

# Reaching Everybody! Newsleaders

Friday, March 5, 2021  
Volume 33, Issue 5  
Est. 1989

## Town Crier

### Farmers' Market set March 6

The Sartell Farmers' Market is open from 10 a.m.-1 p.m. Saturday March 6 inside Sartell Community Center, 850 19th St. S. Find many great items including the following: meat, eggs, canned goods, salsa, honey, barbecue sauce, caramel corn, baked goods and jewelry. If you have interest in joining the market this upcoming season, stop in and speak to Al for more information.

### Sew masks

Thank you to everyone who continues to sew masks to help keep our community safe! More cloth masks for youth and adult members are still needed. Completed masks can be dropped off at Coborn's, 900 Cooper Ave S, St. Cloud, behind the service counter during store hours. Questions, contact Mary Krippner, director of volunteer engagement, at 320-223-7991.

### Habitat for Humanity seeks cleaning help

Habitat for Humanity works in our community by building and improving homes in partnership with individuals and families in need of a decent and affordable place to live. They are seeking help with cleaning homes before the families move in mid-March. Contact Jessica, Central Minnesota Habitat for Humanity, at jdahl@cmhfh.org.

### Volunteer with Retire United

Are you retired or nearing retirement? Are you interested in being involved in the community through opportunities with United Way? You may want to join our Retire United Affinity group. Your lifetime of skills and experiences can benefit future generations. And we can help you find a meaningful way to stay engaged in the community. Meet and network with local retirees and professionals at monthly meetings. Volunteer at individual and group service projects. Advocate by using your voice to support important policy and advocacy efforts. Learn about how your support makes an impact on children and families in our community. Contribute to local programs that support education, financial stability and healthier lives. Contact Lori at leich@unitedway-helps.org to learn more!

## Winter fun at St. Joseph Snowfest 2021

by Heidi L. Everett  
editor@thenewsleaders.com

A warm-weather meltdown followed by a sprinkling of snow were a nice mix for St. Joseph's first Snowfest.

The week kicked off with a medallion hunt. Clues were shared on the City of St. Joseph website every morning starting Feb. 22. By the fifth clue, the medallion was found hidden on top of one of the posts supporting the softball field concession stand. The hunt was a family affair, and several gift certificates from local businesses went to Bruno, Ann and Ruben Theisen.

Approximately a dozen people showed up for what turned out to be a moonlight hike through Millstream Park Feb. 27. Two days of above-40 temperatures eliminated the

Fun • page 2



photo by Mike Knaak & Caryolyn Bertsch

(At left) With no need for snowshoes after the warm week, Recreation Director John Anderson leads a walk around Millstream Park on Feb. 27 as part of the St. Joseph Snowfest event. (At right) Miles Yasgar, 9, of St. Joseph, surfs down a hill on his sled Feb. 28 during the Snowfest event at Memorial Park in St. Joseph.



## Kluesner sworn into St. Joseph City Council

by Heidi L. Everett  
editor@thenewsleaders.com

Kevin Kluesner was sworn in March 1 as the newest member of the St. Joseph City Council. He was appointed following interviews Feb. 18 with eight candidates vying for an open seat.

His main motivation for applying was to ensure the Council had candidates.

"Hey, it's always good to have people apply for those positions," Kluesner said. "Clearly, people were excited to do it, and the Council had people to choose from."

Kluesner and his wife, Amy,

have lived in St. Joseph since 1987 on a hobby farm not far from downtown.

They met as students at the College of St. Benedict and St. John's University

and started their married life in Minneapolis where their son was born.

"Then we had the chance to move up here to the farm where we live," he said. "We were fortunate enough to purchase it,



Kluesner

and we've never looked back."

Throughout the years, they've had goats and other small critters as well as a large garden.

He is a financial planner who founded Kluesner Financial in St. Joseph in 2001, and in 2017, that company merged with Ledge Wealth Management of Sartell.

Most of his community involvement until now has been through his church, but Kluesner is looking forward to serving the community in a broader capacity.

"There's so much over the years that I've come to appreci-

ate about St. Joseph," he said. "We've really added so much in the last 15 years. It's a vibrant town in a lot of ways whether you are retired, a student or raising a family."

Kluesner is reviewing the comprehensive plan and is interested in street improvement projects as well as next steps for community center planning. He will serve the remainder of a term ending Dec. 31, 2022, which was vacated in January 2021.

"I just want to roll up my sleeves and see how I can help and learn as I go along," he said.

## Free frozen meals available for seniors

by Dennis Dalman  
news@thenewsleaders.com

Those 60 and older in St. Joseph are welcome to pick up free frozen meals at Resurrection Lutheran Church, enough meals to last seniors one month.

This is an ongoing program, set for every month.

The meals will be distributed at the church from 10:30 a.m. to noon Thursday, March 25. Although the meals are free, donations will be accepted.

To register for the meals, call coordinator Amanda Clemens at 320-229-4575.

The frozen-meals distribution is a program made possible by Catholic Charities. It is partially funded via a contract with the Central Minnesota Council on Aging as part of the national Older Americans Act.

The meals are prepared at Catholic Charities dining sites throughout central Minnesota and then frozen in containers that can be placed in microwaves or ovens. Each meal contains about one-third of a recommended daily allowance of nutrition for senior citizens. The meals are salt-free.

The virus pandemic has had

a profound effect on senior citizens, many of whom are homebound, alone and without their own transportation, according to Ruth Hunstiger, director of community services for Catholic Charities.

In November 2020, that organization's senior dining program was honored with the Circle of Excellence Award from the Minnesota Department of Human Services. The award citation noted that the dining program offered low-cost or free meals to older adults at 40 sites in a nine-county area, including Stearns county.

By using frozen meals and partnering with food shelves, the senior dining program was able to prepare and serve or deliver 91,000 meals per month in 2020. That was an increase of 26,000 meals per month from 2019.

