Velda Roush - Cancer Story

Homecoming 2019

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PhotoPress Only good news

Wednesday October 2, 2019

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SERVING MARTIN COUNTY PLUS ADJACENT MINNESOTA & IOWA COUNTIES

The Guy From Just Around the Corner By Al Batt

My neighbor Crandall

"How are you doing?" I

"Everything is nearly co-

pacetic. I've reached the I can lose everything except a few pounds. remember taking



bucket of coins to the bank when I was a boy. The teller wasn't happy to see me or the coins. She was a ticking dime bomb. She became angry when I used the word "frass" and she knew it meant insect poop. Who would have guessed that? I had to give her a tomato or she wouldn't count my coins. This is the last year that I am naming my tomatoes. That makes it too painful to eat them."

Naturally

Weather was coming in. It's always coming in, but the fall day was so lovely I wanted to duct tape it in place so that it couldn't wiggle away.

I have it on good authority that most hummingbirds have left. That authority is the hummingbirds themselves. I've had no flocks of robins visiting the yard yet.

Dragonflies are incredible flying machines that catch insect prey by grabbing it with their feet. Large dragonflies (3 inches long) called green darners cruised about my yard. Some green darners migrate on 2-inch wings. They are one of our most abundant dragonflies. Research published in Biology Letters found that in early spring, the first generations exit the shelter of their southern ponds and fly north an average of 400 miles. They lay eggs and die. The second generation hatches in the north and, by the end of September, has flown south where they lay eggs and die. The next generation winters in southern U.S., Mexico or the Caribbean. At least three generations make up the annual migration.

The crows were particularly chatty, doing a color commentary on the yard. They called "hawk" and they were correct. When it comes to knowing things a crow

should know, they are knowledgeable.

Tom Boevers of Faribault and Dan Ruble of Albert Lea reported large numbers of broad-winged hawks heading south to their wintering grounds in southern Central

the lakeshore. They concentrate in impressive numbers on the bluffs overlooking Duluth and can be seen from the overlook at Hawk Ridge. On days with northwest winds, impressive numbers of birds can be seen migrating past the Ridge. Westerly winds produce large numbers of migrating hawks. Southerly and northern South America. or easterly breezes don't gen-



Green darner dragonflies prey on insects, including mosquitoes. Photo by Al Batt

kettles (they circle on warm air thermals and resemble steam spiraling up from a kettle) of hundreds to thousands of birds.

Most raptors are reluctant to cross large bodies of water. When they migrate south and encounter Lake Superior, the birds veer southwest along

Broad-winged Hawks form erally produce large flights of raptors, but the birds are often lower and easier to see. The record number of broadwinged hawks seen there was 101,698 on Sept. 15, 2003.

Q&A

When do fawns lose their spots?" Most fawns lose their spots at 3 to 4 months of age.

"How long does a chip-

munk live?" Most eastern chipmunks don't survive two years. Some could live eight. They have plenty of predators.

"Do any butterflies overwinter as adults in Minnesota?" Yes, mourning cloak, eastern comma, gray comma, Compton tortoiseshell and Milbert's tortoiseshell.

"What tree is the tallest?" There are 60,065 species of trees in the world and the tallest are redwoods. One is 379.7 feet tall.

Look for these natural occurrences

- 1. Wild grape and hackberry leaves turn a lovely yel-
- 2. Muskrats build domeshaped houses from vegetation in marshes and ponds. Woodchucks carry dried leaves into their underground dens in preparation for hibernation. Beavers cut down trees for winter food.
- 3. Cedar waxwings and American robins feed on crabapples
- 4. Rafts of American coots (mudhens) on lakes.
- 5. Chimney swifts migrate through. The "flying cigars" are headed to South Ameri-
 - 6. A northern cardinal has

brown feathers and a dark beak when it leaves the nest. A prebasic molt (by which birds replace all feathers, usually occurring annually after the breeding season) produces an adult plumage. A young cardinal might have blotchy coloration.

Thanks for stopping by

"Don't you imagine the leaves dream now how comfortable it will be to touch the earth instead of the nothingness of the air and the endless freshets of wind? And don't you think the trees, especially those with mossy hollows, are beginning to look for the birds that will come—six, a dozen-to sleep inside their bodies? And don't you hear the goldenrod whispering goodbye, the everlasting being crowned with the first tuffets of snow? The pond stiffens and the white field over which the fox runs so quickly brings out its long blue shadows. The wind wags its many tails. And in the evening the piled firewood shifts a little longing to be on its way." — Mary Oliver

"Never compare your insides to everyone else's outsides." - Anne Lamott

> Do good. © Al Batt 2019



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SWANSON 90TH - Wilma Bird Swanson will celebrate her 90th birthday on Friday, October 4th. Cards will reach her at 1570 Meadowlark Lane, Fairmont, MN 56031.

The Blue Earth Zone Fall Event of the Lutheran Women's Missionary League will be held Sunday, October 6th, at St. Paul's Lutheran Church in Truman. Registration and dessert starts at 1:00 p.m. in the fireside room. Speaker will be Rev. Dr. William Utech whos is Assistant to the President of Missions for the LCMS South District. Gifts from the Heart will be new or gently used back packs, winter hats/gloves or cases of easily prepared food for men getting out of prison. Truman and South Branch ladies are hosting the event.



GELLERT 90TH Gladys Gellert of Fairmont will celebrate her 90th Birthday on Friday, October 4th. Birthday wishes can be sent to her at 1254 S. State Street, Fairmont, MN 56031.



DECKER 90TH - Dona Decker of Granada celebrated her 90th birthday on Tuesday, October 1st. Cards will reach her at: Robert Decker, P.O. Box 49, Mapleton, MN 56065.

Midwest Honor Flight info for local veterans

ganization is looking for ing). veterans from WW2, Korean War, or any other veter- and the guardian costs will ans with a terminal illness be \$675. to fly out to Washington D. C. to see your war memo- Send in your applications rials.

You will need your DD Form 214 to verify your veteran status when applying. This is an all day trip. Top Priority is given

to the senior veterans Iowa 51250 or call (712) (WW2 and the disabled).

ing flights planned: Sat- org. urday, October 12th, 2019

A Fall Festival Luncheon and Bake Sale

will be held at Immanuel Lutheran Church

basement, 1200 North North Avenue in Fairmont on Sunday, October 5th from 11 a.m. to

1 p.m. Serving chicken

and stuffing squares,

cranberry relish, glazed

carrots, dinner rolls, as-

sorted pies and coffee.

Take out will also be

available. A bake sale will be held as well. The

event is sponsored by

Women of Immanuel

- Lutheran Women's

Missionary League.

Attention all Veterans. (funds pending) and May Midwest Honor Flight Or- 30th, 2020 (funds pend-

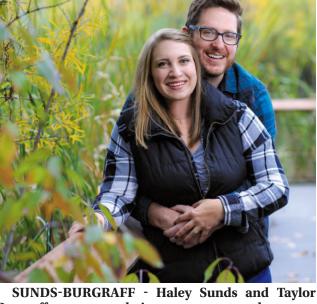
The Veteran flies free

Veterans, don't wait! now. Veterans

can go to: midwesthonorflight.org/veterans.html For more

information: Midwest Honor Flight, 282 1st Avenue NE, Sioux Center,

463-2020. You can also There are two upcom- visit: midwesthonorflight.



Burgraff announce their engagement and upcoming wedding. Haley's parents are Martin and Beth Sunds of Van Meter, Iowa. Taylor's parents are Lynne **Burgraff of Fairmont and Michael Burgraff of Fergus** Falls, Minnesota. Haley has a BA from St. Catherine University in American Sign Language English Interpreting. She works as an interpreter in a transition program for deaf students and in a video relay service office. Taylor has a BA in History from Buena Vista University and is employed as a Lead Enrollment Counselor at Bethel University. The wedding is planned for October 12th, 2019 at Ames, Iowa. (Rachel Marzahn Photography)

Benefit for local four-year-old planned
Otto Anderson is a the stress of the family.

four-year-old boy that Ashlynn is a local daycare loves tractors and playing provider and will have to

Recently, he was diag-

nosed with Acute Lymphoblastic Leukemia (A.L.L.) They found during testing that 89% of his bone marrow was can-

cerous. Otto has to have as she will be taking care chemo treatments two of Otto. times a week for the next six to nine months. He three years of chemo.

Otto's parents are Ashlynn and Andy Anderson also a Silent Auction. and he has two brothers: Grady (2 years) and Hes-nate to the silent auction, ton (1 month).

treatment at Children's 236-9820. You can also MN, expenses for travel, send donations to: lodging and meals, the cost of medical care and any other micellaneous cost, it will be added to

close her daycare for at least six to nine months



Friends ily members are having will have monthly chemo a benefit for Otto on Sattreatments after his initial urday, October 5th at the treatments, for a total of Eagles Club in Fairmont. There will be a free will donation for lunch and

If you would like to docontact Lori Kamolz and With the three years of leave a message at 507-

Lori Kamolz Otto Anderson Benefit 944 Budd Street Fairmont, MN 56031.



Sammie Moeller, a prior resident of this area, as the result of hitting a deer, was in a horrific motorcycle accident with her husband Paul, on July 14th, 2019 near Pillager, MN. She suffered life threatening injuries and was hospitalized in the Twin Cities to undergo numerous surgeries. On August 31st, Sammie was transferred to Lakewood Health System in Staples, MN where she will continue to receive therapy to regain her mobility while continuing to receive ongoing surgeries and appointments at various locations. Sammie's birthday is Wednesday, October 9th. Her family would like to thank those for the many prayers that have been said for her and her husband. A CaringBridge page for Sammie Moeller has been set up to follow her progress and stay touch. She would love to hear from you! Words or encouragement and birthday wishes can reach her at the following address:

Lakewood Health System / Senior Campus Sammie Moeller **Room 210 401 Prairie Avenue NE** Staples, MN 56479

Wiggles and Words at the Fairmont library

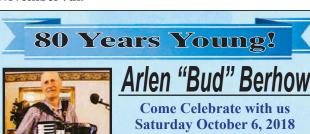
Join the Martin County "Wiggles and Words".

These sessions are for cost to attend. children ages birth to 2 and an adult. Sessions 238-4207 with questions are held on Thursdays at or visit their website at 9:30 a.m. and run October martincountylibrary.org 3rd, 10th, 24th, 31st and for more information. November 7th.

No gifts please

Join them for stories Library in Fairmont for and playtime. There is no need to register and no

Call the library at



1-4 p.m. • Light lunch provided **Truman Community Building** 313 N. 3rd Ave. W.

Music by the Leon Olson Band



This scenic property boasts a 16-acre tract of landincluding a pasture and a well-maintained house, plenty of outdoor storage and lake access. All of this iust minutes from Fairmont.

A family home with room to grow, a retirement retreat, a hobby farm, or a place to host friends and family. Whatever you're looking for, this place has it all.

For more information, call Karla Malo 507.236.4424 • ecx19@frontiernet.net

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



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Edward Jones MAKING SENSE OF INVESTING

MKT-5894I-A

Member SIPC

Lunch with the arts at Red Rock Center

the Arts is delighted to a grant from the Minbe teaming up with the nesota State Arts Board,

Fairmont Opera House and Arts Midwest to bring you a special guest performance by Paulo Padilha e Bando.

The performance will be held Tuesday, October 8th from noon to 1 p.m. at the Red

in Fairmont.

Catch the samba swing of Brazil with Paulo Padilha e Bando. Paulo's bright generously music, mischievous huadmission, everyone wel-

possible by the voters Wisconsin Arts Board.

Red Rock Center for of Minnesota through



Rock Center for the Arts thanks to a legislative appropriation from the arts and cultural heritage fund. Arts Midwest is also This activity is made Dakota Arts Council, and

2nd annual reading of "A Christmas Carol"

Heart 'n Soul" coffee

cal Covenant Church will cle-filled experience that

hold its 8th annual "Heart changed their lives forever.

fee on Saturday, October Dance Ministry will also

the church, located at 901 coffee. Come join them for

Do you like to read? Can you say "Bah" or a reading of the story itself, "Humbug"?

of modern times at the second practice reading of "A Christmas Carol", a by Charles Dickens.

