

Reaching Everybody! Newsleaders

Friday, April 5, 2019
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Est. 1989

Town Crier

Farmers' market to be open Saturday

Sartell Farmers' Market will be open from 10 a.m.-1 p.m. Saturday, April 6 at the Sartell Community Center, 850 19th St. S., Sartell. Some of the items you will find this month include the following: eggs, meat, canned goods, caramel corn, treats, honey, salsa, BBQ sauce and much more. Also learn what is new for the upcoming summer market season.

Lions fish fry set April 19

The annual fish fry, meat raffle and bake sale, sponsored by the St. Joseph Lions Club, will be held from 4:30-7:30 p.m. Friday, April 19 at Sal's Bar & Grill, 109 W. Minnesota St., St. Joseph. Great fish!

Attention parents of 2019 graduates

Parents of 2019 grads and home-schooled students are encouraged to submit their name, parents' names, school they're graduating from and future plans to be included in the May 31 edition of the St. Joseph Newsleader. Deadline is Friday, May 3.

Apply online for Dollars for Scholars

The 2019 Dollars for Scholars scholarship applications are available online at StJosephArea.DollarsForScholars.org. Once there, click on the "Students and Parents" tab, then follow the instructions to register. If you need assistance, call 320-363-7721 and speak with Doug Danielson at Sentry Bank. The application deadline is Tuesday, April 9.

Community Showcase slated for April 13

The St. Joseph Community Showcase, sponsored by the St. Joseph Area Chamber of Commerce, will be held from 10 a.m.-1 p.m. Saturday, April 13 at Kennedy Community School, 1300 Jade Road, St. Joseph. Local retail, commercial, educational and service organizations will have booths to visit. Food, entertainment and 18-wheelers, along with children's inflatables, games and crafts will also be featured.

Benefit set for family whose barn burned

by Dennis Dalman
news@thenewsleaders.com

On a viciously cold and windy below-zero day, Feb. 8, Norb Walz was plowing snow by his rural St. Joseph house when he looked up and saw black smoke rising from his barn.

The sight just about broke Walz's heart. Just as he figured, the barn would be a total loss.

"I just knew when I saw that smoke the barn would be gone," Walz recalled. "But we want to re-build that barn."

Family, friends and well-wishers feel the same way. That is why there will be a fundraiser from noon-6 p.m. Sunday, April 14, at Milk & Honey Ciders. From every cider sale and from all tips, \$2 will be donated to the Walz family. The cidery is just down the road from the Walz farm at 11738 CR 51.



contributed photo

The St. Joseph Fire Department responded to extinguish the fire. They were assisted by Avon, Cold Spring, Richmond, Rockville, St. Stephen and Waite Park Fire Departments.

"All we know is that the fire started in the hay loft," Walz said. "But the cause is not known."

Walz is grateful he managed

to get one cow out of the barn after the fire started. The other animals, 20 of them (including one bull and nine calves), who were outside at the time, also

escaped harm. However, after the barn was burned down, Walz had to sell them the next day.

So many of Walz's memories, good and bad, went up in smoke that afternoon. He recalled years of chores in every season – for instance, trudging through waist-high snow in blizzards to tend the animals in the barn and putting up bales of hay in the hay mow every summer – a heavy and sweaty job. But there are also good memories, he quickly added.

"It was always good to see the cattle snuggled up safe and warm in that barn," he said. "And there were calves all year 'round safe and sound in that barn."

The oldest of four siblings, Walz was born in 1957. Walz was raised on his parents' farm, which is 1.5 miles south of St.

Benefit • page 5

Gourmet dinners to fund Imagination Library

by Dennis Dalman
news@thenewsleaders.com

Gourmet theme dinners will soon be served in St. Joseph, Sartell and St. Cloud to raise money for Imagination Library in Central Minnesota.

The dinners cooked and served at the homes of volunteers will take place in St. Cloud April 6 (10 dinners) in St. Joseph April 13 (five dinners) and in Sartell, also April 13 (10

dinners). Organizers expect as many as 200 diners, total, will enjoy the meals. For tickets, call Lori Eich of United Way at 320-229-3501.

The Imagination Library fundraiser will launch the 10th year of the program in Central Minnesota. Organizers hope to raise \$55,000, and all of that money will be used to send a free book every month to more than 7,000 children, ages birth through 5, in Central Minne-

sota.

Imagination Library is a free book program started in 1995 by famed singer-songwriter Dolly Parton. It now serves 1,412,715 children in the United States, Canada, the United Kingdom, Ireland and Australia. A total of Nearly 117 million books have been sent to children in the 23 years since the program began.

Children's dreams for the future are often inspired by books, Dolly Parton believes.

"When I was growing up in the hills of Tennessee, I knew my dreams would come true," Parton wrote on the Imagination Library website. "I know there are children in your community with their own dreams. They dream of becoming a doctor or an inventor or a minister. Who knows, maybe there is a little girl whose dream is to be a writer and singer. The seeds of these dreams are often found in

Gourmet • page 3

Senior citizens group offers a chance to socialize

by Cori Hilsgen
news@thenewsleaders.com

If you are age 55 or older and are seeking ways to meet some new friends, then the St. Joseph Senior Citizens group might be what you are looking for.

The group is a social club that meets once each month to play the game of 500 cards or bingo and share some conversation over lunch. Meetings begin with members reciting the Pledge of Allegiance and saying a short prayer. The minutes from the previous meeting are read, a treasurer's report is given and old and new business is discussed. The group also discusses which members are ill so they can send a card to

them.

Each month, four or five members prepare and serve lunch for the group's other members. They also clean up after the meal is served. Those who prepare the lunch are reimbursed for their food and supplies by the club. Lunches often consist of sandwiches and salads.

Dessert is also provided. The St. Joseph Y2K Lions provides it three times each year, Sentry Bank provides it four times each year and whoever is on the lunch committee provides it the other months. Coffee and hot chocolate are provided by the group.

In August, the group gathers for a potluck with members contributing various food dishes. In



contributed photo

The St. Joseph Senior Citizens are seeking new members who might want to share some fun with other seniors age 55 or older each month. Current officers of the group include (left to right) Mary Ann Rennie, president; Caroline Locnikar, treasurer; Bernie Heurung; secretary, and Herb Bechtold, vice president.

December, they celebrate with a bingo party and a chance to win prizes, as well as a catered lunch.

Kay's Kitchen has catered the event for the past few years.

Socialize • page 5

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contributed photo

St. John's Prep team advances to state Knowledge Bowl

The St. John's Prep Knowledge Bowl team was one of six regional teams advancing to the State Knowledge Bowl after competition on March 18. The state event is April 10-11. The team includes (from left) Cormac Smith, Caitlin Skahen, Tina Chen, Hanna Haeg and Lukas Uhlenkamp.

