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NOVEMBER 26, 2026 Volume 20 • Issue II


## Christmas in the Village



The village is buzzing for Christmas in the Village at Dakota City in Farmington December 5 & 6 and December 12 & 13th, Saturdays from from 3-8 pm, and Sundays from 3 -7 pm at the Dakota County Fairgrounds.

All ages will enjoy the many displays and buildings that reflect the sights, sounds, and scents of the season!

*(continued on page 12)*

# Development Boom Continues in Dundas as Council Approves Downtown Apartment Project

*Courtesy of KYMN Radio News*

The Dundas City Council has given final approval to a downtown apartment project, adding to a wave of housing and commercial construction already underway across the city.

At its meeting in October, the council approved the final plat, development agreement and tax increment financing agreement for the Cannon River Lofts, an apartment building planned for North Railway Street.

The developer, Rebound Partners, will combine four parcels into one, and the project includes rebuilding Railway Street north to connect with the Mill Towns State Trail.

*(continued on page 13)*



**A rendering of what the exterior of the Cannon River Lofts project may look like upon completion.** *Courtesy of City of Dundas*


## OPEN HOUSE

Honoring

**Sheriff Jesse J. Thomas**



**3-6 p.m.**
**Friday, Dec. 18**
Rice County
Public Safety Center
Training Room,
50 East View Dr., Faribault
*Refreshments will be served*

RICE COUNTY SHERIFF'S OFFICE

After 31 years with the Rice County Sheriff's Office, Jesse Thomas is retiring. The Rice County native began his law enforcement career as a correctional officer at the Rice County Jail, but soon moved to patrol deputy.

He's served in many roles during his tenure with the Sheriff's Office, including sergeant, lieutenant and chief deputy. He was named sheriff in November 2021. Thomas was elected sheriff the following year.


## Sapphire Event Room to Present A King, Cash & Diamond Christmas Shows December 18th





Many have seen the the popular Vegas Style Tribute Show featuring the music of Johnny Cash, Elvis, and Neil Diamond in Dennison, featuring Chris Olson as Elvis, and Doug Allen Nash's Tribute to Johnny Cash and Neil Diamond.

Several years ago, they began performing a special Holiday Show at Breezy Point Resort in December each year, and this year are going to bring the festive show to Dennison December 18th, 2026. The show will include a blend of your favorite everyday tunes from the iconic artists, along with a wide variety of your favorite Christmas holiday tunes.

*(continued on page 11)*

## Drinking Water – Opportunities for Well Water Testing



**By Rice County**

Safe drinking water is important for everyone. Since 1995, the Minnesota Department of Health (MDH) has reported annually to Minnesota residents and the United State Environmental Protection Agency (EPA) on the status of the state's public drinking water systems.

*(continued on page 15)*


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# A Battle Plan for the End Times



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

No food! Desolation! Bloodshed! Signs in the heavens! An evil ruler! Empty stores! Corruption! Civil war! These may be a few things you think of when it comes to the end times. However, what does the Bible say?

Last month I shared how I was going through some health complications and how I created a five-step spiritual battle plan to help me when I am faced with not feeling well. I mentioned how a person could make a battle plan for other things such as depression or marriage struggles, and I even mentioned making a plan for the end times.

A spiritual battle plan could be made up of (1) praise and worship, (2) specific verses for what you are facing, (3) truth statements and God statements, (4) the armor of God, and (5) thanksgiving. Let's incorporate these suggestions into a specific battle plan for the end times, but first let's learn some ways we can be prepared for the end of the age.

The number one way you can prepare for the end times is by having a relationship with Jesus. A relationship with Jesus first starts by accepting that Jesus died on the cross for your sins and asking the Lord to forgive you of your sins.

After you have accepted salvation in Jesus, then you get to know Him. You talk to Jesus as a friend. You share your whole life with Him—your struggles, your joys, your worries, everything. Nothing will surprise Jesus, my friends, just be real with Him. Read the Bible and dialogue to the Lord as you do so. Get your oil (see Matthew 25:1–10).

The next way you can prepare for the end of the age is to know the biblical narrative of the end times and not the secular one. How do you do this? You get your sweet nose in the Word of God. You study, digest, and dialogue with Jesus about the verses that talk on the end times. What verses talk on the end times, you may ask? Great question, I will get you started with some key terminology and Scriptures on this very thing.

Take the following vocabulary and verses slow. Look them up in your own Bible.

As you look up these verses, also read before and after these Scriptures.

This will take time. Ask Jesus to help expound these holy words and to give you revelation. Be gentle with yourself as you unpack these Scriptures. YOU CAN UNDERSTAND THESE THINGS. YOU ARE SMART!

Seven-Year Tribulation: I see the seven-year tribulation as the final seven years of the end times. Daniel uses the term week to describe the seven-year tribulation. Part of the Hebrew definition of week can mean seven years (see Daniel 9:27).

The Antichrist: An evil man that will rule, have fierce features, understand sinister schemes, be very powerful (but not by his own power), cause destruction, prosper, and be cunning, deceptive, and prideful (Daniel 8:23–25). He will have a deadly wound (Revelation 13). He will say that he is God in the temple of God (2 Thessalonians 2:4). He will do signs and wonders (2 Thessalonians 2:9). He will change time and law (Daniel 7:25). He will persecute the saints—Christians—(Daniel 7:25; Revelation 13:7). Although he is evil at his core, I believe he will come off as grand, mighty, and even appear like a savior (see 2 Corinthians 11:14). He will rise against Jesus and be killed by Jesus (2 Thessalonians 2:8; Revelation 19:20).

The False Prophet: This is the antichrist's "sidekick." He will push the mark of the beast and the image of the beast. He will do signs and wonders in the presence of the antichrist (Revelation 13:11–18, 19:20).

Covenant: The antichrist will make a covenant (peace treaty) with Israel and other nations (Daniel 9:27).

Harlot of Babylon: An evil religious and economic system (Revelation 17–18).

Ten-Nation Confederation: I see this as ten nations that will work together with the antichrist (see Daniel 7:7–8, 23–24; Revelation 13:1; Revelation 17).

