

# St. Joseph Newsleader

Friday, May 18, 2018  
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Est. 1989

## Town Crier

### Joetown Rocks seeks parade floats

Join the city of St. Joseph for its annual Fourth of July celebration by participating in the parade July 4. Registration forms can be found online at [www.e-club-house.org/sites/stjosephmn](http://www.e-club-house.org/sites/stjosephmn) or call 320-363-4483.

### Election judges needed for 2018 elections

Interested parties available to serve at both the 2018 primary and general elections should contact the St. Joseph City Office at 320-363-7201. Primary Election is Tuesday, Aug. 14, and the General Election will be Tuesday, Nov. 6.

### Legion sponsors Memorial Day contest

Children ages 12-18 who want to share their creativity and knowledge have a chance to participate in the second annual Memorial Day poster contest sponsored by the American Legion Auxiliary Unit 328 of St. Joseph.

"People are losing the true meaning of Memorial Day and we need to honor our veterans," said Ann Reischl, American Legion Auxiliary secretary. Reischl, who has been a member of the Auxiliary for 37 years, said they started the contest last year when they realized many people don't know what Memorial Day is about other than it is a three-day weekend. "We want to teach the children at an early age," she said.

Children interested in entering the contest should create a poster about Memorial Day, what they know about it or what it means to them, and drop it off at the American Legion in St. Joseph by May 25. Monetary awards will be given to the contest winners.

For additional information, contact Reischl at 320-363-8825.

### Mow lawns this summer

Central Minnesota Habitat for Humanity needs volunteers to mow lawns on properties that Habitat owns but there is no homeowner yet on the property. Locations are in St. Cloud. Volunteers are asked to adopt a property and mow as needed throughout the summer. The time is flexible to the volunteer's schedule. Contact Mary Amann, Central Minnesota Habitat for Humanity, at 320-248-8256 or [mamann@cmhfh.org](mailto:mamann@cmhfh.org).

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

**INSERT:**  
**Culligan**



photo by Cori Hilsgen

The Church of St. Joseph quilting group including (left to right) Delrose Fischer, Marilyn Brinkmann, Josie Meyer, Jeny Meyer, Cathy Buchheit, Ilene Schmitt, Ione Jacobs, Geri Schwab and Betty Schloemer work on a Minnesota Vikings football team quilt, which will be auctioned at the July Fourth festival. The group plans to have 21 queen-sized and 17 baby quilts available at the auction.

## Vikings quilt to be auctioned at July 4 festival

by Cori Hilsgen  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

The Church of St. Joseph Catholic church quilters have been busy stitching for the annual July Fourth parish festival and have much to show

for their hard work.

For sporting enthusiasts, this year's display of quilts will include a Minnesota Vikings football team quilt and a Minnesota Twins baseball team quilt. The array of quilts to be auctioned this year will

include 21 queen-sized and 17 baby quilts.

Delrose Fischer, who has been helping coordinate the quilting for 21 years, said they decided to create the Vikings quilt because the team did so well last year.

Fischer said Dave Thole of Shirts Illustrated prints the photos for many of their quilts and always does a wonderful job.

It isn't just the stitching that brings this group together.

Quilt • page 4



photo by Darren Diekmann

Shelly Carlson performs the continuous task of checking the network of tap lines that collect the sap at Wildwood Ranch.

## Less sap, more sugar after cold winter

by Darren Diekmann  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

Maple-syrup season wrapped up just a few weeks ago in the area, and for some producers the unusually cold and snowy spring made for a poor season — with yields well below average.

Others were at least partly saved by just one or two days of free-flowing sap in mid-April.

That was true of Shelly and Tom Carlson who work a 40-acre sugar bush, or sugar maple stand.

The operation is called Wildwood Ranch at Kraemer Lake-Wildwood County Park in Stearns County, off CR 51.

"At one point, this year," Shelly Carlson said. "We never had more than 400 gallons of sap a day." A low yield for their more than 1,500 taps

and 40 acres for that time of the year.

The unseasonably cold weather did not allow for the usual period of below-freezing nights and warmer, above-freezing days. It's a cycle that usually begins in March and ends in early to mid-April and that enables producers to collect sap from the tree during the afternoons as the thawing sap is drawn up the tree to the warming branches.

For the Carlsons it seemed like it would be a poor production year. That is until April 17.

"That Tuesday was our one big sap day right after the last big snow," Carlson said. "Everything just let loose that day. We collected about 2,100 gallons of sap.

The cold may have reduced

Sap • page 3



Bennie & Johnny

by the Marvelous Patric



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(formerly Index 53)

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For contact purposes only, please include first/last name and phone.

## People

**Carolynn "Reanee" Swiger** of St. Joseph was recently named a Queen of the Road for 2018 by "The Real Women in Trucking." She has been driving for Brenny Specialized Inc. in St. Joseph since 2012. These women are recognized for their hard work and their compassion for helping others.

