

County requires face masks starting Monday

People over the age of 5 in Dane County will be required to wear face coverings indoors, starting 8 a.m. Monday, July 13, unless they are at home.

The July 7 Public Health of Madison and Dane County order, will have to wear a face mask that covers their nose and mouth when in any building where the other people

are not part of the same household.

This is the first requirement like this in the county, and is due to the recent spike in COVID-19 cases, according to the order.

The order applies to public transportation, businesses, health care settings and waiting in line to enter a building. The order also requires individuals to wear face coverings

when in someone else's home.

Individuals with a medical condition, mental health condition or disability that prevents them from wearing a face covering are exempt from the order. Children who are between the ages of 2 and 4 are strongly encouraged to wear masks, and masks for those under the age of 2 are discouraged.

The order discourages people from policing other people who are not wearing masks.

"The following order should not be used as justification to harass or harm another person who is either wearing or not wearing a face covering. People should assume others have valid reasons for wearing or not wearing a face covering," the

release states.

The order allows people to remove their face masks in limited circumstances, which includes eating or drinking, communicating with an individual who is deaf or hard of hearing, or a service that requires face mask removal, according to the order.

-Mackenzie Krumme

Running through a pandemic

1967 Stoughton grad Selbo runs 40th Syttende Mai race

MARK NESBITT
Unified Newspaper Group

John Selbo has run under the Eiffel Tower, through rainstorms in New Orleans and around islands on the Carribean.

So he wasn't going to let the coronavirus pandemic stop him from running his 40th straight and final Syttende Mai race, even if this year's event wasn't official.

Selbo, 71, a Stoughton High School 1967 graduate who now lives in Middleton, completed the 20-mile race on June 14, finishing in around three hours. His running partner for the run was Dr. Ann Heaslett. She won the women's race in 2002 and is a member of the University of Wisconsin-La Crosse Athletic Wall of Fame.

"I didn't want to let it pass and wait another year to get it done," he said. "The fact that there was the coronavirus made it a better story."

He's now run in the past 40 Syttende Mai races, with a best time of 2 hours, 11 minutes in 1980.

At the finish line, Selbo was greeted by his brother, Paul, along with around 15 family members and friends.

"For 71 years old that's not too bad," Paul said. "He ran about a 9 minute pace."

The 20-mile Madison-to-Stoughton run is hosted each May as part of Stoughton's annual



Photo submitted

John Selbo, 71, a Stoughton High School 1967 graduate, ran his 40th and final Syttende Mai race on June 14. He finished the 20-mile run at Mandt Park in about three hours.

celebration of Norway's Constitution Day. This year's 48th annual event, was planned for May 16, but the celebration — including the run — was canceled due to state-mandated COVID-19 guidelines.

So some of Selbo's friends came up with an alternative plan so he could run his 40th and final Syttende Mai race. And he was raring to go, having started his training in February, running 205 miles in March alone.

Instead of the traditional

Top Syttende Mai race finishes

Lorraine Moller, who won the bronze medal in the marathon at the 1992 Barcelona Olympic Games, owns the women's course record in the Syttende Mai race, while Monroe native and University of Wisconsin La Crosse track standout Jim Ingold owns the men's record (1 hour, 42 seconds).

Ingold went on to get within 12 seconds of qualifying for the Olympic marathon.

Stoughton native John Selbo, who has participated in the Syttende Mai race for four decades, said the race doesn't see times like that any more, because in more recent years, professional runners are paid to race.

"The race used to have big crowds and some elite runners," Selbo said.

start in downtown Madison, to avoid any downtown traffic — generally blocked off for race participants — Selbo began his run at Madison's Olin-Turville Park and finished at Mandt Park for safety purposes. He said it was a perfect day with a blue sky, calm wind and cool breeze.

Selbo said his most memorable race came in 2009, when he found himself running with the women's leaders for much of the race — and wound up in a photo that made the front page of the sports section in a local paper.

The globe-trotting Selbo has run in 35 states and numerous countries such as Mexico, France, Germany, Spain and Portugal.

"I always take my running gear with me," he said of vacations. "I see a lot more than other tourists do. You get to see a lot more of the neighborhoods and parks when you're running."

And while he may have

run his late Syttende Mai race, Selbo won't hang up his running shoes yet.

He usually runs five to six races or 1,800 miles a year, and already has three races planned next year — a relay race in April, the Benton Health Care run in Green Bay in June and another run in Albany with his brother. Now in his seventh decade, why does he keep running?

"To me, it's a form of artistic expression," Selbo said. "I always feel like I have accomplished something. If you look at it as a creative endeavor, like a lot of elite runners do, you don't have to say why you just do."

And even though this year's Syttende Mai race wasn't official, he's glad he made the effort, and hinted that he might be back next year, though perhaps using a different mode of transportation.

"I think they should throw me a parade with a convertible to ride in next year," he quipped.

Conversation on implicit bias set for July 9

MACKENZIE KRUMME
Unified Newspaper Group

A Stoughton school board member hopes to help people recognize their own biases through a community conversation.

Yolibeth Rangel-FitzGibbon is the organizer of "Conversation: Implicit Bias. Learning through shared stories" through Mosaicos, for



Rangel-FitzGibbon

which she is executive director. The event is set for 7 p.m. Thursday, July 9, and is accessible over Mosaico's Facebook page. Registration is required beforehand.

The conversation will start with a 12 minute Ted Talk on implicit bias and have two other moderators in addition to Rangel-FitzGibbon to guide the discussion.

She said the event is meant to help attendees confront their implicit biases, which are attitudes or stereotypes that affect people's understanding, actions, and decisions in an unconscious manner, according to the event description.

"Racism is not exactly what it used to be," Rangel-FitzGibbon, who was born in Venezuela, said. "There are more subtle, dangerous forms of racism."

Shedding light on implicit bias is needed in a community like

Stoughton, she said, with a school board and city council whose members are predominantly white. She said Stoughton is rich with diversity — not just racially, but with people with disabilities, who speak different languages and of varying gender identities.

"Empowering people...to be around in the life of the city so that they can be seen as role models rather than just people who need help," she said.

She gave examples of people who have experienced implicit biases in Stoughton, including Black students being followed more closely by school resource officers and children of color being spoken to negatively from their neighbors.

Rangel-FitzGibbon said implicit bias happens everywhere and can also include when a student of color walks into an advanced placement class, and the teacher questions if they are in the correct room, or when they are told how articulate they speak.

The other two moderators for the discussion are Kathleen Nelson-Hipke, a clinical psychologist and a founding member of Mosaicos and Calvin Barrett is a Wisconsin state fair park police officer and a teacher at Madison College's Law Enforcement Academy, where he teaches bias and cultural competence.

For information, visit search "Mosaicos" on Facebook.

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