



Reaching Everybody! Newsleaders

Friday, April 17, 2020
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Est. 1995

Town Crier

Lions clean-up postponed

The annual Sartell Lions Spring CleanUp, which is usually held in April, has been postponed until further notice. A new date will be set ASAP. The Lions ask all residents to support their only major fundraiser as it provides funding for several Lions activities throughout the year in addition to reducing landfill waste. For more information, see ad on page 3.

SYHA sets new raffle drawing date

Due to the COVID-19 restrictions SYHA has been approved to move the Scheels Gift Card/Gun Raffle drawing date to Sunday, June 21. Drawing will begin at 6 p.m. at the BlueLine restaurant in Sartell. Participants do not need to be present to win.

Community garden plots available

Sartell Community Garden has several openings for the 2020 season. Cost is \$25 for a 20-by-20-foot plot in the garden near Oak Ridge Elementary School. Contact Dennis at 320-252-7055 for more details.

Attention parents of 2020 graduates

Parents of 2020 grads, please be aware your student should have received an email from the school with a link to an online form to collect bio information to be included in the 2020 Grad Tab publishing in the May 29 edition of the Sartell-St. Stephen Newsleader. Deadline to submit these forms is Monday, May, May 4. Please check in with your student to ensure they turn the information in in a timely manner. Home-schooled students or those attending schools other than Sartell High School are also encouraged to submit their name, parents' names, school they're graduating from and future plans to be included separately in the May 29 edition.

Newsleaders seeks GoFundMe donations

During these turbulent times, advertising support has dwindled. The Newsleaders wants to continue providing up-to-the-minute local coverage both on our website and in print. Please help support the Newsleaders by viewing/contributing to our GoFundMe page on Facebook. Thank you to our recent contributors! Any amount is greatly appreciated.

'We'll get through this,' says police chief

by Dennis Dalman
news@thenewsleaders.com

These days, the streets, sidewalks and parks of Sartell are sometimes eerily quiet, free of vehicles and pedestrians, said Sartell Police Chief Jim Hughes.

It's because of the widespread stay-at-home isolation caused by the coronavirus crisis.

But then, at other times, people are on the go, driving here or there, he added. Daytime and afternoon arrests for driving while intoxicated have increased somewhat, Hughes noted, adding some stressed people might drink at home and then decide to go for a drive just to get away for awhile.

"I think that's because everybody gets tired of being cooped up," Hughes speculated. "Irritability increases. People feel they need to get out, they want to get out. It's stressful for a lot of people - parents and kids."

Hughes said he and his contingent of 21 full-time officers are "doing well" and have plenty of protective gear, such as professional-grade face masks and even body suits if needed. From their extensive training and experiences, they have learned how to take precautions in crisis situations.



Hughes

In 2009, during another virus alert, Hughes and officers had practice training sessions. That was the time of the so-called swine flu in which many people in the world became very sick or died as a result of that particular virus.

Hughes and the officers have adapted to doing a lot of their work over the phone. When people call, the police department can give them fact-based advice, updates and the ways to succeed in social-distancing and/or at-home isolation.

The department also is made aware of social gatherings that are not allowed under orders

from Minnesota Gov. Tim Walz. Hughes said he, officers, the clerical staff or dispatcher often learn of such complaints indirectly, only via postings on Facebook or via other forms of social media. Thus, there is a lag time in responding to concerns about people gathering in groups.

"We would rather have people call us right away with those concerns (so officers can respond right away)," said Hughes. "I'm happy people are taking this (virus crisis) seriously. People do understand why we do what we do. It's important when there's a problem that they reach out to us in a timely manner and give us

Chief • page 2

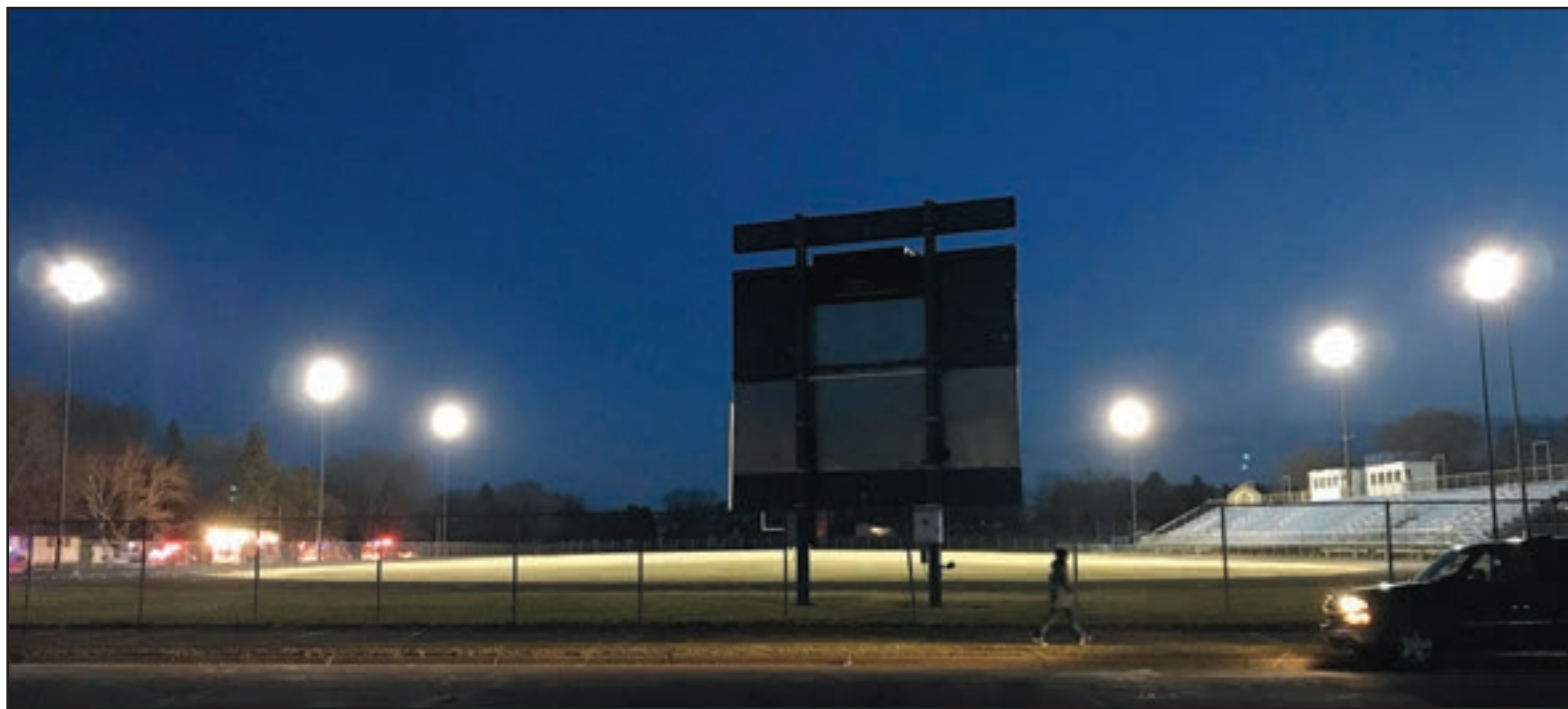


photo by Mike Knaak

Be the Light

The lights were on April 8 at the Sartell football field as part of the #BeTheLightMN effort honoring students, staff and community in this time of distance learning and closed schools. Sartell's fire trucks parked on Second Avenue N. next to the field. The lights will be on Wednesdays in April for 20 minutes and 20 seconds beginning at 8:20 p.m. to honor the class of 2020.

For new principal, relationships are key

by Mike Knaak
editor@thenewsleaders.com

Sascha Hansen stepped into her first leadership role when she was an eighth-grader playing point guard on the Marshall High School basketball team.

On the basketball court, the point guard is the floor captain, essentially directing the team's offense, and a young Sascha found herself leading teammates who were five years older. After her freshman year as a starter on the St. Cloud State University basketball team, Hansen

helped rally her teammates after a disappointing season. The next year, as a sophomore, she was elected a team captain and in her final year the team made the Division II Final Four.

Now, years later, her next leadership opportunity will be at Sartell High School where she will be principal, replacing



Hansen

Brenda Steve who is retiring after 32 years in the district.

"There's no other place I would want to be," Hansen said. "Sartell is my home away from home. I've been here since 2002 when I started my college career. This is a great place and a great atmosphere to be a part of."

