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Only good news

Wednesday
November 4, 2015
Volume 52 | Number 26

SERVING MARTIN COUNTY PLUS ADJACENT MINNESOTA & IOWA COUNTIES

GOOD NEWS BOOKSTORE

Now thru Saturday, November 7

37th SALE Anniversary

20% off* store wide

Other In-Store Specials
50% OFF

Chocolate Advent Calendars with Bible text.

NEW - Morning and Evening Jesus Calling

Best Selling Devotional Book: Jesus Calling

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A variety of "easy melt cups" available.

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Customer comment: "You have a lot of nice things."

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Hide and seek Nativity scene game that celebrates the true meaning of Christmas.

Fisher-Price Little People: Christmas Nativity (limited supply)

Other covers and large print edition available.

HOURS: Mon-Sat 9-5 p.m.

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GOLF CONTEST IN TEE BOX • OLD PHOTOS & NEWS ARTICLES FOR VIEWING



WIEBE-OBERDIECK - Robin Wiebe and Brian Skrove of Fairmont, Lonnie Roloff of Adrian, Minnesota and Jennifer and Brent Oberdieck of Fairmont all announce the engagement and upcoming marriage of Ashlee Wiebe and Evan Oberdieck. Ashlee is employed at Parks of Minnesota in Welcome and Evan farms with family and is employed at Hefty Seed in Fairmont. A March 19th, 2016 wedding is planned at Zion Lutheran Church in Fraser Township.



Freddie Vazquez-Rivera and Yomari Krojas-Rosado

Katty Jeanette Paz and Jorge Victor Plascencia Cerna

Marklynn Helen Smith and Donald Franklin Wegner, Jr.

Interlaken Heritage Days committee will meet on Wednesday, November 4th at 6 p.m. at the Martin County Library in Fairmont, basement meeting room. Anyone interested in helping plan next year's festival is welcome to attend. For more information contact Deb at 507-399-9223 or Mike at 507-399-9015.

Arc Family and Friends will meet in the George Room at the Fairmont Holiday Inn on Monday, November 9th at 6 p.m. For any questions, call the Arc office at 507-235-8580 for further details.



Kash Easton Wellman, son of Jake and Tanya Wellman of Fairmont was born on October 2nd, 2015 in Fairmont. Kash weighed six pounds, six ounces.

Grandparents are Roger and Kateri Wellman of Fairmont and Art and Sherry Boddy of Cape Coral, Florida.

Kash was welcomed home by his brothers: Gunner, Colton and Kade and sister Corinn.

Calliope Aurora Szutz, daughter of Elliot and Alyssa Szutz of Charlotte, North Carolina was born on October 12th, 2015.

Grandparents are Mark and Barbara Behrends and Dr. Timothy and Susan Szutz, all of Fairmont.

Great-grandparents are Jim Huffman of Hill City, South Dakota and Jean Szutz of Loma Linda, California.

Fairmont High School presents: Mary Poppins

First year high school musical directors, Kate Kallenbach, Sara Gudahl, and Molly Bleess attended the October 27th school board meeting with several cast members from the upcoming musical performance of Mary Poppins. The musical will be held in the high school Performing Arts Center and performance dates are listed

below. Ticket prices are \$7 for adults and \$5 for students and senior citizens. All Fairmont Area Schools students will be admitted free of charge if they show their ID badge.

November 11th
12:30 p.m. Matinee free to senior citizens

November 12th-14th
7:00 p.m.



Ninety-five students in grades 7-12 are involved in the Mary Poppins musical. Pictured are a few of the cast members (left to right): Ameya Komaragiri as Michael Banks; Anna DeWitt as Jane Banks; Austin Becker as George Banks; Madison Plummhoff as Winifred Banks; Emilee Moeller as Mary Poppins; Ben Hernes as Bert.

The Compassionate Friends of North Central Iowa will hold their monthly meeting on Monday, November 9th at 7:30 p.m. in the Algona Public Library at 210 N. Phillips Street in Algona. Enter by the south door and follow the signs to the meeting room. We are a support group for parents who have suffered the death of a child of any age and from any cause. For more info, call Cathy at 515-538-0572.

The Disabled American Veterans Chapter 32 and Auxiliary will meet on Thursday, November 5th at 6:00 p.m. at the National Guard Armory in Jackson.

This is the last meeting for 2015 and all members are invited to attend as we will be formulating plans for 2016. Have a good winter!

Martin County Beyond the Yellow Ribbon in updating its military information. Let them know if you have a family member is currently serving in the military by emailing mcbtyr@gmail.com.

MOSS will be having their monthly meeting this Thursday evening, November 5th at the Holiday Inn. 5:30 p.m. Social, 6 p.m. Meeting. Everyone is invited and we would love to have more members!

Hy-Vee in Fairmont is offering a **free breakfast for veterans** on Veterans Day, Wednesday, November 11th, during regular breakfast hours.

There will be a **hymn fest** on Sunday, November 8th, 7 p.m., at the Red Rock Center for the Arts. Refreshments will be served. The public is welcome.

Resident Helps Ceylon Kids Celebrate Halloween for 48 Years

Former Ceylon resident Alice (Iverson) Johnson of Fairmont was the recipient of applause and cheers



from kids and adults alike when she was recognized by the Ceylon Fire Department at the Halloween games that were held for kids last Saturday night.

Alice has been helping with the Halloween games each year for 48 years and has never missed the opportunity to bring smiles to the faces of kids who come to play those games in Ceylon.

According to Alice's friends, one year she had knee surgery and still ended up showing up on Halloween to help with the games.

Originally the Ceylon Boy Scouts and the Ceylon American Legion Auxiliary put on the Halloween

games in the Ceylon Fire Hall each year. When the scouts and Legion Auxiliary could no longer host the games, the Ceylon Fire Department took over and eventually the games were moved to the Ceylon American Legion Hall.

This year a total of 96 kids were present to take part in the Halloween games in Ceylon and Alice was there helping to set up beforehand and to help once the games started. The fishing game, which is pictured, is the most popular game for the kids to take part in.

Many area residents more than likely know Alice from her involvement in the Boy Scout program



in Martin County and out at Cedar Pointe Camp, south of Fairmont.

Thanks Alice for your dedication to kids in the Ceylon and Martin County Area for many years!

MLHS Presents Two Fall Dramas

The Martin Luther High School, Northrop Drama Department invites you to their Fall Drama Performances on Friday, November 13th and Saturday, November 14th at 7 p.m.

They will present two one act plays. "Check, Please" is a comedy about the pitfalls of dating and "Superhero Sanitarium" is about a journalist writing a story about some quirky inmates who imagine themselves to be crime-fighting superheroes.

Performances are at the Fairmont Opera House

under the direction of Mrs. Amanda Bergt and Miss Esther Watt. Tickets are available at the door. There is a charge for this event.

Hope to see you there!



Gloria's Crafts are now sold at Fairmont Awards 310 Downtown Plaza, Fairmont

A Taste of Hope

House of Hope Cookbooks \$5.
Now on sale at the Photo Press.

PhotoPress Only good news

112 E. First Street
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45 Downtown Plaza
Fairmont, MN
(507) 238-4900

ZORONGO FLAMENCO: LUNA LUNERA

Friday, November 6
7:30 p.m.

Box Office & Bar
Open at 6:30

Individual tickets are ALWAYS available to the public!

Tickets: Adults: \$20;
Students: \$10 - call with credit card 238-4900 or fairmontoperahouse.com.

"This activity is made possible by the voters of Minnesota through a grant from the Prairie Lakes Regional Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund."

FREE TRAINING

COFFEE CONNECTIONS

Do you need help with basic technology? Would you like to know more about using your smartphone or tablet? Have questions on how to use Wi-Fi or your equipment, or to just feel more comfortable about using it? Come have coffee with us. We have professionals available to help you...all for FREE!

UPCOMING DATES - 1 hour classes

- Tuesday, November 10th - General Session 10:00 a.m. Trimont City Hall Community Rm (Trimont)
- Tuesday, November 17th - General Session 10:00 a.m. American Legion (Ceylon)
- Tuesday, November 17th - Online Banking 10:00 a.m. Wells Federal Bank (Fairmont)
- Thursday, November 19th - Smart TV Session 10:30 a.m. Welcome TV (Welcome)

REGISTER NOW through CER at 507.235.3141
Class sizes limited to 15 people. Must register at least 2 days in advance.

MARTIN COUNTY MINNESOTA Ignite Blandin Foundation

Larissa Lundstrom in Concert at Red Rock Center

Larissa Lundstrom, an inspirational country musician with Minnesota ties brings together faith, family and country together through her music. She will be in concert at Saturday, November 7th starting at 7:30 p.m. at the Red Rock Center for the Arts.

Larissa carries on a unique family legacy simply through the Lundstrom name. The oldest of three daughters she grew up with country music running through her veins. She spent the first year and a half of her life on a tour bus touring the country with her father Leon and Uncle Lowell

crisscrossing the US and Canada as they shared their ministries through song, city-wide crusades, radio broadcasts, and weekly tv shows.

Larissa's strong passion for faith, family and country music brings her to where she is today.

With several of Larissa's singles hitting #1 on the ICM PowerSource charts and musicians will bring the energy, passion, and virtuosity of Flamenco to the audience. Their powerful and provocative performances combine the passionate soul of Spain with the

recording of her 3rd album during a recent trip to Nashville, this is a concert you do not want to miss. Advance tickets are \$8 and are available at Hy-Vee and \$10 at the door (students \$5).



Luna Lunera Coming to the Fairmont Opera House

Zorongo Flamenco, a Minneapolis based Flamenco dance company, will present their new show, "Luna Lunera," at the Fairmont Opera House on Friday, November 6th at 7:30 p.m..

This company is one for the few American Spanish dance companies to

present both traditional and original Flamenco works. International dancers and musicians

will bring the energy, passion, and virtuosity of Flamenco to the audience. Their powerful and provocative performances combine the passionate soul of Spain with the



menco singer Vicente Griego, and the guitar of Spanish gypsy master Jose Valle "Chuscales."

lively, innovative spirit of America in a way that relates to contemporary audiences.

"Luna Lunera" is directed by Susana di Palma and features the passionately inspiring dance of Jesus Munoz, Deborah Elias, and Amanda Dlouhy, the phenomenal voice of Fl-

For a sneak peak of these amazing artists, visit their website at www.zorongo.org.

For tickets, call 507-238-4900 or visit www.fairmontoperahouse.com.

Martin County Implement hosts "Night At The North Pole"

Martin County Implement will host its 10th annual Home-Based Business Open House, "Night At The North Pole" on Friday, November 13th, 6 p.m. to 8:30 p.m.

John Deere merchandise will be offered at 20% off, including select John Deere clothes, toys, gifts, houseware items and

more.

New this year are The Reindeer Barn - activities for the kids, snacks and goodies from Mrs. Claus' kitchen, The Toy Showroom and Elf Workshop.

Over 40 vendors will be on hand. Martin County Implement is located on Highway 15 South, Truman.

Pajama Jam at Fairmont Library

Wear your jammies and join us for a pajama jam at the Fairmont Library. Enjoy stories, crafts, snacks and more with your fam-

ily! Pajama Jams will be held on the following upcoming dates: Thursday, November 12th at 5:00 p.m.; Thursday, December 17th at 5:00 p.m. There is no cost to attend and no need to pre-register. Call the library at 238-4207 with questions.

VOTE
JIM
UTERMARCK
MARTIN COUNTY
COMMISSIONER

Absentee Ballots Available Oct. 23, 2015!

Paid for by The Committee To Elect Jim Utermarck, 117 Lake Park Place, Fairmont, MN 56031. Bart Franta, Treasurer

3M Cares Recognizes "Stuff For School" Donors

The Fairmont 3M recently had their local 3M Cares committee coordinate the "Stuff for School" project.

The project involved all eight schools in Martin County that have a Kindergarten class. A total of 241 students in those classes received their school supplies "bag of goodies" and a sleep mat through the 3M Cares program.

Fairmont 3M Cares would like to thank the following businesses and individuals who donated to make the 2015 Stuff for Schools project a success: Donald Anderson, Early Risers Kiwanis Club, Lund Chiropractic Clinic, Fairmont Family Dentistry, David and Germaine Kropp, Mary Breitbarth, Duane and Dee Nawrocki, Gayle Larkin, Gary and Marsha Williams, Doug and Dorothy Richards, Dick and Diane Gerhardt, Leo and Pauline Mau, Sandy Beckendorf, Chain

of Lakes Pet Hospital, Lakeview Funeral Home, Associate Optometry, PA, ARCI Truck Writers, Peterson Anthony Insurance, Century 21 Emler Realty, Inc., Al Drobinski, Fairmont Uptown Kiwanis, HyVee, WFS, Mel Carlson Chevrolet, Profinium Financial, Ringnell Insurance LLP, Sue Hinz, Leon Lammers, Zaharia Family Funeral Service, Rode Manufactur-



ing Corp, Diane Hendricks, Herb and June Russ, Gaalswyk Bros. Trucking, American Legion Auxiliary Post #36, Steven and Barb Kuehl, Ed and Helen Gersch, Welcome State Bank, Larry and Yong Hill, Erlene and Kent Milbrandt, Wells Federal Bank, Melissa and Roger Askevold, United Way of Fairmont, Bank Midwest Sherburn, NuWay, Bob Wallace, Illinois Tool Works Foundation, Fairmont Lions Club, Farmers State Bank of Trimont, 3M Retirees, 3M.

10th Annual Home-Based Business Open House

Night at The North Pole

Hosted By Martin County Implement

Friday, November 13th - 6 pm-8:30 pm



20% OFF
John Deere Merchandise

Select John Deere Clothes, Toys, Gifts, Houseware Items & More!

NEW THIS YEAR!

THE REINDEER'S BARN - ACTIVITIES FOR KIDS!
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THE TOY SHOWROOM
ELF WORKSHOP

SHOP OVER 40 VENDORS!

It's So Fluffy, That's My Plan, Tupperware, Scentsy, Ruby Ribbon, Demarle at Home, Thirty One, Partylite, Creative Memories, Pampered Chef, Advocare, Melaleuca, Truman FFA, Pat Steuber's Doll Clothes, On a Limb Creations, Mary Kay, It Works, Barb's Quilting Sew & Sew, Origami Owl, Jamerry Nails, Coach's Creations, Usborne Books, KEEP Collective, Wildtree, Isagenix, Silpada Designs, Tastefully Simple, Past Tense Massage, Towels by Sharon, On-Site Massage, Smith's Greenhouse, Dove's Chocolate Discoveries, Goat's Milk Soap & Lotion, Char's Country Crafts, Essential Elements Reflexology & Natural Health, Beauty Counter, Beauties & Bows, Stamp It Up, Sew Designed, Cutting Edge & MORE!