The practice reading will be Thursday, October 10th at 7 p.m. at Friendship Village, 500 Home 848-4414. Street in Fairmont.

'n Soul" Women's Cof-

5th from 9 to 11 a.m. at

Woodland Avenue in Fair-

Guest speakers will be

Jeanette Howard of Fair-

mont and Cherrie Lang-

ford of Winnebago. They

This is not the play, but as written by Charles Dick-Come read with one of ens in 1843. The book, in the most famous stories its entirety will be read to the public the first week in December.

Monetary proceeds ghost story of Christmas generated by the December event will benefit Heaven's Table Food Shelf in Fairmont.

Questions? Call 507-

Sacred Steps Liturgical

share their talents at the

coffee and brunch - all are

contact Fairmont Evan-

gelical Covenant Church

will host a pancake, eggs

and coffee breakfast every

Monday morning. They

will start serving at 7:00

For more information,

Evangeli- will speak about a mira-

welcome.

at 507-235-6407.

supported by Illinois Arts Counmor, and clever lyrics will cil Agency, Indiana Arts have you dancing all the Commission, Iowa Arts way home. Bring a sack Council, Michigan Counlunch if desired. Light cil for Arts and Cultural refreshments and cof- Affairs, Minnesota State fee will be available. Free Arts Board, North Dakota Council on the Arts, Ohio Arts Council, South

Early Childhood Screening for Fairmont Area Schools

done early - around three years of age.

The Fairmont Area 714 Victoria Street. Schools will be offering school district.

Early Screening (ECS) is sched-through Friday. uled for Monday, Tuesday

Minnesota law requires and Wednesday, October that all children entering 14th, 15th and 16th. This kindergarten be screened session is offered to chilprior to the start of school. dren born between Sep-It is strongly recommend- tember 1st, 2014 and Aued that this screening be gust 31st, 2016. Screenings will be held at Fairmont Area Elementary School at

CREST offers

worries of falling.

around and make sure we

aren't at risk right in the

place we think is the saf-

so let's put those away.

are just a few things to be

to strengthen our muscles

hand, wrist, and arm ex-

Let's talk about that

are a big deal. If we ap-

in advance of how to deal

aware of.

are on the floor. These pating in the event.

"Falls Prevention" class

Appointments for ECS screenings at no cost to may be made by calling all families living in the Fairmont Area Schools at 235-6205 between 8 Childhood a.m. and 4 p.m., Monday

Spaghetti Dinner Benefit for Holly Brummond

benefit for Holly Brum- family. mond will be held Sun-

Cancer for over five years. Brummond Family. Holly had been off of work day, September 30th.

A spaghetti dinner her husband John and the

Accounts in Holly's day, October 6th from 11 name and her daughter a.m. to 2 p.m. at St. Paul's Ainsley's name are set up Lutheran Church in Tru- at Profinium. Thrivent man. Financial will also be Holly battled Ovarian making a donation to the

For more information, since July of this year. She or if you would like to just passed away on Mon- make a donation, contact Marilyn Schultze at 238-Proceeds from the 9597, Cairne Eytcheson benefit will help defer at 507-236-3507, Roxy some medical expenses Brummond at 447-2247 and loss of incomes for or Jenny Tow at 236-7300.

Consider forming a Relay for Life team

Now is the time to think 6:30 p.m. at Mayo Clinic Life team.

Anyone who is passion-

The open house Kick-Off Meeting is Monday, October 7th from 5:30 to liams at 507-236-2034.

about having a Relay for Health Systems - Fairmont in the main meeting room.

The Relay for Life itself ate about saving lives from will be held June 27th, cancer belongs on your 2020 at the Martin County Fairgrounds.

If you have any questions, contact Marsha Wil-

Garden club meeting location changed

Lakes Garden Club of CW Pork and co-owner/ Fairmont annual meeting blogger of MN Farm will take place at Graffiti Living. She will share (instead of at Center Classroom". Creek Orchard).

October 2nd at 1 p.m. The 235-8535.

weather guest speaker is Wanda concerns, the City of Patsche, co-owner of Corner in Fairmont information on "Ag in the

For more information meeting will on the meeting, contact take place Wednesday, Myrtle Heifner at 507-

Kids ages 6 to 10 are invited to join the Martin The **Regional Wor-** County Library in Fair-Come build with them. Lego League is held Tuesday, October 8th at 4 p.m. There is no cost to attend and no need to register. Call the library at 238-4207 with questions.

Lakeside Cemetery Annual Meeting

Tue., October 8th 2019 • 7 p.m.

(Fairmont, MN)

Location: Fairmont Elementary School, Budd Room - Door #1 (Main Entry) Open to Lakeside Cemetery Plot Owners

ship Center in Sherburn mont for Lego League. eat play shop

Lutheran Grace Church in Fairmont hosts an **open door meal** Wednesday evenings from 4:45 to 6:00 p.m. each week. Wednesday, October 2nd they will serve baked potato. On October 9th it will be chicken breast/nuggets. All meals include fruit, veggies, peanut butter/jelly sandwich, cookies, milk, water and coffee, free will donation.

Fairmont United Methodist Church continues its Wednesday **Evening Suppers** from 5 to 6 p.m. at the church, 119 E. 2nd Street in Fairmont. Wednesday, October 2nd they will serve tacos with all the fixings. Next Wednesday, October 9th it will be fish fillets, mashed potatoes and creamy coleslaw. dinners include peanut butter and jelly sandwich, beverage and donated desserts. A \$2 donation is suggested.

by Rob Stauter, CREST I even hate to say it, with obstacles, we lessen but fall is here, and we all that risk of falling. Havknow what comes next. So ing the walkway cleared once again, we are facing is a good start. Could we the time of year that walk- ask a friend of relative to ing outside can be treach- go along to the event and erous. Wet leaves on the be an arm you can hang sidewalks or steps are a on to? Absolutely! Share risk for falling, and so are with them why you are ice and snow. There are hesitant about going, and things we can do to make I'll bet you have them this season easier for us to volunteering to go with move around with lesser you. The same goes for inside at events. Are there First of all, let's start bleachers to sit on? Go in our homes. Let's look early and find a spot near the bottom for seating, or if you are comfortable doing a few steps, make est. How about the floors? sure you are hanging on Throw rugs can catch to something as you go your foot and cause a fall, up or down. If there is no railing, ask that friend or a Check the location of friendly looking stranger phone cords or light cords for an arm to hang on to. or extension cords to be Then when you get home, sure they are not crossing think of the fun you would any of our pathways. Is the have missed out on if you light bright enough in all had not approached this your rooms and hallways in a positive manner and so that you can see well? thought through the pro-Poor lighting might cause cess. Limiting ourselves you to not see something socially is not a good lying on the floor, step on thing, and you just got it, and boom, there you more exercise by partici-

CREST has a class coming up called "A Matter of There are other ways Balance". It will be held on we can prepare ourselves eight consecutive Tuesday to move about better. How mornings starting Octoabout some easy exercises ber 8th and ending November 26th, from 9:30 to and joints, build up our 11:00 a.m. at the CREST endurance, make us more office at 820 Winnebago flexible, and improve our Ave. in Fairmont. We will balance? These exercises cover all these areas more are easy ones that can be in depth and teach you done sitting or standing. those exercises to contin-Learn ankle rolls, leg lifts ue at home. You will also and stretches, marching receive a workbook with in place, neck stretches, more learning tools and the exercises in it. A snack ercises. All these things is provided, and we alhelp you to be more safe ways have a good time. A and confident in moving \$10.00 donation to cover around inside your home expenses is suggested, but and in the great outdoors. not required.

Please call the CREST confidence part. Attitudes office to reserve a spot in the class at 507-235-3833. proach an outing with the Make an investment in idea that we can't do it be-your lifestyle. Come to the cause we might fall, we are classes and learn to live limiting ourselves socially more safely and to confiand physically. If we think dently continue to attend through the process of the the social functions that outing and find solutions interest you.

> Girl Scouts Fall **Product Sale** in Martin County began Saturday, September 28th and continue to October 20th. Area Girl Scouts will be selling chocolates and nuts. If you would like to purchase magazines, we can send a link to you. If you have not been contacted by a Girl Scout and would like to help support the local Girl Scouts, contact Judy at 507-238-4859 and she will put you in touch with a Girl Scout in your area. Thanks for supporting the local Girl

a.m. and continuing until ¬Free gift⊊ 9:00 a.m. Free will donawhen you register. Tyler Bovy.....October 19 Matt Dinse......November 30

Steph Andersen

Paige Bremer

Jasmine Clausen Esden Carroll.....December 28



Five Lakes Centre Fairmont, Minnesota

Difference that individualized health care makes

Guest Columnist

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

an expert these days. How generalized approach is beat the Packers, how to at worst, harmful. lose 20 pounds in 10 days, What some of us know, you that her neighbor's though, is that most of doctor said that eating these supposed "experts" don't know any more than the average person does; they know enough to be that that's actually wrong, dangerous, but not helpful.

health, what works for *shows up in your blood test*; one person seldom works your liver actually makes for everyone. Everyone's the majority of the choles-"system" is different; that terol in your blood.) There means that what worked are a few different ways for your Aunt Nelda is not to address cholesterol necessarily the best thing niacin, choline, exercise, for you! The best thing to or stress management to do is get an individual- name a few - but the best ized medicine approach way for you depends on to your health from an your specific situation, not expert in functional medi-

eggs raises cholesterol. If the doctor said it, it must be true, right? If you knew good job! (Fun fact #1: your diet accounts for up to When it comes to 25% of the cholesterol that just taking a statin drug cine. Let's go through a like is often prescribed for

It seems like everyone is few examples of why a high cholesterol. (Fun fact #2: Statin drugs are really to run the country, how to usually unsuccessful and, only effective in about 1 in 500 people and create se-Take cholesterol, for rious side effects in 22% of what vitamins to take. instance. Aunt Nelda told the people who take them. This according to the famous "Jupiter" study that looked at the efficacy of statin drugs published in 2009.)

While we're on the topic of cholesterol, let me flammation? Cooking oils give you an example of a like soybean, corn, and poor, generalized, outdated medical recommendation. A patient recently shared with me that his medical doctor told him to use a butter substitute to a little more expensive, but help lower his cholesterol. it beats a liver transplant Not only is this misguided and outdated by over 30 years, it's also dangerous! This kind of thinking was shown to be wrong back in important: blood sugar. It name, and a family, and the 80s, yet it's still being pushed today.

that tends to be generalized: inflammation. Almost everyone has some medicine patients in our levels of inflammation. If office, it's one of the most you have been told to take an over-the-counter pill for pain and inflammation, you should know that Tylenol use can result in death through gastrointestinal bleeding. There are a number of healthy ways to address inflammation including fish oil, curcumin, ginger, and being aware of high inflammation foods in your diet (like butter substitutes!). Some of the worst offenders for incanola oil. Substitutes like coconut oil, olive oil, and avocado oil are actually good for you and lower inflammation. They may be or heart surgery.

Here's another example of why having an individualized care plan is

diabetic. In fact, when we have first-time functional common findings. There are many approaches to lowering blood sugar that also lower - surprise! - inflammation, cholesterol, and more. Oftentimes, addressing one problem area naturally will also improve other areas. That's why we look to the root of the symptoms. When you take a systems-based approach to the whole patient and not just their numbers, good things happen!

Too often, patients are treated for their symptoms (pain, fatigue, etc.) rather than the cause of this all happen in the first place? Doctors started seeing their patients as a condition. Dr. Jones might ask, seems like so many people stressors, and a couple of get better things. over 40 have some level of other medical conditions.

Here's another topic type 2 diabetes or are pre- And if all Dr. Jones sees is the heart attack, then he's being a mechanic and not a physician.

What this all leads to is the concept of individualized medicine. There are often multiple ways to treat a single symptom; you deserve to be treated as an individual patient and to figure out the healthiest way to treat that symptom you're seeing.

