

Newsleaders

Reaching Everybody!

Friday, March 6, 2020
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Est. 1989

Town Crier

K of C dinner set March 8 for Pregnancy Resource Center

A spaghetti dinner and silent auction ultrasound fundraiser, sponsored by St. Cloud Area Knights of Columbus, will be from 5-7 p.m. Sunday, March 8, at the Eagles Club, 730 41st Ave. N., St. Cloud. Dinner is a free-will donation with all proceeds benefitting the Pregnancy Resource Center to help purchase two new ultrasound machines. If unable to attend, donations made out to Minnesota Knights Foundation may be mailed to Conrad Meier, KC Council 5548, 1430 Northway Place, St. Cloud, MN 56303.

Sartell Farmers Market set March 7, April 4

Come join us for the final two winter markets of the season to be held from 10 a.m.-1 p.m. Saturday, March 7 and April 4. Discover local meats, eggs, canned goods, honey, salsa, treats, caramel corn, BBQ sauce, crafts and much more. We are located in Sartell Community Center, 850 19th St. S., near Coborn's on Pinecone Road.

An Evening of Hope set March 21

What Would Bri Do?, a non-profit raising funds to build a grief lodge in Central Minnesota, will hold an Evening of Hope, including a silent auction, jewelry box raffle, wine/booze pull and live cash raffle on Saturday, March 21 at Holiday Inn & Suites, 75 37th Ave. S., St. Cloud. Social begins at 5 p.m.; dinner, featuring live music by Levi Pelzer, is at 6 p.m. Tickets are available at Eventbrite or MacKenzie's in Sartell. www.brislodge.com.

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Creativity encourages students to read

by Cori Hilsgen
news@thenewsleaders.com

Holly Nelson, Kennedy Community School librarian/media specialist, once again enticed students to read during I Love to Read Month in February by decorating the school's library/media center.

She did this by turning the library/media center into a place that supported the ideas and dreams of the main character from this year's One District One Book, "Cleo Edison Oliver the Playground Millionaire," written by Sundee Frazier.

For One District One Book, students and families share a reading experience of a common book to help encourage a love of reading and promote literacy.

Nelson's theme decorations include the main focus Reading Takes Us Out of This World with a rocket created from egg cartons, along with many decorations sharing the inventor and dreamer, Cleo from the book.

Students can sit inside Kennedy's

Reading Rocket and read books.

Other decorations highlight famous women in science and focus on the creative and inventor qualities of learning and exploring through books and reading.

The checkout desk in the library/media center is decorated as "mission control" such as at the National Aeronautics and Space Administration (NASA). Various scenes from the One District One Book include 24 inflated teeth and paper cutouts of avocados which are used to entice and get students excited about reading.

Two books were shredded and students had a chance to guess what the book is and a winner was drawn for a prize at the end of February. Daily trivia and themes helped build student excitement and encourage participation.

Fun events planned by Nelson included students and staff dressing up like their favorite book character, a Give Back Day with collected coins in the library being donated to the

Creativity • page 2



contributed photo

Kennedy Community School students Chloe Cremers (left) and Owen Achman enjoy reading time in the reading rocket created by Holly Nelson.

New leaders chosen for Joetown Rocks

by Cori Hilsgen
news@thenewsleaders.com

When Rich Schwegel decided to step down as chairman of the Joetown Rocks July 3 concert after chairing it for more than 14 years, a trickle of questions and rumors began circulating in St. Joseph about whether or not there would be a concert this year.

After two new volunteers, Dean Budde and Bruce Bechtold, stepped up to co-chair the event, residents can be assured once again the show will go on.

Budde said Bechtold had asked him if he might be interested in the new chair position. After doing some "soul searching" he decided he would co-chair the event with Bechtold if he was also willing to do so.

"I thought to myself the parish needs the revenue and it is a strong community event," Budde said. "There are a lot of good people doing a lot of good things in the system and I would hate to see it go by the wayside."

Bechtold said the concert has become a large parish and area event.

"Dean and I spoke and wanted to keep the concert alive and part of our parish festival," Bechtold said. "We hope to continue the concert and perhaps include other community members."

Bechtold said parish leadership met with Jeff and Tommy Velline to see if they were still interested in helping with the concert.

Leadership • page 3



contributed photo

Dean Budde (left) and Bruce Bechtold are the new co-chairs of the Joetown Rocks July 3 concert. They volunteered to keep the concert going after Rich Schwegel stepped down from chairing the event for more than 14 years.

St. Joseph man charged in Press Bar fire

by Mike Knaak
editor@thenewsleaders.com

The owner of the Press Bar and Parlor was charged March 2 with two counts of first-degree arson in the fire that destroyed the downtown St. Cloud bar.

Authorities arrested Andrew Charles Welsh, 40, of St. Joseph on Feb. 29 after investigators determined the fire was

deliberately set. The building was insured for \$1.3 million. A criminal complaint contends the business had been failing.

The Bureau of Alcohol, Tobacco, Firearms and Explosives' National



Welsh

Response Team, the St. Cloud Fire Department, St. Cloud Police Department and the Minnesota State Fire Marshal's Office collectively made the determination the fire was intentionally set, according to a statement from the agencies.

Judge John H. Scherer set bail at \$1.2 million unconditional or \$200,000 with conditions.

Fire broke out early on the

morning of Feb. 17 in the 100-year-old building.

Despite a daylong effort by firefighters, fire destroyed the 100-year-old building with damage estimated at more than \$1 million.

Investigators blocked off surrounding streets while they dug through the rubble at the corner of Fifth Avenue and St. Germain Street.

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contributed photos

During Holly Nelson’s second year as librarian/media specialist, she created a candyland in support of the One District One Book, “Willy Wonka and the Chocolate Factory” written by Roald Dahl.

Creativity

from front page

Anna Marie Alliance House in St. Cloud, an Inventor's Day that encouraged students to explore famous inventors, a classroom door-decorating contest, a World Read Aloud Day on Feb. 5 that involved 12 different authors skyping with classes about their book(s) and what it's like to be a writer.

"I am so very lucky to have the opportunity to work at Kennedy in the capacity as the school librarian/media specialist," Nelson said. "Working with the staff and students is a great honor and one I covet. The chance to influence so many students and support their reading journey is a privilege. Instilling the love of reading and building a library with diverse literature that all students can see themselves in is a priority and joy of mine."

Nelson began decorating for I Love to Read Month five years ago when she started her media specialist position.

The first year, Nelson created a large igloo made out of milk bottles and a winter theme with penguins in support of the One District One Book, "Mr. Popper's Penguins" written by Richard At-

The reading rocket blasts off.

water.

The second year, she transformed the library/media center into a candyland based on the One District One Book, "Willy Wonka and the Chocolate Factory," written by Roald Dahl.

The third year, Nelson depicted the many scenes from the One District One Book,

"Ralph S. Mouse," by Beverly Cleary.

During the fourth year, the library/media center became the magic shop from the One District One Book, "The Vanishing Coin" by Kate Egan.

"I especially love February because I am able to tap into my maker and inventor side

Creativity• back page

Sartell-St. Stephen • St. Joseph

Reaching Everybody!

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Leadership

from front page

"The Vellines once again stepped up and are working diligently on helping us to put on a quality show," he said. "Many of the past members of the concert committee agreed to continue in their roles and several new people volunteered to assist as well."

"The Vellines have been wonderful people to work with and the concert would not happen without them," Budde said. "We thoroughly thank them for what they have done in the past and for what they continue to do."

Budde said everything with the concert and festival should continue in a similar format as last year.

"My hope is we will draw the crowd we are used to, we will get good participation from all of our parish members – which I am very confident that can happen – and that the weather plays nice," Budde said.

