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PhotoPress

Only good news

Wednesday
October 17, 2018

Volume 55 | Number 23

SERVING MARTIN COUNTY PLUS ADJACENT MINNESOTA & IOWA COUNTIES

Surely God Will Understand •The Polished Lugs Glistened

Guest Columnist

Darwin Anthony, Business Owner, Artist, Writer



Morning light comes late to this prairie, water stands all around, gone are the vivid greens of summer, only the soggy color of this fall can be found.

Day after day of cloudy weather, rain comes almost every day. Farmers wait to harvest, wondering when will the bad weather go away.

The tops of the corn plants are broken off, only the bottom of the stalk and ear remain. They stand waiting to be harvested, the ear is the farmers only gain.

The once green soy-



beans are waiting, dark in color within the field. Will they continue to withstand the weather? What will be the yield?

The weather news is relentless, they predict another such day. Even snow is in the forecast, if only it will stay away.

Wouldn't it be wonderful to wake to a bright shining sun? Helping dry the crops and fields to say the harvest has finally begun.

I can see it on their faces, those who will till the land. They seek help within their faith, surely God will understand.

The Polished Lugs Glistened

Those who were born during the time when early farm tractors were replacing horses as "the power of the farm" will remember that the first tractors had steel wheels.

The wheels were made in various ways as each company had its own idea. Most had wheels made of steel rims with many lugs attached to the outside of the rim. They were attached in some sort of pattern, either alternated or at an angle. This would help hold the tractor up off the ground and provide an "even" ride for the operator.

However, "getting more traction" was the main purpose of the lugs. Some tractors had "spi-

der" wheels. Those were made in a different way. Each wheel had a narrow rim and the lugs were attached to these in a certain way. We had such wheels on the first tractor I can remember, an International Harvester Company F-20 Regular. The lugs on the steel wheels were polished by their entering and coming out of prairie soil. The sun saw the lugs as moving mirrors of metal. THE POLISHED LUGS GLISTENED as the wheels turned. It also had steel wheels on the front. I remember the raised steel bands that were on the outside of the rim of each front wheel. They were supposed to keep the tractor from sliding when it was turning.

I loved being in the field with my father. How-

ever, he felt that my standing on the wooden platform of the tractor was dangerous.

I remember a certain incident to this day. THE POLISHED LUGS GLISTENED on his tractor as he plowed a distant field. Even though I was very young, I felt I had to get to my father and his tractor. I can remember that thought to this day. There was a field of tall sweet clover between the building site and where my father was plowing. I started through the clover, followed by the family dog. My mother saw me run into the clover. She could see the dog jump high within the clover and she ended up following the dog to find me.

Valero Renewables contributes \$35,000 to local children's charities

Local children's charities last week received a total of \$35,000 from employees of the Valero Renewables-Welcome ethanol plant, who helped raise the funds through the Valero Energy Foundation and the company's

sponsorship of the 2018 Valero Texas Open and Benefit for Children in San Antonio. The presentation took place at the Knights of Columbus hall. "This is just one of several Valero locations that will proudly distribute

funds to children's charities throughout the United States this year," said Nicole Gries, Plant Manager of Valero Renewables-Welcome. "These gifts enable our community agencies to continue their good work for the many

children they serve. We appreciate all that these agencies do to improve children's lives. It gives us great joy to support the children of Fairmont Area and Martin County once again."

"We are all fueled by

giving and what our gifts mean to the hundreds of charities across the U.S. where Valero has major operations," said Martin Parrish, Valero Vice President-Alternative Fuels, who headed up Valero's efforts in this year's tour-

namment. "All of this is possible because of the generous support of our sponsors, employees and volunteers who believe in the mission of helping people, especially children."



Recipients included (clockwise from upper left): 1. South Central Minnesota Youth for Christ - Martin County - \$9,000; 2. Twin Valley Council, Inc. Boy Scouts \$3,750; 3. Adventure Playground \$10,050; 4. Fairmont Area Kinship \$7,200; 5. Girl Scouts of Minnesota and Wisconsin River Valleys \$5,000.

Marriage License Applications

Kathryn Greve and John Joseph Landsteiner
Kristy Jo Walters and Terry Lee Schultz
Brandi Swenson and Neil Jack Fredericksen


Faye

All 7th and 8th Grade students are invited to **Step UP Day** on Wednesday, October 24th beginning at 9:15 a.m. at Martin Luther High School, Northrop. Come and get a taste of life at MLHS. Students will partner with an MLHS student, visit classrooms, and participate in the MLHS Olympics. A pizza lunch will be provided.

Baby Buzz

Louis Theodore Johnson, son of Morgan and Brady Johnson of Robbinsdale, Minnesota, was born September 20th, 2018. He weighed eight pounds, six ounces. Grandparents are Brad and Deb Wallace of Fairmont and Warren and JoyAnn Johnson of Ellsworth, Wisconsin. Louis was welcomed home by his big brother, Elliot.

Fairmont United Methodist Church will not have their **Wednesday Evening Supper** this week because of MEA. It will return next Wednesday, October 24th from 5 to 6 p.m. and they will serve creamed chicken 'n biscuits and salad.



WAGNER 80TH - Carolyn (Miller) Wagner of Huntley will celebrate her 80th birthday. There will be a celebration on Sunday, October 21st from 2 to 4 p.m. at Our Savior's Lutheran Church, 121 First Ave. SE in Winnebago. No gifts please. Cards may also be sent to P.O. Box 7, Huntley, MN 56047.



JOHNSON 80TH - Dennis Johnson of Fairmont is celebrating his 80th birthday with an open house on Saturday, October 20th from 1 to 3 p.m. at the Senior Citizen Center in Fairmont. Your presence will be his most cherished gift.



Monroe Xiao and Ian Heuer were married February 20th, 2018 in Chongqing, China. Parents of the groom are John and Kathy Heuer of Fairmont. Parents of the bride are Mr. Zuemin Xiao of Chongqing, China and Ms. Zhiwei Zhao of Johannesburg, South Africa. Parents of the groom, along with the sister of the groom, Sarah Lansky of Minneapolis, all traveled to China to attend the ceremony. The couple currently resides in Guangzhou, China with their cat, Xiao Chou and their toy poodle, Billy. Ian works as a staff member in the International Affairs Office at Sun Yat-sen University. Monroe operates a vintage jewelry and apparel re-sale business. The couple is making plans to permanently relocate to the U.S. in 2019.

Adoption benefit for former Fairmont graduate

An adoption fundraiser and silent auction will take place on Sunday, October 21st from 4:30 to 6:30 p.m. at the Mankato Eagles Club, 708 N. Riverfront Drive in Mankato.

The fundraiser is in honor of Ian and Megan Stutsman. Megan is a 2010 graduate of Fairmont Area High School. She then graduated from MSU - Mankato with a degree in social work, and most recently from St. Cloud State with a master's degree in family studies. She works as a social worker for an adoption agency in Blue Earth. Ian is a former U.S. Marine who served overseas. He will be graduating from MSU - Mankato in the spring with a degree in I.T.

The couple has been anxious to start a family and are taking a leap of faith by adopting siblings from Liberia, Africa. Join them and their friends for a meal and an evening of fun celebrating them and raising money to support their international adoption journey. If you are unable to attend, but would still like to donate, visit www.gofundme.com/bz389y-international-adoption



"A Christmas Carol" open tryouts October 18

You are invited to come to the open tryouts for the First Annual Community Reading of "A Christmas Carol: A Ghost Story of Christmas" by Charles Dickens.

These tryouts will take place Thursday, October 18th at 7 p.m. at the Red Rock Center for the Arts in Fairmont.

You would be trying out as a reader of the story. It will NOT be a play, but instead a reading of the story itself, as written by Charles Dickens in 1843.

The book, in its entirety, will be read at the Red Rock Center the first week in December. Musicians and artists are also needed. 12 to 15 people will be chosen to read (about 10 minutes per person). Total time for the reading will be 90 minutes plus.

This event is a fundraiser for Heaven's Table Food Shelf. All monetary proceeds generated from the event will be given to Heaven's Table Food Shelf.

We need your help to pull this off! Not professional, but a community effort. Languages other than English are welcome.

Questions? Contact the Community Reading Committee at 507-848-4414.

Albert Lea Expo to feature Truman author

On Saturday, October 20th from 10 a.m. to 2 p.m., thirteen regional authors will share their books at "The Interchange Wine & Coffee Bistro".

The Expo will be held at 211 S. Broadway Avenue in Albert Lea and is sponsored by Sweet Reads Book of Austin.

Authors that will be present at the Expo include: Sherrie Hansen, Jeff Ollman, Julie Seedorf, Benet Stoen, Brandon Vreeman, Judi Bergen, Linda Christianson, Margaret Smolik, Lydia Emma Niebuhr, Chris Nordbury and Sean Williams.

Judi Bergen is a Truman High School graduate and has written the book "Longing to Belong". She is presently working on a sequel.

Visit and listen to our region's authors while enjoying the atmosphere and food!

Hilarious! Dynamic! Master Storyteller!



Join the Ultimate Pajama Party! Bring a new pair of pajamas to the event, size newborn through adult and it will be delivered with donations to those in need.

Back by popular demand - Renee Rongen! Renee will be appearing on Friday, October 19th at 7 p.m. at the Fairmont Opera House. Sweet Financial Services of Fairmont is sponsoring the complimentary event and it is open to the public. There will be a Happy Hour/Meet & Greet with Renee after the show.

Minnesota Vikings Game With Motor Bus

Sunday Nov. 4th, 2018 against Detroit Lions

KICK OFF IS AT 12:00 PM

Seats are in section 336, Row 12-15

\$165.00 plus tax round trip, per person

If you would like to go cheer them on in person, give us a call at **507-238-6300**

Luxury Motor Coach Transportation and Game Tickets.

SKOL VIKINGS

Game time is at 12:00pm • Load at 7:45am • Leave at 8:00am from: 1115 E. 1st Street, Fairmont

CREST to host new volunteer training

CREST will be hosting a training session for anyone who is interested in becoming a new CREST volunteer.

The training session will be held on Thursday, October 25th at 6:30 p.m. at the CREST offices, located at 820 Winnebago Avenue, Suite 2 in Fairmont.

CREST has volunteer opportunities in friendly visiting, telephone reassurance, home helper, transportation, minor home repair, and respite care.

Reservations are required so volunteer manuals can be ordered. Please call 235-3833 by October 22nd if you are interested in attending.

MINNESOTA SECRETARY OF STATE CERTIFICATE OF ASSUMED NAME
Minnesota Statutes, 333
The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business.
ASSUMED NAME: Martin County Construction, LLC# BL747396
PRINCIPAL PLACES OF BUSINESS: 916 East 1st Street, Fairmont, MN 56031
NAMEHOLDER(S): Joshua Mark Anderson
I, the undersigned, certify that I am signing this document as the person whose signature is required or as agent of the person(s) whose signature would be required who has authorized me to sign this document of his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I signed this document under oath.
DATE FILED: JULY 30, 2018
SIGNED BY: Joshua Mark Anderson - Owner

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OCTOBER 17, 24, 2018

MINNESOTA SECRETARY OF STATE CERTIFICATE OF ASSUMED NAME
Minnesota Statutes, 333
The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business.
ASSUMED NAME: Replay Video Games, Electronics & More
PRINCIPAL PLACES OF BUSINESS: 207 Downtown Plaza, Fairmont, MN 56031
NAMEHOLDER(S): John E. Duderstadt, Jr.
I, the undersigned, certify that I am signing this document as the person whose signature is required or as agent of the person(s) whose signature would be required who has authorized me to sign this document of his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I signed this document under oath.
DATE FILED: OCTOBER 1, 2018
SIGNED BY: John E. Duderstadt, Jr. - Owner

PUBLISHED IN THE FAIRMONT PHOTO PRESS
OCTOBER 17, 24, 2018


"Finding Frankenstein" STEM event Friday

Kids ages six and up are invited to the Martin County Library in Fairmont for a "Finding Frankenstein" STEM event!

Enjoy interactive STEM tables hosted by the Bakken Museum on Friday, October 19th at 1:30 p.m.

There is no cost to attend and no need to register.

Visit our website at: martincountylibrary.org for our complete fall event schedule.



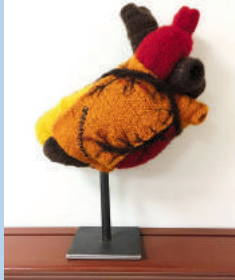
- 3-term township Supervisor
- 4 years Martin County Association of Townships Board of Directors
- Experience working with all county departments
- Will bring transparency to our county government
- Committed to serving my constituents!

Paid for by the Committee to Elect Richard Koons 4th District Commissioner

Be sure to cast your vote Tuesday, November 6!

Fairmont native is featured artist in Morris

Morris, Minnesota artist Lori Kurpiers, who is a native of Fairmont, has been knitting since her grandma taught her at 10 years old, and her love of the art form manifested itself as the sculptural centerpiece in her second solo show, entitled "Emergence". The Emergence exhibit is on display through November 2nd at the Prairie Renaissance Cultural Center in Morris. An artist reception was held at the center on October 5th. The show is comprised of a variety of fiber arts works, including knitted



scarves, quilts and books. Collectively, the pieces in this exhibition dually criticize and celebrate the female experience. With each intricate stitch, Lori weaves the viewer of the exhibits into a very personal journey of her own self-discovery as she navigates her identity as a woman, mother and artist. Lori graduated from Fairmont High School in 1999 and the University of Minnesota-Morris in 2003. She is the daughter of Barb and Greg Borowski of Fairmont.

Toddler Tinker Lab at Fairmont library

The Fairmont Library will host monthly Toddler Tinker Labs on Wednesdays at 9:30 a.m. The next one will be next Wednesday, October 24th. The "lab" is designed to allow toddlers to explore,

Don't forget **Tuesday coffee hour** during the month of October, from 8:30 to 10:00 a.m. at St. Luke's Catholic Church, Sherburn. Come join us!

