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OCTOBER 29, 2026

Volume 20 • Issue 10

Non-emergency Phone Number Changes with 911 Center Move

The Rice & Steele 911 Center moves into its new facility at 118 Third St. NW, Faribault on Nov. 4, 2026. With this move, the center's administrative/non-emergency/public phone number will change to 507-209-0380.

The new number will not be in effect until Nov. 4, 2026. Continue using the current numbers until that date. Current numbers will forward to the new number for 30 days following the move.

For emergencies, continue to call 911 as this change does not affect 911 service.

Rice County Public Health Urges Vaccination as Measles Cases Climb in Minnesota

Courtesy of KYMN Radio News

Rice County has not reported a single case of measles, but Rice County Public Health officials said they are concerned an outbreak could arrive soon as cases rise across Minnesota.

In a news release issued Oct. 15, the department said 25 measles cases have been identified since mid-September in Fillmore and Todd counties, including 23 in the past 21 days. The Minnesota Department of Health is working with local health departments to contact people who were exposed.

(continued on page 11)

Chipotle is officially coming to Dundas

Courtesy of KYMN Radio News

Construction on the development at 855 Cannon Court started Monday, Oct. 19, according to partner David Carland of

Wayzata-based Venture Partners, LLC. Carland told KYMN Radio that the location is expected to open in late spring 2027.

Board OKs preliminary levy that includes more than \$1.5M in cost shifts

By Rice County

In late September, the Rice County Board of Commissioners approved a preliminary 2027 levy and budget with the levy 8% higher than this year, largely due to funding shifts from the state and federal governments totaling more than \$1.5 million.

(continued on page 12)



3rd Annual Makers Market at Wildwood of Nerstrand Saturday, November 7 from 9am-1pm

Open to the public!

Boasting festive Christmas Market vibes nestled in a quaint small town setting. Peruse indoor and outdoor talented creators, bakers, woodsmen and metal twisters, candle makers and chocolate swirlers, crafters and inventors, tasty food vendors, live music and more!

Wildwood is located at 315 Main Street, Nerstrand.

Carland said the project will be owned and developed by Dundas Ventures LLC and leased to Chipotle. Carland said he's a partner in Dundas Ventures LLC. It will be located in the south end of the planned Dundas Crossings development near Highway 3 and County Road 1.

Dundas City Manager Jenelle Teppen was not immediately available to comment, but earlier in October she told KYMN that Chipotle had been working with the city and developers were seeking a building permit.

Rice County Public Health flu shot clinics open to public

Rice County Public Health has scheduled the following public flu vaccination clinics in Rice County. Both trivalent and high dose flu vaccine will be available. Registration for flu vaccine is onsite. Please bring your health insurance card and Public Health will bill directly to your insurance.

(continued on page 11)

Agritourism Exchange November 19th at Keepsake Cidery

Agritourism Exchange

Thursday, November 19, 2026: 1:00–5:00 p.m.

Keepsake Cidery, Dundas | \$20/person

Join Minnesota's annual gathering of agritourism operators and the organizations that support them. Connect with fellow farm hosts, hear real-world experiences from experienced operators, participate in engaging discussions, and discover resources to help grow your agritourism business.

(continued on page 3)



Dennison Lions Turkey Bingo November 21 - 5 PM



Hall.

Funds raised during the event will support the Lions Club community support and events.

(continued on page 4)

An annual tradition continues this year the Saturday before Thanksgiving, November 21st. New this year will be a time change to 5 PM at Dennison City

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Spiritual Battle Plan



By Ashley Dudek,
founder of Isaiah Ministries, bringing
Biblical teaching to help overcome
life's everyday challenges.
www.isaiahministries.cc

Eyes awaken; I see the bright rays of sun shining through the window. The exact opposite of the pain shooting through my abdomen. I quickly tell myself, "It will be okay, and it will pass." I scoop myself up and make my way to feed sweet Caleb, my beagle, her breakfast.

The cramping continues as I finish my morning routine. With slight frustration I continue to strengthen myself. "Ashley, not a big deal. It will be over before too long."

You see, I have been dealing with Crohn's disease and other gastrology stuff for about seven years now. I am very used to severe gas pains, bloating, and every possible bowel movement you can think of, manifesting many times throughout the day. Yeah, I know, gross, but those are the facts.

It all started after my dad's first bout with cancer, which is a story for another day. All I can say is that during the times I took care of my dad, the weight of his sickness affected my body, and affected it severely. Trauma and stress can do so much to the body.

I make my way to my couch with no creamed coffee, just water. I lay down and read a little of the Bible on my phone as I think, "If I just rest a little, my stomach will ease up." Hours go by, and the pain only increases.

I sprawl out on the floor trying to do anything I can to ease the pain. I start to cry. Emotions of all kinds stir up. "What caused it this time? I can't be sick. I have so much to do. The book, teaching prep, ministry stuff, meetings, ugh." I reach out for prayer coverage, and people start to intercede on my behalf.

The day ended, and I crawled into bed around 8:30 p.m. I eventually drifted off to sleep. I awoke to the physical pain a couple of times throughout the night but stayed calm and thankfully was able to fall back asleep. Morning came, and the sun rays shone in the window once again, and this time, the sunshine mirrored how I felt! My stomach was so much better, and the pain was practically gone!

"Thank you, Jesus!" I hopped out of bed, tested my tummy by pressing on it, and yep, my stomach had calmed down significantly. Jon awoke as well and made his way to the living room and said, "People must have been praying last night." I replied, "They sure

were!"

Later that afternoon I was reminded of a verse I recently heard a pastor teach on:

"For when they say, 'Peace and safety!' then sudden destruction comes upon them, as labor pains upon a pregnant woman. And they shall not escape" (1 Thessalonians 5:3).

In my spirit I felt, "That is what happened with my stomach the last couple of days." The pain that was shooting up in my stomach and around the tummy, as well as into my back, was unlike any pain I have ever had, and it did come on suddenly.

I then felt the Lord say, "Remember the battle plan." "Yes, the battle plan," I responded in my inner core. Many years ago, I felt the Lord place on my heart the importance of a battle plan for when the going gets tough. It was made up of various things to be remembered when I need strength.