People

Amanda Groethe, Stearns Electric Association director of communication and marketing, was recently honored with the 2019 American Advertising Federation of Central Minnesota's Emerging Leader Award, an honor that celebrates an outstanding member of the local advertising community.



Groethe

Emerging Leaders are those who, though young in their careers, have already proven themselves to be making an impact in their company and for their clients. They have begun to

further industry standards, creative excellence, and responsibility in areas of social concern.

Groethe volunteers for the St. Cloud Area Chamber of Commerce, serving on the Sauk Rapids - Rice Education Foundation Board and donating her design and communication skills to a variety of local non-profit organizations.

The St. Cloud school district **Local Education & Activities Foundation** was awarded \$49,333 in grants this spring. LEAF awards supplemental funding to academic, activities, arts and athletic programming in St. Cloud public schools. The grants include:

Activities Fund

\$1,467 - LEAF Legacy Fund Grant to Apollo Activities

\$2,000 - Apollo High School football travel bags

\$492 - Apollo High School track timing equipment

\$500 - Apollo High School/Granite City Gearheads Robotics

Academic Fund

\$250 - Kennedy Community School for Canine Support/Therapy Program

\$500 - Kennedy Community School for Critical and Creative Thinkers project

\$1,000 - Apollo High School for Zot Art for students with different abilities.

Night of the Stars Ticket Sales

\$626 - Kennedy Choir

Legion Auxiliary begins poppy sales

The American Legion Auxiliary of St. Joseph is beginning the annual poppy campaign that will run through May.

Poppy cards are distributed in exchange for donations - 100 percent goes directly to support veterans in our area and active military. Red poppies are a way to honor past sacrifices and contribute to the continuing needs of veterans.

In 1920 the poppy became the official Flower of Remembrance of the American Legion.

It is a nationally known and recognized emblem and symbol of sacrifice to honor the men and women who served and died for our country during all wars.

They provide therapeutic support and rehabilitation for hospitalized or disabled veterans who assemble the red, crepe paper petals by hand.

Auxiliary volunteers honor veterans at the St. Cloud VA Health Care System and through community service programs.



contributed photo

Poppy Chair Elaine Eisen-schenk pins the first poppy on St. Joseph American Legion Commander Brad Phillip.

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Publisher/Owner
Janelle Von Pinnon

Editor
Mike Knaak

Admin Assistant
Marlene McMullen

Designer
Nina Henne

Assignment Editor
Carolyn Bertsch

Delivery
John Herring

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1608 11th Ave SE, St. Cloud, MN 56304

mailing address: 1622 11th Ave SE, St. Cloud, MN 56304

Phone: (320) 363-7741 • E-mail: news@thenewsleaders.com

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St. Joseph student to perform in ‘All Shook Up’
Ellie Botz of St. Joseph with her dancing partner, Aidan Cassidy as they rehearse for "All Shook Up!" an Elvis Presley musical that will be performed by CSB/SJU students in the Benedicta Arts Center at the College of St. Benedict. Shows are at 7:30 p.m. April 4-6 and April 11-13 and at 2 p.m. April 7. Botz is majoring in elementary education.

Gourmet

from front page

books, and the seeds you help plant in your community can grow across the world.”

The dinner fundraisers have been done in previous years in the three local cities, Eich noted. Some of the dinner themes this year are Escape to Neverland, Alice in Wonderland and Cuisine Royale (playing-cards theme).

Participants in the dining program will first go to an anchor home in the city for which they are signed up. There, appetizers will be served and each diner will find out which home in that city they will go to for a theme dinner. The dinners are prepared by talented resident cooks, restaurant cooks or trained chefs. After dinner, guests will return to the anchor homes for dessert.

Premier Real Estate Services is the main sponsor this year, and Ashley Green of Green Thumb Etc. in St. Cloud, pro-



Dolly Parton

vided three refurbished chair artworks to be auctioned off. Also up for auction is the child’s book “Coat of Many Colors,” autographed by its author, Dolly Parton.

People who do not participate in the fundraiser can still contribute to Imagination Library, central Minnesota chapter, by going to unitedwayhelps.org

Find out more about Imagination Library at imaginationlibrary.com.

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News for Refugees

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Announcements brought to you by Cultural Bridges of St. Joseph, a volunteer-run organization and committee of Central Minnesota Community Empowerment Organization. We are dedicated to easing your transition into our community.

Would you like to grow your own vegetables in your own garden?

The Monastery Garden, called The Sunset Drive Garden is available once again this year. Here you can grow your own vegetables and flowers.

Plots of land are provided for a small fee: \$12 for a 10-by-12-foot plot; \$16 for a 10-by-16-foot plot; and \$20 for a 10-by- 20-foot plot. Hand tools for gardening, water, compost (fertilizer) and a break room are provided. Cultural Bridges members Mary Quinlivan, Marlys Pennertz and Susan Sink are eager to help you learn to grow your own food.

You can share a plot with others if you would like. For more information, call Dianne at 320-345-0593 and she will direct you to your helpers.

If you have any questions, please contact Dianne DeVargas or Khadija Salah at 320-345-0593. Please share this message with other refugees and immigrants you know who live in St. Joseph.

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Dated: March 14, 2019

Filed: March 14, 2019

/s/ Janelle Schneekloth

Publish: March 22 and April 5, 2019

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Couple down-sizes, ready for move to tiny house

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

Heidi Everett of rural St. Joseph has been waking up every morning with countless do-lists staring her in the face.

She and her husband are so busy it's as if they're packing for a trip that will last for years; so busy it's as if they're trying to find good homes for umpteen orphans, so busy it's as if they are tangled up in piles and piles of stuff. And all of those things are true, in a way.

Heidi and husband Emil Towner, with help from their children, are down-sizing to an extreme degree so they can move into their new home – a tiny house at the edge of Pine Lake, an environmentally protected lake in the rural Avon area.

Since 2004, they have lived in a large house on a 5-acre hobby farm dubbed the Out of Towner Ranch after Emil's last name. He and Heidi were married in the front yard right after they moved in. By next October, they and youngest son Boothe will be living in an 8-foot-wide by 40-foot-long "mini house," a total living space of 300 square feet.

The family

Towner is a business communication professor at St. Cloud State University and Everett teaches communications and journalism at Minnesota State University in Moorhead. Many readers will recognize her name because she has been very active in education and communication issues at Kennedy Community School in St. Joseph and in the greater St. Cloud area. She also competed for the House District 13B seat in the last election, which incumbent Rep. Tim O'Driscoll (R-Sartell) won again.

Everett and Towner have four children: Branden, 24, of St. Paul, who graduated from Augsburg College with a degree in film and communication and who currently works for campus security at Augsburg; Brody, 21, of St. Cloud, who is majoring in community planning at St. Cloud State; Makaela, 20, who will graduate this spring with a degree in social work from Bemidji State University and who will start grad school at St. Cloud State this summer; and Boothe, 9, a fourth-grader at Kennedy Community School who lives at home.

