



# Reaching Everybody! Newsleaders

Friday, Oct. 18, 2019  
Volume 24, Issue 20  
Est. 1995

## 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!

### 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.

### For additional stories...

For current daily news, the *Newsleader* posts additional stories on our website, [www.thenewsleaders.com](http://www.thenewsleaders.com). We also post stories to our Facebook page, so be sure to like us for additional online content!

### INSERTS:

- Choose Yes
- Country Manor

## Colors of kindness at Sartell schools



photos by Carolyn Bertsch

(Above) Good friends, Jackson Gilbert and Ruby Studer, participate in the Oct. 7 Kindness in Chalk event at Oak Ridge Elementary. The Sartell 6-year-olds, both in first grade, draw colorful pictures of rainbows and houses to bring cheer to others. (At left) Abdi Negewo (left) originates from Ethiopia. He and friend Preston Lebeck, both age 12, decided to create an image of world peace on the Sartell Middle School sidewalk Oct. 7.

## Levy vote offers school funding choices

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

A vote on the Sartell-St. Stephen school district's operating levy is being presented as a choice between raising new revenue or making additional cuts in the programs, services and building maintenance.

The operating levy, which will raise \$1.7 million for 10 years, is on a Nov. 5 special-election ballot.

A year ago, district voters re-

jected a similar operating levy and the defeat resulted in program cuts, larger classes and increased fees, saving the district \$1.3 million. In addition, the district tapped the reserve fund for about \$400,000.

In a series of informational meetings, district leaders say the money is needed to meet the needs of a growing district.

They explain the operational levy is part of a multi-year strategic plan that includes funding the new high school, remodel-

ing the old high school to serve as a middle school, converting the current middle school for grades three through five and reconfiguring the grades in the two elementary buildings starting next fall.

The increased funding will support operating a total of six buildings (including the District Service Center) when the old high school-to-middle school remodeling is complete next year. Operations include custodians, food service, heat-

ing/cooling and maintenance. The new high school is just short of 300,000 square feet. It costs about \$3.50-\$4 per square foot to operate a building. The added costs because of an additional building is between \$1 million and \$1.2 million annually.

To balance the budget this year, the district allowed class sizes to creep up. But if the levy fails this time, class sizes will need to increase again.

Levy • page 2

## Murray qualifies for prestigious Ironman Kona

by Dennis Dalman  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

Forget the champagne and the celebratory hoopla. After Judy Januschka Murray of Sartell finished the Ironman triathlon at Cambridge, Maryland, she was too tired to celebrate.

Exhausted but happy, she walked across the red carpet at the finish line.

"I was smiling," she said. "Hugely."

And Murray, 60, had good reason to smile. She had finished first among 19 other competitors in her age category - 60 to 64. That age-group win qualified her to compete in the prestigious Ironman Kona World Championship race

next year in Kailua-Kona, Hawaii.

Earlier this year, Murray placed first in her age group at a Chisago race, and she won her division in past years in the Maple Grove Olympic, the Green Lake Olympic, the Buffalo Olympic and in Graniteman races.

The Ironman Maryland triathlon was a grueling race that took place on a hot and very humid day, Sept. 28. It took Murray 12 hours, 25 minutes and 54 seconds to finish the three events. She swam 2.4 miles in Choptank River where lots of jellyfish stung her and the other competitors; she biked 112 miles; and she ran 26.2 miles.

The jellyfish stings hurt, but Murray took them in stride.

"You do what you have to do," she said.

Her husband, Michael Murray, also finished the triathlon.

Throughout the years, both had competed in the Sartell Duathlon and finished many times first in their age groups.

Judy also competed in the Ironman Florida (Panama City) triathlon in 2016. Michael is working on his Legacy Program honor by completing 12 Ironman events, the latest in Cozumel, Mexico, this November. Judy, who described herself as "kind of retired,"

Murray • page 4



contributed photo

Judy Januschka Murray and her husband, Michael Murray, both completed the grueling Ironman Maryland triathlon Sept. 28 in Cambridge, Maryland.



# ADOPT A PET

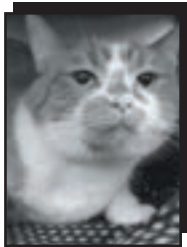


Orton likes to play hard to get, but he's quite the catch once he's found his way into your heart. He has a tendency to hide under his bed, so if you see his card, but no cat, peek under his bed and softly say "Hi, I found you!" Although he's done OK with some cats and dogs in the past, a quieter home may be just what the doctor ordered for this neutered 8-year-old cat. Orton's adoption fee would be waived for a senior citizen or veteran. Meet him at the Kitty Korner, 1715 1st St. South, St. Cloud (corner of Washington Memorial Drive and Division Street).

*"Helping one animal won't change the world ... but it will change the world for that one animal!"*

Dogs - 15; Puppy - 6; Cats - 43; Kittens - 38; Guinea Pigs - 3; Rabbits - 1; Gerbils - 3

Hours: Monday-Thursday Noon-6 p.m., Friday Noon-8 p.m., Saturday 11 a.m.-5 p.m. & Sunday Noon-5 p.m.



