

Reaching Everybody! Newsleaders

Friday, Oct. 18, 2019
Volume 31, Issue 20
Est. 1989

Town Crier

Pumpkin Fest set Oct. 18 at Lake George

The 10th annual Pumpkin Fest, sponsored by St. Cloud Park and Recreation, will be held from 4-7 p.m. Friday, Oct. 18 at Lake George. The event includes a DJ and dance party, trunk or treat stations, a hay maze, hayrides, a pumpkin patch, a haunted house, a petting zoo, face painting, inflatables and much more. Don't forget to wear your costume!

Compost site limits hours after Nov. 2

The St. Joseph compost site will be open regular days/times through Nov. 2. After Nov. 2, the site will be open only from 8 a.m.-noon Saturdays, Nov. 9 and 16 (weather permitting).

Restless Souls Cemetery offers Halloween thrills

Restless Souls Cemetery and Walk-Through will be open from dusk until 9 p.m. at 905 Dale St. E. in St. Joseph on Oct. 31. The family friendly event is free.

Read for the blind

Become a volunteer with Central Minnesota Audio Newspapers and help blind or disabled people receive local news. Read newspapers over a closed radio network, which is part of the Radio Talking Book Network. Volunteers read one or two evenings a month. Contact Rita, Central Minnesota Audio Newspapers, at 320-293-2273.

Foster Grandparents needed for schools

The Central Minnesota Foster Grandparent Program is recruiting volunteers for the 2019-2020 school year. Middle and high schools could use volunteers as mentors and our elementary schools need classroom help. Foster Grandparents volunteer 260 hours per year and receive a tax-free stipend, in-service training and mileage reimbursement. For more information call Sara Heurung at 320-229-4589.

INSERTS:

• Sliced
on College Avenue
• Woodcrest
of Country Manor



photo by Carolyn Bertsch

A snowy surprise

Judy Stumvoll stands near her loaded trailer of snow-covered pumpkins on CR 1 in Sartell Oct. 12. The early snow surprised many residents.

St. Joseph ranks high as a safe place to live

by Mike Knaak
editor@thenewsleaders.com

St. Joseph residents should sleep well tonight. The city has been ranked as one of Minnesota's safest places to live.

Behind No. 1 safe city Big Lake, St. Joseph ranked eighth, according to a study conducted by Security Baron, a company that specializes in home and cybersecurity issues.

The rankings are based on FBI data for serious crimes including murder, rape, robbery,

burglary and thefts. The study also considered police officers per 1,000 people and median income.

"I'm very happy," said St. Joseph Police Chief Dwight Pfannenstien. "I'll take that result any day, as long as we're in the Top 10. We're very happy with that."



Pfannenstien

St. Joseph's data revealed 0.74 violent crimes per 1,000 residents and 8.71 property crimes per 1,000 residents. In comparison, top-ranked Big Lake, in Sherburne County, had more violent crimes – 0.09 per 1,000 residents, but fewer property crimes, 5.5 per 1,000 residents.

Compared with its neighbors, St. Joseph fared pretty well. Sartell ranked 44, Sauk Rapids 60, St. Cloud 115 and Waite Park 123.

St. Joseph's neighbor to the

southwest, Cold Spring/Richmond, ranked fourth.

"Other than Cold Spring, we're the safest city in the area," Pfannenstien said.

The chief said the department's biggest challenge continues to be preventing thefts and other property crimes.

He said when the department's nine officers are on the street in marked patrol vehicles, they may deter criminals. He points out officers can't be everywhere at once. But when

Ranks • page 2

Gigabit internet now offered in St. Joseph

by Mike Knaak
editor@thenewsleaders.com

A significant speed upgrade to Midco's St. Joseph service announced Oct. 8 will mean faster, more reliable internet for residents and businesses. Higher-speed service will spur innovation, economic development and education, company leaders said.

Midco announced a \$2.1 million technology and facility investment that opens the way for the gigabit internet service.

The new technology provides up to 35 times faster than average internet service,

according to the company.

From Midco's St. Joseph facility, the gigabit service branches out to 15 other Central Minnesota cities.

Finding ways to provide high-speed internet for small cities and rural areas is a big issue for government and the event attracted a number of local, state and national officials.

St. Joseph Mayor Rick Shultz said the faster service should help the city attract start-up, high-tech businesses as well as residents who need fast, reliable internet to work from home.

Rep. Tom Emmer, a member

of the House of Representatives Rural Broadband Caucus, said that high-speed internet is a key infrastructure investment that will allow people to continue to live outside of big cities but still have access to jobs and services.

Branded as Midco Gig, the fastest service offered is 10 times as fast as the current service available.

Midco serves 32 percent of potential customers in St. Joseph.

For new customers, Midco is offering 1 gigabit service for \$79.95 a month for one year and then the price increases to



\$99.95. Current customers who have 100-megabit service can upgrade to the gig service for an additional \$40 per month. Customers can also lease a modem for \$8 per month in addition to the monthly service charge.

Midco is also offering a 500 Mbps service aimed at college students for \$59.95 for one year

Gigabit • page 2

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Ranks

from front page

officers are in unmarked vehicles, it's easier to observe criminal behavior.

"They can't be everywhere at once," the chief said.

He encouraged citizens to be observant and report.

"If you see something, say something," Pfannenstien said. "The citizens are the real heroes" in keeping the city safe, the chief said.

A closer look at the data shows St. Joseph's violent crimes trending downward while property crimes are trending upward slightly.

Compared with 1.12 officers per 1,000 residents in Big Lake, St. Joseph has 1.33. Among its closest neighbors, Sartell has 1.09 officers per 1,000 residents, St. Cloud has 1.58 officers, Cold Spring/Richmond's department has 1.62 officers and Waite Park has 2.15 officers per 1,000 residents, according to the FBI-based data.

