St. Joseph Patron Patron Patron Patron

Friday, Jan. 12, 2018 Volume 30, Issue 2 Est. 1989

Town Crier

Fare for All set Jan. 15

Fare for All's next distribution will be from 3:30-5:30 p.m. Monday, Jan. 15 at Resurrection Lutheran Church, 610 CR 2, St. Joseph. Fare for All is a budget-stretching program that allows people to save up to 40 percent off fresh fruits, vegetables and frozen meats. Distribution is once a month. This event is open to everyone who wants to stretch their grocery dollar. Cash, credit, debit cards and EBT cards are accepted. For more information please visit our website at fareforall.org or call 1-800-582-4291.

Library sponsors winter reading program

Young people are reading up a storm during "Read on the Wild Side," a winter reading program for teens and adults sponsored by the Great River Regional Library system. The program, which started last week and will end Feb. 28, encourages young people to read at least five books during that time frame. Those who do are eligible for prizes provided by the St. Cloud Friends of the Library organization. Participants must be in sixth grade or older. To register for the reading program, go to any GRRL branch library or register online at griver.org and then check griver.org/events to see what kinds of programs and activities are happening at a library near you.

Water line freeze

While the City of St. Joseph is not experiencing any frozen water lines at this time, the city engineer would like to remind residents to be mindful of long periods of extreme cold weather and the impact to service lines. If the temperatures becomes extreme, residents are encouraged to run a stream of water about as thick as a pencil. The city will make every effort to notify residents via the website, cable access and local newspapers should there be a threat of service lines freezing.

Skating rink

now open

The Memorial Park skating rink is open for the season. The rink may be used for both hockey and recreational skaters. A warming house will also be available from 4-8 p.m. Monday-Friday and from noon-8 p.m. Saturday and Sun-

For additional criers, visit www.the newsleaders.com and click on Criers.

2017 Year in Review - Part 1 Filled with growth, changes for St. Joseph

by Vicki Ikeogu news@thenewsleaders.com

It's been a year of transitions for both the people and the city of St. Joseph. The following are just some of the highlights of the year as culled from the 50 issues of the St. Joseph Newsleader during the past year.

(The Year in Review: Part 1 covering January-June was featured in the Jan. 5 edition of the Newsleader and may be read in its entirety by visiting thenewsleaders.com.)

July

Cider lovers rejoice as Cold Spring-based Milk and Honey Ciders prepares to open a cider house on CR 51 in St. Joseph. Owners Peter Gillitzer, Aaron Klocker and Adam Theis said the expansion into St. Joseph would allow them to increase their orchard's production capability and offer a fun atmosphere for cider drinkers to gather.

Thousands descended on the city to celebrate Independence Day with the two-day Joetown Rocks festivities. July 3 had featured a night full of music including a tribute to the late Bobby Vee. The Fourth of July featured a 103-unit parade full of vehicles, floats and trucks.

The St. Joseph Joes are having a great season so far, taking first place in the Sauk Valley League. The team is off to a 7-4 start, but all of the losses were in non-league play so technically those losses don't count.

Bikers along the Lake Wobegon Trail might have noticed a new addition. The Lake Wobegon Trails Association along with the local Li-

YIR • back page



photo by Dennis Dalman

The Rifle Guard of the American Legion of St. Joseph proudly leads the St. Joseph Fourth of July Parade as huge crowds all along the parade route applaud loudly. The parade attracted many thousands of people to St. Joseph, with crowds lining the route in some places seven and eight rows wide and spilling into side streets for lack of room.

Baby boomers jive to classic songs

by Dennis Dalman

editor@thenewsleaders.com

There were no signs of memory loss or creaky brains at the Sartell Senior Center recently oh no! - not when Thom Woodward shared dozens of musical blasts from the past.

Nearly 40 senior citizens tapped their feet, and many of them sang along, remembering lyrics word-for-word from old classic rock 'n' roll songs. Some looked eager, as if they were about to jump up and start dancing The Twist or the Wild Watusi.

"Oh yes, remember that one?!" grinning spouses said to spouses or to people sitting at their tables.

Said one man: "I was a senior in high school when that was a hit. We used to dance to it ("Bye Bye Love" by the Everly Broth-

The name of Woodward's presentation, which was peppered with snatches of recorded songs, was "Rocking and Rolling Through the Greatest Years of Rock: A History and a Claim."

Woodward, who lives in Sartell, is a lifelong passionate music buff, assistant baseball coach at St. John's University and former director of alumni relations for

His "claim," as he calls it, is that the years from September 1962 to June 1966 were the greatest years in rock 'n' roll history because of the sheer number of creative singers-songwriters and bands, as well as the remarkable smash hits during that time. To prove his claim, Woodward used statistics culled from extensive

But before launching into his claim, he outlined the history of music that led up to the rock 'n' roll revolution. First, in the 1940s and early 1950s, there were Afro-American jump-blues and jazz, elements of gospel singing, boogie-woogie, rhythm-andblues. Those forms of music, along with elements of country music, cross-bred so to speak, eventually leading to rock 'n'

roll performed by both black and white singers and bands.

Rock 'n' roll is a jolting dose of sound and energy, driven by a backbeat (usually snare drum), as well as electric guitars and sung with attitudes of cheeky naughtiness and in-your-face rebellion, often raucously shouted or wheezed in voices that break all the rules of "proper" singing.

Many of the songs were - and are -- drenched with suggestive words and phrases, a fact that drove some parents nearly crazy in the early years of rock - and even later, even now. Woodward played snatches of songs from early - mostly black - musical in-

Jive • page 5

CSB/SJU nursing students train to help prevent diabetes



College of St. Benedict and St. John's University nursing students from 2017 meet in small groups to discuss the characteristics of a lifestyle coach. Sixty nursing students will train in January to be lifestyle coaches for the "I CAN Prevent Diabetes" prevention program.

by Cori Hilsgen

news@thenewsleaders.com

year, many people are making some new year's resolutions to get and stay healthier. One of those choices could include some classes being offered in the area with the Diabetes Prevention Program.

