cat Galant was a little terror! But that's another story.
"What is it?"
Our "What is it?" item from two weeks ago had two people correctly identify the item. Steve Maurice called me the day the paper came out and my brother Tim in Seattle, Washington called shortly after he saw it in our online version of the Photo Press. They both identified it as a tool for re-

moving slate or asphalt your answer. Do you have shingles from a roof. The an item you think would be arrow-styled end is used to cut off the nail heads, using a hammer on the other end to cut them off. Thanks to Mary Don Kislingberry for bringing the item in. This week we have an item that was brought in by Jerry Simon of Fairmont. He said it was a tool that was made by his father, but was never patented. It was for use on the farm. It is made of steel and measures 16 inches long. The jaws are cupped and it looks like the part where they come together had been sharpened at one point. The jaws open up about 3 inches. 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


## "Just the other day"

## Guest Columnist

Tom Palen, broadcaster, pilot, writer

## 2020 Resolutions

Driving south on US Highway 191 through the scenic Gallatin River Valley, I was pondering life - thinking about New Year's resolutions for 2020. What bad habit should I give up this year to make myself a better person? I've never done very well with New Year's resolutions. The only one I ever made that stuck through the year, was to stop making New Year's resolutions! I chuckled and drove on.
Coming out of the valley, I decided to stop for coffee in West Yellowstone, Montana. In the café, a man and his wife sat on one side of the booth; another man sat across the table from them. The
second man complained, I don't see why one man can't give another man a friendly hug without people making assumptions - trying to make it something more than it is. I don't even care if it's a complete stranger, I should be able to give him a hug without anyone leveling judgement."

I turned to look at the man. He was probably ten years my senior. Even sitting down, I could tell he was tall. He wore jeans and a blue plaid flannel shirt under a sleeveless down-filled vest. His silvery hair was wavy and just a little longer than shoulder length. His strong hands showed he was a not afraid of work From his soft brown eyes

and demeanor, I could tell he was not only a man with opinions and strong values, he was a man of peace

I walked over to their table with my arms stretched. He looked at me with a puzzled expression as if to ask what I wanted. "I came to give you a hug." I announced.

His friend on the other side laughed, "Well there you go, Jim. Here's the hug from a stranger you asked for." Jim sat in his booth as I stood with my arms still open. "Well, don't just sit there," his friend encouraged him, "Are you going to give him a hug?"
Jim stood up saying, "You bet I will. I'll give him a hug alright." Jim was a lot taller than I thought

## PhotoPress Picture Peddler

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he would be. I wondered what I got myself into. He reached for me...
.wasn't a beauty queen hug...thumps... horses and cows...

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## eat play shop

Photo Press.
Start off the new cade the right way

We are entering a new decade as we start the " 20 's" in the 2,000 century. I know there are all kinds of resolutions that people make each year around New Year's but rarely keep those resolutions (I think a recent study found the average resolution lasts 15 days into the new year.) Living a healthier lifestyle is the most popular resolution, which is good to do, but I think this year we can resolve to do something even more worthwhile. Let's start off the new decade by resolving to resolve our conflicts in a better way. Too often we hear about disputes ending in a tragic way, whether it be a one-on-one situation, or one country fighting another. For those of us who make up the "older generation", we should resolve to work to make this world a better place, both health-wise and conflict resolution-wise Let's hope that is one resolution that we can keep more than just a couple weeks.

Soup, pancakes and open house

Here are a brief list of some of the events happening in the coming week: • Thursday, January 2nd, the Shepherd's In will serve soup starting at 5 p.m. at the Blazer Bar Hall on Downtown Plaza in Fairmont. • Friday, January 3rd St. Martin's Episcopal Church in Fairmont will have a soup unch benefit for ARC South west from 11 a.m. to 1 p.m. at the church. • Monday, Janu ary 6th the Regional Wor ship Center in Sherburn will host a pancake, sausage and egg breakfast from 8 to 10 a.m. • Wednesday, January 8th Southern Plains Ed Coop and Arise Academy will have a community open house from 4 to 7 p.m. at 1200 N Park Street in Fairmont. Have a great week!
Drive safely - visit a shut-in or family member - eat, play, shop local - take care of your self!


