

# Sartell-St. Stephen Newsleader

Friday, April 20, 2018  
Volume 23, Issue 16  
Est. 1995

## Town Crier

For additional criers, visit [www.thenewsleaders.com](http://www.thenewsleaders.com) and click on Criers.

### Stearns County to hold seized, surplus auction

Stearns County will hold a spring auction to sell seized and surplus property on Saturday, April 28 at the Stearns County Public Works building, 455 28th Ave. S., Waite Park, three blocks south of Mill's Fleet Farm. Site opens at 8 a.m.; auction begins at 9:30 a.m. Items include many cars, trucks and SUVs; a John Deere tractor; flat bed and skid-loader trailers; mowers; a wood chipper; a snow blower; a fuel tank and pump; gas oil storage tanks, front bumpers for late model Mack trucks; a mini bike; tools and hardware; office machines and furniture; assorted concrete culverts; and many other miscellaneous items. To get more information on the auction, a list of what is for sale and to see photos, visit [midwestauctions.com](http://midwestauctions.com) or [auctionzip.com](http://auctionzip.com) and click on Benoit Auction Service.

### Stone Poneys fundraiser, raffle April 29 at Blue Line

The Blue Line Sports Bar and Grill in Sartell will host a fundraiser and raffle for the Sartell Stone Poneys baseball team from 4-7 p.m. Sunday, April 29. The fundraiser is to help offset summer costs of umpires, field dues, equipment, uniforms, league fees and tournaments; 20 percent of proceeds will be donated to Stone Poneys. Raffle tickets will be sold; you do not need to be present to win. There will be five prize packages to choose from. See [stoneponeys.com](http://stoneponeys.com) for more information on the raffle prizes.

### Hospice seeks pet therapy

St Croix Hospice is looking for compassionate individuals and their furry friends to visit people affected by a life-limiting illness. Pet therapy has been shown to reduce stress, anxiety, and physical and emotional pain. Volunteers are needed from central Minnesota. Visits are typically made once a week and the schedule is flexible. For more information, visit [thenewsleaders.com](http://thenewsleaders.com) and click on April 20 Criers.

**INSERTS:**  
**Country Manor Senior Housing**  
**Culligan Water**



contributed photo

Sartell's Knowledge Bowl team members are (from left) Janagan Ramanathan, Nathan Schmidt, Jacob Fandel, Yash Hindka and Mohannad Alkhatib.

## Knowledge Bowl team wins championship

by Mike Knaak  
[editor@thenewsleaders.com](mailto:editor@thenewsleaders.com)

Sartell's Knowledge Bowl team won this year's Class AA championship at the state meet in Brainerd April 12-13. The top 40 teams, out of more

than 1,000 statewide, competed in one written round and four oral rounds.

Team members are Janagan Ramanathan, Nathan Schmidt, Jacob Fandel, Yash Hindka and Mohannad Alkhatib. Luke Walker coaches the team.

The other top teams in Class AA were Edina, second; Rochester Mayo, third; Mankato West, fourth; Holy Family Catholic, fifth; and St. Thomas Academy, sixth.

Because of the snowstorm, this year's meet was shortened

with only four oral rounds instead of five.

Success at the competition requires the ability to work as a team, as well as knowledge of a variety of areas of study and the ability to recall information quickly.

## Long winter sets back high school construction

by Dave DeMars  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

The Sartell St. Stephen school board held its regular monthly meeting on April 16 with most of the meeting being taken up by reports. Of key concern was the report on the progress of the new high school.

Lee Gruen, project manager at Winkelman Building Corp., related how the latest round of inclement weather has affected the building progress of the new high school. The projected date for full enclosure of the building was June 21. That has been pushed back to July 21

because of the weather. Gruen told the board they had projected warmer weather would arrive in March allowing for a speed up in concrete pours, but that has not materialized. The snow and cold weather have also caused muddy conditions on site and a longer drying period for field work on playing fields. The hope of having sports fields in shape for cutting and care in the fall may not be realized and that could potentially affect spring sports.

"We don't have concerns about being done on time, but we are going to have to stack

School • page 2



photo by Dave DeMars

Sartell-St. Stephen Superintendent Jeff Schwiebert enthusiastically makes a point about the building program. Board member Lesa Kramer looks on.

## Program trains students to create businesses

by Mike Knaak  
[editor@thenewsleaders.com](mailto:editor@thenewsleaders.com)

Business and education leaders in Sartell, Sauk Rapids and St. Cloud are in the early stages of launching a program that will teach high school seniors to be entrepreneurs.

Called Great River CEO, the program will welcome its first students in fall 2019.

Right now, organizers are raising funds to train and market the effort and then to hire a facilitator/teacher.

The "CEO" in the name

stands for Creating Entrepreneurial Opportunities and the entrepreneurial experience is the heart of the plan.

"The program will teach students how to be entrepreneurs and students will learn from people who are running businesses. They will teach skills on how to run a business," said Adam O'Doherty, executive director of Partner for Student Success, one of the many education and business groups backing the program.

The initial class of 20 students will be chosen from ap-

plicants at Sartell, Sauk Rapids, Apollo and Tech high schools.

Right now, the group is trying to raise \$25,000 to fund training and marketing. Then they'll be looking for 40 businesses to contribute \$1,000 for three years. The \$40,000 will primarily pay for a teacher/facilitator to run the program.

If businesses want to participate but can't make the cash commitment, there are other ways to participate. Once underway, the program will need tour hosts, speakers, mentors and places for meetings.

The students will meet five days a week for an hour before school. Once or twice a week, the class will meet at a host business or go on a tour, O'Doherty said.

In the project-based program, students will apply the concepts learned to create their own businesses. They will write business plans that will be reviewed by a banker and a lawyer. At the end of the year, students will present their projects at a showcase.

The CEO concept was devel-

CEO • page 7



# School

## from front page

trades – having the same contractor work in multiple areas,” Gruen told the board. “The big picture is the weather is terrible and we are all tired of it, but at the end of the day, we will finish on time.”

Progress on the building has continued despite the snows Gruen reported. Precast walls

are complete in the theater, gym and pool for the most part. Structural steel has been completed in several areas and the balcony steel and catwalk in the theater area are complete. Roofing of the theater is complete. The concrete slab for the theater stage has been poured, and pours in the pool area are scheduled to be made in the upcoming weeks. Electrical and plumbing work continues apace.

The budget for the building continues to be on track and

balanced.

Gruen also reported there was a minor fire at the site. No damage was done to the building, and no personnel were injured. The problem was caused by an unattended tar pot which is used in the roofing process. The issue has been addressed and in the future one person will be assigned to monitor the tar pots to prevent any recurrence of the problem.

## Superintendent's report

Superintendent Jeff Schwiebert addressed several issues, the first being concerns that have been raised as a result of a second-grade student in Sauk Rapids attacking other students with a knife at school.

“I think we all just need to understand there will be a lot of talk in the news about it, and a lot of people will be asking what is our policy,” Schwiebert said. “Our policies are very similar to Sauk Rapids.”

Schwiebert went on to say he has no more information than others who watch the news. He highlighted the fact the district has provided ALICE training (Alert, Lock-down,

Inform, Counter, Evacuate) for teachers and personnel so they would know how to react in such an event.

“Sometimes when we talk about our ALICE training we make the statement it’s always a stranger, or seem to think it implies it’s a stranger, but really ALICE training is for anyone doing anything inappropriate that is causing other students to be at risk,” Schwiebert said.