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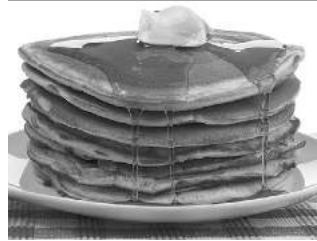
Pancake Breakfast & Bake Sale

to benefit the family of Don Grandgenett

Sunday, November 8 • 9:00 am - Noon

Knights of Columbus Hall
920 E. 10th Street • Fairmont

Sponsored by the Knights of Columbus



Breakfast will include: pancakes, sausage, milk, juice, and coffee. Free will offering will be taken.

Bake sale items will also be available for purchase.

To donate items: contact Meda Holland, 507-526-5521.



Don passed away August 17, 2015. The proceeds from this benefit will help Don's family with his medical expenses.

Cholesterol, A Better Way

Guest Columnist

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

What would you say if I told you that one of the most prescribed drugs in the world is not only unnecessary but also dangerous? You would probably think I am going out on a limb and ask for my evidence. What if I told you this drug has been shown to cause liver damage, dementia, ED, increase blood sugar in Type II Diabetes, and have a very common side effect of muscle pain? And that 22% of people who take this drug will have some of these side effects?

Crazy, huh?

Wait, the allegations, or the fact that we still take this medication? Well, the allegations are not allegations, they are known medical facts. If the drug was the only way to save the lives of millions of people it "might" be worth it, right? But what if there was a better way? What if there was an easy, natural alternative that can be purchased over the counter? Or that even before that most people will experience results through diet and exercise alone. I am sure you have heard the famous line "Try brand X, when diet and exercise fail." Let's be honest, diet and exercise rarely fail; we usually fail at diet and exercise.

The drug in question is the group known as statin drugs. We'll come back to them later. Before we do, let's clear up some myths.

1. Dietary cholesterol is bad. Too much of anything is bad, but the fact is that 95% of the cholesterol in your blood comes from your liver, which manufactures cholesterol because your brain, your hormones, and other body parts need it. 30 years ago as a sophomore in Chiropractic College they were telling us this. Just recently the Dietary Guidelines Advisory Commission has changed its recommendations against saturated fats. Eggs are good for you

again! Looks like they are catching up

2. LDL's are the "Bad" cholesterol. Actually only one type of LDL is bad, and that is the High Density LDL subtype. Even then it is only bad if it is oxidized by an overabundance of homocysteine in the blood.

3. Statin Drugs save millions of lives by preventing heart attacks. A review published by David Newman M.D. notes very

I am sure you have heard the famous line "Try brand X, when diet and exercise fail." Let's be honest, diet and exercise rarely fail; we usually fail at diet and exercise.

little benefit and quotes a Lancet article that found a 9% increase in diabetes among those taking statins.

By the way, how many of the docs who prescribed you statin drugs told you that you also needed to take a supplement called CoQ 10 along with it, as statin drugs lower CoQ10 (a very important heart enzyme)? A local pharmacist told me that when statins first came out and he told patients to take it along with statins he was ostracized by local M.D.'s for the first ten years until they caught up. Now some of them actually suggest it along with statins. If your's does not ask why!!!

So we have established that cholesterol is not the bad guy, that blood levels of homocysteine are what cause the oxidation of high density LDL's, and that that is what we need to go after. Lowering homocysteine in most cases can be accomplished by supplementing with folate (natural, not synthetic!),

B6, and B12. But what if you are just really convinced that you need to lower your cholesterol, but you want to do it naturally? Mayo Clinic's website tells us that exercise can raise HDL, the "good" cholesterol. Exercise alone can lower LDL 10-15% according to cardiologist Thomas F. Wayne, M.D., PhD.

What about supplementation? Omega-3's have been shown to lower cholesterol, again according to Mayo Clinic's website. And with the myriad of established positive benefits of omega-3's, it makes you wonder why anyone would choose statins over omega-3's. Niacin is another cholesterol lowering supplement that has many additional positive side effects. And there is red yeast extract, where scientists originally found statins in the first place. If you insist on statins why not find a natural alternative? Like choosing berberine over metformin (safer and more effective in blood sugar control, but that is for a future article), choosing red yeast extract is just plain smart.

To help you in further understanding we are offering a class to the public on November 19th at 2:00 where we will give even more information about cholesterol treatment. And for the month of November we are offering Lipid Panel blood testing through our onsite lab for \$25.00. This will enable us to give you the most accurate and up to date advice on managing your cholesterol.

Having a healthy heart can be very safe and very easy. Now that you have the knowledge it takes what are you going to do? Don't just stop taking statins; discuss that with your family doctor. But start taking steps to managing your health in a healthy and safe way. The choice is yours, now DO IT!!

Federated REA Names New General Manager

Federated Rural Electric's Board of Directors announced that after a nationwide search, Scott Reimer was selected as Federated's next General Manager. Reimer will replace retiring General Manager Richard Burud. The announcement follows a six-month search process that began after Burud announced his retirement. Reimer plans to start at Federated in mid-December.

Reimer served as the General Manager and CEO for Rice Lake Utilities in Rice Lake, Wisconsin, since 1999. He oversaw 5,700 electric customers with a large industrial base and 3,800 water and wastewater customers. Reimer began his career at Ree Electric Cooperative in Miller, South Dakota, in line construction and maintenance as he was a Huron, South Dakota, native. Next, he worked for Western Area Power Administration (WAPA) working on transmission lines, substation and generation facilities. While at WAPA he earned a Bachelor's degree in construction



ment to the chamber, plus the 2011 MEUW Donald L. Smith Distinguished Service Award for exemplary service to public power in Wisconsin and the nation. Scott brings these years of experience and dedication to Federated, continuing his long-standing passion for the electric utility industry.

Scott is married to his wife, Jeri, of 38 years. They have two sons Beau and Jordee. Beau, the oldest, is serving in the U.S. Military. Jordee is the youngest, who is a high school teacher at St. Croix Central in Hammond, WI.

Burud, who is a 42-year Federated employee, started as chief engineer for Federated and three other local cooperatives. In 1983 he was named Federated's General Manager. Burud's retirement date is January 6th, 2016. He will assist the new General Manager during the transition.

Federated is a Touchstone Energy Cooperative serving 6,700 members in Jackson and Martin Counties.

Red Cross Introduces New RapidPass Online Registration

American Red Cross blood and platelet donors can now help save lives in less time by using the new Red Cross RapidPass online health history system.

RapidPass streamlines the donation experience by allowing donors to complete pre-donation reading and health history questions online from the convenience of a computer at home or work. It became available to donors locally on October 26th, and is expected to reduce the time donors with a RapidPass spend at blood drives by up to 15 minutes.

"When people come to donate, they are giving

more than blood or platelets - they are also generously giving their time,"

"RapidPass is a simple, convenient way for Red Cross donors to make the most of their time while helping save lives."

said Sue Thesenga, Communications Manager, North Central Blood Services Region. "RapidPass is a simple, convenient way for Red Cross donors to make the most of their

time while helping save lives."

To get a RapidPass on the day of a blood donation, donors should visit redcrossblood.org/rapidpass, complete all of the questions, then print their RapidPass or show it on a mobile device when they come to donate.

Though an appointment isn't needed to use RapidPass, donors are encouraged to make an appointment by using the Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS to further expedite their donation.

Patient-centered care for behavioral and emotional needs



As a Mayo Clinic behavioral health expert, Sarah Martinson, nurse practitioner, understands that mental and emotional well-being are essential to overall health. She and the rest of the Mayo Clinic Health System in Fairmont team offer care that identifies and addresses the exact needs of each person — as an individual.

Mayo Clinic Health System in Fairmont

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Call 507-238-8500 to schedule an appointment.



Red Yeast Rice & Niacin - 10% off in November

Have you checked your Cholesterol levels lately? If not give us a call and we can get your lipid panel checked for \$25.

- Red Yeast Rice helps control cholesterol levels.
- Niacin improves cholesterol levels & lowers cardiovascular risks.



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Quilters to Meet November 9th

The Prairie Star Quilt Guild will hold the last meeting of the year on Monday, November 9th, at Fairmont Covenant Church. The officers will meet at 12:30 p.m., with a general membership meeting following at 1:30 p.m. A new slate of officers will be voted on - a secretary and three members of the program committee are still needed for 2016.

Roxy Brummond, the PSQG librarian will report on magazines and books that have been added to the guild library since the October meeting. The 3-D Challenge will continue - a chance to finish up some of those projects hiding in the closet. Members are also invited to take part a new brown bag challenge - bring a quarter yard or fat quarter of spring or patriotic fabric plus several other good sized chunks and some scraps - enough to make a good sized table runner, and seal it in a brown lunch bag. The bags will be exchanged at the meeting, and the challenge will be to create

something out of the newly found materials.

This will be followed by show-and-tell. The program will be round robin demonstrations by three PSQG members: Vicki Davison will show how to make a sewing table tool mat; Helen Kinnander will demonstrate a hot crossed star block; and Mary Segar will share a new method for making a turned receiving blanket. Lunch will be provided by Sandy Kopeschka, Kathy Miest and Derrice Skow, with the door prize provided by Jeanette Means. The evening group will meet at 5:30 p.m.

The Prairie Star Quilt Guild meets on the second Monday of each month at the Covenant Church at 901 Woodland Avenue in Fairmont. Membership is open to everyone who enjoys quilts or quilting - quilters of all skill levels are always welcome. For more information contact newsletter chair Deb Wallace at 507-436-5635 or president Mike Ellingsen at 507-526-5808.

MARTIN COUNTY HUMANE SOCIETY

The Carl Nettifee Memorial Animal Shelter

522 E. MARGARET ST. • FAIRMONT, MN • 238-1885

Website: www.pawprints.petfinder.com

Email: pawprints01@hotmail.com

HOURS:

Tuesdays & Thursdays 6:00 to 8:00 p.m.

Saturdays 10:00 a.m. to 2:00 p.m.



A FEW OF OUR CATS AVAILABLE FOR ADOPTION:

CUDDLY CALICOS! We currently have many amazing calico colored felines available for adoption! Coralee and Corrine are female black/orange/white younger kittens. Torrie is a young adult female black/brown tabby with white and orange cat. Esme is a young adult female black, orange, and white girl with extra toes. Snickers is a half grown female kitten who is black, orange, and white.

"Z" KITTENS are **ZOEY, ZORRO** and **ZADE** are approximately 4 ½ month old litter mates seeking their new homes. All three are black/brown short haired tabbies, although Zoey (the only girl of the group) has a few white markings. All three are spayed/neutered, up-to-date on shots, and housetrained. They're friendly, playful, and outgoing siblings. They've been in foster care in the past with a large dog. They're currently residing in our cat colony room, so come and play with them today!

A FEW OF OUR DOGS AVAILABLE FOR ADOPTION:

NALA and **MARLEY** are a pair of Pekingese/Pomeranian mix sisters surrendered to us together. We're hoping we can place the girls in their new home together, but it is not required. At about 2-3 years old, the girls will be spayed and updated on shots prior to adoption. They were surrendered when their owner had to move. Marley has the face shape of a Pekingese and Nala has the face shape of a Pomeranian. Both girls are tan or rust mottled with black with gorgeous silky coats. **DEZZIE** is a young adult female spayed Pit Bull mix. This beautiful girl is blue/grey with a white blaze down her chest. She has lived with children and cats in the past. She knows some commands, including 'sit' and 'down'. She's a very friendly girl who loves just about every person she meets!

PET PORTRAITS Sun, Nov 8th from 11 am – 6 pm at the animal shelter! A donation of \$15 gets you a 20 minute session & 2 digital images. Matching funds provided by Ron Arens up to \$400. Great for holiday cards and gift giving, email pawprints01@hotmail.com to sign up today.



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NOMINATE A HERO!

The Bryant Community Heroes program honors ordinary people doing extraordinary things in their community.

A Bryant Community Hero could be your neighbor, your colleague, your friend or someone that you see is making a positive impact. Each Hero will be recognized and provided a new Bryant furnace installed by their local Bryant dealer.

Community Heroes can be selected after being nominated by someone like you, so we encourage you to nominate an individual in your community who you feel is deserving. We know your Hero has a great story, and we can't wait to read it!

COMMUNITY
heroes
CELEBRATING EVERY DAY HEROES IN OUR COMMUNITY.
BRYANT. WHATEVER IT TAKES.



Visit www.bryantcommunityheroes.com to nominate someone today!

What's Cooking

with Kathy Lloyd

Tart Lemon Ring Mold

Another Halloween past!

We survived another Halloween on Woodland Ave! We have set boundaries: we buy 720 treats and when they are gone, we are done. It's nice that people help us on our street, donating extra treats, but for us at our age we only have stamina for so long!

The little ghosts and goblins started coming at 3:30 pm and by 6:40 pm we were done. When we first moved to our home we would have a break in between our little visitors but nowadays we have to stay outdoors all the time to keep up with the crowds!

We do enjoy seeing everyone's costumes. So many parents come with the children and dress in costume too. All are very polite and all say "thank you!" It's a real family affair that's nice to see!

I have never been crazy about Jello but I have a few jello salad recipes I do enjoy. Today's recipe is one of my favorites, you can put it in a mold, if I do that I like to fill the center with fresh strawberries or it works in a bowl too hope you enjoy this one too!

Tart Lemon Ring Mold:

1 envelope unflavored gelatin

1 cup cold water

1 - 6 oz. package lemon jello

2 cups boiling water

1 can (12 oz.) frozen limeade concentrate, thawed

2 cups whipping cream

3 Tbsp powdered sugar

In small saucepan sprinkle unflavored gelatin over cold water, let stand one minute, bring to boil, stir until dissolved.

In a large bowl dissolve lemon jello in boiling water, stir in unflavored gelatin and limeade, chill until syrupy.

Whip cream, adding 1 Tbsp powdered sugar at a time until holds shape. Beat jello until it's foamy, then fold in whipped cream.

Pour into a bowl or greased 8 cup mold, chill until set.

What a beautiful Fall week!