The **Fairmont High School class of 1962** spouses and friends will meet for lunch Friday, October 19th at 11:30 a.m. at the Pizza Ranch in Fairmont.




Fairmont Area High School senior Jordan Wolter spoke at the Fairmont Rotary Club meeting on September 25th as Rotary's "Student of the Week". Jordan is the son of Kelly and Tricia Brevig and Ben and Stacie Wolter. He has one sister, Morgan, and a brother, Cody. Following graduation, Jordan plans to study exercise science at Minnesota State University, Mankato or Iowa State University. (Submitted photo)

New Veterans Outreach Clinic opens in Iowa

It seems like it's been a long time coming but the new Veterans Administration CBOC (Community Based Outreach Clinic) in Spirit Lake, Iowa is finally open for business. From the exterior it looks to be a very modern and spacious facility, easily accessible with plenty of parking. The picture is an artist's conceptual drawing, but it's awesome seeing it for yourself. What does this CBOC offer? Primarily it offers access to VA care in rural and remote locations, thus relieving the burden of having to travel long distances. It further offers primary and mental health care, foot care, hearing aid repair, Home Based Primary Care and telehealth for a variety of specialties such as cardiology, pulmonary, nutrition, nephrology, diabetes low vision and more! On staff is also a case worker to assist in many other needs to include your living will and helping you complete other paperwork, as needed. The new facility is located on 1800 Royal Avenue in Spirit Lake, Iowa.





Stay healthy this flu season.


WALK-IN FLU SHOT CLINICS

United Hospital District is holding seasonal flu shot clinics on Tuesdays in October.

Tuesdays in October
8:00 a.m. - 12:00 p.m.
UHD Fairmont Clinic
No appointment necessary.

If you would like your vaccine on a different day, please call 507-238-1287 to schedule an appointment.

Available to children and adults, six months and up.
Minor children need to be accompanied by a parent or guardian.



UNITED HOSPITAL DISTRICT
Committed to care. Committed to you.

221 E. First St., Fairmont | 507-238-1287 | uhd.org

PUBLIC AUCTION (AKA)

STORAGE UNIT WAR

Tuesday, October 30

FAIRMONT MINI STORAGE

940 East 4th Street • Fairmont • 5:00 p.m.

Fairmont Mini Storage • 4th St.
Unit Nos.: u1b, u10, u60, 31, 41, 42, 66, 68, 94, 100

STOR-ALL

500 Downtown Plaza
Fairmont • Appr. 5:15 p.m.

October 30 • Store-All
Unit Nos.: 4, 5, 12, 13, 33, 115, 217, 260, 261

8th Street - behind Olson Rentals

October 30 • Start Appr. 5:30-6:00 p.m.

Unit Nos.: 297, 301, 305, 339, 390, 397, 424, 437, 452, 454, 459, 466

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

Hair Etc. partners with "Wigs & Wishes"

Hair Etc., located in Fairmont has announced that it is partnering with Wigs and Wishes, a charity providing wigs and hair services to women who have lost their hair due to chemotherapy at no charge. Most of the time, when a woman is diagnosed with cancer, her first question is not whether she will survive, but if she will lose her hair. The goal is to spread the word of these complimentary services to people in the Fairmont area. Wigs and Wishes has been able to provide thousands of wigs to those who need them. As hair stylists, Hair Etc. believes how you look directly affects how you feel, the extra boost can help someone fight a little harder to win their battle against cancer. They are accepting hair donations to be made into wigs for chemotherapy patients. They also are having a salon product sale, where 100% of the earnings will go to helping a family in need for October. Part of the proceeds will also go to Wigs and Wishes. Any donations to help someone's loved one will be greatly appreciated.

eat play shop LOCAL

The town of Truman is promoting a project to help beautify and in the future draw visitors to their town. They call the project **WALK OUR BLOCKS**. The group eventually want to develop a Barn Quilt Map in town for this project. Truman's Active Living Group (SHIP) is also working very hard in promoting walking and bike trails in our area. A poly-metal barn quilt company that seems to be the most reasonable cost and most prompt in service is Hillbilly Prints. It has many designs and sizes to choose from and charges no postage if sent in the United States. Christmas is coming and these make very nice gifts.

Prairieland Antique Tractor Association will hold their monthly meeting on Thursday, October 18th at 7:30 p.m. at Heritage Acres in Fairmont. They will be discussing the Heritage Acres Fall Festival taking place this weekend in Fairmont. The public is welcome.

Ceylon Area First, a non-profit, is having a fundraiser for the Ceylon Fitness Center in the form of an outdoor movie this Saturday, October 20th, 2018 at 7:30 PM at the green space by the old Petersen Cafe and the State Bank of Ceylon. We will be showing the classic horror film "Night of the Living Dead". We will be serving hot chocolate and popcorn. We are asking for a free will donation and ALL proceeds benefit the Ceylon Fitness Center.


The **Fall Rummage and Bake Sale** will be held at Martin Luther High School, Northrop, October 18th-19th-20th. Sale hours are Thursday 4-8 p.m., Friday, 8 a.m. to 8 p.m. and Saturday (Bag Day) 8 a.m. to noon. Donations of Fall and Winter clothing, household items, miscellaneous, baked goods and garden produce are appreciated. Volunteer help is welcome.

Carpet Plus recently held their **anniversary celebration** at their store in the Five Lakes Centre, Fairmont. Drawings were held for those who attended the celebration. Winners of the \$50 Fairmont Area Chamber certificates were Paul Holm of Dunnell and Larainne Gorath of Fairmont; Minnesota Renaissance Festival tickets - Jan Rieland of Fairmont and Minnesota Zoo tickets - Brooke Schultz of Fairmont.



REMNANT SPECIALS

4' x 4' 7"	NOW
Brown with Small Squares	\$9 ⁰⁰
6' x 7'	NOW
Tan Squares	\$37 ⁹⁹
12' x 4' 4"	NOW
Light Marble Pattern	\$38 ⁹⁹
13' 2" x 5' 9"	NOW
Brown Wood Grain	\$49 ⁹⁹
12' x 10'	NOW
Gray/Brown Tone Wood Grain	\$89 ⁹⁹



HOURS: Mon-Fri 9am-6pm; Sat 9am-2pm
Five Lakes Centre, Fairmont
507-238-4554 | www.carpetplusinc.net

Don't Be A Bonehead

Guest Columnist

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



How healthy are your bones? Do you know how to tell if your bones are healthy? What's your "B.Q."? (That's like your I.Q., only it measures how much you know about your bones.) Let's take a little quiz, shall we? To make it easy, everything will be true or false questions. Here we go:

1. I drink milk so I don't need any calcium supplements.
2. I do take calcium supplements, but I buy the cheap ones because they're all the same.
3. You can see early bone thinning on x-ray, and mine look good so I'm o.k.
4. My doctor told me I don't need any calcium because I get it all in my diet.
5. I'm only 28 years old; I don't have to worry about osteoporosis.
6. I get all my nutrition advice from Dr. Google so I'm good with my calcium.
7. Calcium is the only thing you need for strong bones.
8. Kidney stones come from taking too much calcium, so I have to be careful.
9. Randy Chirpich can sing as good as Jeff Hagen.
10. The Photo Press is awesome!!

So how did you do? I threw in a couple of easy

ones to raise your score. If you said 1-9 are false and only 10 is true, then you can keep reading—but you will find yourself agreeing with all the great advice and info. If you said true to more than a couple of the first eight, then you better pay attention, or else you may end up as a bonehead!

People used to think that having healthy bones was as easy as just taking calcium. I remember as a pre-teenager that my own parents took a calcium supplement that featured calcium carbonate. The source of this calcium was ground-up clam and oyster shells. We now know that calcium carbonate is perhaps the worst source of calcium there is. It is the cheapest, which confirms what I always say about getting what you pay for. Believe it or not, some companies still offer calcium carbonate as a supplement. That doesn't say much about the company or store that sells them, does it?

As the food industry became more aware of nutrition, it began to put calcium into a lot of things. Foods that already had high calcium started to brag about their calcium content. A good example is milk. A glass of milk supplies about 300 milli-

grams of calcium. So three glasses a day should be all you need, right? That's what the experts say so it might be right, right?

Wrong. You see, the calcium in milk is typically bound up in milk proteins. So you only end up absorbing 25-35% of the calcium in milk. What about vegetables? Spinach has a lot of calcium, doesn't it? Yes—one cup of cooked spinach contains about 240 mg of calcium. Here again, the more important issue is not about amount, but absorption. You only absorb about 5% of the calcium in spinach. In addition, spinach contains another component called oxalates, which interferes with calcium absorption and can raise the risk of kidney stones. (Oxalates are also found in high levels in children with autism. You want to know how to fix those levels, talk to me!) And in calcium-fortified foods like orange juice and cereals, the calcium salts tend to settle to the bottom and bind to other agents.

It all comes down to a big word—bioavailability. The big word isn't so intimidating once you break it down. The prefix is "bio," meaning life. The rest of the word you know, "availability." So bioavailability simply means how avail-

able something is to a living being. Nails have iron in them but no one thinks it is a good idea to use them as a source of iron. You should feel the same way about supplements bought at a discount store as well as using only food as a source of all your vitamin and mineral needs.

Along with getting calcium into your system, there are a number of important cofactors you need to consider. What is a cofactor? It is something your body needs to absorb or utilize a vitamin or mineral; they increase bioavailability. Stomach acid needs zinc, neurotransmitters need vitamin B6, and calcium needs, well, a bunch of other things to do a good job of building strong bones.

The important ones are vitamin D, vitamin K2, boron, strontium, magnesium, and zinc. If you are deficient in one or more of these, the calcium you eat or take will go right through you. Then all it is good for is causing constipation. So when you do buy a calcium supplement, make sure you get everything you need, in the right ratios, otherwise you are wasting your money—which is sadly what a lot of you do when you buy cheap supplements.

So when do you start thinking about calcium and your bones? If you're still young, then osteoporosis is a long way off, right? Wrong again. The research shows the best time to start supplementing for strong bones is in

your 20s, especially if you are a female. But it is never too late to start. With high quality, pharmaceutical grade supplements and the right kind of exercises, you can slow or possibly stop bone loss at an early age.

So what about all those supplements for bone loss, like Fosamax, Boniva, Reclast, and Actonel. They give you strong bones, right? Let me explain how Fosamax works and then you tell me. Your bones are not dead; they are very alive metabolically. There are two main kinds of cells that keep your bones strong. Osteoblasts build up new bone growth, and osteoclasts clear away old and brittle bone. The two work in conjunction to keep your bones strong. (Vitamin K2 affects these cells, and that is why it is also important in bone health). What would happen if your osteoclasts stopped working? You would stop having all the old and brittle calcium taken away and you would be left with thicker, more brittle, more "dead" bone. Slowing that process down wouldn't be very smart, would it? But that is exactly what Fosamax does; it inhibits the activity of osteoclasts. A study published in 2015 in the prestigious British Medical Journal confirms what common sense would tell you—namely, that using those kinds of drugs do not prevent fractures. Moreover, there are risks associated with the drugs, including cancer, atrial fibrillation,

and vision problems. Their best known side effect is necrosis of the mandible, which means your jaw bone dies.

So what do you do? Start now with improving your diet. Eat foods rich in calcium, D3, K2, and the minerals. Start taking pharmaceutical grade supplements to make sure you are getting the vitamins and minerals you need. This means stop relying on discount store, multi-level marketing products, and fortified cereals. Do weight-bearing exercises. Be aware of your body acidity and keep sodium-potassium balance at its optimum. And if anyone tells you that you don't need supplements, don't listen. If your doctor says the same thing, fire them. Turn to someone who has the knowledge and the ability to test your blood levels of calcium, potassium, D3, etc.—like here at Burtis Chiropractic—to make sure you are doing the right thing.

Now go back to the beginning and take the quiz again. See, you're not a bonehead. You just weren't getting good advice—until now.

P.S. If you have read the whole article you will have every answer except number 3. You can't see bone loss on x-ray until you've lost about 60% of your bone density. Gee, you're getting smart!!

25 YEARS AGO IN THE PHOTO PRESS

WEEK OF OCTOBER 20, 1993

A Scandinavian show band was to perform at the Fairmont Opera House. "LeRoy Larson and the Minnesota Scandinavian Ensemble Show Band" had won a Minnesota Music Award in 1989 and also were regular performers on Garrison Keillor's Prairie Home Companion Show. Also set to appear was Jerry Osteraas, National Lute-fisk Eating Champion from Madison, MN.

* * *

Longtime Fairmont resident LaVerne Schulz was named the 18th honor recipient of the Golden Deeds Award, presented by the Fairmont Exchange Club. Schulz succeeded a list of prominent Fairmont people which began in 1975

and is presented annually.

* * *

The Martin County Unit of Church Women United set the date for the World Community Day, to be held at the United Methodist Church in East Chain. President Marie Wood of Granada reported that 10 churches would participate in the service with the theme, "Healing the Church: The Ecumenical Decade."

50 YEARS AGO IN THE PHOTO PRESS

WEEK OF OCTOBER 20, 1968

William G. Olson, who with his wife had traveled the world for many years, died at the Methodist Home in Fairmont at the age of 95. After retiring from a farm in Dunnell, he contributed \$100,000 to a rest home in Jackson, and after living there a few years, donated

another \$100,000 to the new Fairmont Methodist home.

* * *

The Kiwanis Travelogue series was beginning its seventh season of travel and adventure films nar-

rated by the adventurer who took the pictures. The programs had proven to be very popular in Fairmont.

* * *

The Fairmont High School music and drama

department was to present "The Sound of Music", the Rogers & Hammerstein Broadway production. It was the most pretentious play the local school had ever attempted.

Longtime Fairmont resident LaVerne Schulz was named the 18th honor recipient of the Golden Deeds Award, presented by the Fairmont Exchange Club. Schulz succeeded a list of prominent Fairmont people which began in 1975

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What's Cooking

with Kathy Lloyd

When it rains it pours!


