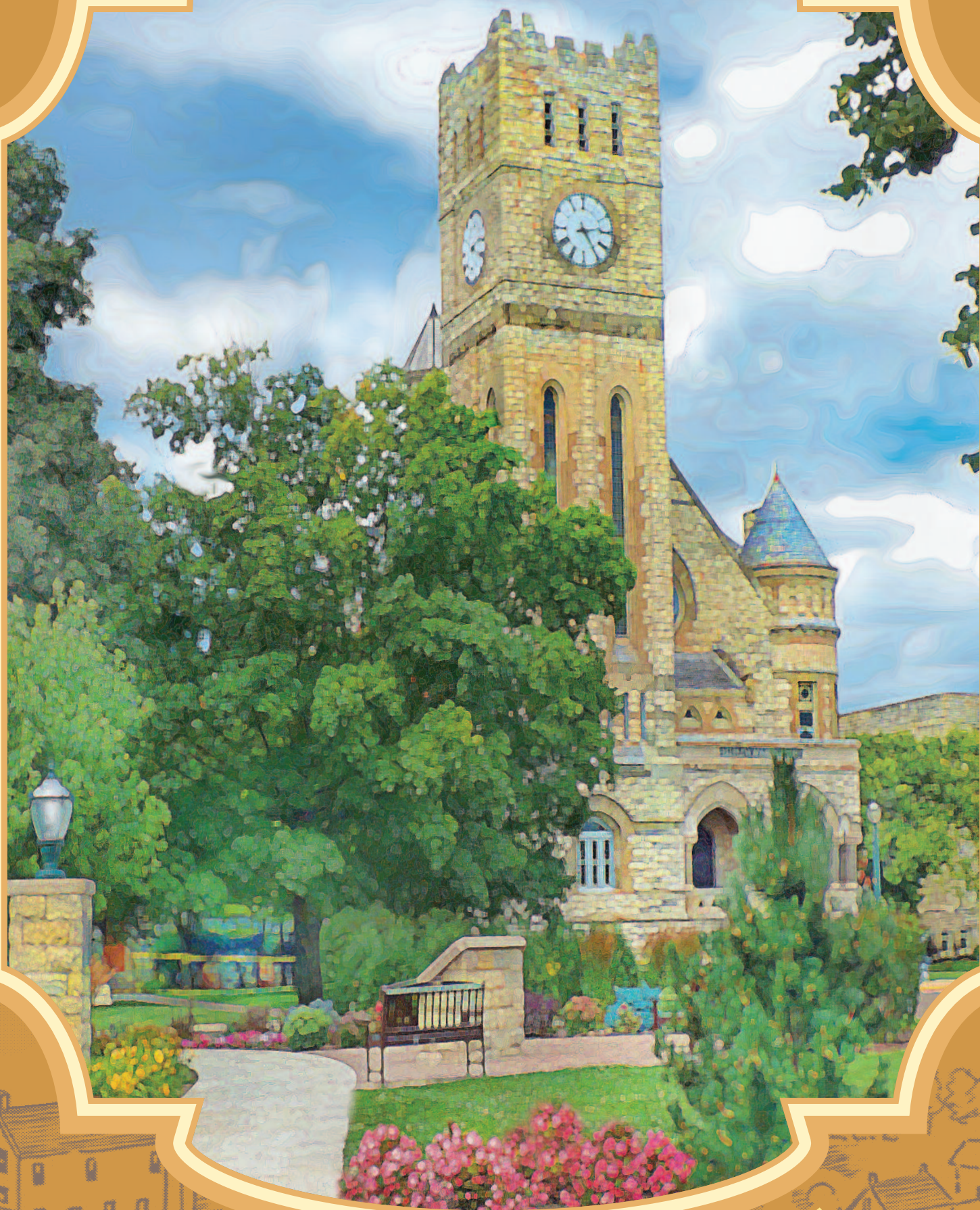


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F A R I B A U L T , M N



A C T I V I T Y G U I D E


**Buckham
Bulletin**

September, October & November
Fall 2016

JEFF
JARVIS

The City of Faribault

SINCE 1855

Brian Anderson,
City Administrator



Faribault City Hall

507.334.2222 - 208 NW 1st Avenue

www.faribault.org



Buckham Center

A Place to Enjoy Your Life!

In 1994, the City of Faribault, in an effort to consolidate city services, joined Parks & Recreation (a former YMCA), the Buckham Library, and the Faribault Senior Center. These entities, under one roof, formed Buckham Center. This all-in-one facility beckons people of all ages to socialize, to learn, find resources, and to register for a variety of programs.

After the facility consolidation, the accent was put on making the most efficient use of available resources to avoid duplication of services and publications. Now, many years later, this method of doing business is still in the forefront as the City continues to add services amidst rising costs.

This unique venture resulted in a newspaper called the **Buckham Bulletin** - the official publication of Buckham Center and the City of Faribault. The paper offers a wide variety of news from city departments and many area non-profit organizations. Printed four times a year, the Buckham Bulletin is mailed to all rural and residential homes in the greater Faribault area. An electronic version can always be found at www.faribault.org.

For more information on the **Buckham Bulletin**, or to inquire about free non-profit advertising space, contact the editor, Jeff Jarvis, at Buckham Center: jjjarvis@ci.faribault.mn.us, or call 507.384.0516.

Buckham Bulletin Fall 2016 Issue

2-3. Faribault City News	14-15. Area Nonprofit News
4-7. Parks & Recreation	16-17. Faribault Senior Center
8-9. Aquatic Programs	18-19. Buckham Library
10-11. Enrichment Activities	20. Park & Rec Fitness
12. Paradise Center for the Arts	



3CMA
City-County Communications
& Marketing Association

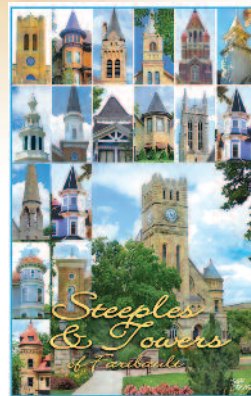
The Buckham Bulletin -
2001 Savvy Award Winner
"Best Recreational Catalog"

Steeple & Towers

The cover of this issue pays homage to the grand architecture that stands proudly in our city and to the steeples and towers that grace these buildings. The vertical embellishments are an important part of these religious, governmental, educational, and residential structures.

Architects over the years in Faribault utilized steeples and towers as adornments and rendered the designs in a variety of building materials. Local examples show steeples and towers built of limestone, wood, and brick, some of which are capped with copper, tile or roofed with slate, shingles or cedar shakes. Regardless of their construction, steeples and towers send a message of strength, aesthetic, and affluence.

Some towers have built-in clocks and bells that work in conjunction. Clock towers have been around for centuries, much longer than an ordinary pocket watch. Bells were originally placed in towers to note the passage of time and to summon the faithful from long distances. Once a vital part of a community, clock towers now serve a more aesthetical function today.



Steeple are composed of several parts--an integral part of religious architecture. Spires and bell towers project from the steeple, and are a symbolic connection to heaven. In an earlier day, the steeple served as a signpost to promote the location of a church.

Not every town has the variety and abundance of fine architecture Faribault has! Take time in the near future to gaze at and appreciate the steeples and towers found among Faribault's neighborhoods.

- Download the Steeples & Towers of

Faribault poster that showcases the city's best steeples and towers! Follow this link to the city website for a copy:

<http://www.faribault.org/219/City-Enrichment-Programs>.



Buckham Center Night to Unite 2016



Buckham Center's city-wide Night to Unite event continues to be an enjoyable night of activities and fun for many Faribault residents. Wide participation in this annual event helps keep the focus on crime prevention while building a stronger and safer community. Night to Unite is a statewide event that builds and fosters community bonds between citizens, businesses, and public safety organizations, such as the Faribault Police Department and Rice Co. Sheriff's office. This annual celebration occurs on the first Tuesday in August and gathers neighborhoods and public safety personnel together for an evening to promote safe communities.

Night to Unite Program Goals:

- To heighten crime and drug awareness.
- To generate support and participation in crime prevention and community policing programs.
- To strengthen neighborhood spirits and public safety and community partnerships.
- To let would-be criminals know that you are committed to keeping your neighborhood safe.

Night to Unite has proven to be an effective, inexpensive, and enjoyable opportunity to promote neighborhood spirit and police-community partnerships in pursuit of safer communities. Community benefits often extend beyond this single evening event as neighbors get to know each other and public safety agencies that serve them.



Fire Department

Dustin Dienst, Fire Chief

ddienst@ci.faribault.mn.us Phone: 507.333.0396

Annual Fire Station Open House

Come join us on Saturday, October 8, 2016, 10am-2pm!

The Faribault Fire Station was built in 1967-68 and has not undergone major improvements until recently. As a part of the annual Open House tours will be offered of the newly remodeled station. In addition, learn some fire safety methods by viewing the fire safehouse, operate a fire extinguisher, and view thermal imaging demonstrations. Watch a simulated vehicle rescue. Besides these activities, kids will have an opportunity to spray a fire hose or an extinguisher!

Buckham Library



Delane James, Director
djanes@ci.faribault.mn.us
Phone: 507.334-2089

• The Library Has Changed!

Gone are the days of silent spaces and “shushing” librarians! Today, Buckham Memorial Library is a vibrant community gathering place. Stop by the library and you may see your neighbor using one of the library’s iPads. You may hear preschoolers singing along with Storytime as they develop early literacy skills. You might watch the 3D printer print a design from a young engineer who just attended a 3D printing class for teens. Maybe you’ll pick up a couple of cucumbers fresh from the Friends of Buckham Library Garden.

Folks stop by the library to check out their favorite books, magazines and audiobooks, but did you know you can check out all those types of materials without actually coming to the library? By visiting the library’s website, www.faribault.org/library, you can check out eBooks, eAudiobooks and electronic magazines. Did you know you can also access free online homework help and career counseling as well?

For details about what’s going on at Buckham Memorial Library, stop by or call the library’s Information Desk at 507-334-2089. Be sure to “like” Buckham Memorial Library on Facebook!

In 2016, Buckham Library Has Launched...



Public Notices

• Municipal Water Restrictions

Water restrictions are in effect through September 30. Odd-addressed properties will water on Sundays, Wednesdays, and Fridays and even-addressed properties will water on Tuesdays, Thursdays, and Saturdays. Homeowners’ associations and apartment complexes that provide a common irrigation system may water on Sundays, Wednesdays, and Fridays. Commercial consumers may water on Tuesdays, Thursdays, and Saturdays. Monday is a ‘No Watering’ day. City water cannot be used for the purposes of irrigating or watering lawn, sod, or seeded areas between 10:00 a.m. and 5:00 p.m. daily. There are some exceptions to these rules, the most significant being a 30-day exception for newly seeded or sodded lawns, though some restrictions still apply. Registration is required for the exception and can be done via phone (507-333-0361), fax (507-384-0509) or e-mail (pw@ci.faribault.mn.us). Please set your automatic sprinkler systems accordingly. Failure to comply could result in a fine by the City of Faribault.

• Watermain Flushing

ZONE 1: Tues. Sept. 27 South of 7th St. NW, West of 9th Ave., NW and SW.	ZONE 3: Thurs. Sept. 29 North of 7th St. NW, West of 8th Ave. NW, North of Cannon River to North of 20th Street NW.
ZONE 2: Wed. Sept. 28 South of 7th St. NW, East of 9th Ave., NW, SW, and West of Straight River.	ZONE 4: Fri. Sept. 30 North of 7th St. NW, East of 8th Ave. NW to Cannon River at 16th St. NW, includes entire east side of the Straight River.

Watermain will be flushed the week of Sept. 27-30 on four separate nights, weather depending. (See above chart.) Flushing happens between 7pm and 5am. Watermain are routinely flushed to clean the system. Residents are advised to avoid or limit water usage during the flushing period and check for discoloration prior to using water for laundry. If discoloration exists, run the cold water tap until it becomes clear. *It is recommended that residents shut water off at the meter to avoid drawing in rust particles or other debris being flushed from the lines.*

Engineering Department

Tim Murray, Director

tmurray@ci.faribault.mn.us 507-333-0360

The City is constructing several new sidewalk segments along various streets as part of the 2016 Capital Improvement Plan. The sidewalk locations are identified in the City’s Comprehensive Sidewalk and Trail

Plan. The concrete sidewalks being constructed are extensions or continuations of existing sidewalks. The City’s Plan notes that sidewalks provide additional safety for pedestrians as well as helping to promote a healthy life style. New sidewalks are being installed this summer along Highland Place, St. Paul Avenue, and 30th Street NW. There is also a new asphalt trail section being constructed along Bagley Avenue, immediately south of an existing trail, near the Aldi’s warehouse property. In addition, in conjunction with other street improvement projects located throughout the city, replacement of existing sidewalks that are in poor or hazardous condition are included.



Police Department

Andy Bohlen, Chief of Police
abohlen@ci.faribault.mn.us
507-334-0920 (Non-Emergency)

• See The Traveling Wall!

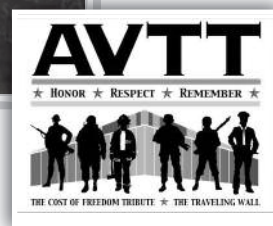
The Traveling Vietnam Memorial Wall is coming to Faribault during the Labor Day Weekend! This is an opportunity for veterans and visitors to experience both an educational and healing experience, and offer an important historical contribution to the understanding of our nation's history.

On Wed., Aug. 31, 2016, the Traveling Wall will be escorted by motor bikes, law enforcement and fire trucks northward from Owatonna, through Medford and downtown Faribault on Central Avenue. Everyone is encouraged to participate in the escort (bike, car or truck), or to stand along the escort route and welcome The Wall with a waving American flag.



View the Traveling Vietnam Memorial Wall exhibit at the Rice County Fairgrounds from Thurs., Sept. 1 through Mon., Sept. 5. This event is free with free 24/7 parking onsite at the Rice County Fairgrounds. Daily events are scheduled, for details, see: www.ISupportTheWall.org.

The Wall is sponsored locally by the Faribault Elks Club, American Legion, the VFW, SAL, 40-8, Marine Corps League, and the Faribault Foundation.



Public Works Dept.



Travis Block,
Public Works Director
tblock@ci.faribault.mn.us
Phone: 507.333.0361

• Down the Drains: Indoors & Out

When we brush our teeth, flush the toilet, wash dishes, or take a shower - when we wash our car, blow grass or rake leaves into the street - these activities all impact the health and wildlife in the bodies of water near us. Both the water that goes down our drains and the water that goes into our streets’ stormdrains end up in the Cannon River and eventually, the Mississippi River until it reaches the Gulf of Mexico.

We in the Cannon River watershed obtain our water from aquifers deep in the ground. We use that water to cook, clean and consume. The soapy residue, the runoff from watering our lawns, and everything in the toilet bowl goes down a drain either inside our homes or down an outdoor stormdrain, ending up in the Cannon River.

There are big differences between the journey those two drains take: indoor plumbing goes into septic fields or into pipes that travel around town to the local wastewater treatment plant. These facilities are designed to remove pollutants from wastewater before it is returned to the river. To do this, the treatment plant uses filters, screens and chemical and biological methods to remove solids, bacteria, phosphorus and other pollutants from the water. Lately, phosphorus and nitrogen treatment has been a big issue as the wastewater treatment plants must now

meet more stringent state standards to help reduce green algae blooms in our lakes. Phosphorus treatment is expensive and is something we all pay for as part of our water bills. If we can reduce the amount of phosphorus going into the treatment plant, we will save money and cut down on algae blooms.

Here’s How You Can Help:

- Use phosphorus-free dishwasher detergents and liquids.
- Don’t use your garbage disposal as often. Food waste has phosphorus in it - give it instead to your garden!
- Don’t flush medications down the toilet as treatment plants aren’t equipped to take these chemicals out of the water. The medicine goes right into the river. Dispose of medications at the “Take it to the Box,” a collection box at the Faribault Police Department.
- Wash your car on your lawn or over a drain (like a car wash) so soapy water will be treated before going back into the river.
- Keep leaves and grass clippings out of the street to avoid being washed down storm drains and into area lakes and rivers unfiltered.
- Plant native plants. Their deep roots soak up more water.