To see the complete report, go to <https://securitybaron.com/safe-cities/minnesota>.

Gigabit

from front page

and then the price increases \$20 per month.

For the past year or so, Schultz has advocated using the internet to improve residents' access to city services and improve the efficiency of city government. Having gigabit internet available fits with that initiative, he said.

People use smartphones and other devices to shop, work and learn, and city government, he said, should offer the same digital options.

With the St. Joseph upgrade, 90 percent of Midco's Minnesota customers have gig service, according to Jon Pederson, Midco's chief technology officer.

About 90 percent of Midco's network distance is fiber optic, with coaxial cable connecting to individual customers.

Midco recently purchased a wireless company what will allow it to offer high-speed internet to rural areas that are within 30 miles of its fiber lines, Pederson said.

Gig-speed internet is short-

hand for broadband service with up to gigabit-per-second download speeds. It's been around for only a few years and is not widely available outside of big cities, but it's the future of internet connectivity. Streaming services such as Netflix, gaming and running smart home devices all require faster connections that can move more data.

Compared with standard cable-based broadband packages, which offer download speeds of 20 to 100 Mbps, gigabit speeds are an exponential increase - 1,000 Mbps, or 1 million bits per second.

Midco, headquartered in Sioux Falls, South Dakota, serves more than 385,000 customers in 400 communities in Minnesota, North Dakota, South Dakota, Kansas and Wisconsin. Midco offers internet, cable television and telephone service.

The other Central Minnesota cities branching off from the St. Joseph equipment are: Annandale, Avon, Becker, Clear Lake, Clearwater, Cold Spring, Foley, Holdingford, Pierz, Richmond, Rockville, Royalton, St. Augusta, St. Stephen and Waite Park.

Sartell-St. Stephen • St. Joseph

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Simon served with communications unit in Vietnam

The American Legion is celebrating its 100th birthday in 2019. 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

Robert "Bob" Simon, 75 Air Force, Vietnam Era

Bob was born at home on the 120-acre farm 4 miles south of St. Joseph. He was the second oldest of five (two brothers and two sisters).

Being raised on a small farm provided opportunities for hard work. In addition to caring for the milk cows and pigs, Simon was also responsible for gathering eggs that were sold in St. Joseph. The money earned from the sale of eggs bought groceries for the family.

Simon describes his upbringing as one reflecting hard work and frugality. Living in Stearns County, not unlike many of his generation, he recalls being raised in a strong Catholic and a conservative setting. By temperament Simon was outgoing.

Simon attended a one-room country school until the eighth grade. He attended St. Cloud Technical High School, graduating in 1962 at the age of 18.

After graduating from high school, Simon enrolled at St. Cloud State University. At the time his plan was to major in accounting. Not quite ready for college, he dropped out after two quarters.

Shortly afterward, Simon enlisted in the Air Force for four years. He decided the Air Force offered "the better life." Boarding an airplane for the first time, Simon flew to basic training at

Lackland Air Force Base, San Antonio, Texas. It was April 1963. After eight weeks of basic, he was ordered to Shepherd Air Force Base, Wichita Falls, Texas. While there, Simon completed training in mobile communications within command centers. Part of the training involved simulated war games.

Simon relates that after growing up in Stearns County alongside mostly white Catholics, he was exposed to the racism in the south back in 1960s. He shared a particular incident in which he and four friends went into a diner in Wichita Falls, Texas. One of his friends was black. They were five guys in uniform just wanting a meal. The black airman was told the establishment doesn't serve blacks in spite of the fact the employees working there were black.

After schooling, Simon was assigned to Tinker Air Force Base, just outside of Oklahoma City. He became part of Third Communication Group.

In August 1965, Simon and his group were sent to Clark Air Force Base. This base, just outside of Manila, Philippines, was described by him as "large yet so beautiful." He was transferred to the First Communication Group. On June 15, 1991, a large volcanic eruption buried this base in several feet of ash.

Simon, now a part of a smaller detachment, was sent to Vietnam in December 1965 where he was stationed until July 1966. He spent his first Christmas away from home. As he recalls, he had steak for dinner. A C-123 flew over the base pulling behind it a large banner that read "Merry Christmas."

Simon's mobile communications unit operated out of Binh Thuy Air Force Base, which was in the delta region of South Vietnam.

After six months, the group returned to Clark AFB and then



Robert Simon during Vietnam service and today.

was later assigned to an Air Force base in Thailand. He spent six months there before flying back to Travis Air Force Base, Oakland, California, for discharge in 1967.

With the money he saved, he bought a brand new, shiny Camaro. A year later he bought an upgraded, newer Camaro.

After leaving the Air Force,

at age 22, Simon returned to St. Joseph. He enrolled at the then St. Cloud Vocation School (later known as the St. Cloud Technical and Community College.) In 1969, he completed his associate's degree in sales management.

With the help of the G.I. Bill (\$130 monthly) and living back home on the farm, Simon was able to financially manage.

While taking one class, the instructor arranged for a paid internship with a friend of his at the Northwestern National Bank (now Wells Fargo). Simon thinks he got the job because he was a veteran. In 1969 after graduation, he was offered full-time employment. He retired from Wells Fargo in 2005 as a loan officer.

Simon said he believes this was a decisive, wise and fortuitous decision on his life's journey. He said he believes often there are people who influence the life course of others. He is eternally grateful for that particular instructor – Cornelius Votca.

With his military obligations and schooling completed and a promising career in banking, Simon succumbed to the charms of Jane. He grew up with her, rode the bus to school with her and hung out with her and their mutual friends. After a short formal engagement, Simon and Jane were married in 1969. They have been married 50 years. From this union was born a daughter and a son. They have been blessed

Served • page 9

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Oct. 20 White Mass planned for health-care professionals

by Cori Hilsgen
news@thenewsleaders.com

The tradition of honoring health professionals at a White Mass continues again this year when a Catholic Mass honoring medical professionals and workers will be celebrated at 10:30 a.m. Sunday, Oct. 20, at the Sacred Heart Chapel at St. Benedict's Monastery in St. Joseph.

