

## I never saw snow until I was 12 years old!

By Mike Parry

How does a person whose parents were from North Dakota not see snow until she is 12 years old? Have a father who is an electrical engineer employed by ARAMCO which was an oil company in the Middle East, that's how. Kara Sturgill is just that girl. Many of you might not know her but she is the Market Manager for Waseca's Walmart. This is a story on how she got there. After moving back to the states Kara attended Fargo South High School and then attended NDSU. This is where she says, "Go Bison!" Kara is married with her two dogs. I asked her to give me a rundown on the jobs she's had since she started working. "My first job ever was at McDonalds. I also worked for JC Penny through college. I have been employed with WalMart for 25 years," said Sturgill, "Funny story, I applied with Walmart in Fargo, ND and was called in for an interview. I thought to myself, I'll take any-

thing but shoes. Well of course, the open position was for shoes! Well, I needed a job so I accepted.

I became the department manager of shoes and then became department manager of jewelry. I decided that was not for me and then became the department manager of Health and Beauty. It was while I was in that position that my market manager Tracy M saw something in me that I did not know I had. He offered me an Assistant manager position and I said, "Can I think about it?" He said you have 24 hours!!! So of course I accepted." Kara did a lot of traveling since going into management. Jamestown and Minot, ND, Bemidji, Mankato & Waseca. "If it was not for him I would not be where I am today. I am lucky to have had such a good mentor. So 7 stores in all. The most challenging time I had was when I moved 3 times in 4 years," she said with a smile. I asked what her biggest challenge is as a



Market Manager in a small town. "I guess the biggest challenge being in a small town is that you know so many of your customers, you don't want to let them down. It's like letting your friends down, if they have

a bad experience in your store. So I guess in a way that's also a good thing because it makes you strive to do the best you can every day," said Kara.

*(continued on page 2)*





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**I never saw snow until I was 12 years old!**  
*(continued from page 1)*



What about the associates at Walmart? "Some benefits a small town gets from Walmart is, that most associates are from here and have worked here for years. They care about what they do and their customers. I can truly say the associates here are a great group of people. We also have the opportunity to give away \$8,000 in grants each year. (and they go fast). That is on top of the smaller donations we do each month to local schools and organizations. We are always searching for potential new associates. Wal-Mart raised wages this year so we remain very competitive in the retail field," Sturgill said.

What about someone who might be interested in becoming an associate at WalMart I asked? Kara stated, "Some things I would tell someone who might be interested in joining our team, the opportunities are endless with WalMart. There are hourly and salary positions all over in this company. You can work in store operations, be on the buying team, logistics, .com, digital and even opportunities overseas.

I would say one of the most important factors for a successful career with the company is having the "will". We can teach you a skill, but you have to have the will to want to do better. That is a choice. At one of our annual meetings I heard a speaker say, "don't waste space in someone else's dream job." To you it may just be a job, but to someone else it may be the opportunity they have been looking for so strive to do your best every day," Kara went on to say, "I am extremely blessed to have the opportunity to work with the best associates in Waseca!!



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## The Loss of a Pet



By  
**Kim Harty**  
Contributing Writer to the  
Good News Magazine



Many owners of geriatric pets worry when they think about the future. When I stare into the cloudy eyes of my two elderly dogs I often wonder - why can't our pets live as long as we do. I can't imagine life without them and yet I know I must

face reality. The sad fact is we typically outlive our pets. It doesn't matter how long they have been a part of our family and our lives. Love and bonding does not have a time frame set in stone.

Our pets are a source of comfort, friendship, inspiration, and unconditional love. It's not "just a dog" or "just a cat", by any means. Losing a beloved pet is losing a treasured family member and something every owner must face.

Many people go through the grieving process when they lose a pet.

The process is similar to losing a family member or friend. It occurs in stages: denial, anger, guilt, depression, acceptance, and resolution.

Grief depends on the role the pet played in your life. Perhaps it was your childhood pet or a rescue situation. If it was a working dog, that person might not only be grieving the loss of a best friend, but also the loss of independence. For many that live alone, including seniors, their pet was a source of companionship. If you cared for

your pet through a protracted illness, you likely grew to love him/her even more.