Why move?

The Out of Towner Ranch was always a happy, bustling place bulging with energy, social events, family fun and a steady stream of guests.

The family grew vegetables and raised some hobby animals, such as chickens and fainting goats, several of which they still

have, along with a pony.

As the children moved out, one by one, the bustling house quieted down, leaving Emil and Heidi with signs of the empty-nest syndrome.

"This place was always bursting at the seams when the kids were all home," Everett said. "It actually felt small then, but now it seems so big, and there are empty rooms we do not even go into anymore. It is just too much, too much room. There are parts of the house that never have any human beings in them for long stretches of time."

The Everett-Towner family has always loved to go on camping trips. Heidi recalled all the fun they had during a 14-day road trip in an RV back in 2000. They traveled in 10 states four teenagers, a toddler and Heidi's father. A friend of Makaela's was the fourth teenager; Boothe had not been born yet.

"We loved that trip," Heidi recalled. "We enjoyed such close, quality time outdoors, and it was so nice to be in a small space. Every summer, we have camped so much and enjoyed it so much that we were used to being with less stuff. And then we'd come back home from camping trips to so much stuff."

Gradually, throughout the years, Towner and Everett began toying with the idea of moving into a tiny house. Then, last December, they made up their minds to do it, to down-size, to move into a tiny house. They contacted Midwest Tiny Living, a tiny-house company in St. Cloud. Then, with advice from that company, they set in motion the building of a custom-made little house.

The Tiny House Movement, as it's known worldwide, is a current adaptive philosophy and way of living. Many people are preferring to simplify their lives and live in environmentally friendly ways, clearing their lives of clutter in order to distill and concentrate the human elements that matter most to them. Its focus is on people rather than the acquisition and maintenance of "stuff."

Tug of war

And then the family began to sell some stuff and give lots of quality stuff away to places like Goodwill, the Salvation Army and Wacosa.

Although Everett and the entire family is excited about the new living adventure, she admits they all go through a kind of emotional tug of war during the rather ruthless process of down-sizing.

With every item they see or touch, memories pop up, and they struggle with what to keep, what to sell, what to toss. The space limitations of the new 300-square-foot home dictate there is very little "keeping" and



contributed photo

The Emil Towner/Heidi Everett family (from left to right) are Branden, Brody, Heidi, Emil, Boothe and Makaela.

lots of "parting," even from precious heirlooms that ooze good memories.

"What should I do with the many jars one of the sons collected on our trips," Everett pondered. "How many pieces of our two sets of china should we keep? Which items should we keep in the family, and how do we find the best homes for the quality stuff, many of them antiques?"

Photo albums especially tug at Everett's heart. Years ago, she worked at Creative Memories in St. Cloud, a company specializing in quality scrapbooks. Not surprisingly, Everett began to create scrupulous, artistically designed scrapbooks of photos, photos and more photos. She now has 40 of them, not counting the ones she made for each of the kids.

Just the other day, son Branden came into the house and asked, "Hey, mom, where are the photo albums?"

They're still there, among the heaps of stuff yet to be separated into "keep" and "get rid of" piles. Branden also early on laid claim to the miniature Christmas village the family would set up every holiday season.

"I've made miniature hope chests for each of the children," she said.

Everett admitted she gets a bit teary-eyed when recalling a family Christmas tradition – baking eight to 10 dozen holiday cookies and placing them in stacks on the kitchen counter. The family has enjoyed that nostalgic tradition for 25 years.

"We will have to rethink that tradition," she said. "There will be no counter space in the new home. I'm thinking we can still bake the cookies, but then put them in bags in a freezer."

What stunned and sometimes amused Everett are all the "WTH" drawers she opened



contributed photo

This is the "Out of Towner Ranch" as it looked in 2010. The Towner/Everett family plan to sell it after the move to the "tiny house."

during the shedding process. WTH stands for What the heck?! – the reaction she gets when opening a drawer and wondering what the heck is it? Or why in the heck did anybody save it? Items such as umpteen extension cords, for example, or old computer cables.

Some decisions stem from ruthlessly practical questions: How many rakes or brooms to keep? Where in the world can winter clothing be stored?

New friends

Down-sizing, Everett said, is a good way of getting to know new people, such as for example people she sells stuff to online.

She recently sold a sheet music stand to Carolyn Bertsch of Sartell, and in turn, she acquired the inspiration to downsize from a guitar to a ukulele. When the women met, to complete the sale, in a parking lot, they talked for nearly an hour, and they have since become friends. Everett has been learning to play the ukulele.

"I'm sure I can find a place in the new house for that ukulele," she said, laughing. "It's small, a lot smaller than a guitar."

New house

Recently, Towner and Everett met with the St. Cloud company that's designing the tiny house. The house will, of course, be meticulously insulated and winterized.

Everett talked about what the new house won't have. It won't have a kitchen counter for appliances; it won't have a full-fledged stove – just a two-burner induction cooking gizmo; it won't have a limitless supply of water – far from it. Nondrinking water will be recycled via a purifying filter. The hot water supply will keep recirculating so the water doesn't have to run until it warms up.

"There are all kinds of great little gadgets out there in the marketplace," Everett said. "These are good resourceful things (such as water conservation) that all of us should have always been doing."

The new tiny house will have plenty of advantages. For one thing, Everett figures she and Emil will be able to clean the entire house, top to bottom, in about 20 minutes. Yes, sometimes, less really is more.

Socialize Benefit

from front page

For the August and December events, the group's officers call members to invite them and get a count of how many are attending. The St. Joseph police chief is invited to both of these events to update members and answer questions about local news.

The meetings, which are at 1:30 p.m. on the second Thursday of the month except for October when they are the third Thursday of the month because of Fire Prevention Week, are usually finished around 4 p.m. The August and December events begin at noon. A \$5 door prize, that members who are present can register for, is given out at meetings.

Some area businesses that have donated to the club include Coborns, St. Joseph Lions, St. Joseph Meat Market and Scherer Trucking and Sons.

The senior group, which currently has about 75 members, began in 1971. The first president of the group was Herb Dehler and the club was part of a federation and paid those dues.

According to Mary Ann Rennie, president, nobody really remembers what the federation did, but they remember it was expensive to belong so the group eventually stopped belonging to the Federation.

Current officers of the organization include Rennie, Herb Bechtold, vice president; Bernie Heurung, secretary; and Caroline Locnikar, treasurer. Officers are elected for three-year terms with the option to be re-elected for another term.

The group's oldest members are Leander Meyer, 97, and Winnie Dehler, 95.