Hansen earned a bachelor's degree in physical education and health with a coaching minor from St. Cloud State. She planned a career as a college coach but decided the recruiting and year-round schedule

wasn't for her. She chose the classroom instead.

"When I student taught, I loved showing up every day and connecting with kids," Hansen said. "I was at a road as to whether I was going to continue college coaching or start my career as an educator."

Hansen served as a long-term substitute at Talahi Community School in St. Cloud, teaching second and fourth grades.

The Sartell-St. Stephen district hired her in 2011 to teach physical education and health

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Chief

from front page

specifics. In some cases, people might be over-reacting, and we like to educate the public."

The Hughes family, too, practices social-distancing, including three of his grown children working from their homes. One daughter, who is 19, moved back home from Winona State University, where she is studying accounting and business. Like almost every student in the state, she is now participating in distance learning from the university.

Hughes said reaching out to others, even in a situation of social distancing, is vital for everyone to get through the current crisis.

"We don't know what every family is going through," he said. "People should keep that in mind when they see people (or become aware of people) who might need a little extra help but are hesitant to ask for it."

For an example, Hughes cited elderly neighbors who have not been seen outdoors.

"Those who are concerned should call us," he said. "We could do a welfare check, and we'd be happy to do that."

In the meantime, the police chief strongly recommends everyone keep doing social distancing as much as possible.

"Take a deep breath," he said. "And know this will be over with. We'll all get through this the best we can."

Principal

from front page

part time at the high school and middle school. When a position opened, Hansen moved full time to the high school, teaching health and physical education for six years.

During that time, Hansen enrolled in a finance class taught by former Sartell superintendent Kay Worner while completing her master's in education.

"I thought that was super fascinating to see the other side of a school system," Hansen said. "I talked with Kay and she encouraged me to pursue my educational leadership master's. That ignited a passion of leadership in education."

When she finished her K-12 principal license, there was an opening at the high school for an assistant principal, a role she's held for the last three years.

"When the position (principal) opened at the high school, I thought there's no place I'd rather be," Hansen said. "Sartell-St. Stephen school district took a chance on me as a young educator. I've grown to build positive relationships with people and I've just loved my time here."

District leaders agreed.

"In addition to her administrative work at Sartell High School, Sascha has served in multiple leadership roles across the school district," Superintendent Jeff Schwiebert said in

announcing the hiring. "She is a passionate and committed educator who is student-centered and forward thinking. These are the qualities I feel are essential in an administrator."

As she looks ahead to her next leadership role, Hansen emphasized the importance of forming relationships.

"Relationships are the key for everything. Being able to be visible and getting out and connecting with kids and staff during passing times, being as visible as I can," she said. "As principal there are lots of operational things, managerial things but it's also important to connect with people. Communication is key. I want to be able to effectively communicate to parents what we are doing and the why behind it. We do a lot of great things, achievement rates are awesome. I also want to be a person who can advocate and serve all of our kids. No matter where we are, we can always improve."

A good day at school for Hansen is seeing students engaged in their learning. That's been difficult with distance learning under the state's stay-at-home order.

"That's been the hardest part of distance learning - how are we connecting with kids."

At the high school level, making sure kids are connected to school is really critical she said.

"Making sure we can find opportunities to get involved and seeing them thriving in different settings whether it's CTE and tech ed spaces and seeing kids shine in those spaces or music areas and all of the different programming we have for kids," she said. "Being able to see kids be successful and seeing those relationships building with staff. Anytime you can do that in your day as a principal, that's a successful day."

Kremer honored as TCHS junior volunteer

by Dennis Dalman
news@thenewsleaders.com

Kaylan Kremer, a Sartell high-school student with an all-embracing love of animals, was recently named Junior Volunteer of the Year for 2019 by the Tri-County Humane Society.

Kaylan, 17, the daughter of Shannon and Doug Kremer, is a senior at Sartell High School.

For the past two-and-one-half years, every Monday from 4-6 p.m. she has volunteered at the humane society in east St. Cloud. She did clean-up jobs, washing laundry, providing food and water to the shelter pets, did some customer service, helped socialize the animals, helped visitors considering adoption find the "right" pet and, last but not least, gave all the animals waiting for homes lots of affection.

In 2017, she and her family were at the humane society looking at cats for possible adoption, and she became "hooked" on that place and the pets housed in it.

"It's just super-cool to work with them," Kaylan said. "I only had one cat while growing up. I've always loved being around animals."

Kaylan, her parents and 13-year-old brother Jameson now have three cats, all females. One of them, Gabby, (a 4-month-old calico cat with beautiful green eyes) she adopted from the humane society. The other two are Allie, a lynx-Siamese mix; and JoJo, a tortoise-shell cat.

Her love of animals even led her in the direction to a career. Next year, Kaylan will study veterinary technology at North Dakota State University.



contributed photo

Kaylan Kremer hugs one of her three precious cats, JoJo. Kremer was recently named Junior Volunteer of the Year (for 2019) for her dedicated volunteer work at the Tri-County Humane Society in east St. Cloud. She is a senior at Sartell High School.

Kaylan is a member of the Sartell High School Marching Band's Color Guard and works at Red Robin restaurant in St. Cloud.

"Cats and other pets can bring out a person's personality," said Kaylan during a telephone interview with the Sartell Newsleader. "They can be your best friend, and they love to be by your side. Right now, in fact, JoJo is lying right next to me."

She said she was surprised to be named Junior Volunteer of the Year, but the honor was just frosting on the cake, so to speak. The real reward, she said, "is just being able to work hands-on with the animals



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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. Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime.

March 24
6:25 p.m. No-pay customer. Seventh Street N. A business re-

ported a customer who did not pay for gas. The officer located the driver who admitted failing to pay and would return to pay. The store did not wish to press charges. The driver was cited for no proof of insurance.

March 25
4:45 p.m. Stolen license plate. Police took a report of a rear license plate stolen from a vehicle overnight.

March 26
3 a.m. Domestic dispute. Pinecone Road and Seventh Street N. Officers responded to a domestic dispute between a married couple. Evidence pointed to the woman as the aggressor. Officers took her into custody with charges of domestic assault.

March 27
6 p.m. Dog in the river. 4700 block on the east side of the Mississippi River. A caller re-

ported that a dog broke through the ice on the river. The dog got out of the water before officers arrived and rescue service was canceled.

March 28
2:40 p.m. Carbon monoxide detector. 700 block of 10th Street S. An officer checked a house using a Co2 meter after an alarm went off. The meter read zero. The detector was more than 5 years old and the officer recommended a new detector.

March 29
5:40 a.m. Medical emergency. 700 block of Roberts Road. An ambulance was called and officers stood by to assist paramedics.

March 30
7:50 a.m. Crash. Hwy. 10 and Hwy. 15. A Sartell officer assisted State Patrol with traffic control for a truck and trailer rollover. The driver was reportedly OK.

People



contributed photo
Big Brother Chris Wieland with his Little Brother Eric.

Big Brothers Big Sisters of Central Minnesota recognized Sartell mentors for their roles helping young people and advocating for the mentor program. Central Minnesota Big Brother of the Year for 2020 is **Chris Wieland**, who has been a mentor for five years. Central Minnesota Big Couple of the Year for 2020 is **Tami and Randy Kruzel**, mentors for three years. Local mentor candidates represent Big Brothers Big Sisters of Central Minnesota in the statewide competition. The state selects one outstanding mentor in each category to represent Minnesota in a national competition. In addition to receiving the local title, Wieland was selected as the Minnesota State Big Brother of the Year.

Spencer Meier of Sartell and graduate of Sartell High School, recently completed his sophomore season as a defenseman for the St. Cloud State University men's hockey team.

Meier played in 34 games for the Huskies this season, scoring four goals and tallying six assists for a 10-point season. A two-time Academic All-National Collegiate Hockey Conference selection, Meier had 54 blocked shots and 54 shots on goal during the 2019-20 season.

Faith Kowalke of Sartell is the recipient of a \$1,000 scholarship from the Minnesota Agricultural Education Leadership Council. Kowalke is currently studying agricultural education at the University of Minnesota-Crookston. The council awarded a total \$25,000 to college students who plan to study agricultural education at the University of Minnesota-Twin Cities, the University of Minnesota-Crookston, and Southwest Minnesota State University.