The next time you or problem, and not just the your loved ones need health care, ask yourself what kind of care you are looking for - cookie cut-ter, mass production, one-size-fits-all? Or individualized, tailor-made health care for your specific situation. This kind of care takes more time, the symptoms. How did more work on your part as the patient, and more attention from your doctor. But it is worth it; YOU are worth it. You deserve it, "How's that heart attack in and your life may depend room 323?" But the heart on it. The funny thing is, attack in room 323 has a when you raise your expectations, you typically

Martin County a stop on Dr. Joseph Gaugler tour by Joyce Peterson, CREST

Minnesotans live with Alzheimer's disease or a re- share. This event will take lated dementia. A quarter place on Tuesday, Octoof a million people provide ber 15, 2019 at the Evanunpaid care to these indigelical Covenant Church, viduals. In a tour across the 901 Woodland Ave., Fairstate of Minnesota, Professor Joseph Gaugler hopes two presentations. The to meet with families and first presentation will be at professionals to talk about 11:00a.m. with a lunch of information and stories, chips, and dessert. The secand help us realize that we are not alone in the dementia journey. His work beverages provided. Please focuses on the best ways to call the CREST office at support families and professionals who care for persons with memory loss. He aims to improve the health and well-being of carers through innovative programs and technologies.

Dr. Gaugler received his BA at Gustavus Adolphus College, his MS and PhD at Pennsylvania State University in Human Development and Family Studies, and did Post-doctoral study at the University of MN in Aging. He is now a Professor at the University of MN and the Robert L. Kane Endowed Chair in Long-Term Care and Aging, School of Public Health.

CREST has chosen to bring Dr. Gaugler to Fairmont to share his message with the people of the area.

Approximately 94,000 He is an excellent speaker, and truly has much to mont, MN. There will be Alzheimer's disease, share hot sandwiches, salad or ond presentation will be at 2:30p.m. with cookies and 507-235-3833 with questions or to make reservations for the presentation

of your choice. This event is open to anyone in the area of Martin County and beyond who is touched in any way by the diagnosis of a form of dementia. It is appropriate for persons caring for dementia-diagnosed individuals, the individuals living with dementia, professional caregivers, and persons in the community wanting more information of living and working with individuals living with dementia. Dr. Gaugler is an exceptional speaker and CREST is pleased to be able to have him here. Please come and support the persons you know who are living with an Alzheimer's or dementia diagnosis.

MARTIN COUNTY HUMANE SOCIETY

The Carl Nettifee Memorial Animal Shelter
522 E. MARGARET ST. • FAIRMONT, MN • 238-1885
pawprints.petfinder.com

Email: pawprints01@hotmail.com HOURS: Tue & Thurs 6-8 p.m. • Sat 10 a.m.-2 p.m.

A FEW OF OUR CATS AVAILABLE FOR ADOPTION

MOPSEY, FLOPSEY and COTTONTAIL are Manx mix kittens. They are all three brown tabbies with some white. The trio are about 3 months old. ROXIE and RILEY are a sister and brother. The pair came to the shelter as very small kittens. Despite their cute faces they have been passed over by adopters and are still waiting for a home at almost 5 or 6 months old. BELLA is a big girl with a mellow personality. This tabby has some of the

A FEW OF OUR DOGS AVAILABLE FOR ADOPTION:

small dogs and likes to sit on laps and go on short walks. FOXY is a gorgeous female husky with one blue eye and one brown eye.

She is a light red and cream color. CRICKET is a 5-month old female English pointer mix. She is a sweet girl who loves people and playing with other dogs.

GUINEA PIGS AVAILABLE FOR ADOPTION:

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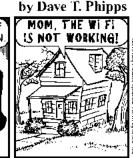
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Vhat's Cookin

with Kathy Lloyd

Simple sometimes the best!

I have over my cooking years tried complicated recipes with numerous ingredients. Sometimes they are worth the effort but often not. I have had some of the best results with simple recipes that are fast with few ingredients. So it is with the one I am sharing with you this week. I recently received this recipe from my friend, Joyce Jorgenson. I may try it with pork chops sometime too.

Sweet and Sour Chicken:

- 4 chicken breast halves
- 1 cup Western salad dressing
- 1 cup pineapple jam (I found this at Wal-mart, you probably could substitute apricot jam)
 - 1/2 pkg. dry Lipton onion soup

Lay chicken breasts in a single layer in a greased baking pan, whisk together the remaining ingredients and pour over chicken, cover with foil, bake covered at 325 degrees for 1 hour, then uncover, spooning sauce again over chicken and bake another 20-30 minutes. Serve over rice if desired. Have a great week!

Nominations open for 2020 Teacher of the Year

students for a lifetime. Minnesotans have the opportunity again this fall to nominate that unique educator for Minnesota Teacher of the

Nominations open today ination deadline.

→ 2020 Minnesota

of the

and can be submitted online through November 15th.

The 2020 Teacher of the Self-nominations are also ac-Year will be named at a ceremony May 3rd, 2020, at the Saint Paul RiverCentre. The Minnesota Teacher of the Year also becomes Minnesota's candidate for National Teacher of the Year.

meet these criteria:

nonpublic pre-kindergarten-12th grade school, or in

Everyone remembers a an Adult Basic Education or favorite teacher, someone ECFE program, working at who motivates and inspires least 50 percent of the time directly with students.

- Hold a bachelor's degree and a Minnesota teaching li-
- Have completed five years of teaching by the nom-

• Intend to teach during 2020-21 school year. Anyone

may nomi-56th Anniversary nate a teacher.

cepted.

The state program has been highly successful nationally - Minnesota ranks third in the nation with four National Teachers of the Year.

For more information or Eligible nominees must to receive a paper nomination form, call Ashley Beh-• Teach in a public or rens at 651-292-4862 or 800-652-9073.

TO THE EDITOR

Another view on global warming

al warming. Global warm-ciation. ing is part of a climate cycle of periodic warming and cooling.

caused by both astronomical (solar) and terrestrial Ice Age" from 1300-1870. factors. Astronomical factors were caused by the earth's changing tilt in relation to its irregular orbit around the sun. Past astronomical cycles are often revealed by the earth's geologic history. For instance, a few years ago I was able to document a is nonetheless the early sequence of 78 astronomical climate cycles of 20,000 years duration, that took place over a period of 1.6 million years during the of years? Pollution can be Eocene Epoch 50 million controlled, but climate years ago. Dinosaurs were cycles cannot. Politicians living near the North Pole cannot change the laws of 70 million years ago. Rewell-documented astronomical cycles include continental glacia-100,000 years. The earth is warming". now in the warmest part of an interglacial period. A yearly drop of the earth's

As a geologist (USGS temperature of as little as retired), I can vouch for a 3-4 degrees will bring on few facts concerning glob- renewed continental gla-

Historically, well-documented terrestrial climate changes include the "Me-Climate cycles are dieval Warm Period" from 900-1300 and the "Little Lesser cycles of shorter duration are not well documented, and their causes remain subjective. The present global warming was primarily initiated by air pollution by carbon dioxide derived from the burning of fossil fuels. It part of a terrestrial climate cycle. Who can predict when the cycle will end, in a few years or hundreds nature, and it is doubtful if scientists can. The world's exploding population will

Fairmont

be more affected by "globtion with periods of about al cooling" than by "global Henry W. Roehler

Concert association to feature comedy pet theater

Association will present ents of his furry friends. Popovich Comedy Pet Theater in Fairmont.

be held Saturday, October 5th at 7 p.m. at the Fairmont Area High School Performing Arts Center.

world-famous The comedy pet theater is a your tickets at the door the family oriented blend of night of the performance. unique comedy, juggling

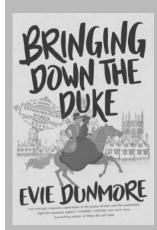
The Fairmont Concert skills of Popovich and tal-

Popvich was a longtime member of the Ring-The performance will ling Bros. Circus and

with his second love for animals, decided put his two interests together.

Concert Association members are reminded to present martincountylibrary.org @ the Martin County Library

Librarians love to read...and here are a few new books on every librarian's list!!



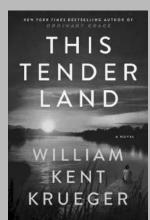
Bringing Down the Duke by Evie Dunmore: Annabelle is part of the suffragette movement. The Duke is leery of supporting a cause not in the crown's best interest, but can't deny his attraction to Annabelle. This is a well written version of an enemies to lovers story.



Don't You Forget About Me by Mhairi Mc-Farlane: Aspiring writer Georgina, broke and alone, gets a job at a bar owned by Lucas, whose heart she broke in high school. A fresh and funny



The Secrets We Kept: A Novel by Lara Prescott: Inspired by a true story of Dr. Zhivago. The controversial novel needed to get out of Russia to be published. A CIA agent posing as a typist is trained by another female operative and the two work to save the Cold War masterpiece.



This Tender Land by William Kent Krueger: Odie and company escape a boarding school and travel through Depression-era America, meeting angels, devils- and everyone in between-along the way.

martincountylibrary.org



Deadline Monday at Noon for Wednesday's publication

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The Shepherd's In Soup Kitchen will be serving a free soup meal at the Blazer Hall, 95 Downtown Plaza in Fairmont. The meal will be served every Thursday from 5 to 7 p.m. Free rides are available by contacting Curt at 507-236-5362.

Nassen-Detert American Legion Auxiliary of Ceylon will meet on Tuesday, October 8th at Legends 2 Community Room in Cevlon. This is a very important meeting. Many important decisions will have to be made.

ty Donors from August lowe and Jean Potter, Jon and Cheryl Rippke, Jack Diamond: Jim and Carol Rooney, Bonnie Russ, Lar-Stough, Dr. Steve and Deborah Sumey, Bill Supalla, Marvin and Lola Talledge, Sally Trembley, Rick and Jodel Uttech, Dave and Shelley Vogel, Bob Wallace, Billy Dee and Charlotte Winters, Margo Weaver, Welcome State Bank, Billy

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Schmeeckle Foundation awards \$535,376 in grants to local groups

The Schmeeckle Foun- ees includes: dation recently approved grants totaling \$535,376 for community enhancement projects in Martin Dental Health - Commu-County, Minnesota. A reception to honor all current and former grant Area Schools to support recipients was held Tuesday, September 17th at Project Fairmont Mayo Clinic Health System.

the Schmeeckle Foundation's three core focus areas: early childhood care and education, serving the disabled and elderly, and promoting the arts.

This round of grant-

•\$474,000 to Apple Tree Dental to support a Left Indoors Project new Fairmont Center for nity Collaboration Project

•\$14,176 to Fairmont

•\$500 to Girl Scout Gold Award for local Girl These grants support Scout Janessa Nelson's Hammock Villages Proj-

> •\$20,000 to Martin Luther High School to support the purchase of band instruments

> > •\$7,700 to Martin ber 30th,2019.

County Pheasants Forever to support the No Child

•\$19,000 to Project 1590 to support the Miniature Golf Course Project

The Schmeeckle Founthe Celebrating Families dation is a private family foundation serving Martin County. Grants are awarded based upon their likelihood to create measurable change within the Foundation's three focus areas.

Applications for the next granting period are due no later than Septem-





Physician assistant



Emily Fett Nurse practitioner



Uecker-Bezdicek Nurse practitione



Julie Woodall Physician assistant

You can get Urgent Care at Mayo Clinic Health System in Fairmont when you need it, now with longer hours and shorter wait times. This walk-in service provides sameday care for unexpected minor illnesses and injuries, including:

- Cold and flu symptoms
- Coughs, sore throats and earaches
- Infections, including urinary, sinus and eye
- Minor cuts, lacerations and burns
- Skin conditions, including rashes, poison ivy and insect bites
- Sprains and strains

Monday-Friday, 8 a.m.-7 p.m. Saturday and Sunday, 8 a.m.-5 p.m.

Mayo Clinic Health System in Fairmont, 800 Medical Center Drive

Located on the medical center campus within the clinic. Enter through the clinic doors on the north side of the facility.



mayoclinichealthsystem.org

Second Half Real Estate Taxes on property bearing classification of **Residential and Commercial** are due by:

Tuesday, October 15, 2019

FOR MAILING ADDRESS **Martin County Treasurer** 201 Lake Avenue, Suite 201 Fairmont, Minnesota 56031

DROP OFF BOX Located at the South end of the Courthouse parking lot

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Jessica Korte **Martin County Auditor/Treasurer**

Mini golf course now open for area enthusiasts

group, "Kids Just Want sonal donations, and to Have Fun" is excited hole sponsorships. The to officially open Fairmont Mini Golf.

party took place at the everyone is encouraged new miniature golf to bring their own clubs course, which is locat- anytime. Equipment ed on S. Prairie Avenue can also be checked out between the Aquatic at the Martin County Park and the Dog Park, Library and the local on Sunday, September Community Education

22 n d. Lakes FM prov i d e d live music, and golfing was free that day.