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MCHS in Fairmont Welcomes New Nurse Practitioner

Heidi Stevermer, nurse practitioner, joined the family medicine teams at Mayo Clinic Health System in Fairmont and Truman October 7th. She'll care for



patients in Fairmont on Mondays and Wednesdays and in Truman on Tuesdays and Thursdays. Stevermer spent 11 years as a registered nurse at Mayo Clinic Health System in Mankato and more than a year as a nurse practitioner at Mayo Clinic Health System in Albert Lea in Urgent Care and Express Care.

"I was looking for a primary care opportunity close to home," says Stevermer of her transfer to Fairmont. "I worked at rural medical sites during graduate school, and I enjoy providing primary care and health promotion to rural populations."

She also has a penchant for global health. While attending nursing school at Winona State University in Winona, Minnesota, Stevermer participated in

mission work to Jamaica, which sparked her interest in health care across the world. She then traveled to Tanzania in 2007, Papua New Guinea in 2010 and helped start a nonprofit global medical mission group in Mankato. Not only did these experiences expand her health care knowledge, she gained further appreciation of the care we're afforded in the United States.

In addition to her bachelor's degree in nursing, Stevermer holds a Master of Science in Nursing from Winona State University-Rochester in Rochester, Minnesota. She's certified by the American Association of Nurse Practitioners.

"Heidi is an excellent addition to our family medicine groups in Fairmont and Truman. She brings broad experience and expertise," says Marie Morris, M.D., Mayo Clinic Health System in Fairmont medical director.

Stevermer lives in Easton, Minnesota and spends her free time traveling, serving on the board of directors at the Mankato Ballet Company and participating in various outdoor activities.

Call 238-8500 to schedule an appointment. For more information, visit mayoclinichealthsystem.org.

martincountylibrary.org

CHECK IT OUT!

@ the Martin County Library

Looking for Holiday meal ideas? Stop by the Martin County Library in Fairmont and check out the cookbooks that are available.

During the months of November and December, Adults can drop off their favorite recipe to share with others. One of the recipes will be featured each week. There is no cost for this event and no need to pre-register.

Call the library at 238-4207 with questions.

As always, check our website for other events happening at your local library: www.martincountylibrary.org

TAXES

Second Half Real Estate Taxes on Farm property bearing classification of Farm Homestead or Farm Non-Homestead and Mobile Homes are due by **Monday, November 16, 2015** to avoid Penalty.

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Fairmont Church to Hold Brunch to Recognize Mildred Brodt

The First Congregational UCC Church in Fairmont will be holding a brunch and program honoring Fairmont resident Mildred Brodt on Saturday, November 7th at 10:30 a.m. at the church.

Mildred was a WAC and was stationed in the South Pacific, specifically New Guinea and Manila, during World War II and in Occupied Japan after that.

During her time in the

South Pacific, Mildred observed war crime trials, toured Hiroshima and climbed Mount Fuji. She has been interviewed and videotaped for the University of Nebraska, the Smithsonian and also locally.

Mildred will share her story during the program portion of the event.

There will be a charge for the brunch and program. The Hospitality Committee of First Congregational UCC are hosting the event. Everyone is welcome and encouraged to come and share in a part of Martin County History during this event!

The Photo Press will have an interview with Mildred in next week's Photo Press as part of the observance for Veteran's Day.



Sherburn American Legion to host Veterans Party

The Sherburn American Legion and Auxiliary will be hosting a Veterans Party for area veterans and spouses on Wednesday, November 11th at the Sherburn American Legion.

Social hour begins at 5:00 p.m. and a meal will be served at 6:00 p.m.

Respect The Flag

Written by David Robert Hoppe

As we stand, hand in hand,
Across this independent land,
Let us respect the flag
That is so grand
May we remember those
That fought and fell
For our nation, flag and Liberty Bell

Before 9/11, this poem used to mean simple respect for the American flag. Now I believe it has taken on a new meaning; simple respect for this nation.

Veteran Honor Reward Program Now Available in Martin County


Veterans can sign up for the Honor Reward program at the Martin County Recorder's Office or online at www.honorrewards.com to receive an Honor Rewards card which qualifies them for discounts and incentives at participating businesses in our community.

Local businesses and retailers can participate in the service by contacting our offices or using the business sign-up link on www.honorrewards.com. The business name will be listed on the Honor Rewards website for Martin County and provided to the Honor Rewards veterans.


Promotional materials are available for businesses to promote their involvement.



Veterans Day started in 1919 when President Wilson proclaimed November 11 to be Armistice Day.



As thousands of Americans in uniform wage war against terrorism around the globe, let us never waiver in our support for them and their families. Throughout America's history, military veterans served their country with honor, commitment and courage. To every one of them, we say, "thank you."



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Veterans Day: Initiatives Helping Veterans Apply Skills, Experience to Business Leadership

(StatePoint) Of the 24 million veterans in the U.S., nearly one in 10 is a small business owner and veterans as a whole are 45 percent more likely than those with no military experience to be self-employed, according to U.S. Census Bureau Data. Experts say that these figures should come as no surprise.

“When veterans re-enter civilian life, they carry with them the discipline, hard work and strategic thinking acquired and developed during military service. They take pride in these skills and strive to use them during their next phase of life,” says Tim Davis, a veteran and president of The UPS Store, which offers a number of initiatives designed to promote veteran entrepreneurship. “Veterans are extremely likely to be successful entrepreneurs. Sometimes the challenge is finding that opportunity.”

Despite the bleak headlines regarding the variety of problems faced by returning veterans, The UPS Store is a good example of a business taking steps to change the dialogue and offer these entrepreneurial opportunities. For example, their participation in the Veterans Transition Franchise Initiative (Vet-Fran) is helping veterans obtain the resources they need to become their own boss, and the results have been notable. In fact, of the 4,400 UPS Stores, 250 are owned by veterans.

Other programs sponsored by various universities and the U.S. Small Business Administration are offering returning veterans training and mentoring, grants, and access to business development opportunities.

Davis, who believes that military skills easily translate to the business world, encourages other corporations and organizations to begin similar measures in their operations.

This Veterans’ Day, celebrated November 11, is a good time to learn more. Visit www.theupsstorefranchise.com.

From strong leadership skills to focused work ethic to a comfort with procedures, the characteristics exhibited during one’s service in the military can translate well to the world of business, say experts.



PHOTO SOURCE: (c) Monkey Business - Fotolia.com



A VETERANS DAY SALUTE

In remembrance of the veterans who so honorably served our country and their families who we were honored to serve this past year.

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Poppy Days are November 6th through 8th

The Fairmont American Legion Auxiliary will sell poppies this Friday through Sunday at Fareway, Hy-Vee, ShopKo and Five Lakes Centre.

Auxiliary members across the country to provide a therapeutic activity for veterans, raise awareness, and raise funds to help veterans, military service their families who demonstrate a financial or medical need. Most of the funds collected stay in the local communities.

For over 70 years, the American Legion Auxiliary has sponsored Poppy Day to remind Americans that millions have sacrificed their lives and health to keep our nation strong and free.

The poppy which grew wild on the battlefields of Flanders, became in the minds of the doughboys of World War I, a symbol of the sacrifice which they had endured. The poppy flourished among the shelled buildings and bomb-scarred landscape.

Seven million poppies are distributed each year by the American Legion



vice members and their families. Up until recently, 100% of the donated funds were used to help veterans. Due to the great needs of today’s military families, The American Legion recently voted to expand the use of newly-collected funds to active duty service members and memorial poppy can be traced to a single individual. Beginning in November 1918, Ms. Moina Michael brought a bouquet of poppies and handed them to businessmen where she worked and asked them to wear the poppy as a tribute to the fallen of World War I.

The remembrance poppy has been used since 1921 to commemorate soldiers who have died in war. Inspired by the World War I poem “In Flanders Fields”, and promoted by Moina Michael, they were first adopted by the American Legion to commemorate American soldiers killed in that war (1914–1918).

In the United States, the Veterans of Foreign Wars conducted the first nationwide distribution of remembrance poppies before Memorial Day in 1922. Today, the American Legion Auxiliary distributes crepe-paper poppies in exchange for donations around Memorial Day and Veterans Day. Source: Wikipedia.org

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LETTERS TO THE EDITOR

To our Family, Friends and many Supporters who made the Jeremy Breitbarth Fundraiser a success –

You have truly touched our hearts with your love, friendship and offers of help and assistance. The generous support you have shown to our family at the benefit was truly more than we could ever imagine.

It was a wonderful occasion and showed us clearly how joy can be found, in even the darkest situations.

We deeply appreciate each and every contribution (food, time, wonderful gift baskets and monetary donations) and wish to thank everyone who contributed in so many ways. We especially want to make sure

that Cindy Wolhuter, Sonja Fortune and the Red Rock Center for going above and beyond by making sure we were given such a wonderful venue and making sure the benefit was a huge success.

We have felt such an outpouring of love for Jeremy and this has provided such an enormous comfort and given him strength to know we have been supported by all of the people that were able to attend the benefit and those that have reached out in so many other ways to show support and love.

With our Love & Heartfelt Thanks. –
Jeremy Breitbarth
& Family

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Menus subject to change due to inclement weather, shortages or delays in shipping.

NOV 5 - 11

THUR: Taco Salad, pears, green beans, blueberry muffin cake, milk.

FRI: Hot Ham and Cheese, apple, corn, milk.

MON: Cheese Quesadilla, mixed

fruit, peas, dessert, milk.

TUES: Chicken Nuggets, tator tots, orange, bread, milk.

WED: BBQ, mixed fruit, green beans, milk.

TRUMAN AREA

Menus subject to change due to inclement weather, shortages or delays in shipping.

NOV 5 - 11

THUR: Breakfast: Mini Pancakes, fruit, juice. **Lunch:** Taco, fixings, corn, refried beans, fruit.

FRI: Breakfast: Breakfast Pizza, fruit, juice. **Lunch:** Chicken Patty, baked beans, spinach salad, mandarin oranges.

MON: No School.

TUES: Breakfast: Cereal Bar, string cheese, fruit, juice. **Lunch:** Ribette, mashed potatoes, CA blend veggies.

WED: Breakfast: Ham/Toast Cheese, fruit, juice.

Lunch: Ckn Noodle Soup, PB sandwich, spinach salad, veggies, fruit.



The Natural Resources Conservation Service helps America's farmers, ranchers and forest landowners conserve the nation's soil, water, air and other natural resources.

Their website www.nrcs.usda.gov provides many resources, such as definitions for the terms *native plant*, *invasive plant*, *non-native plant*, *naturalized plant*, *exotic plant*, *translocated plant*, *opportunistic native plant*, *weed* and *noxious weed*, and support and assist growers through various "plant materials centers."

Photo courtesy of NRCS

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FAIRMONT AREA

Menus subject to change due to inclement weather, shortages or delays in shipping.

NOV 5 - 11

Elementary hot breakfast can be found online.

THUR: Breakfast K-6: Trix Bar, goldfish, apple juice, orange, milk. JR/HS: Yogurt Parfait, Cinnamon Toast Crunch, apple cinnamon muffin, PB&J, raisins, OJ. **Lunch** K-6: Turkey Corn Dogs, sunbutter & grape jelly sandwich, green beans, cucumber slices, raisins, peaches. JR/HS: Popcorn Chicken Mashed Potato Bowl, cucumbers & tomatoes, carrots, raisins, mixed fruit.

FRI: Breakfast K-6: Cheerios Bar, cinnamon graham cracker, tangerine juice, apples, milk. JR/HS: Sausage Egg & Cheese Bagel, Cocoa Puffs, yogurt, PB&J, orange, grape juice. **Lunch** K-6: Nachos, rice, yogurt & graham cracker fun lunch, refried beans, jicama sticks, orange, mixed fruit. JR/HS: Turkey Corn Dog, carrots, cranberry spinach salad, celery sticks, apple, mandarin oranges.

MON: Breakfast K-6: Golden Grahams Bar, sunflower seeds, apple juice, orange, milk. JR/HS: Breakfast Pizza, Cinn. Toast Crunch, blueberry muffin

PB&J, pears, apple juice. **Lunch** K-6: Chicken Patty, turkey and cheese wrap, sweet potato puffs, celery sticks, apple, pears. JR/HS: Sloppy Joes, sweet potato puffs, coleslaw, carrots, apple, pears.

TUES: Breakfast K-6: Trix Bar, goldfish, apple juice, apple, milk. JR/HS: Pancake on a Stick, syrup, cocoa puffs, yogurt, PB&J, apple, OJ. **Lunch** K-6: Sloppy Joes, ham and cheese sandwich, peas, carrots, grapes, applesauce. JR/HS: Roasted Chicken, dinner roll, blueberry crisp, peas, side salad, cucumbers, banana, applesauce.

WED: Breakfast K-6: Cocoa Puffs Bar, goldfish, tangerine juice, raisins, milk. JR/HS: French Toast Sticks, syrup, Honey Nut Cheerios, string cheese, peaches, apple juice. **Lunch** K-6: Cheese Quesadilla, salsa, sunbutter & grape jelly sandwich, corn, red pepper strips, orange, peaches. JR/HS: Hot Dog, baked beans, tossed salad, broccoli, orange, peaches.

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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 11 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 Linda Bach-Quade 507-235-3820.

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Saturday, November 7 • 10:30 am
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Fri - All Day: Cod Dinner - \$6.50

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Fri, Nov 6 • 5-7 pm:
Burger/Pizza Night • Happy Hour
• 7-11 pm: Butch & Friends
Sat, Nov 7 • No Fish Fry!
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4	5	9	1	2	3	8	7	6
1	6	2	8	7	4	3	9	5
3	8	7	5	9	6	2	4	1
7	2	4	6	1	8	9	5	3
8	9	6	3	5	2	4	7	1
5	3	1	9	4	7	6	8	2

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CryptoQuote

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furniture for serving
potatoes, beets and celery?
Use a veggie-table.

Cryptoquip

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Senior Dining is served each weekday at 11:30 a.m. at
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238-1650 between 9 a.m. and noon the day before. All area
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NOV 5 - 11

THURSDAY: Tator Tot Hotdish, peas & carrots, beet pick-
les, ice cream.

FRIDAY: Lemon Pepper Fish, red skin potatoes, broccoli,
chocolate pudding.

MONDAY: Beef Stroganoff, corn on the cob, eclair

TUESDAY: Chicken Cordon Bleu, hashbrown bake,
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WEDNESDAY: Hamburger, tri-tator, baked beans, angel
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Anyone that knows me knows that I love immersing myself in historical facts and information. Whenever Karis and I go somewhere on a trip or for vacation, we have to take in some of the local history while we are there. So,



because I like history so much, I have decided to have my column focus on historical items and people in the area.

Bowlmor...you don't look a day over 55!