St. Cloud State University sophomore **Marena Kouba** of Sartell and graduate of Sartell High School has been named



contributed photo
Big Couple of the Year Tami and Randy Kruzel with their Little Sister Nicole.

to the College Swimming and Diving Coaches Association of America All-America team for the 2019-20 season. Because of the cancellation of the NCAA Swimming and Diving Championships after the first day of competition, the CSCAA Board adjusted the selection criteria for each division. In the 200 medley relay, Kouba, Alexis Burroughs, Kasey Milstroh and Chelsea Gehrke added an All-America award in the women's 200 medley relay with a 14th place finish at the 2020 NCAA meet.



Marena Kouba



Spencer Meier



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Spring **2020
Cleanup!**

**HAS BEEN POSTPONED
NEW DATE TBD
WE WILL RESCHEDULE ASAP**

Do your spring cleaning but remember the Sartell Lions!

Provides funding for:

- Improvements to Sartell Lions Park -- the only Park designed for the disabled. A new inclusive playground is being planned!
- Community gifts such as the AED SaveStation on Pinecone Road
- Partner with City of Sartell Bike Rodeo
- SHS Scholarships

Lions Spring Cleanup Supports Earth Day 2020!

- Reduce Landfill Waste
- Recycling

For any questions, please contact:
Cody Hauser
320-828-6620
or
Mike DeLuca
320-293-1560

*We will take almost anything. We will pick up at your home!
Be an Earth Day Lion and support Sartell Lions Spring Clean up Fundraiser 2020.
To be rescheduled as soon as possible!*

PAID OPINION - The views expressed in this opinion do not necessarily reflect the views of The Newsleaders.

The Great Confusion: History to ponder the next time you see a Planned Parenthood billboard

In 1952, the world's future looked bleak. Europe was in rubble. Japan had been vanquished with two nuclear bombs, and worldwide, millions of men, women and children were dead. The Cold War was on and American and Soviet school children were drilled to respond to nuclear bomb sirens by moving quickly to shelters or under their desks. These drills often terrified the young baby boomers.

Adding to the fear, politicians and media talked darkly of impending nuclear armageddon and the resulting global climate change. The experts described how a sun blocking radioactive debris cloud would wipe out most all living things. If that was not enough anxiety, the polio epidemic was raging.

Polio killed over three thousand young Americans in 1952 alone, and left thousands paralyzed. Americans were jittery. One would think that the number one international and diplomatic priority would at least be to prevent the end of the world by nuclear war. Yet, for the most powerful and wealthiest family on the planet, the Rockefellers, it was not.

In June of that year, John D. Rockefeller III gathered, in his family's newly restored Colonial Williamsburg, like minded super wealthy, environmentalists, demographers, agriculture experts, academes, and Planned Parenthood executives to come up with a plan to stop what they saw and feared most – a boom in babies born.

This gathering did not address the real threat of a nuclear bomb used by Joseph Stalin and Mao Zedong. Together, these communist dictators shot, starved or worked to death 120 million of their OWN people. The group's only focus was the worldwide birthrate, which they phrased "a population bomb". The record is silent on whether the attendees gave Mao and Stalin a standing ovation in decreasing world population. The Rockefellers, who co-founded the United Nations in 1945, also began using the UN to convert the world to accept population control. Before long, world population control, a war on babies via contraceptives/abortifacients and abortion, was secretly at the top of the UN's agenda.

However, this super rich clique deceptively marketed themselves as champions of maternal health, child nutrition, and universal immunizations. The Williamsburg blue print included getting U.S. college students to support population control, as well as the best and brightest students of the Third World. At the same time, they began to market a two or less child family.

Millionaire Walt Disney had Donald Duck exhorting young Americans that a baby boom is bad for everyone. Even today, we have a young congresswoman making the Goofy prediction that the world will end in twelve years because of too many people, allegedly causing climate change.

During the 1952 Williamsburg meeting, attendees, alarmed by the sudden jump in the survival rate of African children, implicated the insecticide DDT for effectively controlling malarial mosquitoes.

DDT was actually increasing the life span of millions, which opposed Charles Darwin's belief that diseases should be permitted to kill the weak. Consequently, DDT was purported to be environmentally unsafe to humans and birds.

The UN, despite scant human health risk data, then imposed a worldwide DDT ban in 1972, one year before the U.S. Supreme Court imposed abortion on the United States. Thus, birth control, the environmental movement, and abortion became the population controllers' menage a trois.

In addition to posing as environmental protectors, man-made famines in the 1950's gave a pretext for Western governments, International Planned Parenthood, and the UN to tether mandatory population control with emergency food shipments. Famine-stricken nations were coerced to accept the pill, the IUD, and abortion suction devices. Most infamous was forced sterilization of tens of thousands of poor men and women in India. Given hasty training and poor antiseptic practices, an untold number of men and women were injured or died.

Adding to this brutality against India, Planned Parenthood and the Rockefeller/Ford Foundations funded the Population Council to begin research on determining the gender of the fetus. The Population Council, located at Princeton University, concluded that by killing female babies, they would prevent even more babies born.

Embryologist Sheldon Segal first advocated amniocentesis, and then ultrasound, to select girls to abort. Ultrasound, with Planned Parenthood's connivance, quickly spread sex selection abortion across Asia, especially into Communist China, under Mao Zedong. Devastating have been the results:

- India and China lead Asia in having killed an estimated 190 million baby girls across the continent.

- India has close to 30 million men who do not have women to marry, while China has almost twice as many men who are unable to marry.

- Women, losing human dignity, are more and more seen as sexual commodities, fueling kidnapping and sex trafficking throughout the world and in Minnesota.

- A high concentration of single males statistically increases violence and warfare. Chinese nationalism and irredentism will lead to war.

Rockefeller and his minions first employed their agenda on West Germany and Japan: both nations were desperate, disarmed, stripped of any Christian moral influence, and occupied. For vanquished Japan, the Rockefellers, with Clarence Gamble of Proctor & Gamble, recruit-

ed Japanese eugenicist Yoshio Koya to put a Japanese face on their plan to stop Japanese from having babies.

Gamble, with the help of Koya, was amazingly successful. Japan's post war baby boom soon fizzled and the birth rate is now below replacement level. How did he do it? Birth control and its companion, abortion, were the main methods. The second was Japan's permissive attitude toward pornography and prostitution in lieu of husband-wife conjugal relations. The damage from Gamble is tragic. Current Japanese Prime Minister Shinzo Abe is now imploring young Japanese to marry each other – not robots – and have children in order to reverse the trend toward national extinction.

The Germans did not fare much better. In former West Germany, Planned Parenthood International, with USAID, promoted loose sexual mores, pornography, and pushed the Germans to also legalize abortion. The German birthrate soon dropped below replacement level. Two years ago, the German government relied on a UN-Soros manufactured refugee crisis to resettle 1 million migrants, mostly Muslim, to fill jobs that could have been filled by young Germans if they had the chance to be born.

Mission accomplished in Japan and Germany; for the Williamsburg vandals, the United States was next.

The most formidable obstacle to the Williamsburg clique's worldwide plan was the United States and what made it exceptional: first, a strong Christian culture and second, the Bill of Rights, which gave us our personal protections from tyranny. Christianity had to be wiped away and the constitutional protections weakened before the Williamsburg plan to cull the American herd could be employed.

The Rockefeller group decided that by using the courts, they could most effectively reshape U.S. society into their dark vision. Particularly successful was this cabal's ability to get Supreme Court judicial nominees of their liking. Earl Warren, who during WWII helped in the internment of over 100,000 Japanese-Americans, was their greatest surrogate.

When elevated to Chief Justice, Earl Warren's anti-Christian leadership turned American culture on its head: first legalizing birth control/abortifacients with the Griswold v. Connecticut decision, next by banishing Christianity from the public square with the Engle v. Vitale decision in 1962, and then by opening the U.S. to porn with the Memoirs v. Massachusetts decision in 1966.

After these flash attacks, our nation was softened for the big birth control pill marketing lie.

The pill was trumpeted in 1961 as a new, safe contraceptive for women. However, they obscured the fact that it sometimes works as an abortifacient, can cause deadly blood clots, breast and

cervical cancers, and increases depression in women by 70 percent.

The pill also interferes with pheromones, those imperceptible chemicals that we release and receive from others that can attract or repel us. Without the powerful signals from pheromones, women can mistakenly cohabituate or marry the wrong mates.