When the virus crisis struck, congregate dining sites were closed, causing worry and concern among senior citizens who desperately needed food but sometimes had no way to get it.

During the pandemic, many area businesses had extra food due to lack of customers, and some of them donated that food and even helped deliver meals.



photo by Carolyn Bertsch

Lana Edwards, 14, of St. Cloud, whizzes down a hill on her sled Feb. 28 at the Snowfest event. Her passenger is her three-month-old Golden Retriever, Biscuit. Lana is a student at Kennedy Community School.

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## Fun

### from front page

need for snowshoes, but the campfire raged on.

"Everybody stuck around for quite a while around the campfire for s'mores," said Recreation Director John An-

derson.

Then, the overnight snow gave a fresh coat of powder for an afternoon of sledding at Memorial Park Feb. 28.

"The sledding hill was just really busy with kids and families, which was fun to watch," Anderson said. "A lot of hot chocolate was made, and a lot of hot chocolate was

drunk."

The Park and Recreation Board would like to thank the following sponsors of Snowfest: St Joseph Meat Market, Resurrection Lutheran Church, Precise Plumbing and Heating, Lee's Ace Hardware, Stearns Bank, Bruno Press, Sliced and Bad Habit Brewing Co.



photo by Mike Knaak

Snowfest participants gather for s'mores in Millstream Park Feb. 27. The group included (from left) Eli Stenman, Park Board member, who warmed up a marshmallow while Nathan Lyon, 13, and his sister, Nora, 9, wait for theirs to cool and their mother, Abby Lyon, another Park Board member, stands by to help.



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**Publisher/Owner**  
Janelle Von Pinnon

**Editor**  
Heidi L. Everett

**Assignment Editor**  
Carolyn Bertsch

**Assistant Manager**  
Rajahna Schneekloth

**Designer**  
Nina Henne

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

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

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

POSTMASTER: Send address changes to ST. JOSEPH NEWSLEADER, 1622 11th Ave SE, St. Cloud, MN 56304.

Cultural Connections:

# Meet Sister Chinh

by Sister Renee Domeier, OSB  
Guest columnist

With a twinkle in her eye and pointing at her chin, Sister Chinh Nguyen helps us Anglos say her name. She wants us to call her Sister Chin!

Sister Chinh has been in this country for four years, and for the past year, she has lived with the Sisters of St. Benedict's while studying theology with a focus on liturgy and spiritual direction. In her spare time, she is learning Latin.

Sister Chinh was eager to tell me about her beloved Vietnam. She loves her country, her family, the landscapes and the respect with which they welcome guests, even though hers is a small and developing country.

"We have a peaceful environment, so no protests; but the negative side is that we may

not protest, even when we should in order to develop better in the areas of education for both boys and girls, for example. We have freedom of speech and religion up to a point. We need equal opportunities to participate in collective decision-making in society as well as in the Church," she said.

Sister Chinh sees huge differences in the standard of living between our two countries. In Vietnam, she has only a small room in her Dominican convent, no air conditioning in endless hot weather, having to handwash clothes daily and line dry them. "But I will accept and adapt to that when I return home," she



Sister Chinh

says. When I asked about her meals and what they have for desserts, she answered, "Bananas, the cheapest fruit, as we grow them in our country. No apples, too expensive, except perhaps once a year!"

Here in Minnesota, Sister Chinh says she has appreciated the two monasteries, her professors, and her ever-growing language facility. She says she sees many opportunities for life, study, growth and healthcare in this rich, big country. She said she feels deeply respected and experiences many generous people wherever she has been, whether at the airport, her classes, or at her present home at the monastery.

"I don't think it's only because I am wearing a veil; God takes care of me through thoughtful people!"

## People

**Albany Aviators** had their first meet Feb. 13 against Frazee and St. Michael scoring a 101.25. The team includes gymnasts from St. Joseph, Paynesville, Cold Spring, Richmond, Albany and Avon.

**Jeremy Warzecka**, St. Joseph, graduated fall 2020 from North Dakota State University with a bachelor's in mechanical engineering.

**Riley Zimmer**, St. Joseph, was named to the honor list at Minnesota State University Mankato for achieving a 4.0 fall semester.

Three local students – **Katherine Gerads, Taylor Notsch and Kandra Schmitz** – have earned the distinction of being named to the dean's list for the 2020 fall semester at the College of St. Benedict. Students must have a GPA of at least 3.8.



Albany Aviators

**Seven St. Joseph students** have been named to the 2020 fall semester dean's list for attaining a 3.66 GPA or higher at the University of Minnesota Twin Cities. They are the following: **Lydia Anderson, Logan Bakken, Lauren Chlan, Cooper Gerads, John Martone, Mitchell Shimak and Nicole Shimak.**

**Jon McGee**, St. John's Preparatory School Head of School, has joined Catholic Charities 2021 Board of Directors.



McGee

# Local artists serve up art by the slice

by Heidi L. Everett  
editor@thenewsleaders.com

Melted cheese oozes over crisp crust and down the wall at Sliced on College Avenue in St. Joseph from a new mural painted by local artists in February.

When Austin Saatzer, who grew up in St. Joseph, moved on from his job at Sliced, he never knew he'd be back to serve up pizza in epic proportions.

But when Sliced owner Mary Kuebelbeck offered Saatzer the opportunity for an art commission, he gladly accepted the order.

"I thought of Austin because he is very talented, a great communicator and it was a great opportunity

for him to get paid to do what he loves to do," Kuebelbeck said. "We wanted him to spice up our environment at Sliced, and he did a great job."

The first step was agreeing on what to paint.

"They gave me all the power to paint whatever," Saatzer said. "I gave them concept ideas, and they liked the slices."

For Kuebelbeck, that part of the process was fun.