Abomination of Desolation: At the halfway mark of the seven-year tribulation, the antichrist will break the covenant (peace treaty). He will bring an end to sacrifice and offerings (this means there will be a temple in Jerusalem). The antichrist will say he is God in the temple of God. An image of the beast (antichrist) will be set up.

The mandate to get the mark of the beast, worship the image of the beast, and follow the beast will be a part of the abomination of desolation, with strong emphasis on the image of the beast being set up (Matthew 24:15; Daniel 8:13, 9:27, 11:31, 12:11; Revelation 13). (From my perspective, the beast is the antichrist.)

Mark of the Beast: To be able to buy or sell, a mark—the name of the beast or the number of the beast's name—will be placed on the right hand or forehead of people. The false prophet will enforce the mark (Revelation 13:16–18). DO NOT GET THE MARK OF THE BEAST! If we are here, I believe the Lord will provide for us! (Revelation 14:9–13).

Image of the Beast: An image will be made of the beast.

*(continued on page 3)*






# Area Church Directory

## Pioneer and Perfecter of Faith

***Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. — Hebrews 12:1-2***

Our reading today invites us to reflect on the life of faith as a race marked out for us.

And who has gone before us to mark it out? Jesus, the pioneer (or trailblazer) of faith.

He did it all, providing this great gift for us. He paved the way when we were so lost in our sin that we were like dead people walking in darkness (Isaiah 9:2; Ephesians 2:1-5). He made us alive to faith. He justified us, he sanctified us, and he sustains us through every trial. Jesus lights the way for us, and he will bring us safely through to where he is. As the apostle Paul describes it in Philippians 1:6, "He who began a good work in you will carry it on to completion."

Some Bible translations describe Jesus' role here as the "author and finisher" of faith, and that reminds me of some treasured gifts that grace our family's home. My mother-inlaw and late sister-in-law gifted us with beautiful, handmade quilts. They "authored" these treasures, designing them on graph paper, choosing colors, cutting pieces of fabric, and quilting them together. They also "finished" these artworks beautifully, down to the last binding stitch. I benefit from these gifts of grace, resting under someone else's finished work.

In our life of faith, we depend on Jesus' accomplished work. From start to finish, we can fix our eyes on him, following his lead and relying on his guidance and finished work every step of the way.

***Pioneer and Perfecter of faith, where would we be without you? Lead and guide us, Lord, and may we rest in you. Amen.***

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**NORTHFIELD COMMUNITY CHURCH**
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Contact Us: hello@northfieldcc.org
https://www.northfieldcc.org/
10:30 am Worship Service (10:00 am in summer)
9:15am Sunday School

# A Battle Plan for the End Times

*(continued from page 1)*

It appears that the image will breathe, speak, and cause as many as would not worship it to be killed. The false prophet will really enforce the image of the beast (Revelation 13:14–15). DO NOT WORSHIP THIS IMAGE! (Revelation 14:9–13).

To incorporate the knowledge we just gained and the five suggestions on what a spiritual battle plan can consist of, here is a proposed end-times battle plan.

**End-Times Battle Plan**

1. Praise and worship. If we are here when the end times are in full swing, praising the Lord will be of utmost importance. "Jesus, even though the world is chaotic, I trust your leadership. YOU are the King of kings and Lord of lords."

2. Specific verses for what you are facing. If we are present during the seven-year tribulation, we must read the verses mentioned earlier in the article and obey those words, not the world's ways and the antichrist's words. Get to know the above verses. Scriptures that bring comfort would include Joshua 1:9; Philippians 4:19; and Psalms 23 and 91.

3. Truth statements and God statements. If we are here during the end times, here are a couple of statements we can tell ourselves. "I will not get the mark of the beast. If the Lord provided manna for the Israelites, I believe He will provide for me and my family." "If I end up dying for my faith in Jesus, I will instantly be in heaven. Perhaps I will have an experience like Stephen" (see Acts 7:54–60).

4. Put on the armor of God. Please see Ephesians 6:10–17. If you live with other people during the end times, it would not hurt to declare and put this armor on together as a family (or with friends).

5. Thanksgiving. Even if we are here during the end of the age, a person can still find things to be appreciative for. "Jesus, thank you that I have you." "Lord, thank you that I can talk to you at any time of the day in my heart and no one can take that from me." "Thank you that you are coming back and before too long, this all will be done and over."

I know the end times can be a hefty subject to learn and hear about, but it is so very important to know about the things that will take place. Go grab a cup of joe, some tea, or a cold Mountain Dew and talk to Jesus about these things. He will guide, reassure, and teach you about the end times and how to get prepared.

—No fear, Ashley

Dundas Messenger

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*Farm Girl Chatter*

# Fall Harvest: The Season of Thankfulness

**By McKell Lemmerman**




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The month of gratitude, the beauty of the changing seasons, and the reminder to appreciate the little things in life.

The time when slowing down doesn't mean just sitting back and relaxing but recognizing the equipment on the roads. To take your time when you get "stuck" behind them and can't hurry around. Remember that is someone's loved one driving that machinery.

There is something special about being in a combine when it works its way through a field at sunset. The corn stands tall before it, and behind it lies a clean path of harvested rows. Dust hangs in the air, catching the last golden rays of sunlight. The tractor pulling the grain cart follows close behind, ready to catch every bushel before the combine tank fills. It is like a coordinated dance with perfect timing, trust, and with every person knowing their part.

Harvest does not always follow a convenient schedule. Sometimes supper is brought to the field, sometimes sleep gets pushed back, and sometimes the only time to rest is when the machinery needs fixing or Mother Nature starts the sprinkler system.

I find myself looking toward the fields. The bright lights of tractors and combines shine across the dark countryside like a football stadium in the middle of nowhere.

Maybe this is what thankfulness looks like in the farming world. It is not always sitting quietly with a list of things to be grateful for. It is standing along a gravel road, watching the lights move through a field long after dark. It is bringing a meal or a nice cold beverage to someone who has been working since sunrise. It is appreciating a good crop, a dependable machine, a helping hand, or another beautiful sunset at the end of a long day.

It is simply remembering the people behind it all.