## Tri-County Humane Society

735 8th St. NE • PO Box 701  
St. Cloud, MN 56302  
320-252-0896  
www.tricountyhumane.org

# Levy

## from front page

The school board wants to maintain its class-size targets of 17 to 20 students in kindergarten, 20 to 25 students in grades one through three, 25 to 30 students in grades four through eight and 32 or fewer students in high school classes.

"Our classes are smaller than other districts and we think it's a great way to educate kids," Superintendent Jeff Schwiebert said at an information meeting last week.

Hiring five more teachers will allow the district to meet class size targets.

If approved, levy money will also support pre-K through grade 12 academic programming and extra-curricular programming. District leaders have focused on preparing students for a variety of post-high school options other than four-year college. Those options include technical and vocational education.

"Our mission is to give our kids many opportunities to have successes for the future," Schwiebert said.

For example, Schwiebert said, there are facilities in the new high school to support industrial technology, nursing assistant and culinary arts programs but the district can't afford teachers for them.

Levy money could also be used to support popular career-building extra-curricular programs such as robotics, Schwiebert said.

If voters choose not to support the levy, the district will need to cut expenses and look for other revenue sources.

Boosting class sizes beyond the current targets tops the list. This year the district cut two bus routes to save money. Further cutting transportation services would save more money. Now the district offers busing to all students who want it. The district could limit busing to students who live more than 2 miles from school, as required by the state, and save money.

Board members could make further cuts in activities and academics.

On the revenue side, the school board could change its open enrollment policy and open district buildings to more

students and the revenue that comes with their enrollment.

"If we can't pass a levy, we may have to look at open enrollment in another way," Schwiebert said. "It's not the best way to get additional revenue. The problem with open enrollment and the reason we haven't done it was that the plan was to get more space for the kids we have rather than fill it with students from outside the district."

The board could also look at additional fee increases. For example, high school activity fees increased 50 percent this year and raised about \$100,000.

At the information meeting, residents asked about the so-called "Phase 2" of a building plan and when it will be proposed. Phase 2 projects include a stadium with lights at the new high school site, remodeling the two elementary buildings and replacing the heating system in the district's original 1969 building, which will be named Riverview Intermediate School.

Schwiebert said there never has been a timeline for those projects.

"When community members elect school board members who think it's the thing we should do" that's when that plan would be put forward, Schwiebert said.

## The finances

The district's total budget is \$39 million. About two-thirds goes for classroom instruction; 10 percent pays for maintenance, heating and utilities and 10-12 percent covers technology and staff development.

The Sartell-St. Stephen district ranks 317 out of 330 Minnesota school districts for per-pupil funding.

The district lacks significant commercial and industrial property to tax, so property taxes fall heavily on property owners with residential taxes making up 80 percent of revenue.

Still school leaders say residential property taxes compare favorably with surrounding communities. On a \$250,000 homestead, the total tax bill in Sartell is \$3,710.02 and in St. Stephen its \$3,595.16. That's higher than \$3,402.99 in St. Cloud and \$3,556.28 in St. Joseph but less than Sauk Rapids where the tax is \$3,773.32 or Waite Park's total tax of

\$3,945.79.

## Tax impact

Because of a change in state funding approved by the Legislature, the property-tax impact of this levy will be less than it was a year ago. This chart shows the approximate tax increase. Taxpayers can figure their own tax impact with an online calculator at [Sartell.k12.mn.us/2019levy](http://Sartell.k12.mn.us/2019levy).

Taxable Market value	Yearly increase
\$100,000	\$74.30
\$150,000	\$111.45
\$200,000	\$148.60
\$250,000	\$185.75
\$300,000	\$222.90
\$350,000	\$260.05
\$400,000	\$297.20
\$450,000	\$334.35

School leaders point out that operating levies tax agricultural property differently than bonding. Farmers are taxed on their residence and one acre of land, not their entire acreage. The Legislature provided some property-tax relief for farmers with a tax credit on bonding. Farmers received a 40 percent tax credit for 2019 and that increases by 10 percent a year through 2023.

## The vote

Election day is Tuesday, Nov. 5. Early voting and absentee ballots are available from 8 a.m.-4 p.m. through Monday, Nov. 4, at the District Service Center, 212 Third Ave. N.

Because this is not a general election, polling places have been combined at these locations:

**Celebration Lutheran Church**  
1500 Pinecone Road N.

**Sartell City Hall**  
125 Pinecone Road N.

**St. Stephen City Hall**  
2 Sixth Ave. SE.  
St. Stephen

## Information meetings

There are two more community information meetings scheduled before the vote:

**7 p.m. Wednesday, Oct. 23,** at Sartell Middle School, 627 Third Ave. N.

**9 a.m. Thursday, Oct. 24,** Sartell Senior Connection, Sartell Community Center, 850 19th St. S.

## KIDS PUMPKIN CARVING CONTEST

OCTOBER 24TH - NOVEMBER 2ND  
Help us celebrate Halloween and the change of the seasons! Each child who brings in a carved pumpkin will receive a coupon for a free kids meal!



