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MAY 21, 2026

Volume 20 • Issue 5

Rice County Steam & Gas Annual Flea Market & Swap Meet May 23rd & 24th

The Rice County Steam & Gas Show has announced their annual Swap Meet and Flea Market for May 23rd & 24th, 2026.



Annual Swap Meet & Flea Market
Consignment Auction 9am Saturday
S.E.A.T.P. Tractor Pull 9am Sunday
Railroad Train Rides

Check out their website and facebook page for more information. www.ricecountysteamandgas.com. (see ad on page 11)

Dundas Growth Years in the Making: Mayor Says Planned Development Fueled by Long-Term Vision

Courtesy of KYMN Radio News

Dundas' recent burst of housing and commercial activity may look like rapid growth from the outside, but Mayor Glenn Switzer says it is anything but sudden.

In an interview this week, Switzer emphasized that the more than 100 new single-family homes planned for development in the coming years are the result of long-term planning that stretches back decades. Projects such as the Stone Ridge II neighborhood and Bridgewater Heights are not new ideas, he explained, but later phases of developments that were approved 15 to 20 years ago.

"This isn't explosive growth," Switzer said. "This is having a plan, working the plan, and staying with it."

The mayor credited Dundas' comprehen-

sive planning, consistent city leadership, and early investments in infrastructure for the city's ability to grow steadily without straining services. Water towers, sewer and water systems, and multiple river crossings were designed with future development in mind, allowing new housing to be added without major upheaval.

Switzer also pointed to the value of diverse housing options, noting that Dundas offers everything from small starter homes to larger, newer houses alongside historic properties. That mix, he said, helps create a healthy, resilient community that can adapt as housing needs change over time.

Beyond housing, Dundas is seeing planned commercial infill along Highways 3 and 20, including new businesses and future devel-



opment opportunities near Schilling Drive and Schilling Parkway. A major sewer repair project scheduled for this summer will temporarily alter traffic patterns but is expected to open up long-term access and development potential in the area.

The mayor said Dundas' growth is also shaped by its regional location between the Twin Cities and Rochester, as well as its close cooperation with Northfield on shared projects like the Dundas Commons area and the new ice arena.

"Things don't just happen by accident," Switzer said. "When you plan carefully and work together, growth becomes an opportunity rather than a problem."

Announcements

• The 2025 Drinking Water Report is available at <https://www.cityofdundas.org/DocumentCenter/View/2153/2025-Drinking-Water-Report?bidId=> or in-person at Dundas City Hall. To request a paper copy, please contact Dundas City Hall.

• City Hall is closed Memorial Day, Juneteenth, and July 3rd in observance of Independence Day.

• Save the date! 2026 Dennison Days August 7 & 8!

Do you have an announcement?

Email:

hometownmessenger@gmail.com

NH+C's Purchase of Allina Moves Forward; Providers Moving to NH+C Announced

Courtesy of KYMN Radio News

Northfield's health care landscape is set for a significant shift as Northfield Hospital + Clinics (NH+C) moves forward with its purchase of the Allina Health Northfield Clinic from Allina Health, marking a collaborative effort aimed at strengthening local access to care.

The two organizations have finalized approval of the agreement, with a full transition expected by September 2026. Located on Jefferson Road, the clinic will continue operating in the same space under NH+C's independent system, minimizing disruption for patients while expanding locally governed services.



Courtesy of Northfield Hospital & Clinics

(continued on page 9)

Rice County Launches New Home Safety Initiative to Prevent Falls

Courtesy of KYMN Radio News

Rice County is rolling out a new fall prevention initiative aimed at helping older adults stay safe—and stay in their homes—by offering voluntary home safety assessments following certain emergency calls.

(continued on page 9)



HAVE A SAFE MEMORIAL DAY WEEKEND

Open Regular Hours
Friday & Saturday, May 22 & 23
Open Sunday, May 24 from 9am-3pm
Sapphire Cocktail Lounge will be closed Friday and Saturday.



37540 Goodhue Ave., Dennison, MN
Hours: Wednesday & Thursday 11:00 AM-8:30 PM
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Activities 10 a.m.-noon

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Northfield Public Library

All visitors to the bookmobile get a free Martha's mini scone. We'll be parked in the lot across the street from Martha's, 236 Railway St N, Dundas, MN 55019
Kickoff for monthly visits to Dundas

Graduates, Trust God! - He's Got You!

By John Todor, Pastor

It's that time of the year again - caps are tossed into the air, cameras flash with proud smiles, and graduates stand at the edge of a brand-new journey. Graduation is more than a ceremony; it marks a season of change, transition, and new beginnings. Our graduates are stepping into a season of constant change, where new experiences, opportunities, and challenges will shape their path ahead.

I would like to remind you dear friends, that in a constantly changing world there is one unchanging reality - God does not change! As one chapter closes and another begins, the same God who's been faithful to you all those years, promises to remain faithful and true as you step forward into an unknown future.

The Bible says in Hebrews 13:8 that "Jesus Christ is the same yesterday, today, and forever." That means that the same Jesus who went about healing and teaching and preaching and ministering, the Jesus that opened blind eyes, the Jesus who reached out to the sinful in compassion and the Jesus who reached out to the hurting and lifted up the fallen, that Jesus is alive.

Here are 3 things about Jesus that are meant to encourage our graduates and us all, no matter what stage in life we may be:

I. HIS PURPOSE IS UNCHANGEABLE

What is Christ's main purpose in the world today? The same that it was when He came into this world. Jesus said, "I have come that you might have life and have it more abundantly". Somebody said that life begins at forty. I believe that Life begins at Calvary. When you come to know Jesus Christ as your Savior then you have a real purpose in life. He came that you might have LIFE - a life that is eternal (John 3:16).

II. HIS POWER IS STILL AVAILABLE

In Ephesians 1:19 Paul said, "I pray that you will begin to understand how incredibly great His power is to help those who believe Him." As the school year comes to an end and you

students prepare to step into a new chapter of life, I pray you will find comfort in knowing that Christ's power is still available to you. The same strength, wisdom, and guidance that carried you through late nights, difficult moments, and seasons of growth will continue to lead you into the future. Though classrooms, routines, and familiar faces may change, Christ remains constant. In every decision, uncertainty, and opportunity ahead, you can be sure that His presence will go before you and His power will sustain you for whatever lies ahead.

III. HIS PROMISES ARE STILL RELIABLE

Because He lives, His promises are still reliable. The world around you may shift, plans may change, and the future may not always unfold the way you expect, but God's Word remains steady and unchanging. His promises of guidance, peace, strength, and provision are just as true today as they have always been. When fear, doubt, or uncertainty arise, graduates, trust God and rest assured that He will never fail you. He is faithful to walk beside you through every challenge and every new opportunity, reminding you that your future is secure in His hands, and He will never let go of you.

I will leave you now with the words of one of my favorite hymns, not before wanting to mention the fact that we are all cheering for you and praying for God's best.

Because He lives, I can face tomorrow
Because He lives, all fear is gone
Because I know He holds the future
And life is worth the living, just because He lives.



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Area Church Directory

Whew!

Timothy has . . . brought good news about your faith and love.

— 1 Thessalonians 3:6

Paul was overjoyed! He had sent his disciple, Timothy, back to the city of Thessalonica to check on the church they had recently planted there. And Timothy had returned with amazing news!

First, the background: Paul had spent only a short time in Thessalonica, establishing a community of Christ-followers, before an angry mob opposed to the gospel chased him off. Paul knew the deep challenges that the new Christians faced there in his absence, living in a culture that was deeply opposed to Christianity. He wouldn't have been surprised if everyone had gone back to their former ways of life in Judaism or Greek tradition.

But Timothy came back with a report that the new Christians in Thessalonica were standing firm despite the challenges. They remained full of faith in Jesus. They even longed to see Paul again!

That doesn't happen by accident. The God who raised Jesus from the dead also brought these people to life in him, and he kept them there. You might say that every standing-firm, new Christian was an ongoing resurrection story, a new creation, proof that God was up to something big: the renewal of all creation.

If anyone is in Christ, as Paul says in 2 Corinthians, there is a new creation. The old has gone. The new has come!

Lord, all of us who are new creations in Christ are glad to have your resurrection power at work in us. Thank you! The old is going away and the new is coming. Help us to see and rejoice. Amen.

CANVAS CHURCH

404 Schilling Drive, Dundas, MN

Lead Pastor: **Jed McGuire** • www.canvaschurchmn.com

507-301-7500 call • 507-800-0187 text

Sunday service 9:00a.m. and 10:45a.m.

YTH Wednesdays at 6:00p.m. Canvas Recovery Group meets Thursdays at 6:30p.m.