Sixty nursing students from the College of St. Benedict and St. John's University will train in January to be Lifestyle coaches for the "I CAN Prevent Diabetes" prevention program.

Paula Woischke,

healthy-aging coordinator with CentraCare Health System, said more than 20 I CAN Pre-With the start of a new vent Diabetes workshops will begin Jan. 22 throughout the St. Cloud area.

> "We are working on getting the word out about the opportunity and recruiting participants," she said.

> Julie Strelow, associate professor of the College of St. Benedict/St. John's Nursing Department, said it's important for nursing students to engage in health promotion and primary prevention. She said

Diabetes • page 3

- People

Lions Club names award recipients; Carlson takes highest honor

The St. Joseph Lions Club held its annual awards ceremony Dec. 19 at the new Millstream Park shelter.

Awards were presented by Joseph Bechtold, president, assisted by Matt Killam, awards committee chairman, and Donna Hoskins, sec-

Lions highest award, the Melvin Jones Fellowship, was presented to Lion Doug Carlson. He was recognized for his extensive involvement with the city in planning and designing the new facility at Millstream Park. He was also recognized for his work in Guatamala installing stoves for people in need during several weeks there on that project.

Terry Thene, St. Joseph maintenance director, was presented the Helen Keller award for his work coordinating with city planners and the Lions Club in development of the Millstream Park community gathering shelter.

Lions members who received the Helen Keller award were Hoskins, Killam, Ralph Meyer, Nate Molitor and Art Reischl. All were recognized for their work in club projects such as brat sales, St. John's food service help, fundraiser dinners, the annual parade and numerous committees.

Lions Joanne Bechtold and Kyle Jensen were presented the Lions Leader Dog award. Both have provided leadership in fundraising activities and other club events. Jensen has served as brat sales chairman for several years, organizing each event and supervising their completion. Joanne Bechtold has co-chaired the annual Fourth of July parade for a number of years and schedules involvement for all other club activities.

Lion Joe Bechtold was presented the Dream Catcher award in recognition of his leadership as president for the past two years. He also served as a Fourth of July parade committee co-chair for many years and on many committees usually as

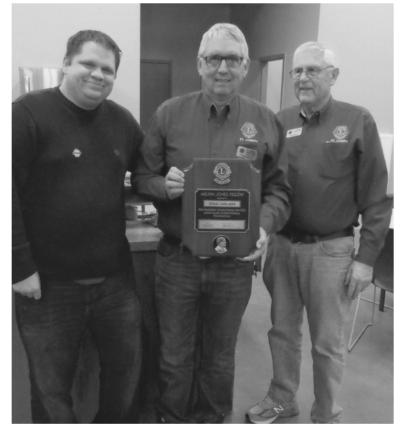
Lions Scott Bloch, Fran Court and Ken Stommes were presented the Lions Top Dog award. Bloch

was recognized for his work in organizing and maintaining historical records and files as club historian and information officer. Stommes was recognized for his many years of involvement in organizing fundraiser dinners, auctions and for his work as Fourth of July parade chairman for many years.

Lion Jim Meyer was presented the Hearing Research Fellowship in recognition of his effective management of club finance activities for numerous years. Prior to serving as club treasurer Lion Meyer was the District 5M8 Governor.

Service chevrons for years of service were presented to Lion Joanne Bechtold and Sue Kuefler (10 years), Len Walz (15 years), Kyle Schneider (20 years), Steve Shirber and Pete Jansky (25 years) and Fran Court (40 years).

The final presentation of the awards night was a \$5,000 check to the St. Joseph Food Shelf Director Ann Scherer by Lions President Joe Bechtold.



contributed photo

Lion Doug Carlson (center) receives the Melvin Jones Fellowship Award from Matt Killam (left), Lions committee chair, and Joe Bechtold, Lions president.

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Lions International names Peace Poster Contest winners

Twenty students from the North Junior High seventh-grade art class have entries in the International Lions annual Peace Poster Contest. The entries were judged by the St. Joseph Lions Club at a recent meeting. Firstplace winner Elizabeth Ernst received \$75, second-place winner Jayden McCain received \$50, and third-place winner (tie) Jacyln Khongloth and Tamala Savatdy each received \$25. The first-place poster was submitted to District 5MB for further competition; the ultimate winner worldwide is determined by Lions International with all competition starting at the club level.



Lions Peace Poster Contest first-place winner by Elizabeth Ernst.

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from front page

the diabetes clinical experience engaged students in activities aimed at promoting health and preventing Type 2 diabetes. The project implemented the use of evidence-based programming as a way to engage nursing students in a longitudinal clinical experience in primary prevention.

"This project provided opportunities for students to gain experience working with the complexities and challenges within the realm of primary prevention," Strelow said. "Skills related to health-promotion competencies such as communication and collaboration were cultivated."

Through the partnership with the Central Minnesota Council on Aging, nursing students were trained as Diabetes Prevention Program Lifestyle coaches. A Diabetes Training and Technical Assistance Center Master Trainer led the training sessions for the nursing students. The students were then assigned to lead "I CAN Prevent Diabetes" groups in the St. Joseph, St. Cloud and Cold Spring areas. Overall, 18 groups helped residents in these areas. Five of CSB/SJU college campus groups had about 5-7 participants in each group.

Two of the participant

If any readers have tips con-

cerning crimes, they should call the

St. Joseph Police Department at

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cess its tip site at www.tricounty-

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and conviction of those responsi-

ble for crimes. This information is

submitted by the St. Joseph Police

Dec. 9

109 Minnesota St. W. While out-

side Sal's Bar, an officer was ap-

proached by the bouncer working

with an Illinois driver's license

asking for it to be verified. The sus-

pect advised it was a real driver's

license. The officer ran the ID and

dispatch advised the license was

not on file. The suspect was arrest-

11:31 p.m. Invalid licence.