We can be really good at reading the Scriptures, praising the Lord, and doing spiritual warfare when life is peachy, full of rainbows, cupcakes, and sprinkles. However, when the storm clouds roll on in and it gets dark, it can be really hard to call to remembrance the Lord's strength, love, guidance, and various Bible verses.

With that said, I felt a nudge from the Lord to create a battle plan template for me and you! This battle plan can be for things we are facing like health, marriage, legal issues, children, or school situations. The battle plan can be for emotional struggles like depression, anxiety, or loneliness. The battle plan can be for, as the true context of 1 Thessalonians 5:3 alludes, the end times (which we will discuss next month).

With the following five-step battle plan, you could copy these suggestions on a piece of paper, type them on your computer, or even enter them on your phone. Make sure to spend time and respond to the following recommendations now, so if crap does hit the fan, you have something to strengthen yourself in. Prior to writing out and doing the five steps, on top of your paper (or screen), state what you want the battle plan for.

Spiritual Battle Plan Template

Subject: _____

1. Do Praise and Worship When the Situation Arises. (Speak out Jesus's attributes and put worship music on.)
2. Read Specific Scriptures for What You Are Facing. (Find verses that you can eat, swallow, and digest to give you strength during this difficult time.)
3. Lean into Truth Statements/God Statements. (Ask the Lord what He says about the situation you are facing. *(continued on page 3)*)



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Area Church Directory

Jesus, Name Above All Names

God exalted him to the highest place and gave him the name above every name, that at the name of Jesus every knee should bow. . . .

— *Philippians 2:9-10*

There are a lot of big names out there: Zuckerberg, Apple, Xi, Trump, Oprah, AI. Does our world rise or fall with these names?

Or how about some names closer to home: Parkinson's, Alzheimer's, ALS, Down Syndrome? Or what about labels that society might apply to us: divorced, disabled, addicted, infertile, fired, foreclosed, forgotten, paroled? Do any of these have the power to make or break us?

No. Our reading today proclaims that no name, whether it carries princely power or brings us problems or roadblocks, is greater than Jesus— not even light years close.

None of those names went down low, "taking the very nature of a servant" and "becoming obedient to death" to raise us up. None of those died on a cross to give us new life.

Jesus is the only One whom God gave the name greater than any other name. He is the only One we should bow to. We can take him more seriously than any other name or label, for he himself is God, and he rules over all things.

This month, let's reflect on the various names of Jesus and what they show us about him. Each one reveals something marvelous and matchless about Jesus Christ, our Lord, to whom every knee and power and threat will bow, "to the glory of God the Father." We are in his hands, and he puts all things in their place.

Thank you, Jesus, for all you have done to give us new life and faith in the power of your name. May we honor your name above every name. Amen.

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507-301-7500 call • 507-800-0187 text

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

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

Pastor Penny Bonsell • pastor@littleprairieumc.org

507-663-6150

9:30 a.m. Sunday Worship

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

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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

Spiritual Battle Plan

(continued from page 2)

If He presses something specific on your heart, record it.)

4. Put on the Armor of God. (You could

draw it on a piece of paper too!) The Armor of God is made up of six pieces and is found in Ephesians 6:10-18. They are the belt of truth, breastplate of righteousness, feet fitted with the readiness of the gospel of peace, shield of faith, helmet of salvation, and sword of the Spirit.

5. Thanksgiving. (Tell the Lord what you are thankful for.)

I have an example of my battle plan for health below. Since I drafted this battle plan, I have used it around four times already. I pray I will never have gastrology complications again, but if I do, guess what I will go grab again?! That is right—my battle plan. I will encourage you to create a battle plan or even multiple ones for the various things in your life. Jesus has you. He so has you. You are loved! Blessings, Ashley

Agritourism Exchange November 19th at Keepsake Cidery

(continued from page 1)

Whether you're just getting started or have years of experience, you'll leave with new ideas, valuable connections, and practical takeaways. Register at: <https://extension.umn.edu/event/3rd-annual-agritourism-exchange>.



Spiritual Battle for Health



1. Praise and Worship: Jesus, you are healer, counselor, and provider.

2. Specific Scriptures for What You are Facing:

But he said to her, "You speak as one of the foolish women speaks. Shall we indeed accept good from God, and shall we not accept adversity?" In all this Job did not sin with his lips. Job 2:10

But now, thus says the Lord, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine." Isaiah 43:1

Many are the afflictions of the righteous, But the Lord delivers him out of them all. Psalm 34:19

3. Truth Statements/God Statements:

- You will be healed. You will not know when or how, but you will be healed. (What I sense is from Jesus.)
- I slept in the storm; you can sleep in the storm too. It will pass. It will pass. It will pass. (What I sense is from Jesus.)

4. Put on the Armor of God:

- Ephesians 6:10-18
- Belt of Truth
- Breastplate of Righteousness
- Feet Fitted with the Readiness of the Gospel of Peace
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit



5. Thanksgiving: Jesus, thank you for this day. Thank you for your creation. Thank you that you hear my prayer and are working in the unseen!

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Ann Traxler Attorney

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OBITUARY

Elizabeth "Betsy" A. Sauber Thomas

Elizabeth "Betsy" A. Sauber Thomas, age 79, died unexpectedly on Monday, October 5, 2026, at her lake home on Big Bass Lake, Remer, MN.



She was born to Arnold and Ethel Schmitz Sauber on January 30, 1947 in Minneapolis, MN. Betsy grew up in Lakeville, MN, attending All Saints Elementary School and Lakeville Junior High School. She graduated in 1965 from Bethlehem Academy High School in Faribault, with the 100 year centennial class. In 1969, she graduated from the College of St. Scholastica, Duluth, MN and later in 1993 adding a Master's in Education from St. Mary's University. She married her best friend and the greatest guy on earth, Donald Thomas on August 1, 1970 at All Saints Catholic Church in Lakeville, MN.

