

Newsleaders

Reaching Everybody!

Friday, July 9, 2021
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Est. 1989

Town Crier

Fare for All set July 19

Fare for All's next distribution, including the Shoe Bus, will be from 3:30-5:30 p.m. Monday, July 19 at Resurrection Lutheran Church, 610 CR 2, St. Joseph. Fare for All is a budget-stretching program that allows people to save up to 40 percent off fresh fruits, vegetables and frozen meats. Fare for All has no income requirements and is open to everyone who wants to stretch their grocery dollar. Cash, credit, debit cards and EBT cards are accepted. Masks are recommended. For more information, please visit our website at fareforall.org, find us on Facebook or call 800-582-4291. Fare For All has teamed with Good in the Hood to support their Shoe Away Hunger Campaign Shoe Bus. Gently used adult and children's shoes will be available for purchase ranging in price from \$2-\$10. Everyone is welcome. All proceeds go directly to the purchase of food for food shelves. Shoe donations are also welcome. shoeawayhunger.org.

Help kids succeed in school

United Way is collecting school supplies for our students this fall. There are three ways for you to help. Run a school supply drive, purchase school kits through our partnership with Impacks or make an on-line donation to be used to purchase bulk school supplies. Visit <https://www.unitedway-helps.org/events/school-supply-drive> for more information or contact Mary Krippner, director of volunteer engagement, at 320-223-7991 or mkrippner@unitedwayhelps.org.

Do you like to mow?

Anna Marie's Alliance is looking for a seasonal volunteer lawn mower. Hours vary and would work in coordination with another one of their experienced volunteers. Must pass a background check and sign a pledge of confidentiality. Applications can be found on their website www.annamaries.org. Contact Casaundra Heinen, Anna Marie's Alliance volunteer coordinator, at (320) 251-7203 Ext 252 or CasaundraH@annamaries.org

INSERT:
Sliced
on College Avenue

A tradition continues

by Leanne Loy
editor@thenewsleaders.com

Sunday the St. Joseph community had its return of their annual Fourth of July parade. I was so happy to see the parade return as it had been a tradition in my family for years. As kids we would attend the parade and immediately afterward head over to the church bazaar and hit up the fishing pond. There was no bazaar this year, but the parade did not disappoint. I was immediately transported back to my childhood. It had been years since I attended a parade, but that feeling of anticipation when the first siren blew to indicate the start, came rushing back to me. I found myself giddy with excitement when I was showing my daughter how to run out and grab the candy off the street. She was amazed with

how many goodies she came home with. How have I not brought her to a parade before? While the crowd may not have been as big as it's been in the past, I was still happy to see the numbers of people who did attend. It gave off a sense of normalcy and much-needed connection to our fellow neighbors. I saw people gathered together showing their love and support for our country. Flags were being waved; soldiers were being remembered, it was a beautiful tribute to those who have fought for our freedom, and we were there for it. My favorite part of a parade has always been the marching bands. If there was one disappointment throughout the whole event, it's that there was only one marching band present this year. One thing I wish for parades is

Tradition • page 4



photos by Leanne Loy
A dancer shows off her stuff at the St. Joseph Fourth of July parade.

Council member Theisen resigns

by Leanne Loy
editor@thenewsleaders.com

Tuesday evening at the city council meeting it was announced that council member Brian Theisen had put in his resignation. "It's been a great opportunity, but life is taking me in a different direction," Theisen stated. Theisen has served on the council for two years. During the meeting a motion was passed to open applications for Theisen's position on



Theisen July 7. Applications will close on Wednesday, July 21 and the council will begin the interview process at that time. They hope to fill the position by Monday, Aug. 2. If you are interested in applying, please visit the City of St. Joseph website at: <https://www.cityofstjoseph.com/>



The crowds showed up to support the fourth of July tradition in St. Joseph. See more parade photos on pages 4 and 8.

Committee chooses architects, council still undecided

by Leanne Loy
editor@thenewsleaders.com

The decision of which architect firm is going to head the Jacob Wetterling Community Center is drawing to a close. At the July 6 council meeting it was announced the community center committee had made its final decision. However, there are still some concerns within the city council that need to be addressed. The decision was first narrowed down from 18 prospects, so the committee had their work cut out for them on the decision-making process. On June

16, the committee members and members of the city council listened to four firms speak on their ideas, experiences and their estimated budgets. From there, the task was to reconvene as a group and make a final decision. On June 23, the committee made its final decision that HGA would be the architect firm they would recommend. However, at the council meeting this past Tuesday night, one member, Bob Loso was not in attendance and had previously asked that no final decisions on the architectural firm be made until all members could be present.