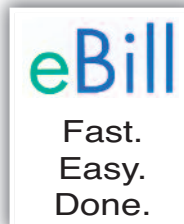
• City Compost Site

The City of Faribault maintains a compost site at 214 NE 14th Street, behind the city Wastewater Treatment Plant. Check signs for designated dumping areas. Only leaves, branches, grass clippings and garden waste are accepted. Weather permitting, the site opens in April and closes in November (opening and closing dates are weather-dependent). It is closed on holidays. Hours: Monday 1-7pm, Wednesdays 1-7pm, and Saturday 8am-4pm.

Finance Dept.

Karla McCall, Finance Director
kmmcall@ci.faribault.mn.us
Phone: 507-334-2222

• Paperless Utility Bills



The City of Faribault offers an electronic billing and payment option for utility customers. If you sign up for the e-bill option you will receive an e-mail notification that your bill is ready to pay with a link to your account to make a quick payment from the City website. No longer forget when your bill is due, this system will remind you with an email notification! Visit the City’s website at www.ci.faribault.mn.us and sign up through the Online Payments system for the e-bill option. For help logging into an account or setting up the e-bill option, please call Finance Department at (507) 333-0392.

PARK & REC Welcome!

Faribault Park & Recreation

15 W. Division Street – 334,2064

Email: ParkandRec@ci.faribault.mn.us



► **Paul Peanasky**
Parks & Recreation Director
ppeanasky@ci.faribault.mn.us



► **David Pribbenow**
Adult Program Supervisor
dpribbenow@ci.faribault.mn.us



► **Jill Strodman**
Youth Program Supervisor
jstrodman@ci.faribault.mn.us

PARK & REC OFFICE HOURS

Monday-Thursday:..... 5:30am-8pm
Friday:..... 5:30am-6pm
Saturday:..... 8am-5pm
Sunday:..... 12pm-6pm

REFUND POLICY

We reserve the right to cancel programs due to low enrollment. Full refunds are given when this occurs. Persons withdrawing registrations must give 72-hours notice before the program starts to receive a full refund. No refunds made after 72-hours prior to the start of an activity unless due to medical or unavoidable circumstances. *No refunds after activity is 50% completed.*

PHOTOGRAPHY DISCLAIMER

The Park & Rec Department reserves the right to take photographs at our events and activities to help promote future city programs.

GIFT CARDS

What better way to say “come out and play” than with a Park & Rec gift card? Since any monetary amount can be applied to gift cards, your friends or family can enjoy nearly everything Park & Rec has to offer: Youth/Adult rec and sports, memberships to aquatic programs and fitness center, outdoor Aquatic Center tickets, park shelter or pool party rentals, the list is longer!

ASL INTERPRETER SERVICES

Interpreter services are available for Park & Rec programs, but class registration and an interpreter request must be provided to the Community Center a minimum of *ten days* in advance of class start date. Please see www.ci.faribault.mn.us/assets/i/interpreterrequestformlayout1.pdf for the required form.

TOMMY ALLEN SCHOLARSHIP FUND

Youth 15 and under may be eligible for reduced fee scholarships to participate in recreation or sports. Please inquire at the Community Center.

INJURY DISCLAIMER

The Park & Rec Department will not be held responsible for any accidents or injuries sustained by any participant during our programs.



INFO HOTLINE
384-0539

Pet Parade ReCap!



With absolutely perfect parade weather, the 2016 Pet Parade, “Back to the 80’s” was one of the best ever for Faribault residents and visitors. Onlookers witnessed a wacky assortment of kids, pets, and parents walking the streets. The parade is the culminating event of the Park & Rec summer offerings. To see *hundreds* of current Pet Parade photos, search Facebook under Faribault Parks and Recreation. Like Us!

Pet Parade Winners 2016

◆ Grand Prize Float:

Swanson's Colorful Corner
1st Place Float: Flintrop Daycare
2nd Float: Divine Mercy Preschool
3rd Float: Faribault Lutheran School

◆ Wagons

1st: Lauren & Nick Kaderlik, Madi Climber with Lacey & Bubbles
2nd: Amelia, Patrick, Greta Hayes

◆ Rabbits

1st: Meadow Anderson
2nd: Keanna & Seth Kerrigan
3rd: Molly, Ellory, & Brooke

◆ Kittens and Cats

1st: Makia Bauer

◆ Unusual Pets

1st: Kayla Schultz & Pom-Pom

◆ Farm Animals

1st: Ostermann Family

◆ Horses

1st: Conrad Family

◆ Bike/Trikes

1st: Alivia & Emily Kappes, Brendan Muller, Tegan and Stephanie Al-mendinger, Caleb Ardolf
2nd: Ben Betterley
3rd: Laramie Buchene

◆ Strollers

1st: The Ghostbuster: Logan & Naomi Vargo, Remington & Lori Hatfield, Raechelle Rockvam
2nd: Haley and Zuzu O'Connor

◆ Costumes

1st: Margaux & Vera Narvaez, Iva and Felix Schultz, Eileen, Estella & Frankie Freeman
2nd: Kathleen Cap
3rd: Ava and Nora Becken

◆ Big Dogs

1st: Ashley Weber, Alex Paukert, Daimond, Kayla & Tanner Kubinski
2nd: Addisyn and Aynslie Bauer

3rd: Kyana Calderon, Grace Bengley, and Aleah Gillis

◆ Little Dogs

1st: Buffington Family
2nd: Avery & Henry Nordmeier
3rd: Oliva Mullenburg, Theresa Ellis



Park & Rec would like to recognize the following businesses, groups and individuals for their donations. Due to their generous support, these programs have been able to stay in the summer

schedule without reductions in quality, staff, or supplies. Thank you for giving back to the community!

Summer Donations!

Pet Parade

- ◆ 1st United Bank
- ◆ A & W
- ◆ ABC Bus
- ◆ Advanced Trading
- ◆ American Legion Post 43
- ◆ Anna Dee's
- ◆ Faribault Animal Center
- ◆ Basher's/J & J Bowling
- ◆ B & J Sewing
- ◆ Brazil's Barbershop
- ◆ Cedar Lake Electric
- ◆ Camp K-9
- ◆ Cenex/Mobil
- ◆ Cheese Caves
- ◆ Childrens Exchange
- ◆ Cory Evenstad Insurance
- ◆ Country Kitchen
- ◆ Creating A Ruckus Too
- ◆ DQ Brazier

- ◆ Erickson Chiropractic
- ◆ Fareway
- ◆ Faribault Garden Center
- ◆ Fantastic Sams
- ◆ Family Video
- ◆ Faribault Rental
- ◆ Fette Electronic
- ◆ Fitness in Motion
- ◆ Floor to Ceiling
- ◆ Gran Plaza
- ◆ Godfather's Pizza
- ◆ Hardee's
- ◆ Harley's Auto Savage
- ◆ Heartland Animal Center
- ◆ Heine Agency
- ◆ Holiday Inn & Suites Owatonna
- ◆ Hometown Credit Union
- ◆ Hy-Vee
- ◆ Jimmy Johns
- ◆ IFF, Inc
- ◆ Insty-prints
- ◆ KFC
- ◆ KDHL 920AM
- ◆ Kwik Trip
- ◆ McDonald's
- ◆ Quality Appliance
- ◆ ServPro, Inc. dba
- ◆ Sherwin Williams
- ◆ Sportswear by Design
- ◆ State Bank of Faribault
- ◆ Sunset Salon
- ◆ T-Mobile
- ◆ Tom's Pro Glass
- ◆ Taco Johns
- ◆ The Depot
- ◆ La Florde Jalisco
- ◆ Parker-Kohl Funeral Home
- ◆ The Broaster
- ◆ The Nook & Cranny
- ◆ Truax and Associates
- ◆ Vohs Flooring
- ◆ Wedding by Debs
- ◆ Faribault Veterinary Clinic
- ◆ MRG Tool and Die
- ◆ Reynolds Service
- ◆ WalMart

Youth Baseball

- ◆ Ace Sports
- ◆ State Bank of Faribault

Cub Football

- ◆ Faribault Football Association
- ◆ Reliance Bank

SpikeFest

- ◆ Chris Whillock
- ◆ Mike Jarvis
- ◆ Bill Boyd



130th Anniversary Season 1987-2017

CONCERTS IN THE PARK

Thanks to financial support from these individuals and companies:

- ◆ Roy & Bobbi Anderson
- ◆ Marilyn M. Anderson
- ◆ May Botke
- ◆ Gloria Carter
- ◆ Barb & Ken Dubbels
- ◆ John & Gloria Olson
- ◆ Cheryl J. Freund
- ◆ Jane Voit
- ◆ Gary & Kathy Kasten
- ◆ Pat Rice
- ◆ Ron & Connie Reineke
- ◆ Affinity Plus Credit Union
- ◆ American Legion Post 43
- ◆ American Legion Auxiliary
- ◆ Bug Busters Incorporated
- ◆ Cenneidigh, Inc.
- ◆ Faribault Senior Living
- ◆ Hometown Credit Union
- ◆ Kiwanis Club
- ◆ Reynolds Asphalt Maintenance
- ◆ Shattuck-St. Mary's School
- ◆ Signature Bar & Grill
- ◆ South Central College
- ◆ State Bank of Faribault

P A R K & R E C

Fall Sports

► BE A VOLUNTEER COACH

BE A PART OF THE TEAM!

Volunteer coaches are a big part of running sporting programs at Park & Rec! Currently we have a need for coaches to run Gr. 3-6 Volleyball, Cub Football, and Flag Football. If you have an interest to be a volunteer coach, please contact Park & Rec at 334-2064. Be a coach and your child plays for free!

TOP 10 REASONS TO COACH

1. To Bond With Your Own Child
2. To Teach Youth About Fairness
3. To Share Your Love of the Game
4. Because You Played the Sport Yourself
5. Because You Are Patient & Slow to Anger
6. To Make a Positive Impact on Youth
7. To Give Back to the Community
8. Because Your Child Likes the Idea
9. Because You Aren't Fanatically Competitive
10. Because You Don't Expect Perfection



Faribault Tae Kwon Do

(For Youth/Adults Ages 8 & Over)

Tae Kwon Do is a Korean Martial Art recognized as an official sport of the Olympics, and is most famous for its kicking techniques. In this program, we teach Tae Kwon Do in a traditional way, emphasizing the beauty and precision of form as well as the art of sparring and breaking. Benefits of practicing Tae Kwon Do are the development of strength and flexibility, concentration and discipline, confidence and self-defense abilities.

Classes consist of a combination of drills, forms, sparring, and/or breaking practice as determined each session by the instructors. We always include fun and try to make each session a satisfying learning experience. Beginners may transition to the advanced class after their first 8-week course and a belt test.

Beginners do not need special equipment to practice. Any comfortable clothing permitting easy movement is fine. Uniforms and sparring gear are required beyond beginner level.

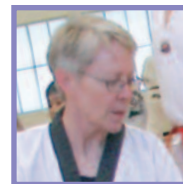
If you have an interest in the martial arts or wish to continue/resume Tae Kwon Do, please sign up and take advantage of Faribault's Tae Kwon Do program. If you wish to observe class, we welcome you to Washington Center!

Program Fee: An 8-week session is \$50. Fees do not include testing fees or personal equipment. Although most students prefer having their own sparring gear, the club owns some that may be used if you do not wish to purchase your own.

Location: Washington Center Gym

Upcoming Class Schedule:

#90716A	Sept 6, 2016	Beginners 6:30pm
#90716B	Sept 6, 2016	Adv. Beginner 7pm
#90716A	Nov 15, 2016	Beginners 6:30pm
#90716B	Nov 15, 2016	Adv. Beginner 7pm



Goodbye Master Wilbur!

We were extremely fortunate to have had Master Nancy Wilbur teach for 30 years. She has decided it is time to retire to spend more time with her family. We will miss Nancy and wish her the best.

On Wilbur's departure, we are confident the Faribault Tae Kwon Do club will be left in capable hands. The club will be led by Dr. Anthony Chou who holds a 4th degree black belt and Andy Tonga with a 2nd degree black belt, with support from Kaelen Kurtzweil. Instructors are associated with Park Institute and the World Tae Kwon Do Federation.



www.faribault.org/parks



Flag Football

(Youth entering Gr 2-3 in the upcoming school year)

The Flag Football program is for youth entering grades 2-3 in the upcoming school year. Players will learn the basic fundamentals, teamwork, and just plain have fun. This program meets on Tuesdays and Thursdays at the Jefferson Warming House area. The first practice will be September 6 at 6:00 PM at Jefferson. All participants should meet at the warming house. All youth will receive a Park & Rec t-shirt for participating.

Program Fee: \$30. Min. 12/Max. 24

Volunteer coaches are needed. Be a head coach and your child plays for free.

Coach's Meeting: Aug. 24, 2016, 6pm, at Park & Rec.

Session #

#90101: Entering Grade 2

#90102: Entering Grade 3

Rising Stars Volleyball League

Games Sept. 24, Oct. 1, 8, 15, 29, Nov. 5 & possibly Nov. 12.

Teams play 2 games per league date (12 games). Games are played between 8:15am-4:30pm at the FPR Gym or the National Guard Armory Gym. Practices are at the FPR Gym or your local school.

Grades 3-4 Play 3 vs 3 on a 6'5" net height on a 20x20 court, using a volleylite ball. Maximum ball touches is the advantage to playing on a smaller court with fewer players on the court. Team size allows for optimal playing time. There is a max of 8 players per team. There is no libero at this age level. League games are played at the FPR Gym.

Grades 5-6 Play traditional volleyball on a standard court size and junior's net height. Play 6 vs 6. Volleylite ball is used. Teams may designate a libero. There is a max of 12 players per team in order to allow for optimal playing time. League games are played at the National Guard Armory Gym and/or FPR Gym. All matches are officiated by the FPR Athletics Staff. Coaches are typically volunteer parents—it's common to have two coaches per team. If interested in coaching contact Jill Strodman at jstrodman@ci.faribault.mn.us or 507-384-0518. *Volunteer to coach! Your child plays for FREE.*

Rising Stars Volleyball Registration

Register online at www.faribault.org; stop at or call FPR at 507-334-2064, 15 W. Division Street.

Grade 3-4 Registration:

Simply sign-up according to school you attend and teams will be created. Teams are made up with players from their school, but occasionally players from other schools are combined.



Grade 5-6:

Two Ways to Register!

Option 1.) Coaches organize a complete team and sign up that team. Team fee is \$275 (up to 10 players.) For a roster of more than 10 players, add \$32 per player over ten to the \$275. Please register with code #7010Team.

Option 2.) Players can sign up according to what school they will be attending and then they will be placed on a team. Please register with code #701056 under your school name. Fee is \$32 player.

Team Shirts or Jerseys are recommended. This will be an additional cost to your team.

Practice dates/times are scheduled by coaches. Most teams practice at the FPR gym between 3:15-7:30pm, M-F. Practices are 1-1½ hours long. Teams are required to practice once a week with a possible second practice if the coaches choose. Coaches may choose to practice at area schools—if they make the arrangements.



Park & Rec



Indoor Open Skating

The Community Center offers open skate time at the Faribault Ice Arena. The cost is just \$4 per person or \$10 per family. Save money and purchase a \$40 punch card with 12 punches. Ice Arena skate rentals cost just \$3.00.

The Faribault Ice Arena is located at the Rice Co. Fairgrounds.

Dates in bold are FREE SKATING DAYS, no admission charged if each person brings a canned food donation.

Ice Arena Open Skate Schedule	
October	November
Sat. Oct. 1, 12:30-3:30pm	Sat. Nov. 5, 12:30-3:30pm
Sun. Oct. 2, 6pm-8:30pm	Sun. Nov. 6, 6-8:30pm
Sat. Oct 8, 12:30-3:30pm	Sat. Nov. 12 (No Open Skate)
Sun. Oct. 9, 6pm-8:30pm	Sun. Nov. 13, 6-8:30pm
Sat. Oct. 15, 12:30-3:30pm	Sat. Nov. 19 (No Open Skate)
Sun. Oct. 16, 6pm-8:30pm	Sun. Nov. 20, 6-8:30pm
Wed. Oct. 19, 12:30-3:30pm	*Fri. Nov. 25, 12:30-3:30
Thurs. Oct. 20, 12:30-3:30pm	Sat. Nov. 26, 12:30-3:30pm
*Fri. Oct. 21, 12:30-3:30pm	Sun. Nov. 27, 6pm-8:30pm
Sat. Oct. 22, 12:30-3:30pm	
Sun. Oct. 23, 6pm-8:30pm	
Sat. Oct. 29, 12:30-3:30pm	
Sun. Oct. 30, 6pm-8:30pm	
*Free Skating w/ Canned Food Donation	
All dates are subject to change due to ice availability.	

