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Jay Schneider Photo

2021 WEM Homecoming candidates, front row, left to right: Urban Casteel, Daniel Akemann, Samuel Rezac, Troy McBroom, and Domanik Paulson. Back row, left to right: Samantha Lowe, Paige Atherton, Katelyn Missling, Anna LeBlanc, and Gloria Cortez.

2021 WEM Homecoming candidates, event set for next week

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After an abbreviated version of the 2020 WEM Homecoming festivities, the school's yearly event will return to normalcy next week.

The week of Monday, Sept. 27 through Friday, Oct. 1 will be filled with many activities, special dress-up days, and sporting events celebrating Homecoming 2021.

A Meet the Candidates program will be held Friday, September 24 at 11:45 a.m.

Students will kick off the festivities with Class Color Day Monday, September 27. Each of the 13 grade levels will be asked to dress in a specific color.

The annual girls' powder puff football and boys' volleyball tournament will be held throughout the week.

At 7:30 p.m. coronation will be held in the WEM High School gymnasium in Waterville.

Homecoming queen candidates are:

- Paige Atherton, daughter of Wendy Atherton-Stoen and Kyle Atherton.
- Gloria Cortez, daughter of April Cortez.
- Anna LeBlanc, daughter of Nicole LeBlanc.
- Samantha Lowe, daughter of Christine Miller and Michael Lowe.
- Katelyn Missling, daughter of Nicole Missling and Eric Missling.

Homecoming king candidates are:

- Daniel Akemann, son of Andy and Carrie Akemann.
- Urban Casteel, son of Eric and Angela Casteel.
- Troy McBroom, son of Tom and Tracy McBroom.
- Domanik Paulson, son of Christopher and Lisa Taylor.
- Samuel Rezac, son of John and June Rezac.

Twin Day/Dynamic Duo Day will be held Tuesday, September 28.

Gender Swap Dress-Up Day will be held Wednesday, September 29.

Decades Day will be the dress-up day for Thursday, Sept. 30. The Homecoming volleyball game will be played against Kenyon-Wanamingo. The Homecoming cross country meet will be held at Prairie Ridge Golf Course in Janesville. Both of these events are Thursday.

The final day of the week will feature a number of events, including Spirit Day. The annual parade will start at 2 p.m. and following the parade there will be a Pep-Fest at the high school.

The Arts Booster Club will be sponsoring a tailgate party Friday afternoon before the football game. The Bucs will face Medford in the football game. Following the game there will be a dance for the WEM students in the gymnasium.

Joe Grose inducted into Minnesota Amateur Baseball Hall of Fame



Submitted Photo

Joe Grose was surrounded by his family after being inducted into the Minnesota Amateur Baseball hall of Fame Saturday, Sept. 18 in St. Cloud. Left to right: Dalton, Michele, Joe, and Nolan Grose.

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Waterville resident Joe Grose was one of 10 individuals inducted into the 2021 Minnesota Baseball Hall of Fame Saturday, Sept. 18 at St. Cloud River's Edge Convention Center.

Also inducted that evening were Lori Dolan of Milroy, Herman Lensing of Greenwald, Herb Schaper of New Ulm, Alvin Fink of Buckman, Louie Graupmann of Plato, Steve Rader of Rollingstone, Fred Roufs of Mankato, John Seifert or

Chaska, and Dwight Watvane of Ashby.

During his acceptance speech, Joe thanked many people including his wife, sons, father and mother, and his brother and sisters. He also had kind words for those who nominated him and the state board members who helped select him.

"WJ Grose is now where I hang my hat. I'm there daily. Always something to do," Joe said. "It's an addiction. It's busy, frustrating, and a lot of work. But it's peaceful, beautiful, and fulfilling. I get

to meet great people. You're always welcome there and you won't get a bad hop. If you do it's on me."

"In closing, to my two sons, this doesn't have to your path," Joe added. Only if you choose it. To the heat...Roll Tribe."

Here is the information provided by the Minnesota Baseball Hall of Fame on local inductee Joe Grose:

Joe's amateur baseball career began at age 13 and extended over 33 seasons. He played high school baseball for Waterville-Elysian as its

shortstop while also excelling in football and basketball earning him Male Athlete of the Year honors in 1986. He played collegiate baseball for two years at Bethany Lutheran College and two years at St. Cloud State University.

A versatile player, Joe could play any position but was primarily an infielder, pitcher and catcher. Well known as a powerful hitter, he hit .350 for his career with 165 home runs. He played in 10 state amateur tournaments — three times as a draftee. Later in his career, he became the team's manager and served in that capacity for 12 years before retiring in 2016.

