

editor's notes

Chris Rogers, editor, Winona Post

A dress code for northern winters

If Tuesday's snows and Monday's sub-zero wind chill didn't give you the message, let me be the bearer of bad news: Winter is here. Long gone is the cider-sipping, pumpkin-carving coziness of autumn. We've reached the "now it's just cold" time of year. Soon we'll be on to "my face hurts just being outside" season. Ah, the joys of the North Country.

As a kid, my mom chided me to bundle up and got me wool socks every Christmas, but not everyone received training on how to cope with the cold. Once, a friend of mine moved from balmy California to Minnesota. Being quite concerned about the cold but not having the first clue about how to prepare for it, he got the thickest, fluffiest, most expensive coat he could find and trusted that surely this Antarctic-expedition-level parka would keep him warm.

He was wrong. A coat is not enough. Dressing for northern winters really requires a head-to-toe approach. So to all the new Minnesotans and Wisconsinites trying to avoid misery during your first winter and for the reading enjoyment of you grizzled veterans of many a long winter, here's my winter dress code.

1. **Layers are your friends.** My friend's mistake was thinking that one big piece of outerwear would do the trick. Really, you need many, many lighter weight layers: a T-shirt, a long-sleeve shirt, one sweater, another sweater, a vest, a fleece, a jacket. Keep adding them until you're warm enough or can't bend at the elbows. Remove as needed. Repeat.

2. **You can never have too many wool socks.** It's hard to be truly warm if some part of you is always cold, and too often, that's your feet. The thin, free-spirited cotton socks of summer are not going to cut it. You need some frumpy wool socks the color of oatmeal — possibly even two pairs on a really cold day.

3. **You need boots.** Even if you're not out shoveling or play-

ing in the snow, at some point in the winter, you're going to have to trudge through a drift deep enough to fill your shoes with snow, snow that slowly melts and soaks into your socks. Your day is officially over at this point.

Boots can be expensive. You don't need the best boots or even necessarily winter-specific boots, but you do need above-the-ankle footwear that will keep your feet dry during brief brushes with the snow.

4. **Long Johns are more than maple-glazed donuts.** Wearing long underwear is my favorite winter power move. Long underwear shrugs at 20 below, it eats icicles for dinner, it — OK, it's just a nice way to stay warm. When things get really cold, it doesn't matter how many layers on your torso if you've only got single-ply pants on. Leggings, tights, and lined pants are all acceptable alternatives. Of course the downside to long underwear is that, unlike other layers, if you get too hot, you can't just take them off.

5. **Hats are not optional.** Do knit caps look cool? Meh. Do they plaster your hair to your head like a wet cat? Yes. But they're warm. Fifteen percent of the blood in your body at any given time is flowing through your head. Without a cap, your scalp radiates all that precious body heat out toward the cold, uncaring depths of space. A good hood can work just as well, but put something on your noggin.

Perhaps the best advice of all is, don't let vanity make you cold. In the depths of winter, we'll collectively reach a point where all pretense of fashion and dignity goes out the door in favor of bucket-sized boots, ugly coveralls, and mismatched layers so thick our bodies resemble blanket forts. I say, the sooner we embrace it, the better.



letters

Man portraying Santa Claus asking for donations

From: Rocky Rohn

This Christmas season is my 21st year portraying Santa Claus. I am excited and looking forward to visiting homes, schools, businesses and even churches like I have for so many years. To see hundreds of adults and children smile and laugh, it is one of the greatest loves my heart truly cherishes. People in Winona and the surrounding areas show how much they care about people in need by giving a donation that I ask for. Caring about even total strangers.

This year's donations will go to Cathy Jonsgaard and family. Cathy has had some serious medical issues and also her husband, Dan was in a very serious vehicle accident.

I have several appointments already and calls are coming in. Some people individually even send me a donation and several even give me a donation for me personally, but I insist that I do not want that for me although they are very kind to offer. I never take or use a donation for myself, never have, never will. Now if it's cookies, that's another story!

So, please give me a call for a visit at 454-5874.

Thank you and Merry Christmas, Rocky Rohn.

MN is lucky to have Malcolm

From: Roberta Bumann
Winona

In my opinion, Health Commissioner Jan Malcolm is an outstanding public health leader toe-to-toe with Dr. Fauci and Dr. Osterholm and we are lucky to have her leading our public health response to COVID-19 in Minnesota. From listening to her public messages since the beginning of the COVID-19 pandemic, she earned my respect and I value her public health expertise and leadership at the time of this deadly pandemic. Efforts by Senator Jeremy Miller (District 28-R) to oust her are ill-advised, reflecting poor judgment.