Upcoming Rec & Sport Programs



◆ **A Call from Santa**
(Kind. & Grade 1 ONLY)
Park & Rec and the Faribault Area Senior Center are sponsoring a “Call from Santa”

program. The purpose of this program is to offer children in Kindergarten and First Grade an opportunity to speak directly to Mr. or Mrs. Claus. If you wish to have your child receive a call from Mr. or Mrs. Claus, there is a form you will need to complete. Form will be available Nov. 25. You can find the form on-line at www.faribault.org or stop at the Faribault Park and Recreation Center.

Dates: Calls made Dec. 13, 5:30-7pm. This is a FREE program! Completed forms must be received by Dec. 11. Email forms to Jill Strodtman, jstrodtman@ci.faribault.mn.us, drop off a hard copy to the Park & Rec Department or snail mail your form.



Learn to Skate Hockey Skating Skills

A five-week program starting Oct. 22!
Ages 3-10 can learn hockey skating skills during afternoon Open Skates at no extra cost! The Faribault Hockey Association and

Faribault Park & Rec are offering a Learn To Skate program geared towards learning skills of hockey skating. Members of the hockey association and players from the Faribault hockey team will teach classes held on Saturdays from 12:30-1:15 during Open Skate. Classes are for youth 3-10 years of age.

Participants and their families can enjoy Open Skate together, and youth learn skating skills for a lifetime. The Hockey Skating Skills program ends December 1.

Participants are encouraged to purchase an Open Skate punchcard for admission into the class that happens during Open Skate time. Open Skate Punch Cards: \$40 (plus tax) for 12 punches. See the Ice Arena Indoor Open Skate schedule (above) for dates.

Necessary Equipment:
A warm coat, a bike or hockey helmet, gloves. Hockey equipment (skates, helmet, and pads) may be rented from the Hockey Association for \$25 with a security deposit that is returned at the end of session. For rental details and to register for the class, see the Faribault Hockey Association website at www.faribault.pucksystems2.com.

Outdoor Skating Rinks

Skating at the outdoor rinks will be available as soon as weather permits. The Jefferson facility has two hockey rinks and one leisure

rinks where there hockey is not allowed. Hours at the Jefferson rink are Monday - Friday 4:00 PM-9:00 PM and on Saturday and Sunday 1:00-9:00 PM.



◆ Winter Break Gym & Swim

(Youth ages 6-12)
Come join us for a day of playing games in the gym, crafts, storytelling and swimming. Our fabulous summer staff will be back and ready for action! All activities take place at the Faribault Parks & Recreation Community Center. Swimmers must be able to swim independently without a lifejacket. Youth do not have to swim.

#7999: Wednesday, Dec. 28, 10am-5pm
Fee: \$10/child (For ages 6-12 only)
MUST pre-register by Dec. 22. Maximum: 50 youth
(Must bring a disposable sack lunch and beverage, tennis shoes, swimsuit, and towel. Afternoon snack provided.)



Skating Academy Lessons

Learn ice skating basic skills and more in a fun and enjoyable atmosphere at the Shattuck St. Mary's Skating Academy. Classes are divided by age and level, Child (ages 4-5) and Youth (ages 6 and older). All skaters must begin at the first level unless previously attended classes. New skaters will be evaluated on the first day of class and will be moved if necessary.

- Level 1-A: Beginners (4-5 yrs) with no previous experience.
- Level 1-B: (4-5 yrs) intermediate class for those who took level 1-A class.
- Level II skaters need to skate forward, backward and stop independently. Skate rental limited (\$2.00). We recommend skaters supply their own skates.

Session I Fee (4-Weeks): \$50

Includes a 30 minute and 15 minute practice.
Dates: Oct. 29, Nov. 5, *Nov. 12, and Dec. 3
(No Class Nov. 19 & Nov. 26)
**Classes are held in the studio rink; no practice time.*

Session II Fee (4-Weeks): \$50

Includes a 30 minute and 15 minute practice.
Dates: Jan. 7, Jan. 14, *Jan. 21 and *Feb. 11
**Classes are held in the studio rink; no practice time.*

Session III Fee (4-Weeks): \$50

Includes a 30 minute and 15 minute practice.
Dates: Mar. 11, Mar. 25, Apr. 8, Apr. 15



◆ Bitty Basketball Skills Camp (Gr. K-2)

The skills of shooting, dribbling, and passing are the focus

of this camp. Practices and games will also help youth learn primary offensive and defensive strategies. There is a limit of 16 players per session. Space is limited so once spots have filled, your child will be placed on a waiting list. All players receive a camp T-shirt.

SATURDAY SKILLS CAMP (Meets 6 times)

Located at the Park & Rec Gym.
Dates: Jan. 7, 14, 21, 28, & Feb. 4 & 11, 2017
Early Bird Fee: \$25. After Dec. 30, \$30.
Registrations accepted until filled. Min. 12/Max. 24

Kindergarten (Boys & Girls combined)
#7020S1: Saturdays, 8:30-9:15am

Boys Grade 1 & 2
#7020S2: Saturdays, 9:20-10:20am

Girls Grade 1 & 2
#7020S3: Saturdays, 10:30-11:30am

WEEKDAY SKILLS CAMP

Located at the Park & Rec Center
Dates: Jan. 9–Feb. 1, 2017
Early Bird Fee: \$32. After Dec. 30, \$37.
Registrations accepted until all spots are filled. Min. 12/Max. 20

Kindergarten (Boys and girls combined)
#7020A1: Monday & Wednesdays, 4:15-5pm

Gr. 1 & 2 (Boys and girls combined)
#7020A2: Monday & Wednesdays, 5:15-6pm



- Arrive at the Ice Arena at least 15 minutes before your lesson begins. Please check in with the Instructors at the table in the lobby as you walk in.
 - Please wait to enter the ice until an instructor is present on the ice. Classes are thirty minutes each with 30 minutes of practice time (see schedule above).
- Classes are held at the SSM Sports Complex: 1000 Shumway Ave. Faribault MN. 55021

For More Details:

Contact Tom Hickey at (507) 333-1516 or email Hickey at thickey@s-sm.org. Visit us on our website: www.s-sm.org.

AGE 4 & 5	CLASS TIME	PRACTICE	DAY
Level IA	10-10:45am	10:45-11am	Saturday
Level IB	10-10:45am	10:45-11am	Saturday
Level II	10-10:45am	10:45-11am	Saturday
Level III	10-10:45am	10:45-11am	Saturday
AGE 6 & UP	CLASS TIME	PRACTICE	DAY
Level IA (6 & Up)	10-10:45am	10:45-11am	Saturday
Level IB (6 & Up)	10-10:45am	10:45-11am	Saturday
Level II (6 & Up)	10-10:45am	10:45-11am	Saturday
Level 3-4 (6 & Up)	10-10:45am	10:45-11am	Saturday
Level 5-6 (6 & Up)	10-10:45am	10:45-11am	Saturday
Level 7-8	10-10:45am	10:45-11am	Saturday
Freestyle	10-10:45am	10:45-11am	Saturday



Park & Rec Adult Sports



Let's Play Racquetball!

Park & Rec has two indoor courts for drop-in open play and league! Grab a partner for racquetball, handball or put together a walleyball team! Enjoy one of these great ways to have fun, improve your fitness, and socialize with your friends! Call 334-2064 to reserve a court. Racquetball is \$5.00 per hour per person. (Note: Both racquetball courts are closed for resurfacing Aug. 29 through Sept. 5.)

OPEN RACQUETBALL PLAY

All league players are invited to play over the noon hour every Tuesday and Thursday from 11:30-1:30. To be added to an email invite list, please contact us via email at jjjarvis@ci.faribault.mn.us.



Whether a novice or experienced, enjoy the fun of weekly league matches with others close to your playing level. Schedules and league info are emailed to players before league begins. Free league shirts to all participants. Limit 10 players each league. Playoffs conclude all leagues. Save \$5 and register by the early bird dates below. A one-time league fee pays for all league games and playoff matches.

League Registration:

Online: www.faribault.org/parks/online/registration, at the Community Center, or by phone, call 334-2064. Call Jeff at 507-384-0516 for details.

League	League Dates	League Early Bird Registration
Fall	Oct. 1-Nov. 17	League Fee \$33, after Sept. 27, \$38
Winter	Dec. 3-Feb. 20	League Fee \$33, after Nov. 28, \$38



Adult Fall Softball

The summer league may be finished but Fall Softball will begin soon! Keep the team together and play until the leaves fall off the trees. Each team plays 10 games in a double-header league and a single elimination playoff. The fall softball season will tentatively begin the week of Aug. 30. Deadline to register your team is August 12. Space is limited!

Team fee of \$325.00 is due when you register your team.

League	Night	Team Fee
Mens	Tuesdays	\$325.00 (Tax included)

Co-Rec	Thursdays	\$325.00 (Tax included)
June 17	Last day to turn in money for State.	
June 24	Last day to add player to roster if going to State.	
	No exception to this rule.	



Open Pickleball

Come join other pickleball players for open play on Monday-Thursday, 7am-10am, Tuesdays & Thursdays 6:30-8pm in the Park & Rec Gym. Fee: \$2, or a 14-use punchcard for \$20.



Noon Ball @ Park & Rec!

Looking for a great opportunity to shoot some hoops to break up the day? Adult Noon Basketball only costs \$2.00 a day. Bring a friend for open play! Runs Monday-Friday, 11:30am-1pm.

3 ON 3 BASKETBALL LEAGUE

Leagues Forming Now!

The Wednesday Night 3-on-3 Basketball is a recreation-level league. Games are cross-court and are not officiated. The Manager's Meeting will be Oct. 5 at 6:30pm in the Peterson Room at the Faribault Community Center. The 3 on 3 season begins October 21. The season consists of 12-games plus all teams make a single elimination tournament at the end. Registration Fee: \$190.00 (Sales tax included). Sign up today!

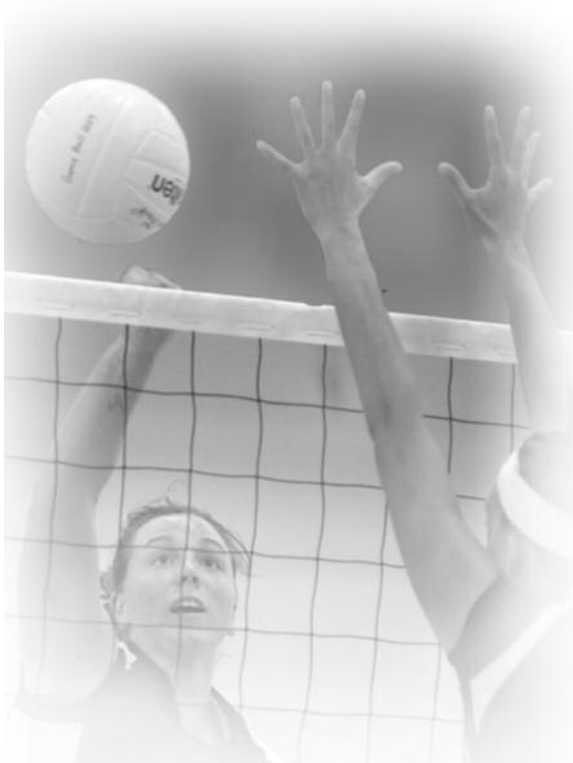


Adult Volleyball League

We once again are going to offer a split season. This will hopefully allow more teams to participate and then we can move teams after the first half so that they may be more competitive (whether it is up or down). The first half -season will be the week of October 3 through the week of December 5 (not playing the week of November 23). The week of December 14 will be a make-up week if needed. The second season will begin the week of January 9 and run through the week of February 27. There will be a single elimination playoff after season 1 and a double elimination tournament after the second season. All teams will be in a league playoff.

Men's Power Traveling League

Men's Power will play in a traveling league with Owatonna. Games will be played between the two locations. The season will NOT be split and teams will pay for the full year. It will be a 20-game season with a double elimination tournament at the end of the season.



IMPORTANT VOLLEYBALL DATES	
Sept. 23	Last day to submit Sponsor Fee for Season I.
Sept. 23	Manager's Meeting 6:30 Women's League, 7pm Men's & Co-Rec
Week of Sept. 26	One week of unofficiated practice games will be scheduled starting the week of Sept. 26.
Oct. 3	SEASON I League play begins
Dec. 16	Last day to submit sponsor fee for Season 2.
Dec. 16	Manager's Meeting 6:30 Women's League, 7pm Men's & Co-Rec
Jan. 11, 2017	Last day to add roster players, and submit deposit for State Tournament.
Jan. 9, 2017	SEASON II League play begins.

VOLLEYBALL LEAGUE INFORMATION		
Season I League Fee: \$248 (All leagues except Men's Power) Season II League Fee: \$248 (All leagues except Men's Power)		
Men's Power Full Season: \$620 Park & Rec now accepts VISA, Mastercard & Discover!		
League	Night	Location
CoRec Power	Monday	Armory
CoRec Middle	Monday	Armory
CoRec Lower	Monday	Armory
Men's Power (Doubleheaders)	Wednesday	Armory/Owatonna
Men's C Wed.	Wednesday	Armory
Women's Power	Thursday	Armory
Women's Upper Semi-Power	Thursday	Armory
Women's Semi-Power	Thursday	FCC/Armory

Men-Women-CoRec SpikeFest Tourney Jan. 21-22, 2017

This fundraiser tourney benefits the Tommy Allen Youth Scholarship Fund offered through Park & Rec. To join in the fun, please contact David at 334-2064 or email to: dpribbenow@ci.faribault.mn.us, or to Chris at chris@woodcarverswarehouse.com. Tournament will be held at the new Faribault National Guard Armory. Saturday: Men's & Women's Tourney Sunday: Co-Rec Tournament





Aquatics

Lessons – Training – Lap Swim – Aerobics



Shane Wampler
Aquatics Supervisor
Community Center Pool &
Outdoor Aquatic Center
15 W. Division Street
Phone: 507.384-0519
swampler@ci.faribault.mn.us

Faribault Swimming

We take an innovative approach in assisting people of all ages to learn swimming and water safety skills. The Parks & Recreation Community Center Pool is an indoor pool that is heated to a pleasant 86-degrees.

Waiting Lists

We would like every opportunity to serve you. If a class you want fills before you register, you may place your name on a waiting list. Additional classes may be added to accommodate the waiting lists.

Cancellations

We reserve the right to cancel any class due to insufficient enrollment; a full refund will be given when this occurs. A class that has insufficient enrollment may be cancelled as early as one week prior to the start date.



Enrolling in the Proper Level

Please follow the recommendation of your child's instructor. The certificate you receive at the end of the session indicates the level your child should enroll in next. It is not uncommon for a student to repeat a level several times before moving on. Each level is structured to build on the skills learned in the previous level. A student who does not possess the minimum skills for the level enrolled in will hinder the progress of the other students in the class as well as their own. In many cases it is difficult to determine early on whether a student will pass or need to repeat a level. For these reasons, it is important that you wait to register until you are certain what level the student is in.

American Red Cross Learn-to-Swim Programs provide instruction to help swimmers of all ages and abilities develop swimming and water safety skills. It is designed to give students a positive learning experience.

Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on, and around the water.

Skills are categorized this way:

Water Entry & Exit, Breath Control and Underwater Swimming, Buoyancy, Changing Direction and Position, Treading, Swimming on Front, Back and Side, General and Personal Water Safety, and Helping Others.



Private Swim Lessons

Enjoy special rates on private swim lesson packages. Each lesson is thirty minutes with a trained swim instructor. One lesson for \$25, three lessons for \$65, and five lessons for \$100.
Times: Wed. & Fri. 4-5pm, Sat. 8-8:30am, Sundays 6-8pm. Other times by appointment.

