

# St. Pauli News in Detail



## Greeting and Ushering

Feb. 5 Val Torstveit  
Feb. 12 Myles Alberg  
Feb. 19 Ron Anderson  
Feb. 26 Faye Auchenpaugh.

**Altar Preparation:** Tammy Haugen

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## February Milestones

### Birthdays

Feb. 15 Jordan Rondorf  
Feb. 18 Becky Stickler  
Feb. 20 Gary Iverson  
Feb. 25 Arlo Rude  
Feb. 26 Evie Johnson



### Anniversaries

None that the editor is aware of.

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## Ash Wednesday Services

February 22  
7:00 pm



## We bid a Fond Farewell to Pastor Carl

Pastor Carl has led us so generously and faithfully for over ten years and deserves a final retirement. With all of our hearts, we wish him the very best!

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## QUILTING

Two more days of quilting opportunities!

Tuesday and Wednesday  
February 14-15  
10:00 – 4:00



# In Memoriam

## Deone Cerny

March 22, 1933 – January 20, 2023

*We have lost another of our beloved members. Deone was a gentle, faithful soul who was active in all aspects of our church – including serving as organist for a number of years. We will miss her.*

Deone Cerny of Thief River Falls, MN, passed away on Friday, January 20, 2023 at Altru Hospital in Grand Forks, ND, at the age of 89.

Deone was born in Warren, MN on March 22, 1933, the daughter of Louis J. Cerny Jr. and Luella (Keefe) Cerny. She was baptized at the hospital in Warren, MN, and later at Immanuel Lutheran Church in Radium, MN. Deone was confirmed at Our Savior's Lutheran Church in Argyle, MN.

She was a graduate of Bemidji State University-summa cum laude and also completed graduate course work at various other colleges and universities.

Deone's work experience as a Kindergarten teacher in the state of Minnesota for 46 years led her to Mahanomen, Richfield, Owatonna, East Grand Forks and in 1968 she started in Thief River Falls where she taught until her retirement in 1998. She also was a writer and teacher/consultant for the Educational Research Council, Cleveland, Ohio.

Deone was a member of MEA/NEA-R, Northland Retired Educators, Retired Educators Association of Minnesota, Delta Kappa Gamma Society International-society for women educators, Bemidji State University Alumni Association and St. Pauli Lutheran Church.

She was awarded the TRF Branch AAUW Woman of Honor and in 1998 received the TRF Chamber of Commerce Excellence in Education Award.

Deone is survived by her sister, LoAnne Lokken of Hastings, MN; sister-in-law, Joyce Cerny of Duluth, MN; nieces and nephews, Mike Cerny of Thief River Falls, MN, Pam (Rob) Sando, of Roseau, MN, Kim Ableiter (Matt Bremer) of Duluth, MN, Mark Bjorgaard (Kashina Skye Brooks) of Lansing, MI, Rick (Mary) Bjorgaard of Fargo, ND, Lori (Mike) Lucht of Cottage Grove, MN, and Elda Willis of Mountlake Terrace, WA; great-nieces and great-nephews, Shane Sando, Courtney, Chase, and Haley Ableiter, Dr. Stacy Bjorgaard (Andrew Kuelbs), Jason (Samantha) Bjorgaard and their daughter Melanie, Brenda Lucht/Hackett (Brandon Hackett) and their children Ryler, Zander, Trexton, and Amethyst, and Allison, Emily, and Eva Lucht.

She was preceded in death by her parents; half-sister, Mayme Cerny Olson; brother, Kenton Cerny; and brothers-in-law, Gerard Olson and Leo Lokken.

The service to celebrate Deone's life was held at 10:00 AM on Saturday, January 28, 2023 at St. Pauli Lutheran Church rural Thief River Falls, MN, with Rev. Carl Hansen and Rev. Marlene Anderson officiating.

Visitation took place from 5:00 PM until 7:00 PM on Friday, January 27, 2023 at Johnson Funeral Service in Thief River Falls, MN. Visitation was also held one hour prior to the service on Saturday at the church. Burial will be held at a later date at Greenwood Cemetery in Warren, MN.

A quote cited by Deone for the end of her obituary:

***"We can do no great things, only small things with great love." –Mother Teresa***

# In Memoriam

## Duane Jacob Kotrba

April 15, 1944 – December 20, 2022

*Duane and his wife, Judy, lived less than two miles from St. Pauli Church.*



Duane Kotrba, of Thief River Falls, MN, passed away on Tuesday, December 20, 2022, at his home, at the age of 78.

Duane Jacob Kotrba was born on April 15, 1944 in Grand Forks, ND, the son of Jacob and Elsie (Mack) Kotrba. He was baptized and confirmed in the Catholic faith in Tabor, MN. Duane graduated from Warren High School in Warren, MN in 1962.

Following high school Duane attended the AVTI in Thief River Falls, MN, graduating with a degree in drafting. In August 1966 Duane was drafted into the United States Army.

While attending the AVTI, Duane met Judith Lee. The couple were united in marriage on December 26, 1966. After Duane was discharged from the Army, they made their home near Thief River Falls and raised their three children – Lynelle, Brian, and Cara.

Throughout the years Duane worked for Woodland Construction, Forsberg's, Marvin Windows, and retired from Goebel Fixtures in Hutchinson, MN. After retirement Duane focused on his woodworking hobby and displayed his work at various toy shows over the years. He also enjoyed going to car shows with his son and grandchildren, where he would show his father's 76' Ford pickup. Duane looked forward to daily breakfast or lunch with his good friend, Jason Rux.