As a nurse, I find it perplexing that people resist getting vaccines, wearing masks, applying social distancing measures, and following prudent adaptations at work and at school in the time of a highly communicable, deadly disease which to date has killed 770,890 in the U.S. and more than 5 million worldwide. This is 2021, not the Middle Ages, when people did not know the science nor have scientific treatments for smallpox, leprosy, or the black death. Arguably, the science for SARS-CoV-2 is still emerging and determining the best policies is not always clear. But turning the COVID-19 pandemic into a political issue has been detrimental to dealing with this deadly virus.

Fortunately, with Jan Malcolm's leadership, Minnesota's statewide vaccine rates for at least one vaccine are at 80 percent for people 18 and older. Unfortunately, we fall behind for full vaccine rates and COVID-19 cases are on the rise in Minnesota. To the best of our current knowledge, full vaccination and a booster are recommended to protect individuals 18 and older against COVID-19. Vaccine rates in Winona County for people who have received at least one vaccine are at 60.5 percent, so get out there and get your vaccine as we approach the holidays and the winter season. Presently, vaccines are the single, most important tool we have for beating COVID-19. If in doubt, talk with your health care provider for deciding what is best for you and your family.

CDC.

Editor's note: Miller has criticized Malcolm, but hasn't called for her removal.

letters

Support water protectors protesting Line 3

From: Katie Engelmann

It feels like ages ago when our young family stood in a hotel conference room in northern Minnesota preparing to comment on a proposed pipeline slated to cut through the county where we lived. The pipeline would carry tar-sands oil from Alberta, Canada, across northern Minnesota through rivers, lakes, and wetlands to a terminal in Superior, Wis. State agency personnel, county commissioners, and the consultants in the room were all prepared to rubber stamp the project, as was typical for such things. These folks were sure the project would bring economic prosperity to the region. We stopped at an information booth that showed poorly detailed maps of the route and wondered, where was the water? This project would cut through the headwaters of the Mississippi River, where were the details? With a squirmy babe in our arms, we shakily spoke in opposition to the proposed Line 3 "replacement project," its expanded capacity, and new route through the headwaters. We felt like lone voices in the room, but we were not. Shortly after us, Winona LaDuke, executive director of Honor the Earth and other water protectors came and boldly stated the destruction the project would have on tribal lands, precious natural resources like wild rice, and the harm it would cause Indigenous communities.

More than 72,000 people also commented on the project during this scoping period. Over 68,000 of those comments were in opposition to the project. Despite public opposition, and the concern of several state agencies, the Minnesota Public Utilities Commission approved the pipeline. I learned of other organizations working to not only oppose the project, but to build community support networks that catalyze change — organizations like Honor the Earth, Minnesota Interfaith Power and Light, and Friends of the Headwaters. Folks in these organizations knew what the rubber stampers did not: Powerful communities are not built with oil money rooted in greed, corruption, and destruction. Powerful communities are built when they are rooted in honorable relationships among people and the land. Honor the Earth has organized a community of water protectors who are cultivating that relationship by creating spaces to share teachings about Indigenous lands, lifeways, and culture threatened by the pipeline. The community of water protectors has grown through prayerful connection, shared traditions, community meals, creation of art, collective celebration and sorrow, and building trust rooted in reciprocity. I have learned, changed, and grown from this movement.

Since that first scoping meeting our family has grown older, we have moved 635 Mississippi river miles, to Winona. We witness the impact of climate change and its blaze through the modern media cycle. We don't forget these are lives and our Earth, changed. We try to resist doom culture and work to create a more just community. I have been introduced to a local organiza-

tion, the Winona-Dakota Unity Alliance, a group working to create a sustainable alliance among Indigenous nations and the Winona community. I mourned with the Great River in October when Enbridge announced the completion of the Line 3 pipeline and the beginning of the flow of oil. As Winona LaDuke stated, although the project is completed, the resistance to it isn't.

