

Reaching Everybody! Newsleaders

Friday, April 2, 2021
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Est. 1995

Town Crier

Farmers' Market set April 3

The Sartell Farmers' Market will be held from 10 a.m.-1 p.m. Saturday, April 3 inside Sartell Community Center, 850 19th St. S. Join us for the last inside market of the season. Send off winter and get ready for spring with great items including: meat, eggs, salsa, barbecue sauce, caramel corn, honey, baked goods and much more.

Gala-to-Go box benefits Bri's Lodge

Did you know on average more than 44,000 people pass away in Minnesota each year? Now imagine if there were just four people who grieved these 44,000 people, there would be more than 175,000 people looking for grief support. With limited grief resources in central Minnesota, we need Bri's Lodge!

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The silent auction opens at 1 p.m. Friday, April 16 and closes at 8 p.m. Saturday, April 24. If you win an item, you can either pay online or pay when you pick up your winnings. If you have any questions, please feel free to send a message or call Tami at (320) 492-4691.

Lions clean-up slated for April 24

The annual Sartell Lions Spring Clean-Up will be held from 8 a.m. to noon Saturday, April 24 at the Sartell Middle School parking lot, 627 Third Ave. N. Pick-ups available by appointment; call Cody at 320-828-6620 for more details. No paints, solvents, oils or chemicals. No gas-operated refrigerators. See ad on page 2.

Registration opens for fastpitch softball

The Sartell Swarm 2021 summer softball season registration is open May 15 (6U-8U). Fastpitch softball teams for athletes pre-K through 18 will be formed by grade for school year 2020-2021. For more information or to register, visit sartellfastpitch.com or contact Daryl Scholz at daryl@sartellfastpitch.com.



photos by Carolyn Bertsch

Families flock for birdhouse kits

(Above) Mia Sand, 3, of St. Stephen, is all smiles as she receives her birdhouse kit March 21. The tot will build the birdhouse with the help of her father, Mitch Sand. (Right) Vesi Majerus, of St. Stephen, holds a fully assembled birdhouse. The St. Stephen Sportsman Club gave away roughly 268 birdhouse kits March 21 in the St. Stephen City Hall parking lot.



Students get moving with motion wall

by Mike Knaak
news@thenewsleaders.com

In a school full of innovative education transformations, none is more dazzling than Riverview Intermediate's Pier.

What was once the old middle school's swimming pool is now a new space for a wide range of fitness activities for third-, fourth- and fifth-graders.

The room's centerpiece is a giant video interactive playground projected on an entire wall.

Instructors cue up a range of interactive exercises from throwing at a target to dance and ex-

ercise.

"Students don't even know they are exercising," teacher Rachel Breitreutz said. "People find exercising boring. This is a way to get them moving."

The motion sensing wall was made possible by a grant from the Sartell-St. Stephen Education Foundation.

The installation was part of the school's larger effort to reimagine education for intermediate school students. Before the former middle school (which was also the district's original high school) was



photo by Mike Knaak

Students warm up by following an exercise projected on Riverview Intermediate School's motion sensing wall.

Wall • page 2

Dornburg named VFW 'Teacher of Year'

by Dennis Dalman
news@thenewsleaders.com

Lori Dornburg, a highly esteemed Sartell-St. Stephen Middle School teacher, has been named Minnesota Teacher of the Year 2020-21 for grades six through eight by the Veterans of Foreign Wars organization.

She is now eligible for the

national award to be announced later this month.

Dornburg received the VFW's "Tony Gozola Memorial Honor Award" in the mail instead of



Dornburg

at the customary statewide banquet, which was cancelled this year due to the pandemic. The award is named in honor of a Minneapolis U.S. Navy veteran, Tony Gozola, who served all through World War II and who died at age 94 in 2016.

Dornburg was stunned when she received the award.

"I was humbled and hon-

ored," she said in an interview with the Sartell Newsleader. "

Dornburg received hundreds of kind comments and congratulations from fellow teachers, former students, administrators and many others.

She has been a teacher for the Sartell-St. Stephen School District for 26 years, but her

Dornburg • page 2

New committee supports American Indian students

by Mike Knaak
news@thenewsleaders.com

With the increasing diversity among Sartell-St. Stephen students, the district is now eligible for a state program that supports American Indian students and raises knowledge of

American Indian heritage for all students.

The district recently passed a 20-student threshold requiring the district to establish an American Indian Parent Advisory Committee. The requirement also comes with state funding that will total \$20,716 for the

2021-22 school year.

The committee's second meeting will be 6:30 p.m. Thursday, April 8, at Oak Ridge Early Learning Center.

There are currently 22 American Indian students representing 13 families in the district including three each at Pine

Meadow Primary School and Riverview Intermediate School, nine at the middle school and seven at the high school.

The advisory committee must be comprised primarily of American Indian students' parents, secondary school

Committee • page 2

Wall

from front page

remodeled. Teachers researched options for new learning and that led to the motion wall as well as the school's STEAM (science, technology, arts and math) Lab, outdoor learning classrooms and media center. The Pier was chosen for the room's name because it extends over what was water... the school's swimming pool.

Sartell's installation includes two motion-sensing projectors, so an entire wall is covered. There are only 11 such projectors installed in the nation, teacher Mitch Keeler said.

Early on a recent winter morning, students streamed into the room, and they warmed up in front of the motion wall projecting dance-like moves. Then students split into groups. While some students played a Hula Hoop game and others tackled the climbing wall, a third group headed to the motion wall to play a game challenging them to hit targets with a ball.

"Kids can't wait to get back in here," Keeler said.

Dornburg

from front page

entire teaching career spans 34 years.

At Sartell-St. Stephen Middle School, Dornburg has served as a family- and consumer-science teacher as well as an academic extensions coordinator of many programs: Knowledge Bowl, Geography Bee, spelling bees, Battle of the Books. She's also been an organizer and leader of countless educational

field trips. Dornburg is a student-council sponsor.

Just last week, she administered tests to students in grades six through eight for the state-wide "Math Counts" contest.

She also coordinates an annual "Lunch with a Veteran" day at the middle school, followed by a festive patriotic assembly, featuring guest speakers who are veterans. Many local veterans (parents or relatives of students) enjoy the luncheon and assembly with their loved ones and their friends in the school cafeteria.

"I hope things soon get back to normal, so we can hold that big assembly again," she said.

Born in LaCrosse, Wis., Dornburg lived in various places because her father moved fairly often as a regional sales representative for 3M Corp.

She taught school in San Antonio, Texas; near Buffalo, N.Y. and in Bemidji. During her years in Texas, she also served as a county-extension agent for Texas A & M University.

Dornburg and her husband, Randy, live in Cold Spring and have two grown daughters.

Some months ago, she, Randy and one of their daughters suffered a bout with a COVID-19 virus infection. Fortunately, the infections were mild enough to be beaten back, although Lori said she and her husband had noticed some long-term effects, such as heart palpitations, now and then. She noted they are grateful they have since had the vaccinations.

Dornburg said she has enjoyed her many years of teaching in Sartell, but she is pondering retirement.