"When you put a bunch of creative people together there are no bad ideas. I think we even had pizzas in space at one point," she said. "We wanted to stay true to why Sliced exists and that of course



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# Avoid a Tax Audit

Becoming the focus of an IRS tax audit can lead to expensive penalties and sometimes legal problems. The easiest way to ensure you're safe from an investigation is to file your taxes correctly. Numerous things on your return can raise red flags within the bureau's system.

If you are faced with an audit, it's crucial to avoid scams by understanding how you will be contacted. The Internal Revenue Service says they will never initiate the process through text message or email. However, an agent may reach out through the following avenues:

- Phone call. You may receive a phone call after a letter has been sent. The conversation will usually notify you of the incoming document and set an appointment for an in-person meeting.
- Unannounced visits. In some cases, an agent will arrive at your property to discuss tax delinquency without notice.
- When you are approached by someone claiming to be with the IRS, you must ask for credentials. The Official Guide to Government Information



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and Services states that imposter scams are commonly conducted to cheat people out of false tax payments. Protect yourself and limit your risks of an audit by understanding how red flags are raised.

**UNREPORTED INCOME**  
Taxpayers who work a single job can easily avoid unreported income because an employer provides their W-2.

However, those employed as contractors or hold multiple positions may be required to turn in numerous documents. As an independent worker, you should receive a 1099 form that shows the earned income through the position. An employer will turn in the same information to the IRS, so the totals must match to avoid receiving a bill for the difference. Keep track of your salary in case the company

doesn't send a 1099 document.

**FALSE BUSINESS EXPENSES**  
Claiming business deductions is best left to a professional tax expert. For instance, if you claim expenses like unreimbursed employee travel costs and a business travel deduction, the IRS will likely flag your return and contact you. If the compensations you assert as part of your company

are considered a hobby rather than an actual expense, they may ask some questions.

**DEPENDENCY ISSUES**  
Another way to wind up under scrutiny for your tax return is to claim a dependent who is being claimed on someone else's return. It's also an issue if you have an adult child on your return who files as an independent on their own taxes.

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# Unemployment Tax

The 2020 pandemic left millions of Americans unable to work as businesses around the country paused their operations or permanently closed.

Fortunately, the government assisted those without a job with the CARES Act's Federal Pandemic Unemployment Compensation program. However, if you accepted the benefits and live in a state that collects income tax, the additional funds may lead to an increased liability when taxes are due.

Check out these statistics from the United States Bureau of Labor Statistics to discover how Americans were affected by the coronavirus pandemic-related closures.

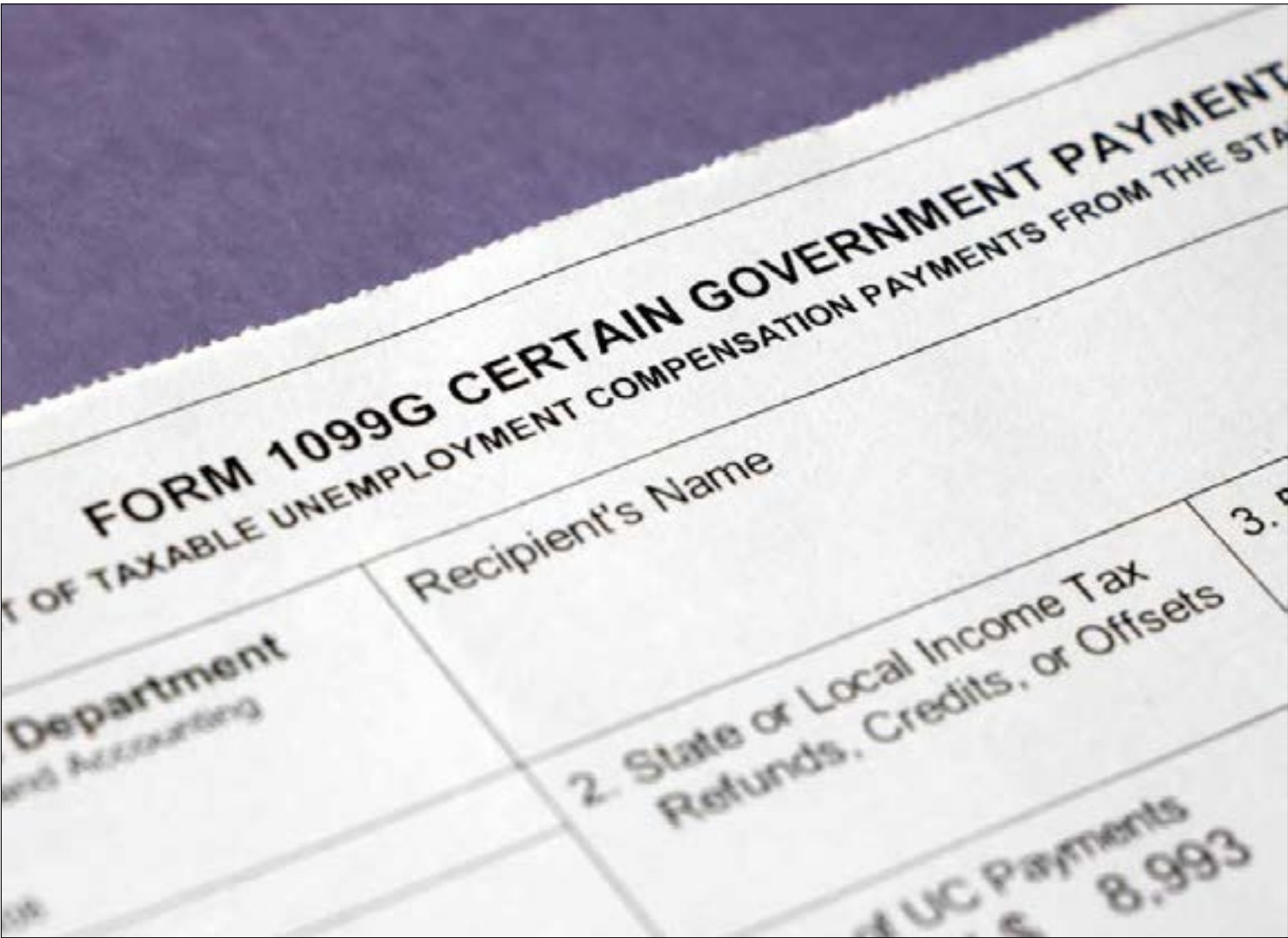
- In June, 40 million people reported that they had been unable to work at some point during the month.