LITTLE PRAIRIE UNITED METHODIST 2980 130th St. E., Dundas, MN

Pastor **Penny Bonsell** • pastor@littleprairieumc.org

507-663-6150 church phone • 651-503-4279 Cell

9:30 a.m. Sunday Worship; Sunday School & Nursery; Adult Group 8a.m.

CITY LIGHT CHURCH 2140 Hwy. 3 South, Northfield, MN

Pastor **Gary Gilbertson** • 507-645-8829 Call for service times

LIFE21 CHURCH 2100 Jefferson Road (just north of Target)

Pastor **Danny Lewis** • 645-7730 life21church.com

10:00a.m. Worship Service

NORTHFIELD EVANGELICAL FREE CHURCH 5600 East 110th Street

Pastor **Andy Clare** • 663-0133 • northfieldefc.org

9:30 a.m. Worship; 11:00 a.m. Christian Living Classes

HOSANNA CHURCH - NORTHFIELD 205 2nd St. S., Dundas

Pastor **Nathan Hillman** • 952-435-3332 • www.hosannalc.org

Sunday: 9am & 10:45am Worship with Children's Ministry for ages birth-5th Grade during both services.

Fellowship time with refreshments between services.

Wednesday: Middle School Ministry at 6p.m. & High School Ministry at 7:45p.m.

GOSPEL OF LIFE FAMILY CHURCH

Pastor **Steve Roberts** - srobertsds1@frontiernet.net

2140 Highway 3 South, Northfield • 507-259-2644

Facebook: [calvarychapelnorthfield-jesus saves](https://www.facebook.com/calvarychapelnorthfield-jesus-saves)

Website: calvarynorthfield.org

Sundays 1:00 pm

NORTHFIELD COMMUNITY CHURCH

Pastor **Josh Koehn** - 713 Division St S, Northfield, MN 55057

Contact Us: hello@northfieldcc.org

<https://www.northfieldcc.org/>

10:30 am Worship Service (10:00 am in summer)

9:15am Sunday School

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Sharon "Shari" Buchta

Sharon "Shari" Buchta, 82, of Dennison, passed away on Wednesday, January 21, 2026, with her loving family by her side.



A graveside service was held at 1pm on Saturday, May 16, 2026, at Vang Lutheran Church Cemetery, rural Dennison. Michaelson

Funeral Home in Kenyon has been entrusted with arrangements.

Dorothy Ann Pumper

Dorothy Ann Pumper, age 92, of Northfield, passed away on Friday, April 17, 2026, at Apple Valley Village Health Care Center.



Dorothy was born on June 15, 1933, on the family farm in Webster Township to Frank and Lillian (Valek) Malecha. She attended Rosary

School and graduated from Northfield High School. In her youth, she met her neighbor, Joseph Pumper, and the two were united in marriage on May 6, 1952, at Annunciation Catholic Church. They made their home in Webster for a short time before moving to Northfield, and in the 1960s, they purchased a

farm south of town, where they raised their family.

Dorothy was a devoted wife, mother, and homemaker. She found joy in cooking and baking, creating handmade rugs for her family, and caring for her nine children.

She was a longtime and dedicated member of St. Dominic's Catholic Church, where she played an integral role in parish life. Dorothy generously coordinated funeral lunches and provided comfort and care to families during times of loss.

Dorothy and Joe enjoyed traveling together and were faithful supporters of the Dundas Dukes baseball team. As their family grew, they took great pride in attending their grandchildren's activities, and in later years, Dorothy cherished time spent with her great-grandchildren.

Dorothy is survived by her children, Colleen (Tom) Weaver of Wisconsin Dells, Daniel of Northfield, Joel (Jeanne) of Northfield, Corrine (Fred) Beumer of Cannon Falls, Kaylene (Phillip) Little of Faribault, Keith (Nina) of Northfield, Laurie (Lance) Snedrud of Northfield and Jeffrey (Shari) of Owatonna; 23 grandkids; 42 great-grandkids; daughter-in-law, Donna of Northfield; siblings, Adeline Malecha of Lonsdale, Sister Francette Malecha of Shakopee, Jane Shriver of Montgomery, Judy Voracek of Lakeville, Francis "Butch" (Barb) Malecha of Northfield; and brother-in-law, Elmer (Ramona) Pumper of Northfield. She was preceded in death by her husband, Joseph; son, Craig; daughter-in-law, Nancy; grandson, Andrew; and siblings, David Malecha, Larry Malecha and Michael Malecha.

Memorials may be made to St. Dominic School in Northfield.

Mass of Christian Burial was at 10:30 AM, Friday, April 24, 2026, at the Church of St. Dominic in Northfield. Visitation was from 3-7 PM, Thursday, April 23, 2026, at Bierman, Benson & Langehough Funeral Home in Northfield, and continued one hour prior to mass at the church. A reception followed mass at the church. Interment was in Calvary Cemetery, Northfield.

Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com

Jodi Lynn Grundhoefer

Jodi Lynn Grundhoefer, 58, of Northfield, passed away peacefully at home, surrounded by her family, on Monday, April 27, 2026.



Jodi was born on October 27, 1967, in Northfield to Fred and Gloria (Woodward) Wroblewski. She was raised in Dennison alongside

her older brother, Danny, and younger brother, David. Jodi graduated from Northfield High School and, in 1988, welcomed her beloved daughter, Tawnie, who remained the center of her world.

Jodi began working at the Reub N Stein in 1994, where she became a familiar and friendly face to many for years until its closing. In 2017, she began working at Carleton

College with Bon Appétit Catering, where she continued to do what she loved—caring for and connecting with people—until illness forced her to step away in March of this year.

In May 1994, Jodi met Joe Grundhoefer while serving his father, Marv, at the bar at the Northfield Golf Course—a meeting that would change her life. They were married in July 1996 and built a life filled with love, laughter, and cherished traditions. Together, they enjoyed trips to Key West, summer vacations on Gull Lake, and simple joys like cruising in their Mustang, playing tennis, and pickleball.

Jodi had a gift for making people feel welcome and cared for. Known as the "hostess with the mostest," she made sure no one ever left her home hungry or without a drink in hand. Her door was always open, especially to her grandchildren, who brought her immense joy. She loved spoiling them and creating special memories, often taking them on shopping trips and spending as much time with them as she could. She even sometimes let them win when playing games.

She is survived by her husband, Joe; daughter, Tawnie Valek of Northfield; step-children, Mark (Karly) of North Oaks, Nick (Becca) of Northfield, Landy (Michelle) of Zephyrhills, FL, and Jojo of Richfield; grandchildren, Kaia, Magnolia, Levon, Dean, Dawson, Bailee, Rylee, Fynlee, Layla, Cohen, Thea, and Waylon; brothers, Danny, David, Freddy and Michael; father, Fred (Sarah) Wroblewski of Bullhead City, AZ; step-father, Dan Storlie of Dennison; and Tawnie's close friend, like a daughter to Jodi, Jackie Purvis of Northfield. She was preceded in death by her mother, Gloria, and father and mother-in-law, Marv and Jackie.

Jodi's family extends their heartfelt gratitude to Mayo Hospice, Hospice Aide Connie, Becca Grundhoefer, Liz Sandberg, Jackie Purvis, Dan Storlie, and Mary Langan for their compassionate care and support.

Mass of Christian Burial was at 11 AM, Wednesday, May 6, 2026, at the Church of St. Dominic in Northfield. Visitation was from 3-7 PM on Tuesday, May 5, at Bierman, Benson & Langehough Funeral Home in Northfield, and continued one hour prior to Mass at the church. Interment was in Calvary Cemetery in Northfield following Mass. A reception followed the interment at Northfield Golf Club.

Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com

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Actividades 10 a.m. a 12 p.m.

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Inicio de las actividades en Dundas

Jerry Keeps You Up-to-Date with All the Farm News You Need in the Morning!

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Chrystine Ladeen Eggum

Chrystine L. Eggum, age 64, passed away on Monday, April 20, 2026, at her home in Dennison, MN, surrounded by family after a long battle with early-onset Alzheimer's. 'Chrys' was born in Iola, KS, on June 26, 1961, the daughter of Donald and Lydia (Phillips) Paddock. The family relocated to Dennison for Donald's teaching career and Chrys graduated from Northfield High School; she attended Faibault Vo-Tech for secretarial school.

Chrys was united in marriage to Clyde Eggum on January 10, 1981, at the Dennison Lutheran Church. The couple honeymooned in Florida and the weather still managed to be cold; they traveled to Hawaii for their 25th anniversary and the climate was much better to the extent that she didn't want to come back home. They raised two boys on the family farm in Dennison and were very active as parents. Chrys and Clyde loved to travel by motorcycle to local fairs and go to Arizona and California to see family and friends. Chrys crocheted hats for babies and donated them to the local hospitals.