The miniature golf course took just

idea to securing the fiheld firm to their goal of making the course handicap accessible, and they are pleased to welcome all ages and skill levels to enjoy the course. It is fun for the ity in our community. entire family.

Fundraising completed with the golf, email fairmontarhelp of local and cor- eaminigolf@gmail.com. porate grants, commu-

community nity, business and perfinal cost was around \$65,000. Fairmont Mini An open-house style Golf is free to play and

> and Recreation of-

"Kids Just Want Have Fun" is a sub-group Proj-1590 ect the and dedicated members of this

u n d e r group are: one year to complete Laura Olsen, Ed Wilfrom brainstorming the let, Meaghan Slama, Kristy Olson, Kendra nal obstacle. The group Pomerenke, Betsy Tino, Christine Hasek and Megan Brusky. Thank you to the group for their dedication and to everyone who helped make this project a real-

> For more informawas tion on Fairmont mini

New MRI machine lifted onto Mayo-Fairmont roof



People driving by Mayo Clinic Health Sysgiant MRI machine flying through the air and Emergency Department.

A crane lifted the SIGNA Artist 1.5 Tesla MRI through the air and into a hatch, where it was lowered into its new

in the project has done down again. such a great job, and we four weeks away from welcoming our first patients into the new MRI suite," said Crystal Chapman, imaging services supervisor at Mayo Clinic Health System in Fairmont. "This new scanner

will provide a whole new level of patient comfort tem in Fairmont on their and accelerated techway to work recently niques that minimize beheld quite a sight: a scan times and improve image quality."

The MRI machine had into the roof outside the been shipped from its manufacturer in South Carolina over the weekroughly 8,500-pound GE end and made its way to Fairmont by truck. On their journeys, MRIs lose helium and become warm, making time of the essence to get them "Everyone involved into place and cooled

Numerous workers are grateful to be just made quick work of lifting the machine off the truck bed and into a remodeled space in the hospital, where it will serve about seven patients per day once up and running. The hospital's previous MRI machine was removed earlier this summer and relocated to an orthopedic practice in Los Ange-

> The Fairmont medical center has been utilizing a mobile MRI truck at the site since construction began on the project in Iune. The renovation of the area will continue through October, with the new MRI machine expected to be available to our community for scheduling Tuesday, October 22nd.

Avery Weigh-Tronix Employee Appreciation



Avery hosted an employee the employees working in Human the Fairmont facility.

250 employees were treated to pork patties, potato salad, macaroni salad, cookies, and soft drinks served up by a variety of activities department managers. Martin County Pork and a concentrated Producers provided 300 1/3 pound pork month of September. patties for the picnic. Other area businesses supplied the dishes and desserts.

In addition to the Avery meal, employees were and Valero in which invited to test their skill Avery Weigh-Tronix and their luck at various took home the trophy. games where they could win tickets to be entered into drawings prizes. employee also received raffle five for these drawings. Games cost \$1 to

On September 17th, play and all proceeds Weigh-Tronix will be donated to United Way. appreciation picnic for Hailey Schuck, EHS/ Resources Generalist, noted that Approximately contributions to the games totaled \$1,076.

Avery Weigh-Tronix proudly supports the local United Way with throughout the year campaign during the This year's campaign kicked off on August side 25th with a friendly softball match between Weigh-Tronix

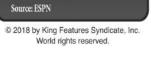
All contributions going to the United Way are matched dollar Each for dollar by ITW, the parent company for tickets Avery Weigh-Tronix.







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



I v iviaikeis

1. Louisville, Ky.

2. Kansas City 3. Raleigh-

Durham, N.C.

4. Greensboro-

5. Cincinnati

High Point, N.C.

6. Charlotte, N.C.

(tie) Indianapolis

8. Knoxville, Tenn.

(tie) Norfolk-

Portsmouth, Va.

(tie) Nashville, Tenn.

BITUARY notices

William J. Norman, 94



Memorial Service for William "Bill" J. Norman, 94, of Fairmont, was held Tuesday, October 1st, 2019, at Lakeview Methodist Health Care Center Chapel in Fairmont. Burial will be held at a later date at Lakeside Cemetery in Fairmont. Military honors were provided by Lee C. Prentice American Legion Post #36 and Martin County Veterans of Foreign Wars Post #1222. Bill passed away Sunday, September 22nd, 2019 at Lakeview Methodist Health Care Center in Fairmont. Memorials are preferred to First Congregational United Church UHD Hospice. Lakeview Funeral Home and Cremation Service in Fairmont assisted the family with arrangements.

William "Bill" J. Norman was born June 21st, 1925, in Lake Crystal, the son of Leland and Gladys (Lewis) Norman. He at-

and graduated from Fair- continued for the next 40mont High School with the plus years before retiring class of 1943. On May 25th, in June 1987. 1944, Bill enlisted with the United States Navy where ber of the First Congregahe served his country tional United Church of proudly during World War Christ in Fairmont and II while stationed overseas in Guam working as a ous capacities. He had Signalman. On June 11th, 1946, Bill received his enjoyed working as a honorable discharge and referee for area football returned home to Minnesota.

On February 20th, 1949, of Christ in Fairmont and Bill was united in marriage to Beverly Jean Underdahl afternoon out on the golf in Frost, MN, and this past course and when night February, celebrated 70 fell, they were off to the years of marriage. Bill and bowling alley honing their Beverly made their home in Fairmont and were fect game. Bill was an avid blessed with five children, Minnesota Twins and Vi-John, Joan, Jerry, Judy and kings fan, and was also man of North Mankato; Jim. Bill began working for a faithful follower of his

tended school in Fairmont in December 1946 and

Bill was an active memserved the church in varia passion for sports and games, and umpiring for many baseball games. He and Bev jumped at the chance to spend a sunny skills in hopes for the per-Fairmont Railway Motors hometown Fairmont Car-

dinals. His favorite people to cheer on were his children and grandchildren, and he looked forward to supporting them in their events. Family was extremely important to Bill and he cherished any opportunity to spend time with his children, grandchildren and great-grandchildren. He will be greatly missed by those who love him.

Left to cherish his ed family and friends. memory is his wife, Beverly Norman of Fairmont; children, John Norman, Joan Andersen and husband, Tom, and Jerry Norman, all of Fairmont, Judy Barke and husband, Jim of Prior Lake, MN, and Jim (Jacquie Marsh) Norgrandchildren, Aric Nor-Elizabeth man,

Sheppmann) Norman, Jennifer Velaski, Bryan (Sara) Andersen, Cory (Carisa) Andersen, Erin Andersen, Kellen (Nicole Runkle) Andersen, Hanna (Creighton) Smith, Meg (Noah Hamann) Barke, and Josh (Amanda) Barke; 18 ½ great-grandchildren; sisters-in-law, Phyllis Underdahl, and Helen Underdahl; as well as many nieces, nephews, extend-

Bill was preceded in death by his parents; three brothers, Robert, Harold and Richard; a sister, Joyce Lemke; many in-laws, extended relatives and friends.

lakeviewfuneralhome.net



September 22 - William I. Norman, 94, Fairmont Lakeview Funeral and Cremation Service September 24 - Gordon W. Scheff, 97, Sherburn Kramer Family Funeral Home September 24 - Betty J. Maday, 98, rural Sherburn Kramer Family Funeral Home September 24 - Sandra Haegeman, 81, Fairmont Lakeview Funeral and Cremation Service September 25 - Aldor H. Rose, 91, Fairmont Lakeview Funeral and Cremation Service September 29 - Jeffrey L. Bahrenfuss, 61, Fairmont Lakeview Funeral and Cremation Service September 29 - Judith A. Balcom, 80, Fairmont Lakeview Funeral and Cremation Service

In Memorium One Year Ago This Week

September 24 - David W. Baker, 67, Monmouth, IL (formerly Granada and Huntley) September 25 - Carol J. Thiesse, 67, Welcome September 25 - EvaDelle M. Johnson, 83, Fairmont September 26 - Roger A. Saxton, 70, New Ulm (formerly of Fairmont)

September 26 - Marabelle Lindell, 78, Armstrong, IA

YEARS AGO IN THE PHOTO PRESS

WEEK OF **OCTOBER 5, 1994**

L.P. "Mac" McCoun of Fairmont was selected as this year's recipient of the Exchange banquet for the Fairmont Exchange Club.

The of the Fairmont Area boy. It was decided to light. at the City Council Victoria Street. Senior automatic Chambers. 10 candi- high students would dates were running for attend from 7:15 a.m. various positions in the to 12:45 p.m., junior area, including at Sher- high students would iff, which had incum- attend in the same bent Gerald Nutt facing classrooms from 1 to Robert Meschke.

Fleet and Farm Supply advertised that they tal Bottling Company had moved to their building on South newly expanded store Main Street had been located at 1300 N. State rented temporarily for Street in Fairmont. business office space. They previously were All important school located on East Blue administration Earth Avenue.



WEEK OF OCTOBER 5, 1969

Fairmont The school administration had begun plans Club's "Book of Golden high school educa-Deeds" Award. This is tion, following the much light is outside. you. the 18th annual award fire last week that destroyed the 54-yearold junior high building a week earlier, the when the sensors detect distances, tal Affairs Committee arson by a 13-year-old or the level of ambient eliminate all distractions. Chamber was to host double-up at the se-6 p.m.

> The vacant Crysrecords had been saved.

Ask A Trooper: **Driving in fog**

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

give some advice on following distance rule. **driving in fog? The fog** Watch the vehicle in front became one car-length of you. When that vehicle dense the other day and passes an object such as it became a dangerous a sign, pole, bridge, etc., situation.

Answer: when the weather limits at that spot sooner than your visibility can be a you count to three. If you challenge for all of us on do, you are following too the road. You can reduce close! Also, you must your chances of being add one second for involved in a crash by every hazard that exists. eliminating distractions Hazards include and by following a few are not limited to heavy safety tips.

that every vehicle on a In some cases you might roadway shall display have to allow six, seven headlamps, lighted lighted tail lamps, and illuminating devices from sunset to sunrise. The raining, snowing, sleeting, light, at a distance of 500 feet ahead.

Basic These sensors are located on the dash of the vehicle. reduced,

snow or fog, as the light Toward Zero Deaths. sensor still detects some light.

activate the rear taillights drivers assume of the vehicle's lights in at, reduced visibilities, but state.mn.us) that is not always the case.

We recommend what's

Question: Can you called the 3-second-plus count off three seconds. Driving You should not arrive but traffic, rain, snow, fog, Minnesota law states driving into the sun, etc. seconds (or even more) to be safe because of existing hazards.

We also recommend law also applies when it's when driving in dense fog, heavy rain or snow to or hailing and at any time drive in the right lane of a when visibility is impaired two lane roadway going by weather or insufficient in the same direction. In the event that a vehicle is traveling the wrong way, automatic chances are that they will for continuing junior headlights work through be in your left lane as they sensors which detect how approach and pass by

When visibility is slow down, The headlights turn on increase your following manually Governmen- result of a crime by a certain level of darkness turn on your lights and

You can avoid a ticket The problem is — and a crash — if you a candidate forum nior high school on there are limitations to simply buckle up, drive at headlights. safe speeds, pay attention Sometimes they do not and always drive sober. turn on during heavy rain, Help us drive Minnesota

> If you have any questions concerning Many drivers fail to traffic related laws or physically turn on their issues in Minnesota send headlights, which will also your questions to Sgt. Troy Christianson - Minnesota and marker lights. Some State Patrol at 2900 48th the Street NW, Rochester MN sensors will activate all 55901-5848. (Or reach him Troy.Christianson@

Area College Student News



Tucker Schumann, of and business from Buena Sherburn earned a bache- Vista University, Storm lor of arts degree in a dou- Lake, Iowa in the Summer ble-major in accounting 2019 term.



