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IN THE VALLEY, B1
BIKERS AIM FOR TOUGH TERRAIN



Robb Murray

IN THE VALLEY, B1
KISS AND TEARS ON HALLOWEEN

IN SPORTS, D1
IT'S STATE FOR SAINTS

CNHI Newspaper of the Year

Contested confession: Killing a rash decision



Interview transcript details Nibbe's statement to police, without lawyer

By Dan Nienaber
dnienaber@mankatofreepress.com
MANKATO — Jennifer Nibbe was under the influence of pain killers, lacking sleep and in a rush the morning she made a rash decision to rest the barrel of a shotgun on her husband's shoulder and pull the trigger as he slept. That's what she told investigators after spending a night

in jail, under arrest for the Aug. 31 murder of 26-year-old James Nibbe. She had spent more than a week avoiding pointed questions from Bureau of Criminal Apprehension special agent Micheal Anderson before she was arrested on Sept. 10, 2010. The arrest happened on a Friday afternoon and she was scheduled to make her first appearance in court for a second-degree mur-

der charge the following Monday. Rich Hillesheim, Nibbe's attorney, wants the confession kept from the jury if she goes to trial. The investigators knew she was represented by an attorney and conducted the interview without him, Hillesheim said. Citing concerns about infidelity in the Nibbes' marriage, Hillesheim has also said he

doesn't believe other possible suspects have been adequately investigated. Prosecutors say the detectives had no obligation to contact an attorney because Jennifer Nibbe initiated the meeting. Nibbe, 34, had been in jail for about a day the Saturday afternoon when she asked a jailer to contact Anderson and Paul Barta, Blue Earth County

sheriff's detective, because she wanted to talk to them. Both investigators were at the Blue Earth County Justice Center within an hour after they were called. They arranged to meet with Nibbe in a "soft" interview room that has a living room setting with comfortable chairs and soft-colored paint on the walls. **Please see NIBBE, Page A5**

Jennifer Nibbe was arrested Sept. 10, 2010, for the Aug. 31, 2010, murder of her husband, James Nibbe. She had been in jail for about a day when she allegedly confessed.

Group: Just give Dome to Vikings

Team not interested

The Associated Press

ST. PAUL — A bipartisan group of Minnesota state lawmakers opposed to taxpayer subsidies for a new Minnesota Vikings stadium proposed a plan Friday to simply give the team the Metrodome.

Page A5
Some Republicans want Legacy funds for stadium.

The Vikings, however, aren't interested. "Even stadium opponents understand the facility no longer works for the team, our fans or the state," team spokesman Jeff Anderson said. **Please see VIKINGS, Page A5**

MENTAL MEDICS

Sports psychologists to boost runners' confidence



By Dan Linehan
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As of 5 p.m. Friday, Eric Peters had three-fourths of a mantra: "power, courage, strength" and a fourth word to be named later.

When the Mankatoan hits the starting line this morning, he'll probably have figured out that last word — a quartet of motivational words his sister draws upon in her struggles against cancer.

The idea behind his mantra is that, compared to his sister going through chemotherapy, his half-marathon is nothing to complain about. If she can endure cancer, he can run 13.1 miles. The idea behind a mantra, of course, is that



Cindra Kamphoff, a psychology of running expert and Minnesota State University professor, and her team of "psychs" gave mental tips to runners at the Mankato Marathon Expo Friday. The team is on the course today, giving tips to help the runners perform their best. **Please see RUNNERS, Page A7**

Kids get in on the marathon action



Pat Christman

Kids take off from the start line during the YMCA KidsK Friday at Sibley Park.

Senate votes to end millionaire farm subsidies

The Associated Press

WASHINGTON — Unable to agree on whether millionaires should be taxed more, Democrats and Republicans are in rare accord on one issue: Growers with million-dollar incomes shouldn't reap farm subsidies.