Chrys was a loving wife, mother, grandmother, and friend. She had a wonderful sense of humor, loved to read, and was an all-in, all-kind person. Her proudest achievement was to be a wonderful, kind and funny mother and grandmother; she was able to dance at both of her sons weddings and appreciated every moment spent with her granddaughter, Kaia. She volunteered her time every year at the Dennison Days kids carnival as well as the famous Vang Lutheran Church lutefisk dinner.

Chrystine is survived by her husband of 45 years, Clyde Eggum; her boys, Andrew (Jenn) Eggum and Joseph (Dena Jensen) Eggum; granddaughter, Kaia Eggum; brother, Mark (Sandy) Paddock; nephews, Erick and Adam Paddock; as well as other extended family and many friends. She was preceded in death by her parents, Donald and Irene; in-laws, Obert and Alice Eggum.

A Funeral Service for Chrystine was held at 11:00 AM on Tuesday, April 28, at the Vang Lutheran Church. Visitation was held on Monday, April 27, from 4-7 PM at the Bierman, Benson & Langehough Funeral Home in Northfield as well as one hour prior to the service on Tuesday at church from 10-11 AM. Interment was held at Vang Lutheran Cemetery. Arrangements are with the Bierman, Benson, & Langehough Funeral Home. www.northfieldfuneral.com

In lieu of flowers, donations may be made to the Vang Cemetery, Vang Lutheran Church, Dennison Lutheran Church or donors' choice. Thank you to Mayo Hospice and Cannon

Falls Respite Care.

Mary Jane Goertz

Mary Goertz died Tuesday, April 21, 2026, at the Reflections Care Center in Northfield, Minnesota at the age of 101. A lifelong resident of the Northfield area, she witnessed a century of profound change with grace, love, and a cheerful heart. Mary began her working career at Malt-O-Meal, then served at the counter at Quality Bakery for several years before hiring on at the Montgomery Ward store in Northfield where she worked for many years. Vibrant and adventurous she became a snowbird after retirement, wintering for 30 years in Bonita Springs, Florida.

She is survived by her five children, Jane Skluzacek (Jerry), Judy Clements, Jim Peroutka, Larry Peroutka, and Shirley Peroutka (Ron Riegert); her nine grandchildren, Lisa Skluzacek, Steve Skluzacek, Aaron Clements, Brent Clements, Cody Peroutka, Josh Dale, Tristan Peroutka-Bigus, Nathan Peroutka-Bigus, and Alex Peroutka-Barcia; five great grandchildren and a great-great grandchild; numerous nieces and nephews; and many, many devoted friends both in Northfield and Florida. She is predeceased by her three sisters (Laura Finger, Eula Trip, Verna Haines) and five brothers (Everette Hamann, Lester Hamann, Maynard Hamann, Milton Hamann, Kenneth Hamann) and her long-term loving partner Ed Miller as well as former husbands Joe Peroutka, Eon Tufte and Ervin Goertz. Mary was cherished by all who knew and loved her. She will be greatly missed.

A memorial service will be held at the United Methodist Church in Northfield, Minnesota, on Friday June 5th, 10:00am-11:00am visitation, 11:00am memorial service followed by a casual lunch at the church.

Chad Mitchell Davidson

Chad M. Davidson, age 52, passed away at his home in Dundas on Tuesday, April 21, 2026. Chad was born on October 9, 1973, in Faribault, the son of Ray and Nina (Wright) Davidson.

Chad "Hooch" lived his life fully and with intention, making sure that the

people he loved always knew how much they meant to him. He had a way of carrying joy wherever he went, rarely without a smile, especially when he was working on the racecar or restoring old buildings, two of the things that he was extremely proud of and brought joy to his life.

He had a natural ability to light up a room, not just with his presence, but with the way he made others feel seen, valued, and important. Chad didn't just care about people, he showed it, consistently and wholeheartedly.

He will be remembered for his warmth, his passion, and the genuine connections he built with those around him. His love and energy leave a lasting impact that will not be forgotten.

Chad is survived by his wife, Katie Nystuen; children, Mason, Conner, & Sydney; mom, Nina Davidson; sister, Shari (Rick) Malecha; nephew, Nathan; Aunt Peg and Aunt Coney; as well as his other extended family and countless friends that Chad considered to be his own family. He was preceded in death by his father, Ray Davidson; grandma, Rosetta Wright.

A Celebration of Chad's Life was held from 11:00 AM to 3:00 PM on Sunday, April 26th at the Bierman, Benson, & Langehough Funeral Home of Northfield. www.northfieldfuneral.com

Daniel Joseph Stadler

Dan (Daniel) J. Stadler, 82, Northfield, MN passed away on April 23, 2026. Dan was born in Faribault, MN on April 11, 1944 to Frank and Phyllis (Vailencour) Stadler. He attended Sacred Heart and Bethlehem Academy in Faribault.

Dan spent most of his career at Carleton College (27 years) as Director of Custodial Services and Project Manager. He was in his happy place as project manager overseeing repair of various houses on the campus and interacting with

the faculty, staff and students. He was their "go-to" guy if they really needed something done. Dan had a love for car repair and restoration even when a young man. He had several collector cars during his lifetime with a '46 Mercury being his favorite or maybe it was the '34 Ford or maybe the '64 Thunderbird.

He will be remembered for his belief in repairing rather than replacing—a car, a snowblower, a toaster all could be repaired (sometimes taking days). The boys would say "Dad, we can buy a new one for \$5" but still he worked until it was usable. His garage was a hardware store—he invited people to shop there before going to Menards.

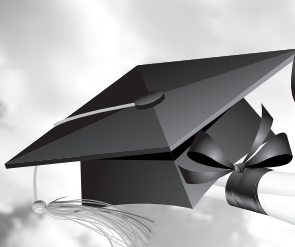
Dan was a very proud dad but was especially proud of his grandchildren's successes and families.

Survived by his wife, Linda (Niebur), children Jim (Resa), Corey (Darla), Brett, Jay (Tina), Abi, Dani (Jim), Denys (Tony) and many, many grandchildren and great-grandchildren and his brothers Larry (Judy), Wesley, Mark (Lisa) and sister, Janet. Preceded in death by son Daniel Joseph Jr., brothers, Russ and Butch, and sister Elaine, son-in-law Danny Malecha and his parents.

Donations may be directed to the Northfield Community Action Center or a charity of your choice.

A visitation in celebration of Dan's life was held from 3-7 PM, Wednesday, April 29, 2026, at Bierman, Benson & Langehough Funeral Home in Northfield.

Arrangements are with Bierman, Benson & Langehough Funeral Home & Crematory. www.northfieldfuneral.com



Congrats

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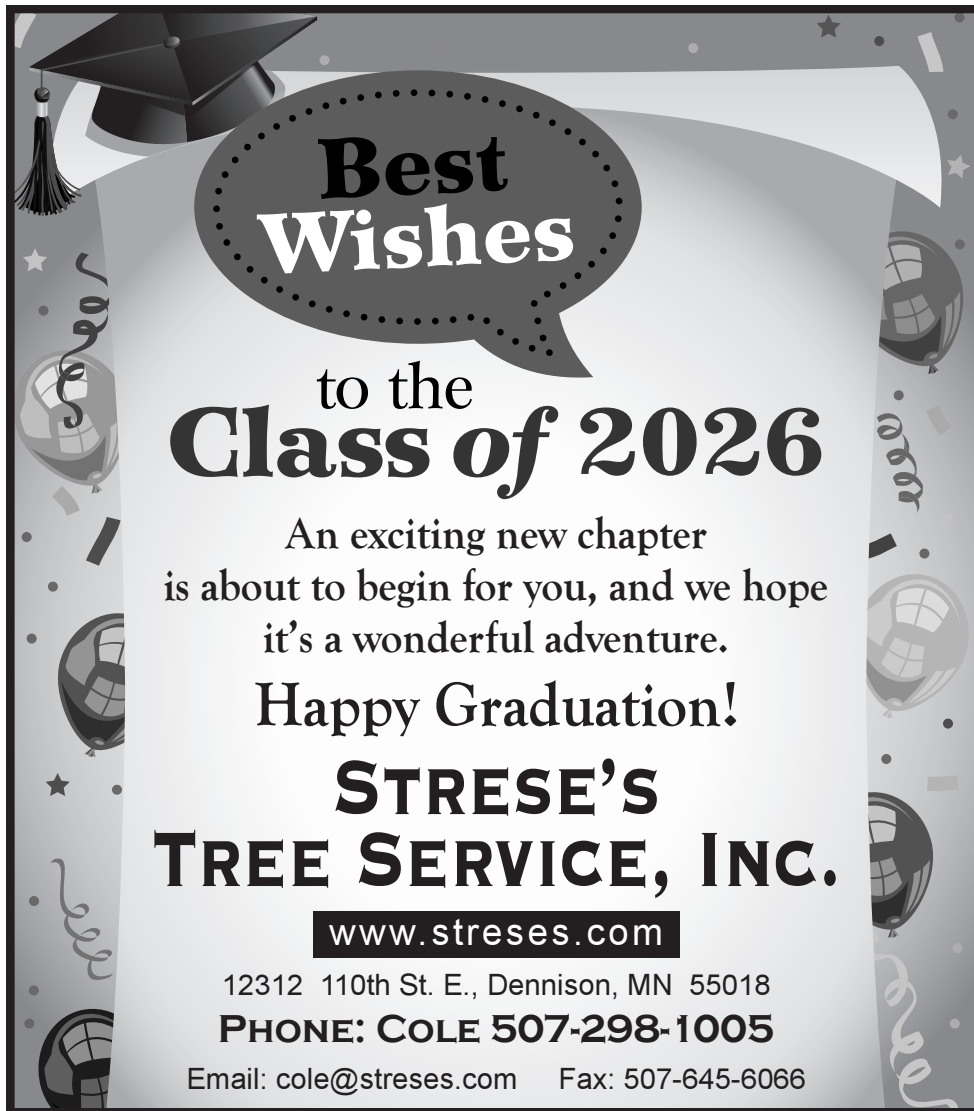
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Best Wishes

