



## COLA COLUMN

## Meet area farmers who are protecting Minn. water quality

One tall corn stalk, standing a foot above the rest of the corn field behind our home, is peering at the lake.

It is helping to protect from runoff this summer. Its roots grow deep, clinging to the soil.

Closer to the lake are trees, a buffer area striving to be a wildflower garden, an ice ridge area and rocks that also help prevent erosion.

At the public access, the watercraft inspector educates boaters on cleaning and draining their boats to prevent aquatic invasive species. The kiosk contains brightly colored flyers, helping remind guests to clean their gear and equipment, including their water shoes and toys, too.

This scene is repeated across the lakes area. Collectively, we all strive to protect our lakes, one of our greatest area assets.

On Thursday, Aug. 29, at 6 p.m., you are invited to learn along with us how conservation farmers protect Minnesota's water quality. Our COLA program is open to the public and is held at the Northwoods Bank community room, 1200 East First Street, Park Rapids. The lower level room is handicap accessible. Arrive early at 5:30 p.m. for refreshments and conversation.

We'll learn how farmers are making important decisions to protect Minnesota's water quality, as well as conserve soil, because they know their families and their farming operations rely on these natural resources. Many decisions that farmers make, which are good for the water and soil, also aid the farmers in their profitability.

The Minnesota Ag Water Quality Certification Program (MAWQCP) assists conservation-minded producers in their conservation efforts and gives these farmers



**SHARON NATZEL**  
President,  
Hubbard County  
Coalition Of Lake  
Associations

recognition for their excellent stewardship of Minnesota's natural resources. We'll learn from three presenters.

Andy Dombeck farms a few miles west of Wadena, where he produces corn, soybeans and a variety of other crops. Andy's farm is a water-quality certified farm.

Andrew Schock's farming operation is in the Wadena and Staples area, which is also where his Dad, Dale Schock, farms. Their farming operations are water-quality certified. Both Dombeck and Schock carefully manage their fertilizer applications as well as their applications of products that control weeds and insects.

They each farm in a manner that leaves high levels of crop residue (stalks, stubble) on the soil surface, which protects the soil from erosion.

Both have planted cover crops to improve soil health and have also participated in the Irrigation Scheduling Program through their local Soil and Water Conservation Districts (SWCD).

John Lahn is a MAWQCP area certification specialist. He assists farmers, like Dombeck and Schock, with the certification process and covers Hubbard County, too. Prior to taking this position, Lahn worked many years for the USDA-NRCS in northwest Iowa and also did independent crop consulting and soil sampling.

Learn along with us as they share how that tall corn stalk helps protect our water quality.

Members of the Hubbard County Coalition of Lake Associations write a monthly column in the Enterprise addressing water issues in the region.



## LETTER FROM OUR READERS

## Looking forward to 2020 Love Outreach

By Kory James and Love Outreach organizers  
Park Rapids

The Peacemakers of Fullerton, Calif.; Minnesota Peacemakers, Frontline mission team, New Direction, Erica Castleberry and New Wine Church would like to greet you in His love, and we truly want to thank you for your part in the 2019 Love Outreach.

We were all blessed to have met so many wonderful people in Park

Rapids. You made it possible. A special thank you to the Park Rapids Enterprise. With people like you in this community, we can make a difference.

The team got to experience and grew closer to the Lord. We were so blessed that you were part of this event, and we can't wait to continue to make a difference by showing love and being part of 2020 Love Outreach.

Thank you for your kindness, everyone! We appreciate everything everyone did, especially the welcoming we got. More impor-

tantly, we know that there were many hurting people, but at the end of the day, they knew they were loved.

We were extremely blessed and continually have a desire to go to Park Rapids for the next four years or more to share more love. We can't wait to meet more servants of the Lord, here in Park Rapids. We, as Peacemakers, were blessed to be servants. We will continue to pray for Park Rapids! We will continue to pray for the event and look forward to serving Jesus next to you.

## COMMENTARY

## Assault often prompts 'freeze,' not 'fight-or-flight' response

By Ashli Lyseng  
Support Within Reach

Sexual assault victims are often asked why they didn't "fight back."

How many of us have heard or said, "If it were me I would have..." or "If they didn't want it to happen, they would have found a way to stop it"?

Unfortunately, it is not that simple. Society expects victims of sexual assault to fight back during the assault, or at least to scream to alert others. When this behavior is not consistent with what is expected, the victim's credibility may be questioned.