Joe has held every office on Waterville Baseball Club's (WBC) Board of Directors and is currently its president. He has also served the 13-60 League for over 25 years where he is a past president and is currently vice president. He handles player contracts and team registrations for Waterville along with scheduling games and umpires.

Joe coached junior high, junior varsity and varsity baseball at Waterville-Elysian-Morristown High School for over 10 years. His varsity teams won the Gopher Conference three times. He also coached Jr. Legion Grose to 2

SCAD survivor to host awareness, research-funding event

'Because we need to know more'

Lisa Ingebrand
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She had her first heart attack at 35.

She remembers nothing. No pain. No aches.

Without warning, she collapsed.

It took 22 minutes of CPR, seven defibrillator shocks, and five days in the ICU to bring the young, healthy marathon runner back to life.

"When I came to and doctors told me I had a full heart attack... Well, there were no thoughts, really. It was a shock," stated Melissa (Bemis) Lorenz, a 1999 graduate of Waterville-Elysian-Morristown High School. "I mean, I am healthy and active. I run, play volleyball, work out, and eat healthy. How could I have had a heart attack?"

She soon learned she had suffered a spontaneous coronary artery dissection (SCAD).

A spontaneous tear had occurred in one of Lorenz's apparently healthy heart artery. That tear caused blood to pool, clot, and block the blood flow to her heart muscle, resulting in a heart attack.

"It wasn't what you might call a 'normal' heart attack. It has nothing to do with cholesterol or plaque build up in your blood vessels," explained Lorenz. "But, the scary thing is that so little is known about SCAD. They don't know the cause, and they don't know how to prevent it. The research is truly just starting. Yet, it's the number one cause of heart attacks among women under the age of 50."

Doctors implanted a defibrillator in Lorenz's chest, monitored for several days,

and then sent her home.

"Because I was healthy and active my heart healed relatively quick, and I was told it is such a rare thing that it shouldn't happen again," she stated with a shake of her head. "So much has been discovered since then, but so much more research is needed."

Lorenz took time to heal and recover—both physically and mentally.



Photo courtesy of Melissa Lorenz

Two-time SCAD heart attack survivor Melissa (Bemis) Lorenz will host a SCAD Awareness Walk and Run in Elysian this Saturday.

She returned to work and eased back to running with the encouragement of her doctors.

For almost five years, life was good, but then, following a dinner party she and her husband, Rod, hosted one evening in February 2020, it happened again.

"I was tired, so I went to bed. I got sick before bed and had some pain and discomfort behind my shoulder blades, but it had been a long day, and well... I didn't take my symptoms seriously," she shared.

Lorenz woke up to her implanted defibrillator shocking

SCAD to 3

Elysian Council approved preliminary budget and levy

Jay Schneider
LifeEnterprise

The Elysian City Council approved the proposed budget and tax levy for the year 2022 during their regular Sept. 13 meeting.

Based on preliminary numbers, the levy will increase by \$31,000, or four percent from a year ago.

The total preliminary levy amount payable for 2022 is \$761,450. Last year the preliminary levy was \$730,037.

The majority of the funds will be used in the general fund (\$516,410). The 2018 local improvement levy is the only other portion of the dollars in excess of \$100,000 (\$110,000).

The other areas of funding include 2012 local improvement levy (\$50,000), 2016 local improvement levy (\$29,000), 2016 fire truck debt (\$20,496), maintenance replacement (\$10,000), SCBA tank fire debt (\$9,544), Kaplan area (\$8,000), storm sewer (\$5,000), and fire relief (\$3,000).

In other Elysian City Council business:

- A utility easement and vacation of a previously estab-

lished easement at 209 Tustin Circle S. was approved.

- The council recognized the efforts of Paralympian and Elysian resident Rose Hollermann for her accomplishments and representation of the community.

- Discussion was held regarding the Veterans Memorial upkeep responsibilities. There was action taken.

- The Truth-in-Taxation hearing has been scheduled for Monday, Dec. 13 at 6:10 p.m. Public comment on the 2022 proposed budget and 2021 tax levy payable in 2022 will be taken at this time.

- Garbage and recycling rates will increase two percent starting Oct. 1, 2021.

- Employee evaluations will take place Oct. 11 at 5:30 p.m.

- The city is still in negotiations with the communication company MetroNet.

- The council was updated that work is being done on a nuisance structure on the property at 402 Frank Ave. NW.



Morristown American Legion

Hog Roast

Saturday, October 2

Serving starts at 4 p.m.

50/50 Tickets • Raffles • Paddle Wheel

All-You-Can-Eat
Roast Pork
All-You-Can-Drink
Keg Beer
Live Band
Starts at 6 p.m. (Neon-Live)