That statement has been true in our Lloyd family the past two weeks! Our new baby great granddaughter Nora has been hospitalized in Sioux Falls for three weeks undergoing surgery. She is doing well but that means I have been taking care of 19 month old Lydia weekdays so her Daddy can work. Pa Lloyd underwent a hip replacement. The day he has surgery my mother fell and fractured her hip, requiring surgery. Almost too much for this old lady to manage, but I can now see the light at the end of the tunnel so I'm back!

Fall is the time for Octoberfest celebrations which makes me think of sauerkraut which brings me to the recipe I am sharing with you today. Pa Lloyd isn't crazy about sauerkraut but he liked this one. I hope that you do too!!

Sauerkraut Pork Roast:
2lbs. pork roast
2 Tablespoons vegetable oil
2 Tablespoons minced onion
2 Tablespoons maple syrup
2 Tablespoons applesauce
2 Tablespoons brown sugar
1-2 lbs. can sauerkraut with juice

In Dutch oven heat oil and brown roast on all sides. Combine remaining ingredients. Pour over roast. Cover and bake in oven at 300 degrees for 3-4 hours. I put mine in the crock pot and cooked for 7 hours. Slice roast and spoon drippings over slices. I love sauerkraut with mashed potatoes.

Stay warm and have a great week!



LETTERS

TO THE EDITOR

Traxler to speak at Upward Bound

Upward Bound 5th Street Express, a mental health drop-in center serving Martin and Faribault Counties more than 20 years, will be hosting Mark Traxler to speak on Mindfulness Practice.

The event will be on Tuesday, October 30th from 11:30 a.m. to 1:00 p.m. in the basement of the Martin County Library in Fairmont.

Mark Traxler has been

a licensed psychologist since 1996 and a practitioner of mindfulness for 15 years. "Mindfulness is a way to respond to our experiences that leads to peace and happiness for ourselves and others."

Come and join us as we learn about mindfulness together.

Jim Wood
Treasurer,
Upward Bound 5th
Street Express

A Suggestion to Project 1590

I have been to a successful private-for-profit recreational center. It pays taxes, not takes taxes.

I was there as a guest just to see that it works. My idea is the 1590 Committee use their business expertise and start a corporation, sell shares, get business loans and investments to build a recreational center. It would be a win-win situation for everyone.

The people who do not want to pay for it, do not have to. The people who want it, can have a new business in town that pays taxes and then they can split the profits.

Dan Madsen

Close before you Doze

October is Fire Prevention Month and many of your area departments have had open houses and other events to promote fire safety. A theme for Fire Prevention Week this year is "Close Before You Doze" which promotes closing your bedroom doors when you go to bed so that in case of a fire, you and your family has better odds of surviving the fire. Many people believe it is safer to sleep with the bedroom door open but that is not the case.

I strongly urge you to go to this site: www.closebeforeyoudoze.org so that you can more fully

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understand the importance of bedroom doors being closed in case of a fire. It is a little over 5 minutes and is not just a lecture but a has very graphic live fire demonstration which clearly shows why a closed door is much safer in case of a fire. Please take the time to review the video and if you have questions, contact one of your local firefighters. Your community's firefighters are there to answer the call, 24/7/365. In case of a fire at your home, they would much rather have just a fire and not victims that could have had a better chance to escape the fire.

It is mentioned in the video but I want to stress the importance that you are sure to have a working smoke detector in the bedroom also in case a fire would start in the bedroom itself.

Roger Carlson
Fairmont Fire
Department

The Photo Press has instituted a policy on letters to the editor that states that the Photo Press will not publish any letters to the editor that are political in nature or political endorsements. We will be happy to put them in an ad form for a charge, should you still want to do a political endorsement. Questions on the Photo Press letters to the editor policy can be directed to Jeff Hagen at 238-9456 or jeff@fairmontphotopress.com

martincountylibrary.org

CHECK IT OUT!

@ the Martin County Library

October is national Cookbook month, and to honor that occasion, here are a few new cookbooks, all available from the Martin County Library!

Daisy Cakes Bakes: Keepsake recipes for Southern Layer Cakes, Pies, Cookies and More by Kim Nelson. Daisy Cakes is a bakery that found success of ABC's Shark Tank TV show, this cookbook shares their delicious Southern dessert recipes.

Brewing Everything: How to Make Your Own Beer, Mead, Sake, Kombucha, and Other Fermented Beverages by Dan Crissman. Home-

brewing continues to grow in popularity, and this great cookbook encompasses a huge variety of beverages that you can make at home.

Better Homes and Gardens Wonder Pot: One Pot Meals from Slow Cookers, Dutch Ovens, Skillets and Casseroles by Better Homes and Gardens. This cookbook is a classic collection of meals that can be made in just one pot! One pot meals=fewer dirty dishes=winning.

Real Life Dinners by Rachel Hollis: Hollis, a social media and blogging star, compiles some of her favorite "real life" foods in this approachable cookbook.

Delish: 275+ Amazing Recipes and Ideas by Joanna Saltz and the editors of Delish. Delish is a massive food media website, and this cookbook reflects their bright, seasonal and fun take on food.


PhotoPress

Only good news


Deadline Monday at Noon for Wednesday's publication

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Deadline Monday at Noon for Wednesday's publication

The Guy From Just Around the Corner

By Al Batt

My neighbor Crandall Berra or that guy who delivers by. He was wearing a T-shirt with "Back" lettered on the back of the neighbor to the east of the front.

"How are you doing?" I ask.

"Everything is nearly copacetic. I can't complain, but calm weather following a period of cold weather or frost I could come up with a gripe in the fall.

The nice thing about being the baby of the family is that my parents' standards were described by Alexander the Great as wanting the best and named after a valedictorian to hoping for someone who graduates without any felonies. I had a lewis hankering for pickles yesterday. So for lunch, I had dill pickles, sweet pickles, bread-and-butter pickles, pickled beets, pickled eggs, pickled pig's feet and watermelon & Clark pickles. I made a mess in the Expedition kitchen. It's what I get for using a spatula. I never knew what it meant to be fumble-fingered until I got in a mad rush to change the channel like a fly from one of those TV shopping networks. I wanted to join MESA, but got a scholarship to DENSA. That's what like a crow. It has a gray means I can do jigsaw puzzle, pink belly and dark zles with a scissors. You'll green back. It breeds from understand."

British Columbia southward "Why would I under-stand?" I say.

"Because I'm sure one of your ancestors coined the word, 'Huh?'"

Naturally Climate is what we expect, weather is what we get. County) Minnesota, where Mark Twain gets credit for saying that. It's quite safe to say that. A downy woodpecker, Abe Lincoln sampled the suet. Then coln, Maya Angelou, Yogi Berra or that guy who delivers by.



Lewis's Woodpecker

The Lewis's woodpecker is that my parents' standards were described by Alexander the Great as wanting the best and named after a valedictorian to hoping for someone who graduates without any felonies. I had a lewis hankering for pickles yesterday. So for lunch, I had dill pickles, sweet pickles, bread-and-butter pickles, pickled beets, pickled eggs, pickled pig's feet and watermelon & Clark pickles. I made a mess in the Expedition kitchen. It's what I get for using a spatula. I never knew what it meant to be fumble-fingered until I got in a mad rush to change the channel like a fly from one of those TV shopping networks. I wanted to join MESA, but got a scholarship to DENSA. That's what like a crow. It has a gray means I can do jigsaw puzzle, pink belly and dark zles with a scissors. You'll green back. It breeds from understand."

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Juvenile red-headed woodpecker. Photo by Al Batt

flew in and out quickly. A juvenile red-headed woodpecker, with a brownish head, flew to the suet and chowed down big time. By far, the most common birds eating the suet were yellow-rumped warblers. The Lewis's woodpecker flew in. I had great looks at the bird. I smiled.

Q-and-A

"Why do lemmings jump from cliffs to their deaths?" There are no suicidal leaps for lemmings, as they don't periodically hurl themselves off cliffs into the sea. Cyclical explosions in populations occasionally provoke lemmings to move to areas with lower population density. Some lemmings might die by falling over cliffs or drowning in lakes or rivers. These are accidental deaths in quest of reaching a new territory. A memorable scene from Disney's 1958 Academy Award-winning nature documentary "White Wilderness" was of lemmings drowning after jumping off cliffs and into the sea. That scene was staged by

filmmakers.

"When do mice start coming into houses?" I pressed a button and the garage door went up. A mouse came running from the yard into the garage. Good timing for it, bad timing for me. This forces me to run a trap line. White-footed and deer mice can get under the hood of a car and nothing good happens after that. As temperatures drop and fall colors become admirable, mice search for comfortable places to spend the winter. This annual migration of mice into homes usually occurs in October and November. I spoke at a pest control company's annual meeting. They advised inspecting the exterior of a house and caulking or stuffing with steel wool any holes or cracks bigger than 1/4 inch, as that is all a mouse needs to get in. One fellow said that if a #2 pencil could fit into a hole, so could a mouse. That seemed unlikely, but I've never been an exterminator or a mouse. I read a study saying a hole 2/3 of an inch in size allows entrance to a mouse. TV's Bob Vila said a mouse needs a crack the size of a nickel.

Thanks for stopping by

"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard."-- Gaylord Nelson

"I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority."-- E.B. White

DO GOOD.
© Al Batt 2018

Nominations open for MN teacher of the year

Everyone remembers a favorite teacher, someone who motivates and inspires students for a lifetime. Minnesotans have the opportunity again this fall to nominate that unique educator for Minnesota Teacher of the Year.

Nominations are now open and can be submitted online through November 15th. The 2019 Teacher of the Year will be named at a ceremony May 5th, 2019, at Saint Paul RiverCentre. The Minnesota Teacher of the Year also becomes Minnesota's candidate for National Teacher of the Year.

Eligible nominees must meet these criteria:


- Teach in a public or nonpublic pre-kindergarten-12th grade school, or in an Adult Basic Education or ECFE program, working at least 50 percent of the time directly with students.
- Hold a bachelor's degree and a Minnesota teaching license.
- Have completed five years of teaching by the nomination deadline.
- Intend to teach during the 2019-20 school year.

Anyone may nominate a teacher. Self-nominations are also accepted.

The state program has been highly successful nationally - Minnesota ranks second behind California with four National Teachers of the Year.

For more information or to receive a paper nomination form, call Sara Schumacher at 651-292-4864 or 800-652-9073.

DEATH notices



October 9 - Carolyn M. Abel, 93, Fairmont Lakeview Funeral and Cremation Service
October 9 - Marvin J. Larson, 91, Fairmont Lakeview Funeral and Cremation Service
October 12 - LeAnn M. Krahmer, 76, Fairmont Lakeview Funeral and Cremation Service
October 14 - John L. Keough, 84, Fairmont Lakeview Funeral and Cremation Service

In Memoriam
One Year Ago This Week
October 6 - Donald D. Daleske, 66, Welcome
October 11 - Jenny M. Lorenz, 100, Trimont
October 13 - Paula C. Fordice, 63, Fairmont

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OBITUARY notices

Carolyn M. Abel, 93



Services for Carolyn Abel, 93, of Fairmont, were held Saturday, October 13th, 2018, in the Chapel of Lakeview Methodist Health Care Center in Fairmont. Burial will be held at a later date in Fairview Memorial Park Cemetery in Fairmont. Carolyn passed away Tuesday morning, October 9th, 2018, at St. Mary's Hospital in Rochester. Lakeview Funeral Home and Cremation Service of Fairmont assisted the family with arrangements.

Carolyn Mae (Piltz) Abel was born February 6th, 1925, in Fraser Township, rural Martin County, the daughter of George

and Caroline "Carrie" (Klussman) Piltz. She began her education attending school at District #14 country school and graduated from Fairmont High School with the class of 1944.

Carolyn began her working career by key punching data into IBM Computers. She would go on to work for Sears and Montgomery Wards before working as a library aid and lunch aide for the Welcome School District in addition to being a hard working farm wife and a loving mother.

On October 26th, 1951, Carolyn was united in marriage to Walter "Wally"

Abel at St. Paul's Evangelical and Reformed Church in Welcome. Together the couple would make their home in rural Fraser township and years later purchased a farm in Rolling Green Township.

Carolyn was very active in Ladies Aide and the Birthday Club. She had a strong faith and trusted Jesus as her savior and served him by helping and serving others often putting the needs of others in front of her own. Carolyn was a prayer warrior for her family, friends, and all those who needed prayers lifted up for them. She enjoyed listening to KJLY Radio and loved spending

time with her family.

Left to cherish her memory is her husband, Walter "Wally" Abel of Fairmont; foster son, Boyd (Cindy) Schuler of Charleston, SC; daughter, Donna Hunt special friend Gale Bantz of Amery, WI; son, Greg (Mary) Abel of Fairmont; grandchildren, Jennifer Schuler, Emily (Kevin) Dunaway, Tyler Hunt, Caleb (Aimee) Abel, Jon Abel, Isaac (Jayme) Abel, and Ben Abel; great-grandchildren, Cheyenne and Dakota Abel, Hayes Abel, and James, Jack, and Laura Larson; brothers-in-law and sisters-in-law, Arnie Abel, Edwin (Marlene) Abel, Howard (Eileen)

Abel, Norman Abel, Evelyn Altman, and Joan Riegel; as well as many nieces, nephews, extended family and friends.

Carolyn was preceded in death by her parents, George and Carrie Piltz; sisters, Jean Piltz, Betty Parsons, Lois Handevit; brothers-in-law and sisters-in-law, Dick Parson, Bud Handevit, Sue Abel, Rita "Boots" Abel, Faye and Irv Abel, and John Riegel; and nephews, Michael Abel, Jeff Abel and Larry Handevit.

The family requests memorials be left in Carolyn's name to KJLY Radio in Blue Earth.

lakeviewfuneralhome.net

Marvin J. Larson, 91



A celebration of life visitation for Marvin J. Larson, 91, of Fairmont, was held Sunday, October 14th, 2018, at Lakeview Funeral

Home in Fairmont. A private family burial will be held at a later date. Marvin passed away Tuesday, October 9th, 2018, at Lakeview Methodist Health Care Center in Fairmont. Lakeview Funeral Home and Cremation Service of Fairmont assisted the family with arrangements.