Department.

groups were remotely located and students used Skype to interact with the participants for their weekly sessions and used telehealth equipment to monitor the weights of the participants.

Matthew Tschida, from Haymarket, Virginia, a St. John's University junior nursing student, was an aide to a Lifestyle coach in the program. He said he decided to pursue the field of nursing because of the satisfaction he feels when caring and helping individuals as they recover from illnesses.

"The experience was life-changing as I really enjoyed seeing my clients transform and begin to reach for goals," Tschida said. "Not all clients were successful in reaching the goals of the Diabetes Prevention Program, but there were still lifestyle changes every client began to make while striving for a healthier and more active life. Overall, I CAN was an amazing and vital experience for young healthcare professionals as it really taught me and most of my peers how to interact and communicate with patients more effectively."

Tschida worked with about a dozen St. Joseph residents and said he would highly recommend the program to anyone looking to change their lifestyle as it's the most effective direction in leading a healthier lifestyle.

The "I CAN Prevent Diabe-

tes" lifestyle coaching workshop is a yearlong program that meets one hour weekly for 16 weeks, then either once or twice a month for the rest of the year. The goal of the program is for each person to lose 5-7 percent of their weight and increase physical-activity

Research done by the Diabetes Prevention Program in 2002 has shown individuals with pre-diabetes who participate in a lifestyle-based program can reduce their risk of developing Type 2 diabetes by 58 percent. Two lifestyle changes that can help prevent the illness include losing 5-7 percent of an individual's body weight through healthy eating and maintaining an average of 150 minutes of physical activity each week.

Participants in the workshops receive support, guidance and encouragement from a trained lifestyle coach or nursing student who is certified by the Center for Disease Control.

The "I CAN Prevent Diabetes" prevention program is an evidence-based lifestyle change program created by the Center for Disease Control and Prevention to prevent or delay the onset of Type 2 diabetes by collaborating with others in the area to create lifestyle changes.

Topics covered include healthier eating and improving food choices, increasing physical activity, reducing stress, staying motivated, using strategies to maintain weight loss, dining out and social situations, dealing with slip-ups around diet and exercise, and

Last year, Woischke (with help from the Central Minnesota Council on Aging) trained and certified 54 CSB/SJU nursing students and six staff to become lifestyle coaches to educate and help prevent Type 2 diabetes in surrounding areas, including St. Joseph, Sartell, Collegeville, Cold Spring, Holdingford, Osakis, Paynesville and St. Cloud.

Woischke said about 86 million Americans are living with pre-diabetes, but 9 out of 10 of these adults do not know they have it because it often has no symptoms. Pre-diabetes is often a precursor to diabetes, but it can be reversed.

Various partners with the program include the Central Minnesota Council on Aging-Juniper Initiative, the College of St. Benedict and St. John's University Nursing Department, Stearns County SHIP (a statewide health improvement partnership), CentraCare Health Systems and Faith Community nurses.

"With this program, I have seen participants become more motivated with the help of the group to make healthy lifestyle changes in selection of foods and to also maintain an exercise program," said Paula Redemske, director of the Cen-

traCare Health Diabetes and Nutrition Center.

Jenni Wald, Stearns Countv Public Health coordinator. said the Diabetes Prevention Program is a great way for employers to add to their employee wellness programs. Students develop skills related to health promotion and communication and participants receive support from people with the same challenges and goals.

Stearns, Benton and Sherburne counties have a workplace wellness collaborative called Tri Wellness at Work where they work with 15 businesses in the three counties and help them grow their employee-wellness programs.

Locations of I CAN workshops include Church of St. Joseph in St. Joseph, Chateau Waters in Sartell, Peace Lutheran Church in Cold Spring, Sacred Heart Church in Sauk Rapids, CentraCare Lifestyle Health Center in the St. Cloud YMCA, Midtown Fitness and

Classes will be held at 10 a.m. Mondays beginning Jan. 22 in the Church of St. Joseph Heritage Hall in St. Joseph. To register, contact Marjorie Henkemeyer at 320-363-4588.

To learn more about location, times and registration of the workshops, visit yourjuniper.org or contact Woischke at 320-253-9349.

To learn more about Tri Wellness at Work, contact Jennifer Wald at 320-656-6503.

-Blotter -

ed with breathalyzer test results of .14 and transported to the Stearns County Jail without incident.

Dec. 12

12:22 a.m. Medical. 37 College Ave. S. Officer were dispatched to a medical at St. Ben's campus to a semi-conscious female with a possible eating disorder. The St. Joseph Fire Department and Gold Cross Ambulance arrived on scene and took over care before she was transported to the St. Cloud Hospital.

3:44 p.m. Assault. 1500 Elm St. E. Officers spoke with a complainant who stated two days prior while in Coborn's, a lady who recognized her from prior dealings with daycare issues was making comments at her about beating her. The complainant avoided her and kept shopping. While returning

to her car after checking out, the suspect drove past her yelling. A report was filled with Coborn's as the suspect was being a disruptive customer. At the time, officers were working with Coborn's to obtain video surveillance of the incident. Though the complainant did not want to press charges at the time of the incident, she requested the current incident be documented in case of further harassment.

Dec. 13

9:50 a.m. Fraud. 410 Elena Lane. An officer met with the complainant at her residence who told the officer an unknown person used her debit card number to charge \$1,049.75 at Ticketmaster. When she called Ticketmaster, they could not provide her with any information at this time but they would contact her if something was found.

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northernbrights

Jack Frost temp doesn't deter Polar Run Club

by Vicki Ikeogu

news@thenewsleaders.com

It's a chilly December Saturday morning in Sartell.

The thermometer has dipped to around 18 degrees. Fluffy snowflakes are slowly falling as the gentle breeze assists them on their descent to the frost-covered ground.

The air is crisp.

Most people would be cuddled under a blanket, enjoying a warm beverage and getting ready to plan their weekend. But for eight local women, Saturday mornings from mid-November to April are spent hitting the paved trails in and around Lion's Community Park in Sartell.