Betsy taught at various schools, both public and private, in southern Minnesota. Working in both regular classroom and special education. Her last 25 years at Divine Mercy Catholic School in Faribault, MN. 43 years in the field of Education. After her retirement from teaching, she moved from her farm in rural Dundas to her lake home in Remer, MN, wintering in Apache Junction, AZ.

She is survived by her children and grandchildren, Spencer and Katie Thomas and children, Ava, Parker, Cash and Zahra; Jesse and Megan Thomas and children, Taylor and Tytan; Matthew and Stefanie Thomas and children, MJ, Elizabeth and Lenorah; Lesley Thomas Farmer and children, Kaidence and Bennett; Adam and Rebecca Thomas and children, Raziland, London, Dylan and Myles; former son-in-law, Brian Farmer; her sisters, Nancy Sauber (Tim Kuntz) and Colleen Sauber; her brothers, Jerry (Janet) Sauber, Bill (Cindy) Sauber; by her sisters-in-law, Sr. Theresa Thomas and Mary Ann Thomas; by her brothers-in-law, Matthew (Judy) Thomas and Daniel (Paula) Thomas and numerous cousins and a plethora of friends including her card club and old ladies club.

She was preceded in death by her beloved husband Donnie, her parents, Arnold and Ethel Sauber, her brother, Fr. Michael Sauber, her in-laws, Matt and Margaret Thomas and her brother-in-law, Martin Thomas.

Mass of Christian Burial was held on Tuesday, October 13, 2026 at 10:30 a.m. at Divine Mercy Catholic Church in Faribault. Fr. Alex Marquette officiated. Interment was held at the Calvary Cemetery, Faribault.

Memorial visitation was held at the Parker Kohl Funeral Home & Crematory of Faribault on Monday, October 12, 2026 from 4:00 to 7:00 p.m. and at the church on Tuesday for one hour prior to services.

The family prefers that memorials be directed to the Divine Mercy Catholic School Endowment Fund or to the Donald and Elizabeth Thomas Family Scholarship Fund at Bethlehem Academy High School in memory of Betsy.

Farm Girl Chatter

Fall Is Around the Corner... and So Is the Hay

By McKell Lemmerman



Well folks, it's that time of year again. Fall is creeping around the corner, which means harvest is coming, cattle work is picking up, and before we know it, we'll be wondering where the heck summer went.

Normally, this is when farmers start getting ready for harvest and thinking about the long winter ahead. But this year, Mother Nature apparently decided to turn the faucet off.

The pastures are starting to look more like the African safari. Grass is drying up, growth is slowing down, and the cattle and other live-

stock are getting hungrier after each bite.

This means now that some livestock producers are being pushed into feeding hay much earlier than normal. Those bales that were supposed to sit perfectly stacked in the shed until winter are getting rolled out sooner than planned.

Farmers have enough on their plates already.

Soon the combines will be rolling, trucks will be hauling, and now somebody has to remember to feed hay too. It's a wonderful time of year when the days get shorter but somehow the to-do list gets longer.

For now, we'll keep watching the sky, praying for rain, and counting the hay bales.

Around here, we may not be able to control the weather, but we'll sure find a way to work around it.

Dennison Lions Turkey Bingo November 21 - 5 PM

(continued from page 1)

The club has heard over the years, as the holiday season is busier, an earlier time might allow more to attend the annual community event. The Dennison Lions Club is a non-profit 501 C 3 Organization serving the area.

E-mail your engagement, marriage or birth announcement to the Dundas Messenger
hometownmessenger@gmail.com



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Thanksgiving Dinner Buffet

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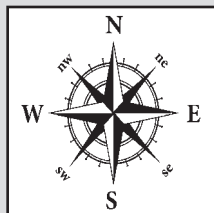
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Changes in Latitudes, Changes in Attitudes

Oh Canada



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.

We took a trip up the North Shore in September to spend a night in Thunder Bay, Canada. The scenic drive was spectacular as the leaves were turning color and the weather was perfect. One of the stops we made both coming and going was Betty's Pies at Two Harbors. Betty's started in 1958 and sells 700 pies a day during the peak summer rush. The food was great as well as the pies.

I have always considered Canada to be just like northern Minnesota. I used to go skiing in Thunder Bay in the 1970's. The people seem just like us, only friendlier. We stopped at Grand Marais and exchanged our Ben Franklin's for some Canadian currency. The exchange rate was \$133 Canadian for \$100

American. But the Canadian money is so colorful. There is a different color for each denomination. And it is a durable plastic coated material with a transparent reflective band in it. The one-dollar coin has a picture of a Loon and is called a "Loonie". The two-dollar coin has a picture of a Polar Bear and is called a "Toonie".

We had to stop at a Tim Hortons as soon as we arrived. We bought a box of "Timmies", which are the donut holes. Next was supper at a Pizza parlor where we enjoyed pizza and my wife was able to watch two hockey games at the same time on the tv monitors. We stopped at a grocery store where my wife bought "Shreddies". I thought they were Wheat Chex, but north of the border they are gourmet breakfast cereal. One is allowed to return to the states with up to \$200 in groceries and we put that rule to the test.

We stopped at Split Rock Lighthouse on the way home to tour the world's most famous lighthouse. There was a movie presentation about the reasons for building the lighthouse. In 1905 there were 29 ships wrecked on the lake and the State appropriated \$75,000 to build a lighthouse, 187' above the waterline to warn ships away from the rocky shores. The 1,000 watt lightbulb cast a beam that was visible 25 miles across the water. At the time there were no roads in the area and all materials and supplies were shipped in on boats. It was completed in 1910 and the road was built in 1924. Quite impressive to tour the lighthouse and see how the staff kept the beam shining across the waves every night to protect the big ships on Lake Superior.

It was quite sobering to realize the number of ships and sailors who were lost in storms on Lake Superior. Since 1816 over 240 ships have been sunk due to storms on the world's largest freshwater lake. The last one was on November 10, 1975 and was immortalized by Canadian Gordon Lightfoot's song "The Wreck of the Edmund Fitzgerald." The winds reached 60 mph with waves up to 35' high that fateful night.