Fairmont Area High School senior Dan Brummond has been named a Rotary "Student of the Week." Dan is the son of Wayne and Marlys Brummond and he has three older brothers, Phil, Neil, and Paul. Dan has kept very busy during his high school career through his involvement in soccer, band, baseball, knowledge bowl, pit orchestra, and the National Honor Society. Dan plans to attend a 4-year college after graduation to earn a degree in bio-chemistry. (Submitted photo)



McKayla Chambers is a senior at Fairmont Area High School and has been named a Rotary "Student of the Week." McKayla is the daughter of Shawn and Melinda Chambers. She has two younger siblings, Caleb and Avery. McKayla's high school activities have included soccer, track, student council, theater, and the National Honor Society. McKayla's postgraduation plans are to attend a 4-year college to study pre-veterinary science. (Submitted photo)



remember movie by Alfred Hitchcock titled, "The Birds"? The movie came out in 1963. I wasn't quite born vet, but I remember watching the movie when I was a young kid and being scared to death whenever a big flock of birds would fly in to our farm every spring or fall for quite a few years after that. Last weekend he perched on the outside our lawn looked just like window ledge watching



ow many of you "The Birds". It was pretty the cool outside and both Karis and I were in the house when we heard all of this chattering going on outside and looked out to a sea of black feathers when hundreds of the birds stopped at our farm to feast on the worms that were emerging out of the wet ground. Our cat, Gallant, was completely enthralled with the view as the recreation of the movie them. I could just imagine

the thoughts going through his mind about how to get out and feast on the two-legged feathered lunches on the lawn. Just another sign of fall.

"What is it?"

The streak of correct answers for the "What is it?" items have continued. Last week I received one correct



answer came from Linda Meschke of Fairmont who said that it was a knitting "machine". She said the two your hands and move them alternately up and down and it would knit. The item could also be used to stitch leather products. I found the item at a garage sale in Mountain Lake recently and didn't know what it was, but now I know. Thanks Linda! This week our "What is it?" comes from Dwaine Peterson. He brought the item in a few weeks ago. It is made entirely out of cast metal,



answer on the item that was $5 \frac{1}{2}$ inches wide and is in my column. The correct about 2 inches thick at the base. There is an inscription "National" on the base of the one side. So, what is it? Call me at 507-238-9456 or wood "lobes" you hold in drop me an email: jeff@fairmontphotopress.com. Have an item you think would be good to have in this column? Just bring it in and we will take some pictures and get measurements and you will see it featured in a fu-

Cancer Awareness

ture Photo Press.

Since 2013, 25 area people have shared their cancer story with the Photo Press readers. This month, the Photo Press will bring you five more stories of courage and strength from local people who want to share 'their story". Our first featured piece this week will be from Velda Roush of Mountain Lake. She works at Fairmont National Insurance Agency. She was diagnosed breast with

cancer in January of 2008. This story is told in Velda's own words. Make sure you read her story in this week's Photo Press. We will have more stories in the weeks to come. If you know to share their cancer story with us, or if you yourself have one, please contact me at the Photo Press (507-238-9456) or email me at jeff@ fairmontphotopress.com.

Spaghetti, Fall Festival and baked potatoes

Lots of things are taking place in the coming week: • Wednesday, October 2nd Fairmont United Methodist Church has its weekly Wednesday evening supper from 5 to 6 p.m. They will serve Tacos with all the fixings. • Wednesday, September 25th Grace Lutheran Church has its weekly Wednesday evening supper from 4:45 to 6:15 p.m. This week they will serve baked potatoes. • Saturday, Octo-

ber 5th Immanuel Lutheran in Fairmont will ahve their fall festival luncheon and bake sale from 11 a.m. to 1 p.m. • Saturday, October 5th will be a benefit for Otto Anderson at the Eagles Club in Fairmont (check out the story in this week's paper for details). • Sunday, October 6th will be a Spaghetti Dinner Benefit for Holly Brummond from 11 a.m. to 2 p.m. at St. Paul's Lutheran someone who would like Church in Truman. Proceeds go to offset medical costs for her Ovarian Cancer treatments. • Monday, October 7th, the Regional Worship Center in Sherburn will host a pancake, sausage and egg breakfast from 7 to 9 a.m. Free will donation. • Tuesday, October 8th at 8:30 a.m. is the Tuesday morning coffee at St. Luke's Catholic Church in Sherburn. Have a great week!

> Drive safely - visit a shutin or family member - eat/ play/shop local - celebrate cancer survivors!



"Just the other day"

Guest Columnist

Tom Palen, broadcaster, pilot, writer

"The Quilt Club"

it might have been me, although I'm not usually one to instigate trouble. Regardless who started it, it's been going on for years and it's still going on.

The first time I remember it happening, my wife had done something that annoyed me. I'm sure it was nothing big, but it was something because I felt the need to react. I went to the bedroom. Our cat, Salem, was sleeping on Melissa's flannel pajama pants, which were neatly folded at the foot of the bed. I moved Salem, unfolded the pajamas, tied a knot in the right pant leg near the foot opening, then re-folded them. I put ing it. "I saw Salem laying

I don't really know them back where I found on them earlier. Maybe he ceded defeat; or just tired who started it. I suppose them and put Salem on did it. He's quite a pranktop to resume his nap.

> Later that night, I was folding laundry in the untied the knot, put on her bedroom. Melissa came in to get ready for bed. She bed. I put the rest of my slid her left leg into her pajamas, then her right. Her foot obviously wouldn't go through. "What the..." Confused, she immediately looked at me with suspicion.

'What's wrong?" asked innocently.

she said "Someone tied a knot in my pajama leg!"

"Really? A knot? In your pajama pants? Who would machine." She wasn't buyster you know."

Melissa scowled as she jammies and climbed into the light off and got in bed myself. "Goodnight, honey." I said sweetly, suppressing my laughter, trying not to make a sound."

I shaking the bed." She said. A few mornings later I With an accusing tone, found a knot in one of my favorite socks...and it's been going on, back and forth ever since.

Once a garment has do such a thing? Maybe it been sabotaged, you have erably more, before retali- montphotopress.com. ating. If you respond too

soon, they will be expecting it, thus nullifying the element of surprise. Patience is key here. Revenge is sweet, but like a good wine, it must be properly aged.

Melissa eventually conof the game. She hadn't returned fire for months and months; maybe even a year. Then, a few weeks ago, on a Sunday night, she was in bed reading. I clothes away, turned off was hurrying to finish up a couple things. It was late and I wanted to get to bed: I had an early dentist appointment the next morning. I brushed my teeth 'Stop laughing, you're and went to the bedroom to put on my pajamas. That's when something went awry.

> ...gravity took over...I clinched the elastic band... very funny, Melissa...

For the rest of this story, happened in the washing to wait a few nights, pref-visit our website at fair-



A Celebration of Life will be held Saturday, October 5th, 2019 from 3 to 8 p.m. at 201 Harrison Street, Welcome. This celebration of life is for classmates Dale Spoerry and Don Storbeck, graduates of the Welcome High School Class of 1965. Relatives, friends and classmates are welcome to stop by and share their memories. (Submitted photo)



Jerry Peichel of Fairfax, Minnesota stands in the middle of a large fairy ring on Peichel Hill. Photo by Al Batt

With fall harvest and tillage approaching fast and many things going on in the fall season, don't forget about buffel

- Landowners owning property adjacent to a water body requiring a fifty (50) ft. width buffer must maintain a buffer width of fifty (50) ft. average and thirty (30) ft. minimum for public waters.
- Landowners owning property adjacent to a water body requiring a sixteen and a half (16.5) ft. width buffer must maintain a buffer width of sixteen and a half (16.5) ft. minimum for drainage ditches.

If you have any buffer questions please contact the Martin County Planning and Zoning at (507) 238-3242 or Martin County Soil and Water at (507) 235-6680.

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Email - PF049@outlook.com

Survey Name: DOB: Address City, State ZIP:

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- 2. Have you ever gone Pheasant Hunting?
- 3. Have you ever gone Duck Hunting?
- 4. Have you ever gone Deer Hunting?
- 5. Have you ever hunted out of state?
- 6. Do your parents hunt?

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tomatoes, orange, peaches. JR/

HS: BBQ shredded pork sand-

wich, tater tots, peas, carrots, tomato & cucumber salad, apple,

peaches. **TUE: K-6:** Tater tot hotdish,

dinner roll, chicken caesar sal-

ad wrap, carrots, celery sticks,

bacon & spinach penne, pepper

strips, banana, fruit cocktail.

FAIRMONT AREA

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

Breakfast menu can be found online. OCT 3 - 9

THUR: K-6: Boneless chicken wings, dinner roll, blueberry parfait. baked beans, celery sticks, frozen strawberries, banana. JR/ **HS:** French bread pepperoni pizza, broccoli & cauliflower, an-Itipasto italiano salad, broccoli, lapple, mandarin orange & pine-

FRI: K-6: Beef walking tacos, bagel with yogurt and string cheese, refried beans, pepper strips, orange, applesauce. JR/ HS: Beef walking tacos, refried beans, green beans, carrots, tomatoes, orange, pears.

MON: K-6: BBQ rib-b-q sandwich, turkey ham & cheese sandwich, baked beans, coleslaw,

grapes, fruit cocktail. **JR/HS:** Chicken alfredo, breadstick, peas, caesar salad, cucumbers, orange, applesauce. WED: K-6: Chicken nuggets, dinner roll, egg salad sandwich, tater tots, carrots, apple, pears. JR/HS: Chicken tenders, dinner roll, baked beans, chicken.

The **Tuesday Morn**ing Coffees for the month of October will take place at St. Luke's Catholic Church in Sherburn. Coffee and goodies will be served from 8:30 to 10:00 a.m. All are welcome to come join us!

The Fairmont High School Class of 1953 will meet Friday, October 4th for lunch at 11:30 a.m. at the Ranch Restaurant in Fairmont.





Coming to the Fairmont Opera House

Paulo Padilha e Bando!

SATURDAY OCTOBER 12 **АТ 7:30**РМ

Catch the rhythm of urban Brazil with Paulo Padilha and Bando. Come experience the samba swing that will make you want to dance all the way home!





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ST. PAUL LUTHERAN ST. JOHN VIANNEY **ARISE ACADEMY FAIRMONT**

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

OCT 3 - 9

ITHUR: French bread pepper-I 🛮 oni pizza, broccoli & cauliflower, 📗

FRI: Beef walking tacos, refried beans, green beans, carrots, ap-

MON: BBQ shredded pork sandwich, tater tots, carrots,

TUE: Chicken alfredo, breadstick, peas, caesar salad, orange. I WED: Chicken tenders, dinner I ∎roll, baked beans, celery sticks,। banana.

ST. JAMES **LUTHERAN SCHOOL**

Menus subject to change.

OCT 3 - 9

THUR: Creamed chicken, rice, sliced carrots, biscuits,

FRI: Hot beef sandwich, jo jo potatoes, corn, mandarin or-

MON: Italian dunkers, lettuce salad, apple, banana muffin.

TUE: Pulled pork sandwhich, sour cream potatoes, vaggie and dip, pears.

WED: Pancakes, ham, green beans, blueberries, pudding.

eat play shop



Red Rock Center for the Arts presents mystical paintings and drawings by Amber Rahe. Amber works out of her home studio in Mankato and occasionally teaches at the University of Minnesota, Mankato. Imagery often associated with illness, death, and grief "set in a storybook fashion to settle the viewer into the work" is the focus of Amber's artwork. Stop by the gallery during the month of October to view this unique show of artistic talent. (Submitted photo)

Red Rock Center for the Arts & Fairmont Opera House

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Paulo Padilha e Bando

Tuesday, October 8 • Noon-1pm Catch the samba swing of Brazil

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222 E. Blue Earth Ave., Fairmont 07-235-9262 • redrockcenter.ord A program of Arts Midwest, the 2019–2021 Arts Midwest World Fest Tour

1228 Lake Ave - 238-2555

Fairmont Eagles

Thursday, October 3 • 7pm: Meeting

Friday, October 4 • 5-7pm: Month's Burger:

BLT Burger

Burger Night

Burgers \$6

1/3lb burger with Crinkle Fries.