"It's all about being prepared," said Tami Huberty. "Hats, gloves, mittens, leggings. You have to dress in layers."

Now in its second year, the Polar Run Club is giving women the chance to continue developing their running stamina and endurance throughout the winter months.

"A lot of us enjoy running

(outside) during the winter," Huberty said. "And we will be out there running unless it feels like the temperature gets down to zero."

Starting with an 8 a.m. stretching and warm-up session, the group of women sets out on the course, running and/or walking anywhere between three and 13 miles during the morning before gathering for coffee and camaraderie at a local coffee shop.

"We get out there and run and jut have a good time," Huberty said.

The Polar Run Club is an \$85, 22-week running class offered by St. Cloud/Sartell Moms on the Run. Moms on the Run, founded in 2008 by Forest Lake resident Karissa Johnson, is an organization designed to help moms in particular get back into shape after having a baby.

Huberty started the local chapter in the spring of

"Moms on the Run is actually geared toward teaching women how to run," Huberty said. "We do have quite a few women who are



Members of the Polar Run Club including the following (from left to right) Stephanie Cone of Sartell, Tami Huberty of Sartell, Kimberly Johnson of St. Cloud, Melanie Neubauer of St. Stephen, Lisa Van Diest of Rice and Linda Warnert of St. Joseph pose for a photo before their weekly winter run in Sartell. The group is part of the St. Cloud/Sartell Moms on the Run organization's Polar Run Club.

our members are training for

And with major races, including St. Cloud's Earth Day run starting as early as April, Huberty said winter is

take a break.

"I think the biggest thing about this is people want to continue running," Huberty said. "And that's our goal."

Huberty chose to continue the Moms on the Run outdoor running throughout the winter for three reasons.

"Running indoors on a track is very monotonous," Huberty said. "And running on a treadmill really isn't a natural way of running. It's not very good for different muscle groups. Plus, it's more fun to be able to run with others."

Huberty said students in the Polar Run Club learn how to properly protect their bodies during the frigid temperatures.

"The main focus is on doing it."

new to running. But a lot of no time for these athletes to keeping the core warm," she

In addition, she said athletes need to remember just like running in extreme heat, extreme cold can affect the

"The ultimate running temperature is 60 degrees," she said. "You are going to run a lot slower if the temperature is a lot warmer or cooler than that."

But more than anything, Huberty said Polar Run Club students learn the value of friendship through the sharing of fitness goals in frigid temperatures.

"For me, it's about being held accountable," she said. "(The Polar Run Club) is not a race. It's all about exercising and having fun while





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Jive

from front page

fluences, before rock 'n' roll was officially "born": Louis Jordan's "Choo-Choo Ch-Boogie," Arthur "Big Boy" Crudup's "That's All Right, Mama" (later a hit for Elvis Presley), Ruth Brown's "Teardrops from my Eyes" and Big Mama Thornton's "Hound Dog" (also a later Elvis hit).

Woodward noted the great bluesman Muddy Waters, sometimes considered the grandfather of rock, once said, "The Blues had a baby and they called it Rock 'n' Roll."

First rock song?

The first rock 'n' roll song is considered by most music scholars to be "Rock Around the Clock" by Bill Haley and His Comets. That song blared, full-blast on the soundtrack of a 1955 movie of the same name. The Beatles recalled seeing that movie, hearing that song in a movie theater in Liverpool when they were young teenagers and how that song, that explosive, in-your-face, exhilarating sound knocked their socks off and led to their career.

Elvis, who combined rhythmand-blues with white Southern-style rockabilly, exploded on the international scene in 1956 with a smash-hit rocker named "Heartbreak Hotel." His enormous fame and controversy rapidly spread, and he became known as the King of Rock 'n' Roll. Soon, on radio stations and record stores, rock 'n' roll was ubiquitous, with a mass youth following and with music-dance shows on TV like Dick Clark's long-running American Bandstand.

Woodward noted the "raw" sound of early rock 'n' roll alarmed so many parents that companies began to market "safer" singers. The rough, rebellious, erotic "edge" of rock 'n' roll began to be replaced, commercially, with a counter-culture of less abrasive teen idols such as Tommy Sands, Paul Anka and Fabian. Such toned-down pretty-boy singers, with their slickand-shiny pompadour hair-dos, swept many teeny-boppers off their feet, as did young female singers like Connie Francis, Brenda Lee and "girl groups" like The Shirelles.

More influences

sical blending began to happen with rock 'n' roll taking on elements of folk music, poetic lyrics, new instruments – all influences developed by Bob Dylan and the Beatles and by dozens of bands in Britain, the Beatles and Rolling Stones among them - a cultural phenomenon know as the "British Invasion."

And that, Woodward said, is about the time the greatest four years of rock/pop music began.

There were many styles of rock 'n' roll during those years: Motown, Soul, Memphis blues, Chicago blues, Folk-Rock, Surfing Rock and the Garage-Band sound of which Minnesota had lots of them who made, mostly, onehit wonders like the zany (some would say crazy) "Surfin' Bird" by The Trashmen of Minneapolis ("Well, everybody's heard about the bird, b-b-bird, b-bird's a word . . . "). Some music critics to this day consider that song a sui generis deranged surrealistic masterpiece. Woodward noted Minnesota's garage bands, including The Trashmen, definitely made their mark during rock's greatest four years. They also later influenced the punk-rock movement.

Top songs

Woodward noted during rock's four greatest years, songs emerged that were not only huge hits but were - and still are lauded critically.

In 2004, Rolling Stone magazine polled dozens of rock-music experts for a list of the 100 greatest rock/pop/country songs of all time. Five songs from 1965 made it into the top 30 on that

Number one, the greatest, was "Like a Rolling Stone" by Bob Dylan, followed by number 2 "Satisfaction" by the Rolling Stones; number 13 "Yesterday" by the Beatles; number 24 "People Get Ready" by The Impressions; and number 29 "Help" by the Beatles.