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Newsleader staff members have the responsibility to report news fairly and accurately and are accountable to the public. Readers who feel we've fallen short of these standards are urged to call the Newsleader office at 320-363-7741. If matters cannot be resolved locally, readers are encouraged to take complaints to the Minnesota News Council, an independent agency designed to improve relationships between the public and the media and resolve conflicts. The council office may be reached at 612-341-9357.

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# Sap

## from front page

the amount of sap collected, but it helped increase the concentration of sugar in the sap. When it's cold, the tree stores the sap in the roots longer, causing higher concentrations of sugar, Carlson said.

"We didn't get as much sap, but the sugars were high," she said. "We were averaging about 3.3 to 3.5 percent all season, those are just phenomenal numbers."

This area in Minnesota typically averages about 3 percent sugar in the sap coming out of the tap, compared with Vermont and other areas that typically average about 2 percent.

The high sugar content

helped the Carlsons end up with a respectable 340 gallons of syrup — not a bad year.

"We were hoping for about 500 gallons with all the taps we had out," Carlson said.

Making money from maple syrup is a small part of the Carlsons' interest in it. Shelly says it's a family tradition and a hobby out of control.

It connects her to her father who started the venture, and to her husband, who during the season, takes time off from his veterinarian practice to work by her side. Her kids help out and her brother contributes with his own nearby maple stand.

Carlson's father, Wally Honer, began thinking about making maple syrup when he owned a hobby farm raising Morgan horses.

"It started when a forester

in the mid-1960s told him that he had a fabulous stand of maples — a great sugar bush for making maple syrup. That is what sparked his interest."

It was certainly in her father's character to try something like this.

"He was always the kind of guy who liked to harvest from his land," she said. "He picked berries in the woods and he grew shiitake mushrooms for a while."

However, no maples were tapped until the 1970s, when Fred, one of Carlson's brothers came back from homesteading in Alaska and started tapping and making a small amount of maple syrup.

That was the spark her father needed. With help from family, Honer tapped about a hundred trees and built a little shelter (a sugar shack) in the

woods for the cooking.

Honer expanded his operation in the mid-1980s. He took extension classes on the subject that led him to install vacuum tubing and an evaporator.

Honer continued to make syrup until his death in 1999.

"My husband and I were out for a walk in June later that year and noticed all the trees were still tapped," she said. He had passed away in March during the maple season, but no one had taken it upon themselves to finish it up."

So the Carlsons cleaned up and prepared for next season "We kind of took over and started making improvements in the next years."

The improvements took several years and included adding more tanks for sap

storage, installing all new tubing, replacing the old evaporator with a larger one, and just last year purchasing a reverse-osmosis machine.

Now the Carlsons tap about 1,500 trees on the original 40 acres and 300 on a nearby stand owned by Fred. They now average 500 gallons of syrup a year.

"It has taken awhile but now we have a pretty nice setup," Carlson said.

In 2007, the family sold the 40-acre stand of maples to the park under a contract that would allow them to continue tapping trees and making maple syrup.

"We wanted to continue with making maple syrup," she said. "It had become a family tradition and now it's a fixture of the park."

## Blotter

*If you have a tip concerning a crime, call the St. Joseph Police Department at 363-8250 or Tri-County Crime Stoppers at 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.*

### May 5

9:18 p.m. Warrant. CR 75 and Eighth Avenue NE. An officer noticed the brake lights on the car in front of him were not working. The officer pulled over the car and identified the male driver. The officer found the driver had a Sherburne County warrant and his license was revoked. The warrant was confirmed and the officer placed the suspect into custody transporting him to Stearns County Jail.

### May 8

12:07 a.m. Warrant. 20th Avenue NE. While exiting the Kwik Trip parking lot, an officer observed a vehicle and randomly ran the license plate through the system. The suspect had a warrant out for his arrest. Infor-

mation was relayed to another officer who observed a woman get back into the driver's seat and the car began to exit the parking lot. The vehicle was stopped. The female driver was not the suspect stated in the warrant but was driving with a revoked license. A citation was issued for driving after revocation. The officer followed the vehicle home because there were two children in the back seat.

### May 9

5:15 p.m. Crash. CR 75 and Ridgewood Road. An officer spotted a two-vehicle collision. The officer stopped and spoke with the individuals involved in the incident. Vehicle one was westbound on CR 75 and started to slow down for the stop light at Ridgewood Road. Vehicle two was also westbound and rear-ended vehicle one because of speed. There were no injuries and both vehicles sustained minor damage.

### May 10

2:31 a.m. DWI. CR 2 and Minnesota Street W. While in

the St. Joseph park-and-ride lot, an officer observed two vehicles on Minnesota Street. One of the cars kept driving while the other pulled into the parking lot and flagged down the officer. A man said he was behind the vehicle and observed it had a flat tire and was all over the road. The car had also been in an accident and when the man made contact with the driver she appeared to be drunk. The officer eventually stopped the female driver and subsequently arrested her for a DWI.