Committee

from front page

American Indian students and American Indian community members. District staff guide the process.

Oak Ridge Principal Jason Mielke is organizing the parent committee.

"Our goal is to have more students, parents and community members of American Indian background to drive the

committee," Mielke said. "Staff helps guide the discussion and executes the opportunities the committee gives to us. We need parents and community members to allow their voices to be heard and give feedback to use money appropriately to educate our students."

Parents and students are encouraged to join this committee to advise the school district and the school board on American Indian education programming such as developing and implementing best practices,

making recommendations for improvement and advocating for American Indian parents and students. Contact Mielke at (320) 656-3762 or email jason.mielke@sartell.k12.mn.us. Going forward, the committee will meet the first Thursday of each month at 6:30 p.m.

"(The committee) gives them a voice in our curriculum and instructional components," Mielke said. "It will bring some cultural experiences center stage for all students to learn some of that background.

It's really another opportunity to give equity experiences to all students. Our district is really focused on that."

When parents register students, they are asked to select ethnicity. "We encourage parents to identify all races and backgrounds that are part of their cultural experience," Mielke said.

"Every year we are more and more diverse. This will bring more opportunity to our students," Mielke said.

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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

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Blotter

March 11
9:59 a.m. Domestic. Roberts Road. Caller called dispatch stating they had been assaulted the day before. An officer was able to obtain a statement from the victim. The officer had probable cause to arrest a male party for domestic assault. The male was no longer at the location of the crime. Officers from a neighboring jurisdiction were able to locate the male, and he was arrested. The male was brought to the Stearns County Jail and held for court.

March 12
8:21 p.m. Domestic. Willow Lane. Caller called 911 reporting two individuals were actively fighting in the home. Officers responded and found the individuals who had been fighting were no longer actively fighting. All parties gave statements, and one party had visible minor injuries. Officers had probable cause to arrest a juvenile male on domestic assault charges. The male was transported to Benton County Jail and then housed in a different juvenile facility until he could be seen

at court.

March 13
6:13 p.m. Medical. Officers were dispatched to an elderly male who had fallen in a parking lot. The officer arrived on scene. The male had an abrasion on his head and had been given a towel to control the bleeding prior to the officer arriving. Mayo Ambulance arrived and took over the assessment. The male was not transported by Mayo.

March 14
2:51 p.m. Traffic. First Street NE/ Benton Drive. While on routine patrol, an officer noticed a vehicle traveling at a high rate of speed. The officer turned on their radar and clocked the vehicle traveling 16 mph faster than the posted speed limit. The officer initiated a traffic stop and the driver was issued a citation for speeding.

March 17
3:54 p.m. Crash. Pinecone Road N. Officers were dispatched to a two-vehicle crash near the Sartell High School. On scene

it was noted neither driver had injuries, and there were no passengers. One vehicle had to be towed from the scene due to damages, while the other was able to be driven. A driver exchange form was issued to both drivers.

March 18
12:44 p.m. Warrant. Third Street S. The Sartell Police Department was notified by a Texas Police Department that a warrant had been issued for an individual involved in money laundering. Officers went to the suspect’s address, and the suspect was taken into custody without issue. The suspect was transported to the Stearns County Jail and will be awaiting transport to Texas.

March 19
6:53 p.m. Assault. Second Street S. An officer was dispatched to a complaint of an assault, and the suspect was no longer on scene. The officer arrived on scene and took a statement from the victim. The victim told the officer she had been pushed by the suspect. The of-

ficer attempted to make contact with the suspect, but he refused to exit his home. The officer spoke with other witnesses and had probable cause for a charge. The officer responded back to the suspect’s home and was able to speak to the suspect. The officer issued the suspect a citation for fifth-degree assault.

March 20
8:19 p.m. Unwanted person. Second Street S. Officers were notified by dispatch that there was a woman and her children in a store destroying merchandise. The woman and children were asked to leave but refused. Officers arrived on scene and learned the woman had left the store with the kids. Officers were able to identify the woman from recent Stearns County booking photos and from the license plate of the vehicle she was driving. The store plans on filing trespassing charges against the woman.

March 21
1:10 a.m. Traffic stop. Riverside Avenue N. An officer ini-

tiated a traffic stop after seeing a vehicle cross the fog line. When the officer made contact with the vehicle, they could smell an odor of marijuana emitting from the car. The car was searched but nothing was found. The driver and passenger were verbal with the officer during the encounter. A verbal warning was issued to the driver for crossing over the fog line and released.

March 22
10:47 a.m. Traffic stop. Pinecone Road S. Office staff alerted officers of an individual who had stopped in the Sartell Police Department and had exhibited concerning behaviors. An officer witnessed the individual and vehicle traveling on Pinecone Road, making lane changes without signaling and at one point abruptly turning left. The officer initiated a traffic stop on the vehicle. The female driver was argumentative and abrasive toward the officer. After speaking with the driver, the officer gave the driver a verbal warning for driving conduct.

People



Dingmann
Leslie Dingmann, business development director for the Greater St. Cloud Development Corporation, has earned the designation of Certified Economic Developer from the International Economic Development Council, based in Washington, D.C. Since 2013, Dingmann has been an economic developer with the GSDC, a private collaboration of approximately 250 regional business and community leaders within Benton, Sherburne and Stearns counties in central Minnesota.

Earning a perfect 4.0 GPA, **Ryley Emslander** and **Christina Johnson** were both named to the dean’s list for fall semester

at Bemidji State University.

Troy Hoekstra of Sartell graduated from Concordia University Chicago with a 3.9 GPA and a PhD in organizational leadership.

Jacob Hoekstra made the University of St. Thomas dean’s list fall semester with a GPA of 3.75 or better.

Claudia Warzecha of Sartell earned the honor roll at Minnesota Connections Academy.

Ten Sartell students earned the dean’s list for a 3.8 GPA or higher fall semester at St. John’s University. They are the following: **Dean Amundson, Ethan Berndt, Logan Carlson, Elliot Edeburn, Patrick Hesse, Alexander Holt, Brandon Kramer, Adam Magarian, Spencer Pierskalla** and **Carter Potthoff**.

Five Sartell students auditioned and were selected for the Minnesota All-State Choir. They are the following: **Carter Trombley, Clayton Fuller, Carter Vonderahe, Grace Radeke** and **Chloe Brinker**. The Minnesota Music Educators’ Association All-State program is considered the top program of its kind across the nation.



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WE KNOW WATER

Pandemic makes Sartell boy stronger, optimistic

by Dennis Dalman
news@thenewsleaders.com

Being at home for so long day after day, having to do long-distance schoolwork and not being able to see and hug his grandparents sometimes made 12-year-old Dylan Anderson sad.

But the Sartell boy didn't let the restrictions imposed by the COVID-19 pandemic get him down. Not at all. Quite the contrary. He thrived all through it: learning, thinking, re-thinking so many things, doing physical activities, playing the viola and – last but not least – writing. It took him almost two months working every Monday to write, re-write, fine-tune and tweak an essay titled “Reaching Your Dreams by Choosing Optimism.” It was recently announced as the winner in a contest sponsored by the St. Cloud Morning Optimist Club.