Marvin James Larson was born March 18th, 1927, at his family home in Lakeville, MN, the son of Martin and Marie (Peterson) Larson. He received his education attending school at the Lakeville Public School.

At a young age, Marvin took over the family farm near Lakeville after his father became ill.

On August 10th, 1951, Marvin met Shirley Treat though his brother, Oren and his fiancé, Lenore. After a year of dating, Marvin and Shirley were engaged on January 1st, 1953 and married on June 20th, 1953, at First Baptist Church in Swea City, IA. Together the couple would make their home on the family farm in Lakeville until 1954, when they moved to Shirley's family farm near Swea City. In 1989, the couple moved to Fairmont, where Marvin would continue working on the farm for several more years before retiring. Following his retirement, Marvin began working part-time as a security at-

tendant at the Greenview Rest Stop in Blue Earth. He continued his work there until May 30th, 2007, when he officially retired.

Marvin took great pride in a hard day's work and didn't let the struggles of life slow him down. Even after being diagnosed with cancer in 1980, resulting in his leg being amputated, Marvin continued his normal duties on the farm with little to no change or adaptations of equipment and continued to downhill ski for many years. He was a member of the Baptist church in Swea City where he served as deacon and after moving to Fairmont, was an active member of Fairmont Evangelical Cov-

enant Church. Marvin also served on the Board of the Swea City Farmers Elevator and in his spare time, enjoyed spending time outdoors camping, snowmobiling, canoeing, and golfing. His love of these pastimes took him on many trips throughout the country and even to Austria on a skiing trip. Family was extremely important to Marvin and he had a great love for his dog and looked forward to feeding the birds. Marvin also enjoyed the arts and looked forward to concerts and programs at the performing arts center and the Fairmont Opera House.

Left to cherish his memory is his wife, Shir-

ley Larson of Fairmont; children, Jim (LuAnn) Larson of Big Lake, MN, and Corrine Sommer of Fairmont; sister, Lois Haglund of Lakeville, MN; grandchildren, Justin (Mary) Sommer, Brandon Sommer, Megan Larson, and Beau Larson; great-grandchildren, Katelynn Sommer, Hunter Sommer, Zurrie Larson and Zayda Larson; as well as nieces, nephews, extended family and friends.

Marvin was preceded in death by his parents; brother, Oren Larson; sister-in-law, Lenore (Miller) Larson and brother-in-law, Joel Haglund.

lakeviewfuneralhome.net

LeAnn M. Krahmer, 76



Funeral Services for LeAnn Marie Krahmer, 76, of Fairmont, were held Tuesday, October 16th, 2018 at Lakeview Funeral Home in Fairmont. Burial was at Lakeside Cemetery

in Fairmont. Lakeview Funeral Home and Cremation Service of Fairmont assisted the family with arrangements.

LeAnn Marie (Kellen) Krahmer passed away October 12th, 2018, surrounded by her husband Jim Allen, family, and friends at her home in Fairmont. LeAnn Kellen was born May 14th, 1942, near Ceylon, to Vernon and Vera (Hartung) Kellen. Her family farmed near Welcome. She was baptized at the United Church of Christ in Welcome. She graduated from Fairmont High School in 1960. On February 12th, 1961, she married Gerald Krahmer of Fairmont and became a Navy wife. She and Jerry

had two sons, Douglas Duane and Michael. For the next 15 years, she and Jerry traveled from various Navy bases in Florida, Virginia, Tennessee, California, and Washington State. Beginning in 1971, LeAnn worked for Civil Service in Oak Harbor, Washington. She initially worked as a Navy commissary store employee and then as a Navy warehouse worker and forklift operator. She enjoyed sewing, fishing, camping, ceramics, cards, crafting, and vegetable gardening. While a young mother, she was a Sunday school teacher and instilled in her children a love of Jesus and the Holy Bible. She attended Bethel Evangelical Free Church

in Fairmont.

In 1984, following the death of their first son, LeAnn left Civil Service. She and Jerry returned to Minnesota, where she worked at Midwest Veterinary Supply in Burnsville as a warehouse worker. In 1998, she and Jerry moved to Madison Lake, where LeAnn worked at South Central College in North Mankato as a custodian. After Jerry's death in June 2000, LeAnn retired and moved home to Fairmont. In May 2006, she married Jim Allen of Fairmont. With Jim, she enjoyed traveling to Navy reunions and fishing. In 2009, LeAnn was diagnosed with Parkinson's disease and was a member of the local Par-

kinson's support group for many years. In her final years, she was lovingly cared for at home by her husband Jim, sister-in-law Frieda Hoff, and the staff of Baywood Home Care.

Survivors include LeAnn's second husband Jim Allen of Fairmont, brother Keith Kellen (Dawn) of Glen, Minnesota; son Michael Krahmer (Pamela) of North Mankato; stepsons Steven Allen (Kerry) and Brian Allen (Nicole), brother-in-law Tom (Jeanne) Krahmer, sister-in-law Judy Krahmer, sister-in-law Frieda Hoff, sister-in-law Joan Kellen of Elkhorn, Wisconsin; and grandchildren Douglas B. Krahmer, Kevin Krahmer, Brady Allen, and

Madysen Allen; sisters-in-law Jody Allen, Barb (Ron) Snobeck, Frieda Hoff, and brother-in-law Ronnie (Sharyn) Allen; several cousins, nieces, and nephews.

LeAnn was preceded in death by her first husband Gerald, son Douglas D. Krahmer, parents, sister-in-law Sharon Kellen, and her brother Jim Kellen preceded LeAnn in death. She was also preceded in death by Jerry's siblings, Dennis Krahmer, Richard Krahmer, and Margaret ("Peggy") Planting. Finally, LeAnn's brother-in-law Freddy Allen, sister-in-law Connie Krahmer, and sister-in-law Betty Jo Allen.

lakeviewfuneralhome.net

John L. Keough, 84



Services for John L. Keough, 84, of Fairmont, will be 11:00 a.m.

Thursday, October 18th, 2018, at St. John Vianney Catholic Church in Fairmont with full military honors at the church by Lee C. Prentice American Legion Post #36 and Martin County Veterans of Foreign Wars Post #1222.

A private family burial will be held at a later date. Visitation will be two hours prior to the time of service from 9:00 a.m. to 11:00 a.m. Thursday, October 18th, 2018, at the St. John Vianney Catholic Church in Fairmont. John passed away Sunday morning, October 14th, 2018, at the Hillcrest Nursing Home in Mankato. The Lakeview Funeral Home

and Cremation Service of Fairmont is assisting the family with arrangements.

John L. Keough was born on January 19th, 1934, at General Hospital in Minneapolis, the son of Roger W. and Gladys (Writling) Keough. He attended school in Minneapolis and graduated from West High School in Minneapolis. Following his graduation, John joined the United States Army where he served his country proudly. After receiving his honorable discharge, John returned to Minnesota and the Twin Cities area where he worked as a machinist until his retirement.

On September 10th, 1971, John was united in marriage to Sally Marie Zimmer in St. Paul, MN. Together the couple made their home in Minnetonka and Cleveland, MN, before returning to Fairmont. John and Sally were blessed with two children, Billy and Tammy and celebrated 44 years of marriage prior to Sally passing away in 2016.

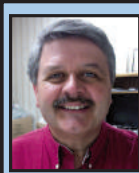
John loved the simple things in life and enjoyed keeping his mind active working on puzzles, sketching, playing sudoku, and painting. He loved his quiet time spent sitting outside looking at the lake and was also a wonderful

woodworker. In his youth, John was active in Young Christian Workers, Church Choirs, and was a member of a bowling league. He treasured spending time with his family on vacations throughout all of the U.S.

Left to cherish his memory is his daughter, Tammy Ford and husband, John of Fairmont; grandchildren, Devon Ford of Fairmont, and Kaitlyn Ford of Welcome; brother, David Keough of Coon Rapids, MN; brothers-in-law and sister-in-law, Jack Zimmer of Fairmont, Marlys Warman of St. Paul, MN, Bonnie Larson of Fairmont, Junior

Zimmer and wife, Carol of Fairmont, Angie Brinkman and husband, Joe of Seattle, WA; and Mary Jo Neusch and husband, Chuck of Fairmont; as well as many nieces, nephews, extended family and friends.

John was preceded in death by his parents, Roger and Gladys Keough; wife, Sally Keough; son, Billy Keough in infancy; brother, Billy Keough; brothers-in-law and sisters-in-law, Bob Warman, Kathy Keough, Jerry Zimmer, Connie Zimmer, Darlene Asklund, Harland Asklund, Dorothy Reynolds, and Nelda Zimmer.



Jeff's Jottings

I woke up Sunday morning and looked out the window and saw that our lawn had a white color to it, so I went to the kitchen window and looked into the dooryard light and sure enough, there was snow falling. I had chosen to ignore the warnings by some of the meteorologists earlier in the weekend, hoping that they were going to get it wrong again, but this time they picked it right. We ended up getting a couple inches of the white stuff and it was the topic of discussion before and after church. Not only was this way too early an arrival, but



sorry to say the way this year has gone weather-wise, it really didn't surprise me. This of course only compounds the problems that many farmers face, trying to not only harvest their crop, but also do the tillage, apply fertilizer for next year or manure from the overflowing hog and cattle buildings. 2018 will be a year that will be remembered for many



years because of the many weather situations we had. Let's hope it is one that doesn't appear again for many, many years.

Heritage Acres Festival

This Sunday, Octo-



ber 21st is the annual Fall Festival at Heritage Acres, located on the west side of Fairmont, just off Lake Avenue. There are all kinds of events going on that day from 10 a.m. to 4 p.m. There will be an ecumenical church service in the chapel at 10 a.m. A soup and sandwich dinner will be served in the Prairieville Building from 11 a.m. to 1 p.m. At noon there will be a 100th birthday celebration for Mildred Brodt. Other activities include: corn and bean harvesting, games for kids, pressing apples, baking in the house, train rides for kids, blacksmithing, building tours, plowing with horses and wagon rides. Market Square will also have their event on the hill around the house and barn sight featuring vendors, entertainment, food

welcome!

Sharing Cyndi's story

Since 2013, 24 area people have shared their cancer story with the Photo Press readers. During the month of October, the Photo Press is bringing you stories of courage and strength from local people who want to share "their story." This week our featured piece will be from Cyndi Johnson of Fairmont. She was diagnosed with breast cancer earlier this year. Cyndi is an English Teacher with the Fairmont Area School system. The Photo Press has a full slate of stories for the remainder of this month, but if you know someone who would like to share their story with us next year, please



and more. Check out their article in this week's Photo Press. There is no charge at the gate. Families are

Rummage Sale, readings and fun!

I have a few events coming up in the week ahead I wanted to point out before I go. The Wednesday Evening Supper at Fairmont United Methodist Church will not take place this week due to MEA weekend. The Wednesday Night Suppers at Community Covenant Church in Huntley continue from 5:30 to 6:15 p.m. Free will offering. Martin Luther High School in Northrop is having their annual fall rummage and bake sale at the school gymnasium this weekend. It will take place from 4 to 8 p.m. Thursday, October 18th, all day Friday and again Saturday morning from 8 a.m. to noon. Lots of rummage finds and baked goods will be found at Martin Luther this weekend. On Thursday, October 18th at 7:00 p.m. there will be open tryouts for the first annual community reading of "A Christmas Carol - A Ghost Story" by Charles

Dickens. The tryouts will be at Red Rock Center for the Arts in Fairmont. You don't need to be a professional reader to try out, everyone is invited to try. The reading of the entire book will take place at the Red Rock Center the first week of December. On Sunday, October 21st, Heritage Acres Fall Festival takes place from 10 a.m. to 4 p.m. Market Square will also be there during that time. Enjoy all the food, games, demonstrations, vendors, entertainment and more throughout the day. Fun for the whole family! The Tuesday morning coffees continue in October from 8:30 to 10:00 a.m. at St. Luke's Catholic Church in Sherburn. Next Wednesday, October 24th, First Congregational UCC in Fairmont will have a free community meal at 5:30 p.m. Have a great week!

Drive safely - visit a shut-in or family member - Eat, Play, Shop Local - share Cyndi's story!

Jeff

"Just the other day"

Guest Columnist

Tom Palen, broadcaster, pilot, writer



"Next Gas 110 Miles"

I baked about nine dozen ginger crack cookies to take with me on my trip to San Juan Capistrano. I would hand them out to people along the way. I titled this trip, "Cookies to California, or bust." Each time I stopped for gas, I would take the big bag of cookies into the store with me, offering them to the clerk and maybe customers who were in line with me. I enjoy the smiles I get in doing so.

It was going well. I would hold the bag open extending it toward folks, "Would you like a cookie? I made them myself." Most people would smile, take a cookie or two and thank me. Some folks were skeptical; they had to be wondering, "Why is a stranger offering cookies?" "No thank you," they would say, respectfully declining.

One lady at a gas station in Nebraska, was a little grouchy. "You can't have those in here!" she said, speaking of my cookies. "We're only allowed to sell food that was made in a licensed, commercial kitchen." I justified, "But I'm not selling them, I'm just giving them to people." That seemed to agitate her more. "I sell cookies and snacks and you can't have those in here. Now take your cookies and go," she insisted, motioning toward the door. I had more to say to argue my case, but felt it would be best to just move along. Once stirred, it's better to move away from a hornets

nest before you get stung.

I didn't mean to upset anybody, I was just mak-

have a couple cookies?" he asked. With a big smile I gave them a proper Min-



ing a kind offer. Walking to my car, feeling rejected, I heard somebody call, "Hey brother!" I didn't think they were talking to me. "Hey buddy." They called again. I turned around. A man and woman, in their thirties I would guess, followed me out of the store. "Could we

nesota reply, "Ya, sure. You betcha." I said, holding the bag open, "Take a few." He really lifted my spirits, and I kept handing out cookies as I made my way down the road.