- People who typically worked part-time were twice as likely as full-time employees to be without work.

- Only 15% of those who couldn't work received some payment from their employer.

- June showed 16% of employed people could not work for at least four weeks because their employer closed or lost business.

Since state laws vary by location, your financial



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responsibility may be difficult to track if you received unemployment benefits. Follow the advice offered by the National Foundation for Credit Counseling to avoid problems during the tax season.

**WHY IS UNEMPLOYMENT TAXED?**

Because the money you received while unemployed is

considered income, it is usually subject to the same tax requirements as regular wages. However, the revenue differs from a salary by avoiding payroll taxes, which typically pay towards Social Security and Medicare. Your state's laws will determine whether you are required to pay taxes on your unemployment benefits. For instance,

local governments that do not charge residents an income tax can avoid the fees.

**HOW TO PAY**

The easiest way to avoid a surprise expenditure at tax time is to have your state's unemployment office withhold your check's expense. This should have been discussed when you first applied

for the benefits. Another option is to pay in estimated quarterly payments. It's an excellent strategy to avoid penalties for failing to pay enough during the year. You may also wait until the fees are due and cover them in full. The NFCC suggests this option if you only expect to receive the benefits for a short period.

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# Children’s Dental Awareness

Efficient oral care begins in infancy and carries on into the toddler years to establish good habits.

As a parent, you should remain diligent in promoting proper brushing techniques, correcting missteps and replacing a child’s toothbrush as the bristles become damaged. February is National Children’s Dental Awareness Month (NCDHM). Take advantage of the movement by committing to practicing better oral management to enhance your children’s overall health.

The history of NCDHM dates to 1941, where it began as a one-day event in Cleveland, Ohio. The American Dental Association (ADA) first officially recognized the program in 1949 and ultimately changed it to a week-long celebration in 1955. It was 1981 when the observance shifted into a month-long celebration, as it remains today.

Check your community for participating dentist offices that may offer free screenings, tours and presentations. Encourage your children to get excited about classroom projects like coloring contests, essay writing and health fairs. Learn how to get kids on board with better oral health with these tips from the ADA.

**MAKE IT FUN**

Young children may need encouragement to practice the



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chore of brushing teeth. Incorporate these fun ideas into their routine.

- Allow them to choose their toothbrush and favorite flavor of toothpaste.
- Read books or watch videos on the correct techniques.
- Let them set a two-minute timer to ensure their brushing

is sufficient.

- Reward children for excellent oral care with healthy snacks or small treats such as stickers.

If your child is hesitant or afraid of visiting their dentist, make sure to plan a fun trip after the appointment to make it less intimidating.

**IMPROVE THEIR DIET**

If you allowed a child to plan their meals, you would expect plenty of candy, ice cream and juices. As mom and dad, it’s your responsibility to ensure they consume balanced meals and save the sweet stuff as good behavior rewards, followed by thorough

brushing. Try to avoid allowing them drinks like soda, teas and juices as they are typically loaded with sugar. However, when they inevitably do get their favorite sugary beverage, include a glass of water afterward to help wash it away from their teeth.



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# The Truth about Sugar

According to the Addiction Center, nearly 75% of Americans overeat sugar and can be classified as having an addiction.



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Too much of the sweet stuff has been linked to obesity, diabetes and heart disease. Sugar can also dramatically impact your oral health through a compound of actions.

When you consume sugary drinks or foods, plaque bacteria use the sweetener to produce acid that attacks the enamel, according to the American Dental Association (ADA). Once this protective tooth covering is compromised or cracked, a trip to the dentist is the most efficient solution. If you must drink soft drinks throughout the day, the ADA recommends drinking a cup of water along with it.

Take control of your oral health by adding tooth-friendly options into your diet and ditching the sugary contents.

DRINK, DON'T SIP

You may think that sipping a drink helps your teeth by adjusting for the incoming sugar. However, slowly consuming a beverage will allow the bacteria to eat the sweetener, promoting erosion and creating cavities. Do your best to finish the drinks in one sitting rather than sipping on it over time.

EATING TIPS

If you enjoy a healthy relationship with the occasional soft drink, learn how to consume it while preventing its destructive tendencies. When you do ingest sugary beverages or foods, make sure to do so with a balanced meal.

As you eat, the mouth pro-

duces saliva, which reduces the effects of acid production. Saliva is also excellent for dislodging food particles that may otherwise remain stuck in your mouth.

Limiting snacks between meals is another good habit to begin. When deciding what to eat, consider something

nutritious and chew sugarless gum afterward to promote saliva buildup.

FOODS AND BEVERAGES TO INCLUDE

When you're adjusting your diet to achieve a cleaner mouth, make sure to add plenty of healthy fruits and

vegetables.

You can also add quality sources of protein like lean beef, fish or poultry. Vegetarians can get nutrients from foods like dry beans, peas and legumes. Filling up with healthy foods can help you feel fuller longer and avoid snacking.