Council member Kelly Beniek stated she was in attendance during that June 23 meeting and felt the committee members did a thorough job of considering their options and she fully supports their decision. "I still support the committee," she said. "They asked a lot of great questions and did their due diligence to make this decision." Murray Mack, CEO of St. Cloud-based HMA Architects, was also in attendance. HMA Architects was the committee's second option. Mack took the podium during the public comments portion of the meeting to state

his concerns in the committee's decision. "While I respect the process the committee went through to make its recommendation, I would ask the council reconsider some of the issues that were considered in that process." Mack said. One of Mack's major concerns, he said, is using a nonlocal firm versus a local one. He was "disheartened" to learn the committee had chosen a firm from the Twin Cities instead of one of the three local firms it was considering.

Undecided • page 2

Undecided An unlikely catch

from front page

Mayor Rick Schultz said he also wants to make sure all aspects of the budgeting have been taken into account as well as local experience.

"I think some of the fees will come to bite us later on, so I am concerned how that fits into the overall budget itself," he said. "I'm also concerned about the lack of local experience and local involvement this company (HGA) has had."

The council agreed it would reconvene on the matter in two weeks when council member Loso can be present and make its final decision then.

On Tuesday, June 24 just around midnight, Carter Roth, 12, of St. Joseph, knew he caught something big, but that something was a shock to both him and his father. Carter pulled a beautiful, orange 22-inch Chinese Koi fish out of Watab Lake, while he and his dad were walleye fishing.

Dylan Roth, Carter's dad said it was both unexpected and exciting.

"We were screaming like teenage girls at an NSYNC concert when he caught it," Roth stated. "Still floored by such a weird fish."

The Roths contacted a lo-

"We were screaming like teenage girls at an NSYNC concert when he caught it."

– Dylan Roth

cal hobbyist who has a large Koi pond in Zimmerman where they were able to rehome the fish. Roth stated the owner loves everything about Koi fish and promised the big guy would be happy and healthy there.

The Roths live in St. Joseph but Carter is a seventh grader in the Sauk Rapids school district where he is also a member of the SabreStorm Fishing team.



contributed photo

Carter Roth, 12, of St. Joseph, holds a Chinese Koi fish he caught June 24 in Watab Lake.

People

Tess Jacobson, daughter of Jill and Ken Jacobson of St. Joseph, was recently named to the spring dean's list at Providence College, Rhode Island. Students must attain a grade-point average of 3.55 or better to qualify for this honor.

Cecelia Weldon, seventh-grader at St. John's Preparatory School, participated in the 2021 Minnesota Music Teachers Association State Piano Contest at the Intermediate A level. She played "Bouree" by J.S. Bach for two rounds of judging and was selected to participate in the State Honors Concert. Weldon is a piano student of Virginia Shimota.

Aidan Schiltz of St. Joseph was recently named to the spring dean's list for a GPA of 3.5 or higher at University of Wisconsin Stout.

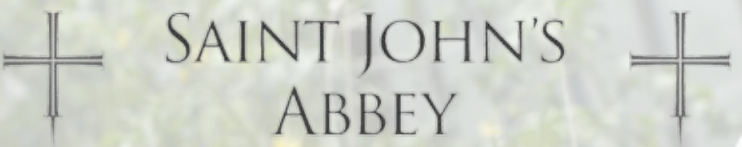
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Wrestling opened the big wide world to Clark

by Dennis Dalman
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One could rightfully claim that Jake Clark of St. Joseph wrestled his way to success – and in more ways than one.

Born in Waconia and raised in the Twin Cities area, Clark, who is now 41, grew up with a single mother, Tami, and an older brother, Joey. The family was very poor financially, but a tight bond of grit and determination held them together, and when Jake discovered the joy of wrestling at age 4, he never stopped, never looked back. It was brother Joey, a school wrestler, who introduced him to the sport.

Little did Jake know at that time just how far wrestling would take him in the future. His multiple honors, awards, trophies would fill a very large room. The following is just a partial list of his staggering record of wins: U.S. National Champion (10 times), World Team Member (5 times), Olympic Alternate (2 times), United States Marine Corps Armed Forces Gold Medalist (11 times) and World Cup Champion.