Adding to this problem is pornography addiction, capturing the passion of 3 out of 5 men. Pornography allows men to fantasize and have self pleasure at the expense of their relationship with women. Pornography turns men from masculine intimates into self-absorbed adolescent boys or sexual predators.

The pill and porn result in the following:

- Up to 10 women out of a million on the pill will die of a clot.

- In the 1950s, the American divorce rate was roughly 12 percent; now it is 40 percent.

- Center for Disease Control finding: the sexual assault rate for women is now 1 in 5.

- Pew Research correlates the single mother epidemic with women and children living in poverty.

- Surviving STDs and the hookup culture, more and more Western women are finding out that they can not find a desirable mate...

For the past 40 years, population controllers have been warring on babies behind the scenes.

They have adroitly used their tax free foundations, the U.S. State Department, Department of Defense, USAID, the UN, and even treacherous Catholic Relief Services. Today they are still hiding their hand because older Americans know at least some history and grew up in an America that was still culturally Christian. They will wait until these Americans die off before openly restarting coercive eugenics on all Americans. The population controllers, who began to influence the formation of our teachers back in 1950s, now control curriculum content, replacing knowledge with politically correct tripe.

The 1962 school prayer decision had the intended effect of spray painting everywhere over Christian morality and its foundation of logic and natural law. The result is an unbridled explosion of pornography, sexual promiscuity, marital infidelity, sodomy, divorce and gender confusion. On top of this festering pile, is American higher education, indoctrinating our youth, and poisoning the whole society with identity politics. There are three historical philosophical giants that higher education particularly hates because of their stunning truth:

1. Confucius, well before Aristotle, described wisdom as right behavior, which is virtue. Confucius taught that words must be used precisely and not corrupted in their meanings: simply like man is male, and woman is female. Additionally, he emphasized that society is founded upon a man

and a woman in marriage. Justice Anthony Kennedy, in writing the majority opinion on "gay" marriage, invoked Confucius and then twisted his wisdom. Today, identity politics dismisses Confucius as stodgy, sexist and of yellow privilege. "Privilege" is a code word for the blessing of having both a mom and a dad instilling virtue, which begets success.

2. Aristotle, the father of logic and modern science, defined virtue and emphasized that we must strive for it. His logic contradicts the elitist population agenda, which reduces sex to hedonism and babies to non humans, thus disposable. Identity politics labels Aristotle as some dead old white man.

3. Jesus Christ, in John's Gospel, is the Word that became flesh. Like Aristotle and Confucius, Jesus Christ affirmed truth and rejected relativism. Further, He proclaimed He is Truth, objective Truth. Identity politics fanatics rage against Christ as a male, as a Jew, as a celibate cleric, and that He IS Logos

Fifty years ago, George Orwell in his classic book, 1984, warned about controllers having cameras to monitor us, even in our bedrooms. I guess to keep us from having babies.

Forty years ago, George Lucas ingeniously created his hugely popular Star Wars movie series. Lucas craftily depicted a diabolical and powerful Palpatine hiding behind seemingly democratic governance while manipulating inane and venal politicians, just like Washington today.

And now, we are getting a third clarion call from high tech entrepreneur, Elon Musk. Musk presciently asserts that instead of benignly serving each of us, artificial intelligence (AI) is being developed to replace us. If the immigrant is the beta replacement, AI is their long-term goal for their new-world order. For the population controllers, only they and their descendants should live.

So when super wealthy Prince Philip of England and CNN founder, Ted Turner, talk darkly about pandemic microbes and the depopulating the world of its eight billion people to a few hundred million, their utopia will be one with more silica and less carbon. For people are made of carbon, whereas their coveted artificial intelligence, built upon the semiconductor chip, requires silica – their utopian city is to be built on sand...

Please share this article. It is about evil's recent history, and it is a warning for us not to be duped into cooperating with organizations that are evil. Introduce them to the wisdom of Aristotle and Confucius. And let them know that only by embracing Jesus Christ will they be free of such confusion and find what their souls' seek: peace...

Erik C. Rivers,
Major, U.S. Army (RET.)

Four Great Money Apps

There is an app for everything these days, and money is no exception. This is a good thing, because many people have trouble budgeting and tracking their finances.

Have no fear; finance apps are here. Your first thought is probably something along the lines of, “But there are so many!”

Do a search in your phone’s app store and you will undoubtedly get dozens of results. If you’re overwhelmed and don’t know where to start, consider this list.

Using any one of the following apps is a great step toward becoming financially healthy.

MINT

From the people who created TurboTax and Quicken comes Mint — the personal finance app that helps you create a budget using your financial data. You can sync your bank accounts and set it up to inform you of unusual charges.

The app also gives tips on how to reduce spending and delivers easy-to-read charts and graphs so you can see exactly how your spending breaks down every month. If you are in need of a budget but have no idea where to begin, this is your app.

ACORNS

Acorns is the 2.0 version of saving your loose change — only it collects your change in an investment portfolio.

There is a fee of \$1 per month for all accounts with a balance under \$5,000 and .25 percent of the balance per year

on all accounts over \$5,000, but the app is a great way to start investing if you’re a beginner.

SLICE

Slice is not a budgeting or savings app. Its mission is slightly different, but no less helpful when trying to manage

your finances.

This app helps you track and manage all of your online purchases by pulling tracking numbers and other information from your email. It also keeps a record so you can track your online spending over time.

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St. Francis Xavier Catholic School raffle raises \$14,985

St. Francis Xavier Catholic School raised \$14,985 through the Catholic Schools Raffle program in ticket sales and donations toward their fundraising goal of \$15,000.

From Jan. 17 to March 1, St. Francis Xavier students sold \$5 raffle tickets.

The fundraiser ended on March 12 with the prize drawing for \$40,000 in prizes, which included gift cards, vacations and a new Buick Encore.

Guest emcees were former Minnesota Viking Matt Birk and Miss Minnesota 2019 Kathryn Kueppers.

When St. Francis Xavi-

er's total is added together with the other 88 participating schools in Minnesota, North Dakota and South Dakota, the 2020 Catholic Schools Raffle raised more than \$1.3 million – a record for the program – and a cumulative total of \$9.8 million since the program began in 2009.

Costs to run the raffle are provided by sponsor Catholic United Financial so every dollar raised by ticket sales stays with this school.

Based in St. Paul, raffle sponsor Catholic United Financial provides all the prizes and promotion materials for the raffle.



contributed photo

During a recent FaceTime call, Verna Watts kissed the iPad because she misses her husband Wendall Watts so much. The husband and wife live on different Country Manor campuses.

Country Manor husband, wife communicate with technology

by Cori Hilsgen
news@thenewsleaders.com

Residents and tenants at Country Manor and/Woodcrest of Country Manor in Sartell and St. Joseph have been busy decorating windows at both locations with hearts for the Facebook A World of Hearts movement.

This movement, which began in Bismarck, North Dakota, was started to promote love and well-being by encouraging people to display hearts in windows and post messages and photos on Facebook.

Even though they do not live in the same residence, Wendall and Verna Watts, husband and wife, recently participated in this activity.

Wendall, a tenant at Woodcrest in St. Joseph, and Verna, a resident at the Country Manor Health Care and Rehab Center in Sartell, have been communicating by FaceTime calls coordinated by Country Manor staff.

During a recent FaceTime call, Verna kissed the iPad because she misses Wendall so much. Staff also printed a



contributed photo

Staff at Country Manor printed a photo of Wendall Watts, a tenant of Woodcrest of Country Manor in St. Joseph, for his wife, Verna Watts, to hang in her room at the Country Manor Health Care and Rehab Center in Sartell.

photo of Wendall for Verna to hang in her room.

Emily Frericks, the director of Marketing and Public Relations of Country Manor and/Woodcrest of Country Manor, said extra hours have been allotted so staff can help ten-

ants and residents communicate with loved ones. She said iPads and other devices are sanitized after each use.

"While life may look a little different for us these days, there is certainly no shortage of love," Frericks said.



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contributed photo
Although Nick and Rachel Koubsky are, more or less house-bound these days due to the virus crisis, they are relishing the extra time they have with their 7-month-old twins, Audra (left) and Nellie.

House-bound families improvise, adapt, make do

by Dennis Dalman
news@thenewsleaders.com

One day not long ago, it dawned on Trina Dietz with fresh clarity: “There are five people in our house; there are not five desks in our house.”