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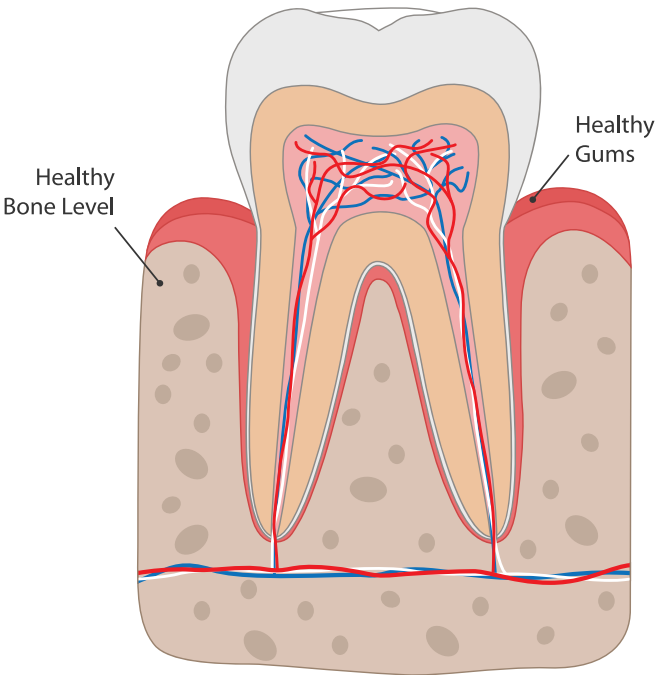
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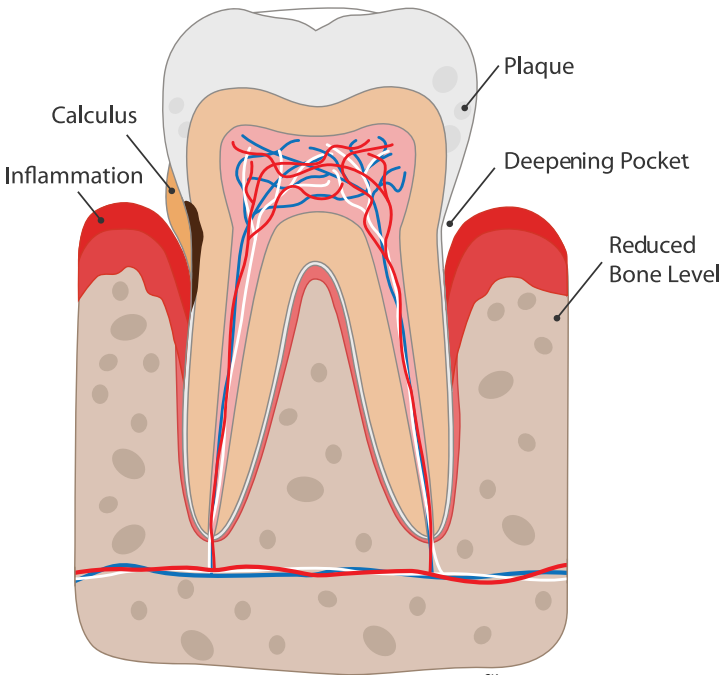
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Oral Health Diseases

Oral health refers to the condition of teeth, gums and the facial system that helps us smile, speak and chew.

While one concern is an unhealthy smile, illnesses like diabetes and heart disease are often associated with poor dental care. The Centers for Disease Control and Prevention (CDC) reports that over 40% of adults have felt pain in their mouth within the last year and will have had at least one cavity by age 34. Check out some other statistics from the CDC that showcase how poor hygiene affects both children and adults.

- The nation spends more than \$124 billion on costs related to dental care each year;
  - On average, over 34 million school hours and over \$45 billion in productivity are lost annually due to dental emergencies;
  - Public health strategies include spending to include community water fluoridation and school sealant programs to help enhance oral care.
- Here are some common diseases caused by inadequate oral hygiene, as

reported by the CDC.

CAVITIES

As enamel is compromised by acids and plaques that collect on teeth, it begins breaking down and results in a cavity. Eating and drinking foods high in carbohydrates causes bacteria to promote acid development that tears away the protective layer. Cavities can be largely preventable if treated in a timely fashion. About one-fourth of young children, half of adolescents and more than 90% of adults experience tooth decay in their lifetime. If left untreated, a cavity can lead to an abscess in the gums, which can

sometimes spread to other parts of the body.

PERIODONTAL DISEASE

This common gum disease is mainly caused by infections and inflammation of the gums and bones that support the teeth. Numerous conditions heighten one's risk for developing the disease, like diabetes, weak immune system and genetics. Once teeth lose their integrity from surrounding bones, they can become loose or require extraction. The symptoms you can expect from this illness include bad breath, swollen or receding gums or painful chewing.



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# All About Pet Adoption

You’ve no doubt heard the slogan “adopt, don’t shop.” If you’re considering a new pet, take a look at adopting.

Many shelters offer more than just dogs and cats. You can also find small animals like ferrets, hamsters and rabbits in a shelter, as well as larger livestock like pigs, goats and horses. Here’s all you need to know about adopting a pet.

**DO YOUR RESEARCH**  
Before heading to the shelter, carefully research the pets you’re considering adopting. Look at lifespan — dogs can live 10-15 years, cats up to 20 and horses up to 40. Are you and your family willing to make a commitment for that long? Also consider your personality and lifestyle. Are you gone a lot? Maybe a dog isn’t right for you. Also look into breeds and space restrictions. If you have any questions, ask shelter staff. Most of them are adept at matching animals with the perfect family.

**MAKE A PLAN**  
When you’re adding an animal to your family, you need to have plans for health care, boarding when you travel or go on vacation, and for training. You also need to plan for extra costs, like fees for adoption, food, spaying and neutering, licensing according to local regulations, collars and



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leashes, toys, permanent identification such as microchips, crafts and carriers, and a bed. You should also plan for unexpected expenses like accidents, illnesses and any specialized training the pet may need.