Fall 2016 Swim Lessons T/TH Evening Schedule \$33 per Class	
CLASS	SESSION #
Sept. 6-29. 5:30-6:00pm	
Infant Toddler	64601
Sept. 6-29. 6:05-6:35pm	
Parent/Preschool	64701
Sept. 8 – Oct. 1. 6:40-7:10pm	
Aqua Squirts	54801
October 4-27. 5:30-6:10pm	
Level 1	64101
Level 2	64201
Level 3	64301
October 4-27. 6:15-6:55pm	
Level 1	64102
Level 2	64202
Level 4	64401
October 4-29. 7:00-7:40pm	
Level 1	64103
Level 2	64203
Level 5	64501
Nov. 3–Dec. 1 (Skip 11/24) 5:30-6:10pm	
Level 1	64104
Level 2	64204
Level 4	64402
Nov. 3–Dec. 1 (Skip 11/24) 6:15-6:55pm	
Level 1	64105
Level 3	64302
Level 5	64502
Nov. 3–Dec. 1 (Skip 11/24) 7:00-7:40pm	
Level 1	64106
Level 2	64205
Level 3	64303

Swim Lesson Information

Programs offered through Park & Rec include the Water Exploration series (Infant/Toddler and Parent/Preschool classes), and following these in sequence are Level 1-5 swimming lessons.
Fee: \$31 per class



Infant/Toddler

(For Ages 1 & 2)
Parent/Guardians are in the water with the child. Parent and child will focus on adjustment to the water. Class Min. 3/Max. 12

Parent/Preschool

(Age 3 & 4)
Parent/Guardians are in the water with the child. Parent and child will focus on floating, and basic skills. Class Min. 3/Max. 12

Aqua Squirts

(For Age 4)
Parent/Guardians observe the lessons from the pool deck. Swimmers will focus on basic water skills with little or no assistance. Class Min. 3/Max: 5

Swim Levels

Level 1 Objectives

Introduction to Water Skills:

Helps students feel comfortable in the water and to enjoy the water safely. Enter and exit water safely. Open eyes underwater to pick up submerged objects. Swim on front and back using arm and leg actions. Submerge mouth, nose and eyes. Float on front and back. Follow basic water safety rules. Exhale underwater through mouth and nose. Use a life jacket.
Class Size: Min. 3/Max. 6

Level 2 Objectives

Fundamental Aquatic Skills:

Gives student's success with fundamental skills. Enter water by stepping or jumping from the side. Open eyes underwater to pick up a submerged (Continued above, next column.) object. Roll over from front to back, back to front. Swim on side. Exit water safely using ladder or side. Float on front and back. Tread water using arm and leg motions. Move in the water while wearing a life jacket. Submerge entire head. Perform front and back glide. Swim on front and back using combined strokes. Class Size: Min. 3/Max. 6

Level 3 Objectives

Stroke Development:

Builds on Level 2 skills by providing additional guided practice. Jump into deep water from the side. Bob with head fully submerged. Perform survival float. Butterfly-kick and body motion. Use Check-Call-Care in an emergency. Dive from kneeling or standing position. Use rotary breathing in horizontal position. Change from horizontal to vertical position on front and back.

Perform the HELP and Huddle position. Submerge and retrieve an object. Perform front and back glide. Perform front and back crawl. Perform a reaching assist. Class Min. 3/Max. 7

Level 4 Objectives

Stroke Improvement:

Develops confidence in learned strokes and to improve other aquatic skills. Perform shallow dive or dive from stride position. Perform open turns on front and back using any stroke. Perform the following- front and back crawl, breaststroke, butterfly, elementary backstroke, and swim on side using scissors-like kick. Use safe diving rules. Perform a throwing assist. Swim underwater. Tread water using sculling arm motions and kick. Perform compact jump into water from a height while wearing a life jacket. Care for conscious choking victim. Perform feet-first surface dive. Class: Min. 3/Max. 8

Level 5 Objectives

Stroke Refinement:

Provides further coordination and refinement of strokes. Standing dive. Pike surface dive. Tuck surface dive. Butterfly. Shallow dive, glide two body lengths and begin a front stroke. Front flip turn. Breaststroke. Learn survival swimming. Perform rescue breathing. Backstroke flip turn. Elementary backstroke. Front and back crawl. Sidestroke.
Class Size: Min. 3/Max. 8



Water Aerobics!

Try aquatic exercise...it is safer and more efficient than similar land-based exercises.

Consider These Points:

- 1.) **Buoyancy** creates near weightlessness that unloads the joints and cushions movement allowing greater freedom with less pain.
- 2.) **Viscosity** provides resistance for strength gains and toning.
- 3.) **Hydrostatic pressure** exerts force against the body that provides extra support for the joints, improves blood flow and lung function.
- 4.) **Warmth** is the feel good factor that allows the body to relax and perform better.

Year-Round Classes!

Shallow Water Workouts
Classes include Water Shape Up, Wet Fit and Gentle Waters. These classes are great for general conditioning, and for gentle rehabilitation without straining or overheating. Always check with a doctor before beginning a rehabilitation program.

W.E.T. Workout
If you want to lose inches, get into shape, relax or simply release the “real you” captured in a body suffering from too many pounds, too much stress and too little exercise, this shallow water class is for you.



Deep Water Workout Classes
Use a flotation belt to stay vertical in the deep end of the pool. No swimming skills required. Combine water resistance with aerobic and toning activities to get a whole body workout.

Water Power Class
You do not need swimming skills for this deep water class as flotation belts are provided. Deep-water exercise is the quickest way to achieve full-body toning by using the resistance of the water. It is also a great totally non-impact aerobic workout.

Water Aerobic Class Fees:
Just \$5.00 per class or save and purchase a 14-use punchcard for just \$43. *Try your first class free!*

Water Aerobics Weekly Schedule					
MON.	TUES.	WED.	THURS.	FRI.	SAT.
Water Shape Up 7:45-8:30am	Water Power 8:30-9:15am	Water Shape Up 7:45-8:30am	Water Power 8:30-9:15am	Water Shape Up 7:45-8:30am	Aqua Zumba 10:15am (Until May 30)
Wet Fit 8:45-9:30am		Wet Fit 8:45-9:30am		Wet Fit 8:45-9:30am	
Gentle Waters 9:45-10:30am		Gentle Waters 9:45-10:30am		Gentle Waters 9:45-10:30am	
W.E.T. Workout 4:15-5:00pm	W.E.T. Workout 4:15-5pm		W.E.T. Workout 4:15-5pm		
Deep Water Workout 6:30-7:15pm		Deep Water Workout 6:30-7:15pm			



Just Add Water & Shake!
Come to the Zumba pool party and receive all the benefits of Zumba class in the gym--cardio, muscle strength, caloric expansion and muscle flexibility, and the cooling effect of water. Meets Saturdays at the Community Center Pool, from 10:15-11am.



CPR & 1st AID Classes

Certified Red Cross classes teach how to recognize emergencies, breathing and cardiac emergencies in adults, children and infants. Topics include heart/disease, injury prevention, minimizing shock, and treating sudden illnesses. AED training is available by request. Call Shane at 384-0519 for more information.

CPR & 1st Aid Classes: Certifications valid for two years with free online digital refreshers.

CPR Classes: If your CPR certifications have lapsed, take our 3-hour Adult, Infant & Child CPR combination class.

Refresher Classes: Take these classes if you need a CPR recertification.

Note: Registration deadline is one week prior to each class start date. Sign up for classes at Park & Rec, by phone with a credit card, or on the internet at: www.faribault.org/parks/online-registration.



Community Center Indoor Pool Lap Swim!

Enjoy a six-lane, 25-yard lap swim area. You tailor the speed, distance, and the amount of time for a perfect workout. Swim laps at your own pace to keep in shape.

Lap Swim Hours: (Sept.-May)
Mon.-Fri. 5:45-7:30am
Mon.-Sat. 11:30am-1:00pm
Mon/Wed/Fri 5:00-6:00pm
Sunday 4:30-6:00pm

2015 Lap Swim Fees: \$5 daily admission, \$43 for an 14-use Punchcard, \$65 for an Individual 3-month pass, and a \$220 for the Annual Pass. (Applicable sales tax applies.)

Thanks for Coming!

See you all again at the Aquatic Center next June!



Lifeguard Training

Boys & Girls Ages 15 & Up
This 31-hour course provides

entry-level lifeguard candidates skills and knowledge to prevent, recognize and respond to emergencies. Learn how to provide care for injuries and sudden illness until advanced medical personnel arrive and take over. Class space is limited.

Prerequisites: Swim 300 yards. Swim 20 yards, retrieve 10-pound object and return to starting point.
October 16, 4-9pm. | October 17-18, 8-5pm
Note: must register at least one week in advance. Students must complete course work online before the start of class. Contact Shane for registration information.
Community Center Pool **Fee:** \$150 (Includes required book.)



Babysitter Training

For Boys & Girls, ages 11-15
This Red Cross course gives the knowledge, skills and confidence to care for infants and children. Must attend the full day to become certified. Bring a bag lunch and a baby doll. Treats and juice are provided. Class Min/Max: 10/16.
Location: Washington Center Room 103.
Fee: \$50 per class.
Saturday Class Schedule, 8:30-4:30pm
August 27, September 24, October 29, November 19

Water Safety Instructor

For Boys & Girls Age 16 & Up
This class is a 30-hour course. To participate in the Water Safety Instructor course you must be at least 16 years old and be able to demonstrate the following skills, and swim the following strokes consistent with the Red Cross Learn-to-Swim Level 4.

Stroke Performance Criteria:
Front crawl 25 yards, back crawl 25 yards, breaststroke 25 yards, elementary backstroke 25 yards, sidestroke 25 yards, butterfly 15 yards, maintain position on back 1-minute in deep water (floating or sculling). Tread water for one minute.
Contact Shane at swamplper@ci.faribault.mn.us or 507-384-0519 to be placed on a waiting list.

PARK & REC

City Enrichment



Jeff Jarvis
Phone: 384-0516
jjjarvis@faribault.org

"Our mission is to create and present excellent and innovative programs for the enrichment, education, and enjoyment of diverse audiences, and for participants of all ages."

COMMUNITY CENTER HOURS:

M-TH: 5:30am-8pm FRI: 5:30am-6pm
SAT: 8am-5pm SUN: 12pm-5pm

REGISTRATION:

We reserve the right to cancel programs due to low enrollment - in this case a full refund is given. Persons cancelling a registration must give 72-hours notice before the program starts to receive a full refund. No refunds made after 72-hours prior to the start of an activity unless due to medical or unavoidable circumstances. *No refunds after an activity is 50% completed.* A valid email is requested for all registrations.

SCHOLARSHIPS:

Youth 15 and under are eligible for the Tommy Allen scholarship fund. Please inquire at the the Community Center registration desk.



Saturday, Sept. 10. Noon-9pm
Central Park, Faribault

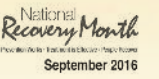
RecoveryFest in Faribault is a get-together to celebrate the *positive impact* of recovery from chemical dependency. Those in recovery are on a journey and want to share it with the people walking alongside them. Help break the stigma associated with substance addiction that creates a barrier for those seeking and needing help.

RecoveryFest is an opportunity for the community to come together, to encourage each other, and to celebrate the journey during National Recovery Month!

This is a free event with fun for all. Friends and family are welcome. For more details, call Jeff at 507-384-0516 or email to jjjarvis@faribault.org.

+ **Speakers** + **Live Music**
+ **Artists** + **Vendors**
+ **Food** + **Beverages**

This free event is sponsored by Faribault Parks & Recreation and the Rice County Chemical Health Coalition.



INTERPRETERS

Interpreter services are available for Park & Rec programs. An interpreter request must be provided to the Community Center a minimum of 14 days in advance of class start date. See www.ci.faribault.mn.us/assets/i/interpreterrequestform-layout1.pdf for the required form.

INSTRUCTORS:

Do you have a unique talent or ability that you would like to teach others? If you would like to teach others, contact Jeff at 507-384-0516 or jjjarvis@ci.faribault.mn.us.



En Plein Air Artist Exhibit

Opening Reception: Fri. Sept. 16, 6-8pm.

Come view finished works of art that you watched being made by ArtGo artists at the summer concert series. Snacks and beverages will be served.

Exhibit runs Sept. 16-Oct. 7, 2016 at the Buckham Center Commons.



Fall 2016 Youth

Firearm Safety

Sept. 12, 13, 15, 19, 20, 22, 2016. 6:30-9pm.

Field Day: Sat., Sept. 17, 2016. 7:45am-1pm.

This program promotes responsible use of firearms and hunter responsibility. Six classroom sessions and a field day session are required to earn a MN Firearms Safety Certificate. Parent/guardian must accompany student during the entire field day. Must be age 11 by class start, attend all seven sessions and meet additional course requirements. A student registration/parental release form needs to be filled out and a copy of a birth certificate or driver's license presented at registration. Register in person at Park & Rec. A \$5 supply fee is collected the first night at class. Students become fully-certified when a fee is paid to the DNR. The program meets at the FMS Cafeteria.



10-11



Specialty Classes

Specialty Classes are for a class of people with shortfalls in learning to experience the simple joy of gaining new skills that can enable more independence. These enrichment activities are open to all ages, abilities and skill levels with programs held at Washington Center. Register at Park & Rec, by calling 334-2064 with a credit card, or www.faribault.org/parks/online/registration.

◆ Save! Follow A Budget

Learn how to set up a budget and keep track of your money for a special purchase or a vacation. Find where you can save and how to make changes where needed. Class is for beginners or for those more experienced. Bring a calculator if you have one. Instructor: Sandy Prinzing
Date: Thurs. Sept. 22. 7pm. Fee: \$10

◆ Chair Exercise for Couch Potatoes

Learn a low impact routine of exercises to keep you fit all winter. Work at your own pace. Focus will be on muscle strengthening, flexibility and stretching to prevent future injuries. Bring light ankle and upper body weights if you have them.
Date: Thurs. Oct. 13, 7pm. Fee: \$6

◆ People in History

Learn the stories of the early settlers and the people that were here before them as presented by Dr. Roy Anderson, Alexander Faribault impersonator. Find out how the first people lived together, learned from one other, and formed a new country.
Date: Thurs. Nov. 10. Time: 7pm. Fee: \$8

Look What's Coming, Winter Quarter!

- ◆ A Dance with Live Music
- ◆ Custom On-Site Programs
- ◆ How to Use the Library
- ◆ Chair Exercise II
- ◆ Holiday Healthy Eating
- ◆ Fun Card Games



Meet Instructor Sandy Prinzing

In addition to general enrichment activities, Sandy brings considerable experience in working with senior citizens and developing programs and activities for people with disabilities.

Phone: 507-384-0515

Email: enrichment@ci.faribault.mn.us



◆ Ongoing Classes

American Sign Language

ASL Levels I & II

According to www.deaffriendly.com, there are 36 million deaf or hard-of-hearing individuals in the USA-that translates to 17% of the entire population. Learning ASL is a very marketable skill. Having an ASL-friendly business can mean many new customers. At minimum, learning ASL can make you a better listener and communicator. In Parks & Recreation's ongoing ASL program, discover deaf culture and a new language at the same time. Learn to communicate clearly with deaf and hard-of-hearing people. These classes are perfect for family or friends of the deaf and hard-of-hearing or for training in a work setting.

Class Details

Parent & Baby ASL is a new program that helps you teach your baby sign language! Be able to communicate with your baby before they say their first words!

ASL I is an introductory class or used as a "refresher." ASL II and III are continuation classes from the introductory level class. These classes are all 5-weeks long.

A **Basic Course in American Sign Language** is the required book, and is used for all levels of Park & Rec ASL classes. The textbook costs \$44 and can be purchased at class. You may also find the book at the Buckham Library, or order a new or used copy at Amazon.com.

Class Registration

Easy registration... by phone (334-2064) with a credit card, at www.faribault.org/parks/ or in person at Park & Rec.

Save \$10 per registration - register by early bird dates!

Class Schedule

Session I: Saturdays, Sept. 17-Nov. 5, 2016. (Meets 8 times.)

Early Bird Fee: \$60. After Sept. 9, fee is \$70.

Level I: 8-9am Level II: 9:15-10:15am

Session II: Saturdays, Jan. 7-Feb. 25, 2017. (Meets 8 times.)

Early Bird Fee: \$60. After Dec. 28, fee is \$70

Level I: 8-9am Level II: 9:15-10:15am



Meet the Instructor, Sabrina Hubmer

With a Bachelor's Degree in Speech Communication and Physical Education, Sabrina works enthusiastically with her students to help expand their sign language communication skills and understanding of the

deaf culture. For class details, email Sabrina:

Sabrina.Hubmer@gmail.com.



Classes for Your Well-Being!

Improve your health and overall well-being with these classes held at Washington Center. Please register at Parks & Recreation in advance or online at www.faribault.org/parks.