A Fairmont business has been an entertainment staple in this com-

munity for 75 years and is celebrating that fact this weekend. Bowlmor Lanes and Lounge is celebrating its 75th birthday this Saturday, November 7th from 2 to 6 p.m. In February of 1940, an eight-alley bowling alley was built at 412 North North Avenue in Fairmont. In 1958

the decision was made to expand and property was purchased in the 600 block of South State Street (the present location). A 16-lane alley was built for \$80,000. In 1960, an additional eight lanes were added to the site. The present owner, Dave Pederson, purchased the Bowlmor

Lanes and Lounge in August of 1980. Over the years, bowling in Fairmont and around the country has seen many changes in the sport. Pinsetters went from being run by human hands to the present day of automatic computer-controlled pinsetters; scoring used to be done by hand on a scorecard, then later the scorecard would be projected up on a screen above the bowling lane, to present day which has computerized, auto-scoring capabilities. These are just a few of the changes that have been made through the years. Congratulations Dave and Bowlmor on 75 years!

Thanks, Alice!

I have known Alice (Iverson) Johnson for many years, from back when she lived in Ceylon across the street from my church. Alice has been a supporter and vital volunteer for Boy Scout programs in Ceylon and Martin County for many years. She also has been an active participant in the Halloween games put on for kids in Ceylon for 48 years, never missing a year during that time, even when having knee replacement. Alice was recognized by the Ceylon Firefighters last Saturday,



when she helped with the games for the kids for the 48th year. I can remember her when I was growing up and Mom and Dad would take me to the Ceylon Fire Hall for Halloween to participate in the kids games put on by the Ceylon Boy Scouts and the Ceylon American Legion Auxiliary. I still remember the fishing game, where you would "throw" your fishing line over a large blanket and someone behind the blanket would attach a prize "catch" for you to pull back in. I can also remember throwing darts at balloons on a wood board and if you broke the balloon, you would win a prize (yes, back then they still allowed kids to throw darts!). Thanks Alice for dedicating your time and talents to kids for so many years!

Honoring Mildred

Mildred Brodt is known to many people in and around Fairmont for her involvement in many groups, activities and for her presentations on her world travels. Many of you may have seen Mildred as the school teacher in the one-room schoolhouse at Heritage Acres during group tours and events held at that site in years past. She is also a World War II veteran and she will be the honored guest at First Congregational UCC Church in Fairmont on this Saturday at 10:30 a.m. when the church will have brunch and a program on Mildred. She was a member of the Women's Army Corp and was stationed in New Guinea and Manila during World War II and in Occupied Japan after that. She had many interesting experiences while serving as a WAC, including climbing Mt. Fuji! Her story has been the subject of televised programs at the University of Nebraska, the Smithsonian, and also on local television programs. Tickets for the brunch and the program are \$8 and everyone is encouraged to come hear her story on Saturday. Thanks Mildred for your service!

Your weekend at a glance

Before I go this week, just a couple events to highlight. Bowlmor Lanes and Lounge is celebrating 75 years on Saturday, November 7th from 2 to 6 p.m. Activities, door prizes, reminiscing and more! Also on Saturday, Martin Luther High School is having their "Joyful Thanks" Fall Benefit Dinner with Hors D'oeuvres at 5 p.m. and dinner served at 6 p.m. Glenn Henriksen will entertain before dinner and the speaker will be Peter Vodenka, sharing his "Journey for Freedom". Tickets are advance sale only.

Thank you for our freedom!

Finally, next Wednesday is Veterans Day and I salute all of those who have served our country in the past and those who continue serving today. Thank-you for your service to our country and our freedom we enjoy today!

Have a great week!

Drive safely - visit a shut-in or family member - Eat, Play, Shop Local - Honor Veterans!

- Jeff

Women Veterans And Their Long Journey Home

(NAPS)—Many Americans don't realize it, but one out of every five new military recruits in the United States is a wom-

The report finds that women who served in Afghanistan and Iraq, for example, have higher rates of PTSD symptoms

centers lack specialists in the physical and mental health needs of women.

"Women veterans deserve equal respect, consideration and care as the men who served," says DAV's deputy national legislative director Joy J. Ilem, a veteran herself. "Yet the support systems are ill-equipped to meet the unique needs of the brave women who have defended our country."

Consider the case of Crystal Dunkin, a munitions specialist in the United States Air Force. She oversaw the entire process of building and disassembling bombs, making sure nobody made a deadly mistake. "It was explosives and it was the real deal," she recalls.

She was good at her military job but struggled when she left the Air Force and transitioned back into civilian life. "I didn't know a thing about being a civilian. It was really hard for me to find and keep jobs."

She battled depression and alcoholism and became homeless.

Then there's Alexis Courneen, who served aboard a Coast Guard cutter. She was struck by a several-ton buoy that was being lifted by a crane onto the ship, crushing the nerves in her right arm, fracturing her hip and slamming her head against the deck. She

struggled with persistent eye problems, ringing in her ears, migraines, and trouble with balance. For two years, her doctors could not diagnose her condition correctly; one doctor even suggested that hormonal changes caused her symptoms.

The DAV report is clear: Too many women, like Dunkin and Courneen,

face a long road to a productive civilian life. Fortunately, both women made it. Dunkin is working in a program that helps veterans and Courneen, diagnosed with a traumatic brain injury and matched with a service dog, is happily married and raising two children.

Hundreds of thousands of servicewomen will re-

turn home in the next five years. It's both the nation's duty and to the advantage of all Americans to make sure they have access to the care and support they need to make the journey home as smooth as possible.

To learn more, visit www.dav.org/women-veterans-study.



an—and 2.5 million veterans are women.

Women in the military today are exposed to the same rigors of combat and the daily threat of wartime violence as their male counterparts, yet their transition from military to civilian life is often very different. A new report by DAV (Disabled American Veterans) reveals that the network of government and community groups that supports veterans is designed for and dominated by men and has serious gaps in health care, employment and housing services for women.

than men. PTSD can be different for women, who are more likely to be depressed. Women are much more likely to identify interpersonal issues—marriage and parenthood—as a major source of stress when they return home. Women veterans are at least twice as likely to become homeless as non-veteran women and they have higher rates of unemployment compared to male veterans. Yet women veterans don't have access to the same kind of support networks as men do and many Department of Veterans Affairs health

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Kiwanis Korner

100 years proud

Kiwanis International is celebrating its 100th Anniversary in 2015 and in observance of this event, we are spotlighting Fairmont area's two Kiwanis Clubs and their members.

KATHY SMITH



Kathy is a newcomer to Early Risers Kiwanis, joining this past September. Mike Katzenmeyer and Char Kahler, both members, encouraged her to come to a meeting to see what Kiwanis was all about. After attending meetings since June, Kathy decided it was a good fit for

her. The members are very dedicated and passionate about the projects they are involved in.

Kathy and her husband Kevin live in Fairmont. Kevin is employed by Avery-Weigh-Tronix. They have five children between them: Eric and Jenna Peters and daughter Layla of Mankato; Lisa and Miah Campbell and children Grace and Noah of Mankato; Mike and Arica Peters of Wauke, Iowa; and Chelsea and Georgina Smith of Birmingham, England.

Much of Kathy and Kevin's time is spent visiting children and grandchildren, which is great, but they also enjoy the outdoors - camping, bike riding, boating and walking.

Kathy retired in February after 32 years with the Martin Soil and Water Conservation District. Currently she works on a part-time basis for the Greater Blue Earth River Basin Alliance (GBERBA), which is made up of ten counties and ten soil and water conservation districts.

Since becoming a member in September Kathy has not had the time to participate in many projects. There are many choices, such as the Fishing Derby, Hobo Trail Project, Adopt-A-Park, and many other community projects, so it will not be a problem to be involved.

Early Risers Kiwanis meets every Wednesday at 6:30 a.m. at The Ranch Restaurant.
Uptown Kiwanis meets every other Tuesday at noon at Tami's on the Ave.

For more information or to become a member, contact: Uptown Club President Louise Hendricks, 235-3090; Early Risers Club President Mike Katzenmeyer, 235-9534.

Kiwanis is a global organization of volunteers, dedicated to improving the world, one child and one community at a time.

The Bowlmor History From the Past 75 Years

by Liz Wheeler

In February of 1940, Harold Grove made a seemingly risky move by resigning his position as assistant cashier at First National Bank in Fairmont, a respected and stable job, and speculating on a new eight-lane bowling alley. Bowling was quite popular in the area with leagues for men and women. But Chase & Wilson held the monopoly in the area, and they only had four lanes.

So Grove contracted with Knud Pederson, who ran an ice business in town, to build a bowling alley on property Pederson owned at 412 North North Avenue.

Construction on the property began and the bowling alley would have the latest technology, seating for 50 spectators,

ily were in a car accident which killed Grove instantly. He was only 47.

Due to their injuries, Stella and Yvonne were not aware of Harold's condition until the next morning when it was left to Reverend Harold Booch, Grove's best friend and pastor, to break the news to them. Grove's funeral was at the Congregational Church, and he was laid to rest in Lakeside Cemetery.

Due to her injuries, Stella was unable to attend her husband's funeral, but she continued with the plans for the bowling alley. Her brother, Roy Haugen agreed to manage the bowling facilities while Stella would run the soda fountain.

The soft opening of the alley was August 21st, 1940 when its advent tripled the number of lanes in town.

On the morning of January 22, 1942, after weeks of negotiating, Ken and Hilda Bowman bought The Bowlmor. Bowman had been with the Nelson Ice Cream Company from 1926 until January 21st, the day before the announced sale.

Sometime between 1942 and 1946, William "Bill" Cernoch of Jackson moved to Fairmont and bought the business part of The Bowlmor. Cernoch had grown up and gone to school in Petersburg, Minnesota, and then farmed with his wife Agnes in Jackson. It wasn't until 1949 that he finally purchased the building from Pederson. Photos from those years were found in the walls of the building when Tech Builders moved into the spot and did some remodeling.

The top two female keggers at the time were Rosemary Theisen and Ruth Becker. Top male keggers were Frank Wos, Glynn McLaughlan and Nicky Brockman.

Due to the blinding rains in Shakopee that night, Grove and his fam-

After Bill bought the business, he kept the soda fountain but didn't make any meals. Over the years, several people rented out the storefront counter and had a variety of restaurants in it.

the ultimate. Friends bowl together. Enemies bowl together. Management and labor bowl together... It brings out the worst in people. Women wear toreador pants. This tends to narrow them on the top and widen them in the middle, with a Freudian subconscious wish to look like bowling pins. The men wear slacks and a frown."

In 1960, Cernoch added on an addi-

tional eight lanes.

In 1965, Cernoch finally parted with the old location of The Bowlmor at 410-412 North North Avenue for \$25,000. The buyers were Elmer Fandel and his wife, operators of De Lyle's Academy of Beauty Culture.

And one year later, on August 10th, 1966, Cernoch sold what was now known as Bowlmor Lanes to Matt and Donald Koppinger, avid bowlers. Matt also owned another six-lane alley in Kasson, MN, which he sold before moving to Fairmont.

According to land records, the Koppingers held onto the property until 1976 when they sold it to Augie Hedtke who then sold it to Dave Pederson in August 1980. In 1993, Dave and his wife added auto-scoring capabilities to the alley.

Bowlmor celebrates 75 years on Saturday, November 7th from 2 p.m. to 6 p.m. with an open house, light refreshments and a walk down memory lane through old photos and memorabilia. They will have 75-cent specials such as hot dogs, chips, small sodas, bowling, shoes and more. Come and reminisce with Dave and share in their dodrans-centennial celebration.



a locker room and lavatories in the basement and a soda fountain in the storefront.

The project ran into snags, including some of the walls caving in during construction due to heavy rains in the area. At the same time in June 1940, Grove and his wife Stella were up in the Twin Cities area picking up their daughter Yvonne, a student at Macalester College. Their son Jimmie had stayed back in Fairmont.

Due to the blinding rains in Shakopee that night, Grove and his fam-

2016

planning calendars

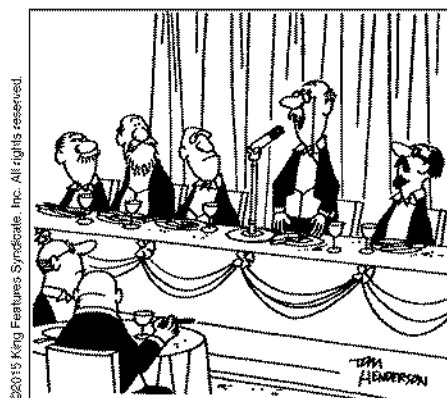
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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Confuse	<div style="border: 1px solid black; padding: 2px;">BLEMASH</div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>
Signifies	<div style="border: 1px solid black; padding: 2px;">SENDTOE</div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>
Probe	<div style="border: 1px solid black; padding: 2px;">LEVED</div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>
Portal	<div style="border: 1px solid black; padding: 2px;">RETYN</div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>	<div style="border: 1px solid black; padding: 2px;"> </div>

TODAY'S WORD

Fairmont and MCW Girls Cross Country Teams go to State

Fairmont Area and MCW girls cross country teams are going to State! The Cardinals girls captured the Class 2A section championship with the MCW girls finishing runner-ups last Thursday at Montgomery. The Cards/MCW will run at the Class A state meet Saturday, November 7th, at St. Olaf College in Northfield. The girls meet starts at 1 p.m., and the boys' meet is set for 2 p.m. Sylvia Rodriguez of Madelia/Truman qualified in the individual meet along with Cardinals' Josh Sundblad and the Mavericks' Joshua Bjerken.



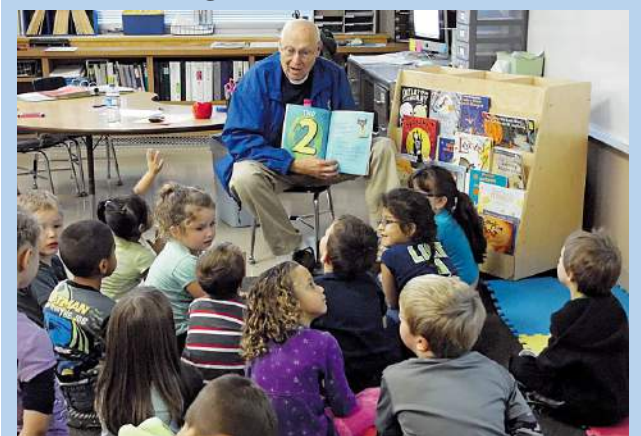
The Fairmont Area Girls Cross Country Team took first place at Sections last week. They will now compete in the Minnesota state competition.