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SATURDAY 4-10PM  
SUNDAY 9AM-1PM/4-8PM

### COMING SOON!

PALETTE PAINTING OCT. 23RD  
AVON LADIES' DAY NOV. 9TH  
VETERAN'S WEEK SPECIAL NOV. 6-10  
WINE DINNER NOV. 13TH

## St. Stephen Optical

(formerly Index 53)

### Larry Rudolph, Optician

306 Main St. E.  
St. Stephen, MN 56375

320-252-9380 Office  
320-252-6924 Home

Hours: 8 a.m.-5 p.m. Monday Thursday 8 a.m.-4 p.m. Friday 8 a.m.-noon Saturday

## Sartell Area Churches Craft & Bake Sale

Saturday, Oct. 26 ~ 10 a.m.-1:30 p.m.

Wild rice soup luncheon, coffee and rolls

**St. Francis Xavier School**  
308 2nd St. N. • Sartell

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Call the Sartell-St. Stephen Newsleaders at 320-363-7741  
if you would like to be in the business directory.

Sartell-St. Stephen • St. Joseph

Reaching Everybody!  
**Newsleaders**

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The Newsleaders office  
Sartell City Hall  
School District Offices  
SuperAmerica  
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[www.thenewsleaders.com](http://www.thenewsleaders.com)

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

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PUBLIC NOTICE

NOTICE OF SPECIAL ELECTION

INDEPENDENT SCHOOL DISTRICT NO. 748 (SARTELL-ST. STEPHEN)

STATE OF MINNESOTA

NOTICE IS HEREBY GIVEN that a special election has been called and will be held in and for Independent School District No. 748 (Sartell-St. Stephen), State of Minnesota, on Tuesday, Nov. 5, 2019, for the purpose of voting on the following question:

School District Question 1

Revoking Existing Referendum Revenue

Authorization; Approving New Authorization

The board of Independent School District No. 748 (Sartell-St. Stephen) has proposed to revoke the school district’s existing referendum revenue authorization of \$24.83 per pupil and to replace that authorization with a new authorization of \$460 per pupil. The proposed new referendum revenue authorization would be applicable for 10 years, beginning with taxes payable in 2020, unless otherwise revoked or reduced as provided by law.

- Yes
- Shall the school district’s existing referendum revenue authorization be revoked and the increase in the revenue proposed by the board of Independent School District No. 748 be approved?
- No

BY VOTING “YES” ON THIS BALLOT QUESTION, YOU ARE VOTING FOR A PROPERTY TAX INCREASE.

School District Question 1 would revoke the school district’s existing referendum revenue authorization and approve a new authorization. Passage of School District Question 1 will result in an increase in your property taxes.

The annual dollar increases for typical residential homesteads, apartments, commercial-industrial properties, and most other classes of property within the school district are as shown in the table below.

For agricultural property (both homestead and non-homestead), the taxes for the proposed referendum will be based on the value of the house, garage and surrounding one acre of land only. There will be no referendum taxes paid on the value of other agricultural lands and buildings. For seasonal residential recreational property (i.e. cabins), there will be no taxes paid for the proposed referendum.

The combined polling places for this election and the precincts served by those polling places will be as follows:

PUBLIC NOTICE

NOTICE OF LOCATION WHERE BALLOTS WILL BE COUNTED

INDEPENDENT SCHOOL DISTRICT NO. 748

(SARTELL-ST. STEPHEN)

STATE OF MINNESOTA

NOTICE IS HEREBY GIVEN that the election judges for Independent School District No. 748 shall count the ballots cast in the School District’s Nov. 5, 2019 special election at the following locations for the combined polling places specified.

- COMBINED POLLING PLACE:
- Sartell City Hall  
125 Pinecone Road N.  
Sartell, Minnesota 56377
- COMBINED POLLING PLACE:
- Celebration Lutheran Church  
1500 Pinecone Road N.  
Sartell, Minnesota 56377
- COMBINED POLLING PLACE:
- St. Stephen City Hall  
2 Sixth Ave. SE  
St. Stephen, Minnesota 56375

Dated: July 15, 2019.

BY ORDER OF THE SCHOOL BOARD

By /s/ Pamela Raden  
School District Clerk

Independent School District No. 748  
(Sartell-St. Stephen)  
State of Minnesota

Publish: Oct. 18 & Nov. 1, 2019

Property value	Pay 2020 Revoked Authority	Pay 2020 Proposed New Authority	Pay 2020 Net Change
50,000	-2.12	39.27	37.15
75,000	-3.18	58.91	55.73
100,000	-4.24	78.54	74.3
125,000	-5.3	98.18	92.88
150,000	-6.36	117.81	111.45
175,000	-7.42	137.45	130.03
200,000	-8.48	157.08	148.6
225,000	-9.54	176.72	167.18
250,000	-10.6	196.35	185.75
275,000	-11.66	215.99	204.33
300,000	-12.72	235.62	222.9
325,000	-13.78	255.26	241.48
350,000	-14.84	274.89	260.05
375,000	-15.9	294.53	278.63
400,000	-16.96	314.16	297.2
425,000	-18.02	333.8	315.78
450,000	-19.08	353.43	334.35
475,000	-20.14	373.07	352.93
500,000	-21.2	392.7	371.5

COMBINED POLLING PLACE:

Sartell City Hall  
125 Pinecone Road N.  
Sartell, Minnesota 56377

This combined polling place serves all territory in Independent School District No. 748 located in the City of Sartell, Precincts 1, 3 and 4 and Le Sauk Township in Stearns County, Minnesota; and the City of Sartell, Precinct 2; Benton County, Minnesota.