Rennie said many current members feel it's a fun outing, with a lot of camaraderie, for seniors and wonder where else they could get a great lunch for only \$2.

"(It is an) opportunity to meet such wonderful people whose lives would never have crossed," Meg Klecker said.

The cost to join the organization includes a \$3 yearly membership fee, a \$1 monthly fee to play cards or bingo and a \$2 monthly fee to eat lunch.

The group pays the dues for members who live in nursing homes. Members who live in an assisted-living facility are not asked to be part of the lunch committees who prepare lunches.

The group invites anyone who is interested to check out their group gatherings and welcomes new members.

Anyone interested in joining the seniors can attend a monthly meeting at 1:30 p.m., the second Thursday of each month at the St. Joseph Community Fire Hall, 323 Fourth Ave. NE., or contact Rennie by telephone at 320-271-0723 or by email at rsrenn@yahoo.com.

from front page

Joseph between Kraemer Lake and the I-94 freeway exit.

The Walz farmstead is the very definition of family personified. Norb grew up in the house on that property, a house that still exists. In 1961, his grandfather built another house. Both houses still exist,

and Norb's mother, Joan, still lives in the first house, the one in which Norb was raised.

The farming life has been a rewarding one, Walz said, but it was at times not very financially stable. He had to take on two other jobs just to make ends meet.

His wife, Mariette, has been a registered nurse at Country Manor in Sartell. His daughter, Kimberley, too, is a registered nurse who works at St. Cloud

Hospital. She is determined to rebuild the family barn and keep the farmstead in the family.

Norb and Joan Walz also have a son – Jared, who is a teacher in the Twin Cities.

As Walz pondered the devastating loss of the family barn, he also emphasized very positive sentiments.

"I want to thank everyone who helped," he said. "All the fire departments who came to

help. All of them and so many other people just came together to help out. Friends and family but even strangers too. And Gary's Pizza brought free pizzas for the firefighters."

Firefighters, Walz said, not only battled the blaze courageously in bitterly cold weather until 11 p.m. that night, but they kept returning to douse flare-ups well into the next day.

"I cannot thank all those people enough," he said.

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contributed photo

David Menzhuber in 1970.



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David Menzhuber.

Menzhuber intercepted, interpreted intelligence during Vietnam service

The American Legion is celebrating its 100th birthday in 2019. In addition to national and statewide activities commemorating this milestone, American Post 328 of St. Joseph is planning a number of festive and patriotic activities for the community.

One of those special events will be profiles of St. Joseph-area veterans published in each Newsleader during 2019. The Newsleader is joining with Post 328 to recognize veterans and Legion members who served during World War II, Korea, Vietnam, Iraq, Afghanistan and other theaters of conflict and Cold War tensions.

by **Tom Klecker**
St. Joseph American Legion

David Frank Menzhuber, 68 U.S. Army, Vietnam era

David Menzhuber was born and raised in St. Cloud. He graduated from Cathedral High School in 1968 and enrolled at St. Cloud State University for a year. He also worked at Franklin Manufacturing and the St. Cloud Times. Menzhuber reports that “at the time not much was going on in my life.” He had as yet no particular direction or specific goals in life. “I just was not doing anything.”

As a consequence, Menzhuber decided to enlist in the Army for four years. He was sworn in on Jan. 29, 1970. He was 19 years old.

Having completed basic training at Fort Leonard Wood, Mis-

souri, Menzhuber was assigned to training in the area “specific to communications and intelligence gathering.” He secured additional training at Fort Devan, Massachusetts. From there he underwent once more additional training at Two Rock Ranch, California, training specifically to his future Vietnam assignment.

In November 1970, after approximately 10 months of rigorous training, Menzhuber was flown to Vietnam. He was stationed at Phu Bia for a year.

As a specialist 5 (E-5) he would, along with others, intercept and interpret a variety of intelligence regarding major enemy troop movements. He would then inform those who planned logistics.

In spite of the strategic importance of his responsibilities, boredom was not an uncommon experience. With alcohol prohibited on base, Menzhuber and his buddies embarked on a wine-making mission. After receiving a family recipe requested from his parents, Menzhuber secured the necessary ingredients.

He made three gallons of the concoction. Covering each bottle’s opening with a condom, Menzhuber and his friends waited 21 days for the fermentation to do its job. He reported the first gallon was “good,” the second “so-so” but the third gallon made him very sick.

Near the end of Menzhuber’s Vietnam deployment of one year, the United States was drawing down forces. Menzhuber was then given a choice between an

assignment in Germany or Thailand. For that additional year he chose Thailand. His job again was gathering intelligence similar to what he did in Vietnam.

In November of 1972, Menzhuber returned to the United States and was discharged from the army.

With the benefit of the G.I. Bill, Menzhuber returned to his studies at St. Cloud State. Having more diligently applied himself to his studies, he completed his general course work. Menzhuber applied and was accepted into the School of Pharmacy at North Dakota State University at Fargo.

He graduated from the pharmacy program and passed his boards in 1978. He worked as a pharmacist at St. Cloud Hospital and St. Mary’s Hospital in Rochester. When a permanent opening became available at St. Cloud Hospital, Menzhuber applied. He was employed there until 1982 – 35 years. He retired in 2017.

Menzhuber met his future wife Mary while he bartended and she waitressed at the El Paso in St. Joseph. At 26, he married Mary. The couple has a son and daughter and three grandchildren. The Menzhubers currently live a few miles north of St. Joseph.

Reflecting on his military career, Vietnam in particular, Menzhuber said he wishes veterans become more active in volunteerism. Since his retirement, he has become active as a volunteer at the St. Cloud VA Health Care System.

Menzhuber’s early adult profile offers an exemplary model to all young men who might be somewhat confused and struggling with life’s challenges during a difficult transition period. Menzhuber goes into the army. And in that maturing process comes out, completes his education, secures for himself an honorable profession and loving wife and family.

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photo by Cori Hilsgen

The life of Mark Hilsgen (center) was saved on Oct. 17, 2010 when he suffered a sudden cardiac arrest in St. Joseph Catholic Church. Two of the men who rushed to save his life are Justin Honer (left) and Pete Jansky, who were both attending the church service that morning. Honer, at that time assistant fire chief, happened to have a defibrillator in his truck, which "shocked" Hilsgen's heart back to life. Jansky, at that time, was the police chief of St. Joseph. This photo was taken in November 2010.

Cardiac arrest survivor hopes for more Save stations

by Dennis Dalman
news@thenewsleaders.com

Mark Hilsgen of St. Joseph, a survivor of sudden cardiac arrest, is hoping St. Joseph will soon have one or more “defibrillator save stations.”

It’s not surprising since an automated external defibrillator (AED) is what saved his life almost 10 years ago.

“They should put save stations in as central a location as possible, where most people are,” he said. “I was lucky because there happened to be one right there when I needed it.”