Saturday, October 5 • Noon-3pm: Otto Anderson Benefit

Sunday, October 6 • 8:30am to 12:30pm: Breakfast Buffet • \$10

Monday, October 7: Kitchen opens 5pm • Bingo 7pm

Tuesday, October 8 • 5-7pm: Fish Supper • \$10

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

FALL FESTIVAL

Luncheon & Bake Sale Saturday, Oct. 5, 11:00 am-1:00 pm

Immanuel Lutheran Church Basement, 1200 N. North Avenue, Fairmont, MN

Menu: Chicken & stuffing squares, cranberry relish, glazed carrots, dinner rolls, assorted pies & coffee

> Take-out available Baked Goods for Sale!

Hosted by the WOI Lutheran Women's Missionary League Everyone is welcome!

HOT MEALS **ON WHEELS**

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

Methodist Healthcare and volunteers deliver in Fairmont between 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 Karen Toupal 507-236-8781.

SENIOR DINING WEEKLY MENU

Senior Dining is served each weekday at 11:30 a.m. at Friendship Village Monday thru Friday. Meals catered by Lakeview Methodist Healthcare. To reserve your meal, call 238-1650 between 9 a.m. and noon the I day before. All area seniors I welcome. LSS Senior Nutri-∣

I tion is made possible in part under the Federal Older American Act through an award from the MN River Area Agency on Aging under an area plan approved by the MN Board on Aging.

OCT 3 - 9

THURS: Chicken alfredo, I broccoli, cheesecake with cherry topping.

FRI: Cheeseburger chowder, cold cuts, onion roll, coleslaw, cake.

MON: Roast beef, mashed potatoes, gravy, baby carrots, pumpkin dessert.

TUE: Chicken strips, potato salad, green beans, cake. **WED:** Tator tot hotdish, peas & carrots, beet pickles, jellow with fruit.



A near sellout crowd was feelin' more than alright recently when the wild and crazy "Deuces Wild! Dueling Pianos" duet of David Eichholz and Ted Manderfeld paid the Fairmont Opera House a visit to help kick-off the new 2019/2020 season. The Minnesota native musical team offered a Las Vegasstyle show of bawdy comedy, audience participation and expert musicianship. Mixing music from nearly all genres, Deuces Wild! had everyone singing along and laughing at their antics. Special thanks to Sweet Financial of Fairmont for graciously sponsoring Saturday night's show. © 2019 Photos and text by Joseph Kreiss Photography for the Fairmont Opera House



VELDA ROUSH

My cancer journey...

In July of 2007 Lwent in and we found a lump. I had a biopsy done and a marker put in. The biopsy was clean. However the lump grew.

In January of 2008, January 3rd to be exact, I went in to have the lump removed. I was told it was a phlebitis tumor which is normally not cancer. But treatment was needed. more like a blood clot.

cancer. Treatment began!

30 days of radiation. It for a routine mammogram made me very sick but I didn't give up!

> Then in July of 2012 I went in for my CT scan (which I had done every 6 months) and I heard the word "cancer" again. This time in my left lung. They went in and removed the top part of my lung. The good news was no further

Nine short months later I wasn't that lucky, it February 2013 they found was cancer. The cancer more cancer in my right had grown around marker lung. This time they took that was put in. I was told the middle lobe of my right I had a very rare form of lung. But fortunately no fur-

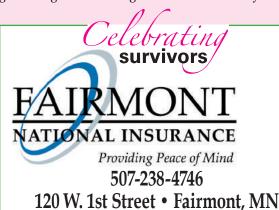


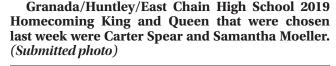
ther treatment was once ers are the most important again needed.

"Relay for life" is my passion. To meet the people facing the same things you are, really helps you

part of the journey! They keep your spirits up and give you the reason to keep fighting!

The best news is I have get through. Your care giv- been clean for 6 years now!





Technology making breast cancer screenings better, easier at Mayo

cer Awareness Month, and hanced technology for mammogram machines while breast cancer is still the most common cancer among women, technology is making the screening process easier than ever.

New this year, patients have the opportunity to self-schedule their mamappointments mogram through Patient Online Services, Mayo Clinic's patient portal. After the patient's care team sends to schedule the screening, the patient can log in and choose the date, time and location that works best.

In addition, patients who visit Mayo Clinic Health System in Fairmont

October is Breast Can- have greater access to en- cancer screening, breast cancer screenings. Breast tomosynthesis (3D mammography machines) enables physicians to see cancers earlier, especially in women with denser breast tissue. The technology also has shown to reduce the recall rate, meaning patients are less likely to be called back for a second screening.

"More than 1 in 8 woman email with a go-ahead en will develop breast cancer in their lifetime, and survivability improves when cancers are found early," says Michael Wolf, M.D., Mayo Clinic Health System radiologist.

create 3D and 2D mammogram images. Studies show that combining 3D mammograms with standard mammograms reduces the need for additional imaging and slightly increases the number of cancers detected during screening.

Breast cancer prevention is also important. Some risk factors, such as family history, can't be changed. However, these lifestyle changes can lower your risk:

• Limit alcohol. The more alcohol you drink, the greater your risk of developing breast cancer. When used for breast The general recommenda-

tion — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than one drink per day, as even small amounts increase

- Don't smoke. Accumulating evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women. In addition, not smoking is one of the best things you can do for your overall health.
- Control your weight. Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
- Be physically active. Physical activity can help you maintain a healthy weight, which, in turn,

helps prevent breast cancer. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at le ast twice a week.

- Breastfeed. Breastfeeding might play a role in breast cancer prevention. The longer you breastfeed, the greater the protective
- Limit dose and duration of hormone therapy. Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your health care provider about other

options. You might be able to manage your symptoms with nonhormonal therapies and medications. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have vour provider monitor the length of time you take hormones.

• Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your provider. Also, ask when to begin mammograms and other screenings based on your personal history.

Visit mayoclinichealthsystem.org for more information





Steve Frick of S&J Excavating surveys the job site. As he looked into a hole in that foundation, it appears that the mystery building extends under the excavating machine.

S&J Excavating has demolished the old Iron Grill building on the NW corner of N.North and 4th for the City of Fairmont and has uncovered another foundation on the south side of that building and nobody seems to know what was there. That mystery building had been removed but the foundation was left in place, only covered up. Now S&J has to remove this foundation also. What was that mystery building? (Photos and information provided by Joseph Yahnke)



Prize winners have been announced for Fairmont Ford's 110th Anniversary celebration. Pictured at left is Carolyn Bird who won a \$110 gas card. Presenting



Prize winners have been announced for Fairmont Ford's 110th Anniversary celebration. Pictured at right is Doug Rosenberg who won a 50 inch TV. Presenting the TV is Teresa Haycraft of Fairmont Ford.



Prize winners have been announced for Fairmont Ford's 110th Anniversary celebration. Pictured at left is Jeannie Borowski who won a Charbroil gas grill. Presenting the grill is Teresa Haycraft of Fairmont Ford.



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CHRYSLER RAM Jeep

Hawkins Chevrolet Annual Car Show Winners

Chevrolet recently held its annual car show on its lot in Fair-

A number of cars showed up for this event and prizes were awarded in various categories. Those winners are pictured below.

Other prize winners included:

• Vehicle Detail - Tom Weber of Fairmont

- Doug Peterson of East Chain and Cade Hartwig of Fairmont

• Renaissance Tickets (Donated by Fairmont • (2) \$25.00 Fuel Card Photo Press) - Brad Scheff of Fairmont



Best In Show - Gary Sunken - 1966 Chevy SS



Exhibitor's Choice - Steve Mau-1966 Chevy Impala Wagon



Best GM - Lyle Rippentrop - 1957 Chevy 210



Best Non-GM - Jim Bulfer - 1970 Dodge Charger

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Maintenance more important as vehicles age

and repair. The nonrecommends that mo- includes: torists who own an older car, truck or SUV become more diligent about preventative maintenance.

"With the average vehicle age exceeding 11.5 years, the chance of a breakdown or service issue on an older vehicle is ments much greater," said Rich White, executive director, Car Care Council. "The to implement a preventative maintenance plan for their vehicle to minimize the chances of a economically."

According to Experian Automotive, the average age of passenger vehicles 11.61 years in 2019. The most common maintenance procedures to keep recommends that moa car operating safely and torists be car care aware reliably, while maintain- and take a few easy steps ing its long-term value, to reduce the effects of involve checking the severe driving on their oil, filters and fluids, the vehicles. belts and hoses, brakes, tires and air conditioning. An annual tune-up owner's manual. and wheel alignment are also recommended.

Take Action to Reduce frequently. Effects of Severe Driving

er? Normal driving is defined as steady driving regularly. in non-extreme weather or environments, so for

The average age of ve- most motorists today, hicles on the road is ris- being a severe driver is ing, and as cars get older, more the rule than the they need more service exception. According to the non-profit Car Care profit Car Care Council Council, severe driving

Stop-and-go traffic Short commutes

Heavier loads: cargo, passenger or towing a trailer

Rough or mountainous roads

Dusty or salty environ-

Driving in extremely hot or cold weather

'While most driving Car Care Council urges is considered 'severe' drivers of older vehicles according to the definition, limiting the amount of wear and tear on your vehicle, and improving fuel economy, can be roadside breakdown and achieved in a few easy to also help their vehicle steps," said Rich White, run more efficiently and executive director, Car Care Council. "By taking action, your vehicle will perform safely, dependably and efficiently with on the road is rising, up proper maintenance and from 11.29 years in the repairs for years to come, first quarter of 2015 to regardless of the driving conditions."

The Car Care Council

Follow the "severe" service schedule in your

Check fluids, including oil, and filters more

Have cer stain compo-Are you a severe driv-nents such as brakes and shocks inspected more

Observe the speed limit. Gas mileage decreases rapidly above 60

Avoid quick starts and stops. Aggressive driving can lower gas mileage.

Don't haul unneeded items in the trunk as extra weight will reduce fuel economy.

Keep your car properly tuned to improve gas mileage.

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How green are your car's tires?

tires could be green?

green tires, of course - they road. It's known as rolling would distract other driv-resistance. Premium tires ers. But believe it or not, that are properly inflated tires can help keep the require less energy to opplanet a bit greener, when erate - less rolling resisthey're built and used with tance - which makes cars sustainability in mind.

Here's how.

saves energy and lowers emissions

tween 4 and 11% of a car's by an average of 8% com-

(BPT) - Did you know fuel is used up providing the energy required to There aren't literal propel your tires along the more fuel-efficient.

Lower rolling resistance Low rolling resistance also helps lower carbon dioxide emissions. For example, since 2013 Nokian According to the U.S. Tyres reduced the rolling Department of Energy, be-resistance of its products

pared to 2013, resulting in a reduction of 128 million kg of CO2.

Keep your tires inflated at the right level

Several companies make tires that minimize rolling resistance, but you can play a role in that, too. The key: keeping your tires inflated at their proper level. Underinflated tires generate more friction and are less fuel-efficient. They're also more prone to blowouts and wear down more quickly.

So, if you're serious about going green, make sure you've filled your tires to the recommended inflation pressure. You can usually find that on a sticker inside your driver's-side door or in your car's owner manual. Keep in mind that as temperatures drop this fall and winter, so will your tire pressure: The colder it gets, the more your tires will deflate. As the thermometer drops, be sure to check your tires' inflation level more often than usual.

Greener tires through better materials and processes

You can impact how full your tires are, but there's plenty that hap-

nuities: They typically

pens before those tires are on your car. Eightyfive percent of a tire's carbon footprint is generated during its use, but the other 15% comes from the way tires are sourced and manufactured. If going green is important to you, be sure to do some research about those processes before you buy your next set of tires.

Nokian Tyres was the first tire company to eliminate the use of harmful oils in its tire compounds. It only uses purified oils in tire production - no toxic or carcinogenic chemi-

cals. The Scandinavian company is also achieving new levels of sustainability in its production process. From 2013 to 2018, it decreased CO2 emissions from its production process by 38%.

Consider some of these ways tires impact the planet as you pick tires that are right for you and good for the environment. For more information about how you can promote sustainability when you buy your next set of tires, visit NokianTires.