Whitehead, fifth place, 19:52.3, Whitney Smith, 16th place, 20:47.04, Katie Lange, 22nd place, 21:07.98, Brooke Anderson, 25th, 21:14.87, MacKenzie Petersen, 43rd, 21:47.71. Emily Matejka, 21:50.9 and Abby Bachenberg, 24:18.44.



The Martin County West Girls Cross Country Team took second place at Sections last week. They will now compete in the Minnesota state competition.

Early Risers Kiwanis Gift Books to Kindergartners



Members of the Fairmont Early Risers Kiwanis took time out of their morning on October 27th to read to kindergarten and early childhood students. As incentive to encourage reading, each child was given three books to take home. The books were a gift from the Southern Minnesota Initiative Foundation and the Early Risers Kiwanis.



Students at St. Paul Lutheran Church School in Fairmont attended and took part in Martin Luther High School's "Step Up" day on October 22nd.



Junior Whirl

by Hal Kaufman

HEADS UPI Introduce someone as your trusted ESP assistant. Announce that during your assistant's absence from the room, an onlooker is to pick any object in sight, which your aide will identify upon his or her return.

Secret: By prearrangement, when you ask for the fourth time: "Is it this?" your aide is to answer: "Yes," in repeat demonstrations, vary it to third or fifth query.

SUM FUN Add 28, 63, 31 and 43, and what do you get? Jot it down. Now, reverse each number, and add again — 82, 36, 13 and 34. What is the total this time? Alakazam! It's the same amount.

1	2	3	4	5
C	A	T	C	H
A				
T				
C				
H				

IT'S A CATCHY WORD POSER

There is definitely a CATCH to this word poser, as you can see above. Letters of five five-letter words, beginning with CATCH, form a word square — that is to say, a square in which words read the same both across and down. You are asked to find these words in accord with these definitions:

1. Happen to see, as a TV show. (in place.)
2. Informed.
3. Hog-like creature.
4. Shed tears.
5. Cattle groups.

Remember, words read alike in two directions.

POOR FISH! This poor fish has escaped one hazard, but it is headed for another. Draw missing lines from dot to dot.



CAN DO: There are lots of chores on a farm — toting milk cans, for instance: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh tones. 6—Dk. green. 7—Dk. brown. 8—Lt. green.

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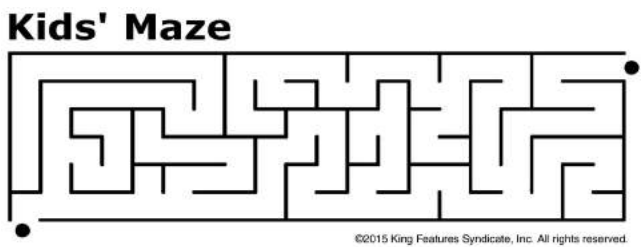
SCORE 10 points for using all the letters in the word below to form two complete words:

REACTION

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible two-somes: Rain, coat



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“Yeah, I fed the fish — to the cat!”

Pumpkin Patch Contest 2015 Winners

Fairmont Area Elementary School students decorated pumpkins to resemble a character from their favorite books.

For a first year event there was an amazing 34 pumpkins submitted. They all did a great job and proudly have their

pumpkins displayed in the schools library. We look forward to participating in this event again next year. The winners are:



BEST PUMPKIN - ANIMAL CHARACTER: 1st: Joslyn Meyer - 1st Grade Ms. Binderkarten in Ms. Binderkarten's Wild Day at Kindergarten 2nd: Francisco Sifuentes - 2nd Grade Nemo in Finding Nemo Best Dad in the Sea.

BEST PUMPKIN - HUMAN CHARACTER: 1st: Matthew Tierney - 4th Grade Greg in Diary of a Wimpy Kid 2nd: Ara Rodning - 3rd Grade Dorothy in The Wizard of Oz.

BEST PUMPKIN - MADE WITHOUT HELP: 1st: Jazlyn Geerdes - 5th Grade Spider in Black Widow Spider 2nd: Selma Bleess - 5th Grade Olivia in Olivia.

BEST PUMPKIN - MOST CREATIVE: 1st: Shylyn Palagi - 3rd Grade Caterpillar in The Very Hungry Caterpillar 2nd: Alyssa Mason - 4th Grade Dog in All About Yorkshire Terriers.

BEST PUMPKIN - MOST LIKE ITS CHARACTER: 1st: Brock Rodning - Kindergarten David in NO, David! 2nd: Gabriella Leiding - 3rd Grade Elf in The Elf on the Shelf.



These are a few of the 50 some kids who elected to walk or bike to school at St. John Vianney and Fairmont Elementary in September and October.

City of Fairmont Announces Contest Winners

The City of Fairmont held a coloring/essay contest in observance of Public Power Week on October 4th - 10th.

The city had an open house and handed out flyers to Fairmont Elementary School for the students to color and then turn

back in to be judged.

Below are pictures of the various contest winners. Congratulations winners!!



Willow-age 6 and Hunter-age 6



Harlee-age 4, Jazmin-age 4 and Blair-age 4



Back Row L to R: Soveig-age 10, Logan-age 8, Jazlyn-age 10, Chloe-age 10. Front Row L to R: Carter-age 6, Morgan-age 7 and Madison-age 8.



LINCOLN BECKER (front center) is pictured with Kansas City's Mike Moustakas at KC Royals/NY Mets World Series Game 3 in New York. Make-A-Wish America grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. Lincoln, who is battling cancer, is son of Lynn and Julie Becker of Northrop.

by Mike Marland

We need help delivering only good news.

We have openings for carriers in these Fairmont areas:

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•**Route 7** - 1100 To 1600 Blocks of North Elm and North Park, and Adjacent Streets.

•**Route 8** - 700 to 1000 Blocks of North Elm, North North, North Park and North Prairie.

•**Route 12** - Albion Place, South Downtown Plaza, South Main, 200 to 700 blocks of South Park and adjacent streets. Available now.

All routes available now!

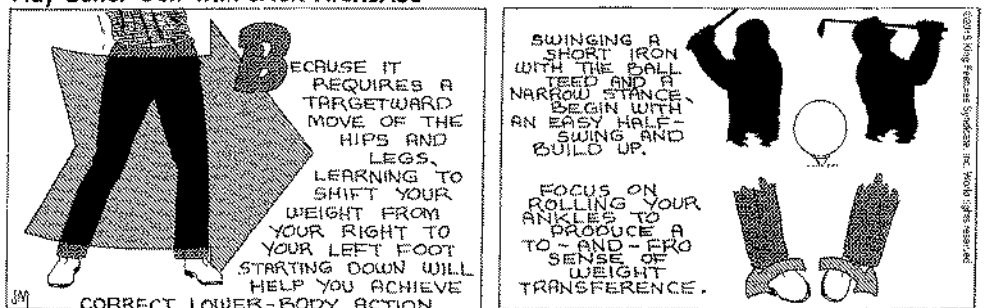
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Five Easy Fall Home Décor Projects

(StatePoint) As you shift from outdoor barbecues to indoor feasts and gatherings, make sure your home is in tip-top shape with these five simple updates.

1. Picture Perfect Gallery Wall

Show love to your favorite seasons by showcasing them on a featured gallery wall, which is a top design trend in 2015:

- Gather a series of picture frames. Use ones that vary in size to create an eclectic look.

- Using burlap, white paper, newspaper, or even pages from an old wallpaper book, place the material on the frame's backing to create a unique backdrop.

- Next, customize the gallery for fall by placing real or faux foliage in the frames. Since the frames are already hung, you can easily swap out décor for different seasons.

2. Painted Accent Wall

Take your living area from lifeless to lovely with a pop of color. Paint an ac-

cent wall in a deep, rich hue to set the autumn scene in your home. Darker paint colors tend to show more imperfections, so ensure



a flawless finish by using painter's tape to achieve sharp paint lines on trim, baseboards, crown mold-

ing and around doors and windows. You can prevent paint bleed with FrogTape brand painter's tape, which is treated with patented PaintBlock Technology to leave you with a top-notch paint job.

3. Curb Appetites in Style with an Edible Centerpiece

Create a palatable centerpiece as a practical, yet pretty addition to the table with these steps:

- Wrap the base of a candle with plastic wrap to prevent direct contact

with your filler material.

- Nestle the candle into a bowl and surround it with small apples, cranberries or coffee beans.

- Take your centerpiece to new heights by painting a decorative stripe or pattern around the bowl.

4. Keep Cocoa Warm with DIY Chalkboard Mugs

Serve guests in style with customizable chalkboard mugs -- here's how:

- Tape around the top of a porcelain mug and handle, creating a straight line to paint beneath, using painter's tape. Paint the taped-off area with porcelain chalkboard paint. Remove the tape when you finish painting and allow the mug to dry for 24 hours.

- Bake your mug according to your paint's directions. Allow it to cool. The paint will be as permanent as baked enamel -- and dishwasher and microwave safe.

- Personalize the mug with festive phrases for visitors.

5. Personalize Pumpkins with Paint

Easily amplify your pumpkins with glam -- here's how:

- Buy a few different shaped gourds and pumpkins from your local farmer's market or grocery store.

- Spray paint them with

a metallic finish, white, lacquer or a textured paint.

- Protect areas you don't want painted (like the stems) with painter's tape. You can also use the tape to create designs

on the pumpkins prior to painting.

photo: With simple projects, you can elevate your home with custom character just in time for fall.

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A Guide to Winterizing Your Outdoor Living Space

(NAPS)—Falling leaves and dipping temperatures signal the turn of the season and with that comes the need to prepare your home for winter. Your outdoor living space is no exception; it's an area you spent months enjoying with summer barbecues and gatherings. All that foot traffic wear and tear and direct sunlight can take a toll on any deck, but with a few easy tips, you can safeguard this area of your home and prepare it for the harsh winter weather ahead.

- **Protect Your Deck:** Excess moisture and freezing temperatures can bring a host of problems for the items in your outdoor space, including furniture, grills and planters. It's important to guard these investments and make sure they stay protected for years to come.

For areas that experience extreme weather, it's best to store furniture and cushions indoors to prevent snow accumulation or cover them with a water-resistant material to prevent damage from the elements. For milder climates, protect smaller outdoor wooden items, such as garden boxes, birdhouses and wooden

benches by sealing with a wood protector.

Before the first freeze, move plants that can be easily transplanted indoors. Outdoor planters that are too big to bring inside can be wrapped with a heavily insulated material, like burlap, and moved to an area of the space that will allow them to still get enough direct sunlight.

- **Clean Your Grill:** Thoroughly clean the racks of your grill with a grill brush and coat the burners and other metal parts with cooking oil to repel moisture and prevent rust. If it's a gas grill, turn it on and let the last of the gas burn off. Remove the tank from a propane grill and store outdoors, away from the house. Tape a plastic bag over the gas line opening to keep curious critters from nesting there. No matter the grill type, a heavy-duty vinyl cover should keep it safe and dry all winter long.

- **Defend the Surface:** Heavy foot traffic, barbecue grill stains and expo-

sure to the elements can not only ruin the deck's appearance, but also create the perfect environment for the growth of mold and mildew. HGTV/DIY network star Jeff Wilson notes that these conditions make it important to thoroughly clean the remnants of a summer well spent and get your deck ready for winter. And it's the perfect time of year to tackle this outdoor project with the heat of sum-



mer giving way to cooler fall temperatures.

Coating your deck with a premium product not only nourishes and beautifies wood with a unique triple blend of fast-absorbing oils, but it also includes waterproofing protection against ice, snow and sleet that can penetrate an unprotected surface and cause splitting and cracking of the wood.

Taking the time to winterize your outdoor living space will not only protect your investment, but it will also give you peace of mind knowing that your decorating and designing efforts made during the warmer months will not go to waste because of harsh winter elements.

Quick, Inexpensive Ways to Give Your Home a Fall Facelift

(StatePoint) A seasonal home makeover doesn't need to cost a fortune or be difficult to execute. Quick, easy and innovative ideas can give your home the fall flair

the artwork displayed in your home to highlight seasonal colors. Whether you want to get spooky for Halloween or focus on fall's natural hues, this task won't take long to do and

ple and black for Halloween flair, or greens, reds and browns for a natural effect.

Hardware is easy to swap out and you can give your home a fun,



needed to celebrate the season.

"Seasonal décor updates should jive with your home's style, while also adding something extra to the mix," says Eric Cohler, who has been listed as a top international designer by House Beautiful and Elle Décor magazines. "Keep it easy though, so that when the season is over, you won't end up with a lack of motivation to refresh and a space that feels passé."

To add autumn elements to your home without completely re-vamping your interior, consider these ideas:

Rotating Gallery

A digital photo display is the easiest way to showcase seasonally suitable photos of friends and family. In fall, that means Halloween portraits, autumn picnics, trips to the pumpkin patch, and back-to-school photos.

Consider rotating

will greatly impact the look and feel of each room.

Pops of Color

"With relatively little effort, you can add bright, bold colors to your home by swapping out the knobs and handles on your cabinets, credenzas and other furniture," says Cohler.

Seasonal sets of cabinet hardware can keep the look fresh in your home. All you need is a screwdriver and a few hours.

A free web-based application, Splash by Amerock, offers a new interactive design and shopping experience by allowing you to truly customize hardware for cabinets and furniture. The interactive site and first of its kind product line allows you to test various colors and shapes of cabinetry hardware and view the different looks on different style and color cabinets.

From kitchens to bedrooms to living areas, you can make your rooms pop with bold colors. Think orange, pur-

fresh fall makeover inexpensively and without much hassle.

Curtains

Another easy way to make a quick look-and-feel change to a room is by swapping out curtains. It's a great way to customize a space to better fit the mood of the season. What's more -- a quarterly rotation of window treatments presents a much-needed opportunity for a good cleaning. Be sure to store your freshly laundered linens in a sealed bag so they don't collect dust. When they make their appearance the following year, they will be vibrant and fresh.

Fall can be a particularly busy time of year; however, a few easily implemented ideas can go a long way to add a festive vibe to your home.

Photo Caption: Natural hues like orange and green can make kids' bedrooms pop in fall.

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Keep Your Lawn and Garden Equipment In Top Shape

(NAPS)—For outdoor power equipment to work better for less cost and effort later in the year, you need to properly maintain and store it now.

1. Set up a safe work zone. Identify a safe location with plenty of work space that's out of the way of children and pets. Work only in a well-ventilated area away from heat sources, sparks or flames.