In the middle of nowhere west of Grand Junction Colorado, my temperature

light flickered a few times on the dashboard. "That's weird." I thought. Then the light came on solid. I immediately pulled over on the shoulder, turned on my flashers, stopped the car and turned off the engine. Thick steam began pushing out from under my hood, through the grill, from the cracks between the hood and the fender and near the windshield. The distinct smell of antifreeze was strong. I got out of the car, raised the hood and stood back waiting for the billows of steam to clear. "This isn't good. Isn't good at all." I said, shaking my head.

Whenever life presents me with a situation where I don't know if I should laugh, or cry, I try to remember, crying isn't going to help anything. "California or Bust, eh?" I started

laughing, "I guess sometimes you bust."

What good can come from breaking down in the desert?

The full story can be found at fairmontphoto-press.com or stop in to the office and request a paper copy of his full story.



Martin County Commissioners recently held their Annual Employee Recognition event. This year's employee Awards of Excellence recipients are Nancy Warner-Reference/Acquisition Librarian (right), 2018 Distinguished service Award, to recognize those who have gone above and beyond normal daily work and make significant contributions to the organization and public; and Scott Higgins-County Coordinator (left), 2018 Steven M. Donnelly Commissioner Award for overall exemplary performance and citizenship. Photo by Julie Walters

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As the days get shorter and the temperatures colder, it's time for the brightness and warmth of chuckles, chortles and guffaws at the **Fairmont Opera House**. Don't miss this special evening. To get your tickets, call or stop by **Options Pregnancy Center**.

A BENEFIT FOR **options pregnancy center**

ADMISSION IS FREE, BUT TICKETS REQUIRED: (507) 238-2330
7 PM SATURDAY, OCTOBER 27

Fairmont Eagles

1228 Lake Ave • 238-2555

Thursday, October 18 • 7pm: Meeting

Friday, October 19 • 5-7pm: Burger Night
Burgers \$5

The Fairmont Eagles Burger of the Month is the Peanut Butter Burger, tater tots, and a bacon and chive sour cream sauce for \$9.50. Participate in the Meat Raffles!

Sunday, October 21 • 8:30am to 12:30pm: Breakfast Buffet
Biscuits & Gravy, French Toast, Pancakes, Scrambled eggs, Hash Browns, American Fries, Stir Fry w/Mushrooms, Bacon, Sausage links, Kielbasa, Ham, Fruit Bar, Danishes, & \$10 includes coffee, milk and OJ!!!

Monday, October 22: Kitchen opens 5pm • Bingo 7pm

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

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 507-773-4547.



Heritage Acres Fall Festival

Cty Rd 26 (507 Lake Ave), Fairmont, MN

10:00 a.m. Ecumenical Church Service
- Speaker: Trent Tumbleson (in the Chapel)

11:00 a.m.-1:00 p.m.
Soup & Sandwich Dinner (Prairieville Bldg)

Noon - Mildred Brodt 100th Birthday Celebration (Prairieville Bldg)
The above events held rain or shine!

Events Market Square Vendors

Afternoon activities: picking corn, combining beans, shelling corn, games for kids, engine display, pressing apples, baking in the house, cannon ball train rides for kids, old car show, blacksmithing, building tours, wagon rides, & plowing with horses.

Visit our website at www.heritageacresmn.org.

All buildings will be open. Buildings are handicap accessible. Proceeds and donations go towards repairs and upkeep on the buildings.

Menu:
Soups: Vegetable, Beef, Chicken
Noodle, Ham & Bean, Creamy Potato, & Chili;
Egg Salad
Sandwiches & Butter Bread;
Assorted Lunch Meat & Cheese;
Assorted Desserts & Beverages

Adults \$8
6-12 yrs. \$5
Under 6 yrs. FREE

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eat play shop LOCAL

TRUMAN AREA

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

OCT 18 - 24
THUR: No school.
FRI: No school.
MON: Mini corn dogs, baked beans, veggies, peaches, fruit.
TUE: Hamburger, tator tots, veggies, fruit.
WED: Chicken hotdish, breadstick, peas, spinach salad, mandarin oranges, fruit.

ST. PAUL LUTHERAN FAIRMONT

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

OCT 18 - 24
THUR: General tso's chicken, rice, stir fried veggies, broccoli & cauliflower, caesar salad, broccoli, apple, pears.
FRI: Sloppy joe, fries, green beans, tomato & cucumber salad, pepper strips, orange, fruit cocktail.
MON: Sweet & sour chicken stir fry veggies, rice, dinner roll, peas, carrots, caesar salad, apple, pineapple tidbits.
TUE: Tacos, rice, refried beans, corn, coleslaw, cucumbers, orange, applesauce.
WED: Boneless chicken wings, dinner roll, broccoli, broccoli salad, celery sticks, banana, peaches.

ST. JAMES LUTHERAN SCHOOL

Menus subject to change.

OCT 18 - 24
THUR: No school.
FRI: No school.
MON: Egg & ham biscuit, tator tots, peas, strawberries, pudding.
TUE: Chicken noodle hotdish, carrots, bread, apple.
WED: Sloppy joe, jo jo potatoes, broccoli, pineapple.

FAIRMONT AREA

Menus subject to change due to inclement weather, shortages or delays in shipping. Breakfast menu can be found online.

OCT 18 - 24
THUR: No school.
FRI: No school.
MON: No school.
TUE: K-6: Nachos, rice, black beans, carrots, apple, pears. JR/HS: Tacos, rice, corn, coleslaw, cucumbers, orange, applesauce.
WED: K-6: Spaghetti, dinner roll, turkey ham & cheese sandwich, corn, caesar salad, celery sticks, banana, peaches. JR/HS: Boneless chicken wings, dinner roll, broccoli, broccoli salad, celery sticks, banana, peaches.

SENIOR DINING WEEKLY MENU

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

OCT 18 - 24
THURS: Chicken alfredo, broccoli, cheesecake with cherry.
FRI: Cheeseburger chowder, cold cust, cheese, onion roll, colwslaw, cake.
MON: Steak with onion, au gratin potatoes, creamed peas, cake.
TUE: Swedish meatballs, mashed potatoes, broccoli with cheese, fruit, cookie.
WED: Scalloped potatoes with ham, lettuce salad, cake.



Sherburn Lions Club Prime Rib Supper

Saturday, November 17 • 5:00-8:00 p.m.
at the Sherburn American Legion
Cost (per person): \$17 (presale)
\$20 (at the door)

Tickets may be purchased from Lions members, Bank Midwest Sherburn, Amborn Lumber in Sherburn, Fairmont Photo Press or at the door.

GET YOUR TICKETS BEFORE WE SELL OUT!
Proceeds support community projects.



Free Gun Bash

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6. Walking
7. Commuting
8. Meal with others
9. Face-to-face
10. Working out

Source: Adobe

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PhotoPress Only good news

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Jake's Pizza in Fairmont celebrates 50 years



Back in 1968, two fellows by the name of Ernie and Larry Jacobson, father and son, started a pizza restaurant in Fairmont known today as Jake's Pizza.

The location of the

restaurant at that time was where the Profinium Bank is located now.

In 1971, Mark Jacobson took over the operation and in 1976 with his wife Susie, they moved Jake's to Downtown Fair-

mont, where it stands now.

There have been new owners and a new location over the years, but the recipes and spices have stayed the same for over 50 years that it has been in existence.

Jake's Pizza is celebrating its 50 years of serving Fairmont and the

surrounding area, the great pizza you always come back for.

They are having a fun-packed week full of specials and giveaways.

Jake's Pizza would like to thank their loyal customers and employees for helping them continue their success in being your hometown favorite.



Jeff and Kim Ehlert have owned Jake's Pizza in Fairmont for the past 14 years.

MCHS-Fairmont welcomes new 3D breast imaging

Patients who visit Mayo Clinic Health System in Fairmont now have access to enhanced technology for breast cancer screenings.

The medical center recently installed a new 3D mammography (breast tomosynthesis) machine, and Mayo Clinic Health System physicians and staff members are excited about what this means for patients.

"This new, state-of-the-art technology will enable us to not only see cancers earlier, especially in women with denser breast tissue, it has also now been shown to decrease the recall rate, meaning that you're less likely to get called back for anything unnecessary," says Michael Wolf, M.D., Mayo Clinic Health System radiologist. "Finding cancers earlier should lead to improved survivability."

When used for breast cancer screening, 3D mammogram machines create 3D images and standard 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 dur-

ing screening. But more study is needed to understand whether 3D mammograms may reduce the risk of dying of breast cancer more than a standard mammogram alone.

Combining a 3D mammogram with a standard mammogram can:

- Reduce the need for follow-up imaging
- Detect slightly more cancers than a standard mammogram alone
- Improve breast cancer detection in dense breast tissue

"More than one in eight women will develop breast cancer during their lifetime," adds Dr. Wolf. "We cannot yet prevent breast cancer, but we can do the next best thing, and that is to find these cancers as early as possible. Doing so

gives us the best ability to treat cancer successfully and let those women go on to live the rest of their lives cancer-free."

Another recent development with 3D mam-

mography is insurance coverage. While this screening wasn't often covered in the past, most insurance plans now pay for the exam.

Physical Damage Application Deadline

The U.S. Small Business Administration is reminding eligible Private NonProfit organizations (PNPs) in Minnesota of the November 5th deadline to submit disaster loan applications for physical damages caused by severe storms, tornadoes, straight-line winds and flooding from June 15th through July 11th, 2018.

PNPs located in Aitkin, Beltrami, Blue Earth, Brown, Carlton, Cass, Clearwater, Cottonwood, Faribault, Itasca, Jackson, Koochiching, Lake, Lyon,

Martin, Murray, Nicollet, Nobles, Pine, Pipestone, Polk, Redwood, Renville, Rock, St. Louis, Sibley, and Watonwan Counties, and the tribal governments of the Leech Lake Band of Ojibwe, Red Lake Nation and White Earth Nation in Minnesota are eligible to apply.

PNPs that do not provide critical services of a governmental nature may be eligible to apply for low-interest rate disaster loans. Examples of eligible non-



critical PNP organizations include, but are not limited to, food kitchens, homeless shelters, museums, libraries, community centers, schools and colleges.

The SBA also offers Economic Injury Disaster Loans to help meet working capital needs, such as ongoing operating expenses to PNP organizations. Economic Injury Disaster Loan assistance is available regardless of whether the organization suffered any physical property damage.

Applicants may apply online using the Electronic Loan Application (ELA) via SBA's secure website at DisasterLoan.sba.gov.

Additional information on the SBA disaster loan

program and application process can be obtained by calling SBA's Customer Service Center at 800-659-2955 (800-877-8339 for the deaf and hard-of-hearing) or by sending an email to disastercustomerservice@sba.gov. Loan applications can be downloaded from www.sba.gov. Completed applications should be mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The filing deadline to submit applications for physical property damage is November 5th, 2018. The deadline to submit economic injury applications is June 5th, 2019.

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Sunday Parties:

We are closed Sundays, but you can reserve Bean Town Grill for your company holiday party, anniversary or other get togethers. Call us for details. *Minimum Charge.*

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Halloween Costume Party!

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New Chinese restaurant opens in Truman



The China House Cafe recently opened its doors in Truman to serve the public. Johnny Vuong is the new owner with partner, Jialing Huang.

China House Cafe is located in the former Truman Café at 137 W. Ciro Street. The China House Cafe will be serving both Chinese and American food.

Current hours for the

restaurant are Monday, Wednesday-Sunday from 11 a.m. to 9 p.m. It will be closed on Tuesdays.

American food will be served for breakfast and lunch, from open until 2 p.m., and the Chinese woks will fire up starting at 11 a.m. to serve lunch and dinner. The Chinese menu will be available for delivery, both inside and outside of Truman.



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Senior high school student Grace Higgins was named a Rotary "Student of the Week." Grace is the daughter of Scott & Carolyn Higgins and she has a younger sister, Lily. Grace has remained very active during high school through her involvement in soccer, school musicals, band, speech, math league, winter plays, prom committee, student council and track & field. Following graduation, Grace plans to attend the University of Wisconsin, River Falls, and major in secondary education with an emphasis on English. (Submitted photo)



CCF Bank in Fairmont recently donated \$700 to the Heaven's Table Food Shelf. Pictured are Greta Lintelman of Heaven's Table (left) and Jan Bremer of CCF Bank. (Submitted photo)

Edie's Restaurant

OPEN

7:00 am-1:00 pm
7 days a week

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Baby Cafe Grand Opening

The Grand Opening of the "Baby Cafe" at Mayo Clinic Health Systems, Fairmont was held last week. Baby Cafe is a support and educational program for nursing

and expectant mothers sponsored by Martin and Faribault County Health and Mayo Clinic Health System. (Submitted photos)



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Ask A Trooper: Trooper Safety

by Sgt. Troy Christianson,
MN State Patrol

Question: When Troopers pull over a vehicle, why do they approach it on the traffic side rather than the passenger window? I have observed some other law enforcement agencies approach from the passenger side and thought it made sense from a safety perspective.

Officers are trained in both approaches, and both have their advantages and disadvantages. The side the officer chooses during a traffic stop generally comes down one important element—safety.

As a Minnesota State Trooper, most of my traffic stops occur on the freeway or on state highways, where high speeds from passing vehicles is a real safety concern.

Passenger-side approaches have proven safer for the officer if the vehicle stopped is struck by a passing vehicle. Other benefits to this approach include a greater view of the vehicle's interior and the driver's area of reach, as most people are right handed. It also gives the officer a larger area of escape if the officer needs to retreat in an emergency.

The advantages an officer has from a driver-side approach include the ability to detect/smell if the driver is under the influence of alcohol and because it is easier to communicate with the driver.

On most of my traffic stops, I approach on the passenger side because I feel safer from traffic. A few years ago on a traf-

fic stop, an approaching vehicle's passenger-side mirror grazed me while I was on the driver's side of a stopped vehicle on I-35. This was a great reminder of how dangerous a routine traffic stop can be.