The Beatles scored all of the top five Billboard hits, all at the same time, during a remarkable weeks'-long period in 1964. Other multiple hit-makers included the Dave Clark Five, Stevie Wonder, the Rolling Stones, the Beach Boys, Sam Cooke, Marvin Gaye, the Supremes, Aretha Franklin, the Byrds and so many more too



Thom Woodward (left) shares comments about classic rock/pop music with Sartell resident Jim Berg after Woodward's presentation about what Woodward maintains are the four greatest years in rock-music history, 1962-1966. Woodward, a Sartell resident, is an assistant baseball coach for St. John's University and a life-long music fan.

stars during the 1962-66 time period. The top five in order were the Beatles, Bob Dylan, Elvis Presley, the Rolling Stones and Chuck Berry. Although Woodward did not specifically mention it, the Beatles released some of their greatest albums in that fouryear period, such as Rubber Soul and Revolver; and Bob Dylan's influence was everywhere apparent on the musical scene with the power of his poetic lyrics, especially after his stunning trio

of influential masterwork albums from 1964-66: Bringing It All Back Home, Highway 61 Revisited, Blonde on Blonde.

Background

Woodward grew up in New Jersey and graduated from high school in the mid-1960s. Since his youngest days, Woodward has amassed a huge collection of records (45s and LPs), cassettes, VCRs, CDs and virtually every other type of recorded music and

video performances. He also owns a personal library of books, historical documents, valuable souvenirs and memorabilia of rock 'n' roll/pop music, all of which he loves to share with others.

That fact was obvious after his presentation at the Sartell Senior Center when many in the audience met with him to compare notes, reminisce about the old days and marvel about how rockpop tunes were a daily part of all of their lives - and still are.





Opinion-

Our View

We can all help in fight against global warming

The recent blast of below-zero weather in the nation has been miserable but educational.

Many ask, "How can there be global warming when it's so cold?"

Most people seem to be learning the difference between weather and climate, thanks to such excellent, factual information in the media during this recent cold snap.

Here are some of those facts:

- Climate is a global occurrence, with all its variations. Weather is a combination of several factors in a given region (temperature, humidity, wind
- Colder-than-normal temperatures in one part of the planet, such as the cold blast in the East does not invalidate global warming. On the contrary, global warming can change climate patterns that make one region on Earth much colder but much hotter in other regions. As of last year, the Earth had warmed up by about 2 degrees F. since 1880 when records began to be kept. That may sound like a piddling number, but it is actually very high - high enough to cause land ice to melt and
- Green-house gas emissions, almost entirely human-made, have increased by 43 percent since pre-industrial times in the 1800s. Radioactivity is used to distinguish industrial emissions from natural emissions (such as forest fires). Yes, carbondioxide levels have increased and declined over thousands of years, but the studies show humans have been pumping green-house gas into the atmosphere at a hugely faster rate than the "natural"
- In the next three decades, global warming is expected to cause more extreme weather. The signs are already here, such as coral reefs dying Long-term effects of catastrophic global warming (and resulting weather changes) will cause more severe storms (as has already been seen), waves of refugees fleeing areas too hot or too wet for crop productions, extinctions of plants and animals and massive, irreversible flooding of coastal cities.
- Is there hope? Yes, but the hour is getting late. What is needed are clean-energy alternatives (wind, solar, hydro-electric), stricter fuel-efficiency standards, emissions limits for power plants. There have been some great advances toward those goals, thanks to new technologies and increasing

We can all help by becoming very conscious of the ways we use energy. For example, insulating homes to prevent heat loss; turning off lights when not needed; eating less meat; driving fewer miles walking, biking or taking public transportation; spurning plastic packaging; supporting companies that make production changes that favor greenenergy methods. Doing such simple but collectively effective lifestyle changes can do wonders to re duce green-house emissions and to raise awareness of what a fragile planet we live on - and share.

St. Joseph · Sartell-St. Stephen

Newsleaders

Reaching EUERYbody!

The ideas expressed in the letters to the editor and of the guest columnists do not necessarily reflect the views of the

Letters to the editor may be sent to news@thenewsleaders. com or P.O. Box 324, St. Joseph, MN 56374. Deadline is noon Monday. Please include your full name for publication (and address and phone number for verification only.) Letters must be 350 words or less. We reserve the right to edit for space.

Ghosts whisper at Beaver Lake cabins One of the pleasures of interviewing

people for stories are the "small-world" coincidences that pop up during the con-

I have often said most people do not really know one another very well, that some relationships are filled with really nifty blind connections that remain invisible.

There's a name for this mysterious phenomenon. It's called "six degrees of separation," which means all people in the world are six or seven "links" away from one another and that somewhere along that "chain," people can be connected in one way in just six or less connections. The links can be people they know or are related to paths they've crossed, places they've been, cities they'd lived in and so forth.

We reporters are highly aware of that phenomenon for the simple fact we ask lots and lots of questions when we interview people. Where were you born? Where did you grow up? Which schools did you attend? How did you meet your wife? What was her maiden name?

In decades of reporting, it's always astonished me how many people I have interviewed, including people not living in this area, who grew up in St. Cloud – often in south St. Cloud, my boyhood neighborhood – and people who attended Tech High School or St. Cloud State University – some of them at the same time I did. Or people who grew up not far from Grandpa's farm near Benson, where Mom was raised. So many people I've met who had Benson connections knew my aunts and uncles and cousins.

"What a small world it is," they'd marvel when we'd learn of those coincidental links, popping up like ping-pong balls in

Dennis Dalman

Editor



our talk.

If I had not asked so many questions, we never would have discovered those funto-ponder small-world coincidences.

Most recently, that happened when I was interviewing Bonnie Nies of Sartell for a story about her neighborhood's annual tradition of Luminary Night.

It was a lot of fun to interview Bonnie because she is bright, lively and kind, with a keen sense of humor. How we got on the subject I cannot recall, but one of us, while meandering verbally down Memory Lane, mentioned Beaver Lake near Luxemburg.