Clark was the first person to win a national title for every competitive age group in the United States, right up to the master’s division. He was also a bronze medalist in the World Military Championships. From 1999 to 2008, Clark was a member of the U.S. Marine Corps where he served as the military version of a travel agent, helping personnel move from one assigned base to another. He did that job in many places – from Quantico, Virginia all the way to Okinawa, Japan.

His wrestling adventures have taken him to 60 countries, including many times to Russia, where he learned to speak Russian. His first trip there was when he was 15 years old and a member of Team USA. He’s been there 20 times since.

Clark recently competed in the Final Olympics Qualifier for wrestling in Fort Worth, Texas, making him (at age 41) the oldest competitor and put-

ting him in the record books for competing the most consecutive times in Olympic Trials (2000, 2004, 2008, 2012, 2016, 2020 – held recently because of the pandemic).

He was an Olympics wrestling alternate twice, in Athens, Greece in 2004 and in Rio de Janeiro, Brazil in 2016. His World Cup Championship he earned in 2006 in Istanbul, Turkey.

“I’m a lucky guy,” Clark said. “The sport just clicked with me at 4 years old. I was a two-time high-school state champion in Minnesota and was undefeated in my junior and senior years. After that, wrestling opened up the whole world to me. When I was young, I never thought I’d be able to go to do all those things, to go to all those places in the world. I’m lucky.”

For five years, Clark also helped “grow” the sport of wrestling in Hawaii and was then sent to the Federated States of Micronesia, an island chain near Papua, New Guinea in the South Pacific where Clark did a lot of island-hopping. In 2012, one of the Micronesians that Clark trained with competed in the Olympics in London.

Wrestling is a combative sport that involves clinch-fighting, throws, takedowns, joint locks and pins, and other types of grappling holds. The goal is to pin an opponent to the wrestling mat, meaning both shoulder blades touching the mat for at least two seconds. Lacking that, the game can be won by cumulative points totaled at the end of the third period.

There are many variations of wrestling – for example: freestyle, judo, sambo and Greco-Roman. The sport is so ancient that wrestling scenes can be seen sketched on the walls of some caves as far back as 15,000 years ago. In ancient Greece, where the Olympic games were founded, wrestling was one of the prime events in those games.

At one time, Clark was an advisor for a couple of seasons to the wrestling program at St.



contributed photos
Jake Clark (left) grapples with an opponent at a wrestling tournament.

John’s University and moved his instruction programs there for a time. Then he scouted around for a more permanent, ongoing business.

Clark is now the owner/operator of “Wrestle Jitsu,” the Jitsu the last name of “Jiu-Jitsu,” an Oriental martial arts discipline. Located by Quarry Park in Waite Park, Wrestle Jitsu was developed by Clark last July but had to be put on hold due to the pandemic. That gave Clark and colleagues plenty of planning time to get everything just right, and now the business is fully open. There are about 80 participants/students at Wrestle Jitsu, ranging in age from 5 up to 65 (a gentleman who participates in the jiu-jitsu program).

The business offers training not just in wrestling and jiu-jitsu but also boxing, yoga and self-defense techniques for people of all ages. Clark hosts a special program for youth who attend the Clark family’s church of choice, The Waters in Sartell. One of the newest classes for youth ages 5-12 is dubbed NERF Ninjas.

“It teaches balance and body control – all while having fun with our awesome collection of NERF guns,” Clark said.

He met his wife, Jocelyn,



Jake Clark displays one of his many championship wrestling belts. The St. Joseph resident is the owner of the new “Wrestle Jitsu” center in Waite Park.

who hails from Grand Rapids, in Brainerd a few years ago when he was working at a gym in that city. Now they have a blended family – four children from her previous marriage and two pre-school girls. The children attend school at Sar-

Clark • page 7

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ADOPT A PET



Ellie had been a Nervous Nellie in the shelter, so she went to foster care to work on her socialization skills. This 8-month-old, 48-pound spayed hound mix is growing in her confidence but she's still going to require plenty of TLC. Once she gets to know her humans, she bonds strongly with them and can be very snuggly. (And once comfortable, her puppy energy really shows!) Ellie would benefit from at least one other confident dog friend in her new home Ellie has been doing well with house-training, but sometimes going out into the big outdoors can be scary to her.