What I am about to tell you is the body's natural survival reaction. When someone is in real or perceived danger, the logical part of the brain shuts down and the survival part kicks in.

This is where the common misconception of "fight or flight" comes into play. People tend to assume that we get to choose one option or the other, and we think we know what we would choose if we found ourselves in a dangerous situation.

However, science indicates there is often no choice involved. It's not that we can't logically think in such a situation, it's just that our thoughts are often habitual. Few people have habitual thoughts or behaviors that will be of any use to them during a sexual assault. When under attack, the victim will fall back on habits and reflexes.

Survivors are shamed and blamed because they didn't mobilize, fight and make an effort. We hear a lot about fight-or-flight instincts, but less about



freeze. When the brain senses danger, it often freezes briefly while scanning the environment, assessing the threat, then reacting or responding to that threat. If no threat is detected, the brain is able to return to thinking logically and rationally. This fear response doesn't happen in consensual sex.

The freeze response, developed through evolution, serves several important purposes. One is to prevent detection by a predator. Just think of the deer in the headlights. The reason the deer freezes is because the car is identified as a threat, and the deer's response was developed to respond to their primary threat, a predator. If that deer was in the forest, and a mountain lion entered the vicinity, the frozen deer may not be seen by the mountain lion. The mountain lion's predatory instincts evolved to detect movement. Unfortunately, this freeze response that evolved to protect the deer from the mountain lion leaves it completely unprotected against the threat of a car. Sexual assault victims are often

questioned about their decision not to flee when others perceive that there was an opportunity to do so. However, without the ability to think logically and analyze the situation rationally, what may appear to be an "easy" escape route might not be as easy as it seems.

This freeze response that can occur during a traumatic event means that some victims become literally paralyzed with fear by a neurobiological condition known as "tonic immobility" or "rape-induced paralysis." Mentally, the victim knows what's happening, but is physically unable to move. The rate of rape victims who were affected by this paralysis at the time of the assault may be as high as 50 percent. Because they were unable to move their limbs, it became impossible for them to fight back or flee, as they were literally paralyzed by the attack due to the body's response. This response is normal in fearful situations. It is also more common if the person has a prior history of sexual assault.

Many victims feel guilty or ashamed because they "froze," and many people blame them for doing so. It is important to remember that these physical reactions are natural responses and instantaneous.

Support Within Reach is a private, non-profit, community service organization serving residents and those impacted by incidents of sexual violence in Aitkin, Beltrami, Cass, Clearwater, Hubbard and Itasca counties. They offer victim support and advocacy through its 24-hour crisis line (1-800-708-2727) or Park Rapids office (237-0300). A resource for this article was "Understanding the Neurobiology of Trauma and Implications for Interviewing Victims" by End Violence Against Women International.

## UPCOMING PUBLIC MEETINGS

## Menahga School Board

The Menahga School Board will hold its regular meeting at 6:30 p.m. Monday, Aug. 19 at the high school media center.

## Park Rapids School Board

The Park Rapids Area School Board is scheduled to meet at 6 p.m. Monday, Aug. 19 at the Frank White Education Center.

## Hubbard County Board

The Hubbard County Board will hold regular meetings at 9 a.m. Tuesday, Aug. 20 in the Hubbard County Government Center.

## Nevis School Board

The Nevis School Board will hold its regular meeting at 7 p.m. Monday, Aug. 26 in the school media center.

## Park Rapids City Council

The Park Rapids City Council is scheduled to meet at 6 p.m. Tuesday, Aug. 27 at city hall.

## Fish Hook Lake and River Association

The Fish Hook Lake and River Association will hold its annual fall dinner at 5:30 p.m. Saturday, Sept. 7 at the Y Steak House. For reservations, contact Jim Spencer by

Thursday, Sept. 5 at 713-302-8546 or [thejimspencer@gmail.com](mailto:thejimspencer@gmail.com).

## Menahga City Council

The Menahga City Council will hold its regular meeting 6 p.m. Tuesday, Sept. 10 at city hall.

## Akeley City Council

The Akeley City Council will hold its regular meeting at 6 p.m. Wednesday, Sept. 11, at city hall.

## Menahga School Board

The Menahga School Board will hold its regular meeting at 6:30 p.m. Monday, Sept. 16 at the high school media center.

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