This is the fifth year the Mass, which is for health-care workers of all faiths, has been held. Family and friends are also invited to attend the event.

Bishop Donald Kettler will preside over the Mass during which there will be a special blessing for health-care professionals.

Representatives from the St. Benedict's monastery, College of St. Benedict/St. John's University nursing, Little Falls Franciscan Order, Faith Community Nurses and the Onamia Crosier Health Ministry, Shrine to St. Odilia, will carry gifts up



photo by Dianne Towalski

Health-care professionals are honored during a Mass last year at the Sacred Heart Chapel. This year's Mass honoring medical professionals and workers will be celebrated at 10:30 a.m. Sunday, Oct. 20 at the Sacred Heart Chapel at St. Benedict's Monastery in St. Joseph.

led by the St. Benedict's Monastery Schola.

Annette Jesh, parish health-ministries program coordinator for CentraCare St. Cloud Hospital, said each year

the collection is taken for a cause to promote health. This year the collection will go to the Central Minnesota Faith Community Nurse group to support the Foundations of Faith Community Nursing class in St. Cloud. Since 2018, 21 new faith community nurses have been trained to serve in this ministry in churches of all faiths in the Central Minnesota area of the Diocese of Saint Cloud and CentraCare.

The White Mass is a way to honor and acknowledge the unique contributions made by health-care professionals and their commitment to their profession. The name of the Mass originated from the white coats usually worn by those in the medical field.

There will be a light reception after the Mass in the Sacred Heart gathering space.

The event is sponsored by the Diocese of St. Cloud, St. Cloud Hospital, St. Benedict's Monastery and St. Benedict's Senior Community of CentraCare Health in partnership with the College of St. Benedict and St. John's University.

For additional information visit the stcdio.org/health-care-mass2019 website.

**Halloween
Family Fun Fest**
Saturday, Oct. 19
9 a.m.-10 p.m.

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DENTAL CARE | DAILY ROUTINE

Easy Care Tips

Just look at those pearly whites! You must take great care of your teeth.

We all know that regularly brushing and flossing your teeth are great ways to maintain your oral health. But are you completing both activities accurately and in the best way possible for your teeth?

BRUSHING

Brushing your teeth twice per day is recommended by the American Dental Association. This holds true for all ages, even for babies without teeth. But instead of using toothpaste and a brush for your baby's gums, use a damp wash cloth for cleaning.

Here are some other brushing tips from the ADA:

- Place your toothbrush at a 45-degree angle against the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer tooth, inner tooth and chewing surfaces.
- Use the tip of the brush to clean the inside surfaces of the front teeth, using a gentle up-and-down stroke.
- Brush your tongue to remove bacteria and freshen your breath.

FLOSSING

The ADA also recommends flossing at least once per day to maintain optimal oral health. So why do only about half of Americans floss their teeth? The process is simple and straightforward, as the below tips from the ADA point out.

- Break off about 18 inches of floss and wind it around the middle fingers of each hand.
- Guide the floss between your teeth using a gentle rubbing motion.
- When the floss reaches the gum line, curve it into a C shape against one tooth; gently slide it into the space between the gum and the tooth.
- Bring the floss back toward the contact point between the teeth and move the floss up or down the other side.
- Hold the floss tightly against the tooth; gently rub the side of the tooth, moving the floss away from the gum with up-and-down motions.



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DENTAL CARE | PREVENTION



Dentist Visit FAQs

Optimal oral health has more to do with promoting healthy mouths — it impacts the integrity of our entire bodies.

Many Americans brush off visits with their dentist because cleanings and corrections often mean discomfort. If you have been avoiding this important part of your health-care routine, it's likely you have several questions or concerns about what happens at the office. To ease your mind and find the motivation to schedule an appointment, learn what to expect and discover the answers to

some of the most common questions about visiting the dentist, per the American Dental Association.

HOW OFTEN SHOULD I VISIT?

There is no correct answer to how often you should schedule an appointment as everyone is different. Depending on the level of your oral health, a professional may choose to see you annually or in some cases, biannually. The easiest way to find the answer is to create an initial meeting so your health can be assessed.

HOW DO I FIND A DENTIST?

A great way to discover the perfect place for your smile is to ask for referrals from friends and families. It is also a good idea to check with other

health care professionals you visit; they can provide referrals to a quality dentist in your area.

Consider the following when choosing the perfect office for your lifestyle.

- Are appointment times convenient to your work and personal schedule?
- Is the office easy to get to from places you frequent, like your home or office?
- Is the dentist willing to explain techniques which can help you and clearly discuss the state of your oral health?

Finding the care that is right for you may take a little research and a few meetings, but by asking the right questions, you will be on your way to

conquering your oral health.

WHAT SHOULD I EXPECT AT A CHECKUP?

After a visual examination, a dentist or hygienist will determine if X-rays are necessary. They will likely inspect gums for disease or damage before conducting an oral cancer screening. This procedure is as simple as holding your tongue and analyzing your mouth, jaw and neck.

DO I NEED A DENTIST IF THERE ARE NO SYMPTOMS?