Dylan is a student at Sartell-St. Stephen Middle School. His 789-word essay, bursting with insights and good ideas, is an expertly written account of the good impacts the pandemic has had on his young life. It is, most of all, a keen-eyed study of how an optimistic, upbeat attitude can beat back feelings of gloom-and-doom.

“I was very surprised I won,” said Dylan in an interview with the Sartell Newsleader. “I just didn't think mine would be best.”

Summing up his reaction to the pandemic, Dylan said this: “I didn't want to be in the dumps and not come up well. I wanted to be on top. I like seeing people happy, and that's why I wrote that essay – to help other people.”

His essay begins with this paragraph:

“When life gives you lemons, make lemonade. That is a true optimist's motto. I

believe optimism is a daily attitude that you can use to achieve your dreams. You can do or achieve anything by looking for a creative twist to any situation and through compromise and hard work, you can make your dreams come true.”

Not surprisingly, Dylan is a straight-A student. He is the only child of Ryan and Cheryl Anderson. Ryan has been employed in a pool and spa industry for many years; Cheryl is vice president of the fundraising foundation for the Good Shepherd Community in Sauk Rapids. Each of the Anderson family is a dedicated member of the Love of Christ Church in Sartell.

Early sorrow

In his young life, Dylan has already experienced loss and sorrow. His beloved maternal grandmother, Joanne Bell, passed on Feb. 23, age 76, after a struggle with a virulent, fast-spreading form of cancer. A resident of Pleasant Lake, she was so impressed with her grandson's essay she made phone calls to all her siblings to read it to them. Like her, they were wowed by Dylan's words. Sad to say, Grandma Bell did not live to learn that the essay was the award-winner, though it would not have surprised her.

Bell had been the prime caretaker for her husband, David, who is now in an assisted-living facility in Howard Lake. The family is trying to find a home for him closer to Sartell, closer to loved ones.

Dylan loved his visits to his grandparents' place on Pleasant Lake.

“One of my happiest spots that I am very lucky to have is my lake property and hunting property,” he wrote in his essay. “My grandparents live there and although it is tough

not being able to go in their house (pandemic isolation), I am very thankful that my family has a camper in their yard.”

At the lake, Dylan loves to fish, swim, walk, bike and hunt.

“Building those positive activities into my monthly routines has helped me tremendously in staying upbeat in these hard times,” he wrote.

Distance learning

At first, about a year ago, distance learning because of the Covid crisis was a rigorous challenge for Dylan. However, he persisted, moving forward fearlessly with discipline and brimming confidence.

He called the distance way of learning “an enormous adjustment” from his in-school learning experiences of his earlier years.

“I have learned,” he wrote, “to be more positive and grateful for the people around me. Being in quarantine has made me appreciate and be excited for even the smallest events I have taken for granted in the past. I talk with friends on a day-to-day basis, hang out with my family, and of course play with my dogs.”

Those beloved dogs, golden doodles named Rocky and Homer, even “skate” with Dylan on the flooded lot next to his home in Sartell.

New tasks

Being at home so much for a year, Dylan found himself taking on new tasks that he'd rarely done before: doing dishes, doing laundry, learning to cook with his parents, vacuuming and mowing the lawn for his former daycare lady (“She is like family,” he wrote.) Lawn-mowing sparked the idea of maybe starting up a lawn-care business with friends this summer.

During the pandemic isolation, Dylan wasted no



contributed photo

Dylan Anderson hugs one of his precious golden doodles, Homer. The other beloved dog is Rocky.

time exploring new activities: cross-country skiing, weight-lifting. Those are in addition to his long-time loves of hockey practice, baseball games and extracurricular activities.

Staying physically fit is part and parcel of staying mentally healthy and alert, Dylan strongly believes – and practices.

“ . . . I am also finding pleasure in doing things that are spur of the moment and by myself,” he wrote. “I think optimistic people like to do things that give them personal space and time to think.”

Future plans

Dylan is focused on the future. He wants to become a lawyer so he can help people because that is one of his passions.

He is certain the variety of skills, disciplines and learning made possible by the pandemic will suit him well in



contributed photo

Essay winner Dylan Anderson

becoming a lawyer one day.

“Because I like to help people, when I turn 16, I would like to work for my old (former) daycare lady, who now has a business teaching doctors, nurses, daycare people and others who need to know how to perform CPR (cardiopulmonary resuscitation). He plans to be one of her students in an online class with the goal of maybe teaching CPR himself during high school and college.

Stronger

Dylan is convinced the pandemic in many ways helped him become stronger, wiser and happier.

He ends his essay, of course, on an optimistic note:

“I believe I have become a stronger person and feel I am closer to achieving my dreams by choosing to live my life optimistically.”

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Money Tech Trends

Advancements in personal finance-related technology over the past several years has been focused on making financial processes quicker and easier for consumers.

Here are some of the trends in money tech and how they can help you reach your financial goals.

Online banks. Banks such as Ally, Bank Mobile, Simplii and Chime provide many of the services of a brick-and-mortar financial institution without the brick and mortar. Chime, which has more than 1 million users, has no-fee checking and savings and an app that includes features such as spending tracking, check deposit and the ability to send payments digitally. It also plays nicely with digital payment apps such as Apple Pay, Google Pay and Samsung Pay. Forbes Adviser named Chime the best online bank for automated savings.

The online loan. Quicken's Rocket Mortgage shot online lending into the spotlight when it rolled out in 2015. Speed is the key with online loans, using technology to speed up this traditionally tedious process. According to Hackernoon.com, "AI-based platforms are making it easier than ever for lenders to ask a handful of qualify-

ing questions and quickly approve or deny applicants based on their probability of being good candidates." Businesses that have sprung up to offer these automated mortgages are known as fintechs, and in 2010, their share of the market was just 2%. By 2016,

their share of the market had grown to 8%, or \$161 billion in loans, according to the Federal Reserve Bank of New York. **Fractional shares.** This innovation allows you to invest in a stock you couldn't otherwise afford. Want to capitalize on Amazon's growth but can't

afford the price tag in the thousands? A broker pools your money with others looking to do the same. You can also end up with fractional shares if a stock you own splits. How is this a tech trend? Apps such as Robinhood, Invstr and Stockpile have popularized

fractional shares, making it easy to get into the stock market with just a little cash and some taps of the thumb. Not all brokerages offer fractional trading, and you should pay close attention to fees, which can add up if you conduct a lot of trades.



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Building inspector Bonzelet helps keep city safe

by Dennis Dalman
news@thenewsleaders.com

Quite often, it's what you don't know that can hurt you the most.

Just ask Nathan Bonzelet, Sartell's new building inspector.

Almost every day he meets at least one resident who tells him, voice full of surprise, "I didn't know that!"

Smoke detectors and carbon-monoxide detectors are just two examples. Everybody knows the importance of periodic battery replacement, but not too many know the detectors themselves wear out, often between seven and 10 years. They should be checked and then replaced with new ones, Bonzelet advises.