2. Collect your outdoor power equipment. This might include a lawn mower, generator, string trimmer, chain saw, edger, power washer, blower, chipper, splitter or any other tool that uses a small engine to do outdoor work.

3. Make sure the equipment is turned off. Before servicing or repairing any outdoor power equipment, disconnect the spark plug and battery cables.

4. Protect yourself. Wear safety glasses and gloves to protect against harmful chemicals and debris.

5. Inspect the equipment. Make sure safety guards are not disabled or

missing. Check for loose belts or missing or damaged guards. Check and tighten all screws and nuts.

6. Clean the equipment. Remove any accumulated grass, leaves and dirt.

7. Drain the fuel. Many fuels today contain ethanol, which absorbs water and may phase separate, causing operating problems later. If there is fuel in the tank, remove what remains. Run the engine until it stops to use up all the fuel.

8. Store leftover fuel properly. Gasoline should be stored no more than 30 days unless it's treated with a fuel stabilizer. Use a sealed container approved for fuel storage. Always keep fuel out of the reach of children and away from heat sources or flames.

9. Lubricate, sharpen and charge as needed. Check the oil levels and blade conditions. Change the oil if necessary. Sharpen lawn mower blades. Inspect the spark plug, replace it and add clean engine oil. Check the air fil-

ter and clean or replace as needed. If equipment has a removable battery, take it out and store it in a warm spot. If you have a battery charger, charge the battery before storing it.

10. Service equipment. If you are not comfortable performing these tasks take it to a dealer or repair shop.

11. Identify and clear a safe storage space. An indoor storage area will protect equipment from the elements. Your storage area should be cool and dry, and equipment should be out of the reach of children and pets. Store equipment away from pool chemicals, cleaners or fertilizers—anything that could cause corrosion from spills.

12. Properly store supplies. Using approved storage containers for lawn care or yard supplies will help avoid spills. Leftover materials should be stored in sealed containers, so pests are not drawn to them. Keep containers out of the reach of children and pets.

13. Locate your cold weather power equipment. Check your snow shovels, snowblowers or throwers, ice scrapers, ice melt or rock salt. If you are low on supplies, stock up. Keep this equipment and supplies in an accessible location so they'll be handy when the first snowflakes fall.

Tips To Prepare Your Home For Cold Weather

(NAPS)—With winter weather comes colder outdoor temperatures and the desire for a warm and comfortable home. Following these 10 tips will help you conserve energy, lower utility bills, increase the efficiency and longevity of your heating system and maintain comfortable temperatures in your home.

1. Seal your home. Inspect windows, doors and the exterior of your home for cracks or leaks. Caulk, patch or weather-strip any areas that might leak cold air and make your heating system work harder. Seal and insulate your ducts and replace screens with storm windows and storm doors.

2. Cover windows. Use drapes and blinds to reduce heat loss through windows. However, windows with direct sunlight may benefit from having the blinds up during daylight hours, as sunlight can help heat the space.

3. Clean gutters. Clogged gutters and drains can form ice dams that prevent your drainage system from working properly and lead to

water seeping into your home. Be certain that dirt slopes away from your house to ensure rain or snow will drain away from the house.

4. Check your insulation. Be certain the insulation in your attic, ceilings, exterior and basement walls, floors and crawl spaces meet levels recommended for your area.



5. Reverse the direction of your ceiling fans. A fan that runs clockwise pushes warm air downward and recirculates it through the room.

6. Clean your fireplace and make sure your damper is properly sealed. You might also consider replacing an inefficient wood-burning fireplace with a more ef-

ficient wood stove or gas insert, or add glass doors with a heat-air exchange system.

7. Buy ENERGY STAR® products and bulbs to light your outdoor pathways or porches and save money.

8. Replace furnace filters regularly. Clean filters help to improve airflow and efficiency while lowering utility bills. ENERGY STAR®, a program of the U.S. Environmental Protection Agency, recommends checking your filter every month, especially during heavy-use months, and, if it looks dirty, change it. At a minimum, change the filter every three months.

9. Schedule a furnace inspection. A heating professional should inspect and service your heating equipment before you begin to use it for the winter months. Heat pumps and oil-fired furnaces need annual tune-ups; gas-fired equipment can be serviced every other year.

10. Buy an energy-efficient furnace or heat pump.

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How to Conduct a DIY Home Energy Audit

(StatePoint) This fall, why not consider making needed improvements in your home to help increase energy efficiency and save big in the long run? Here is a short checklist for a DIY home energy audit.

Seal Air Leaks

According to the U.S. Department of Energy, sealing air leaks around the house can save up to 30 percent of energy costs annually.

To find leaks, conduct a thorough visual inspection for gaps and cracks by baseboards, where the walls and ceiling meet, around door frames, and near cable and phone line wall plates.

Spot a gap? Caulk it. Use painter's tape for a cleaner job. Hold the caulking gun at an angle for best results,

and apply in a continuous stream.

Improve insulation around windows and doors with weather-stripping. Measure the gap you need to fill to identify the width of weather-stripping needed and determine whether you should apply it from the inside or outside. Before starting, read the package instructions to ensure you're using the right materials. Cut to size and install.

Lastly, check if your fireplace flue is open. If so, close it when not in use.

Make Smart Upgrades

One quick way to check your windows for inefficiencies is to look for condensation, frost and other moisture. The Department of Energy also recommends closing your windows on a dollar bill. If

you can easily pull the bill out, the window might be losing substantial energy and may require repair or replacement.

Additionally, ENERGY STAR reports that homeowners who choose windows that have earned the ENERGY STAR save an average \$101-\$538 a year when replacing single-pane windows.

If it's time for an upgrade, look for ENERGY STAR qualified windows that improve energy efficiency.

Change Behavior

Do an audit of not only your home's features, but of the occupants as well. Are lights left on in empty rooms? Is the television on when no one is watching it? From switching to cold water laundry cycles to taking advantage of sunlight for warmth and light -- modifications of energy and cost-saving resources don't need to be a sacrifice.

To save energy, improve the comfort of your home and do your part to be more environmentally conscientious, conduct a do-it-yourself energy audit. You'll likely discover many areas in your home that should be improved.

Interior Upgrades to Add Beauty to Your Home

(StatePoint) Making home upgrades? Why not make style a priority? There are many easy ways to add beauty to your home in the most unlikely spaces.

Striking Bathroom

Performance and aesthetics can intersect when making bathroom changes. Upgrade water-hogging appliances with modern, efficient models that are stylish and easily maintained. These choices can save you money on water bills and time on cleaning day.

Some designs even promote health. A rimless design eliminates the germs and bacteria that hide in difficult-to-access areas. Both the round front bowl and elongated SmartHeight bowl design are approved to meet EPA standards for water efficiency, using just 1.28 gallons per flush -- a savings of 20 percent more water than older models.

If you have young children at home, consider adding a stylish Elementary juvenile toilet to a bathroom. Less than a foot high, the child-sized

toilet makes potty training much more fun and successful.

Quick Design Elements

Installing decorative polyurethane millwork pieces makes for a fast, easy project, even for novice do-it-yourselfers. Only have an hour? Use out-of-the-box-and-on-to-the-house pieces from a brand like Fypon, which come pre-primed and ready for installation. Try these five transformative projects:

- Surround your foyer entryway with pilasters and a crosshead. While you're at it, surround room dividers with pilasters and a crosshead to make transitioning between rooms a unique experience.

- Add a two-piece ceiling medallion around the top of a light fixture or ceiling fan in less than 10 minutes. Interlocking pieces snap together quickly.

- For a bathroom upgrade, install moisture-resistant pilasters on both sides of your shower stall and a door crosshead overhead.

- Give tops of bathroom and kitchen cabinets style with corbels.

Accent a boring kitchen island with decorative brackets or corbels.

- Add a large sunburst window pediment half round above a bed to serve as a decorative headboard.

Add Style Anywhere

Even your most utilitarian spaces deserve a style makeover. And windows are a good place to start. Whether your home is modern, contemporary or traditional, say goodbye to plain panes and consider something more interesting and elegant.

Acrylic block, glass block or decorative glass windows in any room -- even a closet -- add privacy and light.

Tired of slinking down into your tub so that neighbors can't see you? Replacing your standard bathroom windows with privacy windows (including those that open to allow in fresh air) can make your bathing experience more enjoyable --- and private.

Make a house a home with projects that improve the look and performance of interior spaces.

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What's Cooking In Kitchens

(NAPS)—If you've been thinking—or just dreaming—of a remodeled or upgraded kitchen, a look at the latest trends may prove inspiring.

Industry experts say today's kitchens are influenced, on the one hand, by the very industrial appliances you see in restaurants and on the other, by the maker movement in genres such as foodie, reclaimed and do-it-yourself. Particularly popular are these four styles:

1. The Classic Kitchen.

For this look, use bold colors and mix and match materials used for cabinets and countertops. Open shelving is still popular, but glass doors with and without pattern are trending as well.

When it comes to the kitchen sink, it's all about the basin. Modular or apron sinks, and single-basin sinks are where the flow is going. Sleek and professional-grade stainless steel appliances serve to balance the color scheme of this kitchen while furnishings provide pops of colors and feature larger-scale hardware. Fixtures feature warm finishes in tones of gold, brushed brass and copper.

It's a bright idea to light up this kitchen with distinctive, unusual lighting

pieces over an island or dining table. Look for tiles that tell of texture, geometrics, neutral shades, artisan looks and craftsmanship to use against the wall.

2. Farmhouse Kitchen.

For a homemade attitude with a farm-to-table feel, go for brightly colored or neutral painted cabinets.

Find lighting, furniture and accessories that have a handmade, antique feel. They don't actually have to be old. Distressing the new can be nice and it's easily done with certain stain techniques and a little roughing up of the wood.

Wrought iron and dark metals, natural stone and reclaimed materials add to the warm and inviting atmosphere.

3. Black and White Kitchen.

Here, high contrast and bold graphic patterns in classic black and white create a backdrop for a few pops of color in accessories and kitchenware.

The restaurant influence is particularly prominent in this kitchen and so is Factory Chic, consisting of dark, rich painted wood, modular and apron sinks, with lots of built-in accessories and professional-grade appliances. Use task lighting to highlight focal points such as wall sconces.

4. The Sophisticated Naturalist Kitchen. For a bright clean look, this kitchen comes in several shades of gray or brown. Soft, natural-colored or palely painted wood adds a refined vintage look.

Organic textures in rugs and linens provide depth while accent colors are understated and nature inspired.

Sleek, professional-grade, stainless steel appliances balance out this look and blend beautifully with the gray color palette.

For reliable, heavy-duty, professional-grade, stainless steel appliances, many people turn to the Frigidaire Professional series. These offer a simple design and elevated cooking experience and fit in just about any new or current home. The collection is affordably priced and compatible with standard-sized spaces so each piece can easily fit into existing kitchens.

When shopping for appliances, look for:

- Convenient storage options, so snacks and meal ingredients are easily accessible.

- Energy-efficient and multi-functional options that make food prep, storage and cooking more convenient and provide small-space solutions.

- Seamless integration of technology paired with a universal design accessible for any age and ability, especially as aging-in-place and multigeneration homes are increasingly popular.

Great Ways to Improve Your Bathroom

(StatePoint) A bathroom can and should be much more than a utilitarian space. In the best circumstances, it will be a place to gather your wits for the day ahead and unwind before bed.

To create the perfect at-home oasis, consider these ideas.

Coordinate

If you have ever replaced an appliance or fixture in your bathroom by necessity, you may have unintentionally created an uncoordinated look. If you're tired of being mismatched, particularly in a space where you seek serenity, consider upgrading all your fixtures at once within one suite collection. Such coordination can provide a striking combination of style and performance.

Suite collections are easy ways to create a unified look. Suites include the essential toilets, sinks and bathtubs, and in some cases, whirlpools or air massage tubs; and are also customizable for variables like size and optional fixtures. What's more, this route makes good financial sense, as a suite collection offers less hassle and better value over a la carte purchases.

New Windows

What's the point of beautiful expansive windows when you only plan to cover them with boring blinds or shades? To solve the age-old bathroom conundrum of needing natural light but wanting solitude and privacy, think differently about your windows. Decorative privacy windows make for an ideal solution, with adornments and finishes that keep away prying eyes.

Icing on the Cake

Decorative millwork can offer your bathroom elegance and luxury. Remember, bathrooms are humid, so look for moisture-resistant polyurethane moulding and accent pieces, such as those from Fypon. These quick do-it-yourself ideas can be completed in an afternoon when using pieces that are pre-primed and ready for installation.

- Install a set of pilasters on both sides of your shower stall and a door cross-

head overhead.

- Surround mirrors with lightweight polyurethane mouldings. Paint, faux finish or stain the mouldings to complement the bathroom.

- Install a small wall niche in a focal point of the room to display a flower arrangement or artwork.

- Add distinction to the room with crown mouldings.

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WARRANTY DEEDS

Harry D. Pritts, Jacqueline A. Pritts to Debra Pritts, Richard E. Pritts, Lot 7, Block 1, Bank Addn.

Lori A. Bettin, Ronald E. Bettin, Barbara Jean Freeman Caven, Joseph M. Caven, Perry J. Caven, Jr., Shawn Caven, Barbara Jean Freeman Caven, Vickie L. Keithahn, Connie K. Youngwirth, Daniel W. Youngwirth to Cavens Landing, LLC, Govt. Lot 9, SW¼SW¼, 31-103-32; Outlot B, Shoreview Estates Sec. 6-102-32

Jeffery C. Vetter, Renae M. Vetter to Danielle Schutz, Michael Schutz, Lot 13, Block 1, Valley View Addn.

Dolores F. Eimers, Harlan W. Eimers to Jonas Nissen, Julie Nissen, Pt. Lot 2, Block 1, Lake Park Addn.

QUIT CLAIM DEEDS

John M. Welchlin, Lee Ann Welchlin to John M. Welchlin and Lee Ann Welchlin Revocable Trust Agreement, Pt. Lots 6 and 7, Block 27, Original Plat of Fairmont; Lots 1 and 2, Block 1, Blomstroms 2nd Addn.

Visual Capital III LLC to Visio Limited, Lot 1, Block 1, Cardwells 2nd Addn., Ceylon

Barbara L. Stump, Randy L. Stump to Barbara L. Stump Revocable Trust, Randy L. Stump Revocable

Steven E. Pierce, Ltd.

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Saturday, November 21, 10:00 a.m. – LARGE SPORTING GOODS & OTHER ITEMS: St. James Fairgrounds. Over 80 guns from one consignor. To consign items to be advertised, contact Sales Manager, Dar Hall, 507-327-0535.