Duane is survived by his children, Lynelle Kotrba of Los Angeles, CA, Brian (Tina Hell) Kotrba of Red Lake Falls, MN, and Cara Kotrba of Warren, MN; grandchildren, Logan, Kalen, Shelby, and Lola; siblings, Bonnie Griffin of Temple, TX, Barb Holen of Grand Forks, ND, Mary (Bruce) Hanson of Grand Forks, ND, Jacob (Diane) Kotrba Jr. of Fargo, ND, Linda (Gary) Ottoboni of San Mateo, CA; and many nieces, nephews, cousins, relatives, and friends.

He was preceded in death by his wife, Judy; his parents, Jacob and Elsie Kotrba; father-in-law and mother-in-law, Harland and Anna Lee.

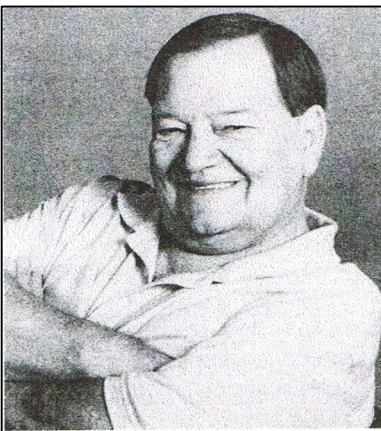
A Memorial Service to celebrate Duane's life was held at 1:00 PM on January 14, 2023 at Johnson Funeral Service in Thief River Falls, with Rev. Vicki Saude-Worthington officiating. Burial will be held at a later date at Northwood Cemetery, rural Grygla.

# In Memoriam

## Larry Tveitbakk

February 25, 1943 – December 20, 2022

*Larry Tveitbakk was Arlo Rude's brother-in-law; his wife was Candise (Rude).*



Larry Tveitbakk was born in Bagley, Minnesota on February 25, 1943, the son of Louie and Lorraine Tveitbakk. He served honorably in the United States Marine Corps from 1960 to 1964.

He married Candise Rude on July 29, 1977 in Thief River Falls. They moved to Bellevue, Nebraska in 1981 where he worked as a Landscape Gardener for the City of Omaha until his retirement in April 2003.

Larry enjoyed working on classic cars and teaching his kids and their friend how to work on them. He loved spending time with his grandchildren, taking with people – where he knew them or not. He looked forward to his Wednesday morning Men's Breakfast at the church, and social time at Judy Woods' home on Friday mornings.

He is survived by his wife, Candy Tveitbakk, daughter Dawn (Doniphan) Rios, sons Jared Tveitbakk and Dereck (Jenn) Tveitbakk; grandchildren: Chad Rios, Zach Rios, Alexis Mathies, Kelsey, Makayla and Dylan Tveitbakk; great granddaughter Breanna Garcia; two brothers: David (Rose) Tveitbakk and Darryl (Deb) Tveitbakk; brother-in-law Neil Nelsen; and many sisters and brothers-in-law, nieces and nephews.

# Minutes of the Church Council

December 2022 meeting was cancelled

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## St. Pauli WELCA Minutes

November 20, 2019

The St. Pauli Women of the ELCA met at the church on Wednesday, November 16, 2022, at 7:00 pm with 6 members present.

President Kathy Alberg opened the meeting at 7:00 pm with devotions titled "Letting the Good Sink In" based on Psalm 119.

Secretary's Report: Approved by email.

### Treasurer's Report:

Checking balance as of 11-16-22:	\$ 3,643.71
Savings balance as of 10-31-22:	\$ 574.33
CD balance as of December 31, 2021:	\$ 6,209.21

We have received an additional \$225 in Fall Event donations.

Stewardship: Ron and Virginia brought the boxes to Thief River Falls shipment: 12 baby care kits, 11 school kits and 10 quilts. Totals for 2022: 29 quilts, 7 fabric kits, 31 personal care kits, 24 baby care kits, 11 school kits, and 2 graduation quilts.

Council report: No meeting in October.

Communications: Thank you and photos from Dawson Haugen for his graduation quilt and a nice letter and generous donation from Inez Mathson.

### Old Business:

Christmas Brunch: Virginia will see if Biff's can accommodate us on their north side at 10:00 am on Saturday December 3<sup>rd</sup>. We will invite all St. Pauli women, but there will not be space for guests this year.

### New Business

1) We can get a tree from LeRoy and Carol Stumpf and will try to have it up for the first Sunday in Advent, which immediately follows Thanksgiving this year. We will also send out a notice for decorating.

- 2) Board meeting to plan for 2023 will be Monday, December 5, 3:00 pm at the church
- 3) The Sunday School Christmas program is December 18. Lydia A-F is in charge of serving the potluck. Kari Iverson has communion prep for December. Jan Strandlie has Christmas Eve.
- 4) We will host an underwear Mission Drive for Northland Rescue Mission. Items (new only) will be gathered in baskets in the narthex. We ask that donations be made by December 15 so they can be delivered to Grand Forks in time for their annual Bags of Blessing.
- 5) Donations from Fall Event totaled \$2,250. We decided to hold back \$250 for special projects and donate \$2,000 to charities. Because we have been able to hold potlucks in 2022, we did not give additional donations to Lutheran Social Services, VIP, or Hospice.

ELCA Scholarship Fund	\$300
Salvation Army	500
TRF Area Community Fund	400
Prowler Pantry	200
Northland Rescue Mission	100
ELCA Good Gifts:	<u>500</u>
2 goats	100
Mosquito nets	20
3 fruit trees	30
Community vegetable garden w/ honeybees	220
Water filters	30
Irrigation unit	<u>100</u>
TOTAL:	\$ 2,000

Offering was taken, then Virginia led us in a wonderful Thankoffering service with special thank offerings gathered.