COMBINED POLLING PLACE:

Celebration Lutheran Church  
1500 Pinecone Road N.  
Sartell, Minnesota 56377

This combined polling place serves all territory in Independent School District No. 748 located in the City of Sartell, Precincts 5, 6 and 7; Stearns County, Minnesota.

COMBINED POLLING PLACE:

St. Stephen City Hall  
2 Sixth Ave. SE  
St. Stephen, Minnesota 56375

PUBLIC NOTICE

NOTICE OF TESTING OF OPTICAL SCAN VOTING SYSTEM

INDEPENDENT SCHOOL DISTRICT NO. 748

(SARTELL-ST. STEPHEN)

STATE OF MINNESOTA

NOTICE IS HEREBY GIVEN that Independent School District No. 748 (Sartell-St. Stephen) shall perform a public accuracy test of the optical scan voting system to be used in the District’s Nov. 5, 2019 special election. The test shall be conducted at: Sartell-St. Stephen School District Service Center, 212 Third Ave. N., Sartell, Minnesota 56377 at 4 p.m. Tuesday, Oct. 29, 2019. Interested individuals are authorized to attend and observe. If you have any questions, please contact Josh Bentley at 320-656-3723.

Dated: July 15, 2019

BY ORDER OF THE SCHOOL BOARD

By: /s/ Pamela Raden

School District Clerk

Independent School District No. 748 (Sartell-St. Stephen)

State of Minnesota

Publish: Oct. 18, 2019

This combined polling place serves all territory in Independent School District No. 748 located in the City of St. Stephen; and St. Wendel, East Brockway and West Brockway Townships; Stearns County, Minnesota.

Any eligible voter residing in the school district may vote at said election at the combined polling place designated above for the precinct in which he or she resides. The polls for said election will be opened at 7 a.m. and will close at 8 p.m., on the date of said election.

A voter must be registered to vote to be eligible to vote in this election. An unregistered individual may register to vote at the polling place on election day.

Dated: July 15, 2019.

BY ORDER OF THE SCHOOL BOARD

/s/Pamela Raden  
School District Clerk

Independent School District No. 748  
(Sartell-St. Stephen)  
State of Minnesota

Publish: Oct. 4, 18 & Nov. 1, 2019



40+ CRAFT-VENDOR  
BAKE SALE

Saturday, Oct. 26

10 a.m. - 3 p.m.

Community Center - Freeport  
307 Seventh St. SE

\*A must-see event

CRAFT-VENDOR  
BAKE SALE

Saturday, Nov. 2

10 a.m.-3 p.m.

American Legion - Waite Park  
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Saturday, Nov. 2

9 a.m. - 3 p.m.

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Donations accepted for Anna Marie's Alliance

Holiday Craft  
and  
Bake Sale

Saturday, Nov. 2

9 a.m. - 3 p.m.

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## Murray

from front page

last worked in the pre-school program at St. Francis Xavier Elementary School in Sartell. Michael is vice president of the Blue Stem Co. headquarters in Minneapolis. Blue Stem, which has a facility in St. Cloud, was formerly Fingerhut.

Michael Murray started competing in duathlons and triathlons years ago.

## Keller resigns as Sartell planner

by Dennis Dalman  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

Nate Keller, Sartell's city planner, has resigned to take another job.

The Sartell City Council accepted his resignation at the Oct. 14 council meeting and thanked him for his years of service to the city. Keller began his job for Sartell in 2014.

He is the second employee of

"Then I decided to show him I could do it too," Judy said. "It takes a lot of training, but anybody can do it. It's a way for me of staying healthy and doing something for myself. The people who compete are such good people – good friends."

Ironman triathlons attract both professionals and hobby tri-athletes.

"I'm not a pro," Judy said. "Mike (husband) is quite the Ironman. He is so supportive – wonderful and encouraging."

The Murrys have three

the city's planning department to resign in recent months. Anita Archambeau, who worked for two decades as city planner and development director, resigned a few months ago to move to Tennessee, where her husband has a job.

Keller will begin his new job as planning/zoning specialist for Sourcewell, a planning consultant firm that works with

**Keller • back page**

children: Alexandra Bender of Rochester, New York; and Nick and Christian, who live in northern California, where they both enjoy biking and running. Son-in-law Matt Bender is a topnotch Ironman competitor who has finished the Ironman Kona race multiple times.

Now, Judy has her sights set on that race in Hawaii, which will be her first try at the Kona triathlon.

"It's a brutal race," she said. "The run goes across lava fields. It's a real beast. My goal is just to finish the race."

In the meantime, until the Ironman Kona takes place in October 2020, Judy will be doing many practice runs, mostly in and around Sartell.