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Youngest grand marshal hopes to see many more parades

by Dennis Dalman

news@thenewsleaders.com

The last name “Loso” is practically synonymous with “St. Joseph.” In fact, its first settler was a Loso, so it was so appropriate one of the many Losos – Andy Loso and wife Lisa – were grand marshals in last Sunday’s Fourth of July Parade in St. Joseph.

Loso is only 47 years old. In an interview with the News-leaders, he said when he heard he and Lisa were named by the St. Joseph Lions to be Fourth of July Parade Grand Marshals, he thought somebody must be pulling his leg or putting some kind of mischievous hex on him.

“Hey, I’m only 47, they youngest marshal ever,” said Loso, who possesses a keen deadpan humor. “Grand marshals are usually old people, a lot older than 47. Can’t help wonder, does this mean I won’t have long left to live?”

In conversation, Loso likes to play cat-and-mouse. He can turn from dead serious to laughter in a split second.

When asked what he does for a living, he said “As little as possible.” Then he chuckled and said, “I’m the facilities manager for the (St. Joseph Catholic) church.”

When asked how he enjoyed riding in a 1925 Model T truck and passing the throngs of people waving from the curbsides, Loso said, “Oh, it was wonder-

ful. Hot and sweaty. I waved back at them, and I saw so many people we knew. Practically all of them.”

Loso was born in San Diego, California, son of Terry, a U.S. Navy man; and his wife, Linda (Zinken) Loso. He moved to St. Joseph when he was only about 3 months old. After attending Catholic grade school in St. Joseph, he graduated from Apollo High School, then earned a degree in theology from St. John’s University.

“That degree came in handy now and then for my work with the church. Theology gave me a good background.”

Lisa is employed by the CentraCare health-care system in St. Cloud. The couple has three children: Joseph, 18; Jack, 16; and Kathryn, 10.

Loso’s hobby is working on and restoring Model T vehicles.

“That Model T truck we rode in for the parade – that’s one of our own vehicles,” he said.

Loso said that riding in the parade (young as he is at ONLY 47), brought back so many good old memories about his youth in St. Joseph, of all the previous Fourth of July parades, of the many church festivals held annually on the Fourth and of all the people he’s known so long in the city he loves.

Loso and wife Lisa hope they can live many more years so they can enjoy many, many more St. Joseph Fourth of July celebrations.



contributed photo

Grand Marshal Andy Loso waves to fans and well-wishers during the Fourth of July Parade in St. Joseph. The Model T truck he is riding in is his own vehicle. His hobby is restoring Model T’s. Loso is the facilities manager for the St. Joseph Catholic Church.

Y2K Lions name Fischer, Vanderheyden senior queen, king



contributed photos

(At left) Senior Gene Vanderheyden, Queen Delrose Fischer and driver Don Wiener. (Above) Vanderheyden and Fischer.

Tradition

from front page

that we see more and more marching bands pop up again. Even my daughter was asking how she could become “one of the flag girls?”

I had forgotten how exciting parades are. With every passing act, excitement grew to see who was coming up next. The music made us chair-dance, the dancers made us

smile, and I cannot fail to mention the thrill of the old-timey country shootout that took place right in front of our eyes.

The parade may have been slightly shorter this year, and the crowd might not have been quite as large, but the energy and passion were certainly felt. As my daughter and I skipped our way back to the car, sticky fingers and sweaty from the sun, I was reminded of what it meant to be a kid again.

Taking Care of Teeth

There's more to dentistry than just cleaning and pulling teeth. Dental school graduates today have many career paths, including working in hospital emergency rooms, research, teaching or traveling the world helping restore the dental health of all kinds of people.

PICKING A DENTAL SCHOOL

The first step toward a career in dentistry is earning a bachelor's degree, and then choosing a dental school. There are more than 65 dental schools in the United States accredited by the Commission on Dental Accreditation. These programs take four years to complete, but it may take longer for den-tal specialties such as pedi-at-ric dentistry. Graduates earn a doctoral degree in dental science or become a doctor of medicine in dentistry. Most dental schools accept a single online application through the American Association of Dental Schools Application Service.

OTHER CAREERS

If that many years in school isn't for you, there are other



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dental jobs that may be attractive to you.