Here are some suggestions if you have lost a pet:

1. Try to find new meaning and joy in your own life.
2. Stay connected with friends.
3. Don't let anyone tell you how to feel. Reach out to others who have lost pets.
4. Reach out to others who have lost pets.
5. Take care of yourself, emotionally and physically.
6. Maintain your normal routine, especially if you have other pets.
7. Create a legacy.
8. Seek professional help if you need it.

There is a special book called For Every Dog An Angel, by Christine Davis. Christine loses her forever dog, Martha, unexpectedly. When Christine wrote her story, she found peace knowing Martha was happy and watching over her. She began healing. Martha let Christine know it's okay to find another dog to share the love she has to offer.

Keep in mind there is no timetable for mourning a loss. A bereaved owner knows no other creature will replace the pet they lost.

However, when the time is right, the warm eyes of a new fourlegged friend may capture a heart again.



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## From the Desk of Mike Parry



A few weeks ago Waseca's Trowbridge Park was the location for a first time event put on by Jonny Lynch. Jammin' in June Music Festival. I must admit I was very impressed with the outcome. Kathy and I had both Grandpa Mike's Pizza Rig

and the Lil' Red Ice Cream Jeep parked right next to Mr. Hot Dog. What a wonderful day it was in the park. I was happy to see Del and Amber from the Boathouse Bar and Grille serving burgers and adult beverages too! I've always felt that Trowbridge Park was underutilized as a gathering area for unique ideas. I'm hoping that Jonny will do a 2nd Annual Jammin' in June Music Festival in 2017. I know it's a lot of work putting on an event like that. Hat's off to the City of Waseca for letting Jonny pull off a wonderful day at Trowbridge Park. I'm thinking an October Fall Music Festival would be Great!

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By Darin Olien



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How do sprouts & microgreens enhance your health?

1. Sprouts and microgreens have huge amounts of live enzymes – in fact, some sprouts can have up to 100 times more enzymes and nutrition than fully grown, raw fruits and vegetables! Why do you care about these enzymes? Enzymes are catalysts for all your body's functions, including digestion. Learn more about enzymes starting on page 30 of my book, "SuperLife: The 5 Forces That Will Make You Healthy, Fit, and Eternally Awesome." Increased enzymes and digestion allows for increased breakdown and release of more nutrition from the food you are eating, including vitamins, minerals, amino acids, and essential fatty acids — all essential building blocks for your body and health.

2. Sprouts and microgreens have incredibly high levels of vitamins and minerals, including vitamins A, B1, B2, B3, B5, B6, C, K, and minerals manganese, copper, iron, magnesium, phosphorus, and potassium.

3. Along with high levels of vitamin and minerals, the protein and fiber content is increased in sprouts/microgreens. Fiber binds to fat and toxins and escorts them out of your body. This is an important process for

not only weight loss, but detoxification as well.

4. The sprouting process elevates essential fatty acids.

5. When you grow sprouts yourself you reduce your exposure to pesticides, food additives, and other harmful fat-bolstering chemicals that can impede weight loss and have negative health effects.

Never had sprouts and wondering which to try first?

Each sprout tastes different depending on the variety, so don't stop after trying just one. If you don't want to grow them yourself, you can get them at your local grocery store or farmer's market. Just rinse them well before eating for the safest experience.

Here are some easy ways to enjoy eating Sprouts:

- They make a great, fast snack when you eat fresh and uncooked with a little dressing/seasoning drizzled on top. This one definitely requires a sprout that you love the taste of! A simple dressing is 1 Tablespoon extra virgin olive oil, 1 Tablespoon apple cider vinegar, a few dashes of fresh-squeezed



lemon juice, 1 minced garlic clove, and ¼ Teaspoon cracked black pepper.

- Add to tossed salads. They pair well with finely chopped onions, tomatoes, cucumbers. Add Himalayan sea salt and a dash of lemon.