***Thank you, farmers!***




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*Changes in Latitudes, Changes in Attitudes*

# Caterpillars, Cables and Days Gone By

**By Terry Campbell**

*This column is written by Messenger editor and Minnesota native Terry Campbell. Here he relates his adventures and recollections including relocating to the state of Tennessee after he turned sixty years old.*

As I was digging a plot of land this spring for planting, I turned up a large heavy-duty cable looped and both ends. It was about six feet long, made from ½" steel wire rope and had two clamps on each end with a metal thimble protecting the loop. It was quite rusty but I had no doubt what it was for. I remembered it even thought it had been buried for over sixty years. That is one of the advantages of still living on the farm one was born on. The mere sight of an item can rekindle a memory long thought forgotten. And this cable was a connecting link to times in the early 1960's.

It was a cable that my dad made for pulling things with his Caterpillar. I still have the heavy duty vise my dad used to secure the clamps to the cable when it was made in his shop. It probably slipped off the dozer when he was operating it. And laid in the soil until I unearthed it sixty years later.

As a kid I lived and breathed anything that took place on the farm. Equipment held a sacred place in my mind. It was the backbone of the farm. Enabled a mere man to perform tasks impossible to a human on their own. That was the D2 Caterpillar. A marvel of machinery in my mind. My young mind absorbed all the information my dad related to me about the attributes of this wonderful crawler. I can still feel what that black seat felt like and see the steering levers and hear the pony motor fire to life when he pulled the rope which had to be wound around the engine pully.

The Caterpillar D2 was built from 1938 until 1957. It was the smallest tracked tractor the company built. A 33 horsepower, four-cylinder diesel engine, with five forward speeds and one reverse gear. It had a gasoline pony motor to start it. Weighing in at 8,000 pounds with 12" wide tracks it could outpull a tractor. Many of these were sold for farming applications and my dad used it to pull a three bottom molboard plow.

He also had a blade mounted on the dozer and used it to move lots of dirt around the farm. There is still an earthen dam he built to catch runoff from the barnyard. It has long since filled in with silt but I recall who built it every time I see the square plateau that did what the designer built it for many years ago. He widened out the cartway which gave us access down the limestone bluff at the backside of the farm.

My neighbor told me one time that he was helping his dad take down a silo by their barn on a Sunday morning. A common way of removing a concrete stave silo is to break out the staves at the bottom of the silo on the side you want it to fall. When enough staves are gone it should fall in that direction. In their case it fell in the wrong way and blocked the entrance of the barn so the dairy cows couldn't get back in. He was only fifteen years old but he had worked for my dad and grandfather, and knew how to run the dozer. My dad was gone that day, and over the protestation of his father, he started the Caterpillar and brought it over to move the concrete debris away from the barn and save the day.




*A Minnesotan:*

# Deer Season



**By RosaLin Alcoser**



Growing up in rural Minnesota fall always brought around many a man's favorite time of the year. Hunting season.

November usually brought around my lest favorite time of the year as a child. Firearm season. Which was my least favorite because my mother would keep us inside for nearly an entire month because of it. As an adult who's handled a firearm I get it, as a child I understood the why of it all but I didn't like it.

Now I have never actually hunted. However, as a teenager and young adult I did participate in part of hunting season. Mainly because grandpa used me as a spare deer and turkey scout at times or on occasion took me to follow a blood trail during bow season. Outside of that and the rare occurrence of helping of cleaning a deer I've never hunted.

Although I did get an eight point buck back in the Fall of 2019 when it ran in front of my Subaru.

I was driving home in rural Minnesota late at night when I had just turned onto the road from the main county highway when I saw the car in the other lane flash their headlights at me. Which made me wonder if my high beams were on, they were not. What they were trying to warn me about was that they had seen the doe run across the road and a buck was likely behind it.

Thankfully I was going under 40 miles per hour — so I came out of this fine— because all of a sudden a 300 lbs monster of a buck was smashing in the front end of my car. It was the end of both the buck and of my Subaru.

That deer was made into jerked afterwards and I was told he was not delicious.

So while I have never and probably will never actually hunt I have gotten a deer. And quite an impressive one at that.

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# Gardeners, Relax and Take Time to Read



**By Lorrie Rugg**
**Master Gardener Coordinator,**
**Rice and Steele Counties**

As our growing season is winding down and the garden chores keep getting checked off my list to get done I begin to think about another thing I really enjoy and that is reading. What do I love to read - a really good gardening book. So I did some research on what books are out there and should maybe be on my Christmas wishlist?

The best gardening books for our region are those that help us understand our climate, choose hardy plants, work with our soil and create gardens that can withstand whatever Minnesota weather throws at us. We have all experienced a late spring frost just when the apple trees or magnolias are just ready to bloom, or a summer when the rain just stops and we get very friendly with our garden hoses and an early frost that catches us off guard.

I hope that by doing a little reading this winter we all will be more prepared for next year's growing season.

Here are a few selections that sound like they would be worth reading.

The Northern Gardener: From apples to Zinnias by Mary Lahr Schier.

This book has over 150 years of Minnesota Gardening wisdom inside the cover. It includes practical advice, gardening traditions, hardy plants and stories about Minnesota horticulture.

Growing Perennials in Cold Climates - Mike Heger, John Whitman and Debbie Lonnee. This is a great reference for anyone who loves perennial gardening. It helps you choose the right plant for the right place.

Month-by-Month Gardening in Minnesota - Melinda Myers. This is a great book for knowing what to do and when to do it. We all struggle with timing because our weather can vary so much from year to year. What worked last year might not work this year.

Growing Shrubs and Small Trees in Cold Climates - Debie Lonnee, Nancy Rose, Don Selinger and John Whitman. This is a wonderful resource for choosing trees and shrubs that can withstand our Minnesota winters. It has a nice selection of varieties with attractive flowers, berries and year round interest..

I hope these books offer more than just instructions - they offer inspiration to try new things and the knowledge to make it be successful. It helps us to understand the relationship between our gardens and our Minnesota weather. It can save you years of trial and error.

I read the best advice for Minnesota gardeners is : Work with our climate rather than against it. We can make plans and have everything figured out, but

Mother Nature always has the final say. Every garden year is different and our climate is changing, so we need to change some of the ways we do things. One thing I love about gardening is - there is always something new to learn. It is an ongoing process.