10:08 p.m. Drug paraphernalia. Minnesota Street E. and Eighth Avenue NE. An officer spotted a vehicle traveling east in front of him with a burned-out headlight. The officer made a U-turn and stopped the vehicle. Upon walking up to the driver's side window, the officer could smell a strong odor of burned marijuana coming from the vehicle. There was no marijuana on the suspect but left-over residue on the grinder and glass pipe. A citation for drug paraphernalia was issued.

### wMay 11

11:56 a.m. Fraud. Minnesota Street W. An officer met with a woman who said she had received a call from an unknown number claiming to be with the Internal Revenue Service. The caller told her to buy \$1,500 in Google Play and give the codes to him over the phone. The woman did as she was instructed and later came to realize it was fraudulent.

8:14 p.m. Assault. Schneider Drive. Officers were dispatched to an assault in progress. Reports claimed someone had been struck with a bat. Upon arrival, the officer was told the suspect had left. The officer spoke with the victim who stated he got into an argument with the male suspect who hit him with the bat three to four times. The victim and the suspect were mutual friends so the victim did not want to press charges or give a statement.

11:21 p.m. Driving after re-

vocation. CR 75. An officer noticed a vehicle in front of him drifting to the center line. The passenger-side tires were across the center line at one point. The driver continued to ride the fog line so the officer pulled the vehicle over. The officer told the driver he stopped him for his driving conduct and asked for his license and registration. The driver was not able to provide his license but provided a valid poof of insurance. A records check determined the driver had a suspended license. A citation was issued and a valid driver was called.

### May 14

8:20 p.m. Theft. Fourth Avenue SE. A woman reported her bicycle stolen out of her apartment bike rack over the weekend. The bike is a specialized one which is pink/white with a value of \$1,000. The bike was entered as stolen through dispatch.

## PUBLIC NOTICE

### CITY OF ST. JOSEPH NOTICE OF PUBLIC HEARING VACATION OF DRAINAGE & UTILITY EASEMENTS

The St. Joseph City Council shall conduct a public hearing at 6 p.m., or shortly thereafter as the matter may be heard, Monday, June 4, 2018, in the St. Joseph Government Center, 75 Callaway St. E. to hear all persons upon the proposed vacation of certain internal drainage and utility easements between Lots 10 and 11, Block 3, Country Manor Senior Living Campus. The request has been submitted by CM St. Joe, LLC, property owner, for the purpose to combine the two lots into one lot.

Judy Weyrens  
Administrator

Publish: May 18 and 25, 2018

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# Quilt

from front page

er. The group enjoys each other's company so much they also gather for lunch once a month on the months they are on break from stitching the quilts.

"We like the people," Geri Schwab said.

Ione Jacobs doesn't even belong to the parish but said she drives from St. Cloud because she loves the companionship the group provides.

One member of the group, Betty Schloemer, recently did some remodeling to her home and the group christened the new room by doing some quilting there.

The group's youngest member, Jeny Meyer, 47, said she learns a lot while stitching on the quilts.

"I learn a lot more than just quilting," Meyer said. "These ladies are so different in personalities but have each other's backs. They emulate community to me and know how to support and be a friend. These ladies are more fun than the actual quilting."

Meyer and her husband, Mike, have helped hang and hold up quilts for the festival quilt auction for several years.

Josie Meyer, 88, is the oldest quilter of the group and is Jeny's mother-in-law.

This is Cathy Buchheit's

second year with the group. As a former member of the parish who moved to Rockville, she rejoined the parish last March.

"I always liked quilting, so when I joined the church I walked over to quilt," Buchheit said. "I love it, and then go home and quilt some more."

The quilters gather in Heritage Hall stitching from 8 a.m.-1:30 p.m. Mondays and from 8 a.m. until finished on Tuesdays. They gather from the first Monday in August until the end of November and then start again in January working through March, usually taking the months of April through July and December off for extended breaks.

It takes at least 100 volunteer hours to complete a quilt. The quilters are always looking for additional people who are interested in helping stitch quilts or cook meals for the group. Currently, about eight parishioners provide Monday meals for the group.

Fischer began displaying quilts this month in Heritage Hall. Each quilt is displayed for two weeks until the end of June.

This year's quilt auction will be at 1:30 p.m. Wednesday, July 4. Col. Frank Imholte of Black Diamond Auctions has been conducting the auction since 1987.

Last year's quilt auction raised \$11,775.



photos by Cori Hilsen

This Minnesota Vikings football team quilt will be one of the quilts auctioned off at the Church of St. Joseph July Fourth parish festival.



This year's annual July Fourth Church of St. Joseph parish festival quilt auction will include this "Bambi" baby quilt.



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# Foster families needed in St. Joseph, locally

by **Mike Knaak**  
 editor@thenewsleaders.com

Jennifer Thelen is looking for a few good families.