While at the senior high level, it’s often supposed the violator may well be another student; that is seldom the case at the primary level, Schwiebert commented. That misconception will be addressed in the coming weeks, he said.

The second issue Schwiebert addressed was a remark he made at the last board meeting he termed as “inappropriate.”

“I made a comment and it was repeated by *the Newsleader* – I made it, so I’m not blaming *the Newsleader* – that kids are different today,” Schwiebert said. “Kids aren’t different today. Their behaviors are different today.”

Schwiebert said a teacher rightfully reminded him that kids aren’t different, but that

behaviors are different.

“It isn’t the kids who are different, but sometimes the behaviors they do are different,” Schwiebert said.

In reference to another security concern, Schwiebert said he and members of the board had met with the Sartell police chief and some members of city government and discussed what could be done to make district buildings more secure and safe.

One idea offered was having police officers visit schools on a more or less regular basis. Schwiebert said the police chief was supportive of that idea. Schwiebert said he had e-mailed the staff about that possibility and that is now happening.

He also commented the police chief strongly advocated all staff wear their district-issued ID badges so they would be known and easily distinguished from troublemakers in a building.

Finally, Schwiebert summarized the enrollment projections saying there is little difference in the numbers reported in previous meetings, but he cautioned a number that does not appear is the enrollment size of the incoming kindergarten class.

“It is one of my biggest

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pains,” Schwiebert said, “to try to get that number so I know exactly what it is. It has such an implication on (future) staffing.”

### Building program report

Carl Schwarnweber, physical education and health teacher; Roy Snyder, coach and social studies teacher; Nick Peterson, assistant principal; and Ryan Hauge, activities director; made a presentation to the board on the impacts of health and physical activities education, and where the future might lead.

Schwarnweber told the board during the last several years the physical education and health department had been working on making sure curriculum conformed with the national standards in physical education and health.

“We have a growing and expanding section in mental and emotional health which is a prominent factor for schools and students these days,” Schwarnweber said, “as well as environmental health that is spread out throughout the curriculum.”

Part of the focus is on gender identity and clarification of definitions because there seems to be inaccurate definitions of many terms related to sexuality, Schwarnweber said. Another part of the program is called health advocacy in which students research, learn and advocate for behaviors which enhance personal health.

In physical education, the goal is to get more students involved in physical activity. Part of the program is involved in establishing new standards that align with the state of Minnesota.

ta. Also included are new ways of grading physical-education students. Included is also a new emphasis on technology.

The program is districtwide.

A portion of the report dealt with how the new facilities and equipment in the new high school might impact the physical-education program. One highlight was the expansion of size of the facility which will allow for multiple classes using the same space area without infringing on one another’s space. A new weight room will allow for more and better training.

Layout of baseball fields and practice areas as well as shower rooms will allow for better monitoring of students. Rather than just an athletic-training facility, this new area has more of a community emphasis with a personal-wellness emphasis.

## Town criers

### Applications open for rural poverty programs

The Central Minnesota Community Foundation and the Initiative Foundation are now accepting applications for the 2018 Rural Poverty Grant Round which is available to area nonprofits, schools and government agencies that work to reduce poverty in rural areas. The deadline for submission is June 30. To apply for the grant and to receive additional information, visit [thenewsleaders.com](http://thenewsleaders.com) and click on April 20 Criers.

### Pathways 4 Youth seeks volunteers

Pathways 4 Youth provides meaningful one-time and long-term opportunities. To learn more about becoming a volunteer, sign up online to attend a training session. There are also group volunteer opportunities on-site as well as fundraising activities. For more information, visit [thenewsleades.com](http://thenewsleades.com) and click on April 20 Criers.

### Boys, Girls Club seeks Cinco De Mayo help

Roosevelt Boys & Girls Club is hosting a Cinco De Mayo event for members and needs 10-12 volunteers from 4:30 p.m.-7 p.m. Friday, May 4. Volunteers will help with carnival-style games and serving food. Volunteers will need to fill out a generic background check consent form because they will be working directly with children. For more information on this and other United Way volunteer opportunities, visit [thenewsleades.com](http://thenewsleades.com) and click on April 20 Criers.

## Blotter

*If you have a tip concerning a crime, call the Sartell Police Department at 320-251-8186 or Tri-County Crime Stoppers at 320-255-1301, or access its tip site at [tricountycrimestoppers.org](http://tricountycrimestoppers.org). Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime. This information is submitted by the Sartell Police Department.*

#### April 4

1:52 a.m. Driving while intoxicated. Second Avenue Northeast. Officers were dispatched for an impaired driver who had crashed a vehicle into the complainant’s yard. Officers observed a woman yelling at the vehicle. Officers decided the woman was obviously impaired. While talking with the officer, the woman admitted to drinking and driving. Officers ran the woman through field sobriety testing and she was unable to pass any test. The woman was arrested and could be charged with third-degree DWI after providing a breath

sample indicating she was almost three times the legal limit. The woman was taken to Benton County Jail and the vehicle was towed.

#### April 5

8:20 p.m. Shoplifter. 21 CR 120. Officers were dispatched to Walmart for a female shoplifter. An officer met with a Walmart loss-prevention employee. The employee stated the woman had attempted to steal approximately \$40 worth of merchandise. The woman had also trespassed in January 2018 for shoplifting. The officer contacted the woman and advised her she would be placed under arrest for trespassing. She was taken into custody without incident and cited for shoplifting.

#### April 6

10:43 a.m. Theft from vehicle. Eighth Street North. An officer was dispatched to a residence after a theft from a vehicle sometime during the night. The officer met with the complainant. She stated she had parked her vehicle out-

side in the driveway overnight and had not locked it. The complainant’s mother reported at approximately 11 p.m. she had observed the interior dome light on. The woman said when she got in the vehicle to go to work, she observed several items missing, totaling \$161. The officer completed a theft form.

#### April 7

1:46 p.m. Vehicle collision. Second Street South and CR 78. An officer was dispatched for a two-vehicle collision. The officer met with both drivers, who confirmed there were no injuries. Driver of vehicle one stated she was on CR 78 in the turn lane to go east across the bridge when she observed a vehicle blow a red light at the intersection of CR 78 and Second Street South. She then yielded for the vehicle and was struck from behind. Driver of vehicle two stated he was directly behind vehicle one and was watching for traffic coming through the intersection. He struck vehicle one because he had not seen it

come to a stop. While conducting the investigation, the officer learned the driver of vehicle one didn’t have insurance. The officer issued driver one a citation for no proof of insurance. He then completed an accident exchange form and issued it to both drivers.

#### April 8

9:46 p.m. Vehicle in the ditch. Second Street South and Pinecone Road South. An officer was advised by a city maintenance worker that a vehicle was off the roadway near the Blue Line Bar. An officer arrived on scene and met with three men who were in the vehicle when it went off the road. One of the men stated he was the driver and didn’t have a valid license. The officer confirmed this through dispatch. The vehicle was towed to the man’s residence in St. Cloud. The officer released the driver after issuing him a citation for driving without a license.

#### April 9

10:36 a.m. Medical. 21 CR

120. An officer was dispatched to Walmart for a report of a man possibly having a seizure. The officer met with the man in the general-merchandise entrance. The officer observed the man was hyperventilating and stated he was having a panic attack. The officer provided oxygen and monitored the man’s condition until Gold Cross Ambulance arrived. The man was taken to St. Cloud Hospital.