Indigenous-led resistance camps like Ginew Collective, RISE Coalition and others continue to advocate for environmental protection and native sovereignty. Over 800 people have been arrested or cited for protecting land and water, and standing up for treaty obligations to tribal nations. November was Indigenous Peoples Heritage month, on behalf of the Winona-Dakota Unity Alliance I ask fellow Winona community members the following:

1. Please come together to defend front-line activists facing legal challenges and support Indigenous communities by donating to: The Center for Protest Law & Litigation — Line 3 Rapid Response Fund at www.protestlaw.org/line3. Donations can be mailed to the Partnership for Civil Justice Fund (write CPLL/Line 3 in the subject line), 617 Florida Avenue NW, Washington, DC 20001.

2. We are also asking for donations to support an Indigenous-led culture camp's transition into the winter season. Please donate wool socks, wool blankets, and large army tarps. Items can be mailed to 1661 Reservation Road, Cloquet, MN 55720.

Your support helps give voice to Indigenous communities.

Animal welfare should be part of the discussion

From: Angie Einsman
Winona

As a longtime animal lover who has worked closely with shelters and rescues in Florida and Minnesota, I was shocked and appalled when I recently found out that Winona County has the most puppy mills in the state of Minnesota. I was also deeply disturbed to find out that Winona County does not do any oversight related to animal welfare at the numerous large-

scale dog breeding facilities otherwise known as puppy mills. County officials have been adamant that animal welfare should be left up to the state. The fact that some of these facilities were in full operation before the permits were issued is also a major concern.

I have seen dogs who end up in shelters or at rescues who have not been socialized properly, resulting in the dogs not being able to bond with their owners or other pets. Often these dogs are returned multiple times to shelters due to socialization issues. They have anxiety and other health problems due to overbreeding and inbreeding. It is a challenge to potty-train them as they have lived in cages or kennels their whole lives. Dogs need to be cared for mentally, socially, and physically so they

don't end up with behavioral issues and illness.

This is why the Winona County Board needs to discuss animal welfare at these large-scale dog breeding facilities. How are the animals being treated? What happens to the female dogs when they can no longer be bred? How often does the vet examine each animal? What is the fate of a defective puppy? These questions and more should all be getting discussed by the Winona County Board. If Winona County does not have the time or resources to follow up with animal welfare, then why are permits being granted in the first place? I believe puppy mills are a horrible business that harms animals for the sake of money. I support a ban on future permits for puppy mills in Winona County.

A solution to climate change we can all support

From: Laura Armstrong
Winona

Mask? No mask? Vaccine? No vaccine? DFL? GOP? Frustration, fear, and anxiety have dogged our steps throughout our personal and professional lives for more than a year. The issues that concern us never seem to resolve; we seem doomed to never receive an answer to the question, "When will things ever get back to 'normal'?" Yet despite the urgency of these immediate concerns, and despite the seeming polarity of our ideologies, all Americans — indeed, all humans — could agree on one all-encompassing value. We need pure water to drink and clean air to breathe; we all share a need for a safe and stable home. We want our chil-

dren and grandchildren to be able to count on those, too.

One way to ensure that is within our grasp is reducing greenhouse gas emissions. Since the largest source of these emissions is the burning of fossil fuels, targeting this area with carbon pricing is a practical solution. Corporations would pay this price at the fuel source. Any impact that consumers might experience from prices raised to recover this expense would be offset by monthly payments to all. These

payments would come directly from the money corporations pay, not from general taxes. More information about this simple, effective, and nonpartisan solution can be found at citizensclimatelobby.org. That's also where you can join the Winona County chapter of Citizens' Climate Lobby.

Let's shift our perspective toward the shared value of ensuring a livable Earth for everyone, working together for the sake of those who come after us.



winona's twice-weekly newspaper since 1971
winonapost
email: winpost@winonapost.com | winonapost.com



507.452.1262 800.353.2126
fax: 507.454.6409
P.O. Box 27, 64 E. 2nd St.
Winona, MN 55987

Publisher: Patrick Marek
Editor: Chris Rogers
Finance/Operations Director: Dana Cierzan
Advertising Director: Patrick Marek
Sales: Kim Farkas, Bob Shattuck, Les Guderian
Inside Sales/Classified: Amanda Sattler

Reporter: Alexandra Retter
Columnist/Proofreader: Fran Edstrom
Circulation: Mary Veraguth
Mailroom: John Payne

Creative Director: Ashley Blum
Composition Editor: Monica Veraguth
Creative Designer/
Web Content Coordinator: Andy Boysen
Editorial Assistant: Cyndi Wehlage
Pressmen: Jim Bethke, Jesse J. Brandes