Financial Focus

Provided by:



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

Interested in Fixed Annuities? **Beware of Common Misconceptions**

Between your 401(k) or pension, your IRA and high returns - its key ben-Social Security, you hope efit is the guaranteed interto have enough to enjoy est rate and the potential a comfortable retirement for lifetime income. lifestyle. Yet, you may want, or need, to find other isn't worth the wait." If you financial resources - one set up a deferred annuity, of which might be a fixed it's true that you won't imannuity, which offers a mediately start receiving guaranteed interest rate income. You will, however, and can be structured to be able to factor future exprovide a lifetime income stream. But you may be nervous about investing in heard about them. How concerned should you be?

To help answer that nuities:

• "I won't be able to touch any of my money if I need some of it before I retire." A fixed annuity is designed to provide you with above concerns are simply income during your retirement years. But if you want to withdraw a significant amount of your money before you retire - when your annuity is in what's called the "accumulation phase" - you'll likely face a surrender charge, as well as a 10% federal tax penalty. Withdrawals may also be subject to a market value adjustment. However, to access a small percentage of your allocated funds, you might not encounter any fees. And some annuity contracts allow a 10 percent withdrawal with no penalty.

- "Annuities cost too much." Many annuities are actually low in cost. Be sure to compare the cost against the value of each additional guarantee, feature, and benefit—and only pay for what you need.
- "The interest rate will always be too low to make an annuity worthwhile." A fixed annuity is not de-

- pected payments into your retirement plan.
- "When I die, the inannuities because of some surance company keeps negative things you've my money." If your payout plan includes a beneficiary agreement, your beneficiaries will receive the requestion, let's consider maining amount of money some common miscon- in the contract. Read the ceptions about fixed an- terms and conditions listed with an annuity, as they will spell out where the remaining money will go after you pass away.

Of course, even if the misconceptions, it doesn't mean there are no issues about which you must be aware when considering

signed to provide you with fixed annuities. For one thing, the safety of your lifetime income stream and guarantees will depend on the claims-pay-• "A deferred annuity ing ability of the insurer that issued the annuity, so you'll want to choose a company that has demonstrated financial strength

don't carry a cost of living adjustment, such as that found in Social Security. You can find annuities that do offer some inflation protection, but this feature can reduce early payments significantly. If it's appropriate for

vour situation, a fixed annuity can be a valuable addition to your retirement income. Before purchasing one, though, you'll need to weigh all the potential benefits and issues. But don't be swayed by misconceptions - you'll want to base your decision on facts, rather than fears.

This article was written by Edward Jones for use by and stability. One other your local Edward Jones Ficoncern about fixed an- nancial Advisor.

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2019 crop insurance payments likely in many areas **Guest Columnist**

Kent Thiesse, Farm Management Analyst; VP, MinnStar Bank

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

nificant number of corn and soybean producers in many areas of Southern and Western Minnesota, as well as adjoining areas of Iowa and South Dakota, will qualify for crop insurance indemnity payments in 2019. Much of this region dealt with planting derainfall during the Summer months, and severe storms at different points during the growing season. These weather issues will likely result in yield reductions on numerous farms across the region, which together with the price declines from the crop insurance base prices on March 1, increases the likelihood of 2019 crop insurance indemnity payments for many producers.

With Federal Crop Insurance, every year is different, and with the multiple options available to producers, there are many variable results from crop insurance coverage at harvest time. The 2019 crop year will be no different, with some producers choosing Yield Protection base prices for 2019 YP and the crop insurance har-

It is likely that a sig- versus Revenue Protec- were \$4.00 per bushel for tion (RP) policies (yield and price), and producers having different levels of coverage on various crops. Producers also vary on having "optional units" versus "enterprise units" for their crop insurance coverage."

In the Midwest, most lays last Spring, excessive corn and soybean producers in recent years have tended to secure some level of revenue (RP) crop insurance coverage, rather than standard yield-only (YP) policies. Producers like the flexibility of the RP policies that provide insurance coverage for reduced yields, as well as in instances where the harvest price drops below initial base price. In 2019, corn crop insurance loss calculations with YP policies and RP policies will function differently, due to the likely Chicago Board of Trade (CBOT) harvest price for corn and soybeans likely being below the 2019 crop which were finalized on March 1st, 2019.

corn and \$9.54 per bushel for soybeans These base prices will be the payment rate for 2019 YP policies for corn and soybeans. These base prices will also likely serve as the final price to calculate revenue guarantees for calculating potential RP crop insurance indemnity payments for both corn and soybeans.

The final harvest price for RP insurance policies with harvest price protection is based on the averfutures and CBOT November soybean futures during the month of October, with prices finalized on November 1st, 2019. If the final harvest CBOT price for December corn futures or November soybean futures is higher than the established base prices, the harvest price would then be used to determine the RP insurance guarantees, which is not likely in 2019. The harvest price is also used to insurance base prices, calculate the value of the actual harvested bushels for all RP insurance poli-The established 2019 cies. As of September 27th,

approximately \$3.70 per bushel for corn and \$8.80 per bushel for soybeans.

Corn and soybean producers had the option of selecting crop insurance policies ranging from 60% to 85% coverage levels. The level of insurance coverage can result in some producers receiving crop insurance indemnity payments, while other producers receive no indemnity payments, even though both producers had the same adjusted APH yield and the same final yield. For example, at an adjusted APH corn yield of 190 bushels per acre, a producer with 85% RP coverage would have a yield guarantee of 161.5 bushel per acre, and a revenue guarantee of \$646 per acre, while a proage CBOT December corn ducer with 75% coverage would have a yield guarantee of 142.5 bushels per acre, and a guarantee of \$570 per acre. If the actual 2019 yield was 155 bushels per acre, with a \$3.70 per bushel harvest price, the producer with 85% coverage would receive a gross indemnity payment of \$72.50 per acre, while the producer with 75% coverage would receive no indemnity payment.

Many growers chased upgraded levels of Revenue Protection (RP) crop insurance for the 2019 growing season, which included the higher "trendadjusted" (TA) yields that were available. The lower CBOT prices increase the likelihood of crop insurance indemnity payments on some Upper Midwestern farms that have 80% and 85% RP insurance pol-

payments will be most like- B has an 80% RP policy ly to occur when there was with enterprise units. Proa yield loss, due to some ducer A, with the optional type of weather problem units, would receive no induring the 2019 growing surance payment on three season; however, the lower price levels also enhance the payment likelihood.

units" for their crop insurance coverage, which combines all acres of a crop in a separately in each townwith RP policies to protect against price drops during when a producer has most of their land in the same general area. Optional units are preferable when a producer has a variety of a wide area in a county, or when producers have indisusceptible to natural disasters, such as flooding, drought, etc.

For example - assume that producers A and B both have 5 separate farms in the same county with an APH corn yield of 190 bushels per acre, and that 165 bushels per acre. Howper bushel. Producer A has *cropins/* an 80% RP policy with opicies for 2019. Indemnity tional units and producer

of the farms; however, he would receive a gross indemnity payment of \$53 A large majority of Mid- per acre on the other two west corn and soybean pro-farms. Producer B, with ducers utilize "enterprise the enterprise units, would receive no insurance payments on any farms.

Producers that have given county into one crop crop revenue losses in insurance unit. By compar- 2019, which could result ison, "optional units" allow in potential crop insurproducers to insure crops ance indemnity payments, should properly document ship section. Premium the yield losses, regardrates are somewhat higher less of their type or level with optional units. Enter- of insurance coverage. A prise units work quite well reputable crop insurance agent is the best source of information to make estithe growing season, and mates for potential 2019 crop insurance indemnity payments, and to find out about documentation requirements for crop insurance losses. It is important land that is spread across for producers who are facing crop losses in 2019 to understand their crop vidual farms that are highly insurance coverage and the calculations used to determine crop insurance indemnity payments.

Kent Thiesse has prepared an Information Sheet titled "2019 Crop Insurance Payment Potential", which is available by contacting kent.thiesse@minnstarthe overall average 2019 bank.com. The University corn yield on all farms was of Illinois FarmDoc web site also contains some good ever, three of the farms crop insurance information averaged 175 bushels per and spreadsheets to estiacre and two of the farms mate crop insurance payaveraged 150 bushels per ments. The FarmDoc web acre. Also assume a final site is located at: http:// corn harvest price of \$3.70 www.farmdoc.illinois.edu/



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Dennis Schumaker, Jacquelyn Schumaker to Bruce Ziemann, PT E½ w/easement UND ⅓ INT of NW¼, 26-

Dennis Schumaker, Jaquelyn Schumaker to Pamela K. Ziemann, PT N½ UND ¼ INT of NE¼ and PT w/ easement UND 1/3 INT of NE1/4NW1/4, 26-102-31

Bruce Ziemann, Susan Ziemann to Pamela K. Ziemann, PT N½ UND ⅓ INT of NE¼ and PT w/easement UND 1/3 INT of NE1/4 NW1/4, 26-102-31

Bruce Ziemann, Susan Ziemann to Jacquelyn Schumaker, PT N½ UND 1/3 INT of NE¼ and PT E½ UND 1/3 INT of NW¹/₄, 26-102-31

Dennis Schumaker, Jacquelyn Schumaker to Bruce Ziemann, PT N½ of NE¼ and PT E½of NW¼, 26-102-31 Margaret J. Bulfer to Jayden Oskerson, PT SE¼SE¼, 13-102-31

Keith Rolling, Kristie Rolling to Kristine Ellefsen, Sheila Roeker, Lot 2, Block 1, Heritage Park 1st Addition Daniel J. Helvig, Kendra Helvig to Brian Scott, Heidi Scott, Lot 2, Block 1, Fox Lake Park

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Kimberly K. Murphy, Terrance P. Murphy to Kimberly K. Murphy, Terrance P. Murphy, S½SW¼ and N½SW¼, 23-102-29

QUIT CLAIM DEEDS

Linda Hartmann, Pamela Hartmann, Phillip Hartmann, Robert Hartmann to Linda Hartmann, Pamela Hartmann, Phillip Hartmann, Robert Hartmann. E1/2 PT SE¼ and PT SE¼NE¼, 34-104-30 and W½W½ PT SW1/4 and W1/2 PT SW1/4 NW1/4 35-104-30

Gerald William Pleas, Sr. to Gerald William Pleas, Jr., Lot 2, Block 2, Fairview Addition

Troy Manzey to Shirley Kittleson PT E1/2 3.00 AC of SW¹/₄SW¹/₄, 27-102-33

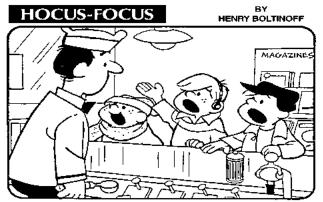
CONTRACT FOR DEEDS

Bret McFarland to Jacob McFarland Block 3, Lot 6, Gilberts Addition

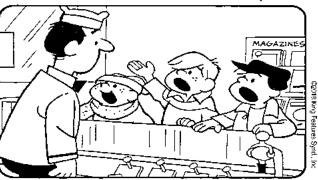
Glen Douglas Klug to Karen K. Ask, Rodney A. Ask, E½W½ of NW¼, 29-102-32

TRUSTEE DEED

Jean M. Maday Revocable Trust, Thomas J. Maday Revocable Trust, Jean M. Maday Trustee and Thomas J. Maday Trustee, PT Lot 9, Block 1, Southgate Fourth Addition



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THURSDAY, NOVEMBER 14, 2019 @ 6:30 P.M. -ROBERT & DELORIS BUT-TERFIELD ESTATE Bare Farmland Auction of 154.96 Acres +/- in Lura Twp., Faribault County. Sale to be held at the Winnebago Municipal Center-140 Main Street S, Winnebago, MN. KAHLERS, HARTUNG, WEDEL & PIKE

TUESDAY, NOVEMBER 19, 2019 @ 10:30 A.M. - HELEN BERGT TRUST & GERALD, CAROLYN & RICHARD BERGT - OWNERS BARE FARMLAND AUCTION OF 80 ACRES +/- & 150 ACRES +/- of Rock Twp., Woodbury, Co., IA. Sale to held at the Correctionville, IA.