The Edmund Fitzgerald was the largest ore boat on Superior when it was built in 1958. 729' long and carried 27,402 tons of iron ore mined in Minnesota and loaded at Silver Bay. The ore boat made 748 round trips to Detroit Michigan traveling over a million miles. A round trip took 5 days. The ship's hold could be loaded with taconite pellets in 4 1/2 hours. Unloading took fourteen hours. It



could reach 16 mph even when fully loaded. The Edmund Fitzgerald had luxury state-rooms which accommodated first class passengers who were guests of the shipping company. There was no one but the 29 man crew on board on the final trip.

It was a 74 degree day and before leaving

we took the hike down to the lake to admire the sight from the water's edge. My wife couldn't resist taking a swim in Gitche Gume, an Ojibwe word for "big sea". Had to prove the world's most dangerous lake was no match for her.

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A Minnesotan: Decorations



By RosaLin Alcoser

Decorations are a key part of Halloween. Because decorations are part of the magic that makes Halloween magical and in some cases terrifying.

When I was a child going out to trick-or-treat, after dark it was the decorations that separated the scary houses from the none scary houses. Since even a house decorated in a way that is terrifying after dark isn't too scary during the light of day. Most houses in the area where not the scary and where easily approachable in the dark. There was one house though that scared me enough that I ran away from it crying.

I don't remember what I was that year or how old I was. I do remember wearing a jacket so it was a typical Halloween in Minnesota. What I can remember is that the whole yard was decorated like a grave yard with skeleton hands sticking up out of the ground and colored lights leading up to the grange door. Where I was terrified out of my mind by a Zombie which I fled from abandoning any promise of candy. In reality was a teenager in costume, who did feel bad about scaring me so badly that he did give my sister and extra candy for me.

If I saw that same yard display now I would think it was cool, however, then I was terrified enough to flee the seen and temporarily halt my goal of obtaining candy. Because decorations are holidays matter and at Halloween the decorations separate the mundane from the magical and the down right terrifying.

As the days get shorter, the nights longer, and the air gets colder fall start to bring in the end of the year. While some might be eager to skip over the fall months and go straight to the Christmas holiday season fall holds my favorite month of the year. Which is of course October, because I love Halloween.

Part of what I've always liked about Halloween— and most other holidays— is decorating. And yes, my Halloween and Fall decorations have been up since per season Football started. Because if my husband is going to be watching the Vikings play in August I get to have my leave garlands and skeleton out at the same time.

CRAFT SALE

55th Annual 100 Ladies and Gentlemen Craft Sale 2026

October 15, 16, 17, 18, 22, 23, 24, 25, 29, 30, 31
November 1, 5, 6, 7, 8

10a.m. to 7p.m./Closing at 5p.m. last day • (507) 789-6223

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Things to do in the Fall garden



By Lorrie Rugg
Master Gardener Coordinator,
Rice and Steele Counties

Are you ready to call it quits for the year in your garden? Well there are a few more things to do, before the tools and hoses get put away for the year.

I was out planting some perennials in my yard on Saturday and thought how can it be so hot yet in October and now today we are back to reality, but my perennials are nicely tucked into the ground for the winter. I watered them well and will continue to do so until the ground freezes. I will also put a layer of mulch over top of them. I mulch my leaves in

my yard and use that - I leave the leaves in my yard and use them as mulch. The University of Minnesota says to follow this rule - the 50/50 rule. If you can see 50% of the grass under the leaves leave them, if the layer is heavier than that, use your mower to mulch them up and they will provide winter protection for your grass and break down and add nutrients to your soil.

I listened to a webinar today and learned that you should leave your perennials standing tall in your yard. Stem nesting pollinators will take refuge in the hollow stems for the winter. A new study has shown that the stem does need to be ruffed up a bit so they can find their way in. So it is recommended to cut them back to about 20 inches in height. But you can leave seed heads for the birds, like coneflowers and bee balm. Birds love them in the winter and it does provide some winter interest in the garden. I don't like to look outside and just see white, so I have planted grasses and other perennials for that winter interest.

There is still time for you to plant those fall bulbs, like tulips and daffodils. One quick tip about tulips - deer love them. If you have trouble with deer, plant daffodils, they don't like the taste! I have deer trouble so as much as I love tulips, I don't plant them anymore.

With low temps predicted by the weekend, it is time to bring in those houseplants you have had outside all summer. Check for hitch hikers (bugs) and treat them if necessary, you don't want to have an infestation in your house. Wipe off the container to make sure

they are not hiding insects.

If you have young trees, white tree guards are a good idea to help protect them from rabbits, moles and vole damage during the winter months. Wrap sensitive evergreens in burlap or create a barrier to reduce drying winds that damage your trees.

Do yourself a favor before you store your tools for the winter. Give them a good clean-

ing with soap and water to remove any loose soil. Then it is time to disinfect them - one product to use is Lysol All-purpose cleaner. Research has shown this product will eliminate bacteria, fungi and viruses from your tools. Let them air dry.

One last thing to do - wash your gloves. They can harbor things just like your tools. You will thank yourself come spring!

Winter gear swap designed to keep everyone warm, promote sustainability

Faribault's River Bend Nature Center hosts a Winter Gear Swap from 10 a.m.-1 p.m. Saturday, Nov. 7, an event in which community members are asked to bring clean, gently-used winter apparel and recreational gear they no longer use and are able take home gear others have donated.

The event is being held in partnership with Rice County Environmental Services and Minnesota GreenCorps.

This event takes place simultaneously with River Bend's Bagels & Birds gathering and will be immediately followed by Storytime with a Naturalist.

Community members are invited to participate in both the swap and River Bend's nature events. Participants in the swap will be asked to check in, but no direct exchange is required.

"Rice County is excited to organize swaps like this one which encourage the use of secondhand items and discourage the unnecessary purchase of new items - both of which help reduce waste in our community," said Edie Meehan, Rice County's Minnesota GreenCorps member.

Acceptable items include all winter apparel in good condition: jackets, hats, boots, ice skates, snowshoes, sleds and skis. Damaged and/or broken items, helmets and weapons should not be accepted at the swap. Visit Rice County's website -- www.ricecountymn.gov/806/Community-Swaps -- for more information.