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DENTAL CARE | PREVENTION

Diet and Tooth Decay

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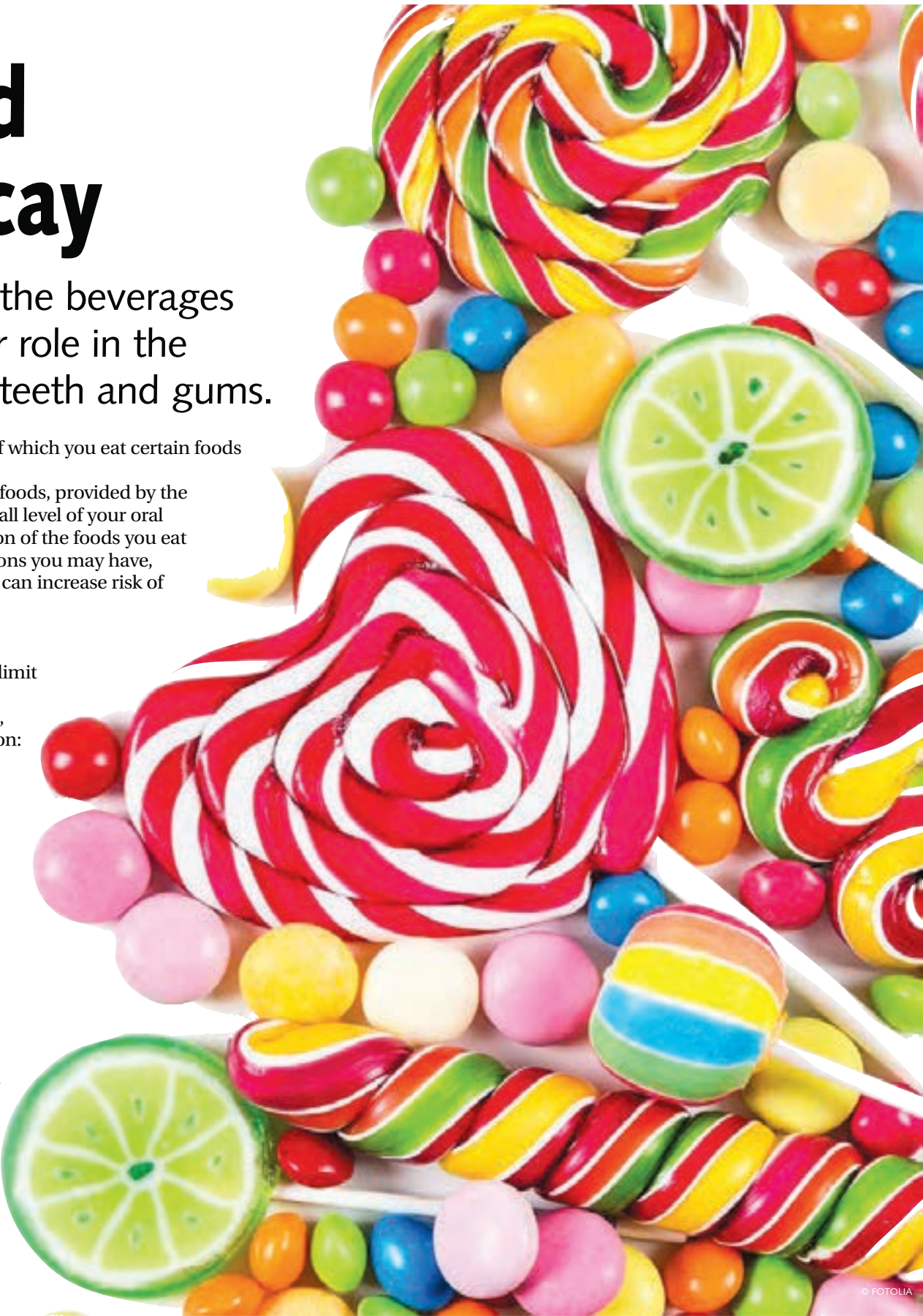
Everything from the form of the food to the frequency of which you eat certain foods can make a big difference. Here are some other factors to consider when choosing foods, provided by the American Dental Association, that can determine the overall level of your oral health: the nutritional makeup of the food; the combination of the foods you eat and the order in which you eat them; and medical conditions you may have, such as gastrointestinal reflux and eating disorders, which can increase risk of cavities and weaken teeth.

SOURCES OF ADDED SUGAR

Everyone knows sugar is bad for your teeth. You should limit added sugars in your diet by reading food labels. The top sources of added sugar in the diet are as follows, according to the Centers for Disease Control and Prevention:

Soft drinks, energy drinks, sports drinks	35.7%
Grain-based desserts (cakes, pies)	12.9%
Fruit drinks	10.5%
Dairy-based desserts (ice cream)	6.5%
Candy	6.1%
Ready-to-eat cereals	3.8%
Sugars and honey	3.5%
Tea (sweetened)	3.5%
Yeast breads	2.1%
All other foods	15.4%

Foods such as lollipops, mints, taffy, caramel, cookies, cakes and muffins are the enemies of your teeth. Not only do they offer no nutritional value, but the type of sugars in them can adhere to your teeth. According to the CDC, the bacteria in your mouth feed off these sugars and release acids, causing teeth to decay. If sugary foods are a large part of your diet, it's time to rethink what you're putting into your body. Start by cutting back slowly and eventually eliminating them as you train yourself to opt for healthier snacks instead. This is a process, but one you can execute if you stay committed to dental care excellence.



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PET CARE | HEALTH

Brush Your Pet's Teeth

We know how important exercise is to our four-legged friends, but when it comes to health, don't forget your pet's teeth.

Equally important to annual dental exams at your veterinarian's practice is home dental care, according to the American Animal Hospital Association. The AAHA recommends brushing your pet's teeth every day from an early age.

Doing so can help prevent serious oral diseases. If these types of issues are left untreated, they can lead to pain and problems with the heart, lung and kidney.

SIGNS OF PERIODONTAL DISEASE

Pet owners should be regularly examining their pet's teeth for signs of periodontal disease. The AAHA points to these main indicators:

- Brownish colored teeth
- Swollen, red or bleeding gums
- Persistent bad breath
- Loose teeth or loss of teeth
- Pus between the gums and teeth
- Broken teeth and any unusual growth in the mouth.