## Ironman background

Sponsored by the World Triathlon Corp, the Ironman races are widely considered to be some of the most difficult and challenging races in the world.

The first Ironman triathlon took place in Waikiki, Hawaii, in 1978. Now, there are more than three dozen Ironman races throughout the world, and all are qualifiers for the world championship Kona in Hawaii.

Patrick Lange of Germany holds the Ironman Kona record for his win in the 2018 race with a time of 7 hours, 52 minutes, 39 seconds. Daniela Ryf of Switzerland set the women's record in that same year with her winning time of 8 hours, 26 minutes, 18 seconds.

**SARTELL JUNIOR  
OLYMPIC VOLLEYBALL**

**Registration will be open Oct. 21-Nov. 10**

**PARENT INFO MEETING**  
**Monday, Oct. 21**  
7 p.m., Sartell Middle School  
(Immediately following the SMS winter sports meeting)

**TRYOUTS**  
**Sunday, Nov. 17**  
Sartell Community Center

For information regarding team formations, practices and club news, visit our website at [www.sartelljovolleyball.org](http://www.sartelljovolleyball.org)

J.O. Volleyball is for young women in grades 5-12.  
If you have questions please email: [sartelljovb@gmail.com](mailto:sartelljovb@gmail.com).

**Cold Spring Bakery**  
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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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Pediatric Dentist

Board Certified, American Board of Pediatric Dentistry Member, American Academy of Pediatric Dentistry



**Ashley Turrittin, D.D.S.**  
Pediatric Dentist

Board Certified, American Board of Pediatric Dentistry Member, American Academy of Pediatric Dentistry



## DENTAL CARE | PREVENTION



# Dentist Visit FAQs

**O**ptimal 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?

Yes. The easiest way to catch problems before they cause discomfort or damage is by following a rigorous schedule based on your dentist's recommendation.

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DENTAL CARE | PREVENTION

# Diet and Tooth Decay

The foods you eat and the beverages you drink play a major role in the overall health of your teeth and gums.

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.

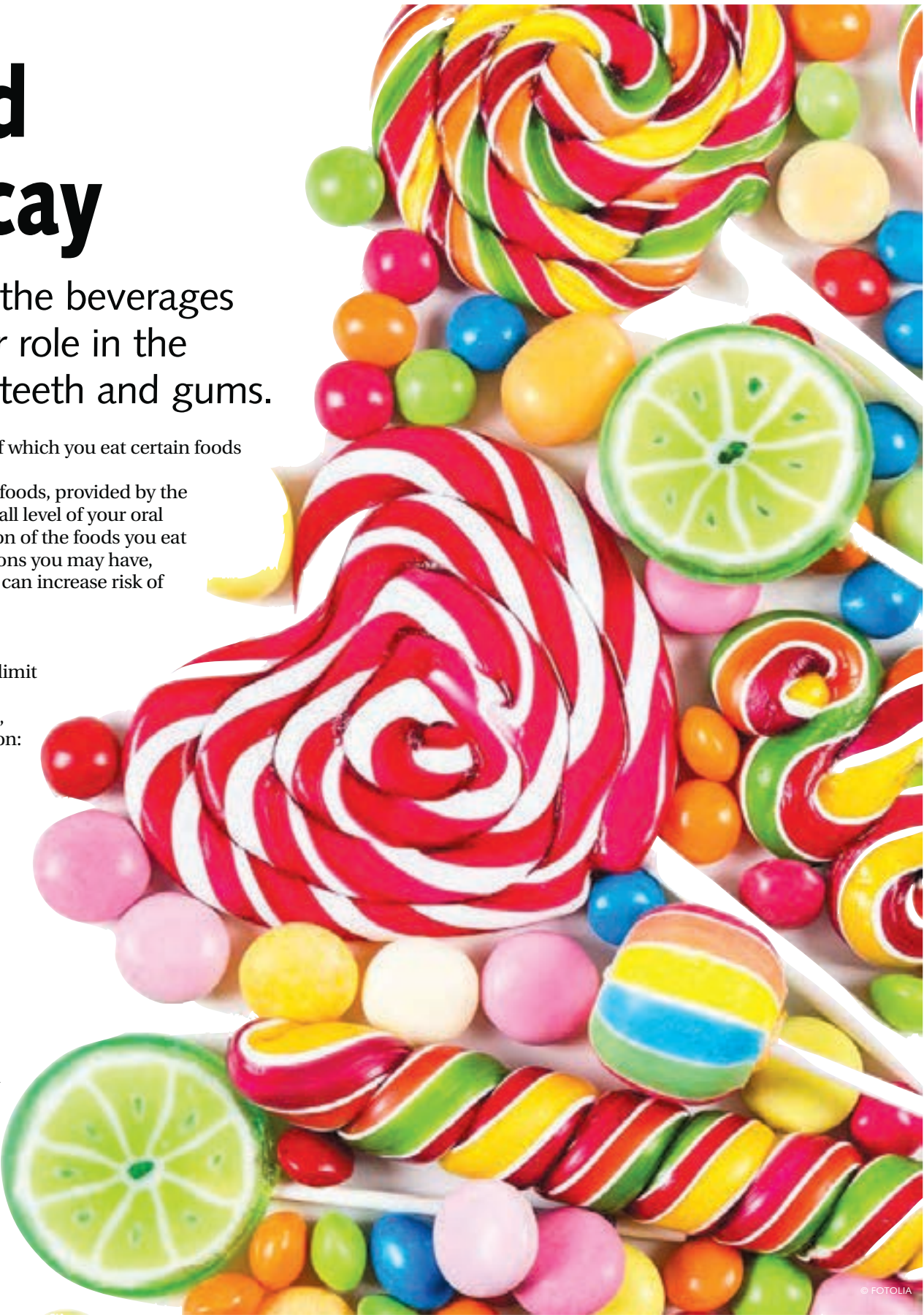
The top sources of added sugar in the diet are as follows, according to the Centers for Disease Control and Prevention:

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

**W**e 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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## Blotter

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

### Oct. 2

3:45 p.m. Warrant arrest. 14th Ave. E. A corrections employee contacted police about an individual with an arrest warrant. An officer arrived at the location and took the individual into custody without incident.

### Oct. 3

3:10 p.m. Parking violation. Pinecone Road N. An employee of Sartell High School called regarding a vehicle in a handicapped parking spot at Sartell High School. The officer arrived at the location and the vehicle was moved.

### Oct. 4

3:45 p.m. Traffic stop. CR 120. An officer witnessed a vehicle conduct an illegal U-turn. Stopping the vehicle, the officer gave a verbal warning for the infraction and released the driver.

### Oct. 5

7:45 p.m. Domestic. Cypress Circle. Officers were dispatched to a physical domestic. Upon arrival one of the individuals involved had left the scene. The individual who left contacted police and surrendered at the police station and was transported to Stearns County Jail.

### Oct. 6

7:50 a.m. Drug arrest. 200 Block of 11th Avenue E. Officer investigated a possible slumper. Officers observed drug paraphernalia in plain sight as the two occupants were sleeping in their vehicle. After a short investigation a man was taken into custody for fifth-degree controlled substance charges.

### Oct. 7

3:40 p.m. Collision. Pinecone Road N. An officer was dispatched to a multi-car collision. No individuals reported being injured. The officer stayed on scene for safety until the crash was cleared.

### Oct. 8

5:55 a.m. Vandalism. Fourth Avenue E. An officer went to a residence regarding vandalism that occurred in the evening. The officer was given footage of the incident from the resident and is investigating.

### Oct. 9

6:30 a.m. DWI. Fourth Avenue S. A citizen reported an individual who appeared passed out in their vehicle. The officer discovered impairment and conducted field sobriety tests. The driver was taken into custody and transported to Stearns County Jail.

### Oct. 10

8:05 a.m. Collision. Riverside Avenue N. Officers responded to a property damage collision on Riverside Avenue. After assessing for injuries, the officer cited the driver of one of the vehicles for failing to yield.

### Oct. 11

11:50 a.m. Parking violation. CR 120. An officer issued a citation for a vehicle parked in a handicapped lane blocking use for a handicapped van.

### Oct. 12

5:30 p.m. Hazard. Sixth Street S.

An officer spotted a hay wagon without lights. The officer stayed with the wagon for safety until it got back to its farm.

### Oct. 13

8:30 p.m. Agency assist. Pine Ridge Road. A Sartell officer assisted another agency in responding to a physical domestic. The officers took one of the individuals into custody and transported that individual to Stearns County Jail.

### Oct. 14

9 p.m. Found property. Celebration Circle. A citizen reported suspicious plant material near their property. Officers arrived and removed the marijuana.

### Oct. 15

3:45 p.m. Warrant. Hi Vue Drive. Officers working with Stearns County completed a warrant on an individual and took the person into custody without incident. The individual was transported to Stearns County Jail.

## People



contributed photo

**Volleyball player Morgan Vosberg, Sartell High School junior, recently tallied her 2,000th assist for the Sabres in a match against the Brainerd Warriors.**

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. **Samuel Larson** of Sartell received \$500 from the Brian Klinefelter Law Enforcement Scholarship Fund and \$2,000 from the Greater St. Cloud Public Safety Foundation Scholarship Fund. **Ashlee DesMarais** of Sartell received \$2,000 from the Greater St. Cloud Public Safety Foundation Scholarship Fund.

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# Opinion

## Our View

### More cuts loom if voters reject school levy

Sartell-St. Stephen school district's voters will get a second chance on Nov. 5 to approve an operating levy that would raise \$1.7 million a year for 10 years.

A year ago, voters defeated a similar measure, forcing school leaders to cut \$1.3 million from this year's school budget.

District voters should approve the levy this year.

The money is needed to keep class sizes low, continue classroom programs and maintain the district's buildings.

Last year's defeated levy prompted the school board to conduct a series of meetings to learn why voters turned it down. Then board members faced making unpopular cuts to balance the budget.

Comments at the listening sessions revealed voters may not have understood the reason for the levy coming after they approved bonding in 2016 for the new high school. Others were skeptical the district was not only asking for money to operate the district's buildings but was trying to pile on funding for additional programs. Farm owners did not understand an operating levy only taxed the homestead property, not the total value of the farmer's land.