December 11, 2015, 10:30 a.m. – LOUIS BULFER SR. ESTATE: 134.88 acre bare farmland auction in Section 18 of Fairmont Township, Martin County, MN. Sale to be held at 901 S Bixby Rd, Fairmont, MN. *Wedel, Pike, Kahlers & Hartung, Auctioneers*

Saturday, January 9, 2016, 9:45 AM – MARTIN LUTHER HIGH SCHOOL: High quality antique and collectible auction. To consign, contact Marge Thiesse at 507-436-5249. *Kahlers & Hartung, Auctioneers*

NEW EXCLUSIVE LISTING: Approximately 120 acres of bare farm and recreational land in Westford Township. May be split into smaller parcels. Contact Allen Kahler - Broker.

PRIVATE LISTING: A very nice 10 acre building site with a large newer home (2 beds, 3 baths), machine shed & shop located at 1645 State Hwy 15, Fairmont, MN just 3 miles north of Fairmont. Please contact Leah Hartung at 236-8786 for a showing!

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Kevin Kahler, 235-5014 • Dan Pike, 847-3468 • Doug Wedel, 236-4255
Dar Hall, 327-0535 • Dustyn & Leah Hartung, 236-7629
Larry Bremer, 236-4175

Trust, Barbara L. Stump, Trustee, Randy L. Stump, Trustee, SE¼, SE¼NE¼, 31-102-33; W¼NW¼, W¼of E¼NW¼, N¼NW¼, N¼SE¼, 5-101-33

D-DEEDS

Deanna Gilbertson, Per. Rep., Dewaine L. Gilbertson to Michael Kerekes, Lots 7, 8, 9, Block 3, Campbells 2nd Addn., Welcome

TRUSTEE DEEDS

Bradley Hartke, Douglas Hartke, Joan L. Hartke, Robert Eugene Hartke Family Trust to JDB Holdings LLC, Bldg. 1, Lot 4, GS4, Hartke Condo Sherburn

Lee Ann Welchlin, John M. Welchlin and Lee Ann Welchlin Revocable Trust to Kimberly Garbers, Micky R. Garbers, Pt. Lots 6 and 7 Block 27, Original Plat of Fairmont

DEATH notices



October 23 - Evelyn Hamilton, 90, Truman.

Zaharia Family Funeral and Cremation Service
October 26 - Alan W. Wakey, 56, Fairmont.

Lakeview Funeral Home

October 28 - Mabel S. Anderson, 99, Trimont.

Kramer Funeral Home

October 29 - Tommy A. Nelson, 60, Sherburn.

Kramer Funeral Home

October 30 - Leona M. Benck, 95, Lewisville.

Zaharia Family Funeral and Cremation Service

In Memoriam

One Year Ago This Week

October 25 - Elaine D. Walker, 94, Fairmont

October 31 - Velma Musegades 88, Fairmont

October 31 - Harold C. Abel, 96, Fairmont

October 31 - Cheryl C. Mahlman, 65, Fairmont

Martin County Land Auction

November 23, 2015 • Sale starts at 6:00 p.m.

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Preview Friday, Nov. 13 • 1-5 p.m.

Location: Former Implement building west across the street from the Faribault County Fairgrounds (under the Blue Earth Water Tower)

Here is an opportunity of a lifetime offered at public auction from the Paul Penny Estate - Mr. & Mrs. Penney were avid collectors of antiques and many unique items, so make plans now to attend this auction and spend the day, bid & buy! Quality for the most discriminating collector!! Heated indoors, seating available, register for buyers numbers during the open house and inspection on Friday!

Real Estate & Balance of collection will be offered at auction in mid-March 2016! Mark you calendars now!



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OBITUARY notices

Leona Benck, 95



Funeral services for Leona Benck, 95, of Lewisville, will be held on Thursday, November 5th, 2015 at 11:00 a.m. at Zion Lutheran Church, Lewisville with Rev. Brian Thorson officiating. Interment will be held at Fairview Memorial Park in Fairmont. Leona died on Friday, October 30th, 2015 at Lakeview Methodist Health Care Center. Visitation will be Wednesday, November 4th, 2015 from 5 p.m. to 8 p.m. at Zaharia Family Funeral & Cremation Service of Truman and one hour before the services in the church.

She was born August 13th, 1920 to Fred and Frieda (Hinrichs) Neunschwander, baptized on September 19th, 1920 by Rev. C.C. Metz of Northrop and confirmed at St. Paul

Lutheran Church in Fairmont on April 14th, 1935 by Rev. O.F. Zemke.

Leona married Herbert Benck of Granada on November 24th, 1938 by Pastor E. Kohrey. Together they raised their three children.

They farmed in Martin County until 1957, when they moved to Lewisville and continued farming until Herb's illness.

Leona worked very hard her entire life on the farm and 18 and a half years for Tony Downs of Madelia. She retired in 1986 after the death of Herbert in February.

She belonged to many clubs, American Legion Auxiliary of Lewisville, Zion Ladies Aid and her sewing club. She liked to play cards, travel and volunteer in her community. Leona also enjoyed her family and grandchildren.

Leona is survived by her son, Earl Dean (Bev) Benck of Vernon Center; daughter, Jo Ann (Arvin) Meyer of Bull Head City, Arizona; five grandchildren; six great-grandchildren; and two sisters, Helen (Carl) Hanson of Austin; Darlyne (Jerry) Espland of Nebraska.

She was preceded in death by her parents; husband, Herbert; son, Randy (Kay) Benck; brother, Clifford (Phillis) Neunschwander; and dear friend Mervin Wegner.

zahariafamilyfuneral.com



Ask A Trooper: Obstructed Rear Plates

by Sgt. Troy Christianson,
Minnesota State Patrol

Question: My question is related to the blocking of rear license plates and the taillights on vehicles equipped with rear mount bicycle racks, and also the large platforms that mount into a receiver hitch and most often contain large coolers. Is it legal to block the rear of the vehicle and the license plate with this equipment? Yesterday I was behind a van that had 2 kayaks strapped to the rear platform and the taillights were completely blocked so the drivers behind would have no idea when the vehicle was braking. I was once pulled over for snow obstructing my rear plate during a blizzard so I find it odd that more and more cars have their plates obstructed with the carriers mounted on the rear of their vehicles.

Answer: If any part of the taillight or license plate is blocked by a bike, carrier or any other object, it is illegal and you may get stopped and possibly cited for it.

According to MN State Statue 169.50, vehicles built after 1960 must have

two red tail lights that are plainly visible at 500 feet to the rear and on the same plane.

MN State Statue 169.79 requires that the license plate be "conspicuously displayed thereon in a manner that the view of any plate or permit is not obstructed".

This is a safety issue as other vehicles can't see the taillights, and it could cause a rear end crash. My advice is to make sure that your license plate and taillights are visible at all times. Find other options on where to place bigger objects on or in a vehicle so the rear taillights and license plate can be seen.

Not being able to see the taillights is not the only potential danger when behind another vehicle — so is an unsecured load.

If you have any questions concerning 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) Twitter: [MSPPIO_SOUTH](https://twitter.com/MSPPIO_SOUTH)

PhotoPress Classifieds

1 Card of Thanks

ZOELLER-BROWN - The family of Allison (Zoeller) Brown want to thank each and everyone of you for everything you've done to help comfort our family during this very difficult time in life. All the visits, food and flowers have been wonderful. Thanks again for your love, support and prayers. Michael Brown, Conrad and Lorie Zoeller and family. 26-1tp-1

HOFFMEYER - Thank you for all the cards and greetings I received for my 95th birthday. Hulda Hoffmeyer. 26-1tp-1

7 Help Wanted

ISO FEMALE VOCALIST for trio performing Top 40 cover songs. See Facebook, Nightbreezeband. Contact Greg at g_bolden@yahoo.com. Vocal samples required. 24-3tp-7

10 Apartments For Rent

KRUEGER REALTY: one or two bedrooms, some with heat provided. Garbage, water, on-site laundry. EHO. Call Krueger Realty at 507-235-9060. 25-tfn-10

11 Houses for Rent

2 BEDROOM HOUSE FOR rent or sale in Huntley. Call Kelly 507-526-5283. 26-1tp-11

SMALL 2 BEDROOM HOUSE, attached garage, no pets, no smoking, deposit required, references needed. Located in Sherburn. 507-764-7041. 24-3tp-11

2 BEDROOM HOME for rent. Attached garage, large yard. Outside Fairmont city limits. Deposit and first months rent required. \$620/mo. 507-236-5295. 24-4tcc-11

14 Houses For Sale

2 BEDROOM HOUSE FOR sale in Huntley. Call Kelly 507-526-5283. 26-1tp-11

19 Other Real Estate

CONDO FOR SALE BY owner in Fairmont. Gorgeous lake views, 3rd floor, 2 bedroom, 1 bath, new appliances, carpet, blinds, paint. Please call 507-399-2142, leave message. 24-4tcc-19

23 For Sale

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HARDWOOD FIREWOOD for sale. Split, dry, stored inside. Will deliver or you haul. Camping, home heating. John Mike Kimmet. 507-238-1724. 18-15tp-23

24 Household Items

S-CURVED OAK DESK and chair, National cash register, folding organ, 3 scales, Model D Fischbein bag closer and bags, R.A. Fox prints, walnut chest. Call 507-236-7172 or 507-238-1584. 24-3tp-24

REFURBISHED APPLIANCES for sale. Dan's Appliance Sleepsource and TV. 1255 Hwy 15 South, Fairmont. 507-238-2333. 25-5tc-24

34 Boats, Motorcycles, Snowmobiles

COMPLETE MARINE WINTERIZATION service and accessories available, free pick up and delivery in Fairmont area. Clean, safe winter storage available. Call to reserve your spot! Call 507-235-6674, Pier 15 Marine. 22-6tp-34

35 Hobbies, Coins & Stamps

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Horse Sale: Belle Plaine Western Exchange, Belle Plaine, IA. Next Scheduled Sale: Saturday, November 14, 2015. Tack 10:00 a.m., Horses immediately following. Sale 2nd Saturday of every month. Upcoming Sales: December 12 (Christmas Tack Special), 2015 & January 9, 2016. Check out our website for details and sale results: www.westernexchange.com; Info/To Consign: 319-444-2320; email: bpwe@netins.net (MCN)

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Clue: B equals D

BZ AZT RQQB L CMQNQ ZI

ITURMYTUQ IZU XQUJMRW

CZYLYZQX, VQQYX LRB NQSQUA?

TXQ L JQWQ-YLVSQ.

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Crop Insurance Payments Less Likely in 2015

Guest Columnist

Kent Thiesse, Farm Management Analyst; VP, MinnStar Bank

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

As the 2015 corn and soybean harvest season is wrapping up, some producers have wondered if there will be any 2015 crop insurance payments, given the decline in crop prices. In 2014, many farm operators in Minnesota and Northern Iowa had crop yields that were well below average, along with lower crop prices, resulting in some fairly large 2014 crop insurance indemnity payments on corn and soybeans. Most crop producers in the Upper Midwest had above average yields in 2015, and crop prices have not dropped as dramatically, which will make 2015 crop insurance payments less likely.

Many crop producers in Illinois, Indiana, Ohio, Missouri, and other States are realizing final 2015 corn and soybean yields that are below their crop insurance actual production history (APH) crop yields. Many of those producers that have a revenue protection (RP) crop insurance policy in place in 2015, may be able to collect a crop insurance indemnity payment on the crop losses incurred this year. The situation in the Eastern and Southern Corn Belt in 2015 is very similar to crop insurance scenario that existed in the Upper Midwest in the 2014 crop year, though the payment potential is somewhat less.

As of November 1st, the USDA Risk Management Agency (RMA) finalized the 2015 crop insurance harvest prices at \$3.83 per bushel for

corn, and \$8.91 per bushel for soybeans. The harvest prices for Revenue Protection (RP) insurance policies are based on the average CBOT December corn futures price, and the

Most crop producers in the Upper Midwest had above average yields in 2015, and crop prices have not dropped as dramatically, which will make 2015 crop insurance payments less likely.

average CBOT November soybean futures price, during the month of October. The harvest prices will be used to calculate the value of the 2015 harvested crops. The established base (Spring) prices for 2015 RP and Yield Protection (YP) crop insurance policies were \$4.15 per bushel for corn and \$9.73 per bushel for soybeans. The base price will be used to calculate RP crop insurance revenue guarantees for corn and soybeans.

Many crop producers carried 75%, 80%, or 85% RP crop insurance coverage on their 2015 corn and soybean crops. The level of insurance coverage will be a big factor in determining the amount of insurance indemnity payment that is received for crop revenue reductions this year. For example, a producer with a corn APH yield of 190 bushels per acre, car-

rying a 75% RP insurance policy in 2015, would have a revenue guarantee of \$591.38 per acre. By comparison a producer with the same APH yield, and an 80% RP policy, would have a 2015 revenue guarantee of \$630.80 per acre, and a producer with an 85% RP policy would have a revenue guarantee of \$670.23 per acre.

If the actual farm yield for 2015 is 160 bushels per acre, which will be common in some areas of the Eastern Corn Belt, the producer with a 75% RP policy would not receive a 2015 crop insurance indemnity payment for corn revenue losses. By comparison, the producer with an 80% RP policy in 2015 would receive a gross crop insurance indemnity payment of \$18.00 per acre, and the producer with an 85% RP policy would receive a gross indemnity payment of \$57.43 per acre. Farm operators that incurred yield losses, and had an 80% or 85% RP crop insurance policy in place on their 2015 corn and soybean crops are more likely to receive a 2015 crop insurance indemnity payment.

The 2015 RP crop insurance harvest price of \$3.83 per bushel for corn is a decline of 8 percent from the RP price guarantee of \$4.15 per bushel. Similarly, the 2015 soybean RP harvest price of \$8.91 per bushel is also about 8 percent below the RP price guarantee of \$9.73 per bushel. The reduction of crop prices from the RP price guarantees to the final harvest prices will result in crop insurance indemnity payments be-

ing initiated at higher final yield levels. The drop from the Spring prices to the harvest prices in 2015 were not nearly as large as the percentage price drops in 2014.

A producer with an APH corn yield of 190 bushels per acre would have crop insurance indemnity payments initiated at a final 2015 corn yield of 174 bushels per acre with an 85% RP policy, 164 bushels per acre with an 80% RP policy, and 154 bushels per acre with a 75% RP policy. A producer with an APH soybean yield of 50 bushels per acre would have 2015 crop insurance indemnity payments initiated at a final soybean yield of 46 bushels per acre with an 85% RP policy, 43 bushels per acre with an 80% RP policy, and 40 bushels per acre with a 75% RP policy.