Thelen of St. Joseph is a social worker with Stearns County Human Services.

Although recruiting and licensing foster-care families is a year-round job, Thelen is trying to get the word out during May, Foster Care Appreciation Month, about the need for families to care for children.

Currently, 68 families provide foster care for about 160 children ranging from infants to age 17.

Foster parents are as diverse as the children they care for. Some are married; some are single; some are grandparents; some are parents with young children, adolescents or grown children; some hope to eventually adopt children. The characteristics foster parents have in common are love for children, an ability to commit to challenges and a desire to make a difference in the lives of children, Thelen said..

Not only does Stearns County need more foster homes, the location of the homes is important too, Thelen said.

Removing a child from a home is disruptive enough, but if a child moves to a foster home away from the neighborhood, friends and school, the situation is even more stressful.

Right now there are no foster homes in the St. Joseph area, so a child needing foster care would be placed outside the area.

Because children in foster care are sometimes adopted

by the foster family, there’s a constant need for new foster homes.

In addition to getting the word out about the need for foster families, Thelen also licenses the homes.

Foster families have to pass background checks, interviews, a home study and a safety inspection before being approved. More than half of foster families are relatives of the child being placed.

Foster families are paid a stipend for food, clothing and transportation.

“It isn’t a job. People are doing this from their heart,” Thelen said. “They genuinely want to provide love and care for somebody. You’re doing that because you want to help other people.”

Foster care is needed when a child’s well-being is threatened by a deteriorating home situation.

A child’s parents may struggle with social, financial, legal or chemical-dependency issues and are no longer able to care for the child.

While the child is in foster care, social workers and the court work with parents to address the issues and reunite the family.

The ultimate goal is to move the child from foster care to a more permanent, stable situation. That may be family reunification or adoption.

Families interested in foster care should contact human services at 320-656-6000 and ask for the coverage licensing social worker. The county conducts a no-commitment orientation about every two months. The session lasts about two-and-a-half hours.

“There is a continued need and there always will be,” Thelen said.

“If we could get 10 more foster homes we would love that,” Thelen said.



Thelen



photo by Darren Diekmann

**Mike Berthiaume, Rockford, sits atop a John Deere two-wheel sulky, single-blade plow, circa 1900, pulled by his team of shires, Sven and Abby. They are preparing a field outside of St. Joseph owned by Lenny Gillitzer of St. Joseph.**

## Horses break ground on Spring Plow Day

by **Darren Diekmann**  
 news@thenewsleaders.com

Lenny Gillitzer’s farmyard and field was a hub of activity May 5, as dozens of members of the Northern Minnesota Draft Horse Association and their teams of horses gathered for their Spring Plow Day to work their horses, have fellowship, share experiences and to prepare Gillitzers’s field for planting.

The Gillitzer field, east of St. Joseph along CR 75, is one of the preferred locations for the spring event. Gillitzer has hosted it several years off and on he said, and this is about the third year in a row. Part of the reason is he is centrally located and convenient for the other members. Also, the soil is nearly ideal for the horse-

drawn plows.

“My soil is on the lighter side,” Gillitzer said. “It scours the plows real nice(ly). It pulls eas(ily). And it dries out real(ly) nice(ly), much more quickly than others. Some of the soils in other areas are heavy and hard to turn over.”

The association is about 250 members strong, said Mike Berthiaume, an association board member. Members are involved in several events, such as logging in Grand Rapids, not directly connected to the group. The association also hosts Fall Field Day in Richmond.

The members and horses worked the fields most of the morning, then took a break from the heat of the sun for a potluck meal.

“This spring event is nice for

us, to get the horses out, and get them working,” Berthiaume said. “We have a good time. It’s a time to talk and catch up.”

Gillitzer agreed. He said he found the day gratifying.

“I like the camaraderie and all the interesting aspects that go along with it. I have been into farming all of my life,” he said.

Some may wonder what is the point of all the work. Berthiaume said it’s important to preserve history and educate people about the past.

“It’s going back in time, to see what it was like back when,” he said. “We are preserving some of this vintage equipment. . . . Our country wouldn’t be what it is today without our horses and oxen and plows.”

# Eight apply for open city council seat

by **Mike Knaak**  
 editor@thenewsleaders.com

Eight people have applied for the open St. Joseph City Council seat.

The applicants are: Dennis Dunphy, James Eiyneck, Brian Theisen, Robert Ringstrom, Aaron Lindblad, Anne Buckvold, Jon Bruns and Amber Wiese.

The Council planned to interview the candidates at a special meeting on May 17 and

make an appointment at that time, according to Judy Weyrens, city administrator.

The vacancy was created when council member Matt Killam resigned at the end of April. He moved out of the area.

The person appointed will fill out the rest of Killam’s term and the seat will be up for election in November along with those of council member Dale Wick and Mayor Rick Schultz.