There are all kinds of dangers lurking in a house or business that has not been inspected properly – both before and after construction. Such hazards can include structurally unsound areas, water heaters or furnaces that can go haywire, unsafe stairs or outdoor steps, a poorly vented fireplace, shoddy electrical work that can start fires, and

so many more dangers.

That is why cities, including Sartell, require a thorough inspection through the permit process before a house or project is undertaken with on-site checks by building inspectors while the work is underway and after it is completed.

Developers, contractors, builders or homeowners apply to the city for a permit to have projects done. The plans are reviewed for approval by the staff and building inspectors. If approved, the permit fees are paid and work can begin, with follow-up checks later by inspectors.

"On a typical day I do about three on-site inspections," Bonzelet said. "Then other times I'm out there inspecting all day. And in summer, inspectors often run-run all day long."

Bonzelet (pronounced bonsuh-lay) was hired by the city in January and is one of five employees in the Sartell Inspection Department. Bonzelet mainly focuses on overseeing and inspecting residential houses and projects. A second building

inspector, Mark Finn, mostly oversees and inspects commercial projects. The other department employees are Jill Hollenkamp, development specialist; Megan Theisen, administrative specialist; and Butch Rieland, fire marshal.

Many residents are surprised when they learn they need permits approved by the city for certain kinds of projects and/or improvements to homes or businesses. Among such projects are decks, handicapped ramps, door replacement, attic alterations and insulation, fireplace installation, lawn-irrigation systems, stairs-and-steps and re-roofing.

If considering a project, it is best to check the Sartell website, then click to go to its Inspection Department. There will be a long list of projects that require city permits – obvious ones such as for a new house and less-obvious ones such as siding a house or putting in a patio. Some projects like bathroom remodeling and demolition jobs might need a permit and might not, depend-

ing on the elements of the project.

Born in Milaca, Bonzelet, who is 37, grew up in Foley and graduated from Foley High School. He graduated from St. Cloud Technical and Community College with a degree in architectural-construction technology and drafting. He worked various jobs in sales and drafting and then worked as a civil-engineering technician for Benton County before accepting the Sartell job.

He and his wife, Desirae, have three children: Mathew, Alyssa and Tori. The family lives just north of Foley. Desirae is employed by Stearns County as a trainer in the public welfare financial program.

Bonzelet enjoys outdoor activities: hunting, fishing, golf, softball.

He said he enjoys his new job and noted the virus pandemic has changed how the permitting process is handled.

"We can do all permits now electronically without having the applicants come to the office in person," Bonzelet said.



contributed photo
Nathan Bonzelet is the newest of Sartell's two building inspectors.

"What I do basically is review plans before issuing permits and then do inspections to make sure everything is up to code. Mark (Finn) does the same for commercial buildings, and Butch (Rieland, fire marshal) does the same to make sure everything complies with the city's fire code. We consider ourselves public servants, and our goal is to make the city's residents and businesses as safe as possible."

Historian seeks old photos taken in Sartell

by Dennis Dalman
news@thenewsleaders.com

Renowned historian Bill Morgan is seeking old photos taken in Sartell for a book he is writing about the city's history.

Morgan is a retired St. Cloud

State University American studies professor and author of many books on local history, including the two-volume "Earth, Wood, Stone: Central Minnesota Landscapes" and "Salt Lantern; Traces of an American Family," which was nominated for the Minnesota

Book Award. Morgan, an expert on architectural styles, has also been a newspaper columnist, writing about local history.

For his new book, Morgan is asking that local people rummage through their old-photo collections so he can

get copies of any Sartell photos of people and places they may have. He is seeking photos taken in the 19th Century and in the 20th Century up until 1940. The photos can be personal "snapshot" types.

The main thrust of the new book will be about how the

city developed from a riverbank landing and village into a thriving town. Morgan will also write about the various architectural styles of homes and buildings throughout the many decades.

Morgan can be contacted at wtmorgan@stcloudstate.edu.

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Exercise to Stay Strong

As you age and get older it is important to make sure you keep your body healthy and strong to prevent injuries.



Exercising may seem a little intimidating but if you know what you are doing then it can be fun and super beneficial to your health.

KEEP YOUR LEGS STRONG

To help prevent falls, trips or injuries as you age it is important to make sure you are working out your body keeping it strong and healthy. Although it may be unsafe for you to go to a gym during a pandemic that should not limit your ability to workout. There are simple leg workouts that you can perform at home in your living room and back-yard safely.

- **Chair squats.** Position your body in front of a chair with your hands straight out in front of you. While keeping your legs shoulder-length apart perform squats on the chair. For a harder workout hover and hold your legs over the chair and count to 5 during each squat.
- **Side leg raise.** Stand behind a chair with your feet shoulder-width apart. Slowly lift one leg to the side while keeping your back straight and eyes staring forward. Hold your leg in the air for 15 to 30

seconds and slowly set it down. Repeat for the opposite leg.

- **Toe lifts.** While using a chair or counter for this exercise, stand with your feet together and stand up on your toes as high as you can. Slowly

lower yourself and repeat this about 10 times.

STRETCHING IS IMPORTANT

There are other ways to get your daily fitness in and one of those is stretching.

Stretching helps give you greater movement in joints and improves your posture. Stretching also helps to release muscle tension and soreness. Over time, stretching will help your body just as much as working out would.

Seniors should try and stretch a major muscle group for at least 10 minutes, twice a week, if not more. These exercises paired with other healthy lifestyles will help your body stay strong and prevent possible falls in the future.

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• tobacco cessation • behavior change

• stress • medication • community resources

Register online at: <https://hipaa.jotform.com/whitneysc/WorkshopRegistration>

For more details/to register, call the Whitney Senior Center at: 320-650-3082 or email whitneyseniorcenter@ci.stcloud.mn.us

Mondays, April 26-June 14

10-11:30 a.m.

In-person at Heritage Hall, Church of St. Joseph OR

Fridays, May 21-July 16

9:30-11 a.m.

In-person at Whitney Senior Center/Zoom

This project is funded in part by the State of MN Department of Human Services Live Well at Home grant and the Older Americans Act through Central MN Council on Aging.

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PET CARE | THE PROFESSIONALS

Choosing a Veterinarian

With so many pets to choose from, you need a good veterinarian to take care of your furry, scaly, swimming friends.

The American Veterinary Medicine Association recommends choosing a vet the same way you'd choose a doctor or a dentist for yourself.

WHAT TO CONSIDER

Just like when choosing your own medical providers, you should consider the following:

- Location.
- Office hours.
- Payment options.
- Medical services offered.
- Specialist networks and emergency care.
- Friendliness and commitment of the veterinarian and their staff.

You should be looking to establish a long-term relationship with this office. The veterinarian will keep an ongoing history of your pets, including records about preventive care, illnesses, surgeries and reactions to medications. Your vet will also give you a preventive medications regimen to keep your pet in their best health. They may also be where your pets head to when you're out of town or on vacation.