"We used to spend a week every summer at Beaver Lake," I said, "and those were some of the happiest times of my childhood."

"You did?!" Bonnie gasped. "So did

And then the flood gates of reminiscence burst open.

"Oh yes," I said, teasing. "You must have been that sun-tanning beauty who was always lounging on the beach and wearing that skimpy yellow polka-dot bi-

She hooted with laughter.

"No, that would not have been me,"

"Do you remember how parents wouldn't let us swim until an hour after we ate?" I asked.

"Oh, my, do I ever," she said, laughing.

"They were sure we'd get a cramp and go right to the bottom."

Then we shared memories of the little resort-bar just up from the beach, the married couple who owned it and how adults would sit there in its dim interior drinking beer, shooting the breeze, exchanging wisecracks. Meantime, we kids would be on the hot sand beach, sipping Coca-Cola from green-glass bottles, eating Switzer's licorice, slurping on Popsicles, munching potato chips.

We Dalmans and our good neighbors, the Fahnhorsts, would spend a week in the cabins there every summer in the late 1950s, early 1960s.

"Have you seen those cabins now?" I asked Bonnie.

"Oh yes," she said. "How sad they look. Really nothing left of them."

Those five or six old small rustic wooden cabins, once so rough-hewn homely but cozy (especially in a thunder storm), are now sagging, rotting ruinations, hunched over, boards loose or broken, gaping holes here and there. They now stand in lapping waves at the lake's edge, next to the roadway. Now and then, when I'd go to Kimball, past Luxemburg, in recent years, I would park at the edge of the road and just stand there and ponder those forlorn cabins so ruined by time and erosive desolation. From their wreckage, memories of happy summers past would rise up, whispering to me like lake waves. Ah, the ghosts.

Bonnie and I both sighed about time, about life, about loss.

"Those were the days," she said.

"Yes, they sure were," I agreed. "It seems as if everybody was so happy back

need to cross divide **Politicians**

In recent weeks, much talk has centered around the Republican tax bill that was passed into law last year. Will it lower my taxes or not? Will it spur investment and economic growth? How much does it increase the deficit? These are all questions that have flown around as the country waits to see how things will be

The finger-pointing is already flying around at usual pace, with the Democrats accusing Republicans of giving a cash boon to the rich and corporations while adding another trillion-and-a-half dollars to the deficit over 10 years. Republicans dismiss these claims and contend lowering corporate and individual tax rates will result in more spending and job creation.

In the midst of all of these arguments, it appears both sides of the aisle are living in different worlds. When Republicans were elected into the presidency and majorities in the House and Senate in 2016, they received a mandate from the voters to enact their policies. The House of Representatives has been very quick in moving on several pieces of legislation, but the real hold-up happens in the Senate. There, where the Republicans now hold 51 out of 100 seats, the threat of opposition filibusters causes bills to need 60, rather than just a simple majority (51) of votes to pass.

It would make sense then that this would result in some sort of compromise deals. But that would be wrong. Two things are preventing this from happening - the intransigence of even moderate Democratic senators to play ball with the

Connor Kockler

Guest Writer



Republicans and the existence of a rule called budget reconciliation

You would think some Democratic senators, especially those in states Trump and Republicans won by large margins in 2016, would be willing to get on board with tax cuts and propose some of their own ideas to their Republican colleagues. Instead, under the strong direction of the Democratic leadership, all Democratic senators in December voted against a bill to lower taxes for many Americans.

This disappoints me, especially with our Minnesota senators, as now due to their insistence on "resisting" the Republicans rather than trying to tone down unfavored parts of the bill, Minnesotans could now suffer from being unable to deduct all of their state and local taxes above the new \$10,000 limit on their federal filing forms. Republicans certainly deserve blame, but so do our Democratic senators for not speaking up for our interests and offering their votes in exchange for changes that would be better for our state.

Another much criticized part of the tax bill, the "sunsetting" of the individual tax cuts in eight years, could have also been avoided by bipartisan work. Under the budget reconciliation rule I mentioned earlier, bills can be passed with only 51 votes, but only if they do not increase the deficit in the time period affected. If Democrats had come on board to support the bill and bring it to 60 votes, these tax cuts could have been made permanent.

Once again, our Democratic elected representatives did not step in to fight for us, preferring rather to criticize and hope to score political points to win the 2018 elections. While probably the best political strategy, the people who suffer are everyday folks who just want stuff to get done rather than all of this partisan sniping.

If we're not careful, this situation risks turning into the way Obamacare ended up. Like this tax bill, Obamacare ended up being pushed through Congress by only one party under huge resistance by the other. Rather than attempting to find some common ground on the bill, Republicans decided to run as hard against it as they could. While they won the 2010 elections, Obamacare had some large problems we're still dealing with today.

While you could say what's good for the goose is good for the gander, this kind of behavior is completely unproductive for our nation. Our political parties are too busy fighting each other to fix urgent problems and needs in our nation. It takes only a few people of goodwill to change the culture and cross the divide. Otherwise, nothing will ever get better.

Kockler is a Sauk Rapids-Rice High School student. He enjoys writing, politics and news, among other interests.

- Community Calendar -

Is your event listed? Send your information to: Newsleader Calendar, P.O. Box 324, St. Joseph, Minn. 56374; fax it to 320-363-4195; or, e-mail it to news@thenewsleaders. com. Most events are listed at no cost. Those events are typically free or of minimal charge for people to attend. Some events, which have paid advertising in the Newsleaders, are also listed in the calendar and may charge more.

Saturday, Jan. 13

St. Joseph Farmers' Market, 9 a.m.-1 p.m., Resurrection Lutheran Church 610 CR 2.

Central Minnesota Chapter of the Federation of the Blind of Minnesota, 12:30 p.m., American Legion, 17 Second Ave. N., Waite

Sunday, Jan. 14

Non-football Game Day, 1 p.m., Sartell Senior Center, Sartell Community Center, 850 19th St. S.