The Dietz family is one of two Sartell families interviewed about how their lives have been upended by the coronavirus threat. Each family, like so many others, is adapting, improvising, rearranging and changing the previous patterns of daily life. Both families (the Dietzes and the Koubskys) are included in this story.

All house-bound now, each member of the Dietz family needs a desk to do at-home work. The children have to do school work. They include Matthew, a ninth-grader; Hattie, a seventh-grader; and Alex, a fourth-grader at St. Francis Xavier Elementary School. Their mother, Trina, is director of marketing for the St. Cloud Area YMCA; and their father, Eric, is an information technology teacher at St. Cloud State University. Like their children, both par-

ents now do their work from home via computers. Thus, the Dietz household has become a busy beehive of “virtual” connections with others – for work, for socialization, for relaxation and for entertainment.

The family not only needed five desks, but they needed their own personal work spaces, so they improvised and rearranged and cobbled together a couple makeshift desks. The two boys used to share a room, but now the youngest has his own room, his own work space.

“It’s been tough in the last few weeks, but it certainly could be much worse,” Trina said. “There’s always somebody worse off. Think of all the people who don’t have jobs. We are very blessed. We are still working. The kids are in educational situations. We don’t have a choice but to figure it out, and complaining doesn’t do any good.”

A real challenge for the family is trying to establish a “new normal,” to get used to a new daily-living/working routine.

Normally, during Easter

time, the Dietzes would be visiting her parents in Green Bay, Wisconsin, or Eric’s parents in Plymouth. But this year the virus ruled that out, much to the family’s and their loved ones’ disappointment.

Instead, they have found other activities to do, mainly a lot of walking and biking

House • page 8

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House-bound

from page 7

in their neighborhood and at places like Lindbergh State Park, Mississippi County Park and the Blanchard Dam area north of Sartell.

The family did manage to have some Easter fun, with parents hiding treat-filled Easter baskets for the children to find Easter morning.

Both parents and children have found creative ways to stay connective with others through virtual get-togethers via Zoom. Eric can "meet" with students via Zoom for

conference calls, for lectures and for one-on-one learning assistance. Trina, too, does conference calls and other on-line work.

"Each of the kids has a way of communicating with their friends via technology," Trina said. "That's so important. That kind of communication just wasn't available when I was a kid."

Matthew has been playing a video game called Minecraft with a bunch of friends. The younger children, too, have fun via Zoom with friends and school chums.

Trina and a good friend shared what they called a Virtual Happy Hour, chatting

online as they both enjoyed a glass or two of wine, raising their glasses in virtual toasts.

"Humor really helps, too," she said. "It's a good stress-reliever."

"Our family has also been doing a lot of cleaning and organizing," she said. "We have the time."

The silver lining to the at-home isolation, she noted, is the family is rediscovering fun activities, learning how to improvise creatively, new ways of working, new ways of connecting to others and – yes – new ways of making their own kinds of fun.

The Koubskys

On April 12, the Nick and Rachel Koubsky family attended the Easter Service at their church, The Waters in Sartell.

But it wasn't the usual worship gathering. The service was officiated from the rooftop of the church, via a live broadcast on KSNI, and all of the congregants were gathered below, in the parking lot, inside their own cars, listening to their radios with all the windows rolled up.

Previously, church officials had sought and received permission for the drive-up service from state and local officials, including the Minnesota Department of Health.

Leighton Broadcasting agreed to live-broadcast the service.

The Koubskys are not used to such virtual gatherings because their lives have long been defined by their connective relationships with others. She is a pastor of The Waters church and as a leader of Life Group gatherings with church members; and he is a Sartell High School math teacher, a coach for junior varsity boys basketball and one of the coaches for the boys baseball program. Although Nick now teaches via Zoom, he can still go to the school to work there now and then, because social-distancing is strictly adhered to.

Rachel also connects with the Life Groups and other activities via computer. They enjoy an interactive team word game dubbed Code Names.

The couple has 7-month-old twins, Audra and Nellie; and naturally the parents love to be home with them, lavishing them with love and attention.

"The twins are a matter of buy one, get one free," said Rachel, chuckling. "Audra was born first. She is very determined. Nellie smiles all the time, and both have beautiful blue eyes."

Being house-bound, it's sometimes difficult to set and to keep a routine, Rachel noted.

"We're always trying to find some sort of normalcy, something consistent and doing things we didn't normally do," she said. "But we go to the parks, we take walks, we wave to others in their yards. We rented a couple movies and we watch some TV. We try to be creative, to re-think and to re-prioritize."

The social confinement can be difficult for Nick because he loves sports and is so actively involved in coaching students. Like Rachel, he is eager for the crisis to be over so he can re-connect, in person, with the many people the Koubskys cherish in their lives.

GREEN EARTH | DOING YOUR PART

Clean Up the Neighborhood

If you notice your community has a lot of litter, a neighborhood cleanup can have a significant impact on your local environment while building relationships with your neighbors.

The Environmental Protection Agency says mismanaged trash travels throughout the world's rivers and oceans, and can also harm terrestrial wildlife and habitats.

Before organizing a community cleanup, you should find an area that people frequent for recreation or one that animals rely on. A few good places to investigate are public parks, neighborhood lakes and campgrounds. Perform a walk-through to find the locations that require the most intervention, then begin planning an event.

MAKE IT PUBLIC

Modern technology allows us to reach a mass audience with little effort. Take advantage of your social media following or community pages to express your concern about pollution in your area. You can also talk to municipal to discuss raising awareness to your neighbors and encouraging everyone to participate. For instance, they may display a flyer for your peers to view or send a letter in the mail



announcing the details.

STOCK UP ON SUPPLIES

Cleaning up trash requires adequate supplies to ensure volunteers are safe. Consider asking for donations for items like gloves, respirators and different colored trash bags to

separate recyclables. When procuring supplies, reach out to local officials. They may have a surplus of safety equipment they can donate.

DISPOSE OF TRASH PROPERLY

Depending on the size of the

cleanup, you may be left with a lot of garbage to dispose of afterward. Remember to separate trash from reusable materials as you move toward a cleaner neighborhood. It's good practice to notify your local waste management facility to explain your intentions

and arrange a pick-up time and date.

In many cases, the facility has programs designed to sponsor these events for no charge. However, if your local branch requires payment for pickup, you can factor the expense in as you fundraise.



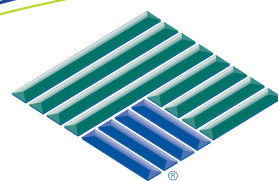
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m MINNESOTA

Council delays action on massage business ordinance

by Dennis Dalman
news@thenewsleaders.com

At a Sartell City Council public hearing April 13, several residents and business owners spoke up to question a proposed ordinance regarding massage businesses.

Those who spoke up are Sartell residents Deb Frank and Angela Olson. Both own and operate therapeutic massage businesses from their homes.

The Sartell City Council has been pondering a collaboration

with St. Cloud and other area cities for an area-wide ordinance to control massage businesses. The effort arose after concerns about illegal sex-for-hire activities at a Waite Park “massage parlor,” which was shut down.

Those who spoke at the Sartell council meeting (Frank, Olson and Olson’s husband, Jeremy) all said the St. Cloud ordinance is riddled with blatant slurs and sexual innuendoes that besmirch perfectly legal and legitimate massage busi-

nesses such as they own. Both businesses have operated in Sartell – one of them for more than 20 years – and they offer massage strictly for professional medical and therapeutic reasons. Unsavory goings-on at seedy sex parlors has ruined the reputations of good, legitimate massage businesses, the speakers noted, and those stereotypes influenced the “disgusting” language in the St. Cloud ordinance. They urged the council to delay adopting that ordinance, which they

said could jeopardize or destroy their longtime respectable businesses. The “disgusting language” in the St. Cloud ordinance, Frank said, shows an “utter lack of respect for good massage therapists.”

Minneapolis, the speakers said, has an excellent, reasonable ordinance that should be a model for Sartell. What’s needed, they emphasized, is input from the community, from massage therapists and from other professionals before drafting an ordinance.

The council, in obvious sympathy with the business owners, voted to table the massage ordinance, an application license fee and a potential enforcement agreement with St. Cloud. They also said it is likely there will need to be a second public hearing.

In the meantime, city staff will work with the owners, professionals and others to draft an ordinance that is fair for all professional massage businesses.