This time around the district has presented clearer and more focused information.

As the board confronted budget cuts last spring, they found no easy answers. When they proposed eliminating a popular program, Academic Extensions, parents pushed back and that idea was abandoned. The board cut one fourth-grade section and one first-grade section, resulting in larger classes. That wasn't popular either. High school activity fees doubled.

Parents, teachers and board members were not happy about any of the cuts, but the budget balanced with the cuts and by dipping into the district's fund balance for \$400,000.

If this year's vote goes down, the board will need to cut \$1.3 million again and probably tap the fund balance again.

School leaders point out there are two ways to balance the budget: increase revenue or cut expenses.

Options for more revenue include passing the levy or changing the district's open enrollment policy to bring in more students and the money that comes with them. Increasing the amount of major commercial or industrial property would boost tax revenue, but that's a long-term solution. In the meantime, homeowners carry the burden.

Options for cutting expenses include increasing class sizes, raising fees and instead of offering busing to all students, limiting it to students who live more than 2 miles from school as required by the state.

After last year's levy failed, the school board ordered a number of cuts that saved smaller amounts of money. Staff positions were left open and the board did not fund programs planned for the new high school. Playground supervisors were cut and that duty shifted to teachers.

If voters turn down the levy again, the school board will need to eliminate or reduce programs and services that are popular with parents. When thinking about how to vote next month, residents should also think about what other revenue options they prefer or where to cut \$1.7 million.

Vote Yes on Nov. 5.

## With falls comes a paperwork blizzard

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?

## Vote Yes to invest in our kids, community

Jake Omann, Sartell

The upcoming school district levy is a pivotal event for the Sartell-St. Stephen community, one that comes with its fair share of misperceptions and contentious feelings. I think it's beneficial to fully understand and appreciate not only the numbers involved with this levy, but also the overarching implications and purpose behind it.

First, the numbers – the tax impact for each household is based on the taxable market value of our homes. For farms and agricultural land, it's based on the taxable market value of the home and garage plus one acre. It's a proportional tax against the home value, whereby the approximate annual property tax increase for a \$200,000 house would be \$148.60. For a \$400,000 house it would be \$297.20 and so on.

I can run through a litany of items of similar cost that many of us spend money on (Netflix, coffee shops, Target runs, and more), but suffice it to say this incremental increase representing an investment in our children's education should be a priority, especially when taken in this context.

The Sartell-St. Stephen school district has a stellar reputation as we consistently rank in the top 20 districts in the state as reported in several reputable sources such as U.S. News, and

**Mike Knaak**  
Editor



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 com-

**Jake Omann**

Guest Writer

these rankings factor in critical components such as graduation rates, test scores, college preparation and student-teacher ratios.

These accolades are especially impressive given we currently rank 317 out of 330 Minnesota school districts for overall school funding per pupil.

There have been some critics who claim this levy is excessive and egregious, but if it should pass we will still be below the state average in terms of voter-approved operating levy revenue per student. One of the related headwinds we face is the fact we are a property-poor district with a limited number of commercial buildings that tend to generate more tax revenue. The result of this is we, as parents and community members, shoulder more of the tax burden to financially support and invest in our schools and children's education.

There are a lot of variables that go into driving increased commercial development in a community, and these initiatives can take years to come to fruition. Most parents and community members have little control over this, but what we can control is how we choose to intentionally invest in the

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.

educational resources we provide for our children, our future leaders.

My perspective on this levy stems from the fact my wife and I recently moved back to this district, having grown up in Sartell and St. Stephen and attended school here. One of the deciding factors in our decision to move back was knowing our kids would get a great education. To me, a high-quality education entails a robust offering of academic programs delivered by high-quality teachers in an effective manner.

If this levy does not pass, the budget reductions will undoubtedly be felt throughout the district, and two of the probable cuts will be in the form of reduced academic programming and increased class sizes. To prepare our children for the careers of tomorrow, we need to continue to invest in technology and innovative educational resources. In addition, a significant amount of empirical evidence shows smaller class sizes lead to better student outcomes as teachers can provide more guidance and hands-on work, especially in younger grades.

Please join me in voting Yes on Nov. 5 to invest in our children and our community so we ensure the Sartell-St. Stephen area remains a great place to raise a family.



### Levy to support expanded learning opportunities

Gopi Ramanathan, Sartell High School class of 2016, Ithaca, New York

In 2016 – when I was a senior at Sartell High School – I was part of the campaign to pass the original bond that aided in building the new Sartell High School and renovating other existing district buildings. At that time, I was also separately involved with the Sartell-St. Stephen school board, and the board had made the decision at that time to put out a referendum for the bond before putting a referendum on a levy. The reasoning behind this decision was that there would be no point in pushing for a levy