Faye Auchenpau, Secretary

## No WELCA Meeting in December

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On **February 3, 1882**, circus owner P.T. Barnum purchased the world-famous elephant "Jumbo" from the London Zoo. The elephant is the reason the word jumbo means large in our lexicon today.



## Pastor Carl's sermon, February 2, 2020

Today's sermon is going to be a bit different than most. No, I am not going to pine for Texas 70-degree weather, nor the pea soup fog I experienced from Houston to Dallas. When I crossed the North Dakota border on I-29 and looked at the hoarfrost decorating the trees, I knew that I was coming home. And I'm very glad to be here.

If you would indulge me today, I would like to take you on a 52+ year pastoral journey. When I arrived home, I was greeted with a letter from my doctor which said that he will be phasing back his practice. Unless you would like to recruit a Swedish pastor, I'm guessing that you may continue to see a shiny-topped Norwegian in this pulpit for a while longer.

The Holy Spirit and the people of God have called me to serve in 8 congregational settings over a half century plus. But many might say that I went backwards in this journey of faith.

Most Lutheran pastors begin their ministry in rural areas and small towns. In 1967, the people of Immanuel Lutheran Church in Sioux City, Iowa, population 90,000, extended a call to me to serve as their pastor. Immanuel originally was the offshoot of Augustana Lutheran Church, the downtown Swedish congregation. Immanuel was located on the west side of Sioux City, which was the working-class area of the community. The people of Immanuel were dedicated Christians, who were more gifted than they thought. And we had a wonderful 4 1/2 years together serving Jesus.

In the spring of 1971, a vacant seat arose on the 5-member City Council of Sioux City. The four remaining members of the Council were charged with the task of selecting a person to fill the vacancy. Guess who they picked? I was a history major in college and had thought of becoming more involved in public service. So I gave it a try. Nine months as a public official reaffirmed God's call to me to serve Christ as a pastor.

In the meantime, a Methodist lady came to worship at Immanuel one Sunday because the church she was going to was having a picnic. Her three little kids were dressed up for church, so she came to Immanuel.

I called her on the phone and arranged a pastoral visit. During that visit, Mary and I both felt as if we had known each other all our lives. Now I tend to be reasonably deliberate in making decisions. The Lord said, "This is the one." We were engaged in three months and married three months after that during the worship service on my final Sunday as Immanuel's pastor.

Mary and I, Dawn, Heather and Kevin moved to West Des Moines, Iowa ten days after our wedding. I had been called to serve St. Mark Lutheran Church. St. Mark had just completed a beautiful new sanctuary and had an average worship attendance in the 300s. The Des Moines metro area had a quarter million residents in the early 70s. I followed a married pastor who had just left St. Mark with the church secretary, who had been married to the congregation's Vice President, breaking up two marriages.

The Spirit called me to St. Mark to bring peace and refocus the congregation on the mission of Christ. The Spirit has not gifted me with a flair for radical change, but rather as one who is a peacemaker who can assist people in coming together in the body of Christ. In the meantime, we were forming a new family and I adopted Dawn, Heather and Kevin on June 18, 1973. The judge who presided at the adoption was himself an

adoptive father and he was very encouraging to all of us about the joys and responsibilities of family.

The years at St. Mark flew by. The congregation was full of young professionals. I joked one Sunday at worship that if you took a step in any direction, you would run into someone who worked for an insurance company. One of the special ministries that St. Mark developed was a group we called WIGS. That stood for Women's Interest Group. Every Wednesday morning at 9:30, anywhere between 20 and 40 ladies gathered in the Fellowship Hall to study and converse about a Christian book or passage of scripture. The group consisted mostly of moms in their 20s and 30s. But we did have an elder by the name of Meta Joss, who was the wife of our strait-laced WDM Superintendent of Schools. Meta was a hoot, who kept us laughing, loosened up the pastor, and filled us with wonderful insights of faith.

But the times, they were a-changin'. When I accepted a call to Our Lord's Lutheran Church in Oklahoma City in 1976 and tried to establish a WIGS-type group there, nobody came. A large percentage of women had moved into the job market. So we did adult Christian education on Sunday mornings and occasionally on weekday evenings.

I was called to serve Our Lord's Lutheran Church in Oklahoma City (population 3/4 million people) in 1976. Oklahoma is a Baptist state, but a number of Our Lord's members were Minnesota immigrants who worked for Wilson Foods and followed the company when it moved its headquarters to Oklahoma City. Our Lord's was a warm, welcoming and energetic congregation with excellent music and strong Christian education for children and adults.

When Mary was 12 years old, she received a call to ministry. When someone told her that women could not be ordained as pastors, she replied, "When I'm ready to be ordained, the church will be ready for women in the ministry." If women were not ordained as pastors in 2020, it is unlikely that St. Pauli, Calvary and huge numbers of congregations would have a pastor today.

So while we were in Oklahoma City, Mary began her preparation for ordained ministry. She commuted 73 miles each way from Oklahoma City to Enid, OK where there was an ecumenical seminary that had a Lutheran pastor on the faculty. She completed her Master of Divinity in three years, while holding down a job at an ecumenical agency and directing Our Lord's children's choir.

The next hurdle was internship. The Lutheran pastors in Oklahoma City put together a local internship program for Mary to be supervised by them. But our bishop vetoed that initiative. So Mary had to go to Chicago (800 miles from Oklahoma City) for her internship at a Bohemian heritage Lutheran Church. Our kids' first question was, "Who is going to cook?" since Carl is good at eating, but is not a cook. So for the nine months while Mary was in Chicago, the women of Our Lord's provided two meals on wheels a week; each of our three children cooked one meal a week; we scrounged through the cupboard one day a week, and Dad took all to Godfather's Pizza on Sunday evenings.