Financial director resigns for new job in Detroit Lakes

by Dennis Dalman
news@thenewsleaders.com

Heidi Ostlie, Sartell’s finance director, has resigned to take a new job as finance director for the city of Detroit Lakes, which is close

to her place of residence.

Ostlie, who has been Sartell’s finance director for several years, had kept the Sartell City Hall staff closely posted on every step of her application with Detroit Lakes so they would not be

left in the lurch. She also agreed to stay on during a transition period, but city staff soon learned that retired St. Cloud finance director, John Norman, will be able to assist Sartell.

“It would have been ask-

ing too much of Heidi to assist Sartell as much as we need on top of her commitment to Detroit Lakes, and John is very experienced through his years as the finance director in St. Cloud,” wrote Sartell City

Administrator Mary Degiovanni in an email. “And he lives right in St. Joseph so he can more easily assist us during the regular work-days.”

Ostlie’s last day of work for Sartell will be April 20.

Grizzly Lane stop signs OK’d

by Dennis Dalman
news@thenewsleaders.com

Three stop signs will be installed in the Grizzly Lane area, a road that leads through The Wilds neighborhood of Sartell.

The City Council approved those signs at its April 13 meeting. At a council meeting in March, several residents of that neighborhood urged the council to do something to make that area safer.

The stop signs will be placed at Grizzly and 15th Avenue, at Grizzly and 13th Avenue and at Fourth Street and 13th Avenue. The council agreed that the signs might – just might – help slow down traffic along Grizzly Lane, which runs from the west to the east toward Pinecone Central Park. If the stop signs do not do the job (slow traffic speeds), other options will have to be considered, the council members agreed.

Many motorists use Grizzly Lane as a quick shortcut to Pinecone Central Park and its numerous ball fields.

The road is a winding one, and there are no sidewalks along it, causing pedestrians to walk right along the edges of the road. For years, residents in that area have expressed concerns about traffic moving too fast posing a safety threat to pedestrians that include adults, children, baby strollers and pets.

Notice is hereby given that Online Bids will be received by the City of St. Stephen until 11 a.m. Tuesday, April 28, 2020, via QuestCDN at which time they will be publicly opened and read aloud, for the construction of the 2020 Sixth Avenue SE Improvements.

In accordance with the requirements of Minn. Stat. Section 13D.021, Mayor Blenkush has determined that an in-person bid opening meeting is not practical or prudent because of the COVID-19 health pandemic.

Because of the health pandemic and emergency declaration, it has been determined the bid opening at the St. Stephen City Hall and attendance by public at the St. Stephen City Hall location is not feasible. Therefore, the bid opening will be conducted via GoToMeeting:

St Stephen 2020 Sixth Avenue SE Improvements Bid Opening from 10:30-11:30 a.m. (CDT) Tuesday, April 28, 2020

Please join my meeting from your computer, tablet or smartphone: <https://global.gotomeeting.com/join/639916277>

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Any person monitoring the meeting remotely may be responsible for any documented costs. Message and data rates may apply.

Major quantities for the Work include the following:

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8,939	CY	Subgrade Excavation
25,388	CY	Select Granular Borrow (LV)
2,940	CY	Aggregate Base (CV) Class 5 (P)
2,237	SY	Bituminous Driveway Restoration
16,540	SY	Full Depth Reclamation
5,404	TON	Type SP Bituminous Mixtures
750	LF	RC Pipe Culvert (12- through 33-Inch)
1,578	LF	6” Perforated PE Pipe Drain

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2,496	LF	Salvage and Install Fence	
12,200	LF	Filter Berm Type 4 (Topsoil)	
6,650	CY	Common Topsoil Borrow (LV)	
155	SF	Sign Panels	
10.25	ACRE	Seeding	
19,200	LF	4-Inch Multi Comp Ground In Stripping (Broken, Solid, Double)	

For this project, bids will ONLY be received and accepted via the online electronic bid service QuestCDN.com. To access the electronic bid form, download the project document and click the online bidding button at the top of the advertisement. Prospective bidders must be on the plan holders list through Quest CDN for bids to be accepted. Bids shall be completed according to the Bidding Requirements prepared by Short Elliott Hendrickson Inc. (SEH®) dated March 4, 2020.

The Bidding Documents may be seen at the Issuing Office of Short Elliott Hendrickson Inc. located at 1200 25th Ave. S., P.O. Box 1717, St. Cloud, MN 56302-1717, 320-229-4300.

The Bidding Documents may be viewed for no cost at <http://www.sehinc.com> by selecting the Project Bid Information link at the bottom of the page and the View Plans option from the menu at the top of the selected project page.

Digital image copies of the Bidding Documents are available at <http://www.sehinc.com> for a fee of \$30. These documents may be downloaded by selecting this project from the PROJECT BID INFORMATION link and by entering eBidDocTM Number 6959254 on the SEARCH PROJECTS page. For assistance and free membership registration, contact QuestCDN at 952-233-1632 or info@questcdn.com.

In addition to digital plans, paper copies of the Bidding Documents may be obtained from Docunet Corp. located at 2435 Xenium Lane N., Plymouth, MN 55441 (763-475-9600) for a fee of \$100.

Bid security in the amount of 5 percent of the Bid must accompany each Bid in accordance with the Instructions to Bidders.

A Contractor responding to these Bidding Documents must submit to the City/Owner a signed statement under oath by an owner or officer verifying compliance with each of the minimum criteria in Minnesota Statutes, section 16C.285, subdivision 3.

This Work shall be subject to minimum wages and labor standards in accordance with the State of Minnesota.

The Owner reserves the right to reject any and all Bids, to waive irregularities and informalities therein and to award the Contract in the best interests of the Owner.

Cris Drais
City Clerk
St. Stephen, MN

Publish: Quest CDN: April 17, 2020
Sartell-St. Stephen Newsleader: April 17, 2020

Opinion

Our View

Bring the ballot box to the people

With everyone's attention focused on stay-at-home orders and staying healthy, it's hard to focus on events that are months away.

But now is the time to ensure this fall's election runs smoothly and that voters will not have to choose between their health and their right to vote. Minnesota's primary election is Aug. 11 followed by the general election on Nov. 3.

We don't know what the public health situation will be in late summer or fall, but officials should act now to organize elections so it's easy for everyone to vote. If we've learned anything from the coronavirus pandemic, it's that a failure to look several steps ahead can be deadly.

At the state and national level, legislation that would expand early or absentee voting and allow mail-in ballots has been proposed.

In St. Paul, Secretary of State Steve Simon urges temporary, one-time changes to elections including mailing each registered voter a ballot. A witness signature would be required for voting. Among the other changes, Simon wants to change the location of polling places, many of which are in vulnerable locations such as senior care facilities.

Sen. Amy Klobuchar introduced legislation to promote mail-in and early voting nationwide. Her bill would ensure voters have 20 days of early voting in all states, require that all mail-in ballots submitted during 21 days leading to an election be counted and ensure all voters have the option to request absentee ballots.

Voting by mail is not a new idea. Oregonians have voted by mail for more than 20 years. Colorado, Hawaii, Utah and Washington conduct all elections by mail. At least 21 other states have laws that allow certain smaller elections, such as school board contests, to be conducted by mail.

Republicans generally oppose ideas to make voting easier and have for years tried to suppress the vote with ideas such as requiring a photo ID and limiting the number of polling places so people are discouraged by long lines. Conveniently, these measures are targeted at people of color, younger people and poorer people.

As Yale history professor David W. Blight wrote in the New York Times, "Political minorities – today's Republican Party, antebellum slaveholders, Gilded Age oligarchs or rural states empowered disproportionately by the Electoral College – have always feared and suppressed the expansion of both the right and the access to the right to vote. There is no Republican majority in America, except on Election Days."

Republicans claim these measures are needed to address voter fraud. The facts don't back up the claim. Studies done by multiple nonpartisan groups have failed year after to year find any widespread voter fraud.

An expansive study in 2017 from the Brennan Center for Justice found the rate of voter fraud in the United States was somewhere between 0.00004 percent and 0.0009 percent.

It's true that voting-by-mail poses some risks that don't exist with in-person voting. But the most recent example of absentee ballot fraud involved Republican operatives in North Carolina who rigged an election for the House of Representatives in 2018.

Studies of vote by mail in Colorado and Washington show there's little advantage to one party but vote by mail does increase turnout.

Donald Trump fears any attempt to make voting easier and safer but it's not because he's worried about fraud, it's because he's worried about losing.