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# Opinion

## Never miss a chance to celebrate Statehood Day

### Our View

#### Election filings kick off official campaign season

Now it gets real.

Although many candidates running for election this fall have been campaigning for months, Tuesday, May 22, marks the official beginning of the election season.

On that day, candidates can begin filing with the secretary of state or local officials for positions up for election this fall.

The early filing period, which ends June 5, is for races that conduct primaries if necessary. Primary election day is Aug. 14. A later filing period opens July 31 for offices, such as St. Joseph City Council and mayor, which don't conduct primaries.

With the election almost six months away, it may be hard to focus on voting. But voters should start examining candidates now.

Midterm elections usually suffer from lower voter turnout than when the presidency is on the ballot. In Minnesota, however, the non-presidential years can be just as significant because state offices such as governor are on the ballot. In 2018, this is even truer than usual.

Minnesotans will elect a new governor and lieutenant governor. Other constitutional officers, such as auditor and secretary of state are also on the ballot.

Both U.S. Senators, Amy Klobuchar and Tina Smith, and all eight of the House of Representatives seats will be up as well. Unexpected events put more offices in play this year. Al Franken's resignation forced an election for his Senate seat, which wouldn't have been up for a vote until 2020. Rep. Tim Walz is running for governor so his First District seat, covering southern Minnesota, will be open. In northeastern Minnesota, Eighth District Rep. Rick Nolen is retiring. Both men are Democrats.

Closer to home, Rep. Tom Emmer, a Republican, is being challenged by Democrat Ian Todd.

In the Minnesota Legislature, no state Senate seats are up for election this year. All House seats will stand for election. In District 13A, DFLer Jim Read is challenging incumbent Republican Jeff Howe.

In Stearns County, we'll be electing a new sheriff for the first time in 16 years. Three men have announced plans to run, which means there will be a primary. Other countywide officials, such as attorney, auditor-treasurer and recorder, are on the ballot. Second District Commissioner Joe Perske's seat is not up this year.

St. Joseph voters will elect a mayor and two City Council members.

The St. Cloud school district has races for board members.

That's a lot to keep track of for the next few months but it's important work.

In the 2016 presidential election, 129 million votes were cast. If 36,000 Donald Trump voters instead voted for Hilary Clinton, a different person would be in the White House today. That breaks down to less than three voters in each precinct across Wisconsin, Michigan and Pennsylvania switching sides.

Every vote counts and elections have consequences.

St. Joseph • Sartell-St. Stephen

# Newsleaders

Reaching EVERYbody!

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](mailto: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.

So how did you celebrate Minnesota Statehood Day? Did you bake a Minnesota-shaped cake or do something more appropriate such as cooking wild rice soup?

May 11 marked the 160th anniversary of Minnesota's entry into the union as the 32nd state.

Our family celebrated by participating in two uniquely Minnesotan experiences.


Last week, our younger daughter returned home for a short vacation. She's lived in the United Kingdom, Boston and now Washington, D.C., for the past five years.

After getting over reverse sticker shock – "Things are SO cheap here" – she suggested two activities she would enjoy and she could share with her East Coast friends who have difficulty understanding flyover country.

The good people of Boston struggle to imagine Stearns County is larger than the state of Rhode Island. When Bostonians plan the 51-mile drive to Providence, you'd think they are packing for a trip to the moon. And her Washington co-workers wonder how we cope with winter when even the forecast of snow totally shuts down the nation's capital.

On Minnesota Statehood Day Eve, we traveled south to Minneapolis for Guthrie Theater's production of "Guess Who's Coming to Dinner." The play, based on the 1967 movie,

**Mike Knaak**  
*Editor*



raises issues that are still relevant 50 years later about interracial marriage, "the other" and our inherent biases.

The plot centers on how a liberal white couple reacts when their daughter surprises them with news she plans to marry a prominent doctor who just happens to be black.

The Guthrie is a truly unique Minnesota treasure. It's part of Minnesota's rich arts and cultural scene that includes the Walker Art Center, Minneapolis Institute of Arts and the Minnesota Orchestra. New York is the only city with more theater seats per capita than the Twin Cities, tourism promoters are happy to tell you.

On Statehood Day, we traveled north to the headwaters of the Mississippi River in Itasca State Park between Park Rapids and Bemidji.

I have to admit, I'm not a very good Minnesotan. I don't hunt or fish and I'd rather vacation in the Big City than the Big Woods. My two daughters share my tilt toward urban rather than natural adventures. Nature's great as long as you can experience it with indoor plumbing.

## Grads: your vote may make the difference


Last week, I was able to have an experience I've been waiting to have for a good portion of my life; that is, to vote. Walking up to my local precinct to cast a ballot in the Sauk Rapids-Rice school district referendum, it occurred to me what a simple, yet powerful act this really is. I was in and out in minutes, but was satisfied I had been able to have my voice in affairs for the first time. Unfortunately, this is something many people my age don't appreciate until much later on.