Cannot make the event but interested in donating items prior to Nov. 7? Contact Edie Meehan at 507-332-6113 or elizabeth.meehan@ricecountymn.gov for assistance.

River Bend Nature Center is located at 1000 Rustad Road, Faribault.



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Can Eggs Help with Osteoporosis?



By Shauna Burshem, D.C.

Osteoporosis: Bone loss tends to sneak up on you. You wake up a little shorter, your back

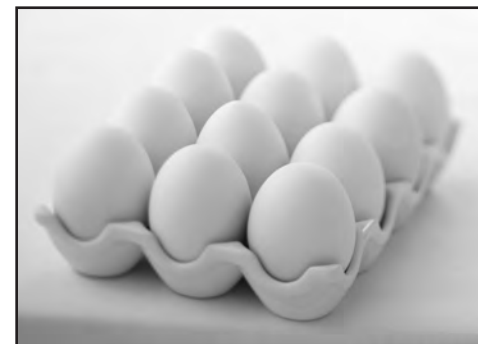
complains after simple chores, or a small stumble turns into a fracture you never saw coming. Osteoporosis means your bones lose strength and structure over time, which raises the odds of breaks in the hip, spine, and wrist. The good news is that your bones are living tissue, and they respond to the signals you send through food, movement, and daily habits. That's where a familiar breakfast staple comes in. Recent research shows that egg yolk proteins may offer natural support against the very process that leaves bones fragile.

Here's the part that gets me excited. When egg yolk proteins are broken down into tiny fragments called peptides, they seem to work on both sides of the bone equation. On the defense side, one study found that the smallest water-soluble peptides reduced the number of cells that wear bone away, even shutting off the internal "switches" that tell those cells to keep breaking down bone. Think of it like flipping several off switches at once, stopping the damage before it spreads. On the rebuild-

ing side, a second study found that these same tiny protein pieces helped bone-forming cells grow, mature, and lay down more calcium and minerals, making bones denser and tougher. Together, that means less bone being torn down and more being built back up, which is exactly the balance you want for strength and fracture prevention.

So how do you put this to work in real life? Reach for pasture-raised, low-linoleic acid eggs, and don't skip the yolk, since that's where these helpful proteins live. Pair them with collagen-rich foods and the nutrients that bones truly depend on, like vitamin D, magnesium, and vitamin K2, which help direct calcium where it belongs. Eggs aren't a magic cure, and they work best alongside smart movement and a well-rounded approach to your health. But they give your body one more natural, drug-free tool to protect bone density, stay mobile, and hold onto your independence as the years go by.

Stomach Woes: Here's something I hear all the time: "Oh, that's just how my stomach is." A new survey found that more than half of Americans believe stomach troubles are simply a normal part of life. You know the ones I mean. The tight waistband after a meal. The sudden bloating that shows up out of nowhere. The gas that just won't quit. Most folks shrug it off, blaming it on getting older or having a "sensitive" stomach, and they carry on like nothing's wrong. But here's what I've come to understand over the years, and it's worth sitting with for a moment. Those daily annoyances aren't as harmless as they seem. When your digestion is out of balance, it doesn't stay quiet in your belly. It reaches



into your energy, leaving you dragging when you'd rather feel strong. It touches your mood, your focus, even how you show up for the people you love. Your body is talking to you, and these little signals are its way of asking for help. The good news? When you stop treating discomfort as "normal" and start listening, you open the door to feeling truly well again, from the inside out. Start by paying closer attention to what your body is telling you—those uncomfortable signals don't have to be your everyday reality. Small changes can make a big difference, like adjusting your diet to include more whole, fiber-rich foods that support gut health or drinking plenty of water to aid digestion. Practicing mindful eating, such as chewing slowly and stopping when you're full, can also help ease strain on your stomach. If discomfort persists, consider seeking guidance from a health professional to uncover the root cause and create a plan tailored to your needs. When you take these steps, you're giving your digestion—and your overall well-being—the care it deserves.

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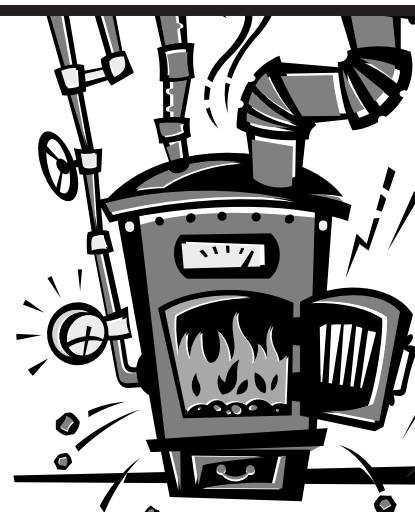
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Apples and Healthy Weight



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

You have heard the rhyme, “An apple a day keeps the doctor away.” But what does an apple really do for you? Does any apple work, or only certain kinds? A few answers can be found here.

Medications - A 2015 study published in JAMA Internal Medicine by Davis et al observed that those who consumed one apple a day required less prescription drugs. Those who eat one apple a day probably make other healthy choices as well that contribute to this positive association between apples and reduced drugs.

Heart Disease - A 2017 study published in

Molecular Nutrition Food Research by Bon-donno et al compared apples high in flavonoids, which are found in the apple skin, with apples low in flavonoids and observed improved blood flow through the brachial arteries when the high flavonoid apples were eaten. In other words, these apples improved the blood flow through the body. The darker red apples that are not too sweet are the apples with high flavonoid content.

Cholesterol - A healthy control of cholesterol has also been improved with an apple a day. A 2017 study in the Journal of the Science of Food and Agriculture by GC Tenore compared modern apples with the Annurca apple and observed that two small Annurca apples a day significantly lowered the bad cholesterol and increased the good cholesterol. The Annurca apple is known for its higher flavonoid content. Older, heritage apples typically have high flavonoid and polyphenol content.