HOW TO FIND A VET

Start by asking friends and

family members who they see. You can also turn to breed clubs and pet groups, as well as local directories or the internet. You should visit each vet to evaluate them for yourself. Ask the vet about fees, services, payment policies and treatment plans. Ask how emergency care is handled and look for professional association memberships and certifications. Ask about con-

tinuing education and non-medical services such as boarding, grooming and training.

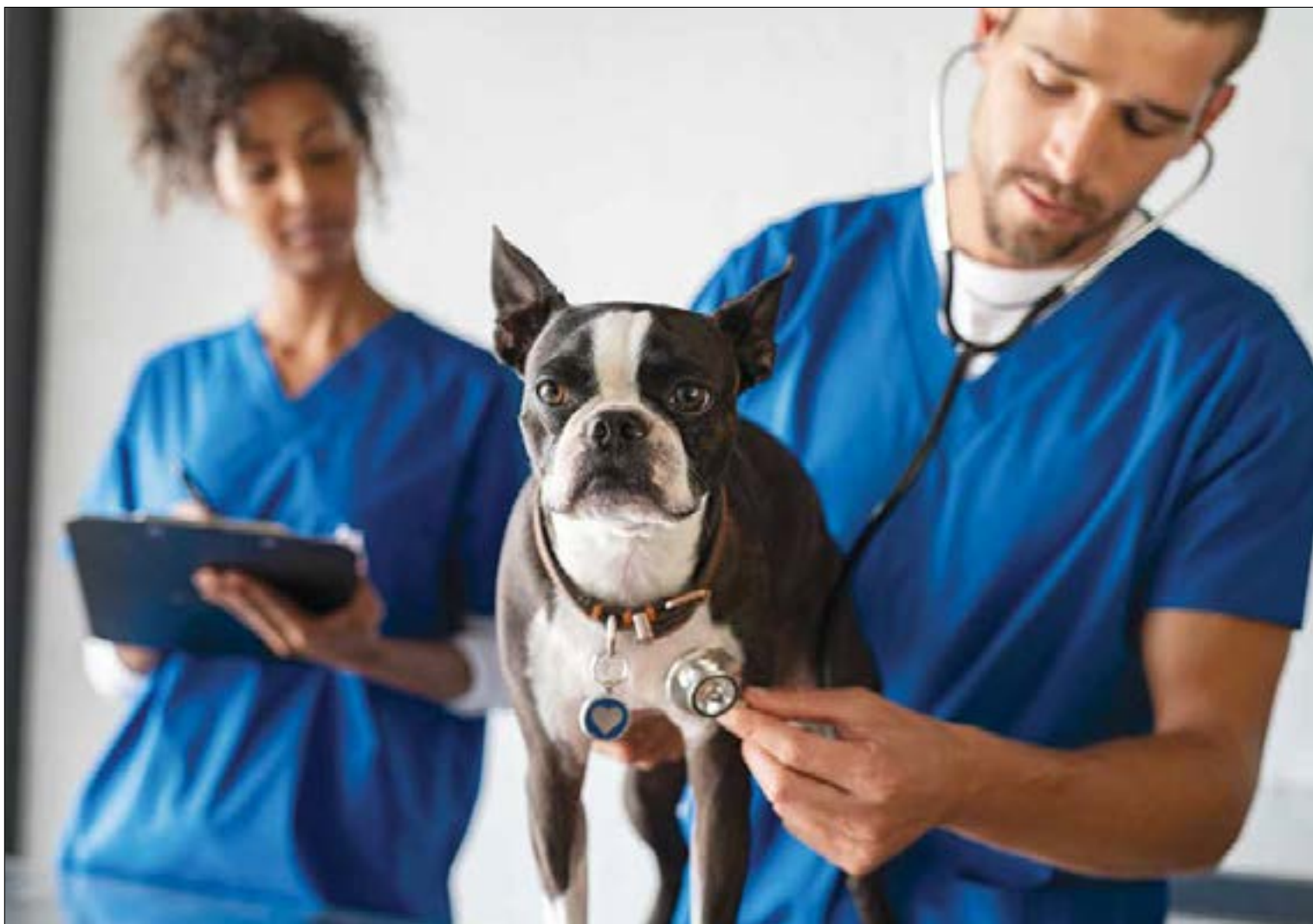
Make sure any potential new vet's office hours are compatible with your schedule. Look, listen and smell for dirt, professional staff behavior and unpleasant odors. You should feel comfortable talking to the vet and their staff.

IF YOU'RE MOVING

Ask your current vet whether there's someone they can recommend in your new area. Like other medical professionals, vets maintain strong professional networks through conferences, continuing education and association membership. No matter how far away you're going, there's a good chance your vet can help you find at least one

qualified practice to check out in your new home.

Veterinarians should care as much about your pets as you do. Take the time to choose a veterinarian who you're comfortable leaving your new family member with before an emergency, accident or illness forces your hand. Make sure the new clinic offers services you need when you need it.



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Carlson opens guitar studio classes in Sartell

by Dennis Dalman
news@thenewsleaders.com

“Guitar” might as well be Kevin Carlson’s middle name because he’s carried it around as long as he can remember. Carlson, 55, recently opened a guitar-teaching studio for children in Sartell’s Riverside Plaza, 101 Seventh St. N, Suite 3. The studio, dubbed “The Childbloom/PMI Guitar Program,” is a satellite branch of the national PMI Guitar School, one of about two dozen branches in the nation and the only one in Minnesota.

Carlson also hosts teaching sessions at his home, mostly for kids but for some adults too.

Raised in Shoreview, Carlson has been playing guitar since he was 7 years old. The instrument was so much a part of his life, his passion, that he earned a bachelor of music degree from the University of Minnesota, then went on to acquire a professional guitar degree from the Musicians Institute in Los Angeles.

He has taught guitar-playing since he was in high school. After moving to St. Cloud in 1997, he taught guitar at the Schmitt’s Music store. He and his wife, Nicky, and their seven children live in east St. Cloud. Nicky, who works at Sauk Rapids Guardian Pharmacy, is an excellent singer. She regularly sings at



contributed photo
Guitar master Kevin Carlson teaches three of his many students during a session in his east St. Cloud home on University Drive. Carlson recently opened another teaching venue, dubbed “The Bloomchild Program” in a studio in Sartell’s Riverside Plaza.

St. Joseph Catholic Church, accompanied by Kevin’s guitar-playing.

At his Sartell studio, the fully-accredited Carlson teaches children ages 5 to 12 in a variety of playing styles, such as strumming, finger style, pick style. He calls it “foundational music” for young learners. The lessons for beginners and all skill levels take place from 3:30-6 p.m. every Monday.

“We wear masks,” he said, “but we can also do virtual lessons. Music gives kids a real sense of pride and accomplishment, and music is the ultimate thing to share among people. The kids are great. They bring joy to me – a lot of joy.”

Many in the St. Cloud area know Carlson and his music. He has played at multiple venues – churches, schools, weddings, nursing homes,

community events, coffee shops. He often performs in gigs as a guest performer in other duos, trios and bands. On Thursday mornings, he performs in the lobby of the Coborn’s Cancer Center in CentraCare Health Plaza.