#### April 10

9:45 a.m. Traffic stop. Benton Drive and First Street Northeast. An officer running stationary radar eastbound on the Sartell Bridge observed a vehicle approach from the rear at a high rate of speed. The officer’s radar indicated the vehicle was traveling 50 mph in a posted 30-mph zone. The officer stopped the vehicle. The driver admitted she didn’t know the speed limit and didn’t know how fast she was traveling. She provided her driver’s license and proof of insurance. The driver was released after being issued a citation for speed.

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For a more complete job description, visit [jobs.yccm.org](http://jobs.yccm.org)



PUBLIC NOTICE

REGULAR SCHOOL BOARD MEETING OF THE SARTELL-ST. STEPHEN PUBLIC SCHOOLS INDEPENDENT SCHOOL DISTRICT NO 748  
MARCH 19, 2018 • ST. STEPHEN CITY HALL

The regular school board meeting of Independent School District 748 was called to order at 6:30 p.m. by Chair Jason Nies. Members present: Nies; Mary McCabe, vice chair; Pamela Raden, clerk; Jeremy Snoberger, treasurer; Lesa Kramer, director; Patrick Marushin, director; and Jeff Schwiebert, auperintendent. Members absent: None.

A motion was made by Raden and seconded by Marushin to APPROVE THE AGENDA AS PRESENTED.  
All in favor. Motion carried.

A motion was made by Kramer and seconded by Snoberger to APPROVE CONSENT ITEMS A-D AS PRESENTED BELOW. All in favor. Motion carried.

a. Minutes of the regular school board meeting held on February 26, 2018

b. Checks in the amount of \$1,951,903.95 as presented:

General Fund	1,520,945.21
Food Service Fund	109,539.94
Transportation Fund	192,725.04
Community Service Fund	35,622.28
Capital Expenditure Fund	64,831.48
Debt Service Fund	28,240.00

Check numbers 171096 - 171336

Receipts in the amount of \$3,866,214.71 as presented:

General Fund	3,255,289.49
Food Service Fund	239,436.49
Transportation Fund	29,162.45
Community Service Fund	87,365.29
Capital Expenditure Fund	253,983.85
Building Fund	26,952.14
Scholarship Trust	1,100.00
Summer Rec Agency Fund	2,925.00
Receipts 44305-44420	

Wire transfers in the amount of \$7,634.28 as presented:

General Fund	1,149.81
Food Service Fund	4,917.98
Community Service Fund	1,566.49

Wire transfers 201700066-201700071

Building Fund Checks in the amount of \$179,276.54 as presented:

Building Fund	179,276.54
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Check number 600212

c. Accept the resignation of Dianne Amundson, ORE, student supervisor, 3/2/18; Lynda Hallerman, PME, student supervisor, 3/2/18; Abby Schneider, SHS, para, 3/23/18; Renee Tamm, DSC, child-care attendant, 3/5/18; Madeline Rainey, SHS, social studies, 6/1/18. Release from Employment Linda Coleman, Early Childhood, child-care attendant, 3/15/18.

d. Accept the following donations:  
DeZurik, Inc., Sartell Middle School, \$1,250, VEX Robotics Tournament; Pine Meadow PTO Elementary, District 748, \$114.96, PME classroom supplies.

Student Representative Report:  
Tristen Nies, student representative

• Student Representative Tristen Nies reported on happenings around the district. Oak Ridge will hold a “Pennies for Patients” in the coming weeks. Both Oak Ridge and Pine Meadow had great turnouts for conferences and Bingo nights. Students at both schools are in the process of performing their spring music concerts. The Middle School hosted Grade Night for eighth- graders on March 16 and will host fifth- and sixth-graders on April 6 for their activity night. Congratulations to Henry Heinen for placing

third at the St. Cloud Optimist Club’s Oratorical competition and good luck to Yazaan Anjum at the State Geography competition. The sixth-grade Math Masters team placed seventh out of 31 teams at their competition and 53 eighth-graders will compete at their math competition. The High School Student Council and Honor Society hosted their annual “FunFest” last Saturday, Prom tickets will go on sale at the end of this week; Knowledge Bowl is competing at regionals; and spring sports began their season this week.

Construction Manager  
Report on Building Process:  
• Senior Project Manager Lee Robbie Schultz reported the recent weather has only caused small delays and the project remains on schedule. The pool area, structural steel, underground footings, mechanical, electrical and plumbing are all continuing at the site. The budget continues to be on track and safety and security at the site has been good. The pilot classroom at the current High School was approved and programming for the third- through fifth-grade building has started.

Superintendent Report:  
Schwiebert, superintendent  
• Schwiebert commented on the dreadful shooting in Florida and that the outreach committee should meet with the City of Sartell to discuss safety and the roles of the school resource officers in the near future. The district will have a curriculum audit performed by the CAREi Institute over the next three years. A new item will be added to the agenda next month to cover what is happening with programming at each building. At next month’s works session meeting Jon Ruis from the United Way will speak about fundraising.

School Board Committee Report: No reports.

Enrollment Report:  
• Superintendent Schwiebert reported on the current enrollment numbers for each school.

A motion was made by McCabe and seconded by Marushin to APPROVE #1-16:

New Employees/Changes:  
Dianne Amundson, Transportation, bus monitor, \$15.92/hour, 2.91 hours/day, additional assignment, 3/5/2018; Alisha Anderson, ORE, student supervisor, \$13.87/hour, R1,

S1, 2 hours/day, replacing Dianne Amundson, 3/14/2018; Kacey Dougherty, Transportation, bus monitor, \$15.92/hour, 3.75 hours/day, reassignment union contract, 3/7/2018; Lynda Hallerman, Transportation, bus monitor, \$15.92/hour, 3.25 hours/day, additional assignment, 3/5/2018; Mark Hedstrom, SMS, temporary head custodian, \$24.77/hour, R VIII, S5, 8 hours/day, replacing Mike Lashinski, 3/21/2018; Shannon Houghton, SMS, junior high track, \$1,686 (4.5 percent), BA, 0 (\$37,473), replacing Leah Klabo Summerville, 3/12/2018; Jeannie Klehr, Transportation, van driver, \$20.04/hour, 3.75 hours/day, 90-day probationary period, 3/7/2018; Amie Klemp, SMS, fifth-/sixth-grade swim, \$422 (2.25 percent), BA, 0 (\$37,473), 50-percent contract, replacing Mackenzie Lecy, 3/12/2018; Nick Koubsky, SHS, ninth-grade baseball, \$4,015 (9.5 percent), BA, D (\$42,259), replacing Brennan Rath, 4/3/2018; Bonnie Mehr, PME, student supervisor, R13.87/hour, R1, S1, 2 hours/day, replacing Lynda Hallerman, 3/8/2018; Cheryl Nies, SMS, cook’s helper, \$19.32/hour, RII, S5, 4.75 hours/day, change in duties, 3/2/2018; Gina Och, Early Childhood/DSC, child-care attendant, \$15.91/hour, RI, S4, 2.25 hours – Tu/TH, additional assignment, 3/15/2018; Joseph Prom, DSC, director of business services, \$115,000, 260 days/year, replacing Steve Wruck, 7/1/2018; Donna Southerland, SHS, cashier, \$14.90/hour, RI, S1, 3 hours/day, replacing Amber Rohlik, 3/5/2018; Miranda Theisen, Early Childhood/ DSC, child-care attendant, \$13.87/hour, RI, S1, 2.25 hours – M/ Tu/TH, replacing Renee Tamm, 3/19/2018.

Leaves of Absence:  
Linda Lahr, ORE, Para, LOA, 5/4/18 – 5/31/18.

All in favor. Motion carried.