Hatha Yoga Lessons

- ◆ **Tuesday Hatha Yoga**
#16048Q: Sept. 6–Oct. 11. 8:15am. \$27
#16048R: Oct. 18–Nov. 29 8:15am (Skip 11/8) \$27
- ◆ **Thursday Hatha Yoga**
#16048S: Hatha Yoga Sept. 8–Oct. 13. 8:15am \$27
#16048T: Hatha Yoga Oct. 20–Dec. 1. 8:15am \$27
- ◆ **Tuesday & Thursday Hatha Yoga**
#16048X: Sept. 6–Oct. 13 8:15am \$42
#16048Y: Oct. 18–Dec. 1 8:15am \$42 (Skip 11/8)

Pilates Lessons

- ◆ **Wednesday Pilates (8:30am)**
#16054M: Sept. 14–Oct. 19 8:30am \$21
#16054N: Oct. 26–Nov. 30 8:30am \$21

Ashtanga Yoga

- ◆ **Wed. Continuing Ashtanga Yoga**
#16042K: Aug. 17–Sept. 21 5:45pm \$29
#16042L: Sept. 28–Nov. 2 5:45pm \$29
#16042M: Nov. 9–Dec. 21 5:45pm \$29 (Skip 11/23)
- ◆ **Wed. Beginning Ashtanga Yoga**
#16037K: Aug. 17–Sept. 21. 6:45pm \$27**
#16037L: Sept. 28–Nov. 2. 6:45pm \$27**
#16037M: Nov. 9–Dec. 21. 6:45pm \$27** (Skip 11/23) **First night of session is 1-hr. long

Barre Classes

- ◆ **Tuesday Barre**
#160X: Aug. 2–Sept. 6 9:15am \$27
#160Y: Sept. 13–Oct. 18 9:15am \$27
#160Z: Oct. 25–Dec. 6 9:15am \$27 (Skip 11/8)
- ◆ **Tuesday & Thursday Barre**
#160A: Sept. 6–Oct. 13 9:15am \$42
#160B: Oct. 18–Dec. 1 9:15am \$42 (Skip 11/8)

Strength Training For Seniors

- ◆ **Wednesday Classes**
#163Y: Aug. 31–Oct. 5 9:30am \$21
#163Z: Oct. 12–Nov. 16 9:30am \$21
#163A: Nov. 23–Jan. 4 9:30am \$21

Tai Chi Classes

This Tai Chi class is taught in the Yang Long Form and consists of 108 moves. Class is for all ages; no experience required. Join anytime--focus is on improving move techniques. Come and enjoy the health benefits of Tai Chi—flexibility, posture, balance, relaxation, and building core muscle strength. Instructed by Bradley Frazier. Meets Tuesdays in the Washington Center gym.

- ◆ **Tuesday Tai Chi for Your Health**
Session I: Tuesdays
Oct. 4–Dec. 20, 4:30–5:15pm. 12-Weeks. Fee: \$45
Session II: Tuesdays
Jan. 3–March 21, 4:30–5:15pm. 12-Weeks. Fee: \$45

Meet the Instructors!



Wing YMCA. Brad then taught Tai Chi at the Red Wing YMCA for one year.

Email: brad@crwp.net for more Tai Chi class details.



Denise Stewart

Denise holds several certifications in yoga and pilates and for over 10 years has instructed a variety of mind and body programs for Faribault Park & Rec over the years. Email Denise at dstewart@ci.faribault.mn.us.



Ballroom Dance Classes

Session I: Sundays, Nov. 6, 13, 20, 2016

Session II: Sundays, Feb. 5, 12, 19, 2017

Learn to dance with Vic Albrecht, a 30-year veteran dance instructor who teaches a wide variety of lessons across the state. Come to Faribault's longest running dance program. Combine music and dance for fun, socialization and exercise! The 3-week dance programs meet at Washington. Wear comfortable shoes and loose clothes. Fee: \$52. Location: Washington Center.

Call or Click & Speak with Vic!

Phone 651-414-1590

Email: VictorEAlbrecht@gmail.com



◆ Night Club Slow Dance & Other Dances **New!** (5pm)

This class offers dance patterns and moves useable in small spaces—night clubs, weddings, parties and more. Various old-time dances will be taught. Nights

2 and 3, oldtime polka and other dances are taught. Learn a basic line dance, (disco and country), the active triple count 16-step polka and waltz line dances, the Cowboy ChaCha, and the Tush-Push! Bring your high school kids! Sign up with a partner.



◆ Standard Beginner Ballroom Dance **New!** (6pm)

This all time favorite class offers an overview of popular social dances. Learn the conversation and corner step in the smooth fox trot, sometimes called slow dancing. The basic box step and waltz steps will be taught in the elegant ballroom waltz, and yes, even the basics and women's under arm and alternating turns will be in the hot East Coast Swing.



◆ Ballroom Dance Latin Beginner **New!** (7pm)

This all-time favorite class offers a perfect overview of popular Latin dances. The Rumba will have side breaking steps and a slow quick-quick count. The ChaCha and Salsa will have cross turns and the Sweetheart! The American Tango will get you dancing promenades, the Medio Corte and more! Couples only.

BIKE OLD TOWN TOUR



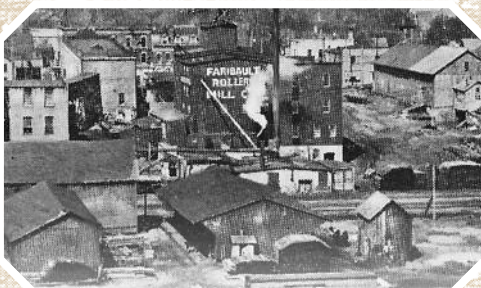
SATURDAY, OCT. 8, 2016. 10-3PM

An illustrated brochure map with each historic stop along the bike tour route will be available Sept. 15. Find the brochure map on the city website www.faribault.org/219/City-Enrichment-Programs.

Embrace Fresh Air, Fall Color, & History!

This free self-guided bike tour will illuminate some of the fascinating history of Faribault's riverfront and historic old town. To follow the tour and learn the most at each stop marked by signs, obtain and follow the tour brochure map that explains the historical significance at each location. (Walkers can enjoy the bike tour route just as well.)

The tour begins on the Straight River Trail on the south side of the Viaduct and heads in a northerly direction. If you drive your car or truck into town (with your bikes in tow), there is plenty of parking near the tour start point at Park & Rec or in the city lot at Central & Division.



Found along the riverfront were many factories that were once a vital part of the city's economy. Some of these are stops on the tour.

What Will You See?

There are many highlights and bits of information you will learn on the tour route about certain historic sites, famous factories, and city utilities. A few points along the way include the Faribault Stone Mill and the Polar Star Power Co., the Viaduct,

the 1853 Faribault House, the Lieb House, the limestone Wagon Shop and Tetrault House, the Theopold Building, Shaft-Pierce Shoe Company, Faribault Gas & Electric Company, the 1866 LaCroix Mill, and the site of the German P.O.W. Barracks.

***** ~~~~~ JEFF JARVIS

When You're Done:

Be sure to take in the festivities at the Downtown Fall Festival from 10am-3pm. Free downtown bike parking for in the bike corral!

The Paranormal Affair

They're Back...

Faribault will celebrate "the spooky" this Halloween with it's second annual event known as The Paranormal Affair. Faribault Park & Rec has invited back Supernatural Investigators of Minnesota founder Jerry Ayres and well known Ghost Busting expert and Intuitive Bobby Sullivan to host a two-day event that will include in-depth lectures from nationally known experts and authors on ghosts, UFO's and other paranormal topics. As well as a guided Investigation to the haunted grounds of what use to be the Faribault State Hospital Farm Colony. Many investigative teams will join other practitioners to provide a weekend of information, insight and fun...

Held October 21 & 22, 2016 Washington Rec Center

FRIDAY OCT. 21 SCHEDULE:

VIP GHOST HUNT
7–8pm Class: The Art of Paranormal Investigation
8–8:30 Class: The History of the Faribault State Hospital
9–11:30pm: Investigation at the Faribault Grounds

SATURDAY OCT. 22 SCHEDULE:

10am: Expo doors open. Practitioners, vendors and paranormal teams exhibiting.



11:30–12:30: Scotty Roberts Lecture, "UFO's & Aliens."

Scotty has appeared in several episodes of H2's Ancient Aliens. is the author of **The Rise and Fall of the Nephilim, The Secret History of the Reptilians**, and his co-authored work with John Ward, **The Exodus Reality:**

Unearthing the Real Historical Moses, Identifying the Pharaohs, and Examining the Exodus from Egypt.



1:30–2:45: Sylvia Shults Lecture, "Fractured Spirits."

Sylvia Shults is a non-fiction author of **Fractured Spirits: Hauntings at the Peoria State Hospital** and her new book **44 Years In Darkness** will be discussing her experiences in research and interactions with the Haunted.

3:30–4:30pm Lecture, "Best of Best Paranormal Evidence"

Join a panel of Minnesota's best Paranormal Investigators as they talk through and show their best examples of Paranormal evidence.

8–10:30pm: VIP Investigation

Investigation at the Faribault Ground
For tickets and info, go to: www.theparanormalaffair.com

theParanormalAffair.com

PARADISE CENTER Arts for the A

321 Central Avenue
Faribault, MN 55021
Phone: 332-7372

Box Office Hours
Tues. - Sat. 12-5
Thurs. 12-8pm

www.paradisecenterforthearts.org

EVENTS

EDUCATION

■ Plein Air Workshop

Thursday, Aug. 18, 1-4pm, & 5-8pm



Impressionist painters were one of the first groups to capitalize on plein air painting. Being outdoors and in front of the subject during the course of the painting gave opportunities to directly observe light, color, and shadow. Please join us in

the afternoon while we layout a scene in terms of form and perspective. After a break, we'll continue painting and be joined by seasoned plein air artists as a concert in the band shell rounds out the evening. All ages are welcomed. Tuition \$45, includes Plein Air workshop, and materials: pastels, paper. Scholarships available for children.

THEATRE



■ "Harriet & The Spy"

Presented by the Merlin Players. By Leslie Brody, based on the book by Louise Fitzhugh. Sept. 16, 17, 22, 23, 24, at 7:30pm. Sept. 18, 2pm. Tickets: \$15 Adults/\$9 Students 12

& under. Directed by Jon Terrill/ Harriet M. Welch is the willful only child of well-to-do socialites. She is also a spy, who observes her friends and neighbors and writes about them in her notebook. Harriet spends much of her time with her loving nurse Ole Golly, who artfully teaches her about life.



■ "The Lion, the Witch, & the Wardrobe"

Presented by Paradise Community Theater. Drama-

tized by Joseph Robinette. From the story written by C.S. Lewis. Directed by Sandee Hardy-Hagen.

Oct. 28, Nov. 3, 4, at 7:30pm, Oct. 29, 30, Nov. 5, 6 at 2pm. Tickets: \$14 Members/\$15 NM/\$10 Students 12 and under. This new dramatization of C.S. Lewis' classic, set in the land of Narnia, faithfully recreates the magic and mystery of Aslan, the great lion, his struggle with the White Witch, and the adventures of four children who inadvertently wander from an old wardrobe into the exciting, never-to-be-forgotten Narnia. The intense action features chases, duels and escapes as the witch is determined to keep Narnia in her possession and to end the reign of Aslan. All the memorable episodes from the story are represented in this exciting dramatization.



■ Gary Rue & The Sensational Sleepers

Sat., Sept. 10, 7:30pm. \$17 M, \$22 NM, \$10 Students. In 1964, The Beatles opened up a floodgate of absolutely FAB music by groups such as the Yardbirds, the Animals, the Hollies, the Dave Clark Five, the Kinks, the Rolling Stones...the list goes on and on. Performing songs like We Gotta Get Outa This Place, You Really Got Me, Heart Full of Soul, Hippy Hippy Shake, and Tobacco Road, the Sleepers give their audiences a rare opportunity to hear those songs that are so often overshadowed by the greatness of John, Paul, George, and Ringo, impeccably performed. Sponsored By KGP Companies.



■ Tribute Fest: The Boss - Bruce Springsteen

Sat., Oct. 8, 7:30pm. \$15 Members, \$20 NM, \$10 Students. A poet of his times, and a voice for the people for five decades, Bruce Springsteen's music has reflected our times like that of no other. Join us as we pay tribute to the man who was 'born to run'! Sponsored By KGP Companies.



■ Trout Fishing in America

Saturday, Oct. 1, 2016. \$12 Members, \$15 NM, \$8 Students. Trout Fishing in America is the longstanding, four-time GRAMMY nominated musical partnership of Keith Grimwood and Ezra Idlet. A willingness to at once make fun of our most annoying daily habits, then to touch our hearts with tender and passionate images of family life, is what makes the connection between Trout Fishing in America and its audiences so compelling and poignant. "...the Lennon and McCartney of kids' music." - National Public Radio



■ Dana Louise & The Glorious Birds

Sat., Oct. 1, 7:30pm \$17 Members, \$22 NM, \$10 Students. During a solo journey to the Azores Islands in 2011, Dana Louise, a visual artist, taught herself to play guitar. The daughter of Ezra Idlet of the Grammy-nominated Trout Fishing in America, Dana forged the beginnings of her sound, practicing amidst the archipelago's lava rocks and dragon trees. Back in the States, she began singing and songwriting professionally, touring regionally and internationally, and is currently recording her debut album with Trout Records.

8th Annual ■ Blue Collar BBQ & Art Festival

Sat., Aug. 13, 11am-11pm



Welcome to Faribault, Minnesota's Biggest Block Party. Located in the heart of The Historic Downtown District, Throughout the 200 and 300 blocks of Central Avenue North. This Free event attracts thousands from across the region. 12 hours of live music, food vendors, art festival, beer garden, kids area, BBQ contest, and more.



■ Monroe Crossing

Sat., Oct. 22, 7:30pm. \$20 Members, \$25 NM, \$12 Students. Monroe Crossing is back at the Paradise Center continuing to dazzle audiences with their electrifying blend of classic bluegrass, bluegrass gospel, and heartfelt originals. Their airtight harmonies, razor sharp arrangements, and on-stage rapport make them audience favorites across the United States and Canada. Sponsored by Crossroads

◆ GALLERY EXHIBITS

Exhibits: Aug. 5-Sept. 17, 2016



Carlander Family Gallery:
The Somali Museum of Minnesota

Lois Vranesh Boardroom Gallery:
Susanne Crane

Corey Lyn Creger Memorial Gallery:
Carlos Horton

Exhibits: Sept. 23-Nov. 5, 2016

Opening Reception Sept. 23, 5pm-7pm



Carlander Family Gallery:
C. Anthony Huber

Corey Lyn Creger Memorial Gallery:
Bethlehem Academy Art Students



Lois Vranesh Boardroom Gallery:
David Roers

■ Holly Days Sale

Sale Runs Nov. 10, 11, 12, 2016

Paradise Center galleries will be decked out in boutique style and filled with the artistic wares of over 20 regional artists. The "GRAND OPENING," which runs 3-8pm Thurs., Nov. 10, will be a gala event with free hors d'oeuvres, live music, and a cash bar to enjoy while browsing through the beautiful array of artistic creations.





*Helping People Discover, Enjoy, Understand,
and Preserve the Incredible Natural World That
Surrounds Us!*

Register Online Today for Fall Programs!
www.rbnc.org



Breanna Wheeler,
Director

1000 Rustad Rd, PO Box 186
Faribault, MN 55021

Phone: 507.332.7151
Email: wheeler@rbnc.org
Facebook: [fb.me/RiverBendMN](https://www.facebook.com/RiverBendMN)
Twitter: @riverbendMN

River Bend Nature Center Upcoming Events



■ 35th Annual

River Bend Ramble

Saturday, Sept. 10, 2016

River Bend's 35th Annual River Bend Ramble fundraiser with dinner, auction, raffle, and entertainment will take place on September 10th at the Faribault American Legion. The Ramble is the biggest fundraiser of the year for our nonprofit organization and is your chance to support River Bend and purchase some great live and silent auction items. Details and tickets are on our website at www.rbnc.org.



■ Bats, Bones & Bonfires

Sat., Oct. 29, 4-8pm. (Open to all ages)

River Bend's annual family Halloween bash is back this year with lots of fun in store for kids of all ages! Stop out for games, face painting, live animals, live entertainment, a bouncy house, good food, s'mores on the campfire, and more. Plus, don't forget to pick up your free goody bags on your way home!