Each year, more than twenty Minnesota State Patrol vehicles are struck by drivers who are distracted, fatigued, impaired, or who lose control on slippery roads by travelling too fast for road conditions.

Please slow down and move over for all emergency vehicles and vehicles with flashing lights. Not only is this a safety issue, it is the law in Minnesota.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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

Creative Spirits coming back to Graffiti Corner

Back by popular demand - "Coffee and Canvas", an event featuring Creative Spirits of Okoboji is coming once again to Graffiti Corner in Fairmont.

The event will take place Saturday, October 27th from 9 to 11 a.m. Participants will paint "Frost Family".

The July Coffee and Canvas event sold out, so Graffiti Corner is bringing you another session to

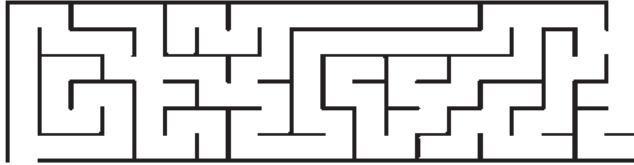
ready yourself for winter.

All supplies are provided, no experience is necessary. Amateurs are strongly encouraged to attend.

There is a charge for the event and seating is limited, so enroll today! You can register online at creativespiritsokoboji.com or calling them at 714-336-8186.

Come enjoy a cup of coffee, a bite to eat and release your inner creativity.

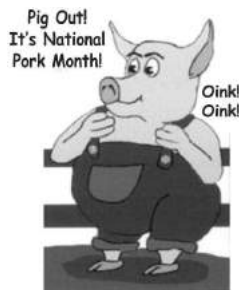
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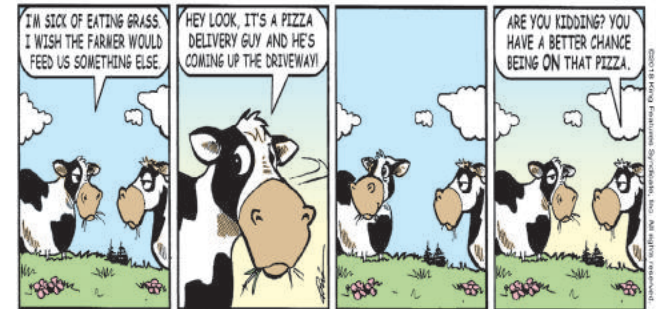
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by Dave T. Phipps



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WEDNESDAY	
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THURSDAY	
Crispy Chicken Jack Sandwich with Crinkle Fries	\$8.95
FRIDAY	
Patty Melt with Crinkle Fries	\$7.95
SATURDAY	
Any Third Pound Burger with chips	\$5.00
SUNDAY	
2 pc Chicken Dinner choice potato, soup & salad bar and dessert	\$9.95



Many other Lunch Specials M-F 11am-1pm
STOP IN CHECK OUT!

Evening Specials Starting at 5:00 PM

MONDAY	
All-You-Can-Eat Spaghetti	\$8.99
TUESDAY	
8 Ounce Grilled Pork Chop Dinner	\$8.99
WEDNESDAY	
Two-Piece Fried Chicken Dinner	\$8.99
THURSDAY	
Battered or Broiled Cod Dinner	\$8.99
FRIDAY	
Half-Rack Barbecued Ribs with two-piece chicken dinner	\$16.99
SATURDAY	
Sirloin For Two Dinner	\$31.95
SUNDAY	
Twelve Ounce Smothered Sirloin Steak Dinner	\$16.99



FAIRMONT MARKET SQUARE

Sunday, October 21st, 2018
Under the Trees at Heritage Acres
10:00 AM to 4:00 PM

Artisan Vendors, Entertainment, Food
Schell's Hobo Band from New Ulm - 1-4:00 [rotating]

Mark Johnson, Truman - Noon to 4:00 [rotating]

Bubbles, Face Painting, Pumpkin Checkers

Largest Pumpkin Contest - Register by 11:00am

Farmer's Market Vendors

Artisan & Food Vendors

No charge to Attend - 507-238-5449

Additional Vendors Wanted

This activity is made possible by a grant provided by the Prairie Lakes Regional Arts Council from funds appropriated by the MN State Legislature.



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Supper starting at 5:00 p.m.

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WEDNESDAY
WINGS

THURSDAY
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also all Day
16oz Beers **\$1**

*Good food, good friends,
good times!*

Halloween Party & Costume Contest
Saturday, October 27
9:00 p.m.
Red Dirt Road playing
Costume Contest • 11 p.m.
\$100 Gift Card for winner

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Thursday October 25
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Sat., Oct. 28
Noon to 3
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Marina LODGE

Join the fun at Fairmont Market Square

Fairmont Market Square is scheduled for Sunday, October 21st, 2018 from 10:00 a.m. to 4:00 p.m. The event will again be held in conjunction with Heritage Acres Fall Festival. Both events will be held on the west edge of Lake Sisseton just off Lake Street in Fairmont. There is no admission charge for any of the activities.

Heritage Acres will have a Soup and Sandwich meal available for a charge at the Prairieville Building along with demonstrations, building tours and displays.

The Fairmont Market Square is a local event that brings together artisan crafts, farmer's market, entertainment, local foods and community socializing. In addition to numerous vendors, they will feature the well-known

Schell's Hobo Band from New Ulm and Mark Johnson from Granada. Bring your own lawn chair so you can enjoy their talents. They will play from 1:00 to 4:00 p.m. on the stage between the house and the barn.

This year we will be having a Largest Pumpkin Contest. Register your pumpkin by 11:00 a.m. on the day of the event.

Larry Vogel will be bringing his bicycle display. Timberlake Orchard will have their Apple Village, hayrides will be available, pumpkin checkers, bubbles and face painting.

Market Square does have a good number of vendors signed up, but they can use a few more. Contact new_dawnayrshires@hotmail.com if you are interested in a vendor booth.

NEW Weekly Specials

Sunday & Monday - ALL DAY
(Football Special)
Buy one Pizza/Get one Half Off
OR
1 Large 1 Topping Pizza
1 Basket of 10 Wings
1 Pitcher of Domestic Beer - \$25.00 (craft +\$6)

Taco Tuesday - ALL DAY
2 Soft Shell Tacos - \$5.99
Ultimate Nachos or
Ultimate Waffle Fries - \$6.99
Margaritas - \$3.00

Whiskey Wednesday - ALL DAY
\$2 off Whiskey Steaks \$12.99 (includes FF or chips, side salad & TX toast)
\$1 off Any Whiskey

Thursday - Wing Night- AFTER 5PM
Wings - 60¢ each
Boneless or Traditional
(w/beverage purchase)

Friday - Prime Rib - AFTER 5PM
King (12oz) \$22.95 / Queen (8oz) \$17.95 (includes FF or chips, side salad & TX toast)
OR
All U Can Eat Shrimp \$11.99 (Baked Potato, Cole Slaw & TX toast)

Saturday - Prime Rib - AFTER 5PM
King (12oz) \$22.95 / Queen (8oz) \$17.95 (includes FF or chips, side salad & TX toast)

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RESTAURANT WEEK



Steve Fosness (right), American Legion Lee C. Prentice Post 36 Commander, presents \$1,000 donation to Katy Gonzalez, MERGE for Youth in Martin County. Post 36 also recently made donations to the Martin County Historical Society for \$500 for military room renovations and \$1,000.00 donation to Fairmont Area Schools Junior Achievement. (Submitted photo)



Discovery place preschoolers at Fairmont Area Elementary School were thrilled to see a fire truck at school and to learn all about our fire fighters last week! (Submitted photos)

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FALL BASH
Saturday, October 20

IV PLAY
8:30pm
Outdoors
Indoors if inclement weather

top 10 movies

1. *Venom* (PG-13) Tom Hardy, Michelle Williams
2. *A Star Is Born* (R) Lady Gaga, Bradley Cooper
3. *Smallfoot* (PG) animated
4. *Night School* (PG-13) Tiffany Haddish, Kevin Hart
5. *The House With a Clock in Its Walls* (PG) Jack Black, Cate Blanchett
6. *A Simple Favor* (R) Anna Kendrick, Blake Lively
7. *The Nun* (R) Demian Bichir, Taissa Farmiga
8. *Hell Fest* (R) Bex Taylor-Klaus, Reign Edwards
9. *Crazy Rich Asians* (PG-13) Constance Wu, Henry Golding
10. *The Predator* (R) Boyd Holbrook, Trevante Rhodes

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New farm bill moves to “lame-duck” session of congress

Guest Columnist

Kent Thiesse, Farm Management Analyst; VP, MinnStar Bank



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

By mid-Summer, both the U.S. House and Senate had passed their versions of a new Farm Bill. This created optimism that the new Farm bill could be finalized and voted on by the time the current Farm Bill expired on September 30th, 2018. However, no compromise Farm Bill has been agreed on by the leaders of the Senate and House Conference Committee, so no action has been taken by Congress on the next Farm Bill. Now, the hope is that a compromise Farm Bill can be drafted, and that a vote in Congress can be taken following the November 6 mid-term elections, before the end of 2018, during the so-called “lame-duck” session of Congress.

Even though the current Farm Bill expired on September 30th, some programs are maintained under a “continuing resolution,” while others are discontinued. For example, funding for Federal food and nutrition (SNAP) programs, which make up about 75 percent of Farm Bill spending, are continued. Similarly, any 2018 ARC-CO or PLC payments, 2018 crop insurance indemnity payments, and dairy market protection program (MPP) payments will be made, as will annual rental payments for existing Conservation Reserve Program (CRP) contracts. However, no new CRP contracts can be added, and no new contracts can be signed for most other conservation programs. Funding for trade promotion and food aid programs will also be halted until a new Farm

Bill is implemented.

If no agreement can be reached on a new Farm Bill by the end of 2018, another alternative may be a one-year extension of the current Farm Bill for 2019 to allow continuation of various USDA programs governed by the Farm Bill legislation. This would also maintain funding of programs that may be discontinued without a new Farm Bill, or an extension of the current Farm Bill. This would also allow time for Congress to work out differences between the U.S. Senate and U.S. House versions of the Farm Bill. A Farm Bill extension was enacted for the 2013 crop year, prior to final passage of the current Farm Bill.

Failure by Congress to enact a new Farm Bill, or to extend the current Farm Bill on a timely basis, could result in the 1949 Farm Act, or so-called “permanent farm law” to be enacted. This would put in place price supports for crops and dairy that are based on “parity pricing,” which are well above today’s price levels. It would also eliminate many USDA programs that have been enacted since 1949, including conservation programs, crop insurance provisions, rural development programs, along with food and nutrition (SNAP) programs. There is no support in Congress or by the Administration to allow Farm Bill policy or USDA programs to revert back to 1949 levels, so this is not no likely to occur.

Key Issues in reaching a compromise on a New Farm Bill:

1. SNAP programs are a

key difference in the Senate and House Farm Bill versions.

The U.S. Senate version of the new Farm Bill proposes very few changes to current food and nutrition programs (Title IV) that exist in the current Farm Bill. However, the U.S. House Farm Bill proposed some fairly major changes to Supplemental Nutrition Assistance Program (SNAP) requirements. Under the House proposal, in order to receive SNAP benefits (food stamps), there would be a 20-hour per week work/training requirement for all work-capable adults (ages 18-59). This proposal would eliminate both the general work requirement and the “able-bodied adults without dependents (ABAWD) time limit that exists in current legislation. There would be exemptions to the proposed requirements for specific populations that are receiving SNAP benefits, including the elderly, disabled persons, and women that are pregnant. States would be allowed a two-year transition period to implement the revised SNAP requirements. The proposed revisions to the SNAP program have been very unpopular with many members of Congress, which could be a major “sticking point” in reaching a Farm Bill compromise.

2. CRP acreage and eliminating the CSP program are key Conservation (Title II) differences.

The U.S. House Farm Bill proposal would merge the Conservation Stewardship Program (CSP) with the Environmental

Quality Incentives Program (EQIP), with the goal of having more efficiency in implementing the programs, since both programs target practices on working farms. Existing CSP contracts would still be honored under the new Farm Bill, but no new CSP contracts would be written. The U.S. Senate Farm Bill would keep the CSP program intact, keeping it separate from EQIP. The CSP program is very popular in States such as Minnesota, North and South Dakota and Nebraska.

The U.S. Senate proposes to increase the maximum allowable Conservation Reserve Program (CRP) acres by one million acres per year to 25 million acres, compared to the current maximum level of 24 million acres. The U.S. House Farm Bill proposes to increase the maximum CRP acres by one million acres per year, beginning in 2019, up to a cap of 29 million acres in 2023. To help generate more Federal budget capacity for the added CRP acreage, the maximum CRP rental rate in a given county would be reduced to 80 percent (.80) of NASS average cash rental rate in a county for a given year in the U.S. House Bill, and 88.5% in the U.S. Senate Bill.

3. Differences in commodity programs (Title I) is a surprising issue in the new Farm Bill.

Both the Senate and House versions of the new

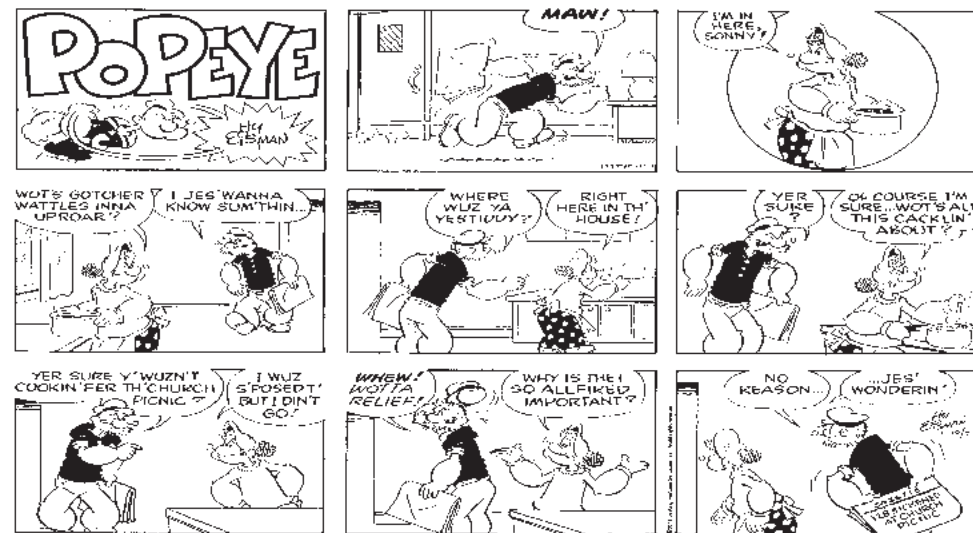
Farm Bill would give eligible farm operators another one-time, 5-year choice between the ARC-CO and PLC program for the crop years 2019-2023, on a commodity-by-commodity basis. However, the Senate version would give producers the option to opt-out of their farm program choice after year two of the Farm Bill and switch to the other farm program option. The price and yield formulas used to calculate benchmark revenues and potential payments for the ARC-CO program would remain the same as the current Farm Bill.