- Add to vegetarian sushi and wraps.

For more suggestions, search "Sprouts" on [www.SuperLife.com](http://www.SuperLife.com). To learn even more about plant-powered eating, check out my new 10-Day Nutrition Program. Get more details at [www.bit.ly/SuperPlantProgram](http://www.bit.ly/SuperPlantProgram). And use the code MINNESOTA for a special hometown discount of \$20 off the program.

There are some superfoods that come from what feels like the ends of the earth — seriously from thousands of miles away. There are others that are finicky — growing only under exact conditions. Thankfully, not all superfoods are like that. Sprouts and microgreens are insanely nutrient-dense superfoods that can be safely, affordably, and easily grown in your own kitchen! This is possible because three key changes occur in seeds when you sprout them: 1) nutrition is heightened, 2) anti-nutrition is removed, and 3) healthy compounds are unlocked.

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## Manage Mosquitoes While Enjoying the Great Outdoors



By Melinda Myers

manage neglected gardens and keep the lawn properly mowed to reduce resting spaces for adult mosquitoes.

Eliminate standing water where mosquitoes breed. Drain water that collects in buckets, kids toys, tarps, pool covers, clogged gutters and downspouts. Clear the gutters and downspouts so water can drain freely. Store items that tend to collect water in a shed or garage.

Evaluate drainage patterns in your landscape. Improve drainage by amending the soil with organic matter. Install French drains, drain tiles and other drainage systems if needed. Or turn it into a water feature. Consult your municipality first for any relevant guidelines and restrictions.

Manage water in birdbaths, fountains, ponds and rain barrels. Change water weekly in birdbaths and wading pools. Add a pump to keep water moving and prevent breeding. Or use an organic mosquito control like Mosquito Dunks

and Bits (SummitResponsibleSolutions.com) in rain barrels and water features. The Mosquito Bits quickly knock down the mosquito larval population, while the Mosquito Dunks provide 30 days of control. They are both safe for pets, fish, wildlife and children.

Add a fan to your outdoor décor. The gentle breeze keeps these weak flying insects away. Consider taking one to the garden when weeding.

Provide short-term relief when entertaining outdoors with the help of citronella oil or scented candles. Scatter lots of these throughout the area and within a few feet of your guests.

Cover as much of your skin as possible with loose fitting, light colored clothing. Mosquitoes are less attracted to the lighter colors and can't readily reach your skin through loose clothing.

Further protect yourself from disease-carrying mosquitoes by using a personal repellent. For those looking to avoid DEET, the Center for Disease Control and Prevention has also approved products with the active ingredient picaridin, IR3535,



and the synthetic oil of lemon and eucalyptus. Avoid products that contain both sunscreen and insect repellents as you need to apply the sunscreen more often than the repellent.

Implement some of these strategies and then get ready to enjoy the outdoors mosquito-free all season long.

*Gardening expert Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including Small Space Gardening and the Midwest Gardener's Handbook. She hosts The Great Courses "How to Grow Anything: Food Gardening For Everyone" DVD set and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Summit Responsible Solutions for her expertise to write this article. Myers' website is www.melindamyers.com.*

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**Other News  
from  
Lake Wobegon:  
Reclaiming the  
Rural Narrative**



**By Tim Penny**



July 1 was Garrison Keillor's last official time hosting "A Prairie Home Companion," a public radio broadcast with a history a decade longer than that of Southern Minnesota Initiative Foundation's (SMIF), which is celebrating its 30th anniversary this year. There's no denying Keillor's radio show, particularly his "News from Lake Wobegon" monologue, has

crafted one of the most pervasive narratives for rural Minnesota and our small, Midwest towns.

For those of us living in and working for the future of that mythical – yet somehow incredibly real – "Lake Wobegon," we understand that Keillor's sign-off from a place where "all the women are strong, the men good-looking, and the children are above average" is a somewhat misleading simplification. Through SMIF's early childhood programming we understand that all of our children are not above average, but instead struggle due to income and racial achievement disparities. In our rural region, we are home to many new immigrant families who can feel isolated by our business-as-usual approach, no matter how much "Minnesota nice" envelopes it. And, as evidenced by the photo of me with Keillor above, I'll just say not all the men are necessarily good-looking.