■ Bike Rentals

River Bend Nature Center now offers mountain bike rentals! Rentals are available Monday through Friday from 9am to 4pm (last rental at 3pm) and Saturdays from 9:30am to 3:30pm (last rental at 2:30pm). A variety of bike sizes are available for kids and adults. Bike lock and helmet are included in each rental. Reservations are highly recommended to confirm bike availability and to ensure staff is available to provide you with a bicycle. To make a reservation, call River Bend at 507.332.7151. Rentals are \$17 for up to four hours and \$27 for four to eight hours. Fleet rentals are also available, call for details.



■ Give to the Max Day!

Thurs., Nov. 17, 2016

Support River Bend Nature Center during this state-wide day of online giving! Minnesota schools and nonprofits join with GiveMN.org each November for Give to the Max Day, a day of generosity and investment in our most treasured resources. Your support is critical to our mission and this is a great, fun, and rewarding day to make a donation to River Bend. Plus, each donation you make throughout the day gives River Bend a chance to win a "Golden Ticket" prize. Visit GiveMN.org or the River Bend website at rbnc.org.

▲ Rice County Chemical Health Coalition

Why Do Some Kids Succeed, Yet Others Struggle?

Even for youth in the same neighborhood or students in the same school, some do really well and others' lives are filled with obstacles. Challenges push some kids to try harder. But other youth feel overpowered by their challenges. Clearly some children and teens have "something" that helps them be stronger, more able to turn challenges into opportunities. Wouldn't it be exciting if more kids had that helpful "something"? Wouldn't it be good for all of us if our youth were more successful? Wouldn't you like to help?

Maybe you are interested because you have children or grandchildren of your own. Or, maybe you have a relationship with children or teens as a teacher, coach, pastor, scout leader or neighbor. Regardless of why you are interested, there is good news! You can make a difference!

Research, including the work of the Minnesota-based SEARCH Institute, shows that young people who have "positive things" in their lives are more likely to do well, to thrive. Youth with positive things in their lives are less likely to have behaviors that interfere with success.

Positive things help us focus on strengths instead of problems. SEARCH calls these "positive things" **assets**. Assets are positive experiences, relationships and opportunities that all young people need. Assets are like building blocks to success. The more blocks or assets a young person has, the better he does. A chimney made with only a few blocks is not very strong. It is likely to fall down and not be able to do its job. But a chimney with many blocks is strong and can do the job it is meant to do. Kids with many assets are strong and can be successful in life.

In Faribault, we are soon to hear more about assets and how we can use them to help our youth. The Faribault Youth Investment team and the Rice Co. Chemical Health Coalition are inviting our whole community to participate. We will talk about what assets are and how to build them. We will talk about what assets our youth already have and where they need more help. We will talk about how each and every person in Faribault can do something powerful with asset building. We will show you how you can get more information, build your skills and get involved...a little or a lot!

Stay tuned in the coming months to learn more about assets, what assets our youth have, how you can get involved and what you can do. YOU can make a difference.

- Submitted by Shelly Cole, scole@ricecountyche.com

Cannon Valley Elder Collegium

Fall Registration is Open!

The class schedules, course descriptions, and registration forms for the upcoming Fall 2016 term are now available. See www.cvec.org. Fall registration period closes at 6pm Monday, August 22. To have the best chance of being enrolled in any oversubscribed courses, be sure to register by that time. (Late registrations will be gladly accepted, but only if open spaces remain.) Processing of all registrations received by that time will begin on the evening of Aug. 22, when random selections for oversubscribed courses will be made.

Elder Collegium Programs Held in Faribault

River Bend Nature Center: A Faribault Gem
Mondays, Sept. 12-Oct. 3, 1:30-3:30pm

Can We Talk? Speaking the Truth in Love
Four Tuesdays, Oct. 11-Nov. 1, 1:30-3:30pm

Understanding Our Immigrants & Refugees
Five Thursdays, Oct. 6-Nov. 3, 2:30-4:30pm

▲ Infants Remembered in Silence

Turkey Trot 5K Walk/Run 10K Run, Gobble Wobble, and Tot Trot

Nov. 24, 2016. Register at www.irisremembers.org.
Call Diana at (507) 334-4748 for details.

IRIS Programming Schedule

Aug. 29: Memorial Water Lantern Release, S. Alexander Park
Lantern Decorating open from 3-7:30pm
Picnic Supper 5pm
Ceremonial Program at 7:30pm
Lantern Release at 7:45pm

Sept. 18-20 Healing Takes Time Retreat

Oct. 15: Tour of Bridges & buildings IRIS has arranged to be lit for Pregnancy & Infant Loss Remembrance Day

Nov. 3: Turkey Trot custom shirt deadline

Nov. 9 - Turkey Trot Registration Closes

Nov. 25: Turkey Trot Early Check-in/Onsite Registration opens

Nov. 26: IRIS Turkey Trot

Nov. 30: Registration due, Holiday Service of Remembrance

Monthly IRIS Support Groups

2nd Wednesday of the month, 11am-1 pm

4th Tuesday of the month, 7-8:30 pm



Community Calendar

Faribault Events & Activities Sept. - Nov. 2016

August

▲ **Downtown Car Cruises**
Fri. Aug. 19 & Fri. Aug. 26



▲ **International Festival**
Sat. Aug. 20, 2016

Join in on the fun at Central Park for Faribault's annual International Festival. Food, fun and fellowship!

Sweet Caroline's Kickball Tourney &

▲ **Walk to End Alzheimer's**
Sat. Aug. 27, 2016. Held at TeePee Tonka Park

▲ **Traveling Vietnam Wall**
Aug. 31-Sept. 5, 2016. North Alexander Park. See www.ISupportTheWall.org for details.



▲ **Steam & Gas Engines Show**
Labor Day Weekend
See www.ricecountysteamandgas.com.

September

▲ **Sertoma Golf Tournament**
Fri. Sept. 16, 2016. 12:30 shotgun start.
See www.faribaultgolf.com for details.

▲ **RecoveryFest**

Sat. Sept. 10, 2016. 12-9pm. Central Park
Join the MN Orienteering Club for an orienteering meet at Nerstrand Woods. See www.mnoc.org for details.

▲ **"Walk for One" Cancer Walk**
Sat. Sept. 10, 2016. 8am on 4th Street NW
See www.walkforoneMN.com for details.

35th Annual

▲ **River Bend Ramble**
Sat. Sept. 19, 2015. See www.rbnc.org for details.

October

▲ **CROP Hunger Walk**
Sat., Oct. 1, 2016. 8am

8am register at the Cathedral Cloister. Walk begins 9am at the Cathedral. For details: email Henry.Doyle@s-sm.org or www.church-worldservice.org.

▲ **Downtown Fall Festival**

Oct. 7 & 8, 2016. Kids Parade and Activities, Chili Cookoff!

▲ **Old Town Bike Tour**
Sat., Oct. 8, 2016. 10am-Noon

Held in conjunction with the Downtown Fall Festival.
For details, see pg. 11.

▲ **Night at The Museum**

Sat., Oct. 8, 2016. Rice Co. Historical Society Museum

▲ **Benefit Concert**

Sat., Oct. 8, 2016, 4pm. River Valley Church
Proceeds benefit Ruth's House of Hope, the HOPE Center, and Whispers of Hope, local agencies all supporting women.

▲ **South Central Art Tour**
Oct. 15 & 16, 2016

See www.studioartour.com for a listing of art studios to tour.

▲ **The Paranormal Affair**

Oct. 21-22, 2016. Held at Washington Center.
For details, see pg. XX or www.xxxxxxxxxxxxxx.com.

▲ **BMX Halloween Race**

Sat. Oct. 29, 2016. Held at the Faribault BMX Track at So. Alexander Park. See www.usabmx.com/tracks/1437.



Mon. Oct. 31, 2016, 4:15-6pm

Meets in the DMCS/Bethlehem Academy Parking Lot
Held in the B.A. Gym in the event of rain.



▲ **IRIS Turkey Trot**

Thurs. Nov. 24, 2016. Check-in 7am.

For details, see www.IrisRemembers.com.

December

Buckham Center

▲ **Hometown Holidays**

Thurs. Dec. 1, 2016. 5pm-7:30pm

▲ **Shattuck-St. Mary's Programs**

Shattuck-St. Mary's School, Faribault, Minnesota 55021
Email Richard.Kettering@s-sm.org for details.



Sam Llanas

Thurs., Oct. 13, 2016

One of the founding members and frontmen of the BoDeans, Sam is an iconic American singer, acoustic guitarist, and songwriter. Best known for his unique and distinctively soulful voice, Sam's fiery vocals fueled many of his former band's finest songs including their biggest hit "Closer To Free." Sam returns to his roots adding a refined rock sound complimented by his full band. Brandon Sampson and John Wheeler (from Six Mile Grove) provide the opening set. Adults \$15, Students \$9. See www.samllanas.com and www.sixmilegrove.com.



Frankie Lee / Caravan du Nord
Fri., Nov. 11, 2016

*The MN Music Coalition presents Caravan du Nord, a Traveling Showcase of MN Music. On weekends during September, October, and November, a select group of Minnesota communities host residencies and performances by some of the state's best independent artists. Faribault has been selected as one of the tour stops for the Caravan du Nord once again!

The format for the evening features a local opener, an emerging artist and the headliner. Minnesota singer/songwriter Frankie Lee has just been announced as the headliner. Adults \$15, Students \$9.

See www.mnmusiccoalition.org and www.frankieleemusic.com.

▲ Faribault Public Schools School Year 2016-17 Calendar www.faribault.k12.mn.us

August 29 & August 31	Curriculum/Meeting Days
August 30 & September 2	Teacher Work Days
September 1	Department/Grade Level Day
September 5	Labor Day Holiday
September 6	First Day of School
October 5	Early Dismissal
October 17	Faribault Middle School Conferences Grades 6-8, 3:30-8:30 pm
October 17	Faribault High School Evening Conferences Grades 9-12, 3:30-8:30 pm
October 18	Faribault Middle School Conferences Grades 6-8, 3:30-8:30 pm
October 19	No School EC-12 Parent/Teacher Conferences—7:30 am-11:30 am
October 20 & 21	No School EC-12 Education Minnesota Convention
November 4	Quarter 1 Ends
November 9	Early Dismissal
November 23	No School EC-12 Department/Grade Level Day
November 24 and 25	No School EC-12 Thanksgiving Break
December 7	Early Dismissal
December 23 - January 2	No School EC-12 Winter Break
January 3	School Resumes
January 16	Martin Luther King Day — Students attend building level MLK Programming
January 20	Quarter 2/Semester 1 Ends
January 23	No School EC-12—Teacher Work Day
February 16	Faribault Middle School Evening Conferences Grades 6-8, 3:30-8:30 pm
February 16	Faribault High School Evening Registration Fair Grades 9-12, 4:00-9:00 pm
February 17	No School EC-12 Parent/Teacher Conferences Gr. EC-8/Registration Fair Gr. 9-12
February 20	No School EC-12 Grade/Level Department Day
March 2	Faribault High School Evening Conferences Grades 9-12, 3:30-8:30 pm
March 8	Early Dismissal
March 13-17	No School EC-12 Spring Break
March 31	Quarter 3 Ends
April 12	Early Dismissal
May 10	Early Dismissal
May 29	No School EC-12 Memorial Day
June 2	Last Day of School
June 5	Teacher Work Day
June 11	Graduation — Class of 2017
June 12	Grades 9-12 Summer School Starts

Quarters

Nov. 4 (41 days)
Jan. 20 (45 days)
March 31 (42 days)
June 2 (44 days)

Semesters

Jan. 20 (86 days)
June 2 (86 days)

Breaks

Winter: Dec. 23-Jan. 2
Spring: March 13-17

24th

Taste
OF FARIBAULT

FOOD, DRINK,
MUSIC, & FUN!
30+ VENDORS!
Advance Tickets \$15
Sept. 1 @ the Chamber
(\$20 @ the Door)

Sept. 15, 5-8pm - American Legion

Taste of Faribault will be on Thursday, September 15th at the American Legion. Come and enjoy the great variety of foods and beverages Faribault has to offer.

FCTV, in cooperation with the City of Faribault and the School District, provide the medium for individuals, groups, organizations and institutions to communicate within the city via local cable access channels. This includes broadcasts of City and School District council meetings, church services, and city events. For-profit businesses can advertise for just \$1 per day. See the website for a full programming schedule!

Faribault Community Television

Charter Channel 181 & Consolidated Communications Channel 10

Bruce Krinke, Director
PO Box 363, Faribault, MN
Phone: 507.333.6169
Email: contact@fctv10.org

www.fctv10.org

River Valley Girl Scouts

Contact Kristie Springer
Email: gstroop44830@gmail.com
Phone: 507-330-0615

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. At Girl Scouts of River Valley everything we do is based on these core values, which come from the Girl Scout Promise and Law.

Upcoming Event:
Sept. 23, 5-8pm “Come Get Your Glow”
River Bend Nature Center. Calling all Girls!

Healthfinders

507-323-8100 or info@healthfindersmn.org.

HealthFinders is an organization that provides medical care, dental services, wellness programs, and patient advocacy for people in Rice County with limited healthcare alternatives. Our medical care includes primary, preventive, acute, and chronic care management (at Northfield and Faribault locations). Dental services include exams, treatment, preventive hygiene, extractions, and oral health education (at Faribault location). Wellness programs include Pura Vida (cardiovascular and strength training), Diabetes Program (social and educational support for diabetes management), and TOP (mentor program for latino youth). Patient advocacy helps patients find insurance options through MNSure.

www.faribaultmainstreet.org

Downtown Car Cruises
Friday Nights, Aug. 19 & 26, 2016

Downtown Fall Festival
October 7 & 8, 2016

Walk for One, Unite for All

5K & 10K Walk/Run

The walk/run will begin at 8 a.m. on Sat., Sept. 10, 2016. Both events will begin at 1st United Bank, 430 4th Street NW, Faribault, MN

Additional information and registration is available online at www.walkforonemn.com or at 1st United Bank

<div> <p>Cannon River Watershed Partnership</p> <p>400 North Washington St., Northfield, MN 55057 Web: www.crwpp.net Phone: 507-786-3913</p> <p>Watershed Cleanup Sat., Sept. 17, 2016. 9am-Noon</p> <p>Join the Cannon River Watershed Partnership (CRWP) at the Annual Watershed Wide Cleanup at locations in Owatonna, Faribault, Morristown, Waterville, Shield’s Lake, Northfield, Cannon Falls, Welch and Red Wing.</p> <p>For details, see www.crwpp.net.</p> </div>	<div> <p>Rice County Historical Society</p> <p>www.rchistory.org 507-332-2121</p> <p>1814 NW 2nd Avenue, Faribault</p> <p>Hours: M-F 9:00am-4:00pm</p> <p>Upcoming Events: Historical Society 5K Walk Aug. 13, 2016 Flea Market Sat. Sept. 10, 2016</p> </div>	<div> <p>Happy 125th Birthday Minnesota State Parks & Trails</p> <p>Minnesota State Parks and Trails are celebrating their quasiquicentennial. There will be special events held throughout the 2016 to honor 125 years of operation. The MN Department of Natural Resources is encouraging visitors to log 125 miles by “Bike, Boot or Boat” at state parks and trails this year.</p> </div>
<div> <p>Community Cafe’</p> <p>Free Tuesday Night Suppers @ The Cathedral</p> <p>Meals are served Tuesdays, 5pm-6:30pm (unless weather forces schools to close). Look for the “welcome” sign as the entrance to the Cathedral Cafe at 101 NW 6th Street.</p> </div> <hr/> <div> <p>St. Vincent DePaul Thrift Store & Food Pantry</p> <p>507-334-2100 617 3rd Ave. NW, Faribault</p> <p>Registrations: Come to register on M/W from 9:30am-11:30am.</p> <p>Donations from parishioners and friends provide support to the services that St. Vincent’s provides. No services are provided on Tuesday, Thursday, Saturday or Sunday.</p> </div>	<div> <p>Habitat for Humanity Rice County Megan Proft, Community Enrichment Coordinator 507.744.2933 habitatricecommunity@gmail.com</p> <p>Rice Co. Habitat for Humanity partners with families who may be unable to achieve the dream of home ownership by establishing partnerships among God's people to build simple, decent and affordable homes.</p> </div> <hr/> <div> <p>Rice County Piecemakers’ “Fall Splendor Quilt Show”</p> <p>Sept. 23, 9am-6pm, Sept. 24, 2016 9am-4pm Cathedral of Our Merciful Savior; 101 NW 6th St. Faribault</p> <p>Over 200 Quilts - Quilt Raffle - Small Quilt Auction - Bazaar Vendors - Bed Turning - Door Prizes - Lunch Stand</p> <p>For details, contact Marsha McDonald (507-330-3607)</p> </div> <hr/> <div> <p>RICE COUNTY SPORTFISHING ASSOCIATION</p> <p>“Dedicated to Promoting the Joy of Fishing!”</p> <p>Contact Cathy Cap at 507-334-2372 or cathycap@myclearwave.net</p> </div>	<div> <p>Faribault BMX</p> <p>Andie O’Brien, 651-239-9750. Track: 507-323-4361 faribaultbmx@comcast.net</p> <p>Facebook (faribaultbmx), Twitter (@faribaultbmx) Web: www.usabmx.com/tracks/1437</p> <p>Events held at the South Alexander Park BMX Track. Spectators enter free for all events!</p> <p>Schedule August Tuesdays: New rider nights/practice nights, 6-7:30pm Thursday Racing, registration 6-7pm, racing ASAP September Sundays: Racing, registration 12-1pm, race ASAP October Sundays: Racing, registration 12-1pm, racing ASAP</p> <p>Big BMX Event! Sat., Oct. 29: BMX Halloween Race & Chili Cook-Off event</p> </div> <div> </div>

Faribault Area SENIOR CENTER

**"Dedicated to the
Well-Being of Older Adults"**

19 W. Division, Faribault, MN 55021
507-332-7357 www.faribaultseniorcenter.org



Welcome!

