

**Rural Realities Podcast**  
**Season 2, Episode 10**

**“Farm Life Helped Teen Adapt After Tragedy” with Sydni and Sam Mell**

Listen to how growing up on a Wisconsin dairy farm, and having a life in agriculture, helped Sydni Mell and her family adapt after a farm accident. Sydni and Sam used the same mindset that they have used on the farm to keep their heads up, push forward, and make strides in Sydni’s recovery. Enjoy this inspiring conversation of tragedy, hope, and determination as Sydni and Sam share their story of a farm accident with Farm Center’s Karen Endres.

If you’re facing changes on your farm, big or small, contact the Wisconsin Farm Center! With more than 100 years of collective agriculture experience, the Wisconsin Farm Center team offers free and confidential financial and transition planning services, conflict mediation, veterinary diagnostic analysis, and more. They can be reached at 800-942-2474 or [farmcenter@wisconsin.gov](mailto:farmcenter@wisconsin.gov). More information on programs and services is available at [farmcenter.wi.gov](http://farmcenter.wi.gov).