Reluctance to eat, play with chew toys or drink cold water also are warning signs of periodontal or gum

disease. If you see any of these warning signs, consult with your veterinarian immediately for a dental exam and treatment options.

INTRODUCING DENTAL CARE

Pets will naturally be hesitant to submit to dental care, especially if you introduce it later in their lives. A slow, gradual introduction works best for keeping your pet calm during the process. The AAHA recommends starting by using your finger to gently rub along your animal's gums and teeth.

Eventually work up to a toothbrush specially designed for pets. Scrub the gum line in a soft, oval motion with the brush at a 45-degree angle. Veterinarians warn against using toothpaste or baking soda, as they can make your pet's stomach upset.

Dental care is one of the most commonly overlooked areas of pet health care, but is crucial to the overall well-being of your pets. Check with your veterinarian today to set your pet up on a dental care plan that can lead to optimal health for years to come.



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Served

from page 3

with six grandchildren.

Now that he is retired, Simon has many interests. As he has for the last 14 years, he continues

to be treasurer for Collegeville Township. He is also responsible for the Farming Baseball Complex.

His current activities include bowling, bike trips and volunteering with St. John the Baptist Parish.

Simon is a long-standing

member of American Legion Post 328 and VFW. He is proud to be an American . . . "it's the best country in the world".

Simon says being in the military was a good lesson in how important discipline and team work are.

Blotter

If you have a tip concerning a crime, call the St. Joseph Police Department at 320-363-8250 or Tri-County Crime Stoppers at 320-255-1301 or access its tip site at tricountycrimestoppers.org. Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime.

Sept. 19

2:18 p.m. Nuisance. Minnesota Street E. An officer noticed a large amount of junk and a vehicle with no plates or VIN visible parked at 300 Minnesota St. E. The officer noticed the roof of the truck's cab removed. A letter will be sent to the homeowner to have the junk removed.

Sept. 20

2:41 p.m. Scam attempt. 17th Avenue SE. A resident called about phone calls and Facebook Messenger scams asking her to buy gift cards. She was advised to ignore the calls and not give out any information.

Sept. 24

7:14 p.m. False alarm. First Ave. SE. Officers were dispatched to a fire alarm at 124 First Ave. SE. Officers checked the building with the St. Joseph Fire Department. No flames or smoke were located. The alarm

was reset and a short time later was tripped again. It appeared fire alarm was not working properly.

Sept. 26

2:59 p.m. Threat. Second Ave. SW. A man reported receiving a letter that appeared to be an attempt to cause trouble in his marriage. It was not possible to trace the letter. The letter was postmarked Aug. 29 and he came in to file the complaint on Sept. 26.

Sept. 29

1214 p.m. Found item. Cedar Street E. A Minnesota driver's license was found at St. Joseph Liquor. The license belonged to a person in St. Cloud. The officer contacted the residence by phone but the woman who answered the phone did not know the person.

Oct. 1

8:37 a.m. Fire alarm. Seventh Avenue SE. An officer and St. Joseph Fire Department responded to a fire alarm at Serenity Place on 7th. The call turned out to be a false alarm. After a second alarm, the officer suggested putting the alarm in test mode until a faulty sensor could be repaired.

Oct. 3

7:48 a.m. Collision. CR 75 and 12th Avenue SE. A three-vehicle crash occurred on CR 75 and CR 133. Vehicle three slowed quickly for a light causing vehicle two and vehicle one to also slow quickly. Vehicle one struck the back of vehicle two causing moderate damage. Vehicle three was not struck.

5:54 p.m. Attempted entry. Baker Street E. An attempted entry apparently took place the previous night between 9 p.m. and 6:30 a.m. A resident reported a bed was moved, an egress window open, a television moved and a patio screen door torn.

Oct. 4

4:06 p.m. Fire alarm. Cedar Street E. An officer and the fire department responded to a fire alarm at apartments at 131 Cedar St. E. No smoke or flames were found. It appeared the fire alarm next to the entrance door had been pulled.

Oct. 6

12:27 p.m. Stolen license plate. Fourth Avenue SE. A man reported the rear license plate from his vehicle had been stolen while it was parked in the driveway. He noticed it on Oct. 3 but did not report it right away.

People

Kateri Fischer of St. Joseph and a Cathedral High School graduate received a Chancellor's Scholarship for the 2019-20 academic year from the University of Wisconsin-Eau Claire.

The Central Minnesota Community Foundation, in conjunction with CommunityGiving, has awarded \$158,300 in academic scholarships for the 2019-2020 school year to 101 students. Maggie O'Donnell of St. Joseph received \$2,000 from the Bernick Family Scholarship Fund.

Maggie Donnay of St. Joseph received the Jeffrey Busse Geography Scholarship from BSU Alumni & Foundation at Bemidji State University. The award is among the more than 900 scholarships valued at nearly \$1.2 million to be distributed by BSU Alumni and Foundation for the 2019-20 academic year.

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Opinion

Our View

Bits, bites, cops make St. Joseph thriving place to live

Good news is stacking up for St. Joseph from a variety of unrelated actions that will help the city grow and attract new businesses and residents.

Midco recently announced gigabit internet service is now available, which offers business and residents online speeds as much as 35 times faster than standard services.

That technology upgrade should make St. Joseph an attractive location for startup companies that depend on the fastest, more reliable internet service. Gig internet for example, is not available in St. Cloud.

For the growing number of telecommuters, having access to gig internet at home means St. Joseph is an attractive place to live, especially for young families looking for a small-town environment.

Last week, a study by a security company ranked St. Joseph the eighth safest place to live in Minnesota. If you are thinking about where to live, safety is usually a top priority. The ranking, compiled by Security Baron, analyzed FBI rankings of crime rates to find the safest cities.