Yet, one of the things the more than 1,500 Lake Wobegon tales have done is create a rural voice pumped weekly into the radios of rural and urban dwellers alike.

*(continued on page 11)*



**Tim Penny, the late Bruce Vento and Garrison Keillor in DC while Penny was in Congress.**

- photo courtesy of Southern Minnesota Initiative Foundation (SMIF)



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**Other News  
from  
Lake Wobegon:  
Reclaiming the  
Rural Narrative**

*(continued from page 10)*

Keillor's stories are highly edited, nostalgia-inducing yarns filled with a somewhat realistic yet limited cast of characters. The question may now become: with the departure of Keillor and his monologue, how else can we carry the rural narrative forward?

Keillor's show has created a nostalgic connection point for those of us who reside in rural areas and for those with rural roots, but those roots are weakening with generational change. The stage is set for a new voice – even better, new voices – to step up to the mike, or blog, or podcast, or camera lens, or whatever medium they may find to help tell our rural stories.

Perception becomes reality, William James observed. If that's indeed the case, the stories we tell ourselves and others are important. In Minnesota, while 40 percent of the population still lives in Greater Minnesota, our representation in mainstream media does not seem to reflect that proportion. Additionally, we face researchers who have been predicting the doom-and-gloom of rural Minnesota for decades, locals who pessimistically eye empty main streets and yearn for the better days of yore, and outsiders who pass through and often pass judgement of these "dying" places.

*(continued on page 12)*

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## Other News from Lake Wobegon: Reclaiming the Rural Narrative

(continued from page 11)

However, I argue that there's a new vitality in many of our rural communities and that we need to be the ones telling that story. Certainly, researchers like Ben Winchester and others at the University of Minnesota's Extension are providing evidence that things are not as dark for Greater Minnesota as people

may tend to believe. But beyond statistics of new blood coming back into rural areas, especially in our 20-county region, there is a lot to celebrate: enviable quality of life, beautiful landscapes, a world-class medical facility, many new businesses, quality schools, and generous, dedicated residents.

In addition, there is a spirit of entrepreneurialism that lives on in our small towns. At SMIF, we see it as our job to help spark that spirit and give seed investments to help them grow. As with everything we do, this needs to be a collaborative, regional effort. A growing tourism industry in Fillmore County must be seen as a success for surrounding counties; a theater project in Le Sueur must be cel-

ebrated by any town within an easy drive.

Most importantly, we should all be vigorous advocates of our region and more hopeful in our thinking of what can be. With Keillor stepping aside, we must be the ones to reclaim our own narrative. We must become the story tellers offering a more complete, more hopeful telling of what is and where we're headed.

I welcome your comments and questions. You can reach me at timp@smifoundation.org or 507-455-3215.



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RESIDENT PROFILE  
JULY

**Say Hello to Laura Zimmerman**

This month of July, 2016, brings us to introduce another of our residents, Laura Zimmerman.

Laura was born Laura Kuball, March 11, 1922 in her parents farmhouse in North Morristown, Minnesota. She grew up with two brothers and one sister. Laura attended country school in District 60 for a time, until she moved on to Trinity Lutheran, or The German School, in North Morristown. Graduation was after the 8th grade at that time.

Post school years were spent working on the family farm doing fieldwork, milking cows by hand, and generally helping out. She also worked as a housekeeper for several neighbors. She first met her sweetheart, Melvin Zimmerman, while he was helping chop wood for her father. They married September 4, 1941 in a double wedding with her sister, Elvira. Laura and Melvin raised 4 daughters together and were married for 57 years until Melvin's death in 1998.

Over the years Laura worked at Birdseye, Faribo Wollen Mills, and for Orcutt's Supper Club. She liked to play cards, crochet baby blankets for all of her grandchildren, and was known for her delicious baked goods, especially her chocolate chip cookies.