In 2010, the dramatic saving of Hilsgen’s life was the subject of a St. Joseph Newsleader story written by his sister-in-law, Newsleader reporter Cori Hilsgen.

Hilsgen, who just turned 61 on March 19, recalled the crisis. The day was Sunday, Oct. 17, 2010. He was attending morning Mass at St. Joseph Catholic Church. He was alone because the day before he and his family had attended a nephew’s wedding so he thought it best if his wife and daughters stayed home and got some extra sleep.

Right after taking communion in church, Hilsgen walked back to the pew, sat down and keeled over. It was in that moment of crisis that a rapid and remarkable series of coincidences began to happen. Bob Prom, sitting not far from Hilsgen, nudged his wife, alarmed by Hilsgen’s apparent medical problem. Pete Jansky, who

was then the St. Joseph police chief, quickly noticed the slight commotion and hurried over to Hilsgen. (Years before Hilsgen and Jansky took a cardiopulmonary resuscitation (CPR) course together and later they saved a man who’d had a cardiac arrest at a shopping mall in St. Cloud.)

In the church, suddenly bristling with commotion and concern, CPR was started on Hilsgen. Those who gathered by Hilsgen included Mary Jo Lemke of St. Joseph, a cardiac nurse at St. Cloud Hospital; Theresa Lahr, a nurse in Hutchinson visiting her daughter in St. Joseph that Sunday; St. Joseph Dr. Thomas Newton; and –

most amazingly – St. Joseph First Responder Justin Honer, who just happened to have an AED in his pickup because he’d taken an AED course the night before and hadn’t returned the AED yet to the police station. Honer dashed out to retrieve the AED. Consulting with Jansky, he used the machine to shock Hilsgen’s heart to life. Two shocks were required, and soon an ambulance whisked Hilsgen to the hospital, where he spent four days in recovery.

Hilsgen, 61, who works at Manion's Wholesale Building Supplies, said he remains deeply grateful that he was in church that morning.

Survivor • page 8

Relentless joy

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Survivor

from page 7

“All the people I needed to be there were there, just when I needed them,” he said. “I still talk to them, still thank them and even give them hugs.”

Just as grateful to those people as Hilsген are his wife, Lisa, and their twin daughters Amber and Allie, now 14, who were only 5 when they went to the hospital to give hugs to their father who had almost died.

Hilsген said his heart-health has been fine. He credits Dr. Jamie Pelzel, who lives just south of St. Cloud, for noticing not long after the cardiac arrest there was something very unusual about Hilsген’s heart condition – enough concern to require him to be fitted with a pacemaker.

Defibrillator

An automated external defibrillator is a small, portable machine that delivers an electrical shock to a person who has been stricken by sudden cardiac arrest. That happens when the electrical system in the heart goes haywire and suddenly stops the heart from pumping. Death is certain within 10 minutes, at most, unless cardiopulmonary resuscitation is administered and/or a defibrillator is used. Each AED gives voice prompts about how to use it.

Save stations

There is currently a coordinated effort to install at least



photo by Cori Hilsген

In this photo, taken in November 2010, Pete Jansky, at that time the police chief of St. Joseph, holds an automatic external defibrillator of the kind used to save the life of St. Joseph resident Mark Hilsген.

25 AED Save stations in the greater St. Cloud area, possibly including St. Joseph. So far, there are just three – two in St. Cloud, one in Sartell.

AEDs are now common in public places such as schools, athletic fields, law-enforcement stations, squad cars, ambulances and hospitals. However, they

are unfortunately off limits to the general public, especially after hours when they are inaccessible in locked-up buildings.

That is why the concept of AED Save stations began. Save stations are secured boxes that can be placed in neighborhoods or other spaces. Each contains an AED that can be used right

there or taken from the box to be used elsewhere in a crisis. The boxes are protected by an automatic system from hot and cold extremes of weather; each has an alarm system; and each box can automatically send an alarm to neighbors when an emergency occurs (triggered when the box is opened and defibrillator removed).

Joel Vogel of St. Joseph, a member of the Mending Hearts organization, is a strong advocate of AED Save stations and inspired a Sartell friend to obtain a grant for the one now installed in Sartell.

Thanks to the efforts of Vogel and others, the CentraCare Health Foundation started a pilot program to help install at least 25 more AED Save stations in the greater St. Cloud area in the first half of 2019. Neighbors get together, raise funds (about \$5,000) and then CentraCare gives the rest. The initial fundraising is for the basics at the Save site, including the structure itself and any electrical-connection lines required. As part of the Save station effort, CentraCare also provides CPR-training courses, often taught by cardiac-arrest survivors.

Learn, learn, learn

AED advocates all emphasize that knowledge is power, and the more people learn about heart problems, CPR and AEDs the more lives will be saved. Even children should be taught CPR and how to use an AED, they advise.

The basic difference between sudden cardiac arrest is when the heart stops due to a kind

of electrical seizure. A heart “attack,” on the other hand, is caused usually by some kind of blockage in an artery when the heart does not get enough oxygen. Many who suffer heart attacks have time to get emergency treatment. That is not true with those who suffer cardiac arrest, which is so sudden that unless someone else is present to help, death is virtually certain. AEDs can also be used when people are suffering “heart attacks,” as well as sudden cardiac arrests.

About 360,000 people die of cardiac arrest each year, and 80 percent of them happen at home. Only about 8 percent of them survive. However, if CPR and/or AEDs are used, the survival rate is 70 percent.

Legion fined for underage liquor sale

The American Legion of St. Joseph was fined \$1,000 for selling liquor to an underage buyer.

The City Council approved the fine at a meeting April 1.

During an alcohol compliance check conducted by the St. Joseph Police Department in December, alcohol was sold to a person under the legal drinking age of 21.

This violation is the second one in the past 24 months for the Legion.

According to documents submitted at the meeting, the American Legion Post acknowledged the sale and agreed to pay the minimum civil penalty of \$1,000.

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Quick-thinking wife saves husband's life

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

One day, Jerry Hess of St. Cloud gave his wife, Judy, a tiny jeweled angel for her charm bracelet.

“This is for you because you are my guardian angel,” he told her.

She was delighted, moved to the point of tears.

Judy is not only Jerry’s guardian angel, she’s also his lifesaver. Thanks to her quick thinking and her use of an automated external defibrillator (AED), she saved Jerry from certain death after he suffered a sudden cardiac arrest.

The Hesses live in rural south St. Cloud near Long Lake. Their neighborhood is one of three in the greater St. Cloud area (two in St. Cloud, one in Sartell) that now have AED Save stations.

Judy remembers that day of crisis, Aug. 3, 2016, as vividly as if it were yesterday.