While Central Minnesota is generally a very safe place to live, St. Joseph's neighbors did not rank as high. Sartell ranked 44, Sauk Rapids 60, St. Cloud 115 and Waite Park 123. Big Lake, in Sherburne County, ranked at the top of the list.

More good news, especially for young families, arrived in August with the release of the latest state school test scores. Kennedy Community School, serving about 800 pre-school through eighth-grade students, outperformed other elementary schools in the St. Cloud school district.

For example, Kennedy students recorded the second highest score, behind Clearview Elementary School, among the district's elementary and secondary students for reading achievement. Kennedy's percentage of students meeting or exceeding standards was 57.9 percent, below the state-wide percentage of 58.29 but ahead of the district score of 44.92.

Meanwhile, downtown St. Joseph continues to grow with new or improved shopping and entertainment options.

This spring, Bad Habit moved to a new location in the old city hall because the craft brewer had outgrown its original location. With financing help from the city, Bad Habit's owners remodeled the old building into a shiny, bright place to hang out and enjoy a cold brew.

Across the street, 24 North lofts are slowly filling up. On the ground floor, a planned new restaurant, Krewe, received a boost when the city approved a loan. If you're hungry and can't wait until Krewe opens, there are plenty of options.

Next door, there's Sliced and across the street, Gary's if you're craving pizza, or Bo Diddley's if you prefer soup and a sandwich. Around the corner, Bello Cucina offers a more formal meal. Just east of downtown, Neighbors Route 75 offers a more casual atmosphere for food and drink. And speaking of drink, Milk and Honey Ciders serves an alcoholic alternative to beer. St. Joseph's longtime favorite, Kay's Kitchen, serves hearty breakfasts and lunches.

Quality of life goes beyond eating and drinking. The volunteer group Cultural Bridges provides English lessons, school homework help, social connections and help finding work for the city's newest residents. The Hanging Flower Baskets project, supported by a long list of businesses and individuals, beautifies the city's streets.

All these efforts, by individual citizens, government and business, adds up to a growing, thriving community.

With falls comes a paperwork blizzard

Mike Knaak
Editor



The World Series, football games, the beginning of hockey season and cool, crisp, sunny days.

Lots to look forward to in the fall.

As I enter my second year in the Medicare world, there's one more routine that comes with the flip of the calendar.

That's the open enrollment for additional health insurance to cover costs that Medicare doesn't cover.

Last December, I joined 60 million Americans in the national health plan for people 65 and older. From now until Dec. 7, Medicare subscribers have the opportunity to switch or enroll in those supplemental programs.

Open enrollment triggers a blizzard of mailings from competing insurance companies. Every day, I receive mailings, sometimes two from the same insurer on the same day. This year, our mailbox is even fuller because my spouse recently qualified for Medicare.

Before age 65, I didn't worry much about health insurance. We were covered by good-to-pretty-good insurance from one of our employers.

Now the decision is mine and there are lots of choices, including picking an adviser to help sort it out. Do I gamble on my good health and choose a low-premium, high deductible plan?

All the advertising and promotional meetings cost millions, if not billions of dollars. What would happen to our health-care costs if there wasn't a need for supplemental insurance? For those under 65, how would the cost and quality change if there was "Medicare for all" or "Medicare for all who want it," as some presidential candidates have

proposed?

The United States ranks nowhere near the top of the list for quality health care, depending on who does the research and what criteria are used. World Population Review ranks the United States at 37th, behind Costa Rica. No matter whose list is used, the United States falls behind countries with universal health care such as Canada, Norway and the Netherlands.

Meanwhile, we're paying high prices for poor results. According to USA Today, our health care is the most expensive in the world, costing an average of more than \$8,000 per person per year.

How much of the \$8,000 results from advertising, promotion, paperwork and administration?

I have nothing against advertising or a free market, but the current model is not working.

The quality of your health care should not depend on where you work, your current health, age or how wealthy you are.

People without health care often delay or skip treatments that could keep them healthy or detect conditions early. As a result, they get sicker and die sooner than those with access to affordable care.

Donald Trump's speeches rage against socialism, most recently last week in Minneapolis. In early October,

Trump spoke at the Villages, a community of 50,000 "senior citizens." As he denounced "socialism" (which he thinks includes universal health care) the crowd cheered. I wonder if Trump and his audience realized he was ranting against two wildly popular "socialist" programs – Medicare and Social Security?

Trump must have missed class to have his bone spurs treated when socialism was discussed during college at the Wharton School. In simple terms socialism is an economic and political system where the ways of making a living are owned by the workers who run them and the people who depend on them. The United States is nowhere near that. But Trump tries to scare people with his socialism rant.

Health care is not free. Somebody has to pay the bill. The argument is what's the best way to fund it. Right now, many employers pay for at least part of their employees' health insurance, with health and other benefits making up as much as 30 percent of total compensation. What would happen if, instead of employers and individuals paying premiums, everyone would be taxed so everyone has the same coverage. Taxes would go up, but out-of-pocket costs would essentially go away.

The opposition says that would put private insurers out of business. Too bad. That's a pretty weak argument.

Ending the blizzard of competing, confusing programs would not only clear out the mailbox and the airwaves but would result in better, affordable care for all.

ZIP codes have important history

Connor Kockler
Guest Writer



Sending and receiving mail is something all of us have done throughout our lives. I remember being taught in school all of the essential steps. We would write the mailing address in the center of the envelope, the return address in the top left corner and finally affix a stamp in the top right corner before it was ready to send. It was the way I first really started to write out and memorize my home address as well. One item in those addresses that always intrigued me is a five- or nine-digit number that many people recognize but often don't fully know the meaning of, ZIP codes.