The Commodity Title in the House version of the Farm Bill contained a provision that would allow producers that were impacted by long-term severe drought from 2008-2012, the years used for yield updates in the current Farm Bill for yield updates, to have their program yield re-calculated by averaging yields for the 2013-2017 crop years. This would primarily affect counties in the Southern Plains States, such as Texas and western portions of Oklahoma and Kansas. The Upper Midwest had some very good corn and soybean yields from 2013-2017, meaning that producers could see substantial benefits, if they too were allowed to update their farm program yields in the New Farm Bill.

Bottom-Line on finalizing a New Farm Bill

There are still a lot of hurdles to clear before a new Farm Bill is finalized. Once legislation is approved by the Conference Committee, it will need to be approved by both houses of Congress, before being sent to President Trump for final approval. This will likely need to happen by the end of 2018 or very early in 2019, in order for the new legislation to be implemented for the 2019 crop year. Given the political discord that currently exists in Congress, together with possible changes following the mid-term elections this year, completing a new Farm Bill in 2018 could be challenging.

If no new Farm Bill is completed in 2018, it is highly likely that the current Farm Bill could be extended for the 2019 crop year. Well over 90 percent of corn and soybean producers are currently in the ARC-CO program. It is not clear if producers would be given a choice between the ARC-CO and PLC program for 2019 under a Farm Bill extension. If producers are forced to stay in the ARC-CO program for the 2019 crop year, rather than being allowed to switch to the PLC program, it could end up being quite costly to many farm operators, assuming that crop prices stay very low. This could come at a time when a farm program “safety net” is needed the most.



Area College Student News



A total of 531 degrees were awarded to students following the spring and summer sessions of courses at Southwest Minnesota State University in Marshall. The students earned their degrees in both undergraduate and graduate degree programs. Local students who received their degrees included:

Blue Earth:

- Ann Marie Huntley (Master of Science: Education)
- Sheri Lee Schneider (Master of Science: Education)

Fairmont:

- Michelle Rae Ehlers (Master of Science: Education)

Sherburn:

- Brooke Lea Eisenmenger (Bachelor of Science: Educational Studies)

Welcome:

- Chelsea Denise Thayer (Master of Science: Education)

Winnebago:

- Erin JoAnn Roiger (Master of Science: Education)

* * *

South Dakota State University junior Dustin Meyer is receiving the Roy L. Jackson Scholarship in Civil and Environmental Engineering this academic year. Meyer, son of Brian and Joan Meyer of Fairmont, is a 2016 Fairmont High School graduate. He is majoring in civil engineering.

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Financial Focus



Provided by:

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When Should You See a Financial Professional?

It can be challenging to achieve your financial objectives. Fortunately, you don't have to go it alone – but when should you seek help?

Here are some of the key life events in which you might be able to benefit from the services of a financial professional:

First professional job – Eventually, you will land that first job, which will offer benefits and a

401(k) or similar employer-sponsored retirement plan. Since you may not have any experience with a 401(k), you may have several questions: How much should I contribute? What sorts of investments should I choose? When should I change my investment selections? A financial professional can help you review your plan and explain the aspects that may affect your in-

vestment choices.

Marriage – When you get married, you and your spouse may decide to merge your finances, including your investments. But if each of you brings similar investments to the table, you might create some redundancies. A financial professional can look at your respective portfolios and recommend ways to diversify. Generally, the more diver-

sified you are, the greater your protection against market downturns that primarily hit one type of asset class. (However, while diversification can help reduce the impact of market volatility, it can't guarantee profits or protect against all losses.)

Children – Once you have children, you'll have new responsibilities – and you'll have some new financial issues that should be addressed. If something happened to you, could your children still have the same lifestyle and educational opportunities? Would they even be able to stay in the same home? To help ensure your children's security, you may need to add more life and disability

insurance.

While life insurance could help pay for your children's education, you also should prepare for education costs as if you will be around. So you may want to consider an education savings investment such as a 529 plan. A financial professional can help you with your insurance and education-funding needs.

Retirement – Once you retire, you will face a variety of financial decisions, but here's one of the most important ones: How much money should you withdraw each year from your retirement accounts? To choose an annual withdrawal rate that's appropriate for your needs, you should

consider several factors: how much you have in your retirement accounts, how much Social Security you'll receive, what other sources of income (such as part-time work or consulting) you might have, your age at retirement, your spouse's projected retirement assets, your retirement lifestyle, and so on. It might not be easy for you to consider all these elements and then arrive at a suitable withdrawal rate, but a financial professional has the experience, training and technology to help determine a figure that could work for you.

These aren't all the life

Continued on page 16

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Continued from page 15

events that may lead you to contact a financial professional, but they should give you a pretty good idea of the type of assistance you could expect over time. So, consider reaching out for the help you need, when you need it. Doing so could help make your life easier as you move toward your financial goals.

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

Just Like Cats & Dogs by Dave T. Phipps



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ADVANCE NOTICE

ESTATE AUCTION

VEHICLE, ANTIQUES, COLLECTIBLES, HOUSEHOLD GOODS

SATURDAY, OCTOBER 20, 2018 • 9:30 A.M.

LOCATION: AUCTION WILL BE HELD IN THE
FORMER JC PENNY STORE AT THE FIVE LAKES
SHOPPING CENTRE, FAIRMONT, MN

VEHICLE:

2012 Kia Sorento, 75,000 mi, automatic 6 SP, HEated Seats, Controls on Steering Wheel, Am-Fm Satellite Radio w/ CD Player, Bluetooth and Sirius MP3, Rear Camera, Alloy Wheels, Titanium Silver Exterior, Black Interior

APPLIANCES:

GE Side by Side Refrigerator, Kitchenaid HD Washer and Dryer, Deep Freeze

FURNITURE:

Colonial Grandfather Clock, Leather Couch, 2 Love Seats, Roll-top Desk, Buffet, Curio Cabinet, Victorian Dining Room Table w/ 4 Chairs, Captains Chair, Kitchen Table w/ 4 Chairs, Coffee Table, End Tables, Sitting Bench, Entry Table, Sitting Couch, Lighted Bookcase, Drop Leaf table w/ Chairs, Round Copper Table, 3 Crass Double Beds, Wicker Dresser, Ladies Grooming Tray, 2 Dressers, Marble Top Dresser, Bachelors Stand

ANTIQUES:

3 ft Shelf, Corner Chair, 2 Foot Rests, Table TV Trays, Coffee Grinder

GLASSWARE:

Decorator Plates, Painted Porcelain Pieces, Leaded Crystal, Decorator Bowls, Frosted Crystal, China Dishes, Pink Depression Glass

LAWN AND GARDEN - GARAGE ITEMS:

Super Blower, Weed Eater, Wheelbarrow, Garden Hose, Brute 22" Lawn Mower, Yard Statues, 3 Aluminum Stepladders, Garden Tools, 6 ft Water Feature, Car Broil Gas Grill, 6 ft. Bird Cage, Lawn Chairs, Utility Cart

SPECIALTY ITEMS:

18 ft. Aluminum Canoe, Dog Kennel, Goose Decoys, Golf Bags, Horse Tack, Horse Blankets, Horse Riding Boots, Riding Helmets, Numerous Taxidermy Pieces, Kensington Station Wall Clock, Stern Railroad Lamp, Bugle Horns, Copper Kettle w/ LID, Lanterns, Buckeye O'Neil Rough Raider Prescott, AZ Statue, Wildlife Prints, Cast Iron Equestrian Lamp, Tiffany Style Lamps, Area Rugs, Hand Painted Crock w/ Lid, Wood Ducks, Cape Cod Potato Chip Can, Large Cloth Picture - Horse Theme.

MISCELLANEOUS:

Portable Heater, Rodent Trap, Window Air Conditioner, Smoking Stand, Floor Lamps, Dyson Vacuum, Liquor Decanters, Books, LEather Ice Bucket, Oriental Room Divider, Globe, Oriental Easel, Oriental Foot Rest, Oriental Vase, Doilies, Costume Jewelry

GARY STEVENS ESTATE - SUSAN STEVENS, OWNER

Auctioneers Note: This is an Estate Auction held at the former JC Penney Store at the Five Lakes Centre Shopping Center, Fairmont, MN. The Kia Sorento is in mint condition and will be sold at 12 noon. All the household goods will be sold to the highest bidder. For additional photos and full listing, go to: clarkauctions.com

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Subdivision Northrop

Shirley A. Kurseth to Mark Kurseth, Lot 1, Block 1, EXC E17' and Lot 2, Block 1, Green Acres Subdivision Welcome

David A. Pettersen to Corry Pettersen PT W18' Easement, SW¼ 7-104-30

Jami Lebert Atty in Fact, Denise A. Triggs, James C. Triggs to Andrew Sodersten, Johanna Sodersten, Lot 10, Block 4, Holdens Addition

Erica Lehmann, James W. Lehmann to Jerome L. Thompson, Marlene C. Thompson, PT 4.40 AC of NW¼ 3-104-32

CONTRACT FOR DEED

Marie A. Engstrom to Tara Shover, Todd Shover, S½ PT 8.53 AC UND ½ INT of SW¼ 1-101-33

TRUSTEE DEEDS

Roberta Grosse Kesselring Trustee, Merlin R. Kesselring Revocable Trust to Roberta Grosse Kesselring, E½ EXC PT SE¼ 1-102-29

Roberta Grosse Kesselring Trustee, Merlin R. Kesselring Revocable Trust to Romi F. Brown, Michael A. Kesslering, Annette L. Mahone, Suzanne C. Olson, E½ NE¼ 1-102-29

D DEED

Melva J. Lang Per Rep, Dennis Lee Weidenbach Estate to Miriah Mosloski, Lot 7, Block 1, Coult & Dixons Subdivision

**RICHARD & MARGE BOLSTER
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Sat., Oct. 20 • Noon-6 p.m.
Mon., Oct. 22 • 9 a.m.-4 p.m.
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UPCOMING AUCTIONS

MONDAY, NOVEMBER 19, 2018 @ 7 P.M. - FORMER ESTATE OF VICTOR & MARY ANN ABELSON - 80 acres bare farm land to be sold at Odin, MN Community Center, land located 4 mi. NW of Odin, MN in Sec. 16 of Odin Twp. Watonwan County. Top producer, top soil types. VIC ABELSON REP, DARIN HAUGEN ATT, DAR HALL, KAHLERS, PIKE, HARTUNG & WEDEL AUCTIONEERS

SATURDAY, NOVEMBER 24, 2018 @ 10 A.M. - BRAD & DONNA BENNETT, OWNERS - Large John Deere Retirement Farm Equipment Auction! More details to follow! DAN PIKE & ASSOCIATES

SATURDAY, DECEMBER 1, 2018 AT 10 A.M. - FOGDE CHARITABLE TRUST- OWNER-Very nice late model machinery sale that includes: JD 9200 w/ 1700 hrs., JD 4755 w/ 3500 hrs., Case IH 5130 Combine w/ 400 eng. hrs., IH 3408 Corn Head, IH 2020 Bean Head, Like new Sunflower Disk, IH Tigermate II Field Cult, Brent Wagons & More! Auction to be held at 1315 440th Ave, Estherville, IA. HARTUNG, KAHLERS, WEDEL & PIKE AUCTIONEERS.

SATURDAY, JANUARY 19, 2019 @ 9:15 A.M. - FIFTEENTH ANNUAL MARTIN LUTHER HIGH SCHOOL AUCTION- Located at Northrop, MN yearly top quality antique & collectable auction, cosigners welcome for special advertising & information contact Marge Thiesse during school hours prior to Nov 1 at 507-436-5249. MEMBERS OF AUCTIONEER ALLEY AUCTIONEERS

PRIVATE LISTING: 25.4 Acres +/- Hunting & Recreational Land. Located in Section 31 of Verona Township, Fairbault Co., MN. For sale by private treaty, please contact Dustyn Hartung at 507-236-7629 for price, terms, etc.

PRIVATE LISTING: 48.5 Acres +/- Hunting & Recreational Land. Located in Section 6 of Jo Daviess Township, Fairbault Co., MN. For sale by private treaty, please contact Dustyn Hartung at 507-236-7629 for price, terms, etc.

PRIVATE LISTING FOR SALE: 4,000 head finishing hog site in Sec. 16 of Iowa Lake Twp., Emmet Co., IA CONTACT DUSTYN HARTUNG 507-236-7629 FOR INFO ON PRICE, TERMS, & INSPECTION!