She and Jerry were planning to drive to Winnipeg, Canada, the next day to visit good friends. It was 10:50 p.m. Judy was in the kitchen; Jerry was in his recliner just six feet from the kitchen door. Suddenly, Judy heard a frightening sound: a raspy gasping inhalation of air followed by a kind of loud whisper. She quickly looked into the living room and saw Jerry sprawled back on his recliner, eyes rolled back, body rigid “as a board,” as she recalled.

She called 911. Then, immediately she started cardiopulmonary resuscitation on Jerry, giving him rhythmic chest compressions as she waited for help to arrive. As luck would have it, Judy had been a CPR instructor at St. Cloud Hospital and knew a lot about heart problems.

When the sheriff’s deputy arrived, Judy grabbed the defibrillator, opened it, placed it on Jerry’s chest and pushed the button, sending a life-re-



contributed photo

Judy Hess saved the life of her husband, Jerry by using an automated external defibrillator one night in 2016 at their home near Long Lake south of St. Cloud.

storing shock to his heart, getting it to beat again on its own. He was rushed to the hospital to recover.

While doing CPR on Jerry, even though he could not hear her, she kept telling him, “You’ve got to live, you’ve got to live, Jerry. You have to see your son get married in six weeks. You have to be there!”

Next day, at the hospital, Jerry told Judy how sore his chest was – from her CPR, not from the defibrillator. And she told him she, too, was extremely sore from doing so many chest compressions for 10 minutes.

But it was a “good sore” that made them smile.

“That soreness was caused by love,” she told Jerry. “Lots of love.”

More than 30 years ago, Jerry’s father also suffered a heart problem that required the use of CPR. He did survive. It was at that time Judy decided to take a CPR course. Her expertise eventually led her to become a CPR instructor.

Jerry, a retired insurance agent, now 64, has battled four kinds of cancer, most recently a form of melanoma. Judy is a dental assistant

at St. Cloud Veterans Health Care System. They have two sons – Alex and Jordan.

The Hesses live in the Sherwood West neighborhood near Long Lake, just 10 blocks from the new AED SAVE station.

“Defibrillators are vital,” Judy said. “And it’s important for everyone to know that anybody can use them. Don’t be afraid; be a friend. If you ever have a chance to use an AED, don’t think you can’t use it. You can! They are very easy to use. And it’s so important to learn CPR. I’m going to teach it at neighborhood meetings.”

Fortunately, Jerry’s heart crisis didn’t put a stop to him being at son Alex’s wedding. He was there and even danced happily with Marie, his daughter-in-law.

Jerry’s heart problem, however, did put an end to the couple’s trip to Winnipeg, the one they were planning the night the crisis happened. But, wait, there’s good news. Recently, they traveled to Maui, Hawaii, and there, all together happily, were the friends they’d planned to visit in Winnipeg.

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3. The name and street address of all persons conducting business under the above assumed name including any corporations that may be conducting this business: Sara Giroux, 8867 Nuthatch Road, St. Joseph, MN 56374.
4. I certify I am authorized to sign this certificate and I further certify I understand by signing this certificate, I am subject to the penalties of perjury as set forth in Minnesota Statutes Section 609.48 as if I had signed this certificate under oath.

Dated: Feb. 27, 2019
Filed: March 19, 2019
/s/ Sara L. Giroux
Publish: April 5 and 19, 2019

PUBLIC NOTICE

STATE OF MINNESOTA COUNTY OF STEARNS

IN DISTRICT COURT SEVENTH JUDICIAL DISTRICT

Court File No. 73PR-19-2498

ORDER AND NOTICE OF HEARING ON PETITION FOR FORMAL PROBATE OF WILL AND APPOINTMENT OF PERSONAL REPRESENTATIVE IN UNSUPERVISED ADMINISTRATION AND NOTICE TO CREDITORS

In Re: Estate of
Lowell Oliver Thompson,
Deceased

TO ALL INTERESTED PERSONS AND CREDITORS:

It is Ordered and Notice is hereby given that on third day of May,

2019, at 8:45 a.m., a hearing will be held at the above named Court at St. Cloud, Minnesota, for the formal probate of an instrument purporting to be the Will of the above named decedent, dated March 20, 2006 and for the appointment of Jeramie L. Thompson, whose address is 745 Panorama Drive, South Ogden, Utah 84403, as personal representative of the estate of the above named decedent in unsupervised administration, and that any objections thereto must be filed with the Court. That, if proper, and no objections are filed, a personal representative will be appointed to administer the estate, to collect all assets, pay all legal debts, claims, taxes and expenses, and sell real and personal property, and do all necessary acts for the estate.

Notice is further given that ALL CREDITORS having claims

against said estate are required to present the same to said personal representative or to the Court Administrator within four months after the date of this notice or said claims will be barred.

Dated: March 29, 2019
Filed: March 29, 2019

/s/ Shan C. Wang
Judge of District Court

/s/ George Lock
Court Administrator

Attorney for Petitioner
Daniel A. Eller
Attorney at Law
License No. 26438
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Publish: April 5 & 19, 2019

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Opinion

Our View

Support laws to raise tobacco sales age, ban e-cigarettes

There’s smoke in the air at the state Capitol this spring as the Legislature grinds toward a May 20 adjournment.

Two measures that would protect our clean indoor air and health are up for debate. The Legislature should pass and Governor Walz should sign these actions.

The House overwhelming passed HF349 that expands the definition of smoking to ensure Minnesota’s smoke-free indoor-air law restricts the use of e-cigarettes in bars, restaurants and other places where smoking is prohibited. Under current law, the use of electronic delivery devices is prohibited at daycare premises, at health care facilities and clinics, in state and local government buildings, in buildings owned by a public college or university and in certain facilities licensed by the Department of Human Services or the Minnesota Department of Health.

The proposed expansion means carrying or using an activated electronic delivery is prohibited in the same locations as smoking under the Clean Indoor Air Act: in public places, at a public meeting, in a place of employment or in public transportation.

Reps. Lisa Demuth (R-Cold Spring) and Tim O’Driscoll (R-Sartell) voted in favor of the bill. A Senate version is awaiting committee action.

A second House bill (HF331) to raise the age to buy tobacco to 21 is moving through House committees. While the Legislature debates, cities and counties across Minnesota are taking independent action to raise the age limit to 21. This week, Olmsted County and Rochester voted to raise their tobacco sales age to 21, bringing the state’s total of cities and counties that have acted to 31. No Central Minnesota cities or counties have joined the effort.

Current state law requires a person to be age 18 or older to purchase tobacco, tobacco products, electronic delivery devices and nicotine and lobelia delivery products. This bill raises the age for persons to purchase these items to 21 or older.

The bill has been referred to the Health and Human Services Finance Division. In the Senate, the Health and Human Services Finance and Policy Committee passed the companion bill (SF463) and referred it to the Senate Judiciary and Public Safety Finance and Policy Committee.