to the
Class of 2026

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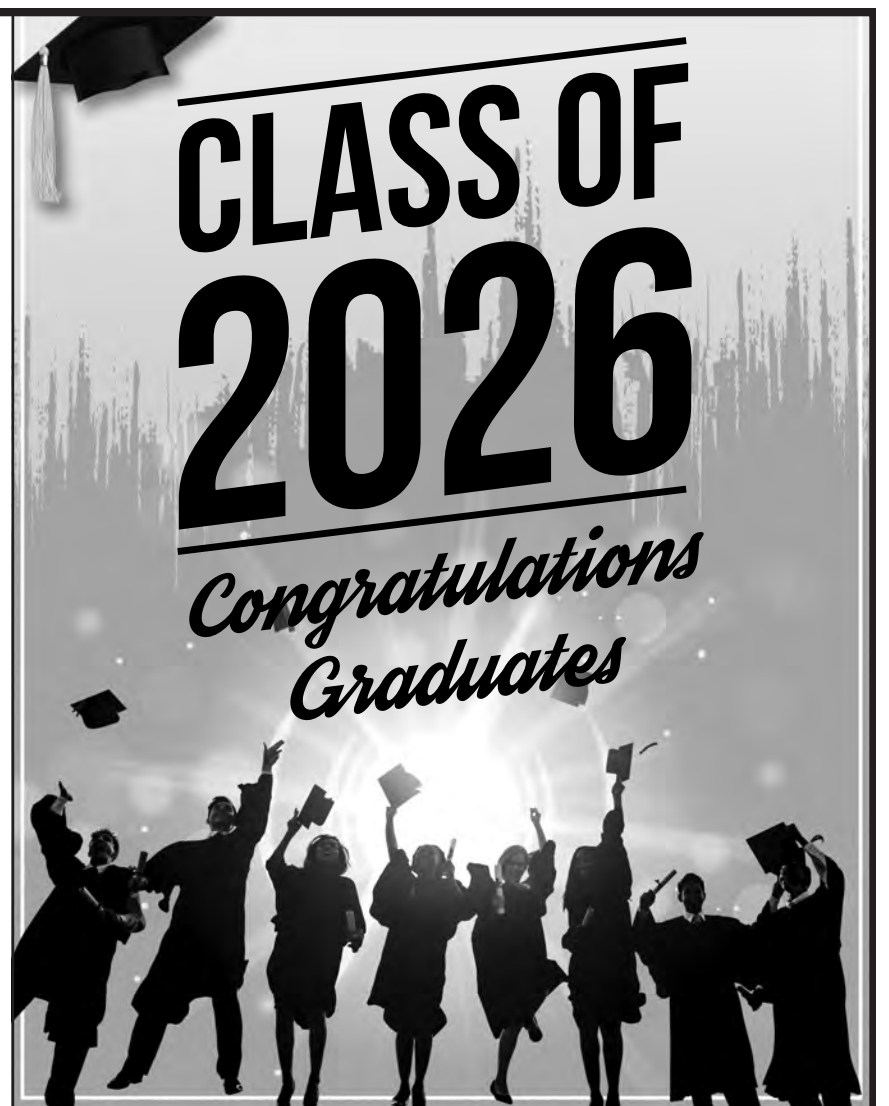
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Farm Girl Chatter April Rain Brings Muddy Boots

By McKell Lemmerman

Spring doesn't politely show up on a farm—it kicks the door in with thunder and says "IM HOME". One day it's kind of winter, kind of not, kind of hot and the next you're standing outside watching lightning crack across the sky while wondering if you left something important out in the rain. More than likely you left the windows down in your vehicle letting the seats in your car get a much-needed drink.

April rain doesn't just fall, it commits. It



turns every road, pasture, and "shortcut" into a full-body workout. You step outside thinking you're going to get one quick chore done, and next thing you know you're 6 inches shorter in the swamp. Walking becomes less of a stride and more of a slow, dramatic peel

with every step. If you don't lose a boot at least once, were you even outside?

And then there's that smell—fresh green grass finally coming back to life.

The storms themselves are something else. Lightning flashing like you are getting your picture taken every 15 seconds, thunder booming like a toddler playing with a drum set, and the wind doing whatever it wants per usual. You stand there counting seconds between lightning and thunder debating if you should run or just accept your fate.

Meanwhile, the animals act like spring is the best thing that's ever happened to them. Cattle start moving around more, calves get the zoomies like they've been cooped up all winter, and the horses feeling like they have never been touched before.

Spring isn't neat, and it definitely isn't

easy. It's early morning sunrise, longer days, and mud everywhere. But it also means things are growing again, animals are thriving, and life is picking back up—just like you picking up your boot for the third time in one day to scrape the mud off even if your boots will never be clean again.

The month starts off with April Fools' Day, but the real fools are the ones who spend the whole month playing in the mud right?

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Changes in Latitudes, Changes in Attitudes

Knot Forgotten



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

I can remember as a young kid when feed came in feed bags. Big burlap bags, some were softer cotton bags, and we brought livestock feed home from the feed elevator in them. Sometimes I would get to see them filling the bags with fresh ground feed. The feed came out of a hopper with a slide gate and the man would wrap the top of the bag around the opening and open the slide and the bag would fill with feed, along with the fragrance of grain and molasses wafting out all over. Then he would wrap the top of the bag together and wrap a twine around and pull it tight. It was secure. They would throw it in the back of the truck and stack them high.

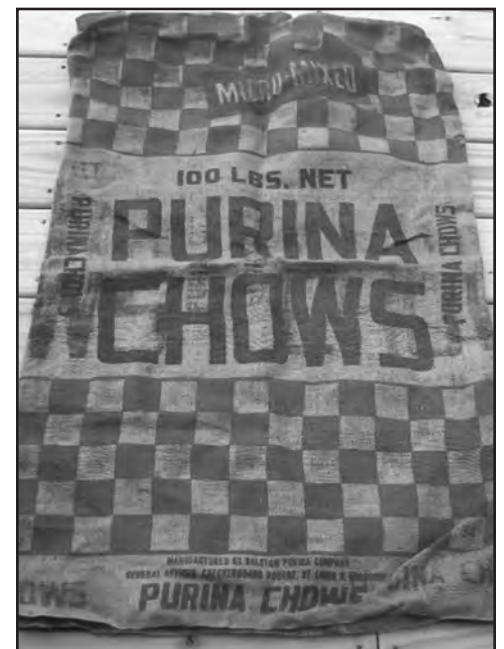
My dad would stack them in the feed room in the barn. I couldn't lift the bag, but I could open it and fill a pail to feed it to the livestock. One day I built some pallets out of 2 x 4's to stack the feed on. My dad commented

that it seemed like a waste of effort. The bags were just as good on the floor. One day when I got home from school, he handed me a \$20 bill and thanked me for building the pallets. Seems like a water pipe leak had flooded the feed room that day. Those pallets saved a lot of feed.

Some of the bags were pre-filled and they had stitching across the top. There was a way to open them. My dad did it so simply. He just found the right string and pulled it and magically the string came apart. It looked so easy. I think it was really algebra because I never got it. It was necessary to open it properly as not to damage the bag. These were valuable and we returned them to the elevator each week to be refilled. I usually resorted to cutting the string with my jack knife until I got the right one or completely removed the offending string holding the top closed. That trick would not be handed down because I could never master it.

I have come across some of these colorful bags around the farm. They bring back memories. A trip to the feed store was always exciting for an 8 year-old farm boy. I remember the jingles on KDHL radio for the feed companies. The Checkerboard song still rings in my mind. Purina Feeds were popular back in the 1960's. Now bags are easier. They have a tab one can pull and usually directions on how to open it quickly. And bags are paper or plastic and you dispose of them after the first use.