One of the earliest government agencies to be created after the establishment of the United States of America was the Post Office Department. Founded in 1792 during George Washington's first term as president, it provided essential services for a young nation that had to rely on traveling by foot or horse to travel and communicate. Having a post office was considered so important at that time that "to establish Post Offices and Post Roads" is one of the original powers of Congress listed in Article I of the Constitution.

As the country grew so did the Post Office with it, delivering mail to all corners of the nation. Eventually, as more and more of the population began to live in cities and there were

more addresses to deliver mail to, a new method was needed to deliver mail more efficiently. Thus, some local post offices began to divide their cities into postal zones with numbers added after each address on mail for faster sorting.

It wasn't until the World War II era though, that this concept was applied nationwide. Robert Moon is the post official called the "Father of the ZIP Code" for creating the first three digits of the code that aligned with the designation of the sorting facility that served an area (such as 563 for St. Cloud). The next two digits were then added to further subdivide these areas (56301, 56302, etc.). These five-digit ZIP codes were then introduced in July of 1963, along with standard state abbreviations.

Before 1963 and ZIP codes, state abbreviations like our much-used "MN" were not official and so the full state name or other abbreviations were often written out. In order to reduce the number of characters on the address line, ZIP codes and the two-letter state abbreviations were rolled out at the same time, and have

been continued to the present day.

What about that additional four numbers given after the first five in a ZIP code then? They were introduced as ZIP + 4 in 1983 as a way to further specify. According to zip-codes.com, the sixth and seventh digits of the total ZIP code refer to a delivery sector, such as several blocks. The eighth and ninth digits narrow this down even further to a delivery segment. This could be as specific as a side of a street or a floor of an office building. So while the last four numbers of a ZIP code are not required, they do make for faster sorting of your mail or package when it's processed by the post office.

Now you have it. Those numbers on your address labels have a history rooted in the U.S. Post Office and its history of delivering the mail in an efficient and orderly manner. It's a mark of ingenuity and practicality that makes it much easier to distribute mail all across the country. So the next time you see that five- to nine-number sequence on your mail or package or have to remember it to send something, remember just how big a job those "little" ZIP codes do.

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

Refugee/immigrant news: English classes are underway

Tani waa kuu muhiim adiga. Fadlan aqri. Ogeysiis! Importante para Usted, por favor léalo. Please read!

Announcements brought to you by Cultural Bridges of St. Joseph, a committee of Central Minnesota Community Empowerment Organization. We are dedicated to ease your transition into our community.

Classes are well underway in St. Joseph for those learning English at the Spirituality Center of the Sisters of St. Benedict Monastery.

The work of learning another language as an adult was best summed up by one of the students when she

said, "It's hard." Even though it requires consistent hard work on everyone's part, participants regularly attend classes. Volunteer tutors are rewarded by the advances made by students and the warm gratitude expressed.

Classes are from 9-10:30 a.m. on Monday and Wednesday mornings at the Spirituality Center and Tuesday and Thursday evenings in the St. Joseph Catholic School.

If you would like to volunteer, contact Jane Stevenson at jane.stevenson@isd742.org or Jacob Jantzer at jjantzer@gmail.com.

If you have any questions, please contact Juliana Howard at 715-791-8976 or Jamal Elmi at 320-310-2351.



contributed photo

Jennifer Oswald works with Fatuma Ahmed during an English class at the Spirituality Center.



contributed photo

Fatoum Margan and Sister Renee Domeier work on English classes.

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, Oct. 18

Burger and brat sale, sponsored by the Knights of Columbus, 10 a.m.-5 p.m., St. Joseph Meat Market, 26 First Ave. NW.

St. Joseph Farmers' Market, 3-6 p.m., Resurrection Lutheran Church, under the water tower near the Wobegon Trail Center, CR 2.

St. Cloud Singles Club Dance, 8:30 p.m.-12:30 a.m., American Legion, 17 Second Ave. S., Waite Park. 320-339-4533. stcloudsingles.net.

Saturday, Oct. 19

Appliance and Electronic Collection, 8 a.m.-noon, behind the St. Joseph Community Center. Enter off Callaway Street and exit onto Baker Street. Limit two items, residents should be prepared to show ID.

Burger and brat sale, sponsored by the Knights of Columbus, 10 a.m.-4 p.m., St. Joseph Meat Market, 26 First Ave. NW.

Buckthorn removal, 2-4 p.m., Rockville County Park, 11503 Glacier Road. Meet in the main parking area by the restrooms.

Monday, Oct. 21

St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.

St. Cloud school district Community Linkages Committee, 8 a.m. District Administration Office, 101 Second St. St., Waite Park.

St. Cloud Area Parkinson's Disease Support Group, 1-2:30 p.m.,

Independent Lifestyles, 215 Benton Drive N., Sauk Rapids.

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, Oct. 22

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.

Thursday, Oct. 24

St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.

Friday, Oct. 25

St. Joseph Farmers' Market, 3-6

p.m., Resurrection Lutheran Church, under the water tower near the Wobegon Trail Center, CR 2.

Saturday, Oct. 26

Sartell Area Churches Craft and Bake Sale, 10 a.m.-1:30 p.m. St Francis Xavier School, 219 Second St. N. A luncheon of wild rice soup, bread, pie and a beverage will be served. Soup by the quart is available for purchase.

Buckthorn removal, 2-4 p.m., Rockville County Park, 11503 Glacier Road. Meet in the main parking area by the restrooms.

Sunday, Oct. 27

Joe Town Table, 11:30 a.m.-1 p.m., American Legion, 101 W. Minnesota St., St. Joseph. every fourth Sunday of the month. centralmncw@gmail.com.

Monday, Oct. 28

St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.

St. Joseph Township Board, 8 p.m., 2nd and last Monday, Township Hall, 935 College Ave. S., St. Joseph.

Tuesday, Oct. 29

Collegeville Township Board, 7 p.m., Township Hall 27724 CR 50.