(which only covers learning expenditures) if the bond (which only covers building costs) did not pass. A common phrase which was repeatedly stated throughout the original bond referendum process was ‘Bond for Building, Levy for Learning.’ Fast forward to today, where the bond has passed successfully, and a new high school has been built. With the new building and other upgrades to help facilitate students’ education in the district, there is an inherent need for levy money in order to support expanded learning opportunities. We are already experiencing what happens when new facilities are built without the money, as many programs which make the Sartell learning experience unique – such as introductory engineering courses, appren-

ticeship programs for nursing, business and other fields and rigorous AP/college courses – have been cut. Over time, without the support of the levy, we could see a dramatic increase in classroom sizes, continued programming cuts and a general reduction in the quality of education in the district. The unique traits of our school district have provided me an excellent stepping stone for my current college life at Cornell University. The opportunities I had as a student will struggle to exist for future students who come through this district without the help of a Levy for Learning. With new facilities come new and greater opportunities to provide unique educational experiences for every student, but we as a community must take responsibility

in supporting our students and passing this upcoming levy.

### Former student says smaller classes helped prepare for college

Jonah Nebosis, Sartell

As a former Sartell graduate, I ask that you vote yes on the upcoming Nov. 5 levy. I am currently a senior at St. John’s, and education has played a big role in my life and will continue to do so as I begin my career path. Going from high school to college was a big transition in a lot of ways, but I felt as though the education I received at Sartell effectively prepared me for this major life change.

Various teachers in the Sartell-St. Stephen district helped to instill self-confidence and laid the foundation which enabled me to build a strong work ethic, both of which have proved to be invaluable. Part of the effective education I received was due, in large part, to the hands-on experience I was able to get. The smaller class format I was accustomed to at Sartell was part of the reason I chose to attend St. John’s, and it would be unfortunate if this should change in the district. I will be voting yes on Nov. 5, and I hope you will all join me so we can ensure current and future classes are given the opportunity to be set up and prepared for whatever their next step in life will be.

**Is your event listed?** Send your information to: Newsleader Calendar, 1622 11th Ave. SE., St. Cloud, MN 56304., e-mail it to news@the-newsleaders.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**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk Rapids. 320-253-9614. mnbenton-history.org.  
**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**  
**Community Meal,** 11:30 a.m.-12:45 p.m., First United Methodist Church, 1107 Pinecone Road S., Sartell. Free.

**Monday, Oct. 21**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk Rapids. 320-253-9614. mnbenton-history.org.  
**St. Cloud Area Parkinson’s Disease Support Group,** 1-2:30 p.m., Independent Lifestyles, 215 Benton Drive N., Sauk Rapids.  
**Sartell-St. Stephen school board,** 6:30 p.m., District Service Center, 212 Third Ave. N.  
**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.  
**Le Sauk Township Board,** 7 p.m., Township Hall, 220 Fourth Ave. S., Sartell.

**Wednesday, Oct. 23**  
**Sartell-St. Stephen school levy informational meeting,** 7 p.m., Sartell Middle School, 627 Third Ave. N., Sartell.

**Thursday, Oct. 24**  
**Coffee and Conversation,** a senior discussion group, 9 a.m., Sartell Community Center, 850 19th

St. S. Speaker is Sartell-St. Stephen Superintendent Jeff Schwiebert.  
**St. Joseph Food Shelf,** open 1-3 p.m., 124 First Ave. SE, St. Joseph.  
**Sartell-St. Stephen school levy informational meeting,** 9 a.m., Sartell Commuity Center, 850 19th St. S., Sartell.

**Friday, Oct. 25**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk Rapids. 320-253-9614. mnbenton-history.org.

**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.  
**Monday, Oct. 28**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk Rapids. 320-253-9614. mnbenton-history.org.  
**Sartell City Council,** 6 p.m., City Hall, 125 Pinecone Road N.

**Thursday, Oct. 31**  
**Coffee and Conversation,** a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Speaker: Steve Penick, Stearns History Museum Archivist.

**Friday, Nov. 1**  
**Benton County Museum,** 10 a.m.-4 p.m., 218 First St. N., Sauk Rapids. 320-253-9614. mnbenton-history.org.

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photo by Carolyn Bertsch

**Kindness kindles at fire department open house**  
Kyler Gallus, 6, of St. Stephen, was thinking of other children when she attended the St. Stephen Fire Department open house Oct. 12. The tot brought with her a donation of Dalmatians for the firefighters to bring comfort to little ones whose homes and lives are affected by fire.



photo by Carolyn Bertsch

**Burnin' rubber at open house**  
Grace Johnson, 7, of Sartell holds on while her younger brother Gavin, 4, pretends to race off in a firetruck to battle flames Oct. 10 at the Sartell Fire Department Open House.

# Keller

from page 4

many cities on a contract basis. Just recently, the Sartell City Council agreed to a contract with Sourcewell to help with needs in the city's planning and community-development department.

The council will not hire

someone to replace Keller because those needs will likely be filled through the city's new contract with Sourcewell. However, that decision will be reviewed in six months as to whether or not a new employee would be required.

In his resignation letter, Keller called his decision to resign an "extremely tough" one.

"Learning a lot and being

part of some truly awesome projects were rewarding personally and professionally," he wrote.

Keller worked on grant and development proposals, public outreach and other components of planning.

He said that working with residents, stakeholders, media, co-workers and others was "truly an honor."



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