Back then, long distance rates dropped after 11 p.m., so Mary and I talked every night on the phone starting at 11:05 p.m.

Dawn, Heather and Kevin talked to Mom every Saturday morning. During her nine months of internship, we drove 800 miles each way to Chicago three times to see Mary. Our Lord's paid Mary's way twice to fly to Oklahoma City. So we got through a somewhat stressful time with the support of many Christian people. And we were blessed.

Clergy couples were a novelty back in the 1980s and could be difficult to place. But Bishop Phil Wahlberg of the Texas-Louisiana Synod was an advocate of women in the ministry, even though our own bishop was reluctant to consider women or clergy couples. After Mary's internship, the Lutheran School of Theology at Chicago established a policy that families would not be separated for internship purposes.

In the spring of 1984, Mary and I were called to serve as a clergy team at Lord of Life Lutheran Church in The Woodlands, Texas, which is 30 miles north of Houston. At that time, the Houston area had 4 million residents. Now it has 6.5 million residents.

Mary and I served at Lord of Life from June 1984 through September 1989. The oil industry was in a slump for part of those years, but Lord of Life was on the move. We had lots of young families, tons of professional people, and zillions of kids. The congregation had not grown much over the previous decade, so Mary and I started knocking on doors. Attendance grew from 100 to 150 in six months. The Church Council held a secret meeting and called us in to encourage us to slow down. Secret meetings are illegal under the congregation's constitution. We slowed down slightly, but the people were eager to grow and the congregation continued to expand its ministry. By the time we left in September 1989, the average worship attendance had grown to 250 on Sundays.

This year, Lord of Life is celebrating its 50<sup>th</sup> Anniversary as a congregation. They invited all former pastors to preach as part of this anniversary celebration. It was my privilege to preach at Lord of Life's three services last Sunday and attend their annual meeting. I was overwhelmed by the reception I received and was inspired by their worship services. Like the people of St. Pauli, the members of Lord of Life do indeed make a joyful noise to the Lord.

One of the most heartwarming parts of that special day was the affirmation that was expressed for the ministry of my beloved wife and colleague, Pastor Mary. Mary entered the blessed rest of everlasting peace and the joyous company of the saints in light on July 22, 2014.

Some might consider my eight calls in ministry to have been backwards. I started in a city of 90,000. Then I was called to Des Moines (250,000), Oklahoma City (750,000), metro Houston (4 million) seventy miles from the Gulf of Mexico. That's a common call pattern for many pastors. All of my calls, by the way, have been in the Central Time Zone.

But in 1989, Mary and I were called to Our Saviour's Lutheran Church in Audubon, Iowa—population 2,800. Just a bit of a change from 4 million. From suburban to rural. From mixed ethnicity to the Danish Holy Land.

Most of the 900 people at Our Saviour's were wonderful, warm Christians. But it seemed that throughout Our Saviour's history there had been periodic power struggles between various factions and clans in the congregation. The pastors who preceded us were a male-female clergy team. The female pastor caught more flack than the male—I suspect that was because of her gender.

The greatest personal blessing was that Mary's 74-year-old mother and father lived 110 miles from Audubon. Mary and her mother Eileen were very close, and she died 14 months after we moved to Audubon. I'm glad we were there.

I am thankful that the Holy Spirit called us to Our Saviour's for both personal and pastoral reasons. The congregation performed vital ministry in and around the community and county. The Lord expanded our horizons and introduced us to ministry in a rural context.

In January 1995, we were called to serve a three-point parish in and Britton, South Dakota (population 1,300). The congregation was of Norwegian heritage with some farmers, but more people who worked for Horton Industries (including two of our daughters). We loved our years of serving the people of Northeast South Dakota. Our almost eight years of ministry in and around Britton was a joy. The three congregations worked together beautifully. Later on, Mary and I served two additional congregations who were without a pastor. Services at one of the congregations began at 7:30 and the last one at 12:30. One of us would drive 102 miles on Sunday between three congregations. It was a joy and privilege to serve in South Dakota.

Parenthetically, on Super Bowl Sunday, it might be of interest to football fans that Dallas Goedert, who is a receiver for the Philadelphia Eagles, belonged to a congregation of the Britton Lutheran Parish while we were serving there.

In 2001, a new bishop's assistant in the Northwest Minnesota Synod was digging in the moldy oldy pastoral resume files looking for pastors. At the bottom of her stack, she found a file for a clergy couple that had been gathering mold from disuse. Jill called us and asked if we would be interested in interviewing with a five-point parish in Fertile, Minnesota—population 842. My response was, "What?" Where?" Mary and I visited about it and prayed about it. We were delighted in Britton, but decided to listen and reflect on this situation. We interviewed a few days after Christmas, received a call the next June, and began ministry in the Fertile parish in late July.

As we experienced congregational life in the Fertile Parish, we were both blessed and impressed by the five congregations and their unique ministries. The congregations shared in joint ministries and each carried on their own patterns in Christ's service. Four of the congregations were of Norwegian heritage and one came from Swedish heritage. The congregations and the people worked together beautifully. Mary retired for health reasons at the end of 2005. The Parish became part of the intern program, and I was privileged to supervise five interns.

Our daughter, Heather, and granddaughters Amber and Megan lived with us in Fertile after Heather accepted a job at Digi-Key. They moved to Thief River in 2009. We followed them to TRF since we wanted to live near one of our children.