OPEN HOUSE
Wednesday, January 8th 4:00-7:00 p.m.
1200 N. Park Street • Fairmont ** Park on North Side of Building - Enter Door \#9 **

- Self Guided Tours
- Meet Staff
- See New Updates
- Refreshments

Weather Date 1/22/20 • www.southernplainsedcoop.org THANK YOU LOCAL CONTRIBUTORS: Doolittle's Carpet \& Paints • Schrader Landscaping • Fitzgerald's Moving - Whitmore's Painting - DeWar Electric • - Riverbend Business Products • Whitmores Painting • Deewar Electric •


Christmas Tree Recycling
December 26, 2019 - January 12, 2020
Take your Christmas tree to any of the following locations for recycling:

Fairmont:
Fairmont City Street Shop
417 East Margaret Street - Fairmont Drop Site
Sherburn / Dunnell:
Sherburn Nursery Drop Site
Questions: Contact Billeye Rabbe, Solid Waste Coordinator
(507) 776-3232

Thanks To:

## *Sherburn Nursery

*Fairmont City Parks and Recreation Department
*Martin and Faribault County Sentence to Service Program
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Rick Weets to Charles Weets，PT 7.51 AC， $\mathrm{NE}^{1} / 4 \mathrm{NE}^{1} / 4$ ，
17－103－33
DWN LLP to Christensen Farms Midwest LLC，PT NW $1^{1 / 4} \mathrm{NE}^{1 / 4}, 7-103-33$
Farmers State Bank of Trimont to Kenneth Cutler，EX S60 AC，SW¹⁄4，21－104－32
Farmers State Bank of Trimont to Lila Cutler，Wayne Cutler，S 60 AC of SW¼，21－104－32
Farmers State Bank of Trimont to Chelsey Armbrust，
Daniel Armbrust，Jeffrey Armbrust，Karen Armbrust，
$\mathrm{E}^{1} / 2$ of $\mathrm{NE}^{1} / 4,33-104-32$
State Bank of Ceylon to Minnesota Place LLC， $\mathrm{E}^{1} / 2$ ， Lot 11，Block 2 and Lot 12，Block 2，Original Plat Tenhas－ sen－Ceylon
Betty A．Rosenbrook，Lon Rosenbrook，Betty Ann Umbreit to Martin Kramer，Tora Westgaard，Lot 17， Block 5，Original Plat Monterey

## QUIT CLAIM DEEDS

Delores J．Pavik，Robert Pavik to Ronald V．Goerndt， W 1 ¹4SW 1 ¹4，13－102－29
Cynthia A．Goerndt，Ronald V．Goerndt to Delores J． Pavik，W $1 / 2$ EX SW $^{1}$ TSW $114,13-102-29$
Douglas M．Bicknase，Lorna L．Bicknase to Douglas M．Bicknase Revocable Living Trust，Lorna L．Bicknase Revocable Living Trust，Douglas M．Bicknase Trustee， Lorna L．Bicknase Trustee，EXC PT S½ Subject to Ease－ ment，SW $114,34-104-31$ and N19 AC EXC 10.09 AC in $\mathrm{NE}^{1} / 4 \mathrm{NE}^{1} / 4,9-103-31$ and $\mathrm{N}^{1} 12 \mathrm{~N}^{1} / 2$ of $\mathrm{SW}^{1} 1 / 4,10-103-31$ and S147 AC EXC PT SE $1 / 4,11-103-31$ and N 950 ＇of E363＇EXC 10.09 AC in $\mathrm{NE}^{1} 1 / 4 \mathrm{SW}^{1} 1 / 4,9-103-31$ and $\mathrm{W}^{1} / 2$ NT EXC 20.00 AC and 6.00 AC of $\mathrm{SW}^{1} 1 / 4,3-103-31$ and EXC 20.00 AC and 6.00 AC of $\mathrm{NE}^{1 / 4} \mathrm{NE}^{1 / 4}, 9-103-31$ and $\mathrm{W}^{1 / 2}$ EXC 20.00 AC and 6.00 AC in $\mathrm{NW}^{1} 1 / 4,10-103-31$ and $\mathrm{E}^{1 ⁄ 2}$ $\mathrm{NW}^{1 ⁄ 2}, 10-103-31$ and EXC PT SE¼ $\mathrm{NE}^{11 / 4}, 9-103-31$ and $\mathrm{N}^{1} / 2$ in $\mathrm{NE}^{1} / 4 \mathrm{NE}^{1 / 4}, 9-103-31$
Janet A．Keith，Richard N．Keith to Amanda Jean Keith，Lot 8，Block 1，Porters Silver Lake Addition

## UPCOMING AUCTIONS

SATURDAY，JANUARY 18， 2020 ＠9：15AM－Martin Luther High School Top Quality Antique Auction．MEMBERS OF AUCTIONEER ALLEY

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Dustyn Hartung 236－7629 Leah Hartung 236－8786 Chris Kahler 230－6006 Dar Hall，327－0535 （507）238－4318

Lynn Thate，Mary Thate to Christina Cole，Clinton Cole，PT N $1 / 2$ of NW $114,29-101-32$

Richard G．Johnson，Stephanie S．Johnson to Richie G．LLC，PT SW¹⁄4，4－102－30 and PT 3 Tracts SW¹⁄4 SW¹⁄4， 4－102－30