A motion was made by Snoberger and seconded by Marushin to APPROVE OFFICIAL REVISIONS TO POLICIES 303, 306, 401, 402, 405, 406, 407, 413, 414, 415, 417 AND 616. All in favor. Motion carried.

A motion was made by Marushin and seconded by Snoberger to APPROVE FUNDRAISER FOR BOYS LACROSSE TEAM. All in favor. Motion carried.

A motion was made by Mc-

Cabe and seconded by Raden to APPROVE RESOLUTION DIRECTING THE ADMINISTRATION TO MAKE RECOMMENDATIONS FOR REDUCTIONS IN PROGRAMS AND POSITIONS AND REASONS THEREFORE. On a roll call vote, the following voted in favor: Nies, McCabe, Snoberger, Raden, Kramer and Marushin. The following voted against: none. Motion carried.

A motion was made by Marushin and seconded by Kramer to APPROVE NEW INSTRUCTIONAL CALENDAR DAY DUE TO THE SNOW DAY ADJUSTMENT. All in favor. Motion carried.

A motion was made by Snoberger and seconded by McCabe to APPROVE THE SARTELL HIGH SCHOOL STUDENT COUNCIL AND NATIONAL HONOR SOCIETY TO HOST THE MASC-MAHS STATE CONVENTION IN APRIL 2020 AND THAT THE DISTRICT PLAN FOR A STAFF DEVELOPMENT DAY, TO COINCIDE WITH THIS CONVENTION WHEN APPROVING THE 2019-2020 CALENDAR. All in favor. Motion carried.

Schedule Work Session and Committee Meetings:  
• Future Board Meeting – Monday, April 16 – District Service Center @ 6:30 p.m.  
• Board Work Session – Wednesday, April 11 – Sartell High School Media Center @ 6:30 p.m.  
• Technology Committee Meeting – Tuesday, March 20 – District Service Center @ 10 a.m.  
• Finance Committee Meeting – Tuesday, March 20 – District Service Center @ 6:30 p.m.  
• Steering Committee Meeting – Wednesday, March 21 – District Service Center @ 1 p.m.

Official Review of Policies:  
The Board had the official second reading of proposed policy 423.

Committees  
• Committee assignments for 2018 were reviewed.

A motion to ADJOURN THE MEETING AT 7:09 p.m. was made by Raden and seconded by Marushin. All in favor. Motion carried.

/s/ Pamela Raden, clerk

Publish: April 20, 2018

News Tips?

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# Mayor Nicoll declines to file for re-election

by **Dennis Dalman**  
news@thenewsleaders.com

Sartell Mayor Sarah Jane Nicoll announced April 12 that she will not seek another term as mayor.



Nicoll said she is now serving her second term as mayor and that after eight years, she is looking forward to spending more time with her husband and their three young daughters. Before her first term as mayor, Nicoll served as a council member for one four-year term.

Nicoll's decision not to run makes current council member David Peterson

son – so far, anyway – the only candidate vying for the mayoral position. Peterson's term will be up at the end of this year, as will Nicoll's term. Another council position up for election is the one now served by Pat Lynch. The other two council members are Mike Chisum and Ryan Fitzthum, both serving their first terms.

Peterson announced his decision to file for the mayor position April 10. Peterson is now in his 12th year on the council, now serving out his third term. The next election is Tuesday, Nov. 6.

Those elected to the Sartell City Council will take their seats at the first council meeting in January 2019.

Raised in Sartell, Nicoll has often noted how proud

she has been to be able to represent the city she loves. During her mayorship, the city underwent many challenges and spurts of growth: city park improvements, road projects, continued residential and business growth, the ambitious Pinecone Road project, a new high school being built, clean-up at the abandoned paper mill, the addition of many roundabouts and – perhaps most notably – the planning and construction of a long-awaited Sartell Community Center in south Sartell. The planning of that center caused many hard feelings and controversy when many residents repeatedly requested it contain a branch library, which was one of the top resident priorities in Sartell in sur-

vey after survey.

At one point, library enthusiasts picketed a Sartell City Council meeting. Dozens of times they urged the council and Nicoll to fight for a branch library.

Nicoll, however, said she has never been against a library and emphasized the new center would house some kind of library service. The center, which opened last fall, does contain an area where items can be ordered from the Great River Regional Library System – items that are dropped off and picked up by GRRL employees on a regular basis. The center also contains many shelves of donated books.

Despite the controversy over the center, its lack of a branch library and its

southern location, Nicoll has often expressed pride in her part in helping plan the center, in how it turned out and in how well it is used by so many residents and out-of-towners.

Just recently, Nicoll returned from a trip to Taiwan with nine other Americans, a week-long educational excursion to learn about city issues in that country.

Nicoll said she intends to stay involved in city issues in one form or another and is eager to help a new mayor succeed.

“It has been a tremendous honor and privilege to serve the city of Sartell for the past eight years,” she said in a press release. “And I thank the voters for the trust they put in me.”

## What is Earth Day, and what is it meant to accomplish?

by **Kathleen Rogers**  
President of Earth Day Network

Close to 48 years ago, on 22 April 1970, millions of people took to the streets to protest the negative impacts of 150 years of industrial development.

In the US and around the world, smog was becoming deadly and evidence was growing that pollution led to developmental delays in children. Biodiversity was in decline as a result of the heavy use of pesticides and other pollutants.

The global ecological awareness was growing, and the US Congress and President Nixon responded quickly. In July of the same year, they created the Environmental Protection Agency, and robust environmental laws such as the Clean Water Act and the Endangered Species Act, among many.

### One billion people

Earth Day is now a global event each year, and we believe that more than 1 billion people in 192 countries now take part in what is the largest civic-focused day of action in the world.

It is a day of political action and civic participation. People march, sign petitions, meet with their elected officials, plant trees, clean up their towns and roads. Corporations and governments use it to make pledges and announce sustainability measures. Faith leaders, including Pope Francis, connect Earth Day with protecting God's greatest creations, humans, biodiversity and the planet that we all live on.

Earth Day Network, the organization that leads Earth Day worldwide, today announced that Earth Day 2018 will focus on mobilizing the world to End Plastic Pollution, including creating support for a global effort to eliminate single-use plastics along with global regulation for the disposal of

plastics. EDN will educate millions of people about the health and other risks associated with the use and disposal of plastics, including pollution of our oceans, water, and wildlife, and about the growing body of evidence that decomposing plastics are creating serious global problems.

From poisoning and injuring marine life to the ubiquitous presence of plastics in our food to disrupting human hormones and causing major life-threatening diseases and early puberty, the exponential growth of plastics is threatening our planet's survival. EDN has built a multi-year campaign to End Plastic Pollution. Our goals include ending single-use plastics, promoting alternatives to fossil fuel-based materials, promoting 100 percent recycling of plastics, corporate and government accountability and changing human behavior concerning plastics.

EDN's End Plastic Pollution campaign includes four major components:

Leading a grassroots movement to support the adoption of a global framework to regulate plastic pollution;

Educating, mobilizing and activating citizens across the globe to demand that governments and corporations control and clean up plastic pollution;

Educating people worldwide to take personal responsibility for plastic pollution by choosing to reject, reduce, reuse and recycle plastics, and


Promoting local government regulatory and other efforts to tackle plastic pollution.

Earth Day Network will leverage the platform of Earth Day and the growing interest in the 50th Anniversary of Earth Day in 2020 as a catalyst for global action.

For more information and ideas on how to take action, visit [earthday.org](http://earthday.org).