Turning 18 is a momentous occasion in one's life, and it's easy to be overwhelmed with everything that goes on. There's graduation and choosing colleges, proms and finals. It's easy to forget another milestone is achieved at this important age, the right to vote. Though you may not think voting is that important or that your one vote won't make a difference as a young person, I beg to differ.

Voting is such an important and amazing thing because it's one of the major reasons why the United States is so special. In a democratic country, we choose our leaders by turning out to cast ballots every two to four years to elect many offices. Everything from the local school board to the president of the United States is determined by the votes of everyday people.

That is why I think it's such an alarming statistic that young people are one of the least active voter blocs

**Connor Kockler**  
*Guest Writer*



in the country. With rising college costs, a changing job market and increasing health-care costs, there are plenty of issues that affect us, yet only 49.4 percent of 18-to 35 year-olds went to the ballot box nationwide in 2016 according to the Pew Research Center. This is despite the 18-35 age group approaching the mark of being the largest group of voters in the country. If you think about your vote as being part of millions across the nation, you can see just how much potential influence is being wasted.

And there are certainly reasons for this low participation. As more young people leave for college after high school, they may be living in different states or jurisdictions and confused about how and where to vote. Additionally, the chaotic final weeks of high school and adjusting to what's happening next in life often leaves voting on the back burner.

This is a problem because not voting now can be a start to never doing it at all. Voting is a habit like brushing your teeth. The more you do it, the more automatic and natural it becomes. If young people don't start voting now, we risk giving up

Statehood Day was a good day for a visit to the park. The mosquitoes and tourists hadn't arrived yet, although we did encounter a couple of ticks.

I happily found the gift shop near the parking lot hadn't opened for the season, so we began our 900-foot hike to the headwaters without shopping.

On the way, we met two men wearing, appropriately enough, Gopher hockey sweatshirts, and a skipping little girl.

We were alone when we reached the headwaters, which is marked by a rocky rapids as Lake Itasca becomes the 2,300-mile long Mississippi. Visiting the headwaters includes the tradition of walking across the wet, slippery rocks so the tourist can proclaim "I walked across the Mississippi River."

Soon an older couple joined us and found a spot on a bench to enjoy the view. The couple shared they had visited the spot many times and chided us for never making the trip.

Don't wait for next year's Statehood Day to celebrate all of Minnesota's riches, east to west, north to south. Whether you're looking for outdoor recreation, professional sports, arts, history or unique food and drink, an adventure is just a few hours away. Just don't tell the folks on the East Coast. We don't like crowds.

one of our major tools to influence public affairs in a time period that is critical to the rest of our lives. Public officials and officeholders respond to participation and activism, and so we should make our voices heard.

If you're wondering where to begin, or are still confused about how exactly to vote in the first place, the state of Minnesota has many great options available. A great resource is the Minnesota Secretary of State website, where you can register to vote with your address and ID such as a driver's license in minutes. If you're going out of town for college, you can register at your home address and submit an absentee ballot either in person or by mail. And, if you really forget until the last minute, Minnesota also has same-day voter registration.

So there, we have no excuse not to vote, and it's not just young people. When 56 percent of registered voters turn out nationwide in 2016, and 75 percent in Minnesota, there is plenty of room for improvement for all ages. Voting takes minutes, and only takes place once or twice a year depending on where you live. So be sure to get out to vote in November and whenever the polls are open. Our democracy and country will be all the better for it.

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

### Newsleader letters to editor policy

The Newsleader welcomes letters to the editor on current topics of local interest.

Writers are limited to one letter every three months.

Letters must be signed and include contact information, such as an email or

phone number, for verification, but that information will not be published.

During election campaigns, letters will be chosen to present a variety of opinions.

Letters that do not run in print will appear on our website, [www.thenewsleaders.com](http://www.thenewsleaders.com).

To be considered for publication, letters must be exclusive to the Newsleader.

Letters to the editor may be sent to [news@thenewsleaders.com](mailto:news@thenewsleaders.com) or P.O. Box 324, St. Joseph, MN 56374. Deadline is noon Monday. Letters must be 350 words or less.



# Music therapy isn’t what you think it is

We sat in a circle and were each given a drum. There were tentative glances all around, mild taps searching out to see how the drums worked. No, this wasn’t some crazy hippy drum circle (I’m not that kind of liberal), but a music therapy session with coworkers.

Music therapy sounds like it should be some sort of fake pseudo-science, like phrenology or flat Earth, but it’s actually completely rooted in clinical evidence. According to the American Music Therapy Association, music therapy is defined as the use of music within a therapeutic relationship to address physical, emotional, cognitive and social needs.

Music therapy is not just

rockin’ out to your favorite band, though. Instead, music therapy involves creating music, moving to music and even listening to music in a therapeutic context.