**VISIT A SHELTER**  
Make a visit to one or more local animal shelters. If you don’t see a pet for you right away, consider volunteering so that you can learn about the animals they have. You can also foster, which means you take

care of an animal in your home. This will give you a taste of what life with an animal is like. You can even foster-to-adopt the pet you’re considering so you can see how that particular animal will fit in with your family.

**AFTER YOU’VE ADOPTED**  
Once you’ve got your new friend home, visit the local pet store and stock up on things you’ll need to give it a safe, happy life. The shelter can give you a checklist, or the experts at your pet store can help.

## Pine Cone Pet Hospital

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



# Opinion

Our view

## Get out. Be grateful. Enjoy.

We are at the one-year anniversary of our first COVID-19 restrictions. Last March, schools went on extended spring break to rapidly adapt to distance learning for what we hoped was short term. Shelter-in-place orders were given. Nearly everything shut down to slow the spread of the virus that has killed more than 2.5 million worldwide, more than 500,000 in the United States, and more than 6,500 in Minnesota since then. In fact, many of us probably know at least one person who is no longer in our lives as a result of the virus.

One year later, our situation looks better.

We have three vaccines being administered throughout the country. Most students return to in-person learning March 10. Businesses are operating at limited capacity. And we are seeing a marked decrease of deaths in Minnesota since December when they were at an all-time high.

During the next few weeks, we'll see decisions made about perennial favorites that have made summer in Minnesota summer for more than 100 years. The fairs, the festivals, the fireworks, the parades. All of these were boarded up in 2020.

At the time of this writing, Sartell Summer Fest 2021 is a go. Benton County Fair is on. The Minnesota State Fair countdown clock is already ticking away on its website. We'll likely have a rapid succession of other announcements soon for Jo-eTown Rocks and more.

In addition, we make that spring ahead into Daylight Savings Time March 14, so we can enjoy more evening hours outside.

This spring brings the promise of family, friends, food and fun. A stark contrast from the past year.

As we cautiously make the return to normal, events might still look a little different. Precautionary measures will continue to be followed until greater numbers of our tribe are vaccinated. But we are a long way from where we were last year.

Get out. Be grateful. Enjoy.

### Letters policy

Letters to the editor may be sent to news@thenewsleaders.com or mailed to 1622 11th Ave. S.E., St. Cloud, MN 56304. Deadline is noon Monday. Please include your full name for publication (and address and phone number for verification only.) During election campaigns, letters will be chosen to present a variety of opinions. Letters that do not run in print will appear on our website, www.thenewsleaders.com. Letters must be 350 words or less. We reserve the right to edit for space.

## Smells can instantly unlock the past

Nothing can unlock the past with such vivid immediacy as aromas, scents, smells. They transport quicker than a Star Trek time machine.

The other day, I read a New York Times feature story about Tejal Rao, a Los Angeles-based restaurant critic and food writer. The story is about how Rao recently opened a "Personal Museum of Smells," a collection of smells that reminds her of her Los Angeles neighborhood. Right away, she grabbed me with her opening paragraph:

"In my office," Rao wrote, "I'm getting the muted smell of old cookbooks – like a loaf of slightly sour bread, or a package of extra thin and crisp chocolate chip cookies – plus something earthier and soggy underneath it all, which I associate exclusively with public libraries on rainy days."

My office-library smells like that – the wonderful scent of books – new ones, old ones. Aromas of paper, binding glue, leather covers – the way the old St. Cloud Carnegie Public Library smelled.

After reading Rao's story, I spent a couple hours taking a pleasant journey into the past by recalling favorite smells. It's a fun way to "travel," especially during pandemic isolation.

Diesel fumes in a split second transport me back to my exhilarating year in London. The whole of that city smells like diesel fumes (at least in 1980-81). Diesel fumes also remind me of the Greyhound buses of my youth as they arrived or departed at the depot in downtown

**Dennis  
Dalman**

*Reporter*



St. Cloud, stirring in me a deep longing to see the big world.

Many smells awaken happy times I spent in the early 1950s at Grandpa and Grandma Saunders' farm near Benson: sweet clover, Coco Castile bar soap, grandpa's black tea brewing in the kitchen, the pungent smell of red geraniums by sunny windows, the barn when cows were being milked (old wood, earthy hay and straw mixed with a slight reek of manure).

My childhood house and neighborhood in the south St. Cloud college area can be rapidly recaptured by the following scents: pine trees and Play-Doh (happy Christmases), cigarette smoke, lilacs in spring, linoleum floors, rain falling on hot sidewalks, freshly painted rooms, a fresh-peeled orange, cinnamon rolls baking, the smell of new vinyl music albums, just-cut grass, roads being tarred, the smell of a hot rolled-up St. Cloud Times newspaper tossed by a paperboy against the front door, oil-and-gasoline (my auto-mechanic dad often smelled like that when he'd pick us up to give us whisker-burn hugs) and the dusty smell of old-car upholstery (dad's Studebaker, circa 1955).

## For many, mirror reflects land of white privilege

2020 showed us eye-opening disparities and awareness of the need for racial justice that Americans have not seen since the Civil Rights Movement.

Oppression, racism, injustice and privilege are all topics that create feelings of conflict when raised no matter how they are approached. We look at others, and within nanoseconds, we automatically categorize them into societal groups. It's almost robotic.

Being a social work student has pushed me to reflect on these topics, with a recent emphasis on my white privilege along with the opposing subject of oppression. My reflections keep reminding me we continue to grapple with racial tensions, and the color of someone's skin matters in this society. Depending on that color, you could have a rocky (and sometimes deadly) road, a smooth ride or somewhere in between.