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**SUNDAY, APRIL 22**

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**11:00 am** The Raptor Center presentation

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People

Sundowners win 2018 community ed volleyball championship



contributed photos  
The Sundowners recently won the Sartell-St. Stephen Community Ed volleyball league championship. Team members include the following: (left to right) Annette Brewer, Denise Cheney, Brian Hines, Patti Blonigen-Heinen, Scott Heinen and Dan Cheney.



Winners Sports Bar team took second in the Sartell-St. Stephen Community Education volleyball league. Team members include the following: (front row, left to right) Sara Ylinen, Katie Swanson and Ashley Welker; and (back row) Josh Welle, Greg Blonigen and Scott Andres.

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NCUA CT-STC0005591-01



The Sauk Rapids VFW took third in the Sartell-St. Stephen Community Ed volleyball league. Team members include the following: (front row, left to right) Doug Kratz, Rick Dingman, Mike Opsahl, Harvey Moulzolf and Scott Schroeder; (back row) Joanie Krueger, Mindy Schroeder, Teresa Layman and Linda Layman.

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# Plans move ahead for public-safety building

by Dennis Dalman  
news@thenewsleaders.com

The gears are in motion to proceed with plans for a Sartell Public-Safety building that would house both the city’s police department and its fire department.

The city hopes to approve the start of construction next year with the building’s opening in 2020. A tentative site for the project is a 15-acre lot south on Pinecone Road south of the Walgreen’s store and north of Heritage Drive.

At its April 9 meeting, the Sartell City Council approved service agreements with firms who will do the preliminary work for such a building, including such aspects as soil borings, architectural design, structural engineering, mechanical, electrical, plumbing and more.

The firms will be paid a sliding-fee-scale percentage of the total cost of the building, estimated at between \$11 million and \$15 million, said Sartell Administrator Mary Degiovanni. She noted the city will bond for

part of that amount this year and the rest next year, once the total costs are known after the bids come in.

Degiovanni also said during the next two years, other city debt will be paid off so the tax rate would be kept level for any additional borrowing.

The firms that will do the preliminary prep work are the following: Hagemeister Mack Architects, St. Cloud; Wold Architects and Engineering, St. Paul; Larson Engineering, White Bear Lake; and Strack Construction, St. Cloud. The city’s contracted engineering firm, Short Elliott Hendrickson, will also have input into the project preparations.

The Sartell City Council has long been aware of crucial space constraints at the fire department and the police station. In the past two decades, the number of personnel, the equipment, storage needs, training space and emergency calls have nearly tripled or quadrupled at both places. Personnel have to share offices in crowded conditions and in some cases offices

must be used to store things that should rightfully be placed in secured storage areas.

As the population of Sartell rapidly increased, so did the demands on public-safety services – both fire department and law enforcement.

The council plans to place both services in one large building with a large training space or spaces between the two halves that can be used by both departments.

The police department is located on Second Street S., and the fire department is located just north of there, along Fourth Avenue S.

The Sartell Public-Safety Facilities Committee is comprised of the following members: Sartell Mayor Sarah Jane Nicoll, Sartell City Council member Ryan Fitzthum, City Administrator Mary Degiovanni, Public Works Director John Kothenbeutel, Community Development Director Anita Archambeau, Police Chief Jim Hughes, Fire Chief Jim Sattler and a consultant team of City Engineer Jon Halter, architects and a construction manager.

# SJU hosts health policy panel

by Mike Knaak  
editor@thenewsleaders.com

The Eugene J. McCarthy Center at St. John’s University will host a health-care summit Friday, April 20. Panelists will discuss whether a single-payer



Marty

health-care system would work in Minnesota.

The event begins at 6 p.m. in Quad 170.

Speakers include state Sen. John Marty, a Ramsey County DFLer; John Nyman, a professor at the University of Minnesota; Rose Roach, executive director of the Minnesota Nurses’ Association; and Dr. Brian Yablon, president of Physicians for a National Health Program.

The program is free.

# CEO

from front page

oped by the Midland Institute for Entrepreneurship. Schools in Willmar, Staples-Motley and Wright County are currently running CEO programs.

Willmar’s CEO program inspired the local effort.

“One Sartell Chamber of Commerce board member had a friend’s sister in the Willmar program. He presented the idea to the chamber board and we expanded it to the four high schools,” said Nikki Sweeter, the Sartell chamber’s executive director. “Willmar helped us to see we can be successful here. They have been helpful in figuring out what our program ought to be.”

Businesses that want to join the program should contact Sweeter at nikki@sartellchamber.com.

O’Doherty and Sweeter say there will be multiple paybacks for businesses and students.

“We hear in the community about lack of entrepreneurs coming out of school. Forty-four percent of businesses say they lack skilled workers,” O’Doherty said.

“We raise great kids, they leave for college and they don’t come back,” Sweeter said.

O’Dohert added, “We hope they come back after college because of the relationships they have developed. Businesses are excited about identifying rising stars.”



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# Music, art keep Wasdykes' lives 'enchanted'

by **Dennis Dalman**  
news@thenewsleaders.com

Sixty years ago, Jim Wasdyke was at a party in Kansas City when he looked across the room, saw a young woman, and the sight of her caused his heart and mind to brim up with a song from the Rodgers and Hammerstein Broadway musical, *South Pacific*.

The showstopping love song was "Some Enchanted Evening."

When he saw that young beauty, Wasdyke could hear, in his mind, Broadway star Ezio Pinza singing his heart out.

"Some enchanted evening you may see a stranger. You may see a stranger across a crowded room. And somehow you know, you know even then that somewhere you'll see her again and again."

Wasdyke, heart pounding, was hooked right there and then. And he's been hooked ever since. As the song says, he "made her his own." Wasdyke and Shirley Salzer were married in Olathe, Kan., three months after that party.

As they approach their 59th wedding anniversary, they are still enjoying enchanted evenings, enchanted days and sharing their love of making music and art.

The Wasdykes have lived in Sartell for 18 years. They moved to the city to be close to one of their sons. Many people in the greater St. Cloud area know the Wasdykes who perform as a musical duo – he on fiddle, she on the autoharp. She used to play guitar, but advancing arthritis made that impossible so now she excels on playing a specially designed automated autoharp.

The Wasdykes do weekly sing-a-longs at several nursing homes in the area, including Country Manor in Sartell. They play often for audiences comprised of patients suffering from various



photos by Dennis Dalman

**Shirley and Jim Wasdyke show their latest works-in-progress at the Senior Connection Center in Sartell.**

stages of dementia. When the Wasdykes start playing (Shirley sings, Jim does not), they are always happy when they hear audience members, even those with serious memory loss, join in the songs – old familiars like "America the Beautiful," "Jesus Loves Me" and "Take Me Out to the Ballgame."

"We provide the melody and they remember the words," Jim said. "We make comical remarks between songs and they laugh along. Their reactions are always a big reward for us. It's like walking on a cloud when I see those

people so happy because of what Shirley and I do."

The Wasdykes also perform for other special occasions, including with an impromptu gathering dubbed "The Jammers" at 2 p.m. at St. Cloud Library the first Saturday of every month.

"The Jammers are people who gather at the library just to share in the joy of music," Jim noted. "They bring their harmonica, ukuleles, guitars, whatever and then we jam for about two-and-a-half hours. It's lots of fun, and anybody can join in."

Besides their love of sharing music, the Wasdykes also both love to create arts and crafts. They can be seen just about every Wednesday creating their works from 9-11 a.m. during arts-and-crafts mornings at Sartell Senior Center. All are welcome to join in on those mornings, including



photo by Dennis Dalman

**Jim Wasdyke enjoys making paintings of animals and landscapes, such as this Canada snow goose and her offspring.**

those who are just beginning a craft or want to learn how to start one. People can just show up.