As we sat in our little circle, my coworkers and I glanced a little nervously at each other. We are a new team; the most senior of us has only been here for a year, the least only a few months. We are a mix of ages; our youngest a scant 23 (a prime of life for you math nerds), our oldest in his 60s. None of us knew really what to expect.

Our music therapist is a student working on her thesis for her master’s in music therapy. She starts us off each playing with the drums to just get a feel for the kind of sounds they can

Patric Lewandowski

Guest Writer



make. Very quickly we realize as individuals, we’re all musicians (two of us in band, two choir singers), and we naturally fall into a group tempo. Our rhythms weave in and out of each other. Inadvertently, we are making music.

After a few minutes of play, our therapist gives us a little rundown about music therapy. Each music therapy session should have goals. Our goal is just to communicate anything that is giving us some anxiety at the moment. We each vocally state our anxieties, and then, one by one, we

are to play on our drums what our anxiety feels or sounds like.

It’s fascinating.

For some, the sound of their anxiety is a steady, pounding, threatening boom. For others, it is light taps you can barely hear, but always present. As we play, the physicality of the drum helps work out some of the tension. It’s a distraction that allows us to perhaps be more open than we are naturally inclined to be as stoic Midwesterners.

The path to becoming a licensed music therapist is as rigorous as any other therapist. Not only does the music therapist need to be a proficient musician with several instruments (a degree in and of itself), but also needs to complete

coursework in psychology, biology, counseling and behavioral sciences. There is also a certification exam and 1,200 clinic hours. Frankly, it sounds really hard to a guy who spends his days drawing dumb comics.

As our time came to a close, everyone felt a little calmer. Even though we didn’t really talk about things, the act of coming together and fitting our own beats in with each other, layering our anxieties on top of each other, seemed to be effective. As a team-building exercise, our new team came together a bit better than before.

Sadly, we didn’t get to keep the drums.

## 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, May 18**  
**Brat & Hot Dog Sale**, sponsored by the Retired and Senior Volunteer Program, 11 a.m.-6 p.m., Coborn’s, 1500 Elm St., St. Joseph.  
**St. Joseph Farmers’ Market**, 3-6:30 p.m., near the Wobegon Trail Center, C.R. 2.  
**St. Joseph Area Historical So-**

**ciety**, open 4-7 p.m., Old City Hall, 25 First Ave. NW. stjosephhistoricalmn.org.  
**St. Cloud Singles Club Dance**, 8 p.m.-midnight, American Legion, 17 Second Ave. S., Waite Park. 320-339-4533. stcloudsingles.net.  
**Pillow Cleaning and Perennial Sale**, sponsored by St. Joseph Y2K Lions, 7 a.m.-3:30 p.m., St. Joseph Fire Hall, 323 Fourth Ave. NE.  
**Monday, May 21**  
**St. Joseph Food Shelf**, open 1-3 p.m., Old City Hall, 25 First Ave. NW., St. Joseph.  
**Market Monday**, 3-6 p.m., Coborn’s Marketplace, Pinecone Road S., Sartell. marketmonday.org.  
**St. Joseph City Council**, 6 p.m., council chambers, St. Joseph

City Hall, 75 Callaway St. E. 363-7201. cityofstjoseph.com.  
**St. Joseph Rod and Gun Club**, 7 p.m., American Legion, 101 W. Minnesota St., St. Joseph.  
**Tuesday, May 22**  
**Sip, Snack & Socialize**, hosted by the Minnesota Street Market, 5-7 p.m., Bad Habit Brewing 15 E. Minnesota St., St. Joseph, 320-363-7733.  
**Wednesday, May 23**  
**Sip, Snack & Socialize**, hosted by the Minnesota Street Market, 5-7 p.m., Milk & Honey Ciders, 11738 CR 51, St. Joseph.  
**Thursday, May 24**  
**CMMA Breakfast** featuring vice president of engineering

at Park Industries Bob Monson, 7:15 a.m., Park Industries, 6301 Saukview Drive, St. Cloud.  
**St. Joseph Food Shelf**, open 1-3 p.m., Old City Hall, 25 First Ave. NW, St. Joseph.  
**Great River Regional Coin Club**, 6:30-8:30 p.m., Miller Auto Marine Sports Plaza, 2930 Second St. S., St. Cloud. 320-241-9229.  
**St. Cloud school board**, 7 p.m., City Council Chambers, 400 S. Second St., St. Cloud.  
**Screening of ‘Going to War,’** a Twin Cities PBS documentary, 2 and 4 p.m., Camp Ripley Education Center, 15000 Hwy. 115, Little Falls.  
**Friday, May 25**  
**St. Joseph Farmers’ Market**, 3-6:30 p.m., near the Wobegon

Trail Center, C.R. 2.  
**Brat Sale**, sponsored by St. Joseph Lions Y2K, 9 a.m.-5 p.m., St. Joseph Meat Market, 26 First Ave. NW. Proceeds go to the Stearns County Sheriff’s Office side-scan sonar fund.  
**Saturday, May 26**  
**Brat Sale**, sponsored by St. Joseph Lions Y2K, 9 a.m.-4 p.m., St. Joseph Meat Market, 26 First Ave. NW. Proceeds go to the Stearns County Sheriff’s Office side-scan sonar fund.  
**Sunday, May 27**  
**Joe Town Table**, 11:30 a.m.-1 p.m., American Legion, 101 W Minnesota St., St. Joseph. centralmnnew@gmail.com.