I remember my mom telling me about how housewives would clean the soft cotton bags and make clothes out of them. Feed companies during the depression would dye the bags colorful patterns. I don't imagine the burlap bags were used for clothing. I found a



white bag used for oats with a picture of a stallion on it when I was young. It had escaped the mice in the granary and was in great shape. My mom sewed a drawstring in the top and I used it as a gym bag at school.

Another knot I was never good at tying was baler twine. Rolls of baler twine had to be connected every time they were replaced. I was too young to lift bales so I drove the tractor and my neighbor Walt loaded the wagons. He would lift the new twine roll into the compartment on the baler and fish the end out of the center and tie them together. If it wasn't done right, it would jam when going through the knottter on the baler. He made it look so simple. Many years later when I was in charge, I discovered it was not as easy as it looked.

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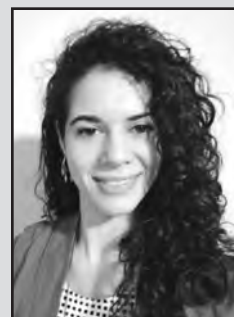
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A Minnesotan: May



By RosaLin Alcoser

Spring has finally sprung in Minnesota. Which means it's finally the point in the year when all Minnesotans emerge from the safety of our homes, where we endured the winter, and finally go outside to enjoy the good weather months. The thing that always wows me at this time of year is how suddenly green everything gets over night.

As someone who is not from Minnesota, but has lived most of their life here it is different then other places I have lived before. When I was attending college in the Ozarks the world would gradually become green somewhere between mid February

and mid March. When things that are not quite blooming here yet, such as tulips and daffodils are starting to come out. Whereas every year living in Minnesota I feel like we can go straight from the heart of winter to full on green some years.

And as we all know when that happens just depends on the year. I remember back in 2012 I went to junior prom the same weekend as Mothers day and we had a May blizzard that same weekend.

There are two things I still vividly remember about that May weekend in 2012. The first thing being my mother being woefully upset that it had snowed in May; despite that it was not the first year of us living here that it had done this. The second was that my prom date's mom had us stand in front of a dormant lilac bush in the snow, with no coats on in 30 degrees, for pictures. With the reasoning that it had been in bloom that weekend the year before and it was where she had planned to take the pictures. Needless to say we were cold.

My friends who went that same weekend remember having a snowball fight in formal wear and I remember being cold in front of a dead bush. At the end of the day it is still one of my favorite childhood memories where it snowed in May. Partly due to the fact that I'm able to tell it to people who haven't lived here long enough to know that this has happened.

Preventing Dementia



By Shauna Burshem, D.C.

Prevent dementia with movement and proper sleep: A recent study published in PLOS One highlights the significant role of regular exercise and adequate sleep in protecting long-term brain health. The research found that simple lifestyle changes, such as breaking up long periods of sitting and getting seven to eight hours of sleep per night, could reduce the risk of late-onset dementia by up to 25%. Conversely, prolonged sedentary behavior and poor sleep habits were linked to increased dementia risk. For example, sleeping less than seven hours raised the risk by 18%, while sleeping more than eight hours increased it by 28%. These findings emphasize that maintaining a balanced and active lifestyle can be as effective as some medications in reducing dementia risk.

The study analyzed data from 69 studies involving nearly 3 million participants over eight decades, focusing on how sleep, physical activity, and sedentary behavior starting at age 35 impacted dementia risk later in life. It revealed that sitting for more than eight hours a day increased dementia risk by almost 30%, while even moderate physical activity, such as daily walks, reduced the risk by an average of 25%. Researchers stressed that physical activity offsets dementia risks even when other factors, like cardiovascular disease or diabetes, are present. However, they cautioned that exercise alone cannot fully counteract the negative effects of prolonged sitting, underscoring the importance of combining multiple healthy habits.

Exercise benefits brain health by improving blood flow and oxygen delivery, which supports the brain's small capillaries and prevents atrophy. Physical activity also releases brain-derived neurotrophic factor (BDNF), a protein that enhances cognitive function, promotes neuron growth, and strengthens neural connections, particularly in the hippocampus. Additionally, exercise reduces chronic inflammation and beta-amyloid buildup, both of which are linked to Alzheimer's disease and dementia. While mentally stimulating activities like puzzles or knitting can also support brain health, they provide different benefits than physical activity, making a combination of both essential for optimal cognitive protection.

Sleep plays a critical role in brain health by allowing the glymphatic system to clear waste, such as beta-amyloid, that accumulates during waking hours. Proper sleep also

supports memory consolidation and helps regulate other healthy behaviors, such as managing stress, eating well, and staying active. Experts suggest that consistent, moderate physical activity and prioritizing quality sleep are more sustainable and impactful than intense exercise or elaborate health hacks.

Together, these habits create a foundation for long-term brain health and reduce the risk of dementia, offering a practical and accessible approach to aging well.

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

Hunger and GLP-1



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

America is a country filled with many contradictory challenges. While there are many in this country who are not sure where their next meal will come from, there are also millions who are overweight or obese. More than 30% of the population in the United States is obese, but excess weight does not mean nutrition needs are being met. An individual can be overweight and be under nourished. Vitamin and mineral deficiencies are commonly found as the root cause of health challenges among those who are overweight. Hunger can be a signal that the body is looking for more nutrients, but the convenient foods and snacks do not provide those nutrients. A common contradiction for many Americans is excess calories while missing essential nutrients.

When the human body is fed nutrient rich foods that commonly grow in the garden and on grass pastures, satisfaction signals are created with the production of glucagon-like peptide-1 (GLP-1). This protein signal is made in the human body by cells in the colon that respond to gut bacteria that are thriving on the nutrient rich food. These nutrient rich foods include: onions, asparagus, chicory, Jerusalem artichoke, green bananas, sauerkraut, kimchi, broccoli, turnip greens, carrots and beans. These foods contain fiber that the human body does not digest, but bacteria love. As the bacteria feed on the fiber from these foods, the bacteria produce butyrate, which is an essential fatty acid to support the health of the colon. A specific group of cells in the colon called L-cells respond to the increased butyrate and produce GLP-1, which signals satisfaction to

the rest of the body.

There has been increasing popularity in medications that mimic the GLP-1 signal. These medications produce the signal that reduces hunger and results in a decreased desire to eat. These medications were first developed to aid those managing diabetes but have now become popular as a weight loss method as well. However, the original hunger signals that were suggesting nutrient deficiencies are now being ignored because of the artificial GLP-1 signal from the medication. The person may be losing weight and increasing nutrient deficiencies as well.

A report in the February 2026 issue of Clinical Nutrition presented recent cases of brain damage resulting from a depletion of Vitamin B1 following the use of GLP-1 medication. Thirteen cases were found in the FDA Adverse Event Reporting System.

All cases reported significant digestive issues related to taking the medication. While the digestive issues are a well-known side effect with GLP-1 medication, the nerve damage in the brain was a surprise. The damage was the result of significantly lower Vitamin B1 intake because of decreased hunger promoted by the medication.

Within clinical practice, I have seen many clients who are using GLP-1 medications continue to struggle with adopting healthy lifestyle choices that would promote satisfaction naturally. When nutrient rich foods are made a priority for each meal, natural GLP-1 will be produced and greater balance achieved. Without healthy lifestyle choices, a lifelong dependence on medication is the outcome. GLP-1 medications were designed as a lifestyle drug to be used for the rest of an individual's life. The current research reports are beginning to show the negative results.

A healthy weight is the result of healthy choices. A supportive community is needed to help make these healthy choices become a lifestyle. I have written in previous articles about healthy weight and continue to provide resources to support healthy lifestyle choices that can help you reach your health goals. Contact me to discuss your health goals for the coming year. Nutrition is designed for healing. I can help you reach greater health freedom in 2026. Contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

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NH+C's Purchase of Allina Moves Forward; Providers Moving to NH+C Announced

(continued from page 1)

Patients currently receiving care at the clinic will be contacted directly by their clinicians with details about the transition. Appointment scheduling with clinicians making the move will begin in August, with visits available starting in late September.

As part of the agreement, approximately 30 clinicians will join NH+C, along with clinic staff who will remain in their roles. The transition includes providers in Family Medicine, Pediatrics, Mental Health, and Sports Medicine—key service areas that support comprehensive, community-based care. KYMN has the full list of clinicians who are transferring to NH+C in the written version of this story on our website at kymnradio.net. According to a hospital spokesperson, this is the full list for Family Medicine, Mental Health, Pediatric Medicine and Sports Medicine. Specialty care is still in discussion as plans take shape.