He said there is going to be a consistent transition of chair-people in the festival stands at all times and it is right that should happen. Unless people choose to continue in their positions, the transitions need to happen to keep the event going.

Bechtold said they intend to provide another great concert and festival for the parish and area.

He said the concert has become an important part of the festival and draws huge crowds to St. Joseph.

"The concert was started by Rich and Darla Schwegel and they and a group of volunteers helped it to become what we know," Bechtold said. The Schwegels served for years as the leaders of the Concert Committee but decided to step down after last year. They deserve a rest after all of the work they did."

Early years

Rich Schwegel began putting the Concert Committee and concert plan together in the winter of 2005. After July 4, 2005, they received a commitment from Bobby Vee that he would perform a concert in 2006.

Robert Thomas Velline, who was known professionally as Bobby Vee, was a famous songwriter and musician who also appeared in films, had many



contributed photo

Rich Schwegel (left), who chaired the Joetown Rocks July 3 concert for more than 14 years, is pictured with legendary rock story Bobby Vee in 2006 after the first concert. Robert Thomas Velline, who was known professionally as Bobby Vee, was a famous songwriter and musician who also appeared in films, had many Top 20 hits and performed worldwide. He died in 2016 after having been diagnosed with Alzheimer's Disease.

Top 20 hits and performed worldwide. He died in 2016 after being diagnosed with Alzheimer's disease.

Schwegel was the chair of the Church of St. Joseph Catholic Church's Pastoral Council at that time and the group was planning the church's 150th anniversary. As part of the celebration Sandy Scholz, who was then the parish business administrator, thought of the idea of an outdoor concert featuring Bobby Vee, since he had a recording studio across the street.

Scholz and the Rev. Greg Miller, the pastor at that time, consulted with Schwegel about it and he agreed it was a good idea. Schwegel said they then told him he was in charge of contacting Vee and organizing the event.

"I didn't know anything about putting together a rock concert," Schwegel said. "I thought about all (the) things one would need for an outdoor concert and then formed a committee of people who were smart in the different areas I thought we'd need. I talked with Jeff Vee and Bobby Vee about (performing) the concert and at first, they hesitated. Then they attended our July 3 and 4 celebration in 2005, liked what they saw and said yes, Bobby would (perform) a concert."

A few memories Schwegel shared of past concerts include during one of the first years of the concert, around 1 a.m., when volunteers were still tak-

ing things down after the concert, he noticed a guy strolling through the parking lot where 12,000 people had been just a few hours before, kicking at beer cans and obviously very deep in his thoughts. Schwegel said he walked out to the person who turned out to be Bobby Vee, just enjoying the afterglow of a "fabulous night."

Another memory was of the fourth or fifth concert. Volunteer Larry Christen, Jeff Vee, Bobby Vee and Schwegel were off to the side of the stage looking out at probably 15,000 people singing, cheering and having a great time. We were saying how unreal it felt to have "ordinary people like us put together such an extraordinary event."

"It looked like Jeff had tears in his eyes and he said 'It's just magic. It's just magic.'" Schwegel said.

Schwegel agreed with others who have said the concert has put St. Joseph on the map. He has talked to people from throughout the Midwest, Montana, Canada, England and Germany who came to St. Joseph

just to attend the concert.

He contributes several things to the success the parish has experienced with the concert.

"First, of course, was Bobby Vee," Schwegel said. "To have an internationally known rock star perform in a small town like ours puts us on the map. Second, Joetown Rocks was well organized. In its early years, Bobby Vee told a local resident Joetown Rocks was the best-organized concert he's ever performed at. Third, I believe was our volunteers. The small town, friendly, German Catholic folks from our church were excellent at making the tens of thousands of visitors feel welcomed and appreciated. None of this could have happened without our hard-working parishioners. Finally, I think we drew the large crowds that we did (last year estimated at 22,000) because it was free. Where else can you go and get six hours of outstanding music for free?"

Schwegel said there are other towns such as St. Cloud, Willmar, Park Rapids and oth-

Leadership • page 13

St. Joseph Democrats pick Biden

by Mike Knaak
editor@thenewsleaders.com

St. Joseph voters overwhelmingly preferred Joe Biden over other Democratic candidates in the March 3 Presidential Nominating Primary.

Biden finished with 225 votes compared with Sen. Bernie Sanders, who received 135 votes.

After the Feb. 29 South Carolina primary ended with a strong finish for Biden, Sen. Amy Klobuchar and Pete Buttigieg dropped out of the race and endorsed Biden. On March 4, Mike Bloomberg dropped out and he also backed Biden.



Biden

Here are the Democratic candidate totals:

Joe Biden	225
Bernie Sanders	135
Elizabeth Warren	80
Michael Bloomberg	43
Amy Klobuchar	28
Peter Buttigieg	9
Others	8

Only Donald Trump's name appeared on the Republican ballot. He received 111 votes.

The St. Joseph results matched statewide results with Biden picking up 39 percent of the votes followed by Sanders with 30 percent, Warren with 15 percent, Bloomberg 8 percent and Klobuchar 6 percent.

This year's primary was the first since 1992, replacing presidential nominating preferences at precinct caucuses.

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People



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Madeline Ramirez, (front, center) a sixth-grader at St. Joseph Catholic School, won the 5M8 District Peace Poster Contest. (Back) Madeline’s parents **Lucia Ramirez** and **Victor Torres**. (Front row from left) **Delrose Fischer**, St. Joseph Y2K Lions; Ramirez; and **Ann Reischl** St. Joseph Y2K Lions. Madeline’s poster represents her quote regarding the theme Journey of Peace. The American Legion Auxiliary 328 is sponsoring a poppy poster contest for students grades two-12. If you have a son, daughter, grandchild, neighbor or anyone interested in this contest call Reischl at 363-8825 for more information. The deadline is April 10.

Six St. Joseph students recently graduated from St. Cloud State University during ceremonies on Dec. 20. The students are **Adelaide Carlson**, master’s in business administration; **Alison Fischer**, bachelor’s in graphic design; **Kathleen Fo-**

ley, master’s in teaching English as a second language; **Nicole Kipka**, graduate certificate in autism spectrum disorders; **Lindsay Rose**, bachelor’s in management, summa cum laude; and **Ashley Schafer**, master’s in business administration.

Seven St. Joseph students were named to the fall semester dean's list at the University of Minnesota-Twin Cities. To qualify for the dean's list, a student must complete 12 or more letter-graded credits while attaining a 3.66 grade-point average. The students are **Logan Bak-**

ken, **Kate Bechtold**, **Mitchell Shimak**, **Nicole Shimak**, **Caitlin Skahen**, **Kelli Spaniol** and **Alex Theisen**.

Taylor Nordine and **Riley Zimmer**, both of St. Joseph, were named to the fall semester honor list at Minnesota State

University, Mankato. They earned a 3.5 to 3.99 grade-point average to qualify.

Elizabeth Botz of St. Joseph was recently named to the fall semester dean's list at the College of St. Benedict, St. Joseph. To be included in the dean's list, students must have a grade-point average of at least 3.80 and have completed 12 credits.

Thomas Hawkins of St. Joseph has been named to the fall semester dean's list at St. John’s University, Collegeville. To be included on the dean's list, students must have a semester grade-point average of at least 3.80 and have completed 12 credits.

Blattner, a nationwide renewable energy company based in Avon, announced its employees raised more than \$140,000 for food shelves during its eighth annual food drive. Approximately 70 percent of the funds were raised at the corporate office and donated to seven food shelves in Central Minnesota as part of the Minnesota FoodShare March Campaign. The remaining contributions were raised at the project sites located throughout the United States and donated to those local food shelves in 13 states.