Blood Sugar - Those individuals who had a daily intake of apple polyphenols, which are from the skin of the apple, had an improved ability to manage blood sugar compared to individuals who did not consume the polyphenols. This observation was reported in a 2017 study published in Diabetes Research and Clinical Practice by Shoji et al. One possible reason for this improved sugar control is the polyphenols seem to reduce the speed of sugar absorption in the intestines by closing the primary “door” that sugar uses to pass through the intestines, according to Schulze et al in their 2014 published study in Molecular Nutrition and Food Research.

Colon Health - The ability of the polyphenols of apples to “close the door” on sugar

transport to cells is one of the pathways to stop the growth of cancer cells in the colon, as observed in a 2016 study by Lin et al in the Journal of Agriculture and Food Chemistry. A cancer cell has many “doors” to bring in sugar to accelerate growth, so polyphenols help to close these doors and inhibit the growth of cancer cells. The peeling of the apple contains the highest content of effective polyphenols with antioxidant activity, anti-bacterial activity, and anti-cancer activity, which was documented in a 2016 study by Lin et al in the Journal of Food Science.

The older apple varieties that have high polyphenol content include - Braeburn, Jonathan, McIntosh, Gravenstein, and Annurca. Avoid the newer varieties that have been bred for increased sugar content and size.

An apple a day is a key principle for improved health. A personalized health plan that includes an apple a day as part of a whole food program will provide great ben-

efit to whole body health. Many individuals in southern Minnesota have already received their personalized plan and have observed blood sugar levels decrease, cholesterol levels improve, inflammation decrease, acid reflux disappear, and the body shift to a healthy weight.

A free online webinar with Dr. Noel Aldrich, Nutrition Specialist, will be presented on Tuesday, October 27 at 7 pm. “Feel Stuck in a Rut? How to Finally Reset Your Body and Feel Better Than You Have in Years - Without Extreme Diets.” This one-hour session will introduce you to how quality nutrition therapy can help you reach your health goals. Free registration for the webinar is available through this website link:

<https://wellness.nutritionproportion.net/registration-page>

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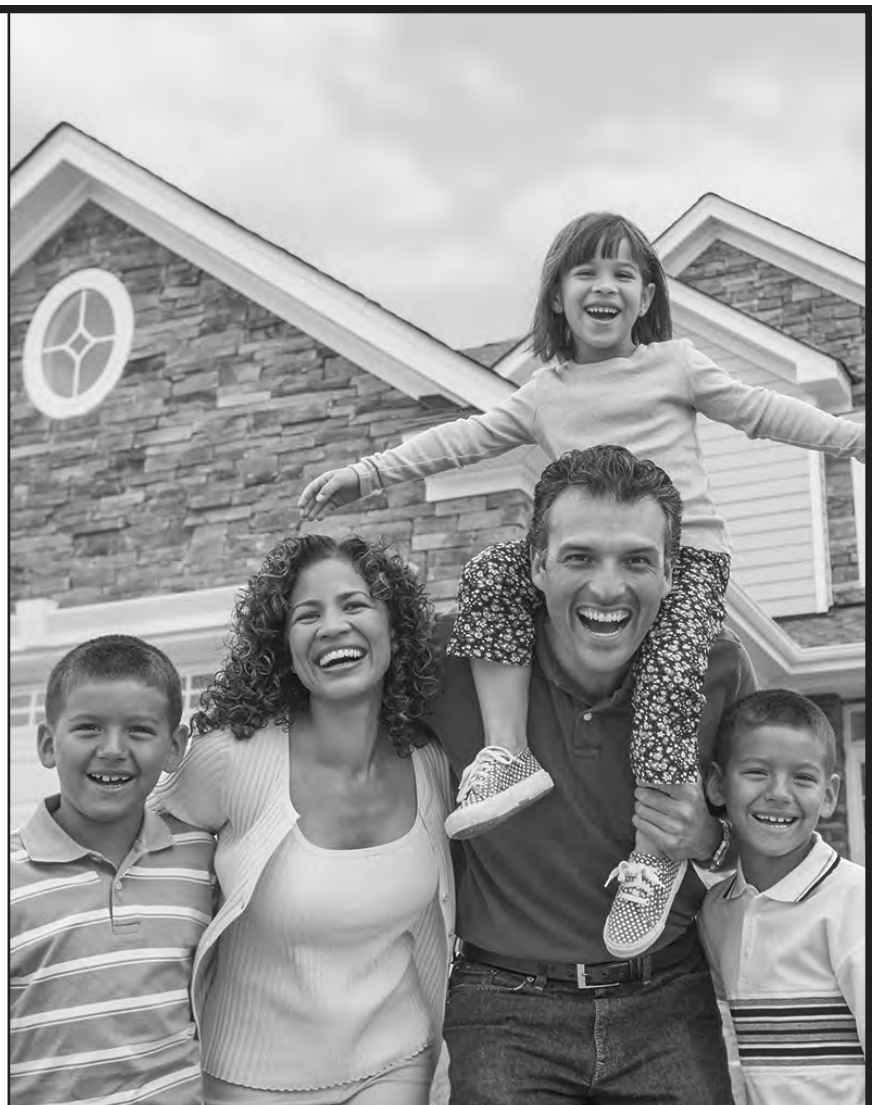
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**Rice County
Public Health
urges vaccination
as measles cases
climb in Minnesota**

(continued from page 1)

The new cases bring Minnesota's total for 2026 to 42 as of Oct. 13.

Nationally, 4,080 confirmed measles cases had been reported in the United States this year as of Oct. 8, according to the release.

Health officials pointed to falling vaccination rates as a key concern. MMR vaccination rates have dropped statewide and remain low in many areas. According to MDH data, 79.5% of Rice County children born in 2023 have received at least one dose of the vac-

cine.

Measles is highly contagious and spreads through the air when an infected person breathes or coughs. Symptoms typically appear seven to 14 days after exposure and include a fever that can top 104 degrees, cough, runny nose, red or watery eyes and a distinctive rash. The disease can lead to pneumonia, swelling of the brain and, in rare cases, death.

Anyone with symptoms should stay home and avoid visitors until they have spoken with a health care provider, the department said.