NH+C President and CEO Zander Abbott said in a statement issued by his organization that the acquisition represents an opportunity to unify primary care services within Northfield while keeping care local. He emphasized that the move reinforces NH+C's long-term commitment to delivering high-quality care across all stages of life.

Leaders at Allina Health echoed the collaborative intent behind the agreement. Bill Evans, Chief Medical Group Operations Officer, noted that partnerships like this are increasingly essential in modern health care, allowing organizations to better allocate resources while ensuring patients maintain access to both local primary care and specialized services.

The new NH+C Jefferson Road Clinic is expected to serve as a cornerstone of this coordinated, patient-centered approach.

The medical providers who will be joining NH+C as announced in the statement:

Family Medicine - Cynthia Baumgartner, MD; Michael Burgdorf, MD; Tamara Detert, DO; Richard Goodwin, MD; Jenny Hart, PA-C; Robyn Hegland, MD; Kyle Hoffert, MD; Abby Kershaw, PA-C; Bobbi Livengood, MD; Mark Labenski, MD; Megan Malecha, PA-C; Saul McBroom, MD; Bridget McLeran, PA-C; Katherine Rogers, MD; Jane Runzheimer, MD; Adei Shaqra, DO; Siri Shaqra, DO; Heather Stortz, DO; Erin Traxler, DO; William Votel, MD

Mental Health - Martha Barck, CNP; Shannon D'Alonzo, MD; Christine Gedicke, LICSW; Bill Hoekstra, PsyD LP; Marc Kelliny, MD; Meghann Malecha, DNP, PMHNP-BC; Kimberly Szajner, PsyD LP; Jaime Wiebe, LICSW

Pediatric Medicine - Heidi Kram, MD; Sports Medicine; Scott Koehler, MD

Rice County Launches New Home Safety Initiative to Prevent Falls

(continued from page 1)

The program is a partnership between Rice County Public Health, Northfield Emergency Medical Services (EMS) and Northfield Hospital + Clinics. It is modeled after a similar effort in Rochester that Northfield EMS Chief Brian Edwards said significantly reduced repeat emergency calls for falls.

Falls are one of the most common reasons EMS crews are called, according to Edwards. Last year alone, EMS responded to 554 fall-related calls across its service area, which spans parts of four counties. The average patient age was 74, and in 20% of those cases, the individual was not transported to the hospital.

"Often, people just need help getting back into a chair or bed," he said. "But a fall is a red flag. It tells us there may be risks in the home that could be addressed."

Under the new program, when EMS responds to a fall and the patient is not transported, crews can offer a referral to Rice County Public Health. With the patient's consent, public health staff will arrange a home visit by trained volunteers to conduct a safety assessment. The visits are not inspections, Edwards emphasized, but supportive conversations focused on reducing fall risks.

Occupational therapist Jessica Solberg of Northfield Hospital + Clinics helped train about 20 volunteers for the program. She said falls are extremely common, with roughly one in four adults over 65 experiencing a fall each year.

"In health care, we define a fall as anytime you end up on the ground when you didn't plan to be there," Solberg said. "And once someone falls, it can be a turning point that leads to disability or loss of independence."

Volunteers look for common hazards such as loose rugs, poor lighting, and high-risk bathroom setups. Simple changes—like installing grab bars, adding a shower chair, or improving lighting—can make a major difference. The assessments also include general safety checks, such as smoke detector batteries.

The program's ultimate goal, Solberg said, is to help older adults age in place safely. Rice County Public Health will oversee case management and help connect participants with community resources, grants or low-cost solutions when changes are needed.

For residents concerned about a loved one, contact Amy Ernste Caron, the Long Term Care Unit Supervisor at Rice County Public Health: 507-332-5922.



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Sun, May 10	at Cannon Falls Bears *	Cannon Falls, Minn.	2 p.m.
Sun, May 17	Cannon Falls Bears *	Home	2 p.m.
Wed, May 20	Champlin LoGators	Home	7:30 p.m.
Fri, May 22	Baseball 365	Home	7:30 p.m.
Mon, May 25	Northfield Knights *	Home	2 p.m.
Wed, May 27	Shoreview Stumpgrinders	Home	7:30 p.m.
Fri, May 29	Hastings Hawks *#	Home	7:30 p.m.
Sun, May 31	Hampton Cardinals*#	Home	2 p.m.
Wed, June 3	Red Wing Aces *	Home	7:30 p.m.
Fri, June 5	@ Hastings Hawks *#	Hastings, Minn.	7:30 p.m.
Sun, June 7	Rochester Royals *#	Home	2 p.m.
Wed, June 10	@ Red Wing Aces *	Red Wing, Minn.	7:30 p.m.
Fri, June 12	New Market Muskies #	Home	7:30 p.m.
Sun, June 14	Elko Express \$	Home	2 p.m.
Wed, June 17	Prescott Pirates	Home	7:30 p.m.
Fri, June 19	Owatonna Aces \$	Home	7:30 p.m.
Sun, June 21	@Rochester Royals *#	Rochester, Minn.	2 p.m.
Wed, June 24	St. Paul Mudhens	Home	7:30 p.m.
Fri, June 26	Lakeville Loonatics *#	Home	7:30 p.m.
Sun, June 28	St. Anthony Hogs	Home	2 p.m.
Wed, July 1	North St. Paul Snowmen	Home	7:30 p.m.
Fri, July 3	Minnetonka Monarchs	Home	7:30 p.m.
Sat, July 4	@ Northfield Knights *	Northfield, Minn.	2 p.m.
Wed, July 8	@ Faribault Lakers #	Faribault, Minn.	7:30 p.m.
Fri, July 10	Miesville Mudhens *#	Home	7:30 p.m.
Sun, July 12	@ Lakeville Loonatics *#	Lakeville, Minn.	2 p.m.
Wed, July 15	Hamel Hawks	Home	7:30 p.m.
Fri, July 17	@ Miesville Mudhens *#	Miesville, Minn.	7:30 p.m.
Sun, July 19	Highland Park Beavers	Home	2 p.m.
Wed, July 22	St. Boni Saints	Home	7:30 p.m.
Fri, July 24	@ New Ulm Brewers #	New Ulm, Minn.	7:30 p.m.
Sun, July 26	Prior Lake Jays	Home	2 p.m.
Fri, July 31	Section 1A Playoffs	TBD	8 p.m.
Sat, Aug 1	Section 1A Playoffs	TBD	TBA
Sun, Aug 2	Section 1A Playoffs	TBD	2 p.m.
Sat, Aug 8	Section 1A Playoffs	TBD	TBA
Sun, Aug 9	Section 1A Playoffs	TBD	2 p.m.
Fri, Aug 14	Section 1A Playoffs	TBD	8 p.m.
Sat, Aug 15	Section 1A Playoffs	TBD	TBA

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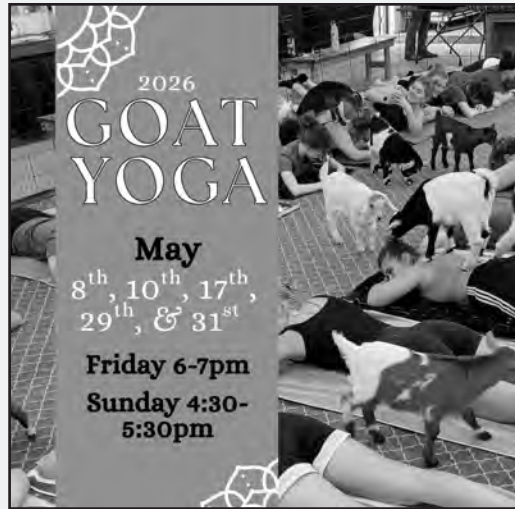
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Rice County Sheriff's Office Urges Boaters, ATV Riders to Put Safety First as Summer Nears

Courtesy of KYMN Radio News

As warmer temperatures arrive and fishing opener weekend approaches, the Rice County Sheriff's Office is preparing for another busy summer on the water and on local trails. Sheriff's Captain Nathan Budin, who oversees the county's water patrol and dive team, said recent activity on area lakes is an important reminder for residents to stay alert and prepared as recreational seasons begin.

In May, deputies deployed navigational buoys on lakes throughout the county. Budin emphasized that the markers are meant to signal potential hazards such as sandbars or submerged objects, not just a single danger point. Water levels can change quickly, he noted,

making previously safe routes risky just days later.

While most boaters act responsibly, the sheriff's office still responds to breakdowns or minor incidents a few times each month. Rivers remain the most dangerous waterways, Budin said, particularly because of debris known as "strainers," including logs left behind by severe storms.

Budin strongly encouraged boaters to wear their life jackets at all times, especially non-inflatable models when traveling rivers.

The department has also upgraded its river rescue capabilities with a newer, shaft-driven boat designed to safely maneuver over rocks and logs. Training with the new vessel is ongoing, and the older boat has been transferred to the City of Faribault, keeping resources local.