Laura joined us at Colony Court in 2014 because she needed a little more assistance with daily living. Her family chose Colony Court because they liked our friendly, family atmosphere.

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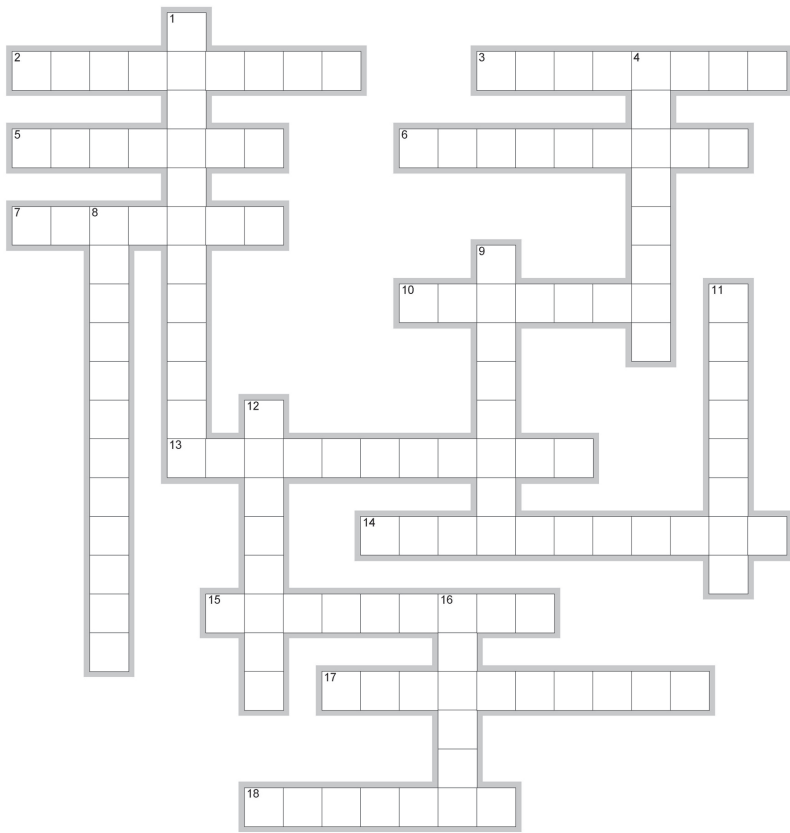
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## American Holidays and Observances

### ACROSS

2. This animal starts on February 2.
3. The second Monday in October honors this explorer.
5. These women are honored on the second Sunday in May.
6. December 25.
7. They're honored on the third Sunday in June.
10. Week-long African-American festival that begins on December 26.
13. First Tuesday after the first Monday in November. (2 words)
14. January 1. (3 words)
15. October 31.
17. Third Monday in February is \_\_\_\_ Day.
18. Martin Luther King Jr. Day is in this month.

### DOWN

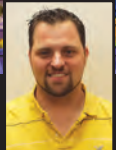
1. July 4th is also known as \_\_\_\_ Day.
4. The last Monday in May is \_\_\_\_ Day.
8. Fourth Thursday in November.
9. This environmentally-friendly day is April 15. (2 words)
11. The first Monday in September. (2 words)
12. Valentine's Day is \_\_\_\_ 14th.
16. A Christian holiday celebrated on a Sunday in March or April.

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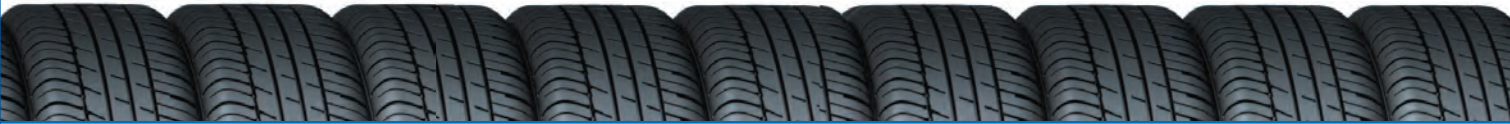


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