Monday, Jan. 15

Lunch and cards, sponsored by Helping Hands Outreach, noon-2 p.m., Trobec's Bar & Grill, 1 Central Ave. S., St. Stephen.

St. Joseph Food Shelf, open 1-3 p.m., Old City Hall, 25 First Ave. NW, St. Joseph.

Tuesday, Jan. 16

Community Lunch and Entertainment, sponsored by Helping Hands Outreach, noon-2 p.m., St. Stephen Parish Hall, 103 CR 2 S. 320-746-9960.

Discussion group, Sartell Senior Connection, 1-2:30 p.m., Sartell Community Center, 850 19th

St. Cloud Area Genealogists meeting, 7 p.m., Stearns History Museum, 235 33rd Ave. S., St. Cloud. stearns-museum.org

Wednesday, Jan. 17

American Red Cross Blood Drive, 8:30 a.m.-1:30 p.m., Rocori High School, Fifth Ave. N., Cold Spring, 1-800-733-2767.

Book study on *Life Strategies:* Doing What Works, Doing What Matters by Dr. Phil McGraw, Sartell Senior Connection, 10:45 a.m.noon today, Feb. 17 and 21, Sartell Community Center, 850 19th St. S.

St. Joseph Economic Development Authority, 5 p.m., St. Joseph City Hall, 75 Callaway St. E. 320-363-7201. cityofstjoseph.com

Thursday, Jan. 18

Coffee and Conversation, featuring cancer survivor Kelly Orndorff, 9 a.m., Sartell Community Center, 850 19th St. S.

St. Joseph Food Shelf, open 1-3 p.m., Old City Hall, 25 First Ave. NW, St. Joseph.

Friday, Jan. 19

St. Joseph Area Historical Society, open 4-7 p.m., Old City Hall, 25 First Ave NW. stjosephhistoricalmn.org

Chicken and ham dinner, meat raffle and silent auction, sponsored by St. Joseph Lions Club, 4:30-7:30 p.m., Sal's Bar & Grill, 109 W. Minnesota St., St Joseph.

St. Cloud Singles Club Dance, 8 p.m.-midnight, American Legion, 17 Second Ave. S., Waite Park. 320-339-4533. stcloudsingles.net

Saturday, Jan. 20

Jigsaw Puzzle Contest and Puzzle Exchange, Sartell Senior Connection, 10 a.m., Sartell Community Center, 850 19th St. S.

- LEGAL NOTICE -

LIMITED LIABILITY **COMPANY/ARTICLES OF ORGANIZATION** STATE OF MINNESOTA

Pursuant to Chapter 322C, Minnesota Statutes, the undersigned, who is or will be conducting or transacting a commercial business in the State of Minnesota under a limited liability company, hereby

- 1. The limited liability name under which the business is or will be conducted is: FBB Venture LLC.
- 2. The registered office and agents, if any at that office: 354 Fourth Ave. SE, St. Joseph, Minn. 56374.
- 3. Duration: Perpetual.

4. Organizer: Scott A. Eichers, 692 Eagle Drive SW, Melrose, Minn. 56352 abd Renee J. Symanietz, 354 Fourth Ave. SE, St. Joseph, Minn. 56374.

I certify I am authorized to sign this certificate and I further certify I understand by signing this certificate, I am subject to the penalties of perjury as set forth in Minnesota Statutes section 609.48 as if I had signed this certificate under oath.

Dated: Dec. 15, 2017

Filed: Dec. 15, 2017

/s/ Scott A. Eichers, organizer /s/ Renee J. Symanietz, organizer

Publish: Jan. 5 and 12, 2018

–In Business –

City to submit app for rehab funding

An informational meeting regarding Small Citie's funding for the City of St. Joseph will be held at 6 p.m. Monday, Jan. 22 at St. Joseph City Hall, 75 Callaway St. E. The City received notification from the Department of Employment and Economic Development that it was one of 36 communities out of 48 who submitted a preliminary proposal to be invited to make a full application. The Central Minnesota Housing Partnership has been asked by the city to

A new increased weight-limit

special permit for road construc-

tion materials is now available

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compile and submit the full application, which is due Feb. 22.

"As you can imagine the applications for these funds are very competitive. Last year only 26 communities received their request for funding" said Ed Zimny, program manager for CMHP. One of the areas that increases a community's chances of receiving funding is to be able to demonstrate owner interest in using the program funds. A well-attended meeting will improve St. Joseph's chanc-

en or more axles. Currently, the

GVWR limit for vehicles operat-

ing without an overweight permit

is 80,000 pounds. Vehicles op-

erating under this permit are re-

quired to comply with individual

and group axle-weight limits and

gross-weight-vehicle limits set by

the permit. For more informa-

tion, visit thenewsleaders.com and

click on Jan. 12 People.

New permit approved for hauling road-construction materials

es for a successful application. Zimny will provide an overview on how the program works, what the eligibility requirements are, and how much funding will be available on a per-project basis.

If you reside in one of the homeowner target areas, you are encouraged to attend this meeting. Maps of the target areas can be viewed at city hall.

If you are unable to attend the meeting but are interested in learning more about the program, please contact Zimny at CMHP at 320-258-0673 or ed@ cmhp.net.

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News Tips?

Call the Newsleader at 363-7741

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Friday, Jan. 19 from 4:30-7:30 p.m.

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from front page

ons clubs and private donors have installed Fixit bike repair stations along the trail, including one in St. Joseph. Each bike repair station costs about \$1,100. Others have been installed in Avon, Albany, Freeport, Melrose, Sauk Centre and Holdingford.

A new housing manager was named at Arlington Place Assisted Living in St. Joseph. Morgan Waytashek has recently joined the team after working in a variety of healthcare positions. "Through community involvement and a team approach, I am committed to leading Arlington Place toward maximum quality of life for our residents," Waytashek told the *Newsleader*.