The dangers of e-cigarettes and youth smoking are backed up by research:

Nearly 95 percent of addicted adult smokers started before age 21.

In a health advisory, the Minnesota Department of Health called youth nicotine addiction a “major health concern” because the nicotine in e-cigarettes can prime youth for future addiction.

FDA Commissioner Dr. Scott Gottlieb has stated that “e-cigarette use among youth has hit epidemic proportions.”

Almost 40 percent of high-school students have tried e-cigarettes, which come in kid-friendly flavors like gummy bear and cotton candy.

Nearly one in five high-school students reporting using e-cigarettes in the past month according to 1 2017 survey – a nearly 50 percent surge in high-school use from 13 percent in 2014.

Some 88 percent of high-school and middle-school students reported they have seen advertisements promoting e-cigarettes.

The FDA calls e-cigarette use by young people an “epidemic.” E-cigarette use has outpaced the search for treating nicotine dependence and there are no specific treatment guidelines for teens. The FDA is so concerned it is looking for ways to help kids quit. Experts say insurance-covered outpatient care and counseling doesn’t exist.

Young smokers and teens who use e-cigarettes could reverse years of healthful, anti-smoking behavior. Voters should insist Minnesota’s legislators act to pass these bills.

Urban explorers risk injury, arrest for social media fame

Mike Knaak
Editor



Two popular hobbies – one pursued in the real, physical world and one practiced in the virtual, digital world – converged in Watab Township last week.

For years, adventurers have found excitement as urban explorers – roaming through abandoned buildings, caves and tunnels.

Media attention and technology popularized and glamorized the activity fueling increased interest. Recent television shows such as Discovery Channel’s “Urban Explorers,” MTV’s “Fear” and “Ghost Hunters” dramatically documented seemingly forbidden missions.

The dangerous pastime has taken a modern twist with increased use of social media platforms such as Facebook, Instagram and YouTube. And with high-quality, low-cost digital gadgets such as GoPros, attention-seeking explorers easily share their antics.

An urban exploring adventure did not end well for five Benton County teenagers. On March 23, they were arrested in Bend in the River Park.

Sheriff Troy Heck shares this account:

At about 6:45 p.m., a witness reported several teenagers entering a locked building after smashing a window. Benton County deputies and police officers from Rice and Royalton arrived. They found three 17-year-old boys, a 16-year-old girl and a 15-year-old girl inside the

building.

Deputies learned the five arrived at the park together to take photos.

One of the boys decided it would be a good idea to break a window and all five entered the building.

One of the crew told deputies they wanted to take photographs of themselves inside the building.

Deputies released the crew to their parents, but they were not, as we say these days, totally exonerated. The sheriff’s office forwarded details of the incident to the county attorney seeking burglary and trespassing charges on all five.

“This incident appears to be another in an ongoing trend among area teens that involves trespassing into empty or abandoned buildings to document their presence inside the building and then share their acts on social media,” Heck wrote in a press release on the incident. “While these acts of trespass and burglary are illegal, they can also be quite dangerous as these unoccupied buildings may house unknown hazards.”

The thrill of exploring abandoned or unoccupied space and sharing details of the adventure on social media seems to be fun that’s too good to pass up.

But in addition to creating a criminal record, explorers could end up in the emergency room or worse after stumbling down decaying stairs, falling through a deteriorated floor or breathing toxic air.

Many structures feature hazards such as unstable structures, unsafe floors, asbestos, carbon monoxide, carbon dioxide, exposed electrical wires and entrapment hazards.

Asbestos is a long-term health risk for urban explorers, along with breathing in other contaminants such as dried bird feces.

A Google search quickly finds urban explorers freely share advice online on how to avoid the hazards and carry on more safely. But a quick Google search also turns up stories of explorers falling to their deaths or finding themselves trapped in an unmarked cavity.

Instead of seeking tips and tricks for safe urban exploring, a wiser move would be to seek adventure in a park or along a trail. Those locales present plenty of places for dramatic photos, the air is much better and there usually aren’t deputies waiting to arrest you at the end of the trail.

College scam highlights larger problems

Connor Kockler
Guest Writer



It was a shock to many Americans when federal prosecutors in Massachusetts announced charges against 50 people for one of the biggest college admissions scams in American history. As a college student myself, it was disappointing to see a system that advertises itself as being based on merit and effort was being blatantly undermined. Unfortunately, with how important college is becoming to succeeding in careers and society, the problems with college admissions need to be fixed in order to restore confidence in the system among parents, students and society.

The scam in question had been running for about eight years and allegedly involved a man named William Singer running a “college counseling” business that actually used two fraudulent methods to get the children of wealthy clients into top universities. First, Singer would tell parents to get their children classified as needing special accommodations for taking college exams such as the ACT and SAT. The students would then be able to choose to go to a testing center under Singer’s “control” where someone paid by Singer would be able to fix the test to give the student a good score.

Secondly, the scheme allegedly paid multiple coaches at universities to classify the students of Singer’s clients as athletic recruits so they would then be accepted by the university, despite having few to no actual athletic credentials. These students would then not even play the sport they were accepted for even once they were at university.

While the people involved in this scandal are facing jail time and other penalties, it has bad implications for the college process across the country. This scam is so disturbing considering the high stakes and pressure that is on students and parents now to get their kids into a good university from an early age. Well-known universities have reputations, credentials and resources that can jumpstart a young person’s career, especially if they are a first-generation college student.

The schools involved in this scandal also represent some of the biggest names you might have heard in education – Georgetown, Stanford, Yale; these are some of the most prestigious and well known universities in the country and perhaps the world as well. They receive huge numbers of applications each year, and have very low admissions rates. For many students, it’s a dream to be able to receive admission to these schools.

With so much on the line, it’s important this scam and other factors involving college admissions are addressed. This should be done to ensure a fair and merit-based system for young people around Minnesota and the United States hoping to get a good hearing when they apply to universities that may shape the course of

the rest of their lives.

I am glad universities are checking to see whether this fraud affected them and taking steps to prevent such actions again, but there are also other problems that exist within the college admissions system. The U.S. attorney mentioned when announcing the charges that this isn’t buying a building to ensure admission for your student. But making large donations of this type is possible for some families.

Outside of paying for buildings, wealthier families can afford expensive tutors, fancy private schools and private counselors to give their kids an edge in getting to the Ivy League or any other school. Legacy admissions policies also make it easier for families that already have made it into America’s elite schools to get their students in, making it even harder for qualified but otherwise less connected students to get admitted.

If we as a country are committed to creating a society where anyone can get ahead if they work hard enough, we should do more to ensure young students, especially those with less connections or resources, are able to attend top universities and achieve their full potential. We as Americans should pay attention to the higher education system in this country and advocate every student get a fair shake for admission. They might just be the next person to change the world.