Rice County Public Health said vaccination with the measles, mumps and rubella vaccine is the safest and most effective way to prevent the disease. Children should receive two doses, the first at 12 to 15 months and the sec-

ond at 4 to 6 years. Adults born before 1957 are considered immune. Adults born in 1957 or later should have documentation of at least one dose or other evidence of immunity. Two doses are recommended for college students, international travelers and health care workers.

The vaccine is available through local health care providers. Rice County Public Health also offers it to uninsured children, children on Minnesota Health Care Programs and uninsured adults. Walk-in clinics are held Tuesdays from 1 to 4 p.m. at the department, 320 Third St. NW in Faribault. Appointments are preferred but not required. Call 507-332-6111 for more information.

**County Attorney's Office rolls out public-facing portal
providing quick access to criminal case records**

As part of the its mission to support crime victims and seek justice for our community, the Rice County Attorney's Office created a public-facing portal, providing public information and documents for individual adult criminal cases.

Anyone can access the public portal -- <https://bit.ly/RiceCo-CriminalCaseSearch> --- from the Rice County Attorney's Office webpage. The portal provides immediate access to public information about Rice County's adult criminal cases, including information and documents such as past and future court hearings, the criminal complaint, conditional release orders, domestic abuse no contact orders (DANCOS) and sentencing orders.

The Minnesota Court Records Online (MCRO) system -- <https://publicaccess.courts.state.mn.us/CaseSearch> -- -- available from the Minnesota Judicial Branch, contains some of the same public information; however, it is difficult to navigate the system and access information without knowing the specific court file number.

The public portal from the Rice County Attorney's Office allows searches by the defendant's last name, case file number or law enforcement report number. The search return will show open and closed adult criminal cases for an individual, but search results will be limited to Rice County cases.

Public information and documents will be available through the portal once the information has been filed with the district court. That same information can take days to appear in MCRO, which is not helpful if a crime victim wants immediate, up-to-date information.

Rice County Attorney, Brian Mortenson believes this immediate access to public information benefits crime victims by giving them more control in obtaining information, the ability to confirm whether a defendant provides truthful statements about what happened in court and allows them to print and/or save important public documents.

Rice County Public Health flu shot clinics open to public

(continued from page 1)

Free flu vaccine will also be available for those who are uninsured.

All clinics will serve adults. Clinics listed with an asterisk * will also have flu vaccine for children.

***Thursday, Oct. 29, 2026 from 2 – 5 p.m.**

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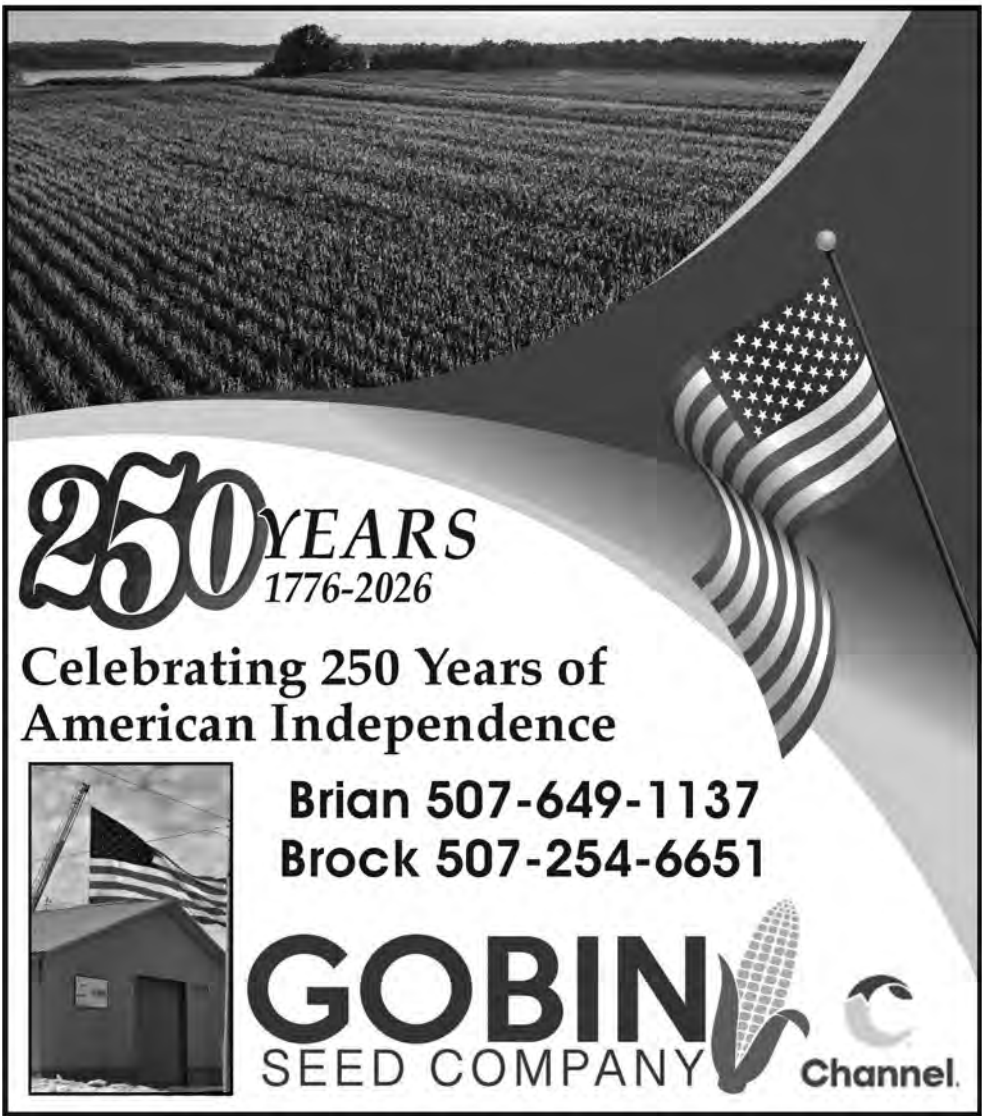
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Rice County Public Health nurses can also provide flu vaccination for those who are homebound and unable to access vaccine.