I hope you find some of these books under your tree this Holiday season.

**DO YOU HAVE A STORY IDEA?**
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Dundas Messenger

**Carleton's Annual Craft Fair & Custodial Bake Sale**

December 4, 2026 | 8:00 a.m. - 2:00 p.m.
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# Why Our Forefathers Were Much Healthier



**By Shauna Burshem, D.C.**

For most of human history, people didn't have to think much about staying healthy. Good health was simply a byproduct of how they lived. Our ancestors ate nutrient-dense whole foods, moved their bodies all day long, and lived in step with the natural world around them. There were no calorie counters, step trackers, or shelves of supplements, because their surroundings gave their bodies what they needed. Today, many of us struggle with low energy, sluggish metabolism, and chronic conditions like diabetes, heart disease, and obesity, even with more health information at our fingertips than ever before. Looking back at how past generations lived can give us a practical roadmap for feeling better now.

Traditional diets looked very different from what fills most grocery carts today. Families valued the whole animal, not just lean cuts like chicken breasts or tenderloins. Organ meats were common in cookbooks from the 1700s through the early 1900s, and bones were simmered into broths rich in collagen and amino acids that support the gut, joints, and skin. Saturated fats from butter and animal sources were welcomed rather than feared, and some researchers now question the mid-century push to replace them with seed oils. Carbohydrates were part of the picture too, but they came from root vegetables, seasonal fruits, and whole grains that were soaked or fermented for easier digestion. Vegetables were usually roasted, steamed, or stewed, and meals followed a simple rhythm of three nourishing plates a day, all made from scratch. Industrialization changed that, bringing refined sugars, seed oils, and packaged convenience foods that are high in calories but low in real nutrition.

Movement was also built into everyday life. Farming, construction, and manufacturing demanded hours of physical effort, and that steady activity helped keep metabolism humming. Research shows that Americans' resting metabolic rate has dropped about 6% since 1820, and the energy demands of the average job have fallen by roughly 25% since 1870. Desk jobs and labor-saving devices have shifted us toward long hours of sitting, which takes a toll on metabolic health, posture, and mobility. We've also lost much of our time outdoors, which once helped people make plenty of vitamin D and gave the immune system a boost. Studies link time in green spaces to lower inflammation and stronger immune activity.

Our ancestors also lived without the steady stream of synthetic chemicals we face today. Their food wasn't sprayed with modern pesticides, their water didn't carry microplastics or pharmaceutical residues, and their homes weren't filled with plastics and chemical-laden products. Today, compounds like BPA, phthalates, and PFAS are nearly impossible to avoid, and they have been linked to metabolic, reproductive, and developmental concerns. Some researchers also raise questions about certain food additives, noting that excess iron from fortified processed foods may contribute to iron overload and that high fluoride exposure has been studied for possible effects on the thyroid and nervous system. Cutting back on unnecessary toxins where you can is a simple, meaningful step toward lightening your body's load.

Finally, sleep once followed the sun. Morning daylight helped people wake up naturally, and as evening fell, warm firelight and candlelight let melatonin rise so the body could rest and repair. Full-spectrum sunlight, including near-infrared light, also supported healthy mitochondria, the tiny energy producers inside your cells. Now, blue light from screens and bright indoor lighting keeps us wired late into the night, throwing off our internal clocks and hormone balance. Some research suggests that constant exposure to electromagnetic fields from phones and Wi-Fi may also interfere with deep sleep. The goal isn't to live in the past. It's to borrow these time-tested habits, like getting morning sunlight, eating real food, moving more, and winding down when it gets dark, so you and your family can rebuild the energy and resilience that used to be normal.

Microplastics showing up in birds lungs! Microplastics are tiny bits of plastic smaller than 5 millimeters, and they really are everywhere. They're in the water we drink, the food we eat and the air we breathe. Because they're so small, they can slip past the body's natural defenses and settle into our tissues, including our lungs. A 2025 study made this crystal clear. Researchers examined the lungs of 56 birds from 51 different species and found plastic particles in every single sample, averaging about 221 particles per species. Birds are often an early warning sign for problems in our environment, so these findings strongly suggest that we're breathing in the same contamination. In fact, earlier research has already found microplastics in human lung tissue, including particles from common plastics like polypropylene and PET, the material used in many drink bottles.

What concerns me most is what happens once these particles get inside us. Microplastics and the chemicals they carry have been linked to hormone disruption, which can affect metabolism, fertility, mood and thyroid function. Your immune system also treats these particles as invaders, which can lead to chronic inflammation. They've been tied to oxidative stress, which damages cells and drains energy, and to gut damage that weakens digestion and immune balance. Even more troubling, the smallest particles, called nanoplastics, have been shown to cross the placenta and the blood-brain barrier. That means they can reach a developing baby and the brain itself. If you're pregnant, trying to conceive or raising little ones, this is worth paying close attention to. The good news is that a few simple changes at home can make a real difference over time. Start by switching to reusable cloth or canvas bags instead of plastic ones. Store your food in glass or stainless steel containers, especially anything you plan to heat. Cut back on single-use plastics like straws, plastic cutlery and disposable water bottles. When it's time to replace things around the house, choose natural materials like wood, bamboo, cotton, wool or ceramic. Finally, improve your indoor air by opening windows, dusting and vacuuming often, and running an air purifier with a HEPA filter. You don't have to do it all at once. Every small step helps lower your plastic load and supports a healthier body for you and your family.