911 system bridges response time to cardiac arrest

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

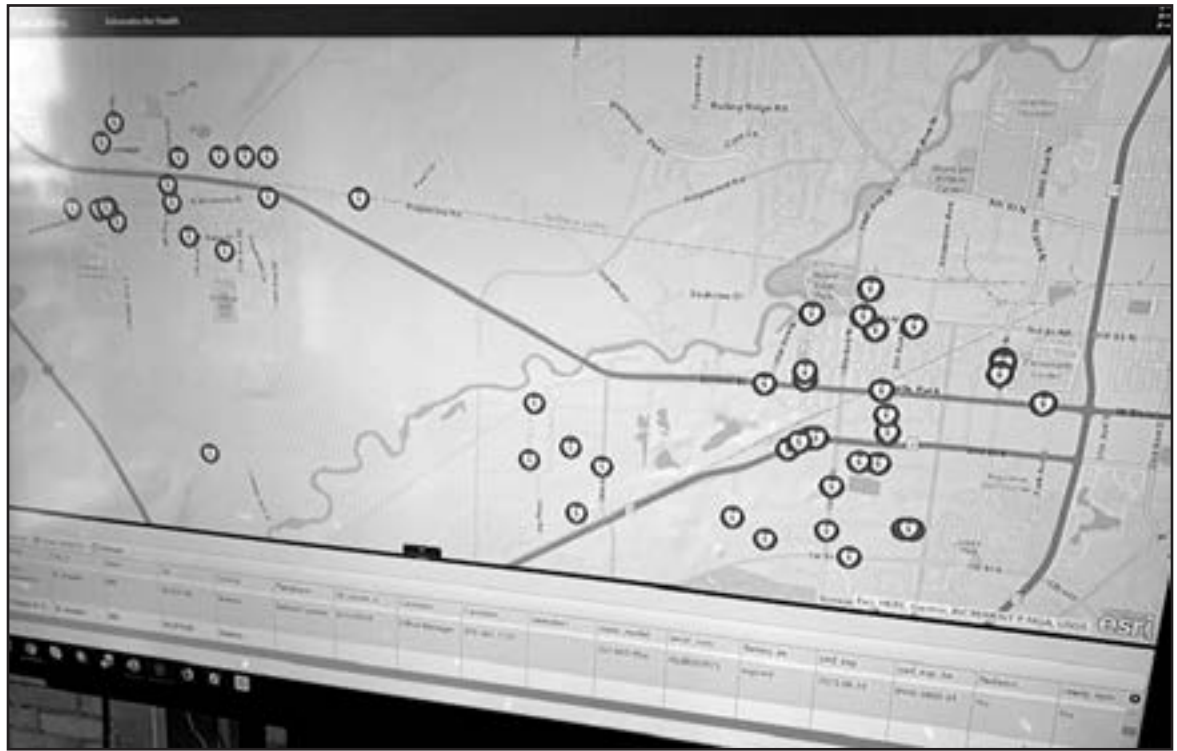
Time is of the essence, and that is seldom truer than in the case of a person experiencing sudden cardiac arrest.

That is why the Stearns County Sheriff’s Department and its sheriff, Steve Soyka, saw the need to quicken response times for those who collapse during SCA (sudden cardiac arrest).

Throughout Central Minnesota – especially in the cities of St. Joseph, Sartell and St. Cloud – there is an ever-increasing number of SaveStations – a current total of 481 of them.

The stations are setups that house automated external defibrillators – machines that can “shock” a stopped heart back to life with just a pad applied to the victim’s chest and the push of a button.

The Stearns County 911 emergency system can now instantly alert off-duty first responders, citizen volunteers and Good Samaritans to the nearest location of any SaveStation. Rich Feneis of Sartell, who helped start the SaveStation effort locally, explained why the new notification system is such a good thing. Generally, a SCA victim has only a time frame of three to five minutes



contributed photo
This is a SaveStation map used by 911 dispatchers to send neighborhood helpers to the nearest SaveStations in their areas. The new system helps bridge the gap in time after somebody suffers a sudden cardiac arrest. Each SaveStation houses an automatic external defibrillator, a machine that can “shock” a heart back into action.

for someone to help the heart start beating again. The average response time for professional response teams to medical emergencies in Central Minnesota is from 12-15 minutes, Feneis noted. That time gap can now be bridged with the new notification system, giving a far better chance for a victim

to be helped by cardiopulmonary resuscitation and use of an AED in the precious minutes before professional response teams (law enforcement, first responders, ambulance crew, etc.) can arrive at the scene.

Two years ago, Feneis founded (with the help of Joel Vogel of St. Joseph) a group called

Advocates for Health dedicated to increasing the number of SaveStations and a public education program to show people of all ages how to use the AEDs at the stations. Since then, a partnership was formed with grants from the CentraCare Health Foundation, law enforce-

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Six St. Joseph Catholic School students Speak Out

by Cori Hilsgen
news@thenewsleaders.com

Six students from St. Joseph Catholic School participated on Feb. 11 in the St. Cloud Morning Optimist Kids Speak Out speech event at the Great River Regional Library, St. Cloud.

These students included sixth-graders Saima Velline, Catherine Colberg, Cecelia Weldon, and fifth-graders Scott Stephens, James Hanauska and Henry Dullinger.

Fifth-and sixth-grade students are invited to this event by the local Optimist clubs. The topic is chosen by the teachers in each classroom and each student prepares a speech no longer than two or three minutes.

Each grade individually selects the three students from their grade who they think are the best speakers. These students then present their speeches to parents and friends and judges then select first-, second- and third- place winners from each grade level. All students who present are given either a gold, silver or bronze medal for their efforts.

St. Joseph Catholic School fifth-grade teacher Tess Koltes said she requires students to write several persuasive papers in her writing class so the students are prepared for junior high school.

She uses what is called the opinion, reason, explanation, counter-argument, restate opinion (OREO +) method to model persuasive writing.

The students needed to select a virtue from a list of virtues that Koltes provided. Stephens chose honesty, Velline chose caring, Weldon chose compassion, Colberg chose friendliness, Hanauska chose social justice and Dullinger chose responsibility as their virtues.



contributed photo

St. Joseph Catholic School sixth-graders (left to right) Saima Velline, Catherine Colberg, Cecelia Weldon and fifth-graders Scott Stephens, James Hanauska and Henry Dullinger participated in the St. Cloud Morning Optimist “Kids Speak Out” speech event held Feb. 11 at the Great River Regional Library in St. Cloud.

Students were then required to have a quote from a famous person and three reasons why the virtue was important. These reasons might include things such as health benefits, personal growth and improving social relationships.

Students also needed to present a counter-argument for things they thought someone might disagree with them about.

Koltes said an example would be where some might say kindness is more important than respect. However, if a person has respect for someone they will generally be kinder to that person.

In the end, students restated their opinion.

"One revision lesson learned was to not use the word 'you' in formal writing," Koltes said.

Students shared comments about the event.

"It was a good experience

and most importantly, fun," Hanauska said.

"It was a fun writing project," Colberg said. "However, it became super fun when we gave our speeches. It was interesting to hear others and a good experience to say our own. It made me want to join speech."

"It was awesome, fun and educational," Stephens said.

"It was a cool way to learn more about the Optimist Club," Velline said.

Colberg's father, who is an associate professor of Theology at St. John's University and the College of St. Benedict, said he found it interesting the St. Joseph Catholic School students combined classical virtues with their present-day understandings of virtue.