TUESDAY, NOVEMBER 19, 2019 @ 2:30 P.M.-HELEN BERGTTRUST-160 Acres +/- of St. Clair Twp., Monona Co., IA . Sale to be held at Willow Vale Golf Club 300 Sioux St, Mapleton, IA. HARTUNG, KAHLERS, WEDEL

PENDING SALE ~ NEW PRIVATE LISTING 400.7 Acres +/- Bare Farmland located in Section 6 & 7 of Tenhassen Twp., Martin Co., MN. For Sale by Private Treaty! PLEASE CONTACT DUSTYN HARTUNG AT 507-236-7629 FOR PRICE, TERMS, ETC.

NEW PRIVATE LISTING - 120 Acres +/- Bare Farmland located in Section 26 of Waverly Two... Martin Co... MN. For Sale by Private Treaty I PLEASE CONTACT KEVIN KAHLER 507-920-8060 OR DUSTYN HARTUNG 507-236-7629 FOR PRICE, TERMS, ETC.

NEW PRIVATE LISTING - 193 acres prime bare farmland in section 26 of St. James Township, Watonwan County, System Tiled. CONTACT DAR HALL, REP 507-327-0535.

PRIVATE LISTING FOR SALE: 4,000 head finishing hog site in Sec. 16 of lowa Lake Twp., Emmet Co., IA. Contact Dustyn Hartung 507-236-7629





Allen Kahler, 841-3466

Ryan Kahler, 764-4440

Kevin Kahler, 235-5014

Doug Wedel, 236-4255

· Dustyn Hartung 236-7629

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

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



At a recent membership meeting the Fairmont Area Knights of Columbus donated an enclosed trailer, filled with Scouting equipment, to the Cedar Point Boy Scouts. The trailer and the associated equipment will available to Scouts using the Cedar Point facility. Pictured (L to R): Chad McGowan—Past Grand Knight and an Eagle Scout; Kevin Cole—Cedar Point Boy Scout Board Member; Greg Borowski-KC Member and Cedar Point Boy Scout Board Member. (Submitted photo)



At a recent Knights of Columbus membership meeting, a check for \$609.50 was presented to the St. John Vianney Hope Shop. The check represented half of the proceeds generated from a fish dinner, held earlier in the year. Pictured (L to R): Cary Villeneuve—Grand Knight of the local KC Council; Hugh Fraser-KC Event Chairman; Connie Katzenberger-St. John Vianney Hope Shop Volunteer; Dave Kuhl—KC Event Chairman. (Submitted photo)



At the annual Knights of Columbus Appreciation **Dinner, the Trustees of the Council selected Duane** Nawrocki as their 2018-2019 Co-Knight of the Year. Duane was presented with a plaque commemorating the event and thanked for his dedication and commitment to the local council. Pictured (L to R): Cary Villeneuve-Grand Knight of the local KC Council and Duane Nawrocki. (Submitted photo)



Prior to a recent Knights of Columbus membership meeting a check for \$609.50 was presented to the Orphan Grain Train Fund. This check represented 1/2 of the proceeds generated from a fish dinner held earlier in the year. Pictured (L to R): Dave Kuhl—KC Event Chairman; Rollo Kosbab—Orphan Grain Train Fundraising Chairman; Cary Villeneuve—Grand Knight of the local KC Council. (Submitted photo)

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classified advertising deadline is MONDAY noon. Call 507-238-9456 and have your credit card number ready; fax 507-238-9457; e-mail frontdesk@fairmontphotopress. com, or stop in at 112 East 1st Street. Payment must accompany all classified ads.

7 Help Wanted

PT/FT GRAIN AND LIVE-STOCK farm help wanted in the Fairmont area. Pay based on experience. Send resumé to: PO BOX 973, FAIRMONT MN 56031, ATTN: 2019 FARM. 21-3tp-7

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12 Other Rentals

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27 Give Away

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28 Rummage & Garage Sales

MULTI PARTY RUMMAGE & bake sale. Antrim Town Hall on corner of Hwy 15 & 30. Starting Thursday; 4 - 7, Friday; 8 - 7, Saturday; 8 -12. Most items 25¢. Something for everyone. All proceeds will be donated to the First Choice Caring Pregnancy Center. 21-1tp-7

403 SOUTH STATE STREET. State Farm Insurance. Thursday; 4 -7, Friday; 4 - 7. We've claned out our closets! Name-brand clothing(excellent condition), Miss Me/LuLaRoe, microwave oven. 21-1tcc-28

121 E 4TH STREET, Fairmont. Multi-Party. Friday; 10am - 7pm, Saturday; 9am - 1pm. Cheap prices. Furniture, clothing, household, miscellaneous. Something for everybody. 21-1tp-28

1313 CAMELOT Ct(behind Hy-Vee). Friday; 3 - 7, Saturday; 8 - 2. Queen bedroom set, leather reclining couch, glider chair, near new power recliner, TV stand, queen mattress, 1500cc motorcycle, DVD player with 5 speakers, books, air fryer, air socket wrench, dollhouse, plate rail, name-brand adult clothing and more. 21-1tcc-28



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were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. \$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

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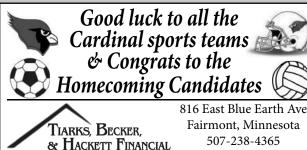
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Football Section 3AAA

JCC	5-0	Won 5
Fairmont	4-1	Won 4
Luverne	3-2	Lost 1
Sibley East	1-4	Lost 2
Tri-City United	1-4	Won 1
Worthington	0-5	Lost 5

Boys Soccer Section 2A

St. Peter	9-2-2
Bloomington Kennedy	8-2-2
Faribault	8-3-
Waseca	8-4-0
Mankato West	8-2-2
Marshall	5-3-
New Ulm	7-6-0
Fairmont Area	7-6-
Worthington	6-5-2
Albert Lea	4-7-
SWMC	4-8-0
Mankato East	3-10-
Loyola/LCWM/SC	2-9-
Jordan	2-9-0
United Christian Acad	3-5-

Girls Soccer Section 2A

Mankato West	11-1-2
Fairmont Area	10-2-1
Southwest Christian	12-2-0
St. Peter	10-2-2
Holy Family Catholic	9-4-0
Mankato East	8-4-1
New Ulm	9-4-1
Waconia	6-2-4
Waseca	6-5-1
Jordan	5-7-1
Albert Lea	4-8-0
Marshall	4-7-0
Glencoe-Silver Lake	3-9-0
Cannon Falls	2-9-0
Faribault	2-10-0
Worthington	1-11-0
Loyola/LCWM/SC	2-12-0

Volleyball Section	2AA
Belle Plaine	10-4-0
Southwest Christian	12-6-0
NYA	14-9-0
LeSueur-Henderson	10-8-0
St. Peter	13-6-0
Glencoe-Silver Lake	6-7-0
Jordan	6-13-0
Tri-City United	7-12-0
Waseca	6-4-0
Maple River	9-8-0
Sibley East	6-11-0
Holy Family Catholic	0-13-0
Richfield	2-11-0
Fairmont	3-10-0
B-Kennedy	0-12-0
Blue Earth Area	0-15-0



OVERTIME WINNER Cardinals Amos Broomfield scores a goal in the first overtime to edge Mankato Loyola 3-2 last Tuesday night. Broomfield and Cole Christopher had first-half goals in the contest. Courtesy fairmontsports.com



BOWLED OVER - Cardinals Blake Buntjer runs over Luverne's La-Shad Smith. The Cards (4-1) defeated Luverne 40-20 last Friday night in Luverne. Buntjer had a 5-yard TD catch. Courtesy fairmontsports.com



CARD STRYKER - Cards #7 Kaleb Hoye dribbles past Eagles defenders as teammate Cole Christopher looks on. Hoye had a hat trick and an assist in the

Cardinals 4-0 win over Southwest Minnesota Christian on Saturday. Courtesy fairmontsports.



2019 FHS HOMECOMING COURT - Front row, Left to Right: Macey Bearson, Andrea Westcott, Apoorva Komaragiri, McKayla Chambers, Kady Pedroza, not pictured: Kaitlyn Freese. Back row, Left to Right: Dan Betts, Josh Heinze, Campbell Krusemark, Sedrick Parker, Dan Brummond, Caden Baarts. (Submitted photo)



(At left:) MAVERICK TIP - Martin County West's **Emily Dunlop attempts** to tip the ball over the net past Sabrina Segar and Cambrie Anderson. The Mavericks downed the Cardinals 3-1 last Thursday night. Courtesy fairmontsports.com



(Above) SPLIT DE-FENDERS - Cardinals #2 Cale Steuber runs between two Luverne defenders as teammate Caden Baarts looks on. Steuber caught 34 and 17-yard TD passes. DE Wyatt Frank added a 78yard interception return for a score. Courtesy fairmontsports.com



BUMP PASS - Cards Cassidy Schultz bumps the ball to the front row while teammates #13 Sabrina Segar and Cambrie Anderson and Waseca's #11 Rachel Breck look on. The Cards lost 3-0 to the Bluejays last

Tuesday night. Courtesy fairmontsports.com

CARDINAL HOMECOMIN Good luck to all the sports teams and Card royalty! **AMBIANCE** ON ALBION 2321 Albion Ave. Fairmont, MN *507.235.3858* www.ambianceonalbion.com



Homecoming: Belle Plaine vs. Fairmont Friday, October 4 • 7:00 p.m.

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FHS Homecoming Activity Schedule

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\$1.00 Purchase from Student Council Members

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Class Color Day

Staff - Gray

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Grade 10 - Green

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Grade 12 - Black

Wednesday, October 2nd - Class Color Day 2:00 p.m. Coronation Thursday, October 3rd MCW (Down on the Farm) 9 a.m. Varsity Girls Sec- cer at Worthington

Grade 7- Yellow

Grade 8 - Orange

Grade 9 - Purple

tion at Gustavus

4:30 p.m. Cross Country - I90 Invitational

4:30 p.m. JH Football at

4:30 p.m. JV Girls Soc-

4:30 p.m. Soccer Tail-

gate at Jeffery Kot Fields 4:45 p.m. C Girls Soccer at Worthington

5 p.m. JV & C Boys Soccer (Jeffery Kot Fields)

5 p.m. C Football at New Ulm

6 p.m. B&C Volleyball at Blue Earth 6:30 p.m. Varsity Girls

Soccer at Worthington 7:00 p.m. Boys Varsity

Soccer at Jeff Kot Fields 7:30 p.m. Varsity Volleyball at Blue Earth Area

Friday, October 4th -Red and White Day

9 a.m. Varsity Girls Tennis Section at Gustavus

2 p.m. Pep Fest (PAC) 4 p.m. Parade (Downtown Plaza)

4:30 p.m. Cross Country Homecoming Run

5 p.m. PIE Homecoming Tailgate

7 p.m. Varsity Football vs. Belle Plaine

8:30 p.m. Homecoming



Streamers (ie: toilet paper) flows from the trees lining Johnson Street leading up to Fairmont Area High School this week. The tree adornments are to celebrate homecoming week at the school.

> Good luck to the Cardinal

> > teams and

507-238-4304

51 Downtown Plaza

www.stevenepiercecpa.com

Good Luck to all

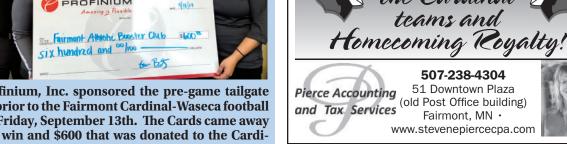
Card Teams! &

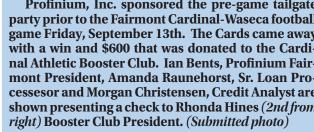
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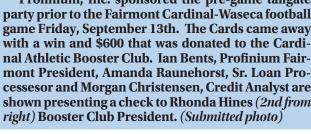
party prior to the Fairmont Cardinal-Waseca football game Friday, September 13th. The Cards came away with a win and \$600 that was donated to the Cardinal Athletic Booster Club. Ian Bents, Profinium Fairmont President, Amanda Raunehorst, Sr. Loan Processesor and Morgan Christensen, Credit Analyst are shown presenting a check to Rhonda Hines (2nd from right) Booster Club President. (Submitted photo)

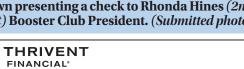












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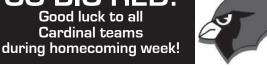


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to all the Card Teams & **Congratulations Homecoming Royalty**



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Good Luck Cardinal Football!



and to all the Cardinal teams during Homecoming Week!

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