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

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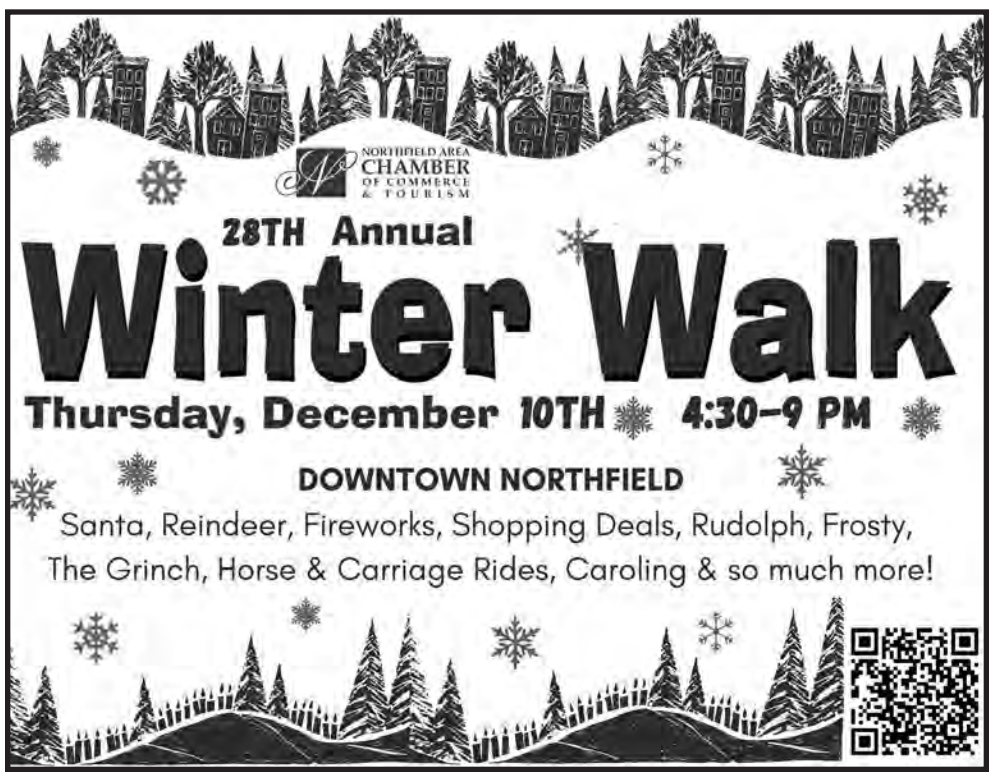


## CVEC Announces Winter Term Courses for Lifelong Learners Aged 50+

Registration starts November 23 for Cannon Valley Elder Collegium's Winter Term 2027.

Sixteen CVEC courses for learners aged 50+ begin the week of January 4, thirteen in-person and three online via Zoom. Registration begins November 23. Course topics include current events, literature, history, religion, music, film, dance, philosophy, and more. Courses can fill quickly; information and online course registration are available at cvec.org. Registration for open seats continues through the second week of classes.

**Winter Term course sampler:**
**A History of English in Eight Easy Classes**
**Movies About the Movies**
**Eight Jazz Giants**
**Book Banning Today**
**The 1970s, The Pivotal Decade - Its Music, Politics, and Culture**
**What's So Bad About Vice? Ancient and Contemporary Ideas**

CVEC's philosophy is that retirement is no time abandon intellectual curiosity. For nearly 30 years, the organization has offered thought-provoking courses for learners aged 50+, attracting seniors from throughout the Cannon River valley and beyond. Instructors are community experts, along with retired professors and teachers. Most courses run eight weeks, some are shorter. CVEC offers in-person courses in Northfield MN locations, as well as online.

Tuition fees are affordable, scholarships are available, new students are welcome. Many CVEC students and instructors return term after term, year after year. CVEC board member Charlie Black contacts new CVEC students to welcome them. He asks about their impressions of CVEC. Black's takeaway: «Hearing our new students rave about their first experience with us reinforces my own enthusiasm for CVEC and my conviction that we are enriching our community.

**cvec.org**

# Stretching Your Grocery Budget



**By Noel Aldrich, PhD, CNS**
**Licensed Nutritionist**

As we move into the winter months here in Minnesota, we prepare for colder days and winter storms by stocking our shelves and cupboards. But food costs are rising and budgets are getting tighter, so we need to give priority to the foods that are essential for sustaining health. Higher gasoline prices also affect the budget and may mean fewer trips to the grocery store. Many rural food pantries across southern Minnesota have reduced access or closed entirely as their resources have been restricted.

Beginning in November, colds and flu increase steadily across the country. This yearly cycle has become so routine that many people expect to get sick and treat it as unavoidable. But each of us also has a remarkable immune system, the built-in defense process that keeps us alive by constantly guarding against germs and invaders. We should understand how it works and how to support it.

White blood cells are the "troops" on the front line of your immune system. Just as the military has different branches, there are many types of white blood cells, and each has a specific job. And like our service members, these cells need food to keep doing their jobs well. When key nutrients run short, the cells can't perform at their best. To keep your front line"troops" in top condition this winter, make sure they are getting what they need.

**Three nutrients to prioritize**

Vitamin C helps white blood cells eliminate bacteria and germs, and it is one of the least expensive vitamins on the market. Good food sources include bell peppers, broccoli, kiwi, whole oranges, and strawberries. I recommend whole oranges over orange juice because of the juice's high sugar content.

Vitamin D is a fat-soluble vitamin essential for balanced cell activity. It can enter the nucleus of a cell and help turn important processes on and off. Food sources include cod liver oil, goose liver, salmon, sardines, and whole eggs. I prefer these whole foods to fortified products. Vitamin D is especially important for Minnesotans during the winter months with limited sunshine. You can find more resources at www.grassrootshealth.net.

Zinc is an essential mineral for a strong immune system, and it is also needed to build the proteins that fight bacteria. The best food sources are beef, lamb, lentils, pepitas (pumpkin seeds), and cashews. If you don't eat these foods regularly, a 15 mg zinc tablet per day is another option.

**Go easy on the sweets**

Sugar is known as an energy source, but it doesn't help immune cells get more work done. A 1973 study observed that white blood cells exposed to glucose slowed down and stayed sluggish for up to five hours. As you move into the holiday season, pay attention to how often you are having treats and how your body responds. A glass of water will do more for your immune system than another candy.

You only get one body in this lifetime. Make sure you take good care of it and do not wear it out sooner than necessary.

As a nutrition specialist, I can help you learn how to strengthen your immune system using the whole foods and vitamins your body needs. Finding the resources for true health can be located right in your local grocery store.