In February, we celebrated Black History Month, where we recognize the general movement and history of Black Americans. I have also come to recognize the injustices African Americans face; the focus recently surrounding police brutality against people of color. We all know this is not a new concept from the past year, but I need to talk about it because there should be no silence on the topic.

The death of George Floyd in May 2020 has forced Minnesotans to confront racism, specifically among those who are supposed to protect and serve their citizens. Based on data collected in Minneapolis alone, police officers use force against people of color seven times more than their white counterparts. When we

**Abigail  
Thomas**

*Guest Writer*



widen our lens, we see in the United States, people of color are twice as likely to be fatally shot or killed by police compared to white people.

This should not be normal, especially when there is a lack of accountability with police officers.

For example, Jamar Clark, 24, was shot and killed in 2015 when police were called by paramedics who said Clark was interfering with efforts to treat an assault victim. According to the Minnesota Bureau of Criminal Apprehension, Clark refused to take his hands out of his pockets. The officers tried to handcuff him. Clark was wrestled to the ground and shot in just more than a minute from the time officers arrived at the scene. The officers were not charged.

In 2016, Philando Castile, 32, was shot and killed after being pulled over by police for a busted tail light. Castile said he had a gun in the glove compartment where his registration was and was reaching to get the registration. The officer fired seven rounds at close range, with five of the bullets hitting Castile. The encounter was less than a minute. The officer was acquitted of any charges.

In 2018, Thurman Blevins, 31, was fatally shot. Officers were responding to a 911 call about an apparently drunk man walking down the street firing a

School days return in a flash with certain aromas: fallen autumn leaves have the smell of pencil shavings from when we'd sharpen them in classrooms, any waxed floor smells like school to me and Brut cologne (so popular in the mid-1960s) brings me right back to the busy halls of St. Cloud's Tech High School.

Buttered popcorn? I'm right back in St. Cloud's Paramount Theater, thrilling to adventure films or in a state of edge-of-my-seat suspense at those great Alfred Hitchcock movies.

Musty basement smells carry me back to Grandpa and Grandma Dalman's tiny house near Selke Field in east St. Cloud. Their set of encyclopedias, stored in the basement, smelled like that, even years after I "inherited" those books.

The wonderful aroma of baking bread brings happy memories of working at Lakeland (Holsum) Bakery in east St. Cloud.

The New York Times also published comments from readers about their favorite smells. Here's one of them:

"When I was growing up, my dad owned a concrete business. To this day, the smell of newly poured concrete at a construction site stops me in my tracks, and I think he must be somewhere near." – Jeanne Prittinen, 60, northern Minnesota.

I invite readers to share their favorite smell-related memories, so they can be published in a future Newsleader column. Email them to Dennis at news@thenewsleaders.com.

semi-automatic handgun into the air and ground. Blevins refused multiple commands to drop the gun and put his hands up, and instead, led the two officers on a foot chase that ended in an alley. Blevins took the gun from his pants pocket and began to turn toward the officers. The officers fired 14 shots, four of which struck Blevins. No charges were filed.

George Floyd, 46, died in 2020 after police responded to a call about possible counterfeiting. The officer who allegedly knelt on Floyd's neck for nearly nine minutes goes on trial March 8 for second-degree murder and manslaughter. Construction crews have been setting up concrete barriers, non-scalable fencing and barbed wire around several Minneapolis buildings where protests are expected.

The question is, why are protests expected? Will we see accountability for this officer and justice for Floyd? Or, is the lack-of-accountability trend going to continue?

To change centuries of deeply ingrained racism would take an army, sweeping policy changes and, at the very least, recognition of systemic racism. The confederate flags and nooses waved at our nation's capital Jan. 6 are a clear indication that we have a long way to go.

The conversation of racism, police brutality and injustice cannot stop. I encourage you to do your own self-reflection as I do every day. If you believe we live in a just society where we are all treated equally, then maybe what you see in the mirror is the problem.

# Slice

from page 3

is the best pizza by the slice in the area.”

In addition to the commission, Saatzer had an emerging artist to help, Grace Kuebelbeck, Mary’s daughter who is a high school freshman.

Grace has sold a few art pieces to friends and family and has "chalked up the sidewalks" in the area, she said. She also painted a koi fish pond on her favorite English teacher’s wall at Kennedy Community School, she said.

Saatzer recognized a bit of a learning curve on his part with the mural.

“It was my first big project. I’ve never worked on anything larger than a small canvas, so the techniques were different,” Saatzer said.

He enlisted the help of another local artist with experience painting on a large scale: Adam Spaeth.

Saatzer met Spaeth about three years prior.

“I saw an article in the paper about him doing community paintings to bring the community togeth-

er,” he said. “Then out of the blue, I ran into him on the sidewalk when he was working on a painting.”

The two kept running into each other, so when the Sliced mural presented itself, Saatzer called Spaeth who taught him how to layer paint and work on a large canvas.

“I sketched the design out on pieces of paper and then projected it on the wall,” Saatzer said. Because of the size, a great deal of freehand drawing was still needed.

The three completed the mural in three days, Feb. 22- 24.

"We went from a white outline to realistic popping pieces of za," Grace said.

“We all believe that there should be more murals like this in St. Joseph and surrounding towns,” Saatzer said.

Saatzer remembers doodling endlessly in notebooks when he was in school. During an art class his junior year at Apollo High School, his teacher encouraged him to join AP art. He’s been hooked on art ever since.

“I would love to paint a huge wall with other artists,” he said. “I’ve wanted to do that since I was young.”



contributed photos  
**(Above) Austin Saatzer and Grace Kuebelbeck sketch the mural they painted at Sliced on College Avenue in St. Joseph in February. (Below) Melty cheese oozes artistically on the finished mural.**



Contributed photo  
**Area artist Adam Spaeth layers paint on the new mural at Sliced in St. Joseph.**

## Historical society needs city support

Andy Loso  
President  
St. Joseph Area Historical Society

The St. Joseph Area Historical Society was founded in 2002, with a few members dedicated to saving the history and artifacts of St Joseph’s past.