Mary then unretired and joyfully served Calvary in St. Hilaire, Minnesota for the last three years of her life. And you got stuck with her husband. I hope to stick around for a while longer. Incidentally, the most fun I've had in ministry has been at Little Norway, rural Fertile, and St. Pauli. Amen.

# What would breakfast be without Kellogg's Corn Flakes®?

On February 19, 1906, Will Keith Kellogg founded the Battle Creek Toasted Corn Flake Company. He and his brother accidentally flaked wheat berry a few years earlier, which led to the advent of flaked cereal.

The 7<sup>th</sup> of 16 children. Kellogg was a shy boy with very few friends. He had no specific interests or hobbies, nor did he display any particular talent. Kellogg was not academically gifted either; in fact, his schoolteachers thought that he was a slow learner, and by the time he was a young teenager, he had dropped out of school to work for his father's broom company where he spent about eight years as a salesman.



In 1880, Kellogg married Ella Davis, and the following year, he took a three-month business course at Parson's Business College in Kalamazoo, Michigan. After finishing the business course, he obtained employment at the nationally famous Battle Creek Sanitarium, which was run by his older brother, John Harvey Kellogg, M.D. Dr. Kellogg had taken over the Adventist Health Reform Institute and had renamed it Battle Creek Sanitarium. Will Kellogg worked there as a bookkeeper, shipping clerk, and cashier, and also performed various other administrative duties.

John H. Kellogg believed that his patients could achieve good health through a good diet. He wrote several books on "biologic living" that promoted his theory on health and nutrition. Dr. Kellogg advocated that certain conditions and ailments could be treated with hydrotherapy, plenty of exercise, and a strict vegetarian diet. He experimented with nuts and grains to produce tasty alternatives to meat and potatoes, and came up with granola in 1877. He also developed peanut butter, protein substitute foods, and a grain substitute for coffee.

Will Kellogg helped his brother promote his health foods, his books, and his theories. He ran a subscription service for the health books, and managed the Sanitas Nut Food Company, which developed the first patented process for making a flaked, cooked wheat cereal. This discovery had come about by accident in 1894, when a batch of cooked wheat was inadvertently left out overnight and had dried. Instead of throwing out the dried dough, Kellogg ran it through the company's rollers, which usually processed freshly cooked grain into a large sheet. When the dried grain was processed in this way, it turned into flakes. Will Kellogg convinced his brother to bake the flakes and to serve them with milk. The cereal was so popular that, after patients left the sanitarium, they ordered the flakes by mail. Later, the two brothers experimented in making flakes using other grains, and introduced corn flakes in 1898.

[Incidentally, General Mills' history on Wheaties says: "WHEATIES, invented accidentally when a health clinician in Minneapolis who was simmering bran gruel for intestinally distressed patients spilled it onto a hot stove and it dried into flakes, was introduced by the Washburn Crosby Company (now General Mills) in 1924." Hmmm.]

John Kellogg did not treat his younger brother very well. He expected Will to shine his shoes and shave his whiskers, and was not generous with his wealth. John lived in a huge house on a large parcel of land, and while his sanitarium grossed more than \$4 million a year, he paid Will only \$87 a month.

In 1906, at the age of 46, Will broke away from his brother to start his own business. He found that he had a keen business sense and he was driven to become successful. Perhaps his fierce determination stemmed from the particular family dynamics that affected Will Kellogg so strongly—he had been, for years, an underdog to his flamboyant brother, John.

In 1906, he established the Battle Creek Toasted Corn Flakes Company, the world's first ready-to-eat cereal company. He was a gifted marketer and promoter, known for his large billboards and his beautiful cereal boxes, some of which were designed by the famous artist Norman Rockwell. In his first year, he shipped 175,000 cases of corn flakes. Within just a few years, Kellogg's Corn Flakes were a household name that could be found in nearly every kitchen in the United States.

He quickly began adding to his product line, with Kellogg's Bran Flakes® in 1915, Kellogg's All-Bran® in 1916, and Kellogg's Rice Krispies® in 1928. He renamed his business the W.K. Kellogg Company in 1922 and expanded operations to Canada and Australia in 1924, followed by Europe and Asia. Eventually, Will Kellogg became one of America's most wealthy citizens.

Today, the company produces their foods in 18 countries and distributes them in over 180. In addition to its broad cereal line, Kellogg's also sells Pop-Tarts®, Eggo® waffles and pancakes, the Nutri-Grain® cereal bar line, and a variety of other snacks.

Kellogg retired as the company's president in 1929 but stayed on as chairman of the board until 1946. At this stage in his life, he turned his focus to philanthropic activities, establishing one of the nation's most renowned charitable institutions, the W. K. Kellogg Foundation, in 1934 with an initial donation of \$66 million. He was a true believer in empowering individuals to help themselves, and he began his charity work in 1925 with the formation of the Fellowship Corporation, which helped to build an agricultural school, experimental farm, and reforestation project. In 1930, he was named a delegate to the White House Conference on Child Health and Protection



by President Herbert Hoover. Later that year, he established the W.K. Kellogg Child Welfare Foundation.

In 1943, John H. Kellogg wrote a conciliatory letter to his brother, acknowledging that he had treated him badly, but Will did not read the letter until after John died several years later.

Despite Kellogg's unhappy family life, he was involved in numerous philanthropic activities for which he is remembered. He retired from his company in 1938, and was blind for the last ten years of his life. He died in Battle Creek on Oct. 6, 1951.