A reputable crop insurance agent is the best source of information to make estimates for potential 2015 crop insurance indemnity payments, and to find out about documentation requirements for crop insurance losses. It is important for producers who are facing crop revenue losses in 2015 to understand their crop insurance coverage, and the calculations used to determine crop insurance indemnity payments. When utilizing RP crop insurance coverage, every year is different, due to the interaction between yield reductions and crop price changes from the base price to the harvest price.

For additional information contact Kent Thiesse, Farm Management Analyst and Vice President, MinnStar Bank, Lake Crystal. Phone: (507) 381-7960; Email: kent.thiesse@minnstarbank.com



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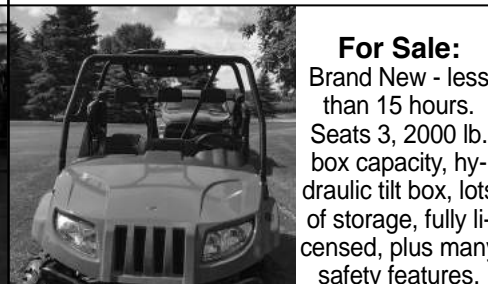
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In pursuit

By Al Batt

A friend and I were standing by a spotting scope near Pea Island National Wildlife Refuge in the Outer Banks of North Carolina. We'd been looking at gannets and were standing in the sand while scoping for jaegers. We were searching for a bird that might not be there. That's not a sign of insanity, but we'd passed many of those signs earlier. Before long, a fellow climbed up the dunes to join us. In some of the beach areas where vehicular traffic was allowed, drivers let air out of the tires of four-wheel-drive vehicles, reducing the psi from 35 to 20, so they'd be able to drive through the sand. This gentleman nearly got stuck in the sand while on foot. He asked, "What are you looking at?"

We told him. We were looking at birds and invited him to have a look. He peered through the spotting scope--for a long time. Just as Blanche Dubois in "A Streetcar Named Desire," he depended upon



the kindness of strangers. He'd just given up the scope, when we spotted a parasitic jaeger chasing a gull over the waves. Jaegers are fast-flying seabirds that obtain food by pursuing gulls and terns, forcing them to drop their food.

The stranger had another even longer look through the spotting scope.

Later, I saw a number of bald eagles at a catfish farm. Easy pickings for the eagles. I spotted a black bear eating field corn at the Alligator River National Wildlife Refuge.

I watched as a group of starlings encountered a Cooper's hawk. The flock formed into a ball, its way of circling the wagons. The raptor didn't take a chance of being injured by heading deep into the flock. It followed the flock until one bird panicked and left the safety of numbers. The last I saw, the starling was fleeing while the accipiter was in hot pursuit.

"Ain't Nature Grand" was an early Looney Tunes cartoon.

Nature is grand and it's always surprising.

Wasp or bee?
Neal Batt of Hartland

gave me a couple of paper combs, wondering if wasp or bee made them. Wasps build single horizontal paper combs. Honeybees build back-to-back vertical wax combs. They both make hexagon-shaped cells. This hexagon design is known as the honeycomb structure. Ancient Greek scholars thought bees possessed geometrical forethought in building the most efficient enclosure to hold honey. A University of Michigan mathematician offered "the honeycomb conjecture," which maintains that a hexagon is the best way to divide a surface into equal areas with the least perimeter.

Parachuting beavers
In the 1940s, the Idaho Department of Fish & Game was dealing with an overpopulation of beavers in parts of the state when wildlife managers settled on a novel idea. They captured beavers, packed them into boxes, attached parachutes, and dropped them from an airplane into the Frank Church River of No Return Wilderness. A film made around 1950 shows the infamous beaver drops.

The last monarch but-

terfly was in my yard on October 11. It had no parachute.

Q-and-A

A HONEYCOMB STRUCTURE by Al Batt.

"My father said that when snowbirds arrived, we'd have real snow in six



weeks. Are the bird's predictions accurate?" They are if your father told you they were. No weather forecast is infallible. If you get trackable snow before the snowbird predicted it, that means the dark-eyed

juncos were there earlier and you failed to see it.

"I had a bloom on my lilac this fall. How can that be?" It's called recurrent bloom or repeated flowering. There aren't as many blossoms as during the first bloom of the year.

"How big are turkey vultures?" They weigh around 4 pounds and have a wingspan that averages nearly 6 feet. They have an amazing ability to eat dead things. Anthrax and rabies, no problem. They have highly acidic gastric juices, gut bacteria that act as a defense, and a strong immune system that makes them resistant to botulism.

Thanks for stopping by

If the geese on St. Martin's Day (November 11) stand on ice, they will walk in mud at Christmas. - weather folklore

"The more I see, the less I know for sure." - John Lennon

"Teaching children about the natural world should be seen as one of the most important events in their lives." - Thomas Berry

DO GOOD.
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Financial Focus



Provided by:

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

Beware of Scary Inhabitants of the Investment World

Last week kids and adults around the country observed Halloween. As is the case every Halloween, you were probably amused over the sight of these costumed characters. But in other areas of life, such as the investment world, you may need to watch out for some seemingly scary entities. Here are a few of them:

- The Horrendous Headline - Big, glaring headlines rarely offer any comfort to investors. Whether it's political squabbles at home, conflicts in the Middle East or the debt crisis in the eurozone, there's always something happening that's perceived as jeopardizing the stability of the financial markets. Yet these threats are often overblown, and the markets have proven quite resilient for decades. Here in the United States, the most powerful economic engine in the history of the world has offered investment opportunities as crises have come and gone.
- The Terrible Tipster - He or she could be any-

one - your neighbor, friend or relative. But whatever their origins, Terrible Tipsters have one thing in common: They like to tout "hot" stocks or "can't miss" opportunities. The problem is that by the time you actually hear about a hot stock, it may already be cooling off. And the "can't miss" opportunities often do indeed miss. Don't waste time, effort - and money - seeking a shortcut to investment success: There isn't one. Instead, stick with an investment strategy that's suitable for your goals, risk tolerance and time horizon.- The Scary Statement - When the market is down, you probably dread seeing your investment statements. But don't let a few bad months, or even a bad year, cause you to stuff your money under your mattress. The financial markets can turn around pretty quickly, and if you're out of the market when the next rally begins, you'll miss out on some potentially big gains. So, put those negative statements aside and look back at your investment results over a period of many years - the big picture might look a lot

less frightening than you'd imagine.

- The Fearsome Forecast - The performance of the financial markets is notoriously hard to predict - but that doesn't stop a slew of fortune-tellers from trying. And the same is true of the economy as a whole - predictions abound, but many of them prove far off base. You can always adjust your portfolio, as needed, in response to changing market or economic conditions, but don't act on these possible circumstances just because someone, somewhere, has predicted them. Instead, follow tried-and-true principles such as diversification, which can help reduce the impact of volatility on your holdings. (However, diversification can't guarantee a profit or protect against loss.)

The ghouls and goblins you see on Halloween are unlikely to cause you nightmares. And the various phantoms of the investment world may prove just as illusory. Don't let them scare you away from investing.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Helping Veterans Cope With Financial Issues

by Blake Allison

(NAPS)—If you are a servicemember or veteran facing financial struggles, you're not alone—and help is available.

The Problem

A sampling of security clearance hearings from the Defense Office of Hearings and Appeals found that about 50 percent of clearance denials involved "financial considerations." And in recent Blue Star Families' Military Family Lifestyle Surveys, 41 percent of respondents listed pay/benefits as one of their top three military family life issues. Additionally, 84 percent of respondents who mentioned pay and benefits said that they were having trouble making ends meet or felt their servicemembers' military pay was low, and 65 percent said they experience stress related to their current financial condition.

While there are a lot of resources available to the military community to overcome these challenges, many servicemembers or veterans may not know which are relevant or how to access the ones that are.

A New Solution

A financial education

program for veterans, servicemembers and their families called VALOR, or Veterans Assistance for Learning, Opportunity & Readiness, can help. It features an online tool known as LifeCents that



offers veterans a free financial health assessment focused on helping them understand the factors affecting their financial well-being. This preventative financial education program can help you understand and identify threats to your financial security before they become serious. Created by a team of experts in the field of consumer financial education at Financial Education & Literacy Advisers (FELA), it personalizes the learning experience to make it relevant and rewarding.

PRA Group, a financial services company that helps customers resolve their debt, provided financial support to launch

VALOR as a resource for servicemembers, veterans and their families to overcome financial challenges and gain long-term financial security.

Veterans, servicemembers and their families can take the first step toward achieving financial independence by signing up for LifeCents to get their free personalized financial health assessment and guide to resources most relevant to them at <http://valor.usa.org/sign-up>.

Learn More

For additional information about FELA and VALOR, please visit www.myfela.com and www.valorusa.org.

- Mr. Allison is president of Financial Education & Literacy Advisers.

photo: Financial stress as a result of financial management challenges impacts servicemembers on the front line and at home, but it's a problem that can be solved.

Downtown/Five Lakes Centre Fairmont Halloween Trick-or-Treats



MAGIC MAZE ● NAVIGATION

U Q O L H I G G D B Y W T R D
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D B Y N E E U R I W U R S N E
Q O M K O D T M A R I E F O D
D G B Z X C U I I H A T W I U
U P N S Q O A T L Z C E O T T
N S L I J M H E I L A M B I I
F D C A D P Y W B T E I V S G
T S **TRIANGULATION**
Q P N L K S E I H F E L A P O
C B Z Y W S V H R A D A R S L

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Altimeter	Chart	Latitude	Satellites
Azimuth	Compass	Longitude	Sextant
Beacon	GPS	Position	Triangulation
Bearing	Heading	Radar	

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Weekly **SUDOKU**

by Linda Thistle

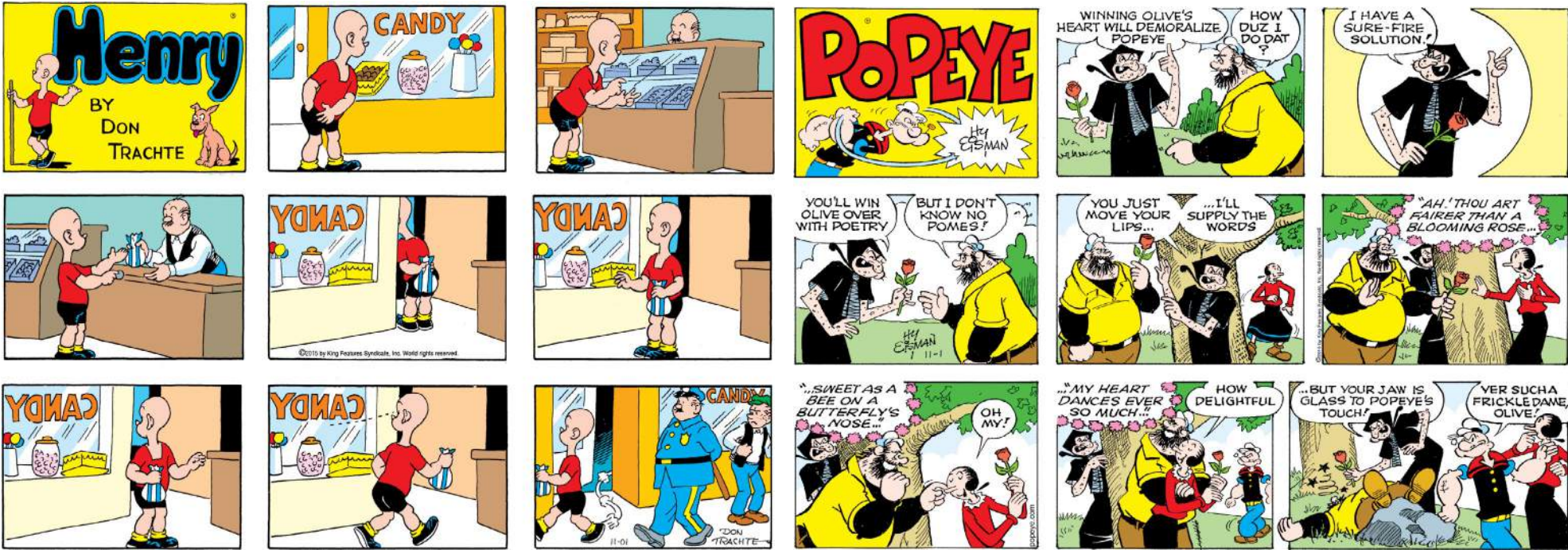
2			4			3	
	1			3			8
		6	8			4	
		2	9			8	
5			7				1
	7			1	6		
	9		3			4	
4				2	5		
		5	1	9			6

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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Bill Blomster, president of State Bank - Fairmont, decorates the bank for fall.



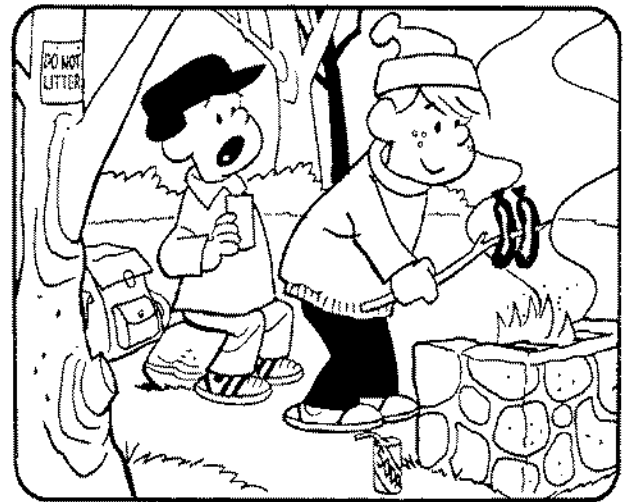
A company finds many ways to support the community in which they thrive. NuWay Cooperative is one of those "good neighbors". Partnering with Land O' Lakes, NuWay Cooperative shows the wonderful work they can do. Jeff Crissinger (right), Sales and Marketing Director of NuWay in Trimont presents a check for \$10,000 to Heaven's Table Food Shelf in Fairmont and Sherburn to aid in providing food for those in need in Martin County. Jeff also presented a check for \$10,000 in support of the Backpack Program for the children in the community. Many thanks from Heaven's Table Food Shelf and the many lives you have so graciously touched.



Fairmont city crew workers remove the docks at Budd Lake for the winter.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



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