Contact me to discuss your health goals for the coming year. A free Strategy Call is available for you to ask your questions and begin to get some answers. Nutrition is designed for healing. 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.*

## Northfield Public Library's Open Writers Group
# Book Launch Party




The Northfield Public Library's Open Writers group has released our second anthology of short stories and poetry. We're having a launch party at Imminent Brewing on Tuesday, December 1, from 6:00 – 8:00 pm. All are invited!

Proceeds from the book benefit the public library.

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## Sapphire Event Room to Present A King, Cash & Diamond Christmas Shows December 18th

*(continued from page 1)*




The show will take place in the all new Sapphire Event Room and Cocktail Lounge in Dennison. Tickets are available by calling Fireside Lounge during normal business hours at 507-645-9992.

For fans young and old, if you have ever been to the popular Breezy Point Resort up north in Minnesota, you may have caught The Memories of Elvis Show (www.espking.com).with Chris Olson on the dockside bar at Breezy Point. Chris Olson performs this entertaining tribute of The King, and will be bringing his talents and show back to DENNISON, along with Doug Allen Nash Friday December 18th, for two shows. A 1:30 matinee show and 7 PM evening show, next door to the Fireside Lounge & Supper Club at the all new Sapphire Event Room and Cocktail Lounge, the areas newest event space and cocktail lounge located on main street in Dennison..

Doug Allen Nash will again join the show this year with is tribute to Neil Diamond and also his "Johnny Cash Tribute - American Icon". (www.dougallennash.com)

Advance tickets are just $30.00. Call Fireside at 507-645-9992 during normal business hours, or e-mail them at firesidelounge-dennison@gmail.com to order tickets. (In the event of inclement weather, causing the show to cancel Friday. Saturday December 19th will be the make up day for the shows)

You can also make lunch dinner reservations at The Fireside Lounge & Supper Club for that day or evening ahead or after the show. Space is limited, so guests will want to make their reservations early, as Fireside Lounge celebrates 25 years of Amy Family Hospitality.

# Christmas in the Village

*(continued from page 1)*

The buildings are heated and horse-drawn trolleys will be available to take visitors throughout the village.

Hot chocolate, apple cider, hot soups and ice cream are available in the Drug Store.

Apple cider donuts and popcorn will be available in the Fire Barn with warm up fire barrels and benches set up nearby.

The Dakota Garage will be open and hosted by the IMCA car club members.

Visitors will find a photo booth, kid's activities and a baked potato bar and beverages in this new building. Parents are encouraged to bring their children's letter to St. Nicholas in a self-addressed envelope (not sealed) to this building where the special post office box is located. After the event, children will receive a letter in the mail from St. Nicholas. Saint Nicholas will be visiting with children in the Depot.

The popular model engine train display (scale G) will be back this year again in the Library.

The free "Making Minnesota", a children's activity book from the Minnesota Historical Society will be available in the School House where children will be invited to add a paper ring to the paper ring chain decorating the tree and to write their name on the chalkboard.



Choir groups and musicians will be sharing music in the Church. Sing along Christmas carols will also be available there. Some of our choir groups enjoy caroling outside and walking through the village as they sing! Demonstrations will take place in the Carpenter shop, Harris House, McMenomy House and the Blacksmith Shop.

Admission price is $5 (cash) $5.50 (credit card) with children under 5 free.

Tickets are available at the gate, or online at www.dakotacity.org

IMPORTANT NOTE: Please have your confirmation receipt viewable on your cell phone or printed on paper to show the gate attendant as you approach the admission gate. Thank you!

Questions? Comments? Suggestions? Please call our office at (651) 460-8050. Please leave a message if you get our voicemail.

You can email us also at info@dakotacity.org.

Check them out on Facebook!






# Prepare now: Winter Hazard Awareness Week

**By Joe Johnson**
**Rice County Sheriff's Office - Emergency Management**

Now is the perfect time to get ready for the season ahead. The National Weather Service is calling for a warmer-than-normal winter this year, but even a mild winter can still bring periods of snow, ice, dangerous wind chills, and travel disruptions. Storms can strike quickly, last for hours or days, and may interrupt heat, electricity, and communication.

Despite a warmer outlook, winter still brings serious hazards such as slippery roads, hypothermia, frostbite, carbon monoxide poisoning, home heating fires, and overexertion while shoveling. A little preparation now goes a long way.

**Build or Update Your Emergency Kit**

Make sure you have supplies ready in your home, vehicle, and workplace. Stock food and water, warm layers, blankets, a phone charger, flashlights, and sand or cat litter for traction. Keeping these items handy ensures you're better prepared if you get stranded or lose power.

**Practice Fire Safety**

Maintain a safe distance between anything flammable and your heating sources. Have chimneys, fireplaces, and wood stoves inspected before firing them up for the season. Never leave candles burning unattended, and stay near the stove while cooking.

**Watch for Carbon Monoxide (CO)**

Carbon monoxide is colorless, odorless, and impossible to detect without an alarm. Install CO detectors on every level of your home and inside each sleeping area. If you spend time ice fishing, consider adding an alarm to your shelter as well. Early symptoms of CO exposure include headaches, nausea, fatigue, vomiting, and confusion. If your CO alarm sounds, get outside immediately and call 911.

**Share the Road with Snowplows**

Before traveling, check conditions at 511mn.org. Give plows plenty of room—stay at least five car lengths behind—and adjust your driving speed to match the weather. Buckle up, secure children in age-appropriate seats, and avoid driving when road conditions are hazardous.

**Stay Safe Outdoors**

Ice is never completely safe. Carry ice picks, know how to self-rescue, and check ice conditions before heading out. Dress in layers, wear a hat and mittens, and watch closely for signs of frostbite or hypothermia. When shoveling, take your time and listen to your body. If you start feeling tired, dizzy, or uncomfortable, stop immediately and rest before continuing.

Prepare early to ensure your family's comfort and safety. For more information and tips, visit www.ricecountymn.gov/623/Winter-Hazard-Awareness

# Development Boom Continues in Dundas as Council Approves Downtown Apartment Project

*(continued from page 1)*

City Administrator Jenelle Teppen said the last major hurdle is a grant from the Minnesota Department of Employment and Economic Development to pay for environmental cleanup. The site of the old co-op building was once a fertilizer transfer station, she said, and neither the city nor the developer can afford the cleanup alone. Teppen said DEED is aware the application is coming and previously funded the site's Phase II environmental analysis.