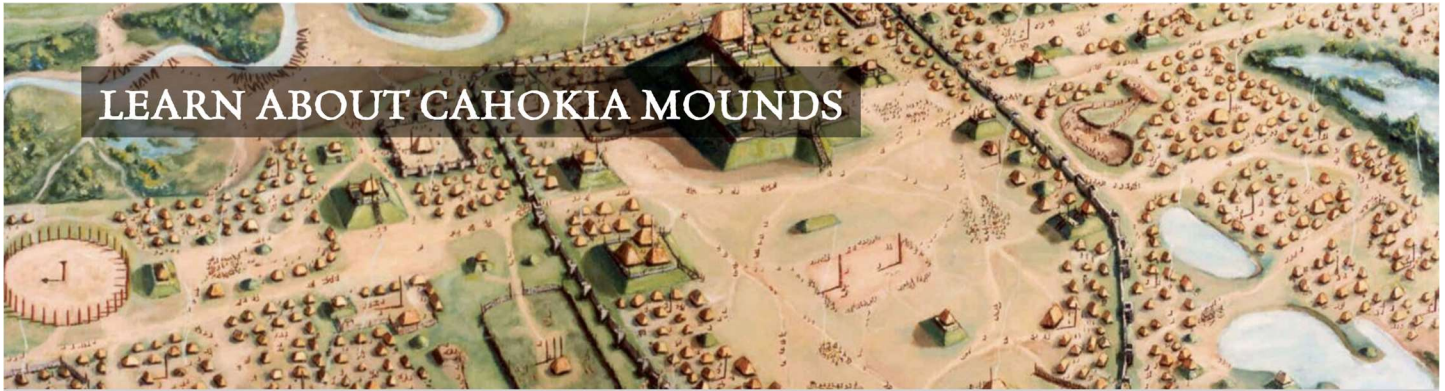
## Fun Facts about Finland

1. **Finland is one of the happiest countries in the world.**  
The 2019 UN report stated that Finland replaced Denmark as #1. The Nordic countries are in general always at the top, but Finland made a big climb that year to number 1.
  2. **It can be very expensive to speed in Finland.**  
Speeding fines in are calculated on the violator's total income. This means that millionaires can face fines of up to 100,000 when driving faster than the speed limit.
  3. **Unique Finnish Sports.**  
Heard about any of these sports? In Finland, they are totally legitimate sports.
    - Wife-carrying championship
    - Mosquito hunting competition
    - Mobile phone throwing
    - Swamp Football
    - Air Guitar
  4. **There are 187,888 lakes within Finnish territory.**  
That's a lot of lakes, so no wonder that the country is sometimes referred to as "the land of thousands of lakes."
  5. **The average Finn consumes 12 kilos of coffee annually.**  
Nordic countries are famous for being heavy coffee-drinkers and the Finns are not an exception. How many cups per year is hard to estimate, but the average Finn will consume as much as 12 kilos of coffee annually!
  6. **Heavy Metal is huge in Finland.**  
In fact, there are more Heavy Metal bands per capita here than anywhere else in the world. In 2006, the Finnish Heavy-metal band Lordi took over the Eurovision Song contest when they won the competition with their song "Hardrock Hallelujah."
  7. **Finland also has the world's highest consumption of milk per capita.**
  8. **There are more Saunas than Cars.**  
Yes, there are more Saunas than cars! Even Burger King in Helsinki has a Sauna.
  9. **Finnish is not similar to the Scandinavian languages.**  
Danish, Norwegian and Swedish are quite similar and when making a small effort it's not hard to understand the 3 of those languages, even though they are not exactly the same. Finnish however, is something completely else. The Finnish language is part of the Finno-Ugric language group and is way more similar to Hungarian than the Scandinavian languages, even though it neighbors the Scandinavian countries. It's not even an Indo-European language, it belongs to the Uralic language family, which makes it quite unique and cool since most European languages are a part of the Indo-European language tree!
  10. **Finland has free education, even at the university level.**  
This also applies to international students from EU/EES. Non-EU-nationals can also enjoy free tuition fees if the classes taken are taught in Finnish or Swedish, or doctoral studies in any language.
  11. **The Finns love Salmiakki (Salty Licorice).**
  12. **The Finnish Passport is one of the best.**  
Finns pride themselves on having the third best passport in the world, shortly behind Germany, Singapore, and Japan. This means that they can visit most of the countries in the world without getting a visa.
  13. **Northern Lights, Midnight Sun & Polar Night.**  
These spectacular events can all be experienced here. During the winter, you can see the Northern Lights, and also experience the Polar night in the Northern parts of the country. It's the darkest months of the year and for several weeks the sun won't rise.
  14. **Finland was the first country in Europe to give all women the right to vote.**  
As one of the most gender equal countries in the world nowadays this fact might not come as a huge surprise, but at the time they allowed women to vote back in 1906, this was definitely something special. New Zealand and Australia did allow women to vote a couple of years before, but it was here in Finland that all women, no matter social status, could fully vote and also stand for parliament.
  15. **Freedom to Roam – The Right to Public Access**  
Just like the neighboring Scandinavian countries, you can enjoy the freedom to roam and have the right to public access. Which basically means that you can forage mushrooms, berries and flowers, camp, walk and enjoy nature as long as you don't litter.
  16. **The coldest temperature measured was -51.5 degrees Celsius (-60.7 degrees F.)**  
If you travel here during the winter months, make sure that you bring a warm jacket. While you probably won't have to face the record low temperature, the average temperature in Helsinki during the winter months is still -5 degrees Celsius. The coldest temperature measured in the country was back in 1999 in Kittilä where the temperature went all the way down to -51.5 degrees Celsius (-60.7 °F).
- Bonus Fun facts about Finland and the Finns**
- The first prize in the wife-carrying championship is the wife's weight in beer.
  - In Finland when someone earns their Ph.D., they get a top hat and a sword.
  - There's a resort where you can sleep in a glass igloo and watch the northern lights.
  - Riding a Hobby Horse is a sport.
  - In Finland, they have 'National Sleepy Head Day,' where the last person in a family to wake up is thrown into a lake or the sea by the rest of the family.