Shirley started oil painting

many years ago but then switched to cross-stitching. She makes exquisitely detailed items, such as


**Art • page 9**



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# Art

from page 8

Christmas stockings, by making thousands upon thousands of tiny cross stitches in her works. They include flowers, Christmas themes, animals and landscapes.

Jim always had a knack for drawing. While in Kansas City he took lessons at the Jewish Community Center there and began oil painting. He creates vivid pictures of animals, landscapes, still lifes and just about anything else that strikes his fancy. Wasdyke presumes he took after his father, who also had the oil-painting bug.

Several of the Wasdykes’ artworks are on display at the ongoing art exhibit at the senior center within the Sartell Community Center.

## Long, busy lives

Jim Wasdyke was born in Paterson, N.J., and earned a degree in mechanical engineering at the New Jersey Institute of Technology. In U.S. Navy Officers’ School, he became a lieutenant and served three years in Kansas City as a construction engineer for the Navy air base in that area. That is when he met Shirley Salzer, who was born and raised in Kansas City.

Shirley earned a degree in medical technology at St. Teresa’s Girls School in Kansas City and worked in that field for years.

Among the cities the Wasdykes lived and worked in were Pittsburgh, Pennsylvania; Washington, D.C.; Baltimore, Maryland; and cities in California and Nevada; and then Boise, Idaho, before moving to Sartell and retiring.

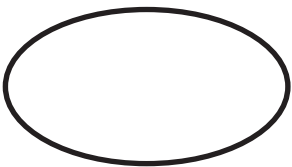
It was in Boise Jim learned to play the fiddle, a 150-year-old Italian “Cremona” given to him by his brother. A female physical therapist taught him to play the instrument. And then a Boise mayor’s wife in her 80s taught him more about how to play the violin – by heart, without reading musical notes.

The Wasdykes have three children – Carla, a computer expert who lives in Australia; Lisa, an insurance specialist in Alaska; and Joel, an engineer who lives in the Twin Cities.

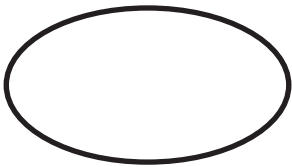
They have seven grandchildren – all boys, of which they are very proud. Most recently, they are thrilled grandson Trent Sanders of Tennessee, who has a master’s degree in English, was recently chosen as a recipient of the highly prestigious J. William Fulbright Scholarship to pursue studies in Romania.

Jim and Shirley Wasdyke always extol the virtues of music and art, which have so enriched their lives.

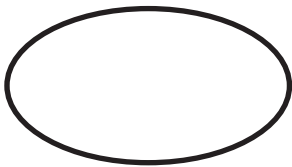
“Creativity is good for the brain,” Jim said. “Art and music keep the brain active. They can help keep you young. Just look at Shirley. I bet she’ll live to be 150. I’d bet on it!”



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# Opinion

## Our View Pawlenty’s poor support for higher education disqualifies him

After eight years as a lobbyist for the financial industry, Tim Pawlenty wants to return to Minnesota’s governor’s office.

The Democrats competing for their party’s nomination quickly responded when Pawlenty made his long-predicted announcement.

After his announcement, Democrats attacked what they consider the failings of his administration. The critics cited inadequate funding for health care, infrastructure and public education.

Republican Pawlenty served two terms, from 2003 to 2011, after 10 years in the House or Representatives. In 2002, Pawlenty won a three-way race with 44 percent of the vote, defeating Democrat Roger Moe and Independence Party candidate Tim Penny. He was re-elected in 2006, beating Democrat Mike Hatch by less than 1 percent.

During his tenure, opponents challenged his “no new taxes” programs which actually shifted funding to fees and balanced the budget with bookkeeping tricks at the expense of school-district funding.

All those issues will surely be part of the debate if Pawlenty wins the Republican nomination. Rebecca Otto, one of the DFL candidates for governor, served as state auditor during Pawlenty’s second term. She has been particularly hard on how Pawlenty managed state finances.

Pawlenty’s record on pubic education, especially higher education funding, should disqualify him to serve another term as Minnesota’s governor.

When the state doesn’t fund new roads or replace bridges, the next administration and Legislature decides how to spend the money. Then the roads and bridges are built, although usually at higher cost.

When user fees are used to mask tax increases, a future administration can roll back or remove those fees.

Education is different. Future funding can’t catch up for opportunities lost.

A 6-year-old only gets one shot at first grade. If there are not enough teachers or school supplies or a safe school, the 6-year-old moves on without the proper educational support.

An 18-year-old college freshman, faced with limited family financial support and rising tuition, can’t wait around for the state to act. She starts racking up student loan debt and tries to squeeze in studying between working a full-time job to pay the bills.

During Pawlenty’s eight years in office, tuition at institutions of the Minnesota State system, which includes St. Cloud State University and St. Cloud Technical & Community College, increased 55 percent. At the University of Minnesota, in-state tuition increased 68 percent. At the same time, student grants decreased 7 percent.

In Pawlenty’s decade, Minnesota lost its status as a leader among states in funding higher education. Minnesota’s ranking in state funding for higher education dropped from 12th in fiscal year 2001 to 35th in fiscal year 2006.

In recent years, some of the significant cuts were restored.

But if you entered college during Pawlenty’s eight years, you spent more money, took longer to earn your degree and today are paying off student loans that made up for cuts in state support for higher education.

Don’t let another Pawlenty administration steal affordable higher education from another decade of young people.

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# Newsleaders

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

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.

## Despite snow, Minnesota least stressful place to live

If you are a high school student who prepared for ACT tests scheduled for last weekend ...

If you planned to fly to a sunny beach for a spring vacation ...

If you own a golf course or a lawn-care service ...

If you’re the Minnesota Twins, who have had four games postponed already ...

If you’re just tired of winter ...

Then last weekend’s snowstorm might have cranked up your stress level. A storm that was forecast to be over by Saturday noon lingered into Saturday night, then Sunday, then Sunday night.

The latest dump of spring snow forced the cancellation of college-entrance tests, totally shut down Minneapolis-St. Paul airport for an unprecedented eight hours and delayed for days if not weeks any hope of playing or watching spring sports.

So, you may not believe what I’m about to report.

Minnesota is the least stressful place to live of all 50 states and the District of Columbia.

Apparently, April is Stress Awareness Month and the personal-finance website WalletHub measured the states with the highest stress levels by comparing 38 key metrics.

The data sets ranged from average hours worked per week to personal bankruptcy rate to share of adults getting adequate sleep. The study

Mike  
Knaak  
*Editor*



combined those 38 scores and calculated ratings in four key dimensions. The study revealed these stress levels in Minnesota. (A “1” ranking means the most stressed place, so higher numbers are good.)

- \*Work stress 42nd
- \*Family stress 49th
- \*Money stress 51st
- \*Health and safety stress 51st

The overall score produced a No. 1 rank for Minnesota. Among the 38 key metrics, Minnesota ranked in the top 10 percent for highest median credit score, lowest percentage of adults in poor health, the number of psychologists, low divorce rate and a low percentage of people living in poverty.

If you’ve had enough of cold and snow and you’re dreaming about moving to a warmer place, you might want to reconsider.

Louisiana residents scored the highest stress levels, followed by New Mexico.

In fact, four of the five least-stressful places are in the Upper Midwest.