"A virtue is a good habit that equips a person to thrive in the world, but perhaps more importantly, the virtuous life

looks to the way it impacts and transforms the world around the individual person," Colberg said. "I heard them quote sources as diverse as Aristotle and Dr. Suess. What impressed me most was these children did not think about how virtues lead to their own wealth or personal success. Instead, they thought deeply about how virtues can change the world, and from the perspective of a Catholic school, make it possible to bring about the Kingdom of God."

The St. Cloud Morning Optimist Club meets weekly on Wednesday mornings at the Capitol One building at 30 Seventh Ave. S. in St. Cloud.

For additional information about the Optimist Club, visit the stcloudoptimists.org website.

PUBLIC NOTICE

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4. I certify I am authorized to sign this certificate and I further certify I understand by signing this certificate, I am subject to the penalties of perjury as set forth in Minnesota Statutes section 609.48 as if I had signed this certificate under oath.

Dated: Feb. 23, 2020

Filed: Feb. 24, 2020

/s/ Janelle Schneekloth

Publish: March 6 & 20, 2020



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Legislators honor guardsmen killed in crash

St. Joseph area legislators presented resolutions honoring three National Guard members, including Warrant Officer Candidate Kort M. Plantenberg, 28, of Avon, killed in a December helicopter crash near Kimball.

Sen. Jeff Howe (R-Rockville) said in a statement on the Senate floor: "Our hearts are heavy with the loss of Warrant Officer Candidate Kort M. Plantenberg from Avon, Minnesota, and the two other National Guard soldiers, and our prayers continue to be with them, their families and the Minnesota National Guard. While this particular unit recently returned from overseas deployment, the fact this tragedy occurred on native soil reminds us of the challenges our soldiers face every day - including when presumably safe at home."

In the House, Rep. Lisa Demuth (R-Cold Spring) said "the



Contributed photo

Sgt. Kort M. Plantenberg

three lives that were tragically lost on Dec. 5 marks a moment in time that will never be forgotten. Family, friends and coworkers will forever mark

time as 'before' and 'after.' ... It is our responsibility to honor the memory of Warrant Office Candidate Kort M. Plantenberg, and to pray for his family and friends in the days and weeks to come as they navigate this most difficult loss."

In addition to Plantenberg, Chief Warrant Officer 2 James A. Rogers Jr., 28, of Winsted and Chief Warrant Officer 2 Charles P. Nord, 30, of Perham died in the crash. Nord gradu-

ated from Albany High School in 2009.

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Forgetting to make payments on time can damage credit and rack up late fees. See if your bank offers online bill pay.

Before enrolling, sit down with your banking facility to ensure your online presence is secure. Inquire about how they protect your information. Once you're confident

that your information is safe, get to clicking and kiss those late fees goodbye.

SET UP PAYMENT SCHEDULE

Whether you want to make a one-time payment or schedule monthly installments, online bill pay makes it simple.

Here are some of the ways each type offers its own advantages.

One-time: Making single payments online is much

quicker than paying by paper check and usually avoids fees which come with automated phone services. You can also schedule payments at a later date; it's great for remembering annual fees like taxes or annual subscriptions.

Monthly schedule: The main advantage to scheduling monthly installments is knowing your bills are paid on time. When your payments are automatically deducted, it helps users maintain a budget and avoid overdraft fees.

Check with your providers to learn about auto-pay discounts.

ANALYZE YOUR SPENDING

Many online services also offer tools that track your spending habits. You may be surprised at where your money is going and how you can cut corners to boost your savings by analyzing your spending. In addition to daily spending, keep an eye on your monthly payments to

ensure costs aren't increasing.

RECEIVE NOTIFICATIONS

According to the Insurance Information Institute, 16.7 million Americans fell victim to identity fraud in 2017. Take advantage of notifications when your account has suspicious transactions, when bills have been paid, and constant updates on your available balance. When you are in tune with your account, it's easier to catch identity theft risks quickly.

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Get Back to the Basics of Brushing

Brushing your teeth has gone high-tech. There are apps that tell you exactly how long to brush. You can find smart toothbrushes that optimize the brushing experience.

But if you still have trouble staying consistent with your brushing habits, consider the following brushing basics from the Mayo Clinic to improve your oral health.

Brush your teeth twice a day. Take about two minutes to do a thorough job.

Clean your tongue. We may not always remember to use our toothbrush or tongue scraper, but this is an important part of your oral health. Your tongue contains bacteria, which can lead to other health issues if not cleaned properly.

Use the best equipment. This includes a fluoride toothpaste and a soft-bristled toothbrush that fits your mouth comfortably.

Practice makes perfect. Remember to hold your toothbrush at a slight angle. Gently brush with a circular motion. Brush too hard, and you can damage your gums and possibly your enamel.

Keep it clean. Always rinse your toothbrush with water



© ADOBE STOCK

after brushing and store your toothbrush in an upright position to allow it to air out.

Replace your toothbrush often. The Mayo Clinic recommends investing in a new toothbrush or a replacement head for your electric or battery-operated toothbrush every three months.

BECOME THE BOSS OF FLOSS

No matter how well you brush, you'll likely miss some of the food and bacteria in the tight spaces between your teeth, not to mention the hard-to-reach gum line.

Here are some flossing tips to complement your brushing

basics.

Use floss generously. The Mayo Clinic suggests breaking off about 18 inches of floss per usage. Wind most of the floss around the middle finger on one hand, and the rest around the middle finger on the other hand.

Get a grip. Experts recom-

mend you grip the floss tightly between your thumbs and forefingers but remember to gently guide the floss between your teeth using a rubbing motion.

Don't forget the gums. When the floss reaches your gum line, curve it against one tooth, making a "C" shape.

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Natural Teeth Whitening Myths

Teeth whitening tips, tricks, trays and treatments abound. The tricky thing about keeping our pearly whites bright and healthy is knowing exactly how to go about it.

But how do we know if these methods are effective or safe? Can we be sure we aren't putting our oral health in jeopardy by using some of these DIY methods? Let's break down a few together.

ACTIVATED CHARCOAL
There are many activated charcoal toothpastes on the market that claim scrubbing your teeth with their ingredients will whiten your smile. There is actually no evidence that shows dental products with charcoal are safe or effective for your teeth, according to the September 2017 issue of the Journal of the American Dental Association.

ACIDIC SOLUTIONS
Some DIY whitening articles maintain you can make your teeth whiter and brighter using household staples like lemons, oranges or apple cider vinegar. The American Dental Association warns against using these ingredients as a scrub, as acid can wear away your enamel. This thin outer



© ADOBE STOCK

coating protects you from tooth sensitivity and cavities.

SOLUTIONS THAT WORK
The ADA recommends the following behaviors to keep your teeth white and healthy:
Brushing your teeth twice a day for two minutes.

- Use a whitening toothpaste with the ADA Seal of Acceptance.
- Cleaning between your teeth once a day.
- Limiting foods that stain your teeth, like coffee, tea and red wine.
- Not smoking or using

tobacco.
Regular visits to your dentist for checkups and cleanings.
If you want whiter teeth, check in with your local dental professional to get their recommendations. They may suggest specific toothpaste, or they may offer safe whitening

treatments in the office.
Regardless, getting their professional advice is always preferred versus relying on your own research or DIY methods. Book an appointment with your dentist today to discuss your whitening options.

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Helping Kids Improve Oral Care Habits

The earlier you start educating your child about good oral health, the more likely they will be to continue these healthy habits later in life. Tooth decay is one of the most common chronic diseases among children in the United States.

According to the National Center for Health Statistics, a 2011 survey found that more than 15 percent of American children ages 5 through 19 had untreated cavities. Tooth decay is four times more common in adolescents than asthma, according to the Centers for Disease Control and Prevention.

While these statistics may make you feel like sprinting to your child's dentist in a panic, remember that you are the most influential example in your household. What you do and how you teach your kids to take care of their teeth is crucial to their oral and overall health.