The Faribault Area Senior Center is a nationally accredited, non-profit organization that provides a variety of programs and services for adults 50 and over in the Faribault area. We encourage you to visit our center in person, check out our website or call us for additional information on the work that we do.

- Mona Kaiser,

Executive Director

director@faribaultseniorcenter.org

▲ Holiday Closings

Sept. 5: Labor Day

Nov. 24 & 25: Thanksgiving

▲ Incentive for New Members!

Have you considered becoming a member of the Senior Center and never gotten around to it? Well now is definitely the time to join! As an incentive to add new members for the remainder of 2016, we are holding a special Membership Drive which begins on Sept. 1st. Call or stop in for more information. Support our organization and become a member today!

If you are already a Senior Center member, your annual renewal process will begin in November for the 2017 membership year.



Upcoming Trips

BRANSON HOLIDAY TOUR

Nov 16-20, 2016:

Five great shows including Daniel O'Donnell, The Texas Tenors, Clay Cooper, 60's and 50's Too Christmas, and Brett's Christmas. Great meals and the Grand Oaks Hotel.

A trip on the **CELEBRATION BELLE** on Sept. 29, 30, Oct. 1.

MILLION DOLLAR QUARTET
Old Log Theatre, Nov. 2, 2016



Front: Milt Plaisance, FASC Bd Chair, Troy Zabinski, CFO Met-Con
Back: Scott Brown, VP Met-Con, Mona Kaiser, FASC Director, and Brian Gjerde, Managing Partner ISG

Thank you for your continuing generosity to Celebrating Seniors Capital Campaign, the fundraising effort for the Senior Center's building expansion.

With the hiring of our contractor, Met-Con Companies, the design phase of our building expansion is in motion. Once that is complete the second phase will be the building construction,

which includes raising the final portion of funds for the capital campaign. If you have not made a donation please consider doing it today. We need to complete the entire fundraising goal of \$2.1M in order to break ground on the project. If you need a pledge form you can pick one up at the Senior Center or download it at www.celebratingseniorscapitalcampaign.com.

ONGOING FASC ACTIVITIES

BLOOD PRESSURE CHECK

Each Wednesday at noon, FASC offers free blood pressure checks provided by St. Lucas/Deaconess Towers, Faribault Senior Living, Milestone Senior Living, Pleasant Manor/Pleasant View Estates and Heritage House. No appointments necessary.

CHECKBOOK BALANCING

Need assistance balancing your personal checkbook? FASC has a volunteer available to help. This free service is available upon request.



FOOT CLINICS

On the 2nd and last Wed. of each month, licensed nurses offer foot care. Open to the public; has a fee. Call 332-7357 for an appointment.

LIFE WRITING & STORY GROUP

Meets monthly on the 3rd Wednesday from 9-10:30am. All skill levels, men and women, are encouraged to attend. An easy method for recording your life stories; lively discussion and interesting writing assignments.



HEALTH INSURANCE COUNSELOR

Meet with a trained volunteer for a benefits check-up and for assistance with Medicare, Medicare

Part D and other health insurance topics. A free, confidential service of FASC, the MN Board on Aging and Area Agency on Aging. By appointment.



KITCHEN BAND

Listen to the Kitchen Band on the 2nd Monday of each month, beginning at 10:15am at FASC.

FASC BOOK CLUB

Join us each month for a discussion of the current month's book. Members only. Meets the last Monday of the month at 9am.



OUT TO LUNCH BUNCH

The "Out To Lunch Bunch" was created for people interested in joining other members for lunch the third Tues. of each month. Please call for reservations to be made.



Driver Safety Classes

FASC hosts classes for drivers 55 years and older. The initial class is 8-hours and then every 3 years thereafter you can take a 4-hour refresher course. Class size is limited. Call 332-7357 to register. Payment required at time of registration.

Schedule:

- 8-Hr Class; Sept. 6 & 7, 6-10pm
- 4-Hr. Class; Sept. 20, 6-10pm
- 4-Hr. Class; Oct. 19, 6-10pm
- 4-Hr. Class; Nov. 10, 1:15-5:15
- 4-Hr. Class; Dec. 8, 6-10pm

HEALTH CARE DIRECTIVES

A volunteer will help write this important document that describes your health care wishes. Make a confidential appointment that is convenient for you. Free service.

FASC MEMBER CARD GAMES

Every day at 1pm, FASC offers a place for members to join in a card game. No pre-registration is necessary. Card players must be members; a minimal fee to play. Monday/Friday: Bridge and "500" Tuesday: Player's Choice Wednesday: Euchre Thursday: Pfeiffer



CARD MAKING CLASS

Join this class and make special occasion or seasonal cards using the latest techniques and supplies. Please pre-register, call for upcoming dates. Cost \$3

For the best of FASC, call 332-7357, or check our website at

www.faribaultseniorcenter.org

"Like" Faribault Senior Center on Facebook!



Fashions on Central

325 Central Avenue - Faribault Open Mon.-Sat. 10am-5pm

**Don't spend a fortune to look great!
Brand name used quality clothing,
laundered, pressed, ready to wear!**

All proceeds support
the Faribault
community and
area seniors!

Gently-used, high quality clothing for women and children. Plus, we don't pocket the proceeds... they go directly to support programs for the Senior Center. Bring your friends and family shopping at Fashions on Central and find treasures while supporting your community. Looking for a fun, unique volunteer opportunity? Consider helping out at Fashions on Central. We are now looking for additional volunteers for a variety of shifts. Call Mona at 332-7357 for more information. Fashions on Central is on Facebook.



▲ Caregiver Support Group

Are you helping an elder with daily living tasks? Gather with other caregivers for learning and friendly discussion on the 4th Tuesday of the month from 6:30 to 8pm at Milestone Senior Living at 2500 14th St. NE in Faribault. This group is open to all; no charge. Call Brenda at 332-7357 for more information.

▲ Information Referral Service

This valuable service provides assistance to anyone who has a question or concern about the well-being of an older adult. The Senior Center maintains networking with senior care agencies and organizations in this area, so if you have any senior-related questions or concerns, don't hesitate to stop by FASC or call 332-7357.

▲ Healthy Living Series

Programming designed to highlight aspects of healthy living and aging.



“Ask the Pharmacist”

With Bill Boyes, Pharmacist

Upcoming Dates:

Sept. 21, 2016. 12:15pm

Meets on the 3rd Wednesday of the month at 12noon. This small group discussion is hosted by long-time pharmacist, Bill Boyes, and covers a

different health-related topic each month. Open to the public; free of charge. Call to register or drop in. Enjoy a hot meal with SEMCAC Senior Dining at 11:30am or bring a bag lunch to the meeting if you wish.

“Medication Check-Up”

With Bill Boyes, Pharmacist



Upcoming Date:

Thursday, Sept. 22

Prescription and over-the-counter medications help many people live a longer, more active life. When the right medicines are taken in the right way, they are safe and effective tools for good health. During the Medication Check-

Up, the pharmacist reviews each medication and can answer questions and give personalized tips on reducing or avoiding medication side effects, safe medicine storage, medication schedules, and more.

By appointment, afternoons on the 3rd Thursday of the month. Open to the public; free of charge.

Watch for more scheduled dates!

▲ Healthy Living Series

(Continued)

Living Well with Chronic Conditions Workshop
Wednesdays, Sept. 7-Oct. 12, 1:30pm



Are you an adult with an ongoing health condition such as arthritis, diabetes, depression or anxiety, high blood pressure, or heart disease? The Living Well Workshop can help you take charge of your life. You'll get the support you need, find practical ways

to deal with pain & fatigue, discover better nutrition & exercise choices, and learn better ways to talk with your doctor & family about your health. Make your own step by step plan to improve your health—and your life!

Join a FREE 2 hour workshop, held each week for 6 weeks.

Faribault Senior Center Coffee Shop

Pre-registration required by calling Public Health at 332-6111.

▲ Financial & Legal Planning

Resources for older adults which provide information relating to financial and legal topics.

▲ Medicare Part D Open Enrollment Period

Beginning Oct. 15 through December 7, 2016 the Open Enrollment period begins for the Medicare Prescription Drug Plans (Medicare Part D). Senior Linkage Line health insurance counselors will be available at the Senior Center to assist individuals who have questions, want to enroll or want to make changes on their Medicare Part D coverage during the Open Enrollment period. Individual appointments can be made by calling the Senior Center at 332-7357. There is no cost or Senior Center membership necessary to access this service.

▲ Medicare Basics

Instructor: Chad Wojchik

(Certified State Health Insurance Program (SHIP) Counselor)

Turning 65 or going on Medicare soon? This class will answer your questions and help you understand this important coverage! Pre-registration required by calling the Senior Center at 332-7357. No FASC membership is required for this free service.

Upcoming Date:

Thurs. Oct. 6, 5:30pm

Class size: 10 Person Minimum

Date to be announced. Sr. Center Dining Room

Topics which will be discussed:

- Traditional Medicare
- Medicare Advantage Plans
- Preventive Benefits
- Preventing Fraud
- Medicare Supplements
- Prescription Drug Plans
- Savings Programs
- Waste & Abuse

▲ Color Me Happy Adult Coloring Club



Enjoy This Way to Relax!

Meets 2nd Thursdays at 1pm.

Have you heard about the latest relaxation trend? Coloring isn't just for kids! In fact, Adult Coloring is said to be

able to lift the mood, reduce anxiety, and relieve stress.

Health benefits also include exercising fine motor skills and training the brain to focus. Come join us to relax and have fun. No art experience necessary.

Bring your own coloring book or pages, colored pencils, etc. We'll have a few supplies on hand. Members only.

▲ Dine With Us!

SEMCAC Senior Dining

Senior Dining is a place to enjoy a delicious, home-cooked meal designed with senior's nutrition in mind.



Cost: A suggested donation of \$3.50 for age 60 and older and spouse, or \$7.00 for individuals under age 60. Meals are served M-F at 11:30am.

No reservations required for most meals. Holiday meals require reservations. Call or stop in for a menu or find it online at www.faribaultseniorcenter.org.



▲ Rice Co. Outstanding Senior Citizen of the Year!

Congratulations to Carmen Tripp, a well deserving recipient doing so much throughout the community, including our organization. We are proud to say that Carmen is a member and feel fortunate to have volunteers in our county like her.

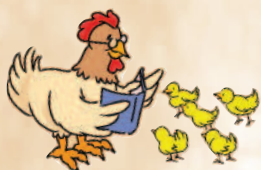
Buckham Memorial Library

507-334-2089
www.faribault.org/library

Library Director
Delane James
djames@ci.faribault.mn.us



Children's Librarian
Deni Buendorf
dbuendorf@ci.faribault.mn.us



Storytime!

Tuesdays at 6:30pm,
Wednesdays & Thursdays
at 10:30am (30 minutes)
Children's Program Area
Ages 0-6 with adult care-
giver

Join us at the library for stories, songs, and fun! Storytime encourages language development and fosters a love of books and a lifetime of learning. Parents and caregivers will also learn about early literacy and get tips on how to help their child become ready to read. No registration necessary! The fall storytime session begins on Tuesday, September 6. The last storytime of 2016 will be on Thursday, December 8. Storytime resumes after a break for the holidays on Tuesday, January 10 with the regular schedule.



Pizza & Pages

Pizza & Pages is an informal book club for youth in grades 6-12. We meet monthly during the school year in the library's Youth

Activity Area to discuss books we've chosen to read from an assigned genre or topic. No registration necessary! The first meeting of the 2016-2017 school year will be on Monday, September 26 from 4:00 – 4:45 in the Youth Activity Area at the library. To prepare, read at least one of the books nominated for the 2016 Teens' Top Ten List. We will discuss our selections while enjoying tasty pizza. Future meeting dates and genres/topics will be announced in advance on the library's website and Facebook page.



Books & Brownies

Books & Brownies is an informal book club for youth in grades 3-5. We meet monthly during the school year in the library's Youth

Activity Area to discuss books we've chosen to read from an assigned genre or topic. No registration necessary. The first meeting of the 2016-2017 school year will be Monday, September 19 from 4:00 – 4:45 in the Youth Activity Area at the library. We will discuss the books we read over the summer while enjoying delicious brownies. Future meeting dates and books will be announced in advance on the library's website and Facebook page.

LittleBigRead



Thursdays,
4:00 – 5:00 p.m.
LittleBigRead is an informal program that pairs younger kids with older kids for one-on-one reading time. Younger kids can read to or be read to by older kids or they can take turns

sharing a book together. This program is meant to be a fun and no-pressure way for children to build a passion for reading for the fun of it. It is not a tutoring program. Books will be chosen by the readers from the library's collection or favorites can also be brought from home.

Library Hours

MON/WED: 9am-6pm
TUES/THURS: 9am-8pm
FRI. & SAT.: 9am-5pm

Tours & Visits

Buckham Memorial Library welcomes classes and youth groups for tours, story programs, and book talks. Contact Children's Librarian Deni Buendorf at 507-334-2089 to schedule a time for your group to visit the library.



Teen Read Week™ is a national adolescent literacy initiative created by the Young Adult Library Services Association (YALSA). It began in 1998 and is held annually in October. Its purpose is to encourage teens to be regular readers and library users. Join the conversation on Twitter with #TRW16.

Teens Top Ten Nominees

The nominees for the 2016 Teens' Top Ten List are listed below — stop by the library to check them out. Teens are encouraged to read the 25 nominees before the national Teens' Top Ten vote, which will take place August 15 through Teen Read Week at www.ala.org/yalsa/reads4teens.

- Baker, Chandler. **Alive**
- Bardugo, Leigh. **Six of Crows**
- Black, Holly. **The Darkest Part of the Forest**

The ten nominees that receive the most votes will be named the official Teens' Top Ten for 2016!

- Boeker, Virginia. **The Witch Hunter**
- Brockenborough, Martha. **The Game of Love and Death**
- Childs, Tera Lynn and Tracy Deebs. **Powerless**
- Cornwell, Betsy. **Mechanica**
- Dinnison, Kris. **You and Me and Him**
- Doktorski, Jennifer Salvato. **The Summer After You & Me**
- Doller, Trish. **The Devil You Know**
- Heltzel, Anne. **Charlie, Presumed Dead**
- Kaufman, Amie and Jay Kristoff. **Illuminae**
- Laurie, Victoria. **When**
- Matharu, Taran. **The Novice: Summoner: Book One**

- Nielsen, Jennifer A. **Mark of the Thief**
- Niven, Jennifer. **All the Bright Places**
- Priest, Cherie. **I Am Princess X**
- Schmidt, Tiffany. **Hold Me Like a Breath**
- Schrieber, Joe. **Con Academy**
- Sedgwick, Marcus. **The Ghosts of Heaven**
- Simmons, Kristen. **The Glass Arrow**
- Stohl, Margaret. **Black Widow Forever Red**
- Stone, Tamara Ireland. **Every Last Word**
- Westerfeld, Scott, Margo Langan, and Deborah Biancotti. **Zeroes**
- Weingarten, Lynn. **Suicide Notes from Beautiful Girls**
- Yoon, Nicola. **Everything, Everything**



Star of the North Picture Book Award

The Star of the North Picture Book Award was established by the Minnesota Youth Reading Awards (MYRA). Its purpose is to promote quality, engaging picture books and reading for pleasure among school-aged children.