Two housing developments have already broken ground. Stone Ridge, on the east side of town off County Road 78, will add about 60 homes. Teppen said five homes are under construction, the model home is open and the first home has sold.

On the west side, the Loomis development extends Bridgewater Heights near 115th Street. Grading is complete and utilities are being installed, with crews hoping to lay asphalt before plants close for the winter.

Commercial construction is also visible along Highway 3, including a tire center and the beginnings of a new Chipotle restaurant.

Teppen said the growth reflects years of planning by the council, which designated zoning districts for specific types of development.And white the plan was not for everything to happen all at once, she said the results are with the extra work for city employees.

The city has also installed a new playground at Tower Park near the water tower. It will open once a back-ordered rope climbing structure arrives.

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## Position: City Clerk Treasurer — City of Nerstrand, MN

### Full-time I On-site at City Hall, 221 Main Street

The City of Nerstrand seeks a City Clerk Treasurer to manage day-to-day city administration and financial operations under the direction of the City Council.

**Salary:** $23.00 -$28.00 per hour, depending on experience.

**Additional Benefits:** Health benefits through QSEHRA, retirement benefits through MN PERA, and paid time off

**Key responsibilities**
- Prepare Council agendas and minutes; maintain city records, ordinances, and resolutions.
- Manage budgeting, accounting, financial reporting, utility billing, receipts, and disbursements.
- Administer elections, licenses, permits, and planning-related applications.
- Coordinate city staff and administer employee benefits and leave programs.
- Support public communications and maintain the city's website and social media.

**Minimum qualifications**
- High school diploma or GED.
- Knowledge of accounting, office procedures, filing systems, and recordkeeping.
- Minnesota driver's license or ability to obtain one within a reasonable time.
- Ability to complete LMC Clerk's Foundation Training within one month and obtain required municipal election certification within the prescribed timeframe.
- Ability to pass a background check after selection for an interview or a conditional offer.
- Strong communication, organization, computer, problem-solving, and confidentiality skills are essential.

**Additional preference will be given to candidates with these qualifications:**
- Governmental accounting and administration experience, related postsecondary training
- LMC Clerk Certification.

**Schedule:** 40 hours per week, generally Monday–Friday, 8 a.m.–5 p.m., with evening Council, budget, and special meetings, as needed. Flexing hours for evening meetings is required.

**Apply: Applications accepted through 11/24/26**
**at Nerstrand City Hall, 221 Main Street, Nerstrand, MN 55053**
**or email cityclerknerstrand@gmail.com for an application packet.**

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*Some personnel data for applicants who get interviewed is presumptively public under Minn. Stat. § 13.43. Except for applicants described in under subdivision 5, the following personnel data on current and former applicants for employment by a government entity is public: veteran status; relevant test scores; rank on eligible list; job history; education and training; and work availability. Names of applicants shall be private data except when certified as eligible for appointment to a vacancy or when applicants are considered by the appointing authority to be finalists for a position in public employment. For purposes of this subdivision, "finalist" means an individual who is selected to be interviewed by the appointing authority prior to selection.*

# Minnesota Infant Safe Sleep Week

**By Rice County**



Unsafe sleep environments and practices can put infants at increased risk for sleep related unintentional injury or death. Annually approximately 50 babies in Minnesota die suddenly and unexpectedly, and most of those deaths happen in an unsafe sleep environment.

Parents and caregivers should know the ABCs of safe sleep:

· ALONE: Infants should always sleep or nap alone.

· BACK: Always put a baby on their back to sleep or nap.

· CRIB: Babies should always sleep or nap in their own safety-approved crib or play yard with a firm, flat mattress and a fitted sheet.

Rice County Public Health would like to help share this message with caregivers of infants and young children. "All caregivers should know and practice the ABCs of Safe Sleep: A baby should sleep alone, on his or her back, in a safe crib," says Fae Schumacher, Rice County Family Child Health Supervisor. "Crib mattresses should be firm, sheets should fit tightly and there shouldn't be anything else in the crib, including pillows, blankets, crib bumpers, or toys."

Infants also should not be placed to sleep on a couch or armchair, in a car seat or swing, or in the caregiver's bed.

According to the American Academy of Pediatrics, research continues to show that bedsharing raises the risk of a baby's injury or death. The risk goes up when the co-sleeper is impaired by fatigue, alcohol, or drug use. While bedsharing should be avoided, having the infant sleep in the same room as parents in their own crib for at least the first six months is recommended. Breastfeeding and avoiding smoking are also recommended.

Rice County Public Health staff are available to conduct a home safety visit for caregivers of young children. In partnership with Cradle of Hope, staff can also provide a portable crib if needed, to ensure that every baby has a safe place to sleep. For more information, contact Fae Schumacher, Rice County Public Health Family Child Health Supervisor, at 507-321-4978.

More information on infant safe sleep can be found on the Minnesota Department of Health website: www.health.state.mn.us/people/womeninfants/infantmort/safesleep.html.

# Drinking Water – Opportunities for Well Water Testing

*(continued from page 1)*

According to the 2025 Minnesota Drinking Water Annual report, more than 99% of Minnesota's 6,582 public water systems met all federal health-based drinking water standards.

Where violations occurred, consumers were notified, and corrective actions were taken. Replacing lead service lines, the pipes that connect water mains to household plumbing, is a state priority and many municipalities are working to replace lead service lines serving privately owned homes.

Protecting drinking water is a shared responsibility between the state, municipalities and private well owners.

Municipalities regularly test city water and report findings in an annual water quality report, published on their city website. It is important to review that information if you live in a municipality, since there may be specific measures that are recommended, due to elevated levels of substances such as manganese or lead.

*What if I have a private well?*

For those who live in rural areas with private wells, regular well water testing is recommended. Every well should be tested once a year, and before the water is consumed by a woman who is or may become pregnant or if an infant under the age of 1 is in the household.



Rice County Public Health currently has free well water testing kits available for the following groups:

· Rice County residents who drink water from a private well if pregnant or infant less than one year old in household, regardless of financial need.

· Rice County residents with a private well WITH financial need.