Carlson is a member of many guitar-oriented organizations, including the Guitar Association of America and the Minnesota Guitar Society.

Carlson’s latest recordings are “The Guitar Can Do It” and “Inside the Heart of a Musician.”

During the decades, he has listened, taught, learned from and enjoyed countless guitarists. His favorite?

“Chet Atkins,” he replied

without a pause. Atkins (1924-2001), raised in Tennessee, is still arguably the most widely admired guitarist in the world, who inspired countless other guitarists with his masterful but seemingly effortless playing style. A founder of the smooth “Nashville country sound,” Atkins was admired and often imitated even by rock ‘n’ roll legends like Eric Clapton and Jimi Hendrix.

For more info about Carlson’s Childbloom Program, visit its website at pmiguitar.childbloom.com.

Or call him at 320-237-1011. Another way to reach him or to ask questions is at Kevin@pmiguitar.org.

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Opinion

Our view

Scope out gun safety solutions

March was a banner month for the NRA and gun lobbyists as they got to see their precious product in action.

In Atlanta, eight people were gunned down March 16 in a rampage targeting women of Asian descent. Within days, 10 people were slaughtered in Boulder, Colorado, on a Monday afternoon at a grocery store. During that same time period, 56 people were shot in Chicago in separate incidents; eight of them died.

Not close enough to home for you? How about this: On March 21 and 24 in the Fargo-Moorhead area just up the interstate, one 6-year-old boy was killed when children found a handgun inside an apartment. Days later, another 6-year-old boy was struck in the head in his home while two young men had a shoot-out on the street.

Since 2014, more than 20,000 suicides by gun have happened every year in the United States. Since 2014, between 12,000 and 15,000 willful, malicious or accidental deaths by gun have happened every year (that's in addition to the suicides). And between 20,000 and 30,000 gun injuries have happened every year.

Clearly laws about safe storage and training on safe usage aren't enough. Nor are the spotty, inconsistent background checks. We need to scope out solutions to end the carnage.

Requiring annual licensing, registration and insurance like with automobiles is an option. Limiting supply is an option. The Second Amendment affords the right to bear arms, but how many guns does one person actually need? In fact, gun ownership in the United Statesw is highly concentrated; only three percent of Americans own half of all guns in the country, according to a 2015 survey from researchers at Harvard and Northeastern universities. Limiting ammunition also is an option (The Second Amendment doesn't mention anything about bullets).

Gun safety solutions are only limited by our imagination, and the inability of some elected officials to lead.

Conservative politicians cower in fear at the prospect of an "F" rating from the NRA or an insurgence by overly enthusiastic gun-toting constituents. In fact, we can already predict the bumper-sticker BS that will fill our inbox after this writing. Guns don't kill people. People kill people.

No kidding. We see it far too often and don't seem to care.

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.

Can't win? Oh well . . . just cheat

So you can't win? Oh well. Just change the rules, just cheat.

Like termites chewing away at a foundation, a full-scale assault against American Democracy is underway.

In 40 states (at last count) more than 250 voting-suppression laws have been approved or are under consideration, mainly by Republican-controlled legislatures. To their credit, some Republican legislators and party officials are condemning some of the most egregious efforts to limit access to voting but apparently to no avail.

Throughout the years, that five-alarm charge of rampant voting fraud has been completely debunked, yet the bunk continues. More so now than ever because "The Big Lie" (an electoral victory "stolen" from Donald Trump) has now become "The Big Excuse" – the excuse to further suppress voting.

It's no surprise that among the most flagrant anti-voting laws are those being concocted in three battleground states: Georgia, Pennsylvania and Arizona. These states not only went for Joe Biden, but they were the states a defeated Trump bullied – cajoling and wheedling for their officials to overturn the election outcomes.

And the targets of the voting suppression? Make no mistake: it's Black voters, other minorities and younger voters. Those are the ones who turned out by the millions to help elect Biden and other Democrats – especially in Georgia where a highly successful go-vote campaign energized Black voters.

As the nation's demographic profile becomes more diverse, many Republicans have a queasy feeling they could

Dennis Dalman

Reporter



be heading for electoral difficulties. Former Republican National Committee Chairman Reince Priebus warned them about that precarious dilemma in 2013. They must, he said, make an ambitious effort to "transform" the party, partly by outreach efforts to minorities to make the Republican Party a "big tent" with room for all.

The biggest bogeyman feared by voting suppressionists is the mail-in ballot. Because of the pandemic, voting by mail was widely used by voters in the 2020 election – especially by Democrats, causing the sputtering uproar by sore losers and their baseless accusations about millions of fraudulent mailed-in ballots.

Thus, it's no surprise that mail ballots are a target of suppressionists. Other forms of The Great Suppression are hurdles in an insidious obstacle course that includes fewer early-voting days, elimination of ballot drop-boxes, fewer and far-flung polling places, the purging of voter rolls based on specious reasons, and taking away the right to vote on Sundays, which Blacks do in many areas after church services.

There is even a nasty law in Georgia that now makes it illegal to bring water or food to people waiting in long lines at polling places.

Such low-down tactics go hand-in-

hand with gerrymandering, the skewing of congressional district lines for partisan benefit.

Newly elected Georgia Sen. Raphael Warnock put it this way: "We are witnessing right now a massive and unabashed assault on voting rights unlike anything we have seen since the Jim Crow era. This is Jim Crow in new clothes."

In 2013, the U.S. Supreme Court rejected a vital part of the landmark 1965 Voting Rights Act, a provision that states must first get permission before changing voting requirements. The Court suggested Congress clarify/fix that provision. Congress did not.

The House of Representatives has proposed two bills to guarantee voting rights, a big push-back to these attacks against free and fair elections. Dubbed the "For the People Act" and the "John Lewis Voting Rights Advancement Act," the bills would reinstate all the provisions of the 1965 Voting Rights Act and would prevent states from passing arbitrary, spiteful, blatant voter-suppression schemes.

Will the Senate approve those bills? Not likely if that stonewalling filibuster kicks in, requiring a 60-40 vote for it to be approved. That is why conscientious Democrats and Republicans must do everything legally possible to push aside or change that filibuster threat. Every patriotic American should support that supremely important effort.

It's time the United States again sets an example for us and for the world – that every citizen must have the absolute right and opportunity to cast a vote in a free and fair election.

Register for your vaccination now Minnesota

Abigail Thomas

Guest Writer



A year ago, at the beginning of March, we had one of the first confirmed COVID-19 cases in Minnesota. At first, guidance was simple; all we had to do was wash our hands and try not to touch our faces. Masks were not yet mandated, bars and restaurants were open at full capacity and social distancing was only encouraged. Little did we know on March 16, 2020, all non-essential businesses would temporarily close. Shortly after on March 27, 2020, Minnesota residents would be ordered to shelter in place. Within those dates, public schools would also close, forcing students to learn electronically.

Now, here we are, a year later, and still dealing with the side effects of COVID-19, but with a light at the end of the tunnel.