Throughout the year, teachers, media specialists, and public librarians are encouraged to present the nominees in appealing and meaningful ways, to read the books aloud, and to develop activities that will connect the literature to the curriculum. In March, students across the state vote on which books they think should win for the individual categories. The book receiving the most votes from children in grades K-2 is the winner.

Here's How it Works:

- Each year ten picture book nominees will be announced.
 - Students or library participants who read or have read to them at least eight of the ten nominees will be eligible to vote.
 - Votes are collected by MYRA members each March.
 - The award winner will be announced each year between April 18 and 25. New nominees will be announced at the same time.
 - Award focuses on picture books intended for a K-Gr. 2 audience. However, pre-k and older children are also welcome to participate.
- For more information about this award, visit: www.starofthenorthaward.org/.

The 2016-17 Nominees:

- **Ballet Cat: The Totally Secret Secret** written and illustrated by Bob Shea
- **The Bear Ate Your Sandwich** written and illustrated by Julia Sarcone-Roach
- **Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah** written by Laurie

Ann Thompson, illustrated by Sean Qualls

- **In a Village by the Sea** written by Van Muon, illustrated by April Chu
- **Night Animals** written and illustrated by Gianna Marino
- **Red: A Crayon's Story** written and illustrated by Michael Hall
- **Rhoda's Rock Hunt** written by Molly Beth Griffin, illustrated by Jennifer A. Bell
- **Sidewalk Flowers** written by JonArno Lawson, illustrated by Sydney Smith
- **Water is Water** written by Miranda Paul, illustrated by Jason Chin
- **Wolfie the Bunny** written by Ame Dyckman, illustrated by Zachariah O'Hara



"Psst! I'm a MYRA member! Send me your book award votes!"

Maud Hart Lovelace Book Award Nominees

Students in grades 3-5 who have read or listened to at least three titles from the Division I nominee list and students in Gr. 6-8 who have read or listened to at least three titles from the Division II nominee list are eligible to vote for the Maud Hart Lovelace Award.

The Maud Hart Lovelace Book Award is a children's choice book award designed to encourage recreational reading among school age children.

Maud Hart Lovelace was a famous Minnesota author, born and raised in Mankato at the turn of the twentieth century, and best known for her Betsy and Tacy series.



Students vote for a favorite title in March, so now is the time to start reading! See the list below and visit the library's special Maud Hart Lovelace Nominee sections in the children's and young adult areas to get started. For more information about the Maud Hart Lovelace Award, visit www.maudhartlovelace.org/.

Division I (Gr. 3-5)

- **Almost Home** by Joan Bauer*
- **Army of Frogs: A Kulipari Novel** by Trevor Pryce
- **Ava & Pip** by Carol Weston
- **Breaking Stalin's Nose** by Eugene Yelchin*
- **Capture the Flag** by Kate Messner
- **El Deafo** by Cece Bell*
- **Escape by Night** by Laurie Myers
- **Five Lives of Our Cat Zook** by Joanne Rocklin
- **Kizzy Ann Stamps** by Jeri Watts
- **Nickel Bay Nick** by Dean Pitchford*
- **Secret Chicken Society** by Judy Cox

Division II (Gr. 6-8)

- **Almost Home** by Joan Bauer*
- **Better Nate than Ever** by Tim Federle
- **Breaking Stalin's Nose** by Eugene Yelchin*
- **Doll Bones** by Holly Black
- **El Deafo** by Cece Bell*
- **Flying the Dragon** by Natalie Dias Lorenzi
- **Freakling** by Lana Krumwiede
- **Ghetto Cowboy** by Greg Neri
- **Great Greene Heist** by Varian Johnson
- **I Kill the Mockingbird** by Paul Acampora
- **Never Say Die** by Will Hobbs
- **Nickel Bay Nick** by Dean Pitchford*

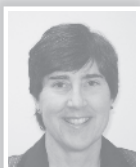
*On both lists.

Stories Sing!

Fri., Oct. 21, 2-3pm. (ASL-interpreted)

Watch a professional opera singer from the MN Opera give a new perspective on reading in an innovative program bridging traditional storytelling and music.

In **Stories Sing!** Alisa Magallón uses songs and tools from the stage to enhance, inspire and help children engage in reading. Children and families may sing along as a book comes to life through the power of opera.



Adult Services @ Your Library

Adult & Family Services Librarian

Allyn McColley amccolley@ci.faribault.mn.us

The library is a place that has something for everyone. There are resources for those who enjoy reading, but also for those who don't! From classic and bestselling printed books to downloadable eBooks, eAudiobooks, and books on CD. From free access to WiFi for your devices, to 15 public Internet stations and five iPads for use in the library. The library offers feature films, nonfiction films, and international films, Music CDs in pop, country, classical, jazz, soundtracks, and holiday music, magazines in print and digital formats. The library is a vibrant space to exchange ideas with friends and family, with quiet spaces for study and research, or just reading the newspaper.

Try out an iPad, pick up the latest Lucky Day bestseller, reserve a meeting room for your organization. Improve your digital literacy skills through Digital Discussions or the Northstar Digital Assessment modules. Map out your family tree using the HeritageQuest Online and Ancestry Library Edition databases. Teach yourself a new language with Mango.



Fall Programs

• Digital Discussions @ Your Library

Thursdays, drop in between 6-7pm. Buckham Main Floor Drop in on Thursdays beginning in September for answers to library-related questions about all things electronic or digital. Staff will be available to help you with the complexities of eBook borrowing, online catalog navigation, the BookMyne mobile app, Mango Languages, Zinio digital magazines, self-checkout, or your online library account. Bring any relevant charged up devices (iPad, Nook, Kindle, laptop) and your library card!



• Northstar Digital Literacy Assessments

The Northstar Digital Literacy Project, Buckham Memorial Library, the Workforce Center and Adult Basic Education are collaborating to provide free online literacy assessments to interested learners. The assessments are not classes but are informational modules provided to help learners determine which digital literacy skills they already have or in which areas they need further practice or instruction. Learners receiving a passing score on an assessment module will receive a printed certificate of completion that may be added to a job applicant's portfolio, or listed on a resumé. Library staff can direct learners to resources for those wishing to receive more instruction in an assessment area.

Available literacy assessment modules are: Basic Computer, Internet, Windows, Mac OS X, eMail, Microsoft Word, Excel and Social Media, Information Literacy, and Powerpoint.

Call the library at 507-334-2089 to set up an appointment with a digital literacy proctor to take one or several assessments or watch for set program times.



• Online Homework and Career Help

The library has launched the Brainfuse online tutoring program for homework help (HelpNow) and career planning (JobNow). Students with a library card may access HelpNow with live tutors online at the library or in their homes. People needing to brush up on jobs skills may go to JobNow to get help with writing a cover letter or resume or practicing for an interview. Visit the library to find out more information about this free service.

• Movies @ Your Library

Stay tuned for upcoming movie programming for adults. Programming will feature international and nonfiction films.

New Books to Check Out!

International Films

Buckham Memorial Library has a international film collection of over 300 films in 47 different languages. Here are some of our newer titles:

- **The Assassin**—Chinese
- **The 100 Year-Old Man Who Climbed Out the Window and Disappeared** (Swedish)
- **Cries and Whispers** (Swedish)
- **Land of Storms** (Hungarian)

Large Print Books

Do you know that the library has hundreds of fiction and nonfiction books in the Large Print format? Same great content (bestsellers, mysteries, romance, westerns, Christian fiction, science fiction and fantasy, travel, biography, health, etc.) but set in easy-to-read larger type.

- **The Atomic Weight of Love** (Romance)
- **A Dream of Miracles** (Christian Fiction)
- **The Girl in the Red Coat** (Thriller)
- **Murder at Whitehall** (Mystery)
- **The Doctor is In** (Nonfiction)
- **Red Platoon** (Nonfiction)

New Fiction Books

- **Black Cat Crossing** by Finch (Mystery)
- **Brush of Wings by Kingsbury** (Christian Fiction)
- **Chasing the North Star** by Morgan
- **Concrete Angel** by Abbott (Horror)
- **Dog Run Moon** by Wink (Short Stories)
- **Fire Touched** by Briggs (Fantasy)
- **First Case of Beers** by LaRose (Mystery)
- **Girls on Fire** by Wasserman
- **Killing Titan** by Bear (SciFi)
- **Murder at the 42nd Street Library** by Lehane (Mystery)
- **On Cimarron** by Lederer (Western)
- **Wherever There is Light** by Golden (Romance)

Graphic Novels

- **Not Funny Ha-Ha**
- **Pablo**
- **Trashed**

New Non Fiction Books

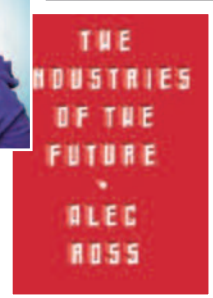
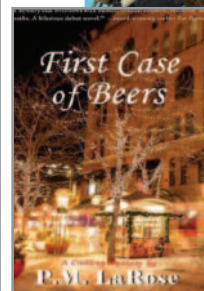
- **Beginnings: The First Seven Days of the Rest of Your Life**
- **Can't Forgive: My 20-Year Battle with O.J. Simpson**
 - **Capture: Unraveling the Mystery of Mental Suffering**
 - **Hamilton: The Revolution**
 - **The Joy of Less**
 - **Lab Girl**
 - **The Other Slavery**

- **The Rainbow Comes and Goes: A Mother and Son on Life, Live, and Loss**
- **Seven Women and the Secret of Their Greatness**
- **Street of Eternal Happiness: Big City Dreams Along a Shanghai Road**
- **Third Wave: An Entrepreneur's Vision of the Future**
- **We the People: The Modern-Day Figures Who Have Reshaped and Affirmed the Founding Fathers' Vision of America**

Affirmed the Founding Fathers' Vision of America

Business

- **Disrupted: My Misadventures in the Start-Up Bubble** by Dan Lyons
- **The Industries of the Future** by Alec Ross
- **Works Well with Others** by Ross McCammon



Technology @ Your Library!



• 3D Printer

Buckham Library has its 3D Printer up and running. Is it a computer? A copier? A printer? A robot? Stop in to observe this newest piece of technology that you've been reading and hearing about in the news. The library's 3D printer uses biodegradable non-industrial filament—useful for 3D Printer demonstration purposes and production of nonpermanent limited-size plastic items. “Prints” are produced using programs researched on the Internet, or uniquely developed by an individual using a 3D AUTOCAD software program. *Stay tuned for library programming developed just for the library's 3D Printer or just stop in to see what's printing.*

Stay tuned for library programming developed just for the library's 3D Printer or just stop in to see what's printing.

• Social Media & Mobile Access

Stay up-to-date with everything happening at your library by checking out our Facebook and Twitter pages. While you're at it, “Like” our Facebook page and you may be one of our “every-100th-person-gets-a-prize” winners.



Like Us on Facebook!

Buckham Memorial Library
www.facebook.com/BuckhamMemorialLibrary



Tweet with Twitter!

www.twitter.com/BuckhamLibrary or
www.twitter.com search @BuckhamLibrary



BookMyne Mobile Library Catalog App



Lucky Day Bookshelf

Is it your Lucky Day? This special collection is like the New Books bookshelf only better! It contains popular books and bestsellers that can't be reserved or requested. But if you walk past and see something you like, you can borrow it on-the-spot. The collection is changed often to make room for new items. This photo is from June. Come in and see what's newly available. Maybe it's your lucky day!

PARK & REC

Indoors & Out!



It Starts with the Parks & Trails!

The City of Faribault has become one of the top bike- friendly towns in southern Minnesota due to smart city planning, and financing by local, state, and federal funding. Faribault is a trail user's dream--nine miles of in-city trails, with the White Sands Sakatah Trailhead facility providing access to an additional 40 more miles. The asphalt pathways are designed around some of the city's most beautiful features--bluffs, parks, rivers and lakes. Head outdoors this fall to appreciate the show of color in the city parks and trails!

Online Resources for City Park & Trail Info:

- City Park Amenities

www.ci.faribault.mn.us/assets/p/parkfeatures.pdf

- City Park & Trail Map

www.ci.faribault.mn.us/assets/p/parktrailmap.pdf

- Parks, Trails & Shelters

www.faribault.org/parks/parkstrails

- Sakatah Trail Brochure

www.ci.faribault.mn.us/assets/s/sakatahtrailbrochure1.pdf

- Alexander Park Amenities

www.ci.faribault.mn.us/assets/a/alexanderparkslayout1.pdf



Open Pickleball M-Th

Join other players for open play on Tuesday and Thursday mornings, 7am-10am, and Tuesday evenings, 6:30-8pm in the Community Center Gym. Fee: \$2 per time, a 14-use punchcard \$20.

Fitness Center

◆ Free Fitness Machine Orientations!

Call 507-384-0547 to make an appointment today for a free orientation on the Fitness Room machines. Orientations are held Wednesdays at 3:00-4:00pm.

Mind & Body Classes

See page 11 for Yoga, pilates, Barre classes and weight programs for seniors!



Racquetball:

Play The Fastest Game in Town!

Check out Park & Rec's indoor courts - for drop-in play or for league! Enjoy a great way to have fun, improve your fitness, and socialize with friends!



Racquetball – Locker Room – Sauna – PRECOR

Fitness Center Rates

All-Around Pass*	Single	Couples
One Month All-Around	\$37*	\$58*
Three Month All-Around	\$97*	\$165*
Six Month All-Around	\$185*	\$310*
Annual All-Around	\$340*	\$530*

* Plus applicable tax

*The All-Around Pass features unlimited use of the Fitness Center, Racquetball, Spinning Classes, Gymnasium (Open Gym), Group Fitness Classes, Water Aerobic Classes, Indoor Lap Swim and Open Swim, Pilates Classes, and Open Pickleball.

Fitness Center Membership	Single	Couples
Daily Fitness Center Rate	\$5	N/A
One Mo. Fitness Center	\$34*	\$48*
Three-Mo. Fitness Center	\$65*	\$101*
Six-Month Fitness Center	\$120*	\$205*
Annual Fitness Center	\$230*	\$315*
Punch Card (14-Times)	\$44*	N/A

* Plus applicable tax



Faribault Fitness Club

No membership required! Pay per time, or purchase a punch card or All-Around Pass at a great discount. Choose what pay method works best for you and pay only for what you actually use. The instructors are highly-trained, have great energy, and offer more than 50 years of combined experience. We offer a "community feel" for people and welcome all fitness levels. Classes are held at the Washington Center Gym with the exception of Aqua Zumba which takes place the Community Center Indoor Pool.

Pay Options

- Drop-in Class Rate = \$5.00
- Punchcard offers 14 classes for \$47.25 (Just \$3.37 a class)
- All-Around Passes Allow unlimited classes and use of the pool, weightroom, and racquetball at the Community Center. (One-Month All Around Pass \$39.73 - Three-Month \$104.15)

Typical Class Schedule

One-hour classes are held at the Washington Center gym except Aqua Zumba held at the Park & Rec Pool.

Mondays: PX90 Live 5:30am, Tabata Bootcamp 5:15pm, PIYO 6:20pm
Tuesdays: Lunchtime Weights 12:15pm, Zumba 5:30pm
Wednesdays: Tabata Plus 5:30am, Bag Boxing 5:15pm
Thursdays: PIYO 4:30pm, Zumba 5:30pm
Friday: PIYO 12:15pm
Saturdays: P90X Live 8am, Tabata Plus 9am, Aqua Zumba 10:15am

New Classes beginning October 2015

Jillian Michaels BodyShred TM (30-min. metabolic training)
R.I.P.P.E.D, The One Stop Body Shock TM (A 50-min. class offering resistance, interval, plyo, and endurance aspects.)

Instructors: Anne Archambault, Vicki Huber, Tammy Rosett and Pam Kucera.

Find a current schedule see

www.faribault.org/parks