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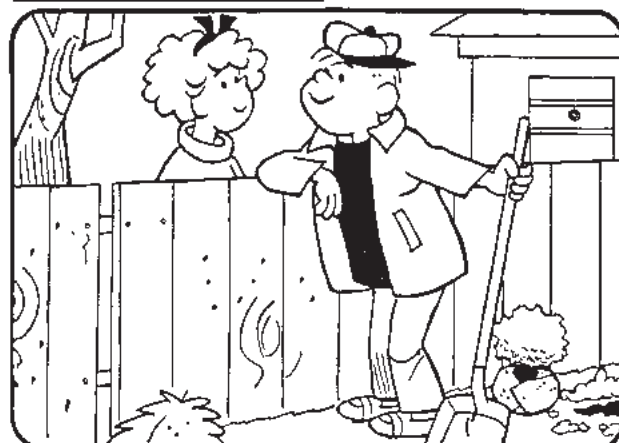
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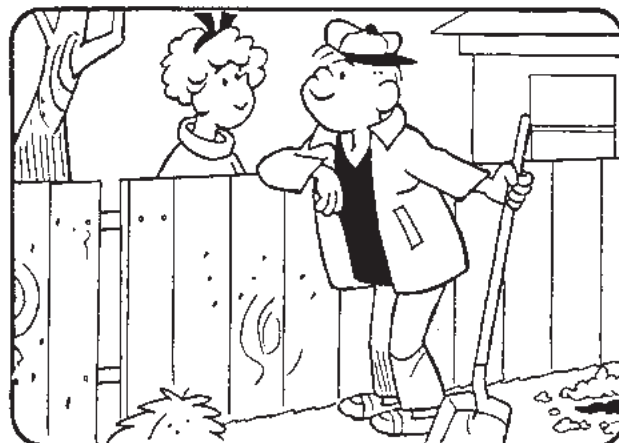
"He has a lot of gall for someone
without a gallbladder."

HOCUS-FOCUS

BY
HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Fence opening is wider. 2. Hair is different. 3. Neckline is different. 4. Arm is moved. 5. Window shade is missing. 6. Shrub is missing.

Notice to Voters of NASHVILLE TOWNSHIP

Notice is hereby given to all qualified voters of Nashville Township, County of Martin, State of Minnesota, that the General Election will be held on:

**Tuesday, November 6,
2018**

at the Nashville Township
Town Hall

**Election Polls will
open at 10:00 a.m.
and close at 8:00 p.m.**

**New registration required
a photo ID and current
proof of Township
Residency** - real estate tax
statement, utility bills, etc.
will be accepted as proof of
residency.

Published by order of the
**NASHVILLE
TOWNSHIP BOARD**
Mary Tomlinson, Clerk

FAIRMONT TOWNSHIP Notice of obligation to maintain town & road ditches

Occupants and owners of land within the Fairmont Township, Martin County, MN are hereby notified that pursuant to M.S. Sec 366.015 They must remove rocks larger than five inches in diameter from and cut, destroy or remove all weeds, grass & other plants up to three inches in diameter that grow upon town roads adjacent to their land & within five feet of their mailboxes located off of their property. The work must be completed by 10/31/2018 or the town may perform the work & have the expenses collected as a tax on the property.

Published by order of the
**FAIRMONT
TOWNSHIP BOARD**
Heather Trembley, Clerk

Sharing Her Story

Cyndi Johnson

It is true that in one month's time, your world can turn upside down. At least, in my situation, the month of February and into March I felt every kind of emotion a person could feel and most days, I didn't know which way was up.

My journey with breast cancer began with a mammogram, an ultrasound, and then a biopsy. I remember vividly hearing the words, "cancer." But I had seen women bravely fight breast cancer and I had read inspiring stories of survival, so I knew I could handle the double mastectomy and follow-up treatments that my team of doctors were outlining.

Before surgery, however, I hit rock bottom. My oncologist decided to do another scan. This was my darkest day yet when they discovered "shadows" behind the breast cancer. The looming dark spots eventually revealed that the cancer had metastasized to at least four different spots in my ribs. All of a sudden, there was no surgery planned. There was no treatment plan. I felt like I was shoved out of the support network for breast cancer and was sent home to get my things in order.

Stage IV Metastatic Breast Cancer puts you into a whole new category and one that didn't feel very promising. The prognosis was horrifying!

I had more scans and

an extremely painful procedure for bone biopsies. Very quickly I was thrown into scientific and medical terminology. I realized that I was no longer fighting cancer, I was fighting for my life.

There is no cure for can-

high school English teacher for 22 years, jumped into action and provided the time I needed to deal with the emotional and physical aspects of my diagnosis while my friends, family, and colleagues left no stone

I am strong and I am a fighter, but none of this would be possible without my support team.

cer once it spreads. Desperately, I needed a treatment plan to give me as much time as possible so that medical researchers and scientists could develop more treatments and find a cure! And in the meantime, I began to pray. I asked anyone and everyone to begin praying for me. In addition, I adopted the mantra, "You never know how strong you are until being strong is the only choice you have."

The Fairmont School District, where I've been a

turned and took over just about everything else for me, including my teaching responsibilities. I started a treatment regimen and began living the new "normal."

My weeks consist of treatments at the Cancer Treatment Center of America in Chicago every three weeks. The chemo and other medicines are designed to shrink the cancer and stop it from spreading so that I can buy time. Time with my devoted husband. Time with my four boys who deserve



My supportive team from the Fairmont Area High School Class of 2018 photo before they graduated.

to have their mom around for many more years. Time with my amazingly supportive friends and family, plus more time with one of the most important aspects of who I have become, my students! Time is more precious than ever!

Upside down, roller coaster of eight months has been my journey so far with cancer. But every day is a new day and I'll ride this journey for as long as I can. One of my colleagues taught me the importance of leaving a legacy so that's what I try to keep in the forefront of this journey. There might be bad days and days when I feel down, but that's not going to get me anywhere and that's not how I want to be remembered.

I am strong and I am a fighter, but none of this would be possible without my support team. I get strength from the love that surrounds me each and every day. Together we will FIGHT ON! #CyndiStrong.



My son, Thomas, and my husband, Brad, and I walked the Fairmont Cardinal Football team to the field at the Tackle Pink game September 21st.



My family after the TCU football game in Fairmont September 21st. (L to R): Nick, Matt, Cyndi, Thomas, Brad, and Andrew.

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LIVE CARDINAL WEBSTREAMING VIDEO



HALL OF FAMER – Tom Gallagher introduces Gary Highland (at left) FHS class of 1967, who was inducted to the Cardinal Athletic Hall of Fame at the banquet recently. *Photo courtesy Greg Abel*



POWER SPIKE – Cardinals Abby Tonder jumps to spike the ball against St. Peter as teammate Jen Moeller looks on. The Saints downed the Cardinals 3-0 last Thursday night. *Photo courtesy Greg Abel*

The Garden Bug

The lotus in ancient Egypt

The lotus flower flourishes along the Nile and opens its large petals with the rising of the sun. To the ancient Egyptians it represented the sun because it banished darkness. The blue lotus was the sacred flower of Hathor, the cow goddess of magic, fertility and healing, representing her powers of healing and regeneration. Nefertem, the god of healing, was often depicted with a large lotus blossom forming his crown.

Source: www.ancientpages.com

- Brenda Weaver

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HALLOWEEN

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ADMISSION \$7 WITH FREE SKATE RENTAL



POWER LINEMAN – Cardinals #54 Sedrick Parker leads running back Latrell Huey off tackle. Huey had a 52 yard TD run against Belle Plaine. The Cards (6-1) host New Ulm (0-7) tonight (Wednesday) at Mahoney field. *Photo courtesy Greg Abel*



HAULED IN – Cards Dustin Schultz grabs a pass in front of Tigers defender Dylan Kahle. Schultz had a TD catch, two interceptions and a fumble recovery in the Cards 34-0 win over Belle Plaine last Friday night. *Photo courtesy Greg Abel*



Three teachers at Fairmont Area Elementary served as added security for the school on Wacky Wednesday of Homecoming Week! The “Men in Black” were (L-R): Kevin Kristenson, Ross Long, and Payten Crosby. It was a very wacky, fun day for everyone! *(Submitted photo)*

Play Better Golf with JACK NICKLAUS

THIRD, THEY ACCELERATE THE PUTTERHEAD THROUGH THE BALL.

FOURTH, THEY EXHIBIT A POSITIVE ATTITUDE TOWARD PUTTING.

FIFTH, THEY TAKE GREAT CARE IN READING GREENS.

SIXTH, THEY EXUDE CONFIDENCE.



BIG CHASE – Second place finisher Martin County West's Marissa Whitehead (Center) races ahead of the Cards Laura Thompson and Sarah Krumholz. The Cardinals girls team finished third while the Mavericks placed fourth in the recent Fairmont I 90 Invitational. *Photo courtesy fairmontsports.com*



TRIPLE HEADER – Cardinals Grace Higgins and #2 Joni Becker sandwich Northfield's Syd Mier as all three go for a header. Section 2A #3-seeded Cards edged the #6-seeded Northfield Raiders (10-5-2) 2-1 last Saturday. *Courtesy fairmontsports.com*



STOPPED – Cardinals Rayah Quiring rises to deflect a corner kick guarded by #19 Syd Mier as Northfield's goalie Mariana Rosas Arenas knocks the kick away. The Cards (13-2-2) hosted #7-seeded Holy Family Catholic (11-4-2) - a shootout upset winner over #2-seeded Waconia. *Courtesy fairmontsports.com*

Girl Scout Myth #9

It's hard for families (especially dads) to get involved with Girl Scouts.



Pictured (L to R): Kyle Green (cookie program, 2 Silver Award Projects, Gold Award Project), Mike Hinz (Silver Award Project), Richard Botzet (Reg. Leader, Silver Award Project), Jay Schmidt (Reg. Leader, 5 Silver Award Projects), Rob Malo (Silver Award Project), Jason Nelson (Reg. Leader, 2 Silver Award Projects), Matt Nielsen (outdoors, technology, SU support), John Frerichs (Reg. Leader, Dutch oven expert & instructor), and Todd Mathews (technology specialist, Court of Awards).

Family participation is encouraged.

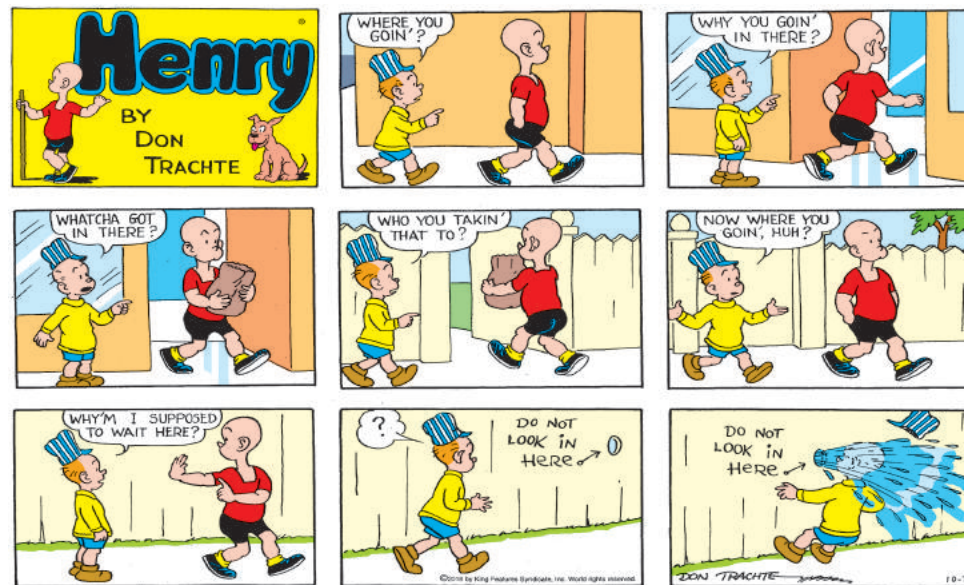
We encourage the entire family to get involved, and lots of dads volunteer in different ways, supporting as co-leaders of troops, cookie sale coordinators, and camp volunteers.

Parents and other adults play a critical role in delivering the Girl Scout Leadership Experience both as volunteers and as supporters. Parents who are also troop leaders get the opportunity to bond

with their daughters as the move through the Girl Scout Program.

The Girl Scout troops in Martin County have strong leadership from dads and other adult males – and have for many years! Some are registered leaders, others help the troops and the service unit in other important ways. Dads help haul cookies and take their daughters out to sell door to door. They help at events such as day camp and Court of

Awards – particularly in areas in which they have special expertise. Many have helped their daughters and other Girl Scouts earn their Silver or Gold Awards – often through the use of power tools! If you would like more information about Girl Scouting for you or your girl, contact Jennifer at jmnielsen88@gmail.com or River Valleys Girl Scout Council (800-845-0787 or girlscouts@girlscoutsv.org).



FHS Students of the Month

Fairmont Early Risers Kiwanis recently honored Fairmont Area Jr./Sr. High Students who were selected as "Student of the Month" for September.

These students were selected by their teachers based on the contributions the students make each and every day. (Submitted photos)



(Left) 7th and 8th grades (L to R): Carsen Musser, Ty Nawrocki, Jazlyn Geerdes, Alexa Bush



(Right) 9th and 10th grades (L to R): Grace Miller, Hudson Artz, Allison Schwieger, Kevin Garcia



(Left) 11th and 12th grades (L to R): Grace Higgins, Malachi Anderson, Martin Mittelstadt. (Not pictured: Shelby Van Gerderen)

Women Forward SWEET FINANCIAL

It's your dream. We'll help you get there.

Back by popular Demand ~ Reneé Rongen!

Complimentary & NOW Open to the public!!

Ladies, grab your girlfriends, your sisters, your moms and daughters! You don't want to miss Renee', she will have you laughing & she'll have you crying as her messages are powerful, poignant and always hysterically funny.

Lipstick, Laughter & Life

When: Friday, October 19, 2018

Doors Open: 6:30pm **Show Begins:** 7pm

Happy Hour/Meet & Greet with Renee' after the show

Where: Fairmont Opera House



Join the Ultimate Pajama Party!

We make a LIVING by what we GET, but we make a LIFE by what we GIVE

~ Winston Churchill

If you are interested in attending or just want more information, please contact Marsha at

Marsha@sweetfinancial.com or 507-235-5587.

Join the Party

Bring a new pair of pajamas size newborn through adult to the event and we will deliver donations to those in need.



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