In addition to water safety, the sheriff's office is expanding ATV education and enforcement. Grant funding is being used for youth ATV certification classes and expanded patrol hours, including enforcement focused on alcohol-related offenses. Budin said the goal is visibility and prevention as side-by-side vehicles become increasingly popular.

Budin also highlighted upcoming observances, including National Correctional Officers Week and National Police Week, encouraging residents to recognize the service and sacrifices of law enforcement personnel across Rice County.

May events, happenings and goings on at WildWood!

315 Main Street | Nerstrand

Community -donation based- Sound Bath

Thursday, May 21 | 6:30-7:45pm

Recommended donation \$10-\$35

Hosted by Maria of MVR Healing

Join Maria for a relaxing and educational evening designed to help you unwind, reset, and experience the power of sound healing. We'll begin with a brief introduction to sound healing - what it is, where it comes from, and how it works - so you can better understand the experience.

Then you'll be guided into a deeply calming sound bath to support your nervous system, release stress, and bring your body back into balance. This is a donation-based offering to make this work accessible while still honoring the energy exchange.

3D Sign Painting Party

Thursday, May 28 | 6pm | \$60

Hosted by Erin of Mosaic Filled Life

Get your front porches and doors ready for spring and summer with this unique sign painting party!

Intro to Garment Sewing

Saturday, May 30 | 9am-3pm | \$99

Hosted by Tracy of Stitch Loudly

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Review Set to Begin Later this Year, Last through 2028 **Redetermining Ditch Benefits Could Impact Unaware Property Owners**

By Rice County

A comprehensive review of Rice County rural agricultural drainage ditches and land affected by them, approved last week by the Board of Commissioners, will determine which properties currently benefit from the ditches and how to equitably divide the cost to maintain them.

This review, part of what's known as a redetermination of benefits, is expected to impact about 30% of the total acreage of Rice County and hundreds of property owners, many who haven't previously been listed as benefitting and who may not realize their land lies within a county drainage ditch watershed, an area that drains water into a ditch.

Like a number of other Minnesota counties, Rice County has been inconsistent in redeter-

mining benefits. But with decades of development and changes to land and its value since its ditches have undergone redetermination, a Ditch Fund in the red and new a full-time ditch manager to keep ditches in good order, county leaders decided it was time.

Ditches were first introduced in Minnesota in the late 19th century following years of heavy rains that made fields untillable for months. By digging deep ditches and laying clay piping called tiles, landowners could manage how excess water moved, allowing previously inaccessible land to be used for farming.

By the mid-1980s, about 20% of Minnesota land was drained by tile systems.

State law requires public ditches to be managed and repaired when necessary by a county drainage authority, which in Rice County is made up of its county commissioners. Cost for upkeep and repair are assessed to the benefitting properties based on the benefit received.

Viewers, hired to review the ditches and determine which properties are benefitting, will begin work later this year. The county's 23 ditches have been divided into four groups; seven ditches in the southwest part of the county will be viewed first. The final group is expected to be viewed in summer 2028.

Once all ditches in a group have been viewed, a report regarding each ditch will be sent to all benefitting parcels. A landowner meeting is then held to discuss the report's findings and answer landowners' questions.

Only after the report is adopted by the Drainage Authority will benefitting property



Ditch Manager Jarett Spitzack inspects a county drainage ditch in July 2024. Viewers have been hired to review public county ditches to equitable assessment of benefits.

owners be assessed.

More information about drainage ditches and the redetermination of benefits can be

found at <https://bit.ly/RiceCo-DrainageDitches>.

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IN RICE COUNTY

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6-7 p.m. Wednesday, May 27

Weitz Center for Creativity, Room 236
Carleton College
320 Third St. E, Northfield



Colleague's Hearty Endorsement Earns Johnson Statewide Award

By Rice County

It took just three words for Nicole Christensen to describe her coworker, Barb Johnson: Excellence, professionalism and positivity.

That full-throated endorsement from Christensen helped earn the Community Corrections administrative assistant the Support Excellence Award during last month's Minnesota Association of Community Corrections Act Counties Statewide Support Staff Conference.

"Barb consistently goes above and beyond in everything she does. Her standard of excellence is not just a goal -- it is her norm. She approaches her work with dedication, precision and pride, ensuring that every task

is completed thoughtfully, and ensures everyone feels heard and understood. Her clarity and transparency strengthen our team and foster trust across our office."

Johnson, who began at Rice County in summer 2023 and was promoted the following year, said she had no idea of the nomination. But as the conference speaker began describing the winner and Christensen pulled out her phone to record the announcement, Johnson became suspicious.

"It was a nice surprise," said Johnson, who clearly prefers to stay out of the spotlight. "But we're all a team," she said of her Community Corrections support staff colleagues, Christensen and Danielle McDermott. "I can't do what I do without the help and support of everybody else."

It's not just her technical skills that make Johnson so outstanding. In her nomination, Christensen called Johnson "the heart of our workplace culture" by encouraging positivity, uplifting those around her, endearing herself to colleagues by bringing in treats and knowing just how to bring a smile to people's faces.

"She is solution oriented and can always find a way to solve the problem. Her daily contributions make a lasting impact on our team, and she is more than deserving of this recognition," wrote Christensen.

Community Corrections Manager Angela



Barb Johnson

Brewer seconded Christensen's comments, saying, "We all appreciate Barb's hard work, support and kindness at Corrections. We are so thankful for her and proud of her accomplishment."

County allows rifles for 2026 deer season

By Rice County

A new state law that allows counties to decide whether to remain a shotgun-only zone or allow rifles during deer season is causing confusion among the region's hunters.

The Rice County Board of Commissioners, earlier this year, agreed to follow the new law, allowing rifles as well as shotguns during deer season.

Commissioner Charlie Peters said the board's position was to follow the new law and make adjustments next year if necessary.

The decision to change the law was largely due to the growing deer population and concerns about chronic wasting disease, a contagious neurological disease for which there is no treatment. The disease is fatal and often takes years before symptoms appear, allowing infection to spread unabated, especially during milder winters. By the time CWD is detected, a single deer could easily infect dozens upon dozens of other animals in the region.

The shotgun-only zone, which lay in the southern and western parts of the state, was implemented in the 1940s to help increase the deer population. At the time, shotguns had a shorter range than rifles and required hunters to get closer to an animal.

Data from the Minnesota Department of Natural Resources shows an 8% increase in deer harvested in central and southeast Minnesota in 2025 compared to the prior year. The regions' 2025 harvest was 11% higher than the five-year average.

Of the 14,000 CWD samples taken in 2025 statewide, 117 were found to have the disease. Most came from the southeast regions, according to the DNR.

The Rice County Board of Commissioners can revert to shotgun only in any subsequent year but would need to hold a public hearing in order to do so.

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File by June 2nd to Run for SWCD Supervisor

People concerned about water quality and soil health in Rice County should consider filing by June 2, 2026, to run for the position of supervisor of the Rice Soil and Water Conservation District (SWCD).

"SWCD supervisors play a vital role in addressing many of the natural resource concerns facing our community, including wetland protection, water quality, soil erosion, and habitat restoration," said Gene Kuntz, District Supervisor with the Rice Soil and Water Conservation District. "Serving as a supervisor gives local residents the opportunity to help guide conservation efforts and have a direct voice in how we care for our natural resources," he added.

SWCDs are special-purpose units of government that manage and direct conservation programs, such as the State Cost-Share Program and the ReInvest in Minnesota (RIM) Wetland Program. An elected board of supervisors governs each of Minnesota's 88 SWCDs.

This year, the Rice SWCD has two supervisor positions up for election. SWCD candidates appear on the ballot for the general election, which will take place on November 3, 2026. Candidates are elected county-wide but must reside in one of the nomination districts up for election. These include District 3 (Townships of Cannon City, Wheeling, Walcott, and Richland) and District 5 (City of Faribault). SWCD supervisors serve four-year terms.

SWCD supervisors meet monthly to discuss the business of the SWCD, including state grant allocations to landowners, district conservation priorities, coordination with other local units of government and state agencies, and legislative priorities. Supervisors do not receive a salary, although they do receive compensation for attending meetings and are reimbursed for expenses.

Those interested in running for supervisor should file at the Rice County Property Tax and Elections office from May 19 through June 2, 2026. Additional information about the Rice SWCD can be found online at www.riceswcd.org or by calling the office at 507-332-5408.



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Rescuing Family Residential Service providers

Friends and neighbors,

Minnesota has a resource that most people have never heard of called Family Residential Services, or FRS. I know it probably sounds like a mouthful of government jargon, but it is actually one of the most personal ways we care for people with disabilities.