# The Biggest Ancient City You've Probably Never Heard of Is in Illinois

The Cahokia Mounds offer a glimpse of one of the Americas' most powerful societies.



The people of Cahokia built their mounds by hand, but for what reason?

The remains of the most sophisticated prehistoric native civilization north of Mexico are preserved at Cahokia Mounds State Historic Site. Within the 2,200-acre tract, located a few miles west of Collinsville, Illinois, lie the archaeological remnants of the central section of the ancient settlement that is today known as Cahokia.

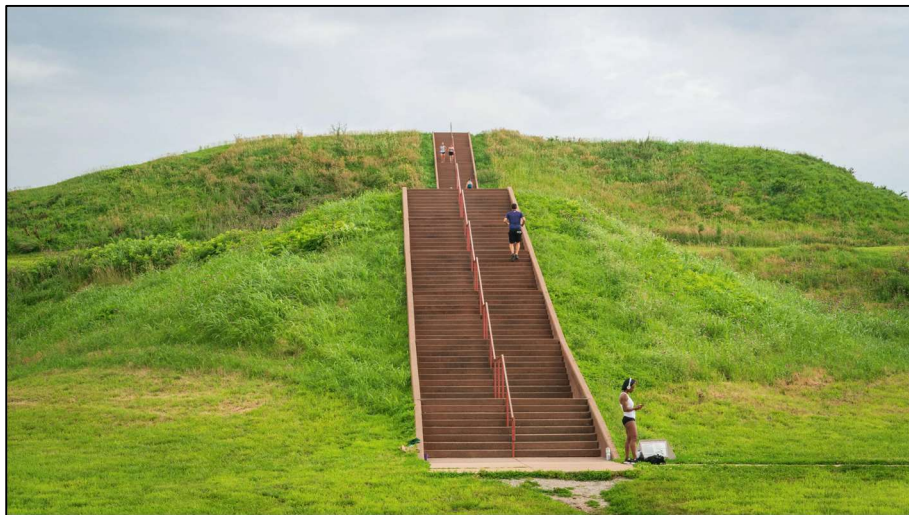
One of the greatest cities of the world, Cahokia was larger than London was in AD 1250. The Mississippians who lived here were accomplished builders who erected a wide variety of structures from practical homes for everyday living to monumental public works that have maintained their grandeur for centuries.

Just a river's crossing away from St. Louis, Missouri, rests an ancient and mysterious anthropological site that few Americans know of. Scholars still discuss the potential reasons for the demise of Cahokia, a massive settlement that may have housed as many as 20,000 people by 1050 A.D. The metropolis, which sits

in the fertile floodplain of the Mississippi River Valley that's now western Illinois, was made up of towering, handmade earthen mounds, the largest of which still exists at the Cahokia Mounds State Historic Site. While there are a lot of unknowns when it comes to this ancient civilization, including why it disappeared, remains have helped researchers paint a picture of what the city was like at its peak.

Ancient teeth at this site hint that it was home to a diverse group of Indigenous people. Roughly a third of the population came to Cahokia from other areas in middle America, based on the varying strontium levels in the dental fragments. The architecture is telling too: The organization of the mounds in Cahokia leads archeologists to believe this city had some level of urban planning, and was not just a collection of villages. Rulers lived on top of mounds, looking down at the structures other inhabitants lived in. Farming, hunting, logging, pottery, and weaving were all conducted inside this massive city.

In the center of Cahokia, surrounding the biggest mound of roughly 100 feet tall, sat the city center, encircled by a massive wooden palisade. The area held a plaza that



archeologists believe was inspired by the creators' concept of the cosmos at the time, with the four corners marking the cardinal directions. Researchers believe this town center, and the buildings on top of the central mound, were actually where religious ceremonies and events took place. It's even possible

that people traveled from outside of Cahokia just to attend these gatherings.

As for why Cahokia fell, a few theories have come into play, but with conflicting evidence. For a while, it was believed that the residents' dependence on wood for their structures led to over deforestation of the land, which ultimately made it less fertile. But soil samples show that the land would still have

been fertile shortly after the fall of Cahokia. Colonists did not reach this space until much later, making disease an unlikely calamity as well. Other experts believe that fighting with neighboring groups may have caused Cahokia's fall.

Today, the mounds comprise a city park and state historic site, but are in consideration for a national park designation. Visitors can climb the steps of the highest mound still standing at Cahokia, among more than 65 other preserved mounds. It's one of the few places in the US where people can freely walk through a millennia-old metropolis.

### Woodhenge

Fascinating information about the people who once built the great prehistoric city of Cahokia was revealed accidentally during excavations in the early 1960s. Professional archaeologists were trying desperately to save archaeological information which was to be destroyed by the construction of an interstate highway, which was later rerouted.

After a summer of intense excavation, Dr. Warren Wittry was studying excavation maps when he observed that numerous large oval-shaped pits seemed to be arranged in arcs of circles. He theorized that posts set in these pits lined up with the rising sun at certain times of the year, serving as a calendar, which he called **WOODHENGE**. After further excavations by Wittry and other archaeologists, more post pits were found where predicted, and evidence that there were as many as five Woodhenges at this location. These calendars had been built over a period of 200 years (A.D. 900-1100). Fragments of wood remaining in some of the post pits revealed red cedar had been used for the posts, a sacred wood.