WHEN TO SEE A DENTIST

Your child should be seeing their dentist at least twice a year. If you are concerned with anything outside of those visitation time periods, be sure to call your dentist.



© ADOBE STOCK

Here are some warning signs from the American Dental Association that definitely require a check-up.

- Red, tender or swollen gums
- Gums that bleed during brushing or flossing
- Gums that begin pulling away from the teeth
- Loose permanent teeth

Unusual sensitivity to hot and cold

- Persistent bad breath or an unusual taste in the mouth
- Painful chewing

HOW TO SET A GOOD EXAMPLE

Remember that your child is watching your every move when it comes to dental care.

You are their behavior model, so try to keep up on your own oral health to make a difference in their lives. Here's how:

Don't skip the dentist. A good way to keep everyone on the same schedule is to make family dental appointments for checkups and routine cleanings. This will help your children see visiting the den-

tist as a family experience.

Put on a strong face. Even if you don't like visiting the dentist, you better believe your kids are picking up on your attitude toward your appointment. Be positive when talking about your dentists with your kids. This will help keep them at ease ahead of their checkups.



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Attack the Plaque

What is soft, sticky and contains millions of bacteria? If you guessed plaque, then you are correct.

The bacteria in plaque can cause tooth decay and gum disease if not removed regularly through brushing and flossing.

So how dangerous is plaque buildup?

Plaque that is not removed daily by brushing and flossing between teeth can eventually harden into tartar, according to the Academy of General Dentistry. As the tartar, plaque and bacteria continue to build up, the gum tissue can become red, swollen and possibly bleed when you brush your teeth. This condition is called gingivitis – an early stage of gum disease.

Many of the foods you eat cause the bacteria in your mouth to produce potentially dangerous acids. Sugary foods are obvious sources of plaque, but starches like bread, crackers and cereal also can cause these damaging acids to form.

GETTING RID OF PLAQUE

Plaque is colorless, making it difficult to spot with the naked eye. If the plaque buildup is heavy enough, a thick white deposit may appear.

One way to check whether what you're seeing is plaque buildup is by using discolor-

ing tablets found at your local pharmacy. You also could use a rinse solution with a few drops of food coloring in two ounces of water, recommends Delta Dental insurance company.

The discoloring tablets or

solution will temporarily stain the plaque so you can more easily identify it. You can then brush and floss until the stain is gone.

Brushing removes plaque from the tooth surfaces, so the absolute best way to

maintain low levels of plaque in your mouth is by brushing and cleaning between your teeth every day.

The American Dental Association recommends that you brush your teeth twice per day with a

soft-bristled brush that fits your mouth and allows you to easily reach all areas. It also urges you to use an antimicrobial toothpaste containing fluoride, which helps protect your teeth from decay.





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Have Pets, Will Travel

We all love a good vacation, from a quick weekend getaway to a long family holiday. If you are a pet owner, however, travel can feel stressful — especially if you are not comfortable boarding your animal.

If taking Fluffy with you is of utmost importance, fear not. Here is a checklist of travel musts to keep both you and your furry friend comfortable and at ease.

ROAD TRIPS

- Before you set off on any long sojourn, do a test run.
 - Secure your animal safely.
- Pets who are free to roam around in vehicles not only provide a distraction to the driver but are also more likely to be injured in the event of an accident.

• Plan several stops. The American Veterinary Medical Association recommends drivers stop every two or three hours to allow your pet to stretch its legs and relieve itself.

• Never leave your pet alone. On an 85-degree day, temperatures can get as high as 110 degrees Fahrenheit in 10 minutes in a car with the windows cracked.

FLYING

- Documentation. It is always a good idea to carry a copy of your pet's medical and vaccination records with you when you travel.
- In addition, attach ID tags both to your pet and its carrier.
- If your pet hasn't traveled

in a carrier much, spend some time letting it get used to the carrier before you leave. Airlines have different requirements for kennel size, and the USDA requires animals have food, water and bedding.

- Be sure your pet gets plenty of exercise before a flight.

Engage in some intense play or go for a long walk. If you're pet is tired, it is more likely to rest or sleep during the flight.

GENERAL TRAVEL TIPS

- Take a familiar object — a toy or blanket. Familiar smells provide comfort in new environments.

- There are things that are essential to bring, no matter how you travel, including leash, collar and ID tags.
- If you have an anxious pet, consider a Thundershirt. These are tight-fitting shirts that hug your pet and target pressure points, helping pets relax.



Pine Cone Pet Hospital

Drop-off appointments, extended evening & emergency appointments are available



Refugee/immigrant news: Little Saints are good neighbors for ESL classes

Tani waa kuu muhiim adi-ga. 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.

...

by Juliana Howard

It was the first day of ESL classes at our new location. We had previously been meeting at the Spirituality Center on the grounds of St. Benedict’s Monastery – a spacious classroom with lots of windows overlooking the beautiful college campus. Now we found ourselves in a small windowless room in the St. Joseph Community Center. No more sun streaming in, no more smiling Sister greeting us from behind the reception desk. This was going to take some getting used to for both student and tutor alike. And to make it even harder, the door always remained locked. Tardiness meant no entry!

That first morning, I swallowed my misgivings, and volunteered to be the doorkeeper.

Maama Liin and I sat at a small table in the hallway where we could let the latecomers in while working on her English. As we sat there adjusting to our new surroundings and each other, keeping one eye on the locked door, around the corner came a bevy of toddlers marching behind their caregiver to the water fountain. They looked at us, and we beamed back at them. Our hearts could not help but be touched by this sweet and surprising parade of angels who attend Little Saints Academy, also housed in the Community Center building.

This parade of little saints continued on and off during the morning, each time delighting and reminding us of our own mothering days. Maama Liin is a grandmother and I, a great-grandmother. Though we had no interaction with the children besides a wave or smile, our spirits were lifted in a way that is hard to explain in words and suddenly we were very happy to be at the Community Center enjoying our mutual love of children, building community and becoming friends.

At the end of class, Maama looked me in the eyes and said, I Liin. You Juliana. We same. Liin is from Somalia. I am from Minnesota. Different cultures, different religions, different



contributed photo

ESL class (from left to right) Omar Hassan; Liin Guire; Regina Reese, ESL teacher; Fatuma Ahmed; Fataum Morgan; Barry Adan; and Daud Said.

skin color, different dress. But, as Liin so poignantly pointed out, same. Those little saints helped to bring that message home that first morning in our new location in the St. Joseph Community Center. This song, written more than 30 years ago, still rings true, still needs to be believed:

We’re swimming in the same soup, you and me.

I am a carrot. You are a pea.

You are round and I am square.

We’re swimming in the same soup, we don’t care. Carrots add the color. Peppers add the pep.

Onions roll around the bottom, getting us all wet.

Celery does the side-stroke. Cabbage does the crawl.

Everybody’s swimming and there’s room for all! We’re swimming in the same soup,

you and me.

Pea loves the carrot. Carrot loves the pea.

Love surrounds us just like air.

We’re swimming in the same soup, we don’t care!

...

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

Township elections, annual meetings set for March 10

Area townships have annual meetings and elections on Tuesday, March 10.

Residents of Le Sauk Township do not have an election, but there is an annual meeting.

Collegeville Township polling place:

Collegeville Town Hall, 27724 CR 50.

Hours: 1-8 p.m.

Annual meeting 8:05 p.m.

Voters will elect one supervisor for a three-year term and a clerk for a two-year term.

St Joseph Township polling place:

St Joseph Town Hall, 935 College Ave. S.

Hours: 10 a.m.-8 p.m.

Annual meeting 8:30 p.m.