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# Woodcrest specializes in continuum living

by Dennis Dalman

news@thenewsleaders.com

Eighteen Sartell residents, all of them members of the Sartell Senior Connection, enjoyed a guided tour of Woodcrest, the new Country Manor senior-living campus in St. Joseph.

The field trip, on the morning of April 26, was one of the ongoing series of trips and/or speakers featured in the Sartell Senior Connection's "Coffee and Conversation" programs, offered every Thursday morning at 9 a.m. – usually at the Sartell Community Center. Anybody is welcome to join the Thursday sessions. One's age is not a requirement.

On the morning of April 26, the senior citizens met for coffee and sweets in the chapel area of the living complex, known as "Woodcrest of Country Manor."

After hearing in detail about the amenities offered by Woodcrest, the seniors split up into two groups and followed their tour guides – Gail Rucks, general manager; and Jason Jones, director of operations, who, like all the tour participants, is also a Sartell resident.

Woodcrest, like its Sartell "parent" Country Manor, is a prime example of what's called a senior-living continuum facility. It is designed with meticulous attention to the needs of seniors

with various living skills and/or physical and mental challenges. For example, most of its residents live independently in their apartments just as they would anywhere else. But there are many of them who can avail themselves of many conveniences not available in other kinds of living complexes. At Woodcrest, as at Country Manor and its nearby Waterford Apartments in Sartell, there is an on-campus bank, pharmacy, store, fitness center, chapel, library area, jigsaw-puzzle room, spa, salon, meals provided under guidance of a chef and communal garden. Specialized transportation is also available for those who need it, although most do

not and do their own driving, their vehicles parked in heated garage stalls.

Continuum living also means Woodcrest has a Memory wing for people suffering memory loss because of a variety of causes, including forms of dementia. There are 24 living units for them, with easy access to a large common social space and other recreational rooms and services specially designed for memory-loss patients.

"Continuum" living also means the facility can accommodate any emergency. For example, an independent-living tenant might fall and break bones. During recovery time, that person can receive all kinds of specialized care right on-campus until health returns. There is a constant flexibility for variable living options, which is a concept pioneered by Country Manor years ago.

Like its parent campus, Woodcrest provides rehabilitation services for both inpatients and outpatients.

Country Manor has been an economic bedrock of Sartell for 45 years. It has undergone many expansions throughout the years, most notably the Waterford Apartments next to its main campus and most recently the facility in St. Joseph.

Woodcrest includes three options of living units – apartments, suites and patio homes – 11 patio homes so far.

There are 60 apartments in three wings, each two stories

high. The categories of apartments are named after trees – Birch, Oak, Mahogany and so forth, based on an apartment's size, layout and price range. They rent from \$2,145 a month up to \$3,295.

The first tour group, led by Jason Jones, visited the Memory Center wing of the building, the chapel, fitness room, the Man Cave and an unoccupied Oak-category apartment, which tour participants admired for its large airy, light-filled rooms: huge living room, two bedrooms, spacious kitchen, laundry area, bathrooms.

The Man Cave (aka Tamarack Lounge), with a stuffed fish on the wall, is a large room where men gather for male camaraderie, TV sports shows, conversation, snacks and a wall of personal liquor cabinets for those who want to keep their own bottles on the premises.

What many residents enjoy frequently, Jones said, are the views of the wooded outdoors from all of the rooms of Woodcrest. There are often sightings of deer, ducks, wild turkeys, sandhill cranes and other marvels of nature.

Most residents of Woodcrest, Jones noted, are people who've lived in the area most of their lives. Others, however, come to live there from other places, other states, in order to be closer geographically to their children, grandchildren and great-grandchildren.



photo by Dennis Dalman

Jason Jones (center), the director of operations for Woodcrest of Country Manor, shows one of the large living rooms in one of the facility's apartments to seniors from Sartell who took a tour April 26.



## Sip, Snack & Socialize!

St. Joseph's food & art co-op invites you to join us for two upcoming membership information events!

**Everybody is welcome to shop at the co-op, but members gain access to monthly discounts, special offers, & more!**

Already a co-op member? Come and bring a friend who would be interested in learning about the co-op and the benefits of membership!

Not a co-op member yet, and want to find out more? Come hear about what the co-op has to offer and meet members from our community who can answer any questions you might have!



**Tuesday, May 22**  
**5–7 p.m.**

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**Wednesday, May 23**  
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