Anyone with questions, or needing more information regarding eligibility guidelines or alternative vaccination dates and times should call Public Health at 507-332-6111.

Rice County Public Health Mission: To protect, promote and improve the health of ALL individuals and families in our community.



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Law Enforcement Students: 2 Scholarships, 1 Application

By Rice County

This year, one scholarship application will qualify Rice County residents studying law enforcement for two scholarships. In addition to the 18 \$2,000-scholarships from the Minnesota Sheriffs Association available each fall, the Rice County Deputy Sheriff's Association is offering two \$1,000 scholarships. Students statewide are eligible for the Minnesota Sheriffs Association scholarship while only Rice County students can apply for both awards. The local award is named for longtime Rice County Sheriff Dave Schweisthal, who retired in 1997. The scholarship, created by his family, includes matching funds from the Rice County Deputy Sheriffs Association, allowing two \$1,000 scholarships to be awarded annually. Scholarships are only available to students currently enrolled in one of the following three categories: Mandated POST Skills Program In their second year of a two-year law enforcement program. In their third or fourth year of a four-year college criminal justice program.

Both associations recognize the importance of pre-entry training for individuals considering law enforcement as a career. Members also understands that some students need outside help in meeting the costs of such training, even though they excel academically. The Minnesota Sheriffs Association Scholarship Committee, in making its awards, intends to achieve representation from all geographical areas of the state. Completed scholarship application packets must be turned in no later than Monday, Nov. 30, 2026, in person at the Rice County Public Safety Center, 50 East View Drive, Faribault, MN 55021. Safety Center hours are Monday-Friday 8 a.m.-4 p.m. except for Nov. 11, 26 and 27 when it will be closed. MSA awards will be announced on its website — www.mnsheriffs.org — and on social media at the start of 2027. Rice County scholarships winners will be notified individually and on the Sheriff's Office's Facebook page, also in early 2027. Application forms and a statement of procedures are available on the Rice County website at www.ricecountymn.gov/208/Sheriffs-Office under the Scholarships tab. Prospective applicants with questions should contact Deputy Matt Slinger at matthew.slinger@ricecountymn.gov.

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Board OKs preliminary levy that includes more than \$1.5M in cost shifts

Changes related to SNAP (Supplemental Nutrition Assistance Program), the federal program which provides food benefits to low-income families, will cost the county an additional \$560,000 in 2027, according to county estimates. About 70% of that will come from an increase in the share of administrative costs (from 50% to 75%) required of the county. The remainder is a new obligation for the county beginning in October 2027: a percentage of the SNAP benefits it issues. State cost shifts for long-term services and supports that take effect on July 1, 2027, are anticipated to add another \$355,000 to next year's budget. County officials have included an additional \$600,000 in the budget following the August approval of new state rules that increase training and oversight for jail personnel. Sheriff Jesse Thomas says the new rules will require his office to hire five additional correctional officers. The board also approved a preliminary 2027 levy for the Housing & Redevelopment Authority of \$306,884. County Administrator Sara Folsted said the increase accounts for anticipated reductions in federal revenue. Increased personnel, health care and fuel costs are also factored into the preliminary 2027 budget. Per state law, the levy can be decreased before being finalized in December, but it cannot be increased. Although county staff, anticipating some of the funding shifts to mandated services, began looking at ways to cuts costs earlier this year, Folsted told the board Tuesday that that work continues. "We know taxpayers are dealing with higher costs, particularly at the grocery store, the gas pump and for health care," said Board Chair Charlie Peters. "Anywhere we're able to cut — even a little bit — puts more money in residents' pockets."

A public hearing on the preliminary levy is set for 6 p.m. Thursday, Dec. 10, 2026, in the Rice County Government Services Building, 320 Third St. NW, Faribault. Approval of the final 2027 levy and budget is expected during the Tuesday, Dec. 15 meeting.

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THEME: MUSICAL INSTRUMENTS

- ACROSS
1. Trampled

5. Dashboard unit, acr.

8. "Be quiet," onomatopoeically speaking

11. Clean the whiteboard, e.g.

12. Morally wicked

13. Former anesthetic

15. Bad luck precursor

16. Banned apple spray

17. "Ringo Starr's instrument, pl.

18. *Home of the bagpipes

20. Big one, at 7-Eleven

21. Contemplate

22. Jewelry stone

23. Hindu queens

26. Something earned

30. Tokyo, formerly

31. *Riddim pair music genre

34. Spock's famous body parts

35. *Animal, source of violin bow strings

37. Scott Joplin's "Maple Leaf ____"

38. Away from port (2 words)

39. Not much (2 words)

40. Post-graduate journey?

42. Always, to a poet

43. Baby bear (2 words)

45. Beach-comber's collection

47. Cholera

48. Popular pie nut

50. Glazier's unit

52. *Flute player

55. Pointy teeth

56. 36 inches

57. Sticky stuff

59. Hot ____ buns

60. Code word for K

61. Mauritania's Eastern neighbor

62. Soda pop container

63. Ems follower

64. Highest point
- DOWN
1. *Piano has at least ____ pedals

2. Part of a glass, pl.

3. Leading oil-producers' grp.

4. Indicate

5. Home to Teatro alla Scala

6. Popular core exercise

7. Deer social group

8. Synagogue

9. Cannabis plant

10. Store posting, abbr.

12. Old-fashioned carry-on bag

13. Straight ones in drafter's toolbox

14. *Louis Armstrong's instrument

19. "And Then ____ Were None"

22. "Wow!"

23. User's "getaway"

24. Sun-dried brick

25. Water wheel

26. Intense anger

27. Painter's prop

28. Angler's basket

29. Former Russian leaders

32. Snatch

33. Toothy fish

36. *Lute family instruments

38. "Perfect" Buddhist

40. Theatrical prompt

41. Former Portuguese money

44. Edible herb

46. Brain teaser

48. Like average Jane

49. British peers

50. Prefix for "beyond"

51. Any minute, arch.

52. Type of fish net

53. Daytime TV program

54. Enameled metalware

55. Federal Communications Commission

58. *Standard number of strings on guitar

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