The First State Bank of St. Joseph, as it was known then, (now Sentry Bank) offered the society space and a display in their bank lobby. Our collection grew, and so did our membership. The bank continued to grow as well, and in 2005, we were asked to find a new home.

With the help of city council liaison Al Rassier, we were able to acquire the old city council chambers at no charge for use of the building or utilities.

As we settled in, the space was great, but our archives and research materials needed more room. We longingly looked to the old apparatus bay of the fire hall.

The police department was there but would be moving out. If we had gotten that space, the original city fire trucks would be loaned to us for display along with large items that we’ve never been able to display. This was never to be. A brewery got the space instead.

In 2018, the mayor told us we would be moving to the former Kennedy building that the city had purchased. We had a walk through and were shown available space. After more meetings, we were shown a map of ample space where the historical society would be. The society was looking forward to the move, but when we got the keys, we found we were put in an oddly shaped room no one else wanted. The space we were told was ours had been leased to a daycare.

All our artifacts and archives were piled in the oddly shaped room, and we began organizing the space in fall 2019. Shortly thereafter, word came that the city was considering selling that building, and we were informed via an emailed letter Dec. 28, 2020 that the building had been sold,

and we had until Jan. 31, 2021 to vacate.

I reached out to city officials and was told they had no space for us anywhere. I inquired about moving back into our former facility and was informed the building inspector had condemned the building, but I’ve also heard the building is possibly up for sale.

The society met to discuss our future. After some deliberation, we decided to continue to exist and do what was needed to prepare our holdings for some sort of long-term storage. As we packed again, we discussed options. We do not have funding to rent a building. Storage units are expensive. A shipping container isn’t climate controlled. It would keep artifacts in the dark and dry, but condensation will occur.

In an email to the city, we asked for a 40-foot container but would accept a 20 footer to save money. We also asked for space to store priceless and irreplaceable photographs, books, business ledgers, city records, paper documents, such as Western Union telegrams notifying families of military

deaths, etc. These items will not hold up to climate changes inside a shipping container. I was told we would be allowed a 20-foot space in one of the public works lots for a storage container. We were also offered space for a display case in city hall. Wall space will also be available to hang photos. I haven’t heard on safe storage for priceless documents.

At one point the history of St. Joseph was important to the city. We believe the St. Joseph Area Historical Society has not been given its rightful importance and place. We are without a home as we continue to preserve our rich legacy. Will future generations be given the opportunity to reflect on the 166 years of history and see the treasures of our ancestors?

Unless importance is given to the St. Joseph Area Historical Society by the City Council, this may not be the case.

Citizens of St Joseph, please reach out to council members and ask them to step up. Many of you who call this place home value the preservation of the history of the City of St Joseph.

## Letter to the editor

## PUBLIC NOTICE CERTIFICATE OF ASSUMED NAME STATE OF MINNESOTA

Pursuant to Chapter 333, Minnesota Statutes, the undersigned, who is or will be conducting or transacting a commercial business in the State of Minnesota under an assumed name, hereby certifies:

1. The assumed name under which the business is or will be conducted is: The MijaCowgirl Artwork and Photography.
2. The stated address of the principal place of business is or will be: 1811 13th St. S., St. Cloud, MN 56301.
3. The name and street address of all persons conducting business under the above assumed name including any corporations that may be conducting this business: Talitha Kopp, 1811 13th St. S., St. Cloud, MN 56301

4. By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

Dated: Feb. 12, 2021

Filed: Feb. 12, 2021

/s/ Talitha Kopp

Mailing address: 1811 13th St. S., St. Cloud, MN 56301

Email for official notices: themija-cowgirl@gmail.com

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# Money-Saving Tips

If you feel like your general income isn't enough to have leftovers for saving, you should analyze your spending habits and find ways to cut corners.

Most financial experts suggest that people build an emergency fund to cover at least three months of expense and ideally six.

However, America's Debt Help Organization recommends holding two separate accounts for more peace of mind.

- A short-term fund should contain between \$500-\$1,500 to cover immediate emergencies like a car or home repair.
- A long-term savings account should cover factors like losing your job, facing a health crisis or damage from a natural disaster.

Since Americans' cash flow requirement varies, it's imperative to look at your situation and financial commitments to find an ample amount. When saving money seems like an impossibility, consider these tips from the Consumer Federation of America to adjust your spending habits.

**REVIEW YOUR MONTHLY BUDGET**

On the first day of a new month, ask for a receipt for your purchases. As the 30 days close, sort the records



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into categories between restaurants, entertainment and necessities. A visual guide to where your money is going can open your eyes to better savings. If following a paper trail proves too challenging, consider downloading an app that tracks your fiscal activity.

**SAVE AUTOMATICALLY**

Determine how much you need from each paycheck to cover your bills and allow a

little spending freedom. If your employer allows direct deposit, ask your manager about sending a portion of your earnings to a separate savings account. An automatic deposit keeps your extra cash out of sight and out of mind.

**SAVE EXTRA MONEY**

Commit to living on a specific wage and be diligent in depositing any extra windfall

into savings. For instance, bonuses for work, earnings for side jobs, tax refunds or profits for selling items around your home can quickly increase an interest-generating savings account.

**PAY OFF CREDIT CARDS IN FULL**

Don't allow yourself to get stuck in unmanageable credit card debt. Keep your balances low and do your best to pay

the bill in full.

**PAY BILLS ON AUTOPAY**

Keeping track of monthly bills can prove to be challenging. Avoid paying late fees or facing derogatory credit reporting statements by signing up for autopay on applicable commitments. When using this strategy, it's imperative to efficiently balance your checkbook to avoid overdrafts.

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