In a moment of candor, he admitted as much. Speaking about proposals such as mail-in voting he said "They had things, levels of voting that if you'd ever agreed to it, you'd never have a Republican elected in this country again."

Trump said this with a straight face while acknowledging he mails in his Florida ballot.

Adopting mail-in ballots, expanding the time for voting and allowing absentee voting without providing a reason will result in a safer, fairer election.

Pandemic exposes society's weaknesses

Have you watched the National Geographic series "Drain the Oceans"? Using sophisticated mapping and computer animation, the series shows what we would see if we drained the water out of the Earth's large bodies of water.

Emptying the oceans of water reveals what lies on the bottom when the water is gone...solving mysteries and explaining natural wonders as well as exposing shipwrecks.

The ongoing coronavirus pandemic is essentially draining away the covering shrouding society's mysteries and challenges.

With the "water" gone, we're now faced with the reality that there are huge tears in the social safety net and that the apparent roaring economy – with low unemployment and a growing stock market – is an illusion.

Let's look at just a couple of the "shipwrecks" recently revealed by stay-home orders.

Schools' plans for distance learning and employers instructing their employees to work at home rested on the assumption that everyone has high-speed internet available. Some people, either because they can't afford internet service or it's not available at their home, are left behind.

Minnesota's Department of Employment and Economic Develop-

Mike Knaak
Editor



ment found in 2019, only 68 percent of rural Minnesotans were served by high-speed internet, defined as upload speeds of 100 Mbps and download speeds of 20 Mbps. And just because the service is available, doesn't mean it's affordable for everyone.

In Central Minnesota, as soon as you step outside the cities, the drop off in available service is dramatic. At least 90 percent of households in St. Joseph and Sartell have access to high-speed internet, but the surrounding townships are not as well served. In the surrounding townships, the availability drops to less than 50 percent.

As rural America was wired for electricity 100 years ago, every household should have affordable high-speed internet available now. Even when students are back in the classroom, every student needs internet to support homework and we can keep more workers off the road – saving time, money, gas and the need to build more roads – if their home office is properly wired.

When 17 million people filed jobless claims in the last three weeks, we've seen how close many people live to economic disaster. While waiting for their \$1,200 check from the U.S. Treasury, workers worry if it will arrive before they have to pay rent, the mortgage or buy the next load of groceries.

Even before businesses shed employees, many American workers lived paycheck-to-paycheck.

A Bankrate survey last year showed nearly one in four Americans have no emergency savings. Only 18 percent have enough to cover three to five months of expenses while 22 percent could pay less than three months in bills.

Many of these recently unemployed workers are not protected by a union, have no employer-provided health care and didn't until the recent rescue legislation qualify for unemployment.

The pandemic revealed what happens when public health is underfunded and its experts ignored. How's that worked out?

More services than public health need an aggressive approach. When leaders think about how to restart the economy, they need to consider long-term solutions to education, technology and labor issues made painfully clear by the health crisis.

Stay careful, but be hopeful in quarantine

As the Covid-19 pandemic continues to rage across our state, country and world, things appear very bleak. Businesses, schools and sports have all but ground to a halt. People are being urged to stay inside and keep up social distancing in order to reduce the number of infections. We see disheartening numbers of new cases and cancellation after cancellation of events we have been looking forward to. While we don't know how long this present reality will last, one thing I have seen come out of this is the strength of everyday people to confront difficult situations; and that there is light at the end of the tunnel, as long as we stay careful.

A few months ago, many of us couldn't imagine the place we would be in now. While coronavirus spread in China and to other parts of the world, it seemed far away from Minnesota and the United States. Then the dominoes started falling. Major sports leagues around the country started to postpone their seasons. Colleges and universities closed their doors and sent students home. Governors declared stay-at-home orders. In a couple weeks, life as we know it was forever changed. Despite these horrific circumstances, we have seen great acts of bravery and a determination to carry on life with ingenuity.

I want to first of all thank our amazing healthcare workers who day in and

Connor Kockler
Guest Writer



day out are risking their lives to protect every one of us by treating this disease head on. Every test done and patient cared for is another life saved. Across the nation, even with the stay-at-home orders and social distancing, hospitals are being strained and the healthcare system is working overtime to make sure people are treated and the spread is slowed. Without their valiant efforts things would be much worse.

While this pandemic is ongoing, we see many working to maintain a semblance of normal. Teachers and students are working with technology to keep classes going from home. Businesses are teleworking, or adopting measures to keep people safe through spacing out workers and keeping environments clean. Religious institutions provide faith services live online. Families, friends and neighbors videoconference and check in on each other to make sure they're doing alright.

Despite the dark times we're in, people aren't giving in to despair. We are keeping up hope and the belief that eventually we will turn this corner. It's encouraging to me to see we have faith

and keep doing what we can to keep up our own and each other's spirits. While we wait out a pandemic we don't know how long will last, we should keep up with this spirit of optimism. Each new story of hope I hear from people I know or on the news gives me more belief in our common humanity and perseverance.

And while we wish for a speedy end to this crisis, we also should remember the terrible price that has been paid already by people who have died and the lives that have been upended during this time. That is why it's so important for us to honor those affected the most by following the advice of experts in staying at home and social distancing. While we all want to get back to normal, I certainly do, every additional case of Covid-19 spread through carelessness keeps up the spread of the virus and makes the rising curve of infections less likely to flatten. This makes ending restrictions more dangerous and thus prolongs how long the quarantine will continue.

I wish everyone well and hope you are all staying healthy and safe. While these times we're living in may be scary and uncertain, I know we will make it out on the other side. We just need to keep fighting on, following safety guidelines and watching out for our families and neighbors. We'll get through this together, I know we will.

Guest column

School board thanks community

Jeremy Snoberger, Jason Nies, Patrick Marushin, Lesa Kramer, Pam Raden and Amanda Byrd – Sartell-St. Stephen school board members

We wanted to take a moment to thank all of our teachers, staff and administration in the Sartell-St Stephen school district for the amazing way they have stepped up to serve our students and community in this difficult and unprecedented time.

We are proud of how everyone has done whatever they can to make this the best situation possible for our kids.

Guest column

Take time to introduce yourself to nature

Tony Dingmann, Sartell

A few hours ago I was awakened by a chorus of songbirds outside my bedroom window signaling the start of another day. It was 5:30 a.m., well more than an hour before the sun would begin to rise. I started the coffee, then slipped on my jacket to take our dog outside. I paused on the front step to take in the refreshing 28-degree spring air and listen to the orchestra of geese, ducks, turkeys, Sandhill Cranes and songbirds. I thought back to the past month and so much has changed in the world, from going about our daily, rushed lives to now having limited human interaction with no kids’ activities and where most of us are working from home. I then realized how much has changed outside as well: from ice on lakes to open water, limited birds to now my feeders being full of feathered

While we know the current situation was not our first choice, we are thankful for the way it has been embraced by our staff, students and community.

The words “It takes a village” have never been truer than in this pandemic, and we understand it is not easy. We thank all of our parents for the extra work they are doing to help their students engage and learn.

We thank our business community and churches, and so many individuals who have stepped up to offer meals, deliver supplies, care for the children of first responders and our

visitors, and from snow on the lawns to signs of green grass.

As adults, time spent in the outdoors allows us to breathe in fresh air, explore the landscape and view wildlife. This leaves us feeling refreshed and perhaps, if even for a moment, takes our mind off our daily worries and the uncertainty in our world right now. For kids, this time outdoors can be a much needed break from the indoors and screen time; and perhaps open their eyes to a world they may not otherwise see. We are fortunate here in the St. Cloud area to be surrounded by public lands which do not require permits or special equipment to visit. With nothing needed other than a means of transportation and a pair of shoes, the opportunities for local exploration are endless.

Just this past week, myself, my wife and two daughters explored Mississippi River County

staff. We are always proud to live in amazing cities like Sartell and St Stephen, but in times like this we see the strength of people serving each other and it is beautiful!

This is far from over, and as our nation, state and local officials have said, there is a long road before us, but we want you to know the people of District 748 will be here with you all along the way. The partnership we have had from the very beginning with officials from the cities and county, as well as business and other local support has shown our character and perseverance

Park, Sauk River Regional Park and Kraemer Lake-Wildwood County Park, all roughly 10 minutes from our house. Each offers a unique view into the outdoors: from countless tree and plant species, miles of hiking trails, swift flowing rivers, abundant wildlife, picnic areas and plenty of room to social distance from others at the park. Our kids were entertained identifying animal tracks, throwing rocks, bird watching, stomping in the mud, all without one thought of screens, wifi or phones.