## Knowledge Bowl great activity for students, area

We’re in the midst of an exciting season here in Central Minnesota, and no it’s not the massive amount of snow that came down on us in recent weeks. Many school sports and activities have been having their state meets and tournaments. One of these, the State Knowledge Bowl Meet, was held just recently on April 12 and 13. Knowledge Bowl is a passion of mine because I compete in it personally, and also because it really is a great way to represent the strong schools in our area.

For those who haven’t heard of Knowledge Bowl, it’s a school-sponsored competitive activity where students use their knowledge and experience rather than athletic prowess. At a meet, teams first compete in the written round, a test of 60 questions, and are then placed into rooms based on their results, with the top three scoring teams in Room 1, the next three in Room 2 and so on. From here the oral rounds begin. The team members sit at tables with a centrally placed buzzer strip, and can buzz in at any time as questions are asked. Correct answers gain the team a point each, and based on their scores at the end of each oral round, teams are then shifted among the rooms accordingly. The winner is the team with the most points after all rounds are complete.

Knowledge Bowl makes for such an interesting and enriching activity because there is so much

Connor  
Kockler  
*Guest Writer*



information that’s covered. Among Knowledge Bowl competitors, we often joke there is no effective way to really study for it, as one question could be about European geography and the next about elements on the periodic table. To succeed at Knowledge Bowl, you need to have a very well-rounded learning base, which is something I see as a priority for education overall.

It’s a great activity for fostering teamwork as well. Each Knowledge Bowl team can consist of up to five members, with all five being able to work on the written round, while only four can compete in oral rounds at a time, with the fifth person switching in or substituting between different rounds. Since the amount of material covered is so broad, teams need to be balanced, often with members specializing in subjects like math and social studies. Coaches and players need to carefully build teams with different strengths and weaknesses in mind.

Rather than any one star player or decisive last-second play or move, Knowledge Bowl is about consistent

Following Minnesota are North Dakota, Utah, Iowa and South Dakota.

And there’s more good news for healthful living, according to recent medical research.

Men in Minnesota live longer than those in any other state. Minnesota women rank fourth.

The findings were published recently in the *Journal of the American Medical Association*.

Minnesotans have the fourth-longest life expectancy, with an average life span of 80.8 years, ranking behind only Hawaii, California and Connecticut. Mississippi had the lowest life expectancy, with an average of 74.7 years. Mississippi also failed the stress study, ranking as the fourth-most stressful state.

Minnesota men have an average life expectancy of 78.7 years. Minnesota women have an average life expectancy of 82.9 years.

Minnesota residents overall lead the nation in “healthy life expectancy” at 70.3 years. That category is defined as years of life spent in full health.

The study covered 333 diseases and injuries and 84 risk factors.

Minnesotans, stay put. To be happy and healthy, generally avoid the southeastern states.

Put down the shovel, take a deep breath. “State with the most snow” doesn’t even show up on the stress list.

effort and cooperation between all members of teams, and we sure do that well here in Central Minnesota. At the state meet last week, local teams placed extraordinarily well. Out of 24 teams in the small schools division at State, St. John’s Prep placed seventh, while out of the 24 large schools, my own Sauk Rapids-Rice took seventh, while Sartell-St. Stephen took the title in first place. Considering almost 1,000 total teams from dozens of high schools compete in Knowledge Bowl each year and only 48 make it to State, these placements are even more impressive.

Though we may not always hear about it, Knowledge Bowl is an activity that’s providing great opportunities to students, as well as great publicity for our area. This is because Knowledge Bowl and other academic extracurriculars like Speech and Mock Trial attract students with a passion for learning and growth, and teach them important lessons in teamwork, public speaking and organizational skills. Sports may get a lot of the spotlight, but be sure to pay attention to activities as well. I’m sure glad I did, and my involvement will stick with me for the rest of my life.

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

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The Newsleaders  
P.O. Box 324  
St. Joseph, MN 56374



# Keep Tax Day in your heart all year-round

This past week saw one of our great national holidays occur. No, not the baseball opener (that was earlier), but Tax Day! Yay! I know that much like Christmas, sometimes it’s easy to forget the true meaning of the season and there is some humbuggery floating around, as well as a lot of last-minute preparation and stress. But, also like Christmas, maybe it’s a season we should keep in our hearts all year-round. My dad always said if you’re paying income taxes, at least you have income to be taxed. The implication being that you can’t pay income tax without the income part. Similarly, the most common tax we all pay throughout the rest of the

year can’t happen without the first word: *sales* tax. Sales tax is a pretty good concept. It’s directly paid by the people involved in the transaction. Don’t want to pay sales tax, don’t buy something. Of course, here in Minnesota, we also have the benefit of not every good being taxable (some food items, clothing and print advertising, for example). Scaled large, it’s a good way for a government to generate revenue. Scaled small, it’s an even better way for small towns to generate revenue. When we think of sales tax, we often just think of it at the state level, but it’s key to remember smaller municipal units, such as towns and

Patric Lewandowski

Guest Writer



cities, can also levy sales taxes. Towns and cities have two easy ways to generate the revenue they need to provide services: property tax and sales tax. There are other methodologies to be sure, but those two are the easiest. Sales tax is particularly nice because potentially more than just the residents of the municipality can pay it. Should your town or city see a large number of visitors for an event, that is additional revenue, which is a good reason to want to host events

and generate tourism. When sales tax is used at a local level, the revenue generated can be used for special projects that otherwise might not get funding. Sales tax can also help ease property tax burdens at times. I’ve written before about how shopping local adds to a local tax base, and really sales tax is just the icing on the cake. A local business’s sales tax can really help strengthen a local economy, especially in a small town. In the formative years of a small business, the sales tax may be the only real contribution to the tax base the business can make (depending on profit/loss, start-up deductions and other corporate

tax laws that help small businesses such as the Section 179 deduction). If a small town is to grow and thrive, it needs small businesses to provide revenue, and often those road repairs or city employee salaries can’t wait the three to five years it may take a small business to start paying a meaningful share of corporate taxes. Sales tax becomes crucial. As we put our Tax Day decorations away for another year and start looking forward to other critical holidays, such as Flag Day (less than 60 shopping days left until Flag Day!), it’s important we remember every time we buy something at our local stores, we keep Tax Day in our hearts all year-round.

## 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.*

**Friday, April 20**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk Rapids. 320-253-9614. mnbentonhistory.org.  
**Healthcare Summit: A Panel of Experts,** 6 p.m., Founders Room at St. John’s University, 2850 Abbey Plaza, Collegeville.  
**St. Cloud Singles Club Dance,** 8 p.m.-midnight, American Legion, 17 Second Ave. S., Waite Park. 320-339-

4533. stcloudsingles.net.  
**Saturday, April 21**  
**Community Meal,** 11:30 a.m.-12:45 p.m., First United Methodist Church, 1107 Pinecone Road S., Sartell.  
**Earth Day Fair** at First United Methodist Church, 1-4 p.m., 1107 Pinecone Road S., Sartell. 320-251-0804.  
**Sunday, April 22**  
Waffle Breakfast, sponsored by the Sartell Fire Department Relief Association, 8 a.m.-noon. St. Francis Xavier Church, 219 Second St. N., Sartell.  
**Earth Day Worship and Nature Center Demonstration,** 9:30 a.m., First United Methodist Church 1107 Pinecone Road S., Sartell. 320-251-0804.  
**Monday, April 23**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk

Rapids. 320-253-9614. mnbentonhistory.org.  
**Sartell City Council,** 6 p.m., Sartell City Hall, 125 Pinecone Road N. 320-253-2171.  
**Tuesday, April 24**  
**The Clothesline Project,** an awareness event on sexual assault and trauma in the military, 10 a.m.-2 p.m., St. Cloud VA Health Care System, 4801 Veterans Drive, St Cloud, Bldg. 8. Joy Finkelson, 320-252-1670 ext. 6398.  
**National Alliance on Mental Health,** 7-8:30 p.m., Calvary Community Church, 1200 Roosevelt Road, St. Cloud. 320-259-7101.  
**Wednesday, April 25**  
**The Clothesline Project,** an awareness event on sexual assault and trauma in the military, 10 a.m.-2 p.m., St. Cloud VA Health Care System, 4801 Veterans Drive, St Cloud, Bldg. 8. Joy Finkelson, 320-252-1670 ext.