Bars and restaurants are open to 75-percent capacity; gyms are open at 50-percent capacity; indoor and outdoor events are open at 50-percent capacity; schools are now open if a "Safe Learning Plan" is followed, along with other expansions. As we recognize the progress we have made, we should also realize this progress has come from the COVID vaccine push that is now available to the public.

St. Cloud recently opened a mass vaccination site at the River's Edge Convention Center. The Moderna vaccine will be given to 1,000 people, 16

and older, every Wednesday at the center from noon to 8 p.m. St. Cloud along with Minneapolis, St. Paul, Bloomington, Rochester and Duluth are the six communities that have mass vaccination sites, which is huge for Minnesota residents in terms of availability. With all vaccines, there are hesitations, and that's fine, but there are many reasons why I believe we should all get vaccinated; and some might be selfish reasons.

A couple of real reasons why people should consider getting vaccinated is because people continue to die from this virus. According to Our World in Data, 2.78 million people have died already in one year, and this number is likely to be more. Families are not able to see their loved ones who live in residential living facilities, and most do not get to see them before they pass from other causes; myself included. To be able to have one last hug was simply gone, taken away.

Small local businesses were forced to shut down. People continue to lose their jobs because businesses do not

have the funds to pay employees. We are in the worst global recession since World War II and have not seen any serious improvements since the pandemic has started, but now we have a chance. I see people every day STILL refusing to wear a mask when entering a store and then they complain about the ongoing restriction implemented. Do they not see they are the problem? This is not a hoax, and this is not fake.

On a more selfish level, in my own personal experience dealing with the pandemic, my 21st birthday and college experience has been stripped away. The world has been put at a standstill, yet I continue to move without closure. I don't get to have a graduation ceremony, along with many others who have gone through the gruesome years of college, and even high school. I am unable to walk across that stage, with my family cheering in the crowd, and receive my diploma. The reality is I have to look through a computer screen.

I strongly encourage people to go online and find your nearest vaccination clinic and make an appointment at this link <https://mn.gov/covid19/vaccine/index.jsp>.

I did it, and I'm still here to tell you that it's worth it. If not for yourself then to see your kids graduate, to hug your grandpa again or to do all the stuff we have been missing out on the past year.

Letters to the editor

Preserve significance of lowering flags

Robert Schwalboski
Sartell

I realize my comment is going to offend some readers but please keep an open mind. Think about it, and then vent if you need to.

Proclamations designating our flags to be flown at half staff are becoming too commonplace. The significance of lowering flags to half staff is being desensitized due to frequency of use. How many times have you seen flags at half staff and wondered why?

Keeping the bar high will make flying flags at “half staff” an honor well deserved.



Expand access to E15 ethanol

Eric Keuhl
Stearns County Farm Bureau

It is well known that Minnesota’s agriculture community plays a vital role in feeding America, but less recognized is just how important Minnesota’s farmers are in meeting America’s energy needs. Minnesota produces and consumes

more ethanol-based fuels than almost any other state. Ethanol is a renewable fuel that helps Americans save money at the pump and burns cleaner than fossil fuels. As we face calls for transforming America’s energy landscape, Minnesota should expand access to higher ethanol blends like E15.

By increasing access to E15 fuel in Minnesota, we can help Minnesota’s corn and ethanol producers who have faced difficult years with challenges

ranging from trade wars to the COVID-19 pandemic. Additionally, we can help decrease U.S. dependence on foreign petroleum. Finally, increased ethanol in our fuel displaces toxic additives and helps lower carbon emissions. A future with more ethanol means a stronger, healthier Minnesota. I’m glad our local legislators have the opportunity to lead on supporting energy independence, and our strong ag economy.

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

Contact each organization directly to learn of any COVID-related adjustments.

Friday, April 2
Good Friday Community Food Drive, 9 a.m.-noon, Living Waters Lutheran Church, 1911 Fourth Ave. N, Sauk Rapids.

St. John the Baptist: Good Friday Virtual Service, 7 p.m., visit stjohnthebaptist-parish.org for links to masses and services.

Saturday, April 3
Are you a compulsive eater? **Overeaters Anonymous** can help. 9 a.m., call Joyce at 320-

761-2275 or Donna at 320-291-7251 or visit oa.org.

Sartell Winter Farmers’ Market, 10 a.m.-1 p.m., Sartell Community Center, 850 19th St. S.

St. John the Baptist: Easter Vigil Virtual Service, 7 p.m., visit stjohnthebaptistparish.org for links to masses and services.

Sunday, April 4
St. John the Baptist: Easter Sunday Virtual Service, 1 p.m., visit stjohnthebaptist-parish.org for links to masses and services.

Monday, April 5
Sartell Lions Club, 6:30 p.m., contact Stewart Giffin at 651-261-4272 regarding meeting details.

Tuesday, April 6
Sherburne County Board Meeting, 9 a.m., 13880 Business Center Drive, Elk River.

Are you a compulsive eater? **Overeaters Anonymous** can help. 6 p.m., call Joyce at 320-761-2275 or Donna at 320-291-

7251 or visit oa.org.

Wednesday, April 7
S.A.V.E. Suicide Prevention Training & Safe Messaging, noon-1 p.m., free training over zoom. For more info visit CentralMNSPCoalition@gmail.com or register at https://www.eventbrite.com/e/145758211735.

Advocates for Independence, 2-4 p.m., Independent Lifestyles meeting virtually, contact Michelle at 320-529-9000 for registration details.

St. Stephen City Council, 6:30 p.m., St. Stephen City Hall, 2 Sixth Ave SE.

Thursday, April 8
Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Register in advance to attend in person, call Anna at 320-258-7324.

Saturday, April 10
Are you a compulsive eater? **Overeaters Anonymous** can help. 6 p.m., call Joyce at 320-761-2275 or Donna at 320-291-

7251 or visit oa.org.

Step Afrika! Stono, a percussive dance company dedicated to the tradition of stepping, Step Afrika! celebrates the pursuit of freedom with Stono, streamed performance, 7:30 p.m., CSB/SJU Fine Arts Series. 320-363-5777 or csbsju.edu/WOW.

Sunday, April 11
Prayer in Troubled Times: Easter – New Life After COVID? 7 p.m. How might lent take on a new meaning this year as a result of the pandemic? Online worship service will be posted on YouTube, Call 320-363-7112 for more information.

Monday, April 12
Sartell City Council, 6 p.m., City Hall, 125 Pinecone Road N.

Tuesday, April 13
Sartell Chamber of Commerce, 11:30 a.m., Community Center, 850 19th St. S., Sartell. Email info@sartell-chamber.com for virtual Zoom invitation.

Are you a compulsive eater? **Overeaters Anonymous** can help. 6 p.m., call Joyce at 320-761-2275 or Donna at 320-291-7251 or visit oa.org.

National Alliance on Mental Illness, 7-8:30 p.m., currently meeting via Zoom on the second and fourth Tuesday of each month. Please go to the NAMI St. Cloud website: www.namistcloud.com for registration details. This group is for family and friends of a person dealing with a mental illness, any diagnosis, any age. Learn coping and problem-solving skills. Questions, call 320-654-1259, or email fsnamistcloud@gmail.com.