In an emphatic vote early Friday, 84 senators voted to discontinue certain farm subsidies for people who make more than a million dollars in adjusted gross income. The practical impact of the vote may be marginal — cur-

rent limits are about \$1.2 million at most — but it represents a sea change in how the heavily rural Senate views farm support. In recent years, many votes to limit subsidies have failed in the Senate.

"I do think sentiment has changed," says former Sen. Byron Dorgan of North Dakota, a Democrat who pushed for years to lower subsidy limits. "When they are under this much pressure to cut spending they have to take an honest look at what's happening,"

Please see SUBSIDIES, Page A8

UPCOMING

TOMORROW IN THE FREE PRESS
Health food isn't just for humans anymore

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Did you witness an accident, fire, or crime? Would you like us to investigate government malfeasance? Do you know of a local event other residents would like to read about? If you see news happening in and around the Mankato area or just have a story idea, call The Free Press news tip line at 344-6385. It's checked seven days a week. It's not necessary to leave your name and phone number, but it does help us with our stories. News tip line: 344-6385

Free Press News
TIP LINE

2011 Tour of Manufacturing

Saturday, October 29
9:00am-3:00pm

CORRECTION

The map in the Tour of Manufacturing insert in today's paper is incorrect. See inside for the corrected map of the Tour of Manufacturing locations.

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Mankato, Minnesota

WEATHER, PAGE B6
Late rain
Sunny to partly cloudy. High 62. Low 43.

RUNNERS: For the psychs, the final miles are primetime

Continued from Page A1

runners experience two contests at once: One on the course and one in their heads. And psychology of running expert Cindra Kamphoff believes the mental race can be the most important.

Kamphoff, a professor at Minnesota State University, is leading the Sports Psych Team, which will provide mental support to runners. She learned about the concept during a trip to a marathon in Toronto last year.

The effort is funded by the health care provider Ucare and by a grant from the Association of Applied Sport Psychology.

How does one provide support — mini-interventions, she calls them — to any of the more than 2,000 runners in various states of physical and mental duress?

Well, you have to keep up.

Psychs ride, run, bike

For the 25-person or so team (Kamphoff calls them "psychs") the race-day advice begins on the bus from the Verizon Wireless Center to the starting point near MSU.

Mark Hartman, a first-year graduate student in MSU's sports psychology program, said he knows all about pre-race anxiety.

"As a runner, I was a head-case," he said.

Hartman says he didn't know anything about the

Cindra Kamphoff, an expert on the psychology of running, has prepared these tips for runners to think about on the day before a race.

- Write a mantra or two to keep you going. A mantra is a short instructional phrase that helps you get focused and stay motivated.

techniques of sports psychology until he was in college. He started running better than ever, and hopes these mental tips will do the same for others.

Other members of the team will be on bicycles and will accompany riders for a few seconds or a few miles, depending on the situation. Still others will be running alongside the competitors.

For the psychs, the final few miles are primetime, said Amy Harris, an undergraduate in the program. Runners stumbling through Sibley Park should be on the lookout for the yellow-shirted psychs.

Mental medics

The farthest-traveled member of the team is Myron Dianiska, a psychologist from Sugarland, Texas.

He has long coached runners on the mental aspect of their sport, and had it in the back of his mind to work with a marathon. A Google search this spring

Kamphoff's pre-race tips

- If you haven't already, set multiple goals for the race. Set goals beyond your finishing time. For example, you could set goals about what you want to say to yourself during your run.
- Always work to focus on positive thoughts. Positive thoughts and emotions help you run your

best and allow you to experience flow.

- Trust your training. At this point, you can't change your physical preparation. Accept where you are at so you can run your best.
- Visualize how you want the race to go. Imagine yourself staying calm if things don't go perfectly.

led him to Mankato. One of his main strategies is to help runners compete "in the moment." This is sort of a nebulous term — In what other time period is it physically possible to be? — but as a mental condition it means to be ... well, it's sort of hard to explain.

Kamphoff describes it as the "precursor to flow," that athletic phenomenon associated with seemingly effortless performance. Being "in the moment" also brings a sensation of time accelerating.