6398.  
**“Understanding the Neurobiology of Trauma,”** presented by VA psychologist Dr. John Ross, 5 p.m., St. Cloud VA Health Care System, 4801 Veterans Drive, St. Cloud. 320-255-6353.  
**Thursday, April 26**  
**Coffee and Conversation,** a senior discussion group road trip to Woodcrest of County Manor, 9 a.m., Sartell Community Center, 850 19th St. S.  
**The Clothesline Project,** an awareness event on sexual assault and trauma in the military, 10 a.m.-2 p.m., St. Cloud VA Health Care System, 4801 Veterans Drive, St Cloud, Bldg. 8. Joy Finkelson, 320-252-1670 ext. 6398.  
**Pajama Party,** hosted by United Way, 5-7:30 p.m., St. Cloud Public Library, 1300 St. Germain St. 320-650-2500.

**Friday, April 27**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk Rapids. 320-253-9614. mnbentonhistory.org.  
**Saturday, April 28**  
**Sartell Lions Cleanup,** 8 a.m.-noon, Sartell Middle School Parking Lot, 627 Third Ave. N. 320-293-1560.  
**St. Cloud VA Career Fair** for nursing, medical clerk and clinical social-work occupations, 9 a.m.-noon, St. Cloud VA Health Care System, 4801 Veterans Drive Bldg. 1. 320-252-1670 ext. 7276.

**Sunday, April 29**  
**Artrageous,** the interactive art and music experience, 3 p.m., Paramount Center for the Arts, 913 St. Germain St., St Cloud. 320-259-5463.

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# Doulas help hugely in birthing process

by Dennis Dalman  
news@thenewsleaders.com

When Melissa Kosloski was giving birth to her first baby, a boy delivered via C-section, she felt she just hadn't been prepared enough for the experience.

"I thought I would just tough it out," she recalled. "But I realized I could have had better support and could have learned more about the physiology of birth."

That was in 2011. When she became pregnant again, she was determined to prepare more extensively for the birth. After doing a lot of research online and asking around, she discovered there are birth assistants named "doulas" who work with pregnant women before, during and sometimes after births to help make the experiences more predictable, less traumatic and far more comfortable.

Kosloski hired a doula, and in 2013, her second birth, another boy, went very well. She had the baby, attended by her husband and the doula, while reclining in a tub of water right in her own home.

"I felt so much more positive about the experience," she said. "I felt empowered because of the doula. And I wanted to offer that empowerment to other women."

And that's how Kosloski herself became a practicing doula. Now a resident of Rice, Kosloski grew up in the St. Joseph area and grad-

uated from Sartell High School in 2002. She is a child-birth educator, a part-time doula and teaches at a chiropractic clinic in Sartell as well as other places.



Kosloski

## Doulas

The word doula derives from the Greek word for "female servant" or "labor helper."

A doula cannot perform medical procedures relating to pregnancy or birth, but they are certified through training to do many other helpful things: massage, counter-pressure, relaxation, helping the woman maintain a supportive birth posture, providing water and soothing words of reassurance for the mother and often the baby's father should he be present.

A huge help from a doula comes in the form of building confidence and reassurance months before the birthing process. The pregnant woman and the doula meet and discuss concerns, fears, natural-birthing techniques, what can be done if there are complications, misconceptions about giving birth and irrational fears that can be internalized.

Kosloski said in the birth process, the bigger the fears, the

harder the labor. That is why confidence and reassurance inspired by the doula are so helpful. It also helps the fathers.

"The dads are usually nervous and not sure what to do," she said, "so we reassure them, too. And we do follow-up visits. It's so good to see the dynamic of love between the man, the woman and the new child."

Some doulas are men, but not very many, Kosloski noted. In the central Minnesota area, there are possibly up to a dozen doulas, but there are hundreds in the Twin Cities area, and many are willing to help out elsewhere. Some doulas also help out post-partum, making visits to the families, helping with light housework and offering tips on baby care, such as nursing and so forth.

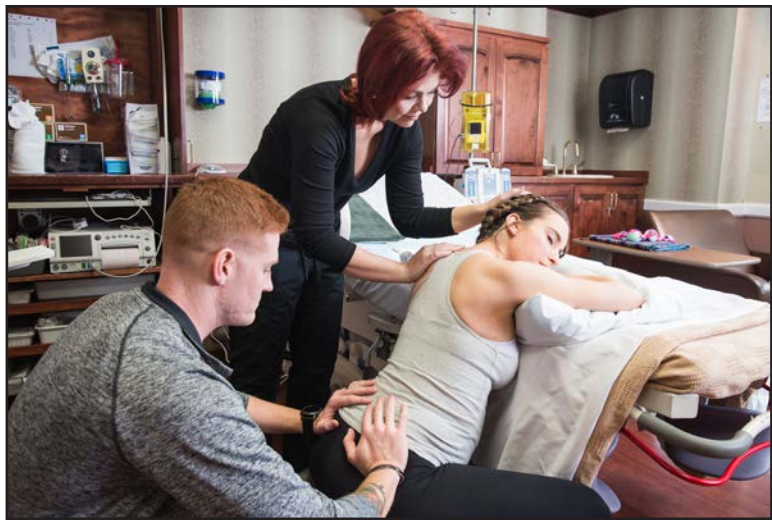
There are even "sibling doulas," who care for the siblings during the birth process.

Research shows doulas are beneficial in many ways: maternal and infant health, shorter deliveries, fewer C-sections, fewer complications of other sorts, fewer medications and a reduced use of fetal-delivery tools.

## Third son

Kosloski's third baby, yet another son, was born in 2016 also at home but not, like the second son, in a water tub.

Her husband, Loren, is highly supportive of her doula work and



contributed photo

**A husband and a doula help a woman relax during the birthing process. This photo was provided by a doula organization and was not taken in this area.**

the two at-home births. He is also supportive in making birthing a family affair. The two oldest boys were present at the birth of their little brother and happily saw him being born.

"His (Loren's) stepmother is a home-birth midwife," she said. "So, naturally, he is OK with births at home."

Loren works as an athletic trainer and with rehab-and-treatment at the Chiropractic Performance Center in Sartell.

## Roufs

Kosloski credits Paula Roufs as a trailblazer for doulas in central Minnesota.

Raised in St. Joseph and now a St. Cloud resident, Roufs started a network called Birth Community of which she is president, and Roufs helped organize and operate it.

To find out more about The Birth Community, visit [www.thebirthcommunity.com](http://www.thebirthcommunity.com).

Another resource Kosloski recommends is a program called Birth Boot Camp, of which she is a member. Its website and its class schedules can be found at [www.birthbootcamp.com](http://www.birthbootcamp.com).

Kosloski describes birth as "pain with a purpose," and thanks to doulas like she and others, that pain is much more bearable.

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