When we think about caring for vulnerable people, we often think of a setting like a group home or nursing home (both of which are valuable, don't get me wrong). Family Residential Services, on the other hand, take place in someone's home. Imagine a person with a significant disability living in a regular house with a foster family that loves them. The providers live alongside the people they care for, often for years or decades. These folks become family. They share meals, they celebrate birthdays, and they provide 24/7 support.

Right now, the Family Residential Service model is on the brink of a full-blown crisis.

Back in 2023, the legislature completely changed how these families get paid. Instead of providing funding based on the need of the patient, the legislature switched payments to a "flat rate" system that sounds efficient on paper but in the real world is shaping up to be a disaster. For many of these homes, it meant a massive funding cut -- 67%, in some cases. Imagine trying to keep your home and provide round-the-clock care for a vulnerable person while your income is cut in half or more.

The results have been heartbreaking. Since last fall, dozens of these homes have already closed. Dozens of children have been displaced from the only homes they have ever known. Some have ended up in crisis care or hospitals because there was nowhere else for them to go. I've talked to some of these folks

personally, and I can tell you, it is a dire situation they are in.

More closures are coming if we don't act. One expert has said we could lose 80% of these homes. Not only is that devastating for the people involved, it also costs the state way more money than just supporting them in a family home.

I've been working on this issue for about a year now, and I'm proud to say I finally have good news to report: I successfully added an amendment to the Senate's human services bill on May 6 that will begin the process of fixing this mess. It's not over the finish line yet, but my proposal had overwhelming bipartisan support, so I am encouraged.

I'll be up front, my amendment isn't a permanent fix. It's better to think of it as a bridge or a band-aid --- something to help these providers survive another year while we work on a better long-term answer. My amendment raises the daily rates for those taking care of the most complex cases and adds extra support for those caring for children. It's not what many of us hoped for, but it's enough to keep the doors open.

I have spent a lot of time talking to folks on both sides of the aisle about this over the last year. The issue is incredibly complicated, but once people understand that we are talking about human beings losing their families and their homes, people become invested. We might disagree on a lot of things in St. Paul, but one thing we agree on is that we have to take care of the people who can't even come to the Capitol to speak out for themselves.

As I said, we still have work to do, but this amendment is a huge step in the right direction. It's about doing the right thing for our neighbors who need us most and making sure the door stays open for the families who care for them.

Filing for County, State and Federal Offices Opened May 19

By Rice County

The race to November's general election officially began Tuesday, May 19 with the opening of the initial filing period. Filing for county, state and federal offices began at 8 a.m. May 19 and ends at 5 p.m., Tuesday, June 2.

Filing offices will be closed Monday, May 25, 2026, in observance of Memorial Day.

Candidates for federal offices must file at the Office of the Secretary of State, State Veterans Services Building, 20 W 12th St., St. Paul, MN 55155. Filing for state offices can be done at the Office of the Secretary of State or with the county auditor of the county in which the candidate resides. In Rice County, that office is at the Government Services Building, 320 Third St. NW, Faribault.

Candidates may file in person or by mail, if the filing is received during the filing period. Candidates who will be absent from the state during the filing period and meet the requirements of Minnesota Statutes section 204B.09 (1a), may arrange to file during the week immediately preceding the candidate's absence.

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One United States Representative for District 1

One United States Representative for District 2

STATE LEGISLATIVE OFFICES

One State Senator for District 19

One State Senator for District 22

One State Senator for District 58

One State Representative for District 19A

One State Representative for District 22B

One State Representative for District 58A

One State Representative for District 58B

STATE EXECUTIVE OFFICES

One Governor and Lieutenant Governor

One Secretary of State

One State Auditor

One Attorney General

JUDICIAL OFFICES

Candidates for judicial office may file either with the Office of the Minnesota Secretary of State or with the County Auditor in the county where the candidate resides. A candidate filing for the Minnesota Court of Appeals seats that has been designated for one of the congressional districts must reside in that district.

Supreme Court

One Associate Justice for Seat 1 (Sarah E. Hennesy)

One Associate Justice for Seat 2 (Theodora Karin Gaïtas)

One Associate Justice for Seat 4 (Paul C. Thissen)

Court of Appeals

Appellate offices are elected statewide. Where designated, candidates must reside in the congressional district listed for at least one year.

One Court of Appeals Judge for Seat 1 (Elizabeth G. Bentley)

One Court of Appeals Judge for Seat 7 (Rachel Bond) 5th Congressional District

One Court of Appeals Judge for Seat 13 (Jeanne M. Cochran)

One Court of Appeals Judge for Seat 15 (Kevin G. Ross) 3rd Congressional District

One Court of Appeals Judge for Seat 18 (JaPaul Harris)

Third Judicial District

One Third District Court Judge for Seat 4 (Jacob C. Allen)

One Third District Court Judge for Seat 6 (Karen R. Duncan)

One Third District Court Judge for Seat 7 (Dwight Luhmann)

One Third District Court Judge for Seat 15 (Erin Lindhart Felten)

One Third District Court Judge for Seat 17 (Christopher A. Neisen)

RICE COUNTY OFFICES

Candidates for the following offices file with the Property Tax & Elections Director at the Elections Department at the Rice County Government Services Building, 320 Third St. NW, Faribault, MN 55021.

One County Commissioner for Commissioner District 3

One County Commissioner for Commissioner District 4

One County Sheriff

One County Attorney

One Supervisor for Soil & Water Conservation District 3

One Supervisor for Soil & Water Conservation District 5

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A promotional graphic for Consumer Cellular. On the left, a large, 3D, metallic-looking number '25' is displayed, with a dollar sign (\$) to its left. Above the '25' is a speech bubble containing the text 'SWITCH & GET'. To the right of the '25' is a dark rectangular box with white text that reads 'Off First Month of New Service!' and 'USE PROMO CODE: GZ590'. Below this box is a large speech bubble containing the 'Consumer Cellular' logo. At the bottom, a dark horizontal bar contains the text 'CALL CONSUMER CELLULAR' followed by the phone number '888-804-0913'. Below the dark bar, in small print, is the text '© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913'.

DOWN

1. Take of a hat, e.g.
2. Traditional October birthstone
3. Puerto follower
4. Opening, colloquially
5. #55 on periodic table
6. Part of an eye
7. *"Married with Children" mom
8. Investor's asset
9. Hold as a conviction
10. Unit of land often featuring a home
11. Load sixteen tons, e.g.
12. Geometry calculation
15. Divert from course
20. Between washes and styles
22. Casino's pull
24. Foot rest
25. *"Stranger Things" mom
26. Throat dangler
27. Mosaic artist
29. *"Friday Night Lights" mom
31. Tug-of-War gear
32. List entries
33. Like anchor aweigh
34. *"Schitt's Creek" mom
36. Martin of Rat Pack
38. 3-handed card game
42. Bring character to life
45. Response to stimulus
49. Ctrl+Alt+_____
51. Lemony cream dessert
54. Right-hand page
56. Academy Award
57. Orchid garlands
58. Forearm bone
59. Cow chow, pl.
60. "Beware the _____ of March"
61. *"The Handmaid's Tale" mom
62. Letter before kappa
63. Nile dweller, for short
64. Writer Rice
67. -D.M.C.

ANSWERS

S	A	S		O	N	E		T	R	A	C	E				
I	N	D	E	X				E	A	T	O	N				
L	U	D	E	G	R	U		S	C	O	R	N				
L	U	C	I	L	L	E		J	E	S	S	I	C	A		
				F	E	R	N		T	O	O					
E	A	R	N	E	D			A	T	O	P		S	P	A	
C	L	E	A	R				I	M	A	M		E	M	I	R
Y	U	L	E			S	M	O	K	E		P	E	R	I	
O	V	I	D		E	A	T	S			L	O	T	O		
J	U	T		M	I	T			M	I	R	I	A		M	
				O	U	R		O	K	R	A					
F	L	O	R	I	D	A		C	A	R	M	E	L	A		
F	A	C	T			E	G	O			E	R	R	I	E	
O	P	I	N	E		V	E	T			D	E	C	O	R	
O	R	I	C			U	P	S			D	A	T	A		

Email your news to:
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An advertisement for Safe Step Walk-In Tubs. The top half features a black and white photograph of a walk-in tub with a showerhead and a person sitting inside. Overlaid on the right side of the photo is a diagonal banner that reads "SPECIAL OFFER". Below the photo, the text "Call today and receive a" is followed by "FREE SHOWER PACKAGE" in large, bold, capital letters, and "PLUS \$1600 OFF" in slightly smaller bold capital letters. Below this, the "SAFE STEP WALK-IN TUB" logo is displayed, featuring a stylized figure stepping into a tub. To the right of the logo is the phone number "1-855-576-5653". At the bottom, a line of small text states: "With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445".

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



Congratulations

Class of 2026

Graduates!

**As you celebrate the culmination
of so much hard work and dedication,
we wish you a joyful day
and a rewarding future.**



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