Dianiska says being in the moment is about ignoring distractions about the future — what is my time going to be, will I qualify for the Boston Marathon — and about the past. It's about concentrating on the physical act of running, on putting one foot in front of another.

If you're in the moment, so to speak, you're on top of your mental game and you probably don't need the psychs' help. And if runners

seem like they're doing fine, they won't get approached.

But the psychs see it as their role to help get runners back in the moment, even if only briefly.

"Anything to help you get through it," Dianiska said. Anything to avoid hitting the wall.

Tear down this wall

The "wall," is described in a 2008 edition of the academic journal *Psychology of Sport and Exercise* as "where glycogen supplies have been exhausted and energy has to be converted from fat," though it acknowledges this definition isn't how a marathoner feels it.

For Kamphoff, the fascinating thing about the dreaded phenomenon of "hitting the wall" is how this physiological feeling of extreme fatigue be influenced by our thoughts.

If you expect to hit the wall, the study in the journal shows, you're more likely to do it. It's not even a

realistic expectation, because only 43 percent of the 315 people in the study hit the wall.

The study's authors did not say whether this connection is due to the negative thoughts themselves (which is what Kamphoff believes) or simply due to people's knowledge of how well they can withstand the marathon.

Kamphoff, in short, thinks that attitude is very important. And one of the ingredients for a positive attitude is confidence. One way to build confidence is to have a mantra: a "short, instructional phrase that'll keep you going."

Making a mantra

It seems like a lot of responsibility for a few words but runner Mike Thomas says just one thought can make a big difference.

He was in the 23rd mile of a marathon when he imagined receiving support from a deceased friend. The thought brought tears to his eyes and a rush of energy to his legs.

Kamphoff said there are only a few loose rules for mantras.

"What I would suggest is

not taking another person's mantra," she told the Psych Team during a preparation session Friday. A mantra is supposed to have personal meaning, not be generic.

Also, a mantra shouldn't be negative, she said. "I will not fail," would not be a good mantra using that idea.

Sometimes, though, motivation can come from self-effacement.

Eric Miller, a Mankatoan is running the marathon, has a mantra but says this newspaper couldn't print it. It is, basically, "come on Eric, what are you, a wimp?"

Another marathon runner, Kent Kehus of Wisconsin Rapids, Wis., said he wouldn't mind getting some mental tips during the race if he's near the end and not doing too well.

But he doesn't like to hear "You're almost there!" when he's on the 12th mile. He especially likes it, though, when people call out his number.

So if you see a guy with a No. 255 on his chest today, tell him he's looking good. Especially if he's not.

Free Press News

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Obama signs three trade deals

The Associated Press

WASHINGTON — President Barack Obama signed off Friday on the first three — and possibly last — free trade agreements of his administration, deals with South Korea, Colombia, and Panama that could be worth billions to American exporters and create tens of thousands of jobs.

The three deals were years in the making, and the difficulty of bringing them to fruition makes it unlikely there will be another bilateral trade agreement during Obama's current term. Obama signed them with none of the ceremonial fanfare that normally accompanies such triumphs. Republicans, while supportive of the deals, continue to find fault with Obama's trade policies. And nearly three-fourths of House Democrats voted against the trade measures.

The agreements will bring to 20 those countries that have free trade relations with the United States.

Trade won't go away as an

issue, as the administration pushes ahead with a major Pacific rim trade pact, Congress and the White House scuffle over China, and Republicans take aim at Obama's policies during the presidential campaign.

But, "I don't see this administration coming up with new free trade agreements," said National Foreign Trade Council president Bill Reinsch. "For the next six months we ought to

go after trade liberalization in manageable pieces."

Republicans accuse the administration of moving too slowly to find new free trade partners, resulting in U.S. exporters losing out to foreign rivals. The administration says it is promoting free trade, but wants to assure that the other side is playing by the rules, that basic worker and environmental rights are observed, and that deals promote U.S. job growth.

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