Brockway Township polling place:

Brockway Town Hall, 43710 85th Ave.

Hours: 3-8 p.m.

Annual meeting 8 p.m.

Voters will elect one supervisor for a three-year term and a clerk for a two-year term.

Le Sauk Township

Le Sauk Township’s annual meeting will be 7 p.m., Tuesday, March 10, to set the levy and budget and other issues. The town hall is at 220 Fourth Ave. S., Sartell.

Townships have the option of conducting March or November elections.



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City leaders want residents’ opinions on city services; survey online

by Mike Knaak
editor@thenewsleaders.com

The city of St. Joseph is again conducting an online survey so residents can rate city services.

The 2010 state Legislature passed a law allowing cities to participate in a standard measures program to provide communication to its citizens annually.

The Legislature directed the

State Auditor to establish a committee to identify 10 standard measurements as the minimum measurements each city should adopt.

For each person who participates, the city is reimbursed 14 cents.

The city conducted a survey in fall 2018 for reporting in 2019. Staff suggested to conduct the next survey in March to get feedback at a different time

of the year. The online survey is available here: https://www.surveymonkey.com/r/St_Joseph2020

Only nine residents completed the 2019 survey, according to the State Auditor. Ten people responded in 2018.

The survey questions include public safety, quality of city services such as streets, snowplowing, recreation, water and overall city appearance.

GOT A COMMENT?
Post it on our website at www.thenewsleaders.com.

Leadership

from page 3

ers that are also hosting free summertime outdoor music nights. They follow the format of the Joetown Rocks concert. "We built a very successful model," he said. "Imitation is the highest form of flattery."

The Velline Family's contributions

Jeff Vee said their family has a long-standing tradition of concert events in the area to raise funds for the Catholic community and specifically for the schools. In 1981 Rock Around The Clock was started at Cathedral High School by their parents Karen and Bob Velline. After 24 successful years, and more than \$2 million raised, they decided to do something different. St. Joseph had become their home base and it made sense to continue the tradition here. "Joetown Rocks" was born in 2006 and quickly built on the success of Rock Around The Clock carrying that tradition forward as they now head into their 15th year. "Having initially been built

around our father Bobby Vee's annual local performance, it was a challenge to keep the concert alive and on track after his sudden retirement in 2011 due to a diagnosis of early on-set Alzheimer's disease," he said. "Despite this, the event continued to grow each year, something many people should be proud of." Vee said Joetown Rocks was always meant to be a "family-friendly, true community event, more than just a parish festival. Each year the event showcases young local talent in addition to the great headline performances." He said they appreciate the 20 years they've been on Main Street in St. Joseph running their business and have always felt it was important to give something back to this great area by doing what they know how to do, which is music. In many ways, this is also an ongoing tribute to their parents' legacy and a tradition that started 40 years ago. He said it has become more challenging to continue to maintain support and manage the logistics of such a large event. "With strong support from new parish leadership, we chose to refocus and try to rebuild the machine necessary

to keep it alive," Vee said. "We want everyone to feel a part of this great annual summer celebration regardless of age, race and faith. Along with the new leadership, we are also exploring ways the event can contribute even more to needs in the immediate community." **Leadership experience** Budde joined the Church of St. Joseph Catholic Church around 2002 but said he didn't get involved in any leadership activities until three years ago when he was asked to chair the Cemetery Committee. He and his wife, Dede, also co-chaired a capital campaign with Mike and Jeny Meyer for renovating the church and helped raise \$1.7 million. Dean was involved with the building and design of the renovation. Dede is a trustee of the parish and is part of the Finance Council. Dean has been involved with Budde Trucking, including owning the company during part of the time, for 43 years and plans to retire soon. Bechtold grew up in St. Joseph and is a retired Stearns County chief deputy who worked in law enforcement for 32 years. His father, Herb Bechtold,



contributed photo

The original Joetown Rocks Concert Committee included many of the people pictured in this 2007 photo and included (left to right) Doug Danielson, Lisa Barton, Rich Schwegel, Darla Schwegel, Tom Stock, Sandy Scholz, Kay Bechtold, Steve Heymans and Larry Christen. Not pictured is Jeff Vee (Velline).

was a chairperson at the July Fourth festival for many years while he was growing up and Bruce has volunteered at the festival "since he was old enough to help." Bruce and his wife, Pat, have chaired the chicken dinner and the refreshment stand. They were also general chairpersons for several years and are currently chairing the refreshment stand. Schwegel is a retired health promotion manager from the Veterans Health Administration, who trained physicians and nurses for the upper mid-west region in health promotion and patient-centered care. His wife, Darla, was active as secretary with the Concert Committee during the years he chaired the event.

Community Calendar

Is your event listed? Send your information to: Newsleader Calendar, 1622 11th Ave. SE., St. Cloud, MN 56304., e-mail it to news@thenewsleaders.com. Most events are listed at no cost. Those events are typically free or of minimal charge for people to attend. Some events, which have paid advertising in the Newsleaders, are also listed in the calendar and may charge more.

Friday, March 6

World Day of Prayer, 1 p.m., Bethlehem Lutheran Church, 4310 CR 137, St Cloud. Prayer service written by the women of Zimbabwe, "Rise! Take Your Mat and Walk."

Fish fry, 4-7 p.m., St. John the Baptist Catholic Church, 14241 Fruit Farm Road.

Baked Fish Dinner, 5-7 p.m., Church of St. Paul, 1125 11th Ave. N., St. Cloud.

Sunday, March 8

Open gym, 9 a.m.-noon. p.m., St. Joseph Community Center, 124 First Ave. SE. \$2.

Monday, March 9

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

St. Joseph Planning Commission, 6 p.m., Government Center, 75 Callaway St. E.

St. Joseph Township Board, 8 p.m., Township Hall, 935 College Ave. S., St. Joseph.

Tuesday, March 10

Open gym, 6-9 p.m., St.

Joseph Community Center, 124 First Ave. SE. \$2.

Substance Coalition, 6 p.m., Sartell Middle School, 627 Third Ave. N. YES Network speaker will talk about bringing the program to Sartell this summer.

Mental Health/Depression Support Group, 6:30 p.m., St. Francis Xavier Church, 219 Second St. N., Sartell.

Holistic Moms Network, 7-8:30 p.m., Good Earth Co-op, 2010 Veterans Drive, St. Cloud. 320-252-2489.

National Alliance on Mental Health, 7-8:30 p.m., Calvary Community Church, 1200 Roosevelt Road, St. Cloud. The group helps parents raising a child with mental illness learn coping skills and develop problem-solving skills. 320-654-1259.

Wednesday, March 11

Breakfast Club, 9-10 a.m., Stearns History Museum, 235 33rd Ave. S. Free for members, nominal fee for nonmembers. 320-253-8424.

St. Joseph Area Chamber of Commerce, 11:30 a.m., St. Joseph Government Center, 75 Callaway St. E. stjosephchamber.com.

Pickleball, 6-9 p.m., St. Jospheh Community Center, 124 First Ave. SE. \$2.

St. Cloud school board meeting and work session, 6:30 p.m., District Administration Office, 1201 Second St. S.

St Joseph Y2K Lions Club, 6:30 p.m., St. Joseph Commu-

nity Fire Hall, 323 Fourth Ave NE. Kay Lemke 320-363-8663.

Thursday, March 12

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

St. Joseph Senior Citizens, 1:30 p.m., St. Joseph Fire Hall, 323 Fourth Ave. NE.

Open gym, 6-9 p.m., St. Joseph Community Center, 124 First Ave. SE. \$2.