We all contribute dollars to supporting these local, public parks through our tax dollars: their maintenance, trail grooming, equipment and resources. This means we all have part ownership in these parks, and we should take full advantage of all they have to offer. These parks are meant for everyone, for the first-timers to experts, all

as a community. Please do everything you can to support our local business community.

Success is fun. Growth is exciting. Accomplishments are important. But you find out who you are when you face adversity, and a challenge is placed before you that you can’t beat alone. In these past weeks we have seen the potential in our community.

We are thankful to serve District 748, and all of the amazing teachers, staff, students and families that are a part of this community. Let’s rise up together and continue to live Sabre Strong!

can enjoy what the Minnesota outdoors has to offer.

In addition to the parks I mentioned above, we are lucky to also have the Beaver Island and Wobegon trails, Quarry Park, Sherburne National Wildlife Refuge, several State Wildlife Management and State Scenic Areas all only a short drive from the St. Cloud area. The current shelter-in-place allows for time outside to exercise, fish, hunt and hike and we should take full advantage of it. During this time when we have increased time and opportunity to be with family, I invite you to explore one or several of the public areas around us. Take this time to introduce your kids (or perhaps yourself) to nature. I hope it will lead to an appreciation for the outdoors and open your eyes to all that our great state of Minnesota has to offer. I hope to see you on the trail!

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@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.

Saturday, April 18
Le Sauk Township Cleanup and Recycle, 9 a.m.-3 p.m. Bins for bagged garbage and iron will be set up between the Township Hall and Sartell Police Station, 220 Fourth Ave. S. Charges apply. No TVs.

Community meal drive by pickup, 11:30 a.m.-12:45 p.m., First United Methodist Church, 1107 Pinecone Road S., Sartell.

Monday, April 20
Sartell-St. Stephen school board, 6:30 p.m., District Service Center, 212 Third Ave. N. School board members will meet via Zoom.

Le Sauk Township zoning meeting, 6 p.m. The meeting will be conducted electronically <https://global.gotomeeting.com/join/727223765> dial 646-749-3112 Access code 727-223-765.

Brockway Township Board, 7:30 p.m., Township Hall, 43710 85th Ave. N. Call-in meeting 571-317-3122 Access Code 976-805-077.

Monday, April 27
Sartell City Council meeting, 6 p.m., City Hall, 125 Pinecone Road N. The meeting can be viewed on Cable Channel 181 or on the city’s Facebook page. Members of the public who choose to attend will be asked to maintain social distancing.

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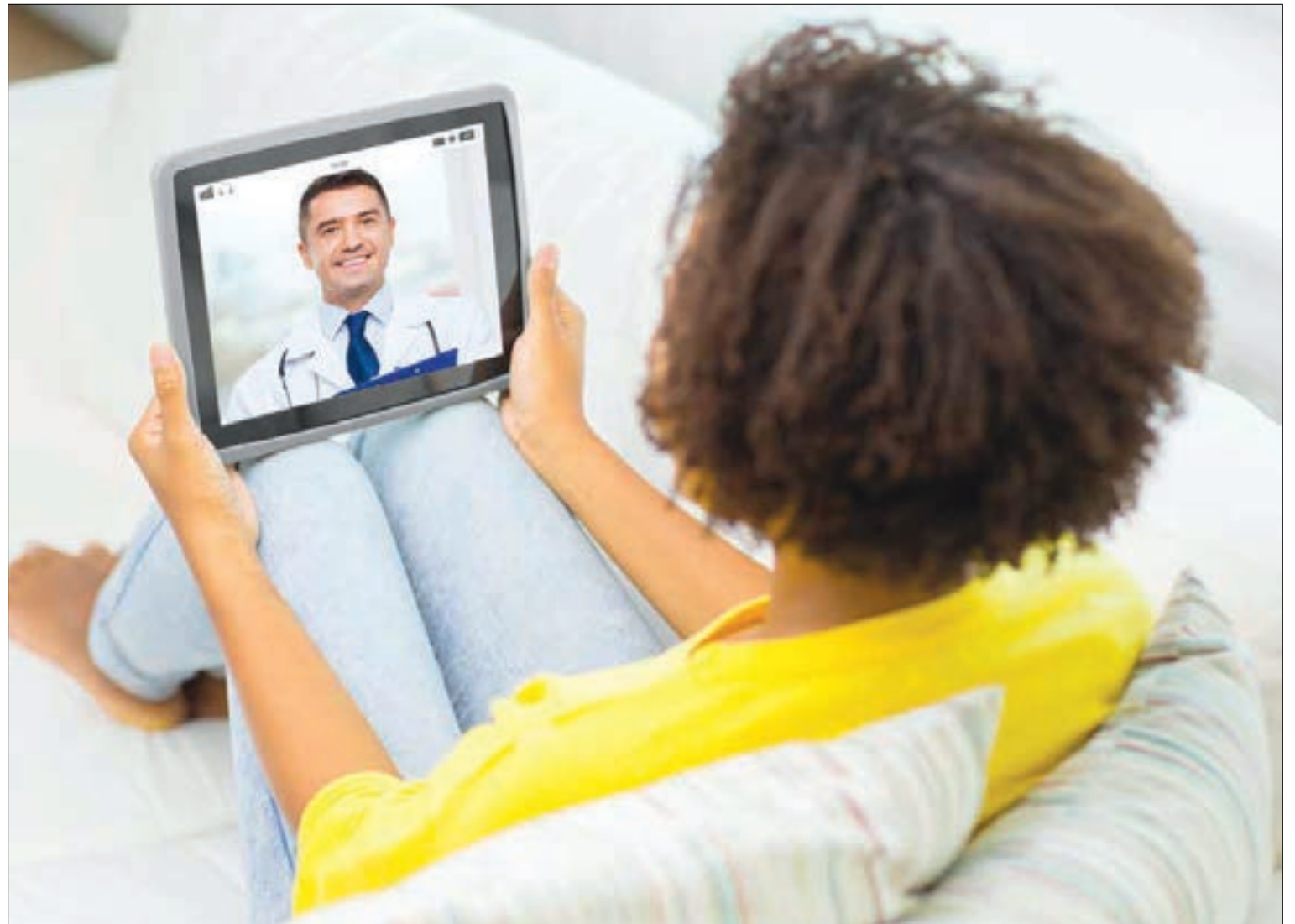
Zoom meetings, Google Hangouts and FaceTime chats have been around for a while, but with most face-to-face meetings out of the question for a while and many people working from home, they're now coming into their own.

VIRTUAL MEETINGS

Look at your pre-pandemic calendar. If you had meetings with a financial planner or real estate agent, that meeting may still be on. Many professionals, particularly in service-related industries, are turning to video chats and other tech services to continue doing business in the time of social distancing.

Realtors, for example, are using tech to offer virtual tours and open houses using a variety of videos, touring via FaceTime, live streaming a house tour and more. Spring is typically a hot time for buying and selling houses, and with interest rates at rock bottom, the industry just can't afford to miss out. Vacant properties can also still be shown, provided agents and potential buyers adhere to proper social distancing protocols.

Other professionals that may be offering virtual meetings during this time include financial advisors, bankers, fit-



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ness trainers and more.

TELEMEDICINE

Medical and mental health appointments may still be on, too. Insurance providers, Medicare and Medicaid have rapidly expanded their available covered telehealth services so that people can continue to get treatment so long as providers are available

during the pandemic. Your provider may ask you to do certain things like verbally acknowledge you accept telehealth treatment and showing that you're in a private place, but otherwise, the visit should go much like it would in an office.

Fluffy may also qualify for a telemedicine visit, the FDA says. The agency recently sus-

pended many requirements of the veterinarian-client-patient relationship.

"The FDA recognizes the vital role veterinarians play in protecting public health. This pandemic has had impacts on many of our everyday lives and professions, and during this time, we need to provide veterinarians with the latitude to expand the use of telemedi-

cine in the care of animals," said FDA Commissioner Stephen M. Hahn. "The FDA is providing flexibility that will help veterinarians maintain the health of animals during the pandemic, while allowing for the social distancing that is so important in limiting the further spread of coronavirus disease across the country and world."



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