Connor Kockler is a student at St. John’s University. He enjoys writing, politics and news, among other interests.

Community Calendar

Is your event listed? Send your information to: Newsleader Calendar, 1622 11th Ave. SE., St. Cloud, MN 56304., 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 5
Lenten Fish Fry, sponsored by Farming Lions, 4:30-8:30 p.m., Trappers Pub & Grub, Farming.
Fish Fry, to benefit St. Joe Joes Baseball, 5-8 p.m., LaPlayette Bar, 19 College Ave. N., St. Joseph.

Saturday, April 6
Kids Used Clothing sale, sponsored by St. Cloud Area Mothers of Multiples, 11 a.m.-2 p.m., Discovery Community School, 700 Seventh St. S., Waite Park.

Wildwood Ranch Maple Syrup Open House, 1-4 p.m., Wildwood County Park, 29709 Kipper Road St. Joseph.

Sunday, April 7
Faith and Prevention of Violence from a Muslim and Jewish Perspective, 1-4:30 p.m., Bethlehem Lutheran Church, 4310 CR 137, St Cloud. bethle-

hemlutheran.org/domorethan-pray.

Monday, April 8
St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.
St. Joseph Planning Commission, 6 p.m., Government Center, 75 Callaway St. E.
St. Joseph Township, 8 p.m., 935 College Ave. S, St Joseph.

Tuesday, April 9
Central Minnesota Civil War Rountable, 3 p.m. Stearns History Museum, 235 33rd Ave., S., St. Cloud. “The Minnesota 3rd” presented by Joe Fitzharris.
Holistic Moms Network, 7-8:30 p.m., Good Earth Co-op, 2010 Veterans Drive, St. Cloud. 320-252-2489.
National Alliance on Mental Health, 7-8:30 p.m., Calvary Community Church, 1200 Roosevelt Road, St. Cloud. The group helps parents raising a child with mental illness learn coping skills and develop problem-solving skills. 320-654-1259.

Wednesday, April 10
History of Kraemer Lake-Wildwood County Park, presented by Ben Carlson, 9 a.m., Stearns History Museum Breakfast Club, 235 33rd Ave.,

S., St. Cloud.
St. Joseph Area Chamber of Commerce, 11:30 a.m., St. Joseph Government Center, 75 Callaway St. E. stjosephchamber.com.
Cold Spring Winter Market, 3-6 p.m., DEF Building, 527 Main St., Cold Spring.
St Joseph Y2K Lions Club, 6:30 p.m., St. Joseph Community Fire Hall, 323 Fourth Ave NE. Kay Lemke 320-363-8663.

Thursday, April 11
St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.
St. Joseph Senior Citizens, 1:30 p.m., St. Joseph Community Fire Hall, 323 Fourth Ave. NE.
A Place to Call Home, presentation on the lack of housing and how the community can help, 6:30-8 p.m., Heritage Hall, Church of St. Joseph, 12 Minnesota St. W., St. Joseph.

Saturday, April 13
Winter Market, 9 a.m.-1 p.m., fellowship hall, Resurrection Lutheran Church, 610 CR 2, St. Joseph.
St. Joseph Community Showcase, 10 a.m.-1 p.m., Kennedy Community School, www.stjosephchamber.com.
Central Minnesota Chapter of the Federation of the Blind of Minnesota, 12:30 p.m.,

American Legion, 17 Second Ave. N., Waite Park.

Sunday, April 14
Walz Family Fundraiser, with \$2 of every sale going to help the family rebuild their barn destroyed by fire, noon-6 p.m., Milk And Honey Ciders, 11738 CR 51, St Joseph.

Monday, April 15
St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.
Fare for All, 3:30-5:30 p.m., Resurrection Lutheran Church, 610 CR 2, St. Joseph.
St. Joseph City Council, 6 p.m., Government Center, 75 Callaway St. E.
St. Joseph Rod and Gun Club, 7 p.m., American Legion, 101 W Minnesota St., St. Joseph.

Tuesday, April 16
Memory Writers group develops topics and turns in stories. 10 a.m., Stearns History Museum, 235 33rd Ave. S, St Cloud.
Alzheimer’s and dementia information meeting, 1 p.m., The Sanctuary, 2410 20th Ave. SE., St. Cloud.
St. Joseph Economic Development Authority, 6 p.m., St. Joseph Government Center, 75 Callaway St. E.
Free CPR classes, 6-8 p.m.,

St. Joseph Fire Hall community room, 323 Fourth Ave. NE. Register by calling 320-363-7201 or stop by St. Joseph Government Center, 75 Callaway St. E.
St. Cloud Area Genealogists, 7 p.m., Stearns History Museum, 235 33rd Ave. S., St. Cloud. stearns-museum.org.
St. Joseph Lions Club, 7:30 p.m., Millstream Park Pavilion 101 5th Ave NW, St Joseph. Joanne Bechtold 320-363-4483.

Wednesday, April 17
Advocates for Independence, 2-4 p.m., Independent Lifestyles, 215 Benton Drive N., Sauk Rapids. 320-529-9000.
St. Cloud school board, 6:30 p.m., St. Cloud City Council Chambers, 400 Second St. S.

Thursday, April 18
St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.
Free CPR classes, 6-8 p.m., St. Joseph Fire Hall community room, 323 Fourth Ave. NE. Register by calling 320-363-7201 or stop by St. Joseph City Hall, 75 Callaway St. E.

Friday, April 19
St. Cloud Singles Club Dance, 8 p.m.-midnight, American Legion, 17 Second Ave. S., Waite Park. 320-339-4533. stcloudsingles.net.

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Easter Triduum

Holy Thursday Mass of the Lord's Supper | April 18, 7:30 p.m.
Good Friday Service | April 19, 2:30 p.m.
EASTER VIGIL AND EASTER SUNDAY Service of Light and Liturgy of the Word
Saturday, April 20, 8:30 p.m.
Night Watches continue through the night.
Liturgy of Baptism and Eucharist
Sunday, April 21, 6 a.m.



PLACE OF HOPE EMPTY BOWLS

Two DAYS!
Saturday, April 13, 2-7 p.m.
Sunday, April 14, 11 a.m.-4 p.m.
City Hope Church
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Tickets available at Place of Hope, Spirit 92.9 & various churches!
\$ 10.00 Individual (\$12.00 at the door)
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(\$12.00 at the door) 5 & under free, 6-12 yrs \$5.00, 13 & up \$10.00
Call 320-293-7881 to get no pre-sales but pick up tickets at door!

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One entry per visit please. Deadline for registering is 5 p.m. Wednesday, April 17. Winners will be notified before Easter and announced in the April 19 edition.

Drop this registration at participating businesses

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