Friday, March 13

Nun Banquet, An Alternative Fish Fry, 4:30- 7 p.m., St. Benedict's Monastary Dining Room, ener the Sacred Heart Chapel Gathering Place. Meatless soups, bread, cookies, beverage. Benefit for Habitat for Humanity.

Saturday, March 14

St. Joseph Winter Market, 9 a.m.-1 p.m., Resurrection Lutheran Church fellowship hall, 610 CR 2.

Sunday, March 15

Best Omelette in Town, 8 a.m.-noon, American Legion, 17 Second Ave. N, Waite Park. Nominal fee includes hash browns,

Open gym, 9 a.m.-noon. p.m., St. Joseph Community Center, 124 First Ave. SE. \$2.

Monday, March 16

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

Blood Drive, 1-6 p.m., Amer-

ican Legion, 17 Second Ave. N., Waite Park, call 320-363-4664 for appointments.

St. Cloud Area Parkinson's Disease Support Group, 1-2:30 p.m., Independent Lifestyles, 215 Benton Drive N., Sauk Rapids.

Fare for All, 3:30-5:30 p.m., Resurrection Lutheran Church, 610 CR 2 N.

Bird House Building, 4-6:30 p.m., American Legion, 101 Minnesota St. W., St. Joseph. Bluebird, wren, and wood duck kits provided by the St Joseph Rod and Gun Club. Bring your own electric screwdriver.

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, March 17

St. Joseph Economic Development Authority, noon, Government Center, 75 Callaway St. E.

Dementia Friends information session, 1-2 p.m., Sartell Community Center, 850 19th St. S., Sartell. Learn what dementia is, what it's like to live with the disease and communicate with people who have dementia.

Open gym, 6-9 p.m., St. Joseph Community Center, 124 First Ave. SE. \$2.

St. Joseph Lions Club, 7 p.m., Millstream Park Pavilion 101 Fifth Ave. NW., St Joseph.

Joanne Bechtold, 320-363-4483.

St. Cloud Area Genealogists, 7 p.m., Stearns History Museum, 235 33rd Ave. S., St. Cloud. stearns-museum.org.

Wednesday, March 18

Pickleball, 6-9 p.m., St. Jospheh Community Center, 124 First Ave. SE. \$2.

Advocates for Independence, 2-4 p.m., Independent Lifestyles, 215 Benton Drive N., Sauk Rapids. 320-529-9000.

St. Cloud school board, 6:30 p.m., St. Cloud City Council chambers, 400 Second St. S.

Thursday, March 19

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

Open gym, 6-9 p.m., St. Joseph Community Center, 124 First Ave. SE. \$2.

Friday, March 20

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.

Sunday, March 22

Open gym, 9 a.m.-noon. p.m., St. Joseph Community Center, 124 First Ave. SE. \$2.

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.

Opinion

Our View

Citizens encouraged to spread a little sunshine

Sunshine Week is coming up. But it’s not about your planned spring trip to Arizona or Florida.

Sunshine Week, March 15-21, is a national initiative to educate the public about the importance of open government and the dangers of excessive and unnecessary secrecy.

Good government results when the people’s business takes place in the open....when the sun shines in. When records and meetings are hidden, bad things happen. The Washington Post emphasizes this danger with its slogan – Democracy Dies in Darkness.

Too often, the job of shining light on government operations falls to journalists, but all citizens share the right of access to public records and government meetings. Journalists enjoy no special privilege.

The Florida Society of Newspaper Editors launched Sunshine Sunday in 2002 in response to efforts by some Florida legislators to create scores of new exemptions to the state’s public records law. It was later expanded to cover an entire week when hundreds of media organizations, civic groups, libraries, nonprofits, schools and others engage public discussion on the importance of open government. Sunshine Week is sponsored by the News Leaders Association and Reporters Committee for Freedom of the Press with support from John S. and James L. Knight Foundation and The Gridiron Club and Foundation.

In Minnesota, two laws govern what government actions take place in the sunshine – the Data Practices Act and the Open Meeting Law.

In 1974, Minnesota became the first state to enact a data privacy statute. The statute seeks to balance the public policy interests inherent in government transparency with the privacy interests of individual data subjects. All government data is presumptively public, unless exempted from disclosure under a specific provision of the act or under another state or federal statute. Despite the general presumption of public access, Minnesota has created an extensive data classification system in which the legislature has made many detailed policy decisions on what data is publicly accessible, when and to what extent. This legislative session, for example, there’s an effort to keep private the names of people who win the state lottery.

The Minnesota Open Meeting Law, enacted in 1957, protects the public’s right to be informed and to prohibit actions from being taken at a secret meeting. The law applies to any state agency, board, commission or department when required or permitted by law to transact public business in a meeting; the governing body of a school district however organized, unorganized territory, county, statutory or home rule city, town, or other public body; any committee, subcommittee, board, department, or commission of a public body; or the governing body or commission of a statewide public pension plan or local public pension plan.

Sadly, many citizens are not aware of the rights available to them. Thanks to technology, access to government records and actions is easier than ever. In many cases, you don’t have to travel to city hall or the courthouse to read public documents and many public meetings are streamed online or broadcast on local cable systems.

When there’s a controversial issue or a dramatic criminal trial, meeting rooms and courtrooms fill up. But day after day, officials are conducting the public’s business, often with no citizens present.

During Sunshine Week, shine a little light of your own. Attend a city council or school board meeting, sign on to a government website and check out meeting agendas or documents or go to a courthouse and watch a hearing or a trial.

You may be surprised what you find in the sunshine.

Behind outstate GOP’s new concern for big-city safety

Mike Knaak

Editor



The tug of war between Twin Cities legislators and their outstate colleagues is older than the state itself.

St. Peter fought to move the territorial capital from St. Paul in 1851, seven years before statehood. St. Paul remained the capital city thanks to a trick that Roger Stone would be proud of. A bill making St. Peter the capital was about to be enacted when Joe Rolette took physical possession of the document and disappeared for the rest of the session, not returning until it was too late to pass any more bills. According to the story, he spent the week away from the Legislature drinking and playing poker in a hotel room with some friends. According to other versions of the story, the “hotel room” was actually a brothel.

In the 170 years since, metro and outstate – now called Greater Minnesota – legislators frequently tangled over funding, public projects and political power.

Until this year. Now outstate Republican legislators have introduced a package of laws, called “Safety in Our Cities,” and want to spend money on metro pubic safety.

The bills target gang activity, drug trafficking, transit safety and law enforcement at major sports and entertainment facilities.

City officials in Minneapolis and St. Paul have debated hiring more cops and how to pay for them so state help would be welcomed.

Data shows St. Paul’s overall violent crime rates are at a 25-year low, but a series of gun-related homicides last fall have people worried. In Minneapolis, violent crime was up 12 percent and property crime rose nearly 16 percent last year vs. 2018.

The Republicans’ current concern for public safety appears to actually be an attempt to scare suburban voters about safety in the core cities. Republicans lost control of the state House, thanks in large part to suburban districts electing Democrats in 2018. Now they want to retake the suburbs by showing fearful voters they are tough on crime.

The package’s centerpiece bill would eliminate state aid payments if a city did not comply with the provisions to deploy enough cops to “account for the safety of visitors while parking, dining and traveling within the city in conjunction with their visit to a facility.” The commissioner of Public Safety must set officer “staffing standards for the protection of visitors to the designated facilities, including while visitors are parking, dining and traveling within the city in conjunction with their visit.”

Open memory trunks, take a trip to the past

Dennis Dalman

Reporter



Last week my time machine landed smack-dab in the middle of the past. What a happy but sometimes sad trip it was – happy because those days, those decades, were brimming with such good times; sad because so many people I knew once upon a time are now departed. Too many school chums, friends, relatives, co-workers, neighbors. Gone. My parents, two brothers, oldest sister. Gone. Like ghosts, their happy but faded faces glow and glimmer – tinged now by sadness – from among the cracks of brittle photographs.