Christina Cole，Clinton Cole to Lynn Thate，Mary Thate， $\mathrm{PT} \mathrm{NE}^{1 / 4} \mathrm{NW}^{1 / 4}$ ，29－101－32

Kenneth R．Krueger to Kenneth R．Krueger Revoca－ ble Trust，Kenneth R．Krueger Trustee，PT W／easement， Lot 2，Block 1，Harnden First Addition

Kenneth R．Krueger to Kenneth R．Krueger Revoca－ ble Trust，Kenneth R．Krueger Trustee，SW ${ }^{1 / 4}$ ，33－104－29 Lorna Miller to Lorna L．Miller Living Trust， $\mathrm{SE}^{1 / 4} \mathrm{SE}^{1 / 4}$ ， 29－104－30

CONTRACT FOR DEED
James D．Evans to Brett Alan Larson，Darlene Iva Lar－ son，Lots 8 and 9，Block 7，Original Plat of Dunnell

## TRUSTEE DEEDS

William H．Leiding Trust，David Leiding and Gloria Leiding Trustees to Eastfork Farm Corporation，S 50AC EX $6.50 \mathrm{AC}, \mathrm{SE}^{1 / 4}, 30-101-31$

Charles H．Gustafson Trust，Charles H．Gustafson Trustee to Matthew Wolner，E44＇of W94＇UND $1 / 2$ INT， Lots 6 and 7，Block 12，Original Plat of Fairmont

Alvada R．Gustafson Trust，Alvada R．Gustafson Trustee to Matthew Wolner，E44＇of W94＇UND $1 / 2$ INT， Lots 6 and 7，Block 12，Original Plat of Fairmont

Donald E．Tietje and Irene G．Irrevocable Trust，Sheri L．Barnes and John D．Tietje Trustees to Allanna Orlie Barnes，Justin Troy Barnes，PT SW¼，19－101－30 Govt Lot 14 and PT SW ${ }^{1 / 1}$ ，18－101－30 and PT W／easement NW $1 / 4$ 19－101－30，Govt Lots 6 and 7

Eileen Emmeline Fringer Trust，Eileen Emmeline Fringer Trustee to Eileen E．Fringer，PT 104．029AC of NW 1 14，20－103－33

## D DEED

Estate of Jodie Marie Sloss，James Sloss Personal Rep to Russell Dean Olson，W50＇Lots 9 and 10，Block 10 and

## W50＇of N20＇Lot 8，Block 10，Goulds Addition

## DEED OF DISTRIBUTION

Estate of William Carl Peters，Bruce W．Peters Per－ sonal Rep to Bruce W．Peters，W½ SE14，21－102－31

## STATE DEEDS

State of Minnesota to City of Fairmont，Lot 13，Block 1，Stokes Addition

State of Minnesota to Esther Jandl，PT Lots 3，4 and 5， Block 8，Goulds Addition

State of Minnesota to City of Fairmont，E75，Lot 6， Block 5，Wards Addition

State of Minnesota to City of Trimont，Lot 3，Block 7， Original Plat Triumph

State of Minnesota to City of Ceylon，W60＇Lot 2，
Block 4 and E20＇of Lot 3，Block 4，Ext to Cardwells Ad－ dition Ceylon

State of Minnesota to City of Ceylon，Lot 8，Block 5， EXT to Cardwells Addition Ceylon

State of Minnesota to City of Fairmont，E½ of Lot 2， Block 12，Original Plat of Fairmont

State of Minnesota to City of Fairmont，W98＇of Lot 1，Block 1 and N12＇of W98＇of Lot 2，Block 1，Schmidts
Addition
State of Minnesota to City of Trimont，Lot 10，Block 2， Original Plat Triumph

State of Minnesota to City of Trimont，Lots 10，11 and
12，Block 8，Original Plat of Triumph
State of Minnesota to Kevin Schleininger，PT $\mathrm{NE}^{1 / 4} \mathrm{SE}^{1 / 4}, 30-103-29$


10th grade students from Fairmont Girl Scouts Troops 33665 and 37836，recently visited Jean Nimz，a long－time Girl Scout and leader，to deliver a holiday basket of treats．The girls delivered baskets to 10 area residents．Pictured are Emily Sokoloski， Grace Klunder，Eden Dunker，Jean Nimz，Thalia Fernandez and Alexis Hinz．（Submitted photo）

Wondering what the biggest books for 2019 at the Martin County Li－ brary were？Well，look no further！Here＇s a list of the top ten titles that were requested and read locally in 2019. How many have you read？

## Area College Student News

Cordell Weber of Wel－ come was among 1，404 graduates who received degrees from the Univer－ sity of Nebraska－Lincoln during winter commence－ ment exercises December 20th and 21st．