**The first circle (date unknown)**, only partially excavated, would have consisted of 24 posts; the second circle had 36 posts; the third circle (A. D. 1000), the most completely excavated, had 48 posts; the fourth, partially excavated, would have had 60 posts. The last Woodhenge was only 12, or possible 13 posts, along the eastern sunrise arc(if it had been a complete circle, it would have had 72 posts). Building only the sunrise arc might indicate that red cedar trees had become scarce.

It is not known why the size and location of the circles, and the number of posts was constantly changed—perhaps to include more festival dates or to improve and increase alignments.

**Only three posts are crucial as seasonal markers**—those marking the first days of winter and summer (the solstices), and the one halfway between marking the first days of spring and fall (the equinoxes). Viewing was from the center of the circle, and several circles had large “observation posts” at that location, where it is likely the sun priest stood on a raised platform. Other posts between the solstice posts probably marked special festival dates related to the agricultural cycle. The remaining posts around the circle have no known function, other than symbolically forming a circle and forming an enclosure to hold the sacred Woodhenge ceremonies. There have been suggestions some posts had alignments with certain bright stars or the moon, or were used in predicting eclipses, and others have suggested Woodhenge

was used as an engineering “aligner” to determine mound placements, but none of this has been proven convincingly.

The most spectacular sunrise occurs at the equinoxes, when the sun rises due east. The post marking these sunrises aligns with the front of Monks Mound, where the leader resided, and it looks as though Monks Mound gives birth to the sun. A possible offertory pit near the



winter solstice post suggests a fire was burned to warm the sun and encourage it to return northward for another annual cycle and rebirth of the earth. This probably marked the start of the new year.

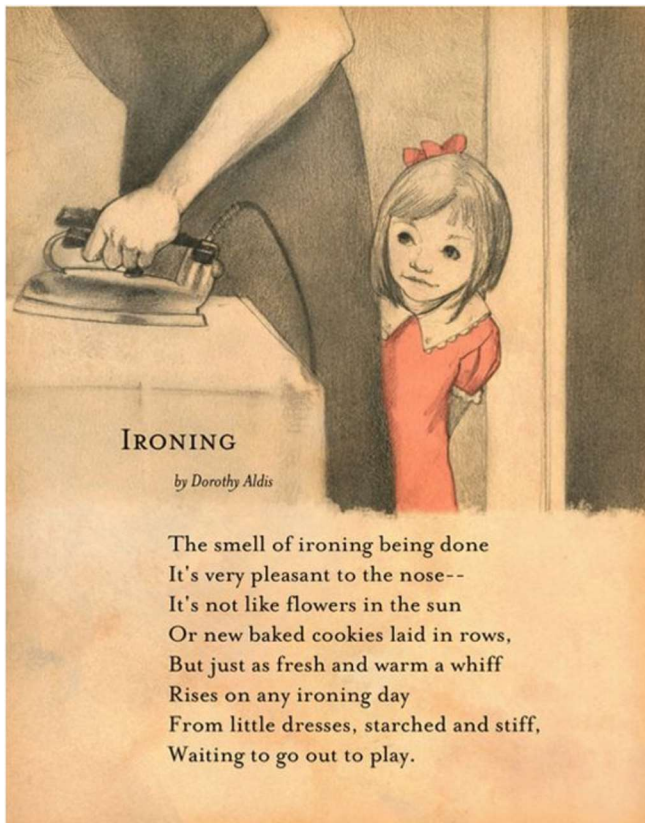
**The third circle (A.D. 1000)** was reconstructed in 1985 at the original location. The circle is 410 feet in diameter, had 48 posts spaced 26.8 feet apart (9 are missing on the west side, removed by a highway borrow pit). The posts were 15-20 inches in diameter and stood about 20 feet high. Red ocher pigment found in some of the post pits suggests the posts may have been painted. The post pits averaged 7 feet long and just over two feet wide, sloping from the surface at one end to a depth of four feet at the other, forming a ramp to slide the posts down to facilitate their raising.



# The Back Page

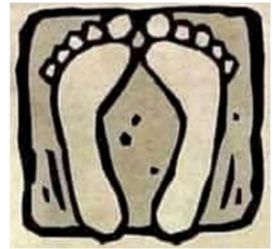


And don't we all recognize this?



## How smart is your right foot?

You have to try this. It is absolutely true. I guess there are some things that the brain cannot handle.



1. While sitting in a chair, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

I told you so! And there is absolutely nothing you can do about it. You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so.

\* \* \* \* \*

When Ole moved up north, he discovered that he was the only Lutheran in his new little town of all Catholics. That was okay, but the neighbors had a problem with his barbecuing venison every Friday. Since they couldn't eat meat on Friday, the tempting aroma was getting to the best of them.

Hoping they could do something to stop this, the neighbors got together and went over to talk to Ole, eventually persuading him to join their church.

The big day came and the priest had Ole kneel. He put his hand on Ole's head and said, "Ole, you were born a Lutheran, you were raised a Lutheran, and now," he said as he sprinkled some incense over Ole's head, "now you are a Catholic!"

Ole was happy and the neighbors were happy. But the following Friday evening at suppertime, there was again that aroma of grilled deer steaks coming from Ole's yard.

The neighbors went to talk to him about this and as they approached the fence, they heard Ole saying: "You were born a whitetail, you were raised a whitetail, and now," he said as he sprinkled seasoning salt over the choice tenderloin cut, "now you are a walleye!"