My trip to the past happened during a bout of early spring cleaning. In the storage spaces of yesteryear there gradually grew a tall stack of memory trunks (big old cardboard boxes stuffed with stuff) that I hauled through life from place to place. I rarely rummaged through those boxes; I let silent little storms of dust invade them. Now is the time to do a total inventory, I figured.

The boxes contained items kept by pack-rat me: grade-school drawings, souvenirs from travels, journals, letters, thousands of photos, and among all the papers many faded do-lists scrawled on the backs of scraps of paper, envelopes, napkins.

It’s eerie how old do-lists, with their done and undone items, can retrieve the past in such vivid specifics, almost to the way the weather was on the day you jotted them down. Even more than photos, do-lists can spring open old days with vivid immediacy.

One list, I could tell instantly, is from an autumn day in 1983, written shortly after moving into a downtown apartment above the Broadway Floral shop in Alexandria (in fact, right across the main street where a ferocious fire destroyed very old buildings just two weeks ago).

Items from the list:

Insulate windows with that plastic 3M sheeting. (undone)

Start saving \$50 every week in bank for sure!! (undone)

Check into getting a couch. (undone, settled for a used one)

Get oak table at Anderson Furniture. (done)

Zip-strip and sand floors in living room, dining room (done but took forever)

Frame the Manet art print (done)

Ask landlord if it’s OK to paint walls (done)

Finish reading “War and Peace.” (finally done, years later)

That list took me back to that particular Saturday morning, sitting in my recliner among a sprawl of unpacked belongings, penning my do-list on a yellow legal pad, a cool breeze coming through the screens, the stereo playing the Eagles’ greatest hits. The time-machine do-list allowed me to see once again those billowing curtains, to hear

That’s a pretty vague mission and who would know better how many cops are needed and where to station them? The Public Safety commissioner or local police chiefs and commanders?

There are certainly public safety issues that need additional funding. But the Greater Minnesota Republicans should leave the details to local officials.

I attend dozens of sports and entertainment events in downtown Minneapolis and St. Paul each year. The only “assault” I’m worried about is the assault on my ears by the drummers banging on plastic buckets who gather around Target Field after Twins games.

I might be more worried if I was looking to buy drugs in a Warehouse District alley at 2 a.m.

One of the big supporters of the Safety in Our Cities package is Rep. Matt Grossell who represents House District 2A, a district that borders Canada. He lives twice as far from St. Paul as from Winnipeg. After a press conference, Minneapolis Mayor Jacob Frey and Grossell engaged in a walking debate over a related crime bill.

The support of Grossell and other Greater Minnesota Republicans to increase public safety is welcome, but they should collaborate with Minneapolis and St. Paul mayors and police chiefs to spend the money wisely.

the squeaks and squawks of the busy traffic down below, to smell that Saturday morning street (asphalt, car exhaust, occasional delectable whiffs of fresh-baked goodies from the bakery across the street.)

Tumbling from the memory trunks were letters and cards, which I’m still reading: From niece Aleah 35 years ago: “Dear Denny, Happy Valentine’s Day. I liked playing dominos with you. I love you. Thank you for the teddy bear. Come again soon. Shane loves you too.”

And there are stacks of photos, one of them from a Halloween party, 1973. There sits Leroy, who died just last year, gussied up as a pirate; his girlfriend Lori as a peasant woman. And there, as a red devil, stands Byrd, dead since 2000. In that big kitchen, all clowning around laughing, are brother Michael (now gone), Janet, Jim, Marge, Steve and others – all thankfully alive, still thriving, still clowning.

The river of time, its currents so deep, flows so fast. Too fast. I would like to encourage everyone to slow down for awhile and take a backward journey. It’s a wonderful way to discover and rediscover vividly those half-forgotten yesterdays that lead to now and to tomorrows.

All you have to do is wait for a snow-bound Saturday or a long rainy Sunday, then haul out those dust-covered memory trunks, settle down snugly in your armchair time machine and off you go, rushing into the past. Bon voyage!

Letter to the editor

Democrats' claims are hoaxes

Bob Grise, St. Joseph

Dennis Dalman’s recent column reminds us that all the Democrats have for 2020 are hoaxes, hyperbole and hysteria and the same type of ideas that ground our economy to a near halt under Obama.

After reading Dalman’s 13 points, I wondered if he had heard the news Trump didn’t collude with “The Russians.” Mr. Dalman, the House impeachment articles did not accuse Trump of any crimes,

misdeemeanors or bribery. Dershowitz noticed that – you didn’t? Why is it OK to have Trump and his family investigated 24/7, but we can’t investigate Democrat candidates? Dennis, did you hear about the doubling of the standard income tax deduction? That helped the middle class, not the rich. Low gas prices have been a blessing too, something we would not have without fracking, something the Democrats want to ban. As for bumbling, that was Obama’s deal – bad economy, open borders, Middle East failures, Obama was the real King – the food assis-

tance King.

Trump supporters are happy to see Trump stand up to those in the FBI, Department of Justice and State Department that have tried to undermine him. Trump won the election, not some bureaucracy.

Democrat-pedaled hoaxes have driven Trump’s poll numbers up. Now the Democrats hyperbole will seal a Trump re-election. Hyperbole means “statements or claims not meant to be taken literally,” which nicely describes most Democrat comments on Trump, including 12 of 13 of Dalman’s points.

“Making America Great Again” does not mean going back to the 1950s. The 1980s and 90s will do, a time of lower taxes, lower government spending, when regulations were more reasonable. Democrat cries that Trump policies are an “imminent threat” are easily seen as laughable hyperbole. Democrat strategist James Carville suggested the Democrats “wake up and talk about things that are relevant to people.” Impeachment, the Russian collusion hoax, the climate change hoax and the constant smearing of President Trump are NOT relevant to making our lives better.

911 from page 4

ment, volunteers, fundraisers and Advocates for Health.

Last year, Advocates for Health implemented a program to locate all AEDs in Central Minnesota (in buildings and at SaveStations) to make sure they all work. Some (about 20 percent of the 481 machines) did not work, needing fresh batteries and/or new chest pads. Those were all restored to working order. Then, Advocates worked with GeoComm, a St. Cloud-based engineering and mapping company that sets up 911 systems nationwide. GeoComm downloaded all information provided by Advocates for Health and created a map for Stearns County 911 Dispatch. That is how dispatchers can instantly notify people as to where to find the nearest SaveStation when a SCA crisis occurs.

Feneis said SCA is a leading cause of death in the United States, killing 350,000 people each year. Survival rate is only five percent among its victims. However, with AED intervention, the survival rate is as high as 75 percent – thus, as Feneis noted, the need for quick access to AEDs in every area of the county.



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contributed photo

During Holly Nelson's first year as librarian/media specialist, she created an igloo from milk bottles in support of the One District One Book, "Mr. Popper's Penguins" written by Richard Atwater.

Creativity

from front 2

and share this with students and staff," Nelson said. "I hope students see you never have to give up your creativity. I've found great joy in watching students interact and explore some of my 'wild ideas' in the library. Amazing what you can make out of egg cartons, tin foil, cardboard, dryer vents, and so much more if you've been given the environment to explore your own creativity regardless of your age."

The decorations remain displayed in the library/media center during March and are slowly taken down in April. The library/media center has evolving decor supporting the different seasons but February involves a dramatic transformation for I Love to Read Month.

This is Nelson's 28th year of teaching, 26 of those have been spent working with the St. Cloud school district and 21 of those have been spent at Kennedy.

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