Thursday, Oct. 31

St. Joseph Food Shelf, open 1-3 p.m., 124 First Ave. SE, St. Joseph.

Restless Souls Cemetery and Walk-through Haunt, dusk until 9 p.m., 905 Dale St. E., St. Joseph. Free.

Friday, Nov. 1

St. Joseph Farmers' Market, 3-6 p.m., Resurrection Lutheran Church, under the water tower near the Wobegon Trail Center, CR 2.

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THANK YOU!

to all who donated to the
Eighth Annual St. Joseph
Hanging Flower Basket Project!

Thanks to Terry Thene, his crew and the
City of St. Joseph for their special care of the baskets.

Special thanks to the "water boys" Joe Bechtold,
Ralph Meyer, Marvin Bierschbach & Dan Weisser.

**And numerous anonymous donations.*



These beautiful baskets are solely paid for
through your contributions and generosity.
What a great way to honor your loved ones by
enriching the city with flowers for four months.

Reserve your basket for 2020 with your year-end donation.

Contact Carol M. Theisen at 320-363-8496

or cmtjat17@gmail.com or Joyce Faber at 320-363-7682.

Special thanks to
Margo Hughes and Nel Pfannenstien.

American Legion Auxiliary St. Joseph: In memory of all Veterans

American Legion Post 328 St. Joseph: In memory of Veterans and Legion members

Barb and Tom Frank: In memory of Steve, Nancy, Larry & Rob Frank, Ella & Leonard Covey, Cathy & Roy Signor

Bello Cucina of St. Joseph: In memory of Mille, James & Joyce Mueller

Brenny Transportation Inc., Joyce Brenny: In memory of Loretta & Claude Dullinger

Bruce Nolan: In memory of Mercedes & Ted Broussard

Bruce Nolan: In honor of Sylva, Norah & Clare Bohannon

Carol & Jim Theisen: In memory of Maxine Hodge Muske

Cherne Families: In memory of Leora Honer & Colleen Cherne

Collegeville Communities LLC: In memory of Cotton Petters

Deanna Lundquist: In memory of Clarence Lundquist & all Agent Orange victims

Deb, Becky & Tracy Reber Family: In memory of Frederick J. Reber & Barb Reber Sorenson

Deutz Family: In memory of Glenn Deutz

Dorothy Sadlo and Jean Salzer: In memory of Leo J. Sadlo & Jerome Salzer

Drs. Styles, Cotton & Milbert DDS: In memory of Mary Peterson

Edward Jones, St. Joseph - Beau Hanowski: In memory of Betty Sporleder

Elaine Anderson: In memory of Ray & Lucille Borash

Exponential Chiro. Healing Center -

Dr. Brian Koltes: In memory of Jacob Wetterling, Bechtold, Koltes & Toth Families

Farmers Insurance/Laurie Oppel: In memory of Herald B. Gerlich (Father)

Floral Arts-Kacures Family: In memory of Theresa & James Kacures

Gail Schlauderaff: In memory of Daniel Schlauderaff

Jan & Ralph Boeckers: In memory of Chad Boeckers and Tina Torkelson

Jane & Bob Simon: In loving memory of Gapko, Pflueger & Simon families

Jean Salzer Family: In memory of Jerome, Francis, Lucille & Jacob Salzer

Jessica & Paul Theisen: In memory of Grandma & Grandpa Muske & Shirlee Grebinoski

Joyce & Marlin Faber: In memory of Faber and Kremers families

Karen & Dan Wippler: In memory of Wippler and Dockendorf families

Karen Schenk: In memory of Dean Schenk

Kay's Kitchen: In memory of Cody Knuckolls

Knights of Columbus: All deceased KC members and spouses

La Playette Bar: In memory of Norbert & Lucille Keller & Lester & Louise Bagley

Local Blend, Jeff & Stacie Engholm: In memory of Catherine Petters

Lori Pfannenstien: In memory of Gene Pfannenstien

Margo Hughes: In memory of Tom Hughes

Margo Hughes: In memory of Mary & Mario Retica

Marilyn & Dale Haug: In memory of deceased family and friends

Mary & Bruce Ahlstrand & Patty & Dan Jakovich: In memory of Evelyn & Jerry Hughes

Mike's Dirtwork LLC: In memory of Helen Klisch & Delphine Smieja

Muske Families: In memory of Rueben & Bernice Muske

Nel Pfannenstien: In memory of David Pfannenstien

Nettie Pfannenstien: In memory of Bob Pfannenstien

Omann Insurance Agency: In memory of Olivia & Bernard Omann

Pam's Auto: In memory of Cyril Meyer

Patty & Jerry Wetterling: In memory of Jacob Wetterling

Peg Zimmer & Tom Brannan: In memory of Mark Zimmer and Mame Brannan

Raj & Emily Tohal Chaphalkar: In honor of our welcoming and inclusive community

Rhonda & Tom Borresch: In memory of Connie & Bob Borresch

Rockhouse Productions LLC: In memory of Karen & Bobby Velline

Sal's Bar & Grill: In memory of Sal & Margaret Schneider and deceased Klein family members

Scherer & Sons Trucking Inc.: In memory of Gene & Myra Scherer

Sharon Klehr-Froehle: In memory of Nicholas Froehle & Christopher Klehr

Sisters of the Order of St. Benedict: Our deceased sisters

Sons of the American Legion - John Kuebelbeck Squadron #328: In memory of Al Lindseth & Kim Schmitz

St. Joseph Meat Market: In memory of Aloys Pfannenstien Jr. and Alcuin Eich & John Pflueger

St. Joseph Newsleader: In memory of Elaine Von Pinnon

Sue & Dave Curtis: In memory of Edwin Curtis, Francis Lease

Warnert Family: In memory of Urban Sr., Frances & Jerry Warnert

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