For those who qualify for the free well water testing, kits can be picked up at Rice County Public Health, 320 Third St. NW, Faribault.

For those who don't qualify for a free well water testing kit and would like to get their water tested, more information about online ordering and fees can be found at ricecountymn.gov/550/Water-testing.

Rice Soil & Water, and the county's Environmental Services and Public Health departments are collaborating on private well water testing efforts, with plans to expand opportunities for free well water testing in the future. Private well owners may also be eligible for funding assistance to fix contamination issues through the TAP-IN Safe Drinking Water Program.

Annual Report at www.health.state.mn.us/communities/environment/water/docs/report2025.pdf

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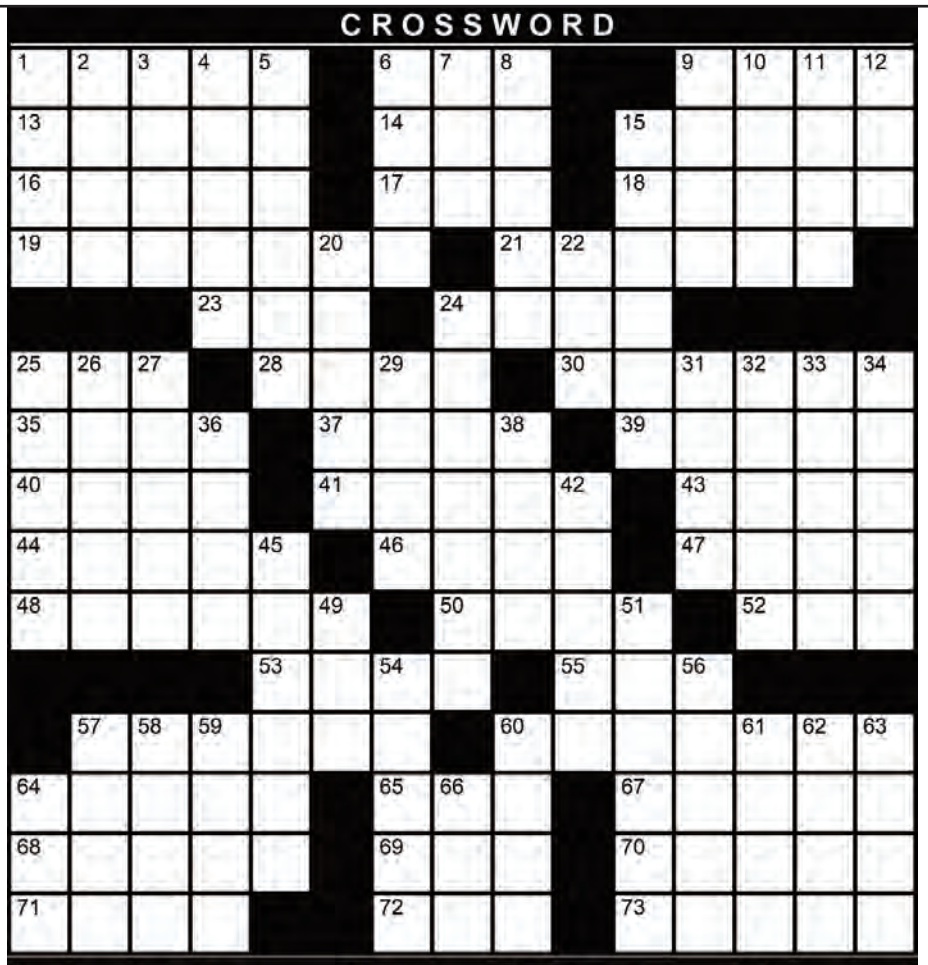






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THEME: HOLIDAY MOVIES

ACROSS
1. "As the World Turns" and such
6. Hundredweight, acr.
9. Notable achievement
13. Keep a threat ____ ____, or away
14. Across, in verse
15. Jiggly dessert
16. Opposite of bow
17. Sch. grp.
18. Kidman's ex
19. *HomeExchange story, with The
21. *Rudolph's father
23. *Kevin to Buzz in "Home Alone"
24. "Dickens!"
25. Quantity, acr.
28. *"Candy ____ Lane" starring Eddie Murphy
30. Opposite of anaerobe
35. Russian mountain range
37. Coxae, sing.
39. Tori, sing.
40. Goals
41. Famous Mac & Cheese manufacturer
43. One of auto pioneers
44. Letter-shaped girder
46. Home to Taj Mahal
47. A la _____, with ice cream
48. Relating to teeth
50. "My bad"
52. Eucharist vessel
53. Multicolored horse
55. NHL court
57. *Bailey of Bedford Falls
60. *Mount ____, Grinch's home
64. Supercharger
65. Ewe's mate
67. Alice Halsey on "Little House on the Prairie"
68. Ammo in a quiver, sing.
69. Knot-tying vow (2 words)
70. Sensory threshold, in psychology
71. Artist's inspiration
72. Bajillion years
73. Guns N' Roses lead guitarist

DOWN
1. "Away to the window I flew like a flash, ... and threw up the ____"
2. "Beetle Bailey" pooch
3. Cain's brother
4. *The McCallisters' travel destination
5. Trustee
6. Printer button
7. *Harry and Marv, a.k.a. the ____ Bandits
8. Pro move
9. Shade-loving plant
10. Hamburg river
11. Winglike
12. Freight weight
15. Official work trip
20. Taken where?
22. South American tuber
24. Six-sided polygon
25. *Cousin Eddie actor
26. Human social group
27. Mandarin's headquarters
29. *Luther Krank's wife
31. Living space
32. Lowest deck
33. *Will Ferrell's famous holiday role
34. English county
36. Future J.D.'s hurdle
38. Like Bob Ross' do
42. Short-trunked ungulate
45. Bone filler
49. Yule treat
51. Type of racing boat, pl.
54. Nest for an eagle
56. Not your grandmother's mail?
57. Spiritual leader
58. Makes a mistake
59. Double reed woodwind
60. Slangy "Follow me!"
61. Cat on a shoe
62. Wraths
63. Hyperbolic tangent
64. _____ o' shanter
66. Fuss, to Shakespeare

## SUDOKU ANSWERS

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




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

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