Thursday, April 15
Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Register in advance to attend in person, call Anna at 320-258-7324.

American Legion-Sartell, open to all veterans young and old, 6 p.m., Sartell Community Center., 850 19th St. S.

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BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (MCN)

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WANT TO BUY
Buying and selling any gold and silver items, collector coins, diamonds, gold jewelry, paying \$25-\$30 for silver dollars, rare currency. No collection too big. Kuehl’s Coins, Fairmont, Minnesota, 507-235-3886, 507-399-9982, open 10:30 a.m.-5:30 p.m. (MCN)

2021 SABRES VARSITY SPRING SPORTS

Baseball

4/8/21	4:30 p.m.	Little Falls	Away
4/13/21	4:30 p.m.	Sauk Rapids-Rice	Away
4/15/21	5 p.m.	Alexandria	Home
4/20/21	4 p.m.	Willmar	Home
4/22/21	5 p.m.	Rocori	Away
4/23/21	6 p.m.	Detroit Lakes	Home
4/27/21	4 p.m.	Fergus Falls	Away
4/29/21	5 p.m.	Alexandria	Away
5/4/21	4 p.m.	Apollo	Home
5/6/21	4:30 p.m.	Sauk Rapids-Rice	Home
5/11/21	4 p.m.	Brainerd	Away
5/13/21	5 p.m.	Bemidji	Home
5/18/21	7 p.m.	Tech	Away
5/20/21	5 p.m.	Rocori	Home
5/22/21	Noon	Becker	Away
5/24/21	5 p.m.	Big Lake	Home

Softball

4/13/21	4 p.m.	Rocori	Home
4/15/21	4 p.m.	St. Cloud Tech	Away
4/20/21	4:30 p.m.	Sauk Rapids-Rice	Home
4/22/21	4 p.m.	St. Cloud Apollo	Away
4/23/21	2 p.m.	Multiple Schools/Detroit Lakes	Away
4/27/21	4 p.m.	Bemidji	Away
5/4/21	4:30 p.m.	Fergus Falls	Home
5/6/21	4:30 p.m.	Willmar	Away
5/11/21	4 p.m.	Brainerd	Home
5/13/21	4:30 p.m.	Alexandria	Away

Boys Tennis

4/8/21	4:30 p.m.	Brainerd	Away
4/13/21	4:30 p.m.	Alexandria	Home
4/15/21	4:30 p.m.	Apollo	Away
4/20/21	4:30 p.m.	Fergus Falls	Away
4/22/21	4:30 p.m.	Willmar	Home
4/23/21	4:30 p.m.	Foley	Away
4/24/21	8 a.m.	Multiple Schools/Bufalo	Away
4/27/21	4:30 p.m.	St. Cloud Tech	Away
4/29/21	4:30 p.m.	Bemidji	Home
4/30/21	4:30 p.m.	Brainerd	Home
5/6/21	4:30 p.m.	Apollo	Home
5/7/21	4:30 p.m.	Fergus Falls	Home
5/11/21	4:30 p.m.	Willmar	Away
5/13/21	4:30 p.m.	St. Cloud Tech	Home
5/18/21	4:30 p.m.	Bemidji	Home
5/4/21	4:30 p.m.	Alexandria	Away
5/6/21	1 p.m.	Bemidji	Home

Boys Lacrosse

4/15/21	7 p.m.	Anoka	Away
4/19/21	6 p.m.	Rocori	Home
4/20/21	6 p.m.	Moorhead	Home
4/22/21	7 p.m.	St. Cloud Tech	Away
4/27/21	7 p.m.	Brainerd	Away
4/29/21	5 p.m.	Rocori	Away
4/29/21	6 p.m.	Rocori DEF Field	Away
5/6/21	6 p.m.	Big Lake	Home
5/10/21	6 p.m.	Tech-Apollo	Home
5/13/21	6 p.m.	Brainerd	Home
5/14/21	6:30 p.m.	Holy Family-Waconia	Away
5/17/21	6 p.m.	Monticello	Home
5/18/21	6 p.m.	Becker	Away
5/20/21	6 p.m.	Chisago	Away

Boys Golf

4/15/21	11 a.m.	Multiple Schools/Becker	Away
4/16/21	3:30 p.m.	Cold Spring	Away
4/20/21	3:30 p.m.	Multiple schools/Alexandria	Away
4/26/21	3:30 p.m.	Fergus Falls/Multiple schools	Away
4/27/21	Noon	Buffalo	Away
4/29/21	3:30 p.m.	St. Cloud Country Club	Away
5/3/21	4 p.m.	Blackberry Ridge	Home
5/4/21	4 p.m.	Willmar/Multiple schools	Away
5/7/21	TBA	Sectional/Cold Spring	Away
5/10/21	9 a.m.	Bemidji/Multiple schools	Away
5/17/21	TBA	Territory Gold Club/Multiple schools	Away
5/18/21	9 a.m.	Brainerd/Multiple schools	Away
5/21/21	3 p.m.	Rocori	Home
5/24/21	3 p.m.	Rocori	Home

Girls Lacrosse

4/12/21	6 p.m.	Rocori	Away
4/22/21	5:30 p.m.	St. Cloud Tech	Home
4/27/21	5:30 p.m.	Brainerd	Home
4/29/21	5:30 p.m.	Rocori	Home
5/4/21	6 p.m.	Monticello	Away
5/6/21	5:30 p.m.	Big Lake	Away
5/7/21	6:30 p.m.	Grand Rapids	Away
5/10/21	5:30 p.m.	St. Cloud Area	Away
5/13/21	5:30 p.m.	Brainerd	Away
5/18/21	5:30 p.m.	Becker	Home
5/20/21	5:30 p.m.	Chisago Lakes	Home

Boys and Girls Track

4/15/21	2 p.m.	Apollo	Home
4/22/21	3 p.m.	St. Cloud Tech	Home
4/29/21	3 p.m.	Bemidji	Home
5/6/21	2 p.m.	Brainerd	Away
5/13/21	3 p.m.	Fergus Falls	Home
5/20/21	3:30 p.m.	Rocori	Away
5/28/21	3:30 p.m.	Willmar	Away

Girls Golf

4/12/21	3:30 p.m.	Rich-Spring Golf Course	Away
4/20/21	3:30 p.m.	Territory Golf Club	Away
4/26/21	4 p.m.	Willmar/Multiple schools	Away
4/27/21	Noon	Buffalo/Multiple schools	Away
4/30/21	9:20 a.m.	Bemidji Town & Country Club	Away
5/3/21	3:30 p.m.	Brainerd/Multiple schools	Away
5/6/21	4 p.m.	Fergus Falls/Multiple schools	Away
5/10/21	4 p.m.	Blackberry Ridge Golf Course	Home
5/13/21	4 p.m.	Multiple Schools	Away
5/14/21	TBA	Sectionals	Away
5/17/21	4 p.m.	Alexandri/Multiple schools	Away

*Schedule current as of March 26, 2021.
Schedule is subject to change due to COVID-19.
For more information, please visit: centrallakesconference.org



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