Weber earned a Bach－ elor of Science in PGA

10：Holy Ghost by John Sandford
9：Look Alive Twenty Five by Janet Evanovich 8：Ordinary Grace by William Kent Krueger 7：The Life We Bury by Allen Eskens 6：Long Road to Mer cy by David Baldacci 5：The Great Alone by Kristin Hannah

4：Wolf Pack by C．J Box 3：Every Breath by Nicholas Sparks

2：Before We Were Yours by Lisa Wingate 1：Where the Craw dads Sing by Delia Ow ens

## Southern Plains Coop Community Open House

what the old Lincoln School building in Fair－ mont looks like now？
Your chance to check it out will be Wednes－ day，January 8th from 4 to 7 p．m．when Southern Plains Education Coop erative and Arise Acad－ emy will have their com munity open house．

They will have self－ guided tours，you will have the chance to meet

## 25 ＂wiwn

WEEK OF
ANUARY 4， 1995
Prairie Star Quilters will present Fairmont quilt－maker Sandy Kope－ schka with a trunk show ing of her work．The trunk will be held at Fairmon Evangelical Covenant Church．

Compassionate Friends，an organization founded to provide sup－ port to bereaved families when children die，has over 670 chapters nation－ ally，including Fairmont， which was formed in 1980 by Don and Lorraine Bau－ man of Fairmont．The Bauman＇s formed the chapter five years after losing their son Tom in a boating accident．

High capacity alumi－ num railroad coal cars that can save more than \＄600，000 a year in trans－ portation costs have gone into service for members of the Southern Minne－ sota Municipal Power Agency（SMMPA）．More
ments will be served
The open house will be held at 1200 N．Park Street in Fairmont．Park on the north side of the building and enter door \＃9．
In the event of bad weather，the open house will be moved to Wednes－ day，January 22nd from 4 to 7 p．m．Any related changes due to weather can be found on south nplainsedcoop．org．
than a million tons of coal are hauled to the genera tor each year from mines in Montana．

## YEARS AGO IN TH PHOTO PRESS

WEEK OF
JANUARY 4， 1970 Junior Izen had joined the management staff of the Wolf－Habein，Inc． softline department store Izen and his father recent－ ly sold their grocery store and the elder Izen was re－ tiring．

Thomas Thompson an nounced his retirement after 41 years with the J．C． Penney Company．He was to be replaced as manager here by William Krick， who was manager of a Penney＇s store in Pierre， SD．

As the year ended，Fair－ mont was counting on about two feet of snow on the level，following $71 / 2$ inches of new snow in the past two days．Tempera－ tures had been below the freezing mark since the first of December


ALL-STAR PARTICIPANTS - Fairmont Cardinal head coach Mat Mahoney (left), as an assistant coach, and defensive back Caden Baarts, participated for the South team in the Minnesota Football Showcase held Saturday, December 7th at U.S. Bank Stadium. The South won 13-3 over the North squad. The All-Star game used a North-South format from 1945-1960 and 1974-1979. A Metro-Outstate format was used from 1980-2010 before going back to North-South. Under the current format, the South leads the series 8-2, including a 33-12 win last year. (Submitted photo)

## Pee Wee hockey results

## The REMAX PeeWee That evening the REMAX

 hockey team hosted Oko- Pee Wees were shut out by boji/Lakes area Saturday, Redwood Falls 6-0. Goalie December 21st and defeated Barret Scholl had 28 saves. them 11-3.Scoring for Fairmont was Klay Beemer with 4 unassisted goals. Gavin Kester had 4 goals with 1 assist coming from Barret Scholl. Mack Anderson had 2 assisted goals, 1 from Eric Determan and 1 from Noah Bettin. Tyler Kurt added the final goal. Goalie Tanner Pankow had 12 saves.


Members of the Martin County Substance Abuse Preven tion Youth Coalition (YOCO) helped out again this year at Fairmont Elementary School's Elf Shop. The Elf Shop provides elementary students an opportunity to "shop" for gifts for family members. YOCO members help the younger students with their shopping and gift wrapping. A big thanks to school staff and community members who are so very generous in donating items to the Elf Shop. Pictured L-R: Back Row, Laura Dunker, Bergen Senf, Yatzi Balderas, Jodie Geerdes, Melinda Lopez, Holly Hazard, Char Kahler, YOCO Coordinator, Steph Johnson, Tyson Geerdes. Middle Row, McKenzie Johnston, Mariana Reyes, Kassandra Lopez, Adrianna Lewison. Front Row, Macy Berkness, Misty Geerdes, Eden Dunker, Carolinne Ciramagua Valencia, Faith Heille, Jaxon Johnson. (Submitted photo)

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