Local disc golfers have the option of purchasing their equipment locally. Hyzer Zone Disc Golf Outfitter has opened inside of "Sliced" restaurant on College Avenue. Owner Adam Gorres said his new business will fill a void for people who have had to travel at least 10 miles or more to find disc-golf equipment. "It's a great location close to Millstream – one of the area's favorite disc-golf courses," Gorres told the *Newsleader*.

The St. Joseph City Council approved spending \$355,000 in rehabilitation funds for water-treatment plant number one. WTP#1 was constructed in the 1970s. The city currently operates two plants. Funds were designated to be used to replace the 1996 steel gravity filter and other treatment equipment.

Thousands of mink were released from a farm in Eden Valley. Stearns County deputies reported the incident during the late night or early morning hours of July 16 or 17. An estimated 30,000 to 40,000 mink were set free. The Minnesota Duty Officer and state and federal law enforcement partners were brought in to investigate

opened. The new 55 + , 47-unit facility provides independent and assisted-living options for the area's seniors. The units range in price from \$1,250 to \$2,500 a month which include all the utilities. As of its opening, only a few units were still available for rent.

Fire Fest attendees had the chance to see one of St. Joseph's own on stage. St. Joseph native Angela Beutz took the stage as keyboard back-up for country music solo artist Chris Hawkey. Beutz, the daughter of St. Joseph Mayor Rick Schultz and his wife Tammy, is a special-education middle-school teacher in Becker.

Four local businesses were honored with historical plaques by members of the St. Joseph Area Historical Society. The Drug Store (now The Local Blend), First State Bank of St. Joseph (now Rockhouse Productions), Loso's Store (now Minnesota Street Market) and the St. Joseph Meat Market were presented the markers by Ellie and Cathy Studer. Plans for additional plaques to mark other historical sites in the city are in the works.

August

The St. Joseph Police Department along with the police departments from Sartell, St. Cloud, Sauk Rapids and Waite Park are seeking out applicants interested in participation in the Metro Citizens Police Academy. The eight-week course provides citizens hands-on lessons on what it takes to be a police officer.

The St. Joseph Joes continue to show their dominance on the field with a 6-3 win over the Clear Lake Lakers and a 13-3 win over the Foley Lumberjacks. With these two wins the Joes will travel to the region's baseball playoffs on Aug. 5 in Hinckley.

Harley Davidson motorcycle enthusiasts can be found all over Central Minnesota, including St. Joseph. Jerry and Mary Jane Rudy along with Dotti and Rod Karls and their friends Brian and Pennie Albers of



photo by Dave DeMars

You can't see his number but that was Peter Nelson who ate some dirt as he slid into third base under the tag of the Eagan Bandits' third baseman during the June 18 St. Joseph Joes game.

St. Cloud; Keith and Mary Jane Nelson of St. Cloud; and Bill and Shari Grabinski formerly of Sauk Rapids, hit the road on their way to Sturgis, S.D. for the annual motorcycle rally. "What I love best about our trips is just our friendships. We have a tight-knit bonding after all these years. Our friendships just keep growing stronger and stronger every year. We feel really blessed," Mary Jane Rudy told the *Newsleader*.

LowCarbon Crossing makes a stop at Minnesota Street Market. The bicycle group held a discussion Aug. 13 to talk about climate change. St. Joseph will be the group's first stop on its eight-day, 350-mile trip through Central Minnesota.

Jim Read announces his run for Minnesota House of Representatives District 13A via Facebook. The district includes St. Joseph, Collegeville, Avon, Cold Spring, Richmond, Paynesville, Rockville, Roscoe, Kimball and Eden Valley. "I am running because we face a number of critical decisions at a time of deepening political division," Read said. "I believe the best way to bridge these divisions is through individual face-to-face conversations."

The St. Joseph Newsleader, along with its sister paper the Sartell-St. Stephen Newsleader, participated in the Minnesota Newspaper Association's "Whiteout Campaign." The front page of the Aug. 18 edition was blank in order to remind readers what it would look like if there were no hometown newspapers. About 200 of Minnesota's 350 newspapers participated in the movement.

More than 100 children from the St. Joseph area participated in a week of Vocation Bible School at Resurrection Lutheran Church. Kids ages 4 through sixth grade learned about faith through the theme of "Hero Central – Discover your strength in God." In addition to learning about their faith, the kids also participated in service projects, including donating items to first responders and law enforcement.

Minnesota Street Market was among six food cooperatives to receive funding from the National Joint Powers Alliance of Staples. The cooperatives will use the grant money – totaling \$49,600 – to work together to educate the public on the importance of food cooperatives in central Minnesota.

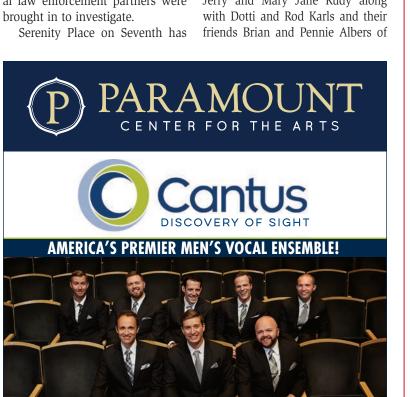
An 8-year-old St. Cloud girl has a special place in her heart for local law enforcement. Sophina Lindquist spends quite a bit of her time baking cookies for local firefighters, police officers, emergency medical technicians, paramedics, flight medical crews and dispatch operators. The 8-year-old girl also has a lengthy list of about 700 names of emergency responders whom she prays for every night.

Chuck and Lucy Rieland and their family have organized the 12th annual Lake Wobegon Regional Trail Ride to help benefit Day Services at Catholic Charities' St. Cloud Children's Home. The couple, now in their 70s, hopes to push their donation total over the \$1 million mark this year.

After making their way to the state finals, the St. Joseph Joes were shut out 2-0 by the Maple Lake Lakers in Hamburg.

Year in Review Part 3 will be published in the Jan. 19 edition.

(To read any of the above stories in their entirety, visit thenewsleaders.com and search for your favorite stories.)



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