Dental hygienists work with the dentist to meet patients' oral health needs. States each have their own rules and regulations about what hygienists can do, but generally they:

- Screen patients and assess oral health conditions.
- Take and develop dental X-rays.
- Remove hard and soft deposits from the teeth.
- Apply preventive seal-

ants and fluorides to the teeth.

- Teach patients to perform proper oral hygiene.
- Counsel patients about good nutrition.
- Make impressions of teeth.
- Perform documentation and office management activities.

Dental assistants work as part of a dental care team. They can:

- Assist the dentist in treatment procedures.
- Take and develop X-rays.

• Take the patient's medical history and vital signs.

- Develop infection control protocols and sterilize instruments and equipment.
- Help patients feel comfortable before, during and after treatment.
- Teach appropriate oral hygiene.
- Take impressions.
- Perform office management duties.
- Communicate with both patients and suppliers.

Dental lab technicians work behind the scenes, working with a dental care team to create dentures, bridges, crowns, veneers, orthodontic appliances and splints, and other dental appliances. This field combines the science of dentistry with the artistry and creativity of creating dental prosthetics.

All members of a dental care team are well-compensated and all of these careers offer flexibility.



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HEALTH CARE CAREERS | IN HOME

Home Health Aides

With an American population that's skewing older, the demand for home health care is on the rise. Home health aides help today's seniors stay at home longer, providing long-term care in the home.

The federal Bureau of Labor Statistics predicts a spike in the number of home health aides, expecting the field to expand 36% by 2028.

WHAT DO HOME HEALTH AIDES DO?

Home health aides must meet certain training requirements, depending on what state you're in. They may live with their patients and work with them in regular shifts. Home health aides help patients with routine chores, such as laundry and cooking. They must be able to help patients with other activities as well, including bathing and eating. Home health aides must also be able to check vital signs and interpret what they mean, monitor the patient's physical and mental conditions and handle emergencies.

OTHER TYPES OF AIDES

Sometimes, other kinds of aides are lumped in with home health aides but are really separate categories of caregivers. These include companions,



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which may include preparing meals and housekeeping duties, doing shopping and running errands, escorting the patient to doctor's appointments. Companions need no certification or license, whereas home health aides must have at least 75 hours of training through a state-approved program and at least 16 hours of hands-on practical and clinical

training.

Personal care aides do the same thing as companions but also assist with more personal care, such as bathing and using the bathroom. Training requirements for personal care aides vary from state to state, but may include clinical training.

Certified nursing assistants are a step up, performing all

the same tasks as companions, personal care aides and home health aides. They can also help with medical procedures, such as performing basic wound care or inserting catheters. These professionals have at least 75 hours of training as required by federal law, including 16 hours of clinical training. Most states, however, exceed that, with some requiring as

many as 180 hours of training.

SIGNS YOUR LOVED ONE MAY NEED HELP

There are several signs that your loved one may need help at home. These include wandering away from home, leaving the stove on, not eating regularly, not bathing regularly, falling frequently or having difficulty walking without help.



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Women of today celebrate national Founder’s Day



photos by Carolyn Bertsch

The St. Joseph Women of Today celebrate U.S. Women of Today Founder’s Day July 1 with root beer floats at Coborn’s in St. Joseph. They are (left to right) Anita Smoley, of St. Stephen; Joye Weaver, of St. Cloud; Abby Witters, of St. Cloud; Jenise Teske, of St. Cloud and Frances Nelson, of St. Joseph.



photo by Carolyn Bertsch

Satisfied customers Norman and Peggy Lahr of St. Joseph head to their vehicle July 1 with groceries and a root beer float in hand.

New police officer sworn in Tuesday

At Tuesday night’s council meeting new recruit, Alexander Lyon, was sworn in by St. Joseph Mayor Rick Schultz.

contributed photo

New Police Officer Alexander Lyon is sworn in by St. Joseph mayor Rick Schultz.



Clark

from front page

tell’s middle school and high school. Jocelyn is about to embark on a career in real estate. When she was 16 years old, her mother suffered a debilitating stroke, causing Jocelyn to become her caretaker for many years. Her mother is now in a nursing home, but the Clarks hope to have her home again soon. Clark’s own mother is undergoing chemotherapy for cancer.

“I love to provide opportunities for kids,” Clark said. “Wrestling taught me discipline and hard work, and it was about the only sport my mother could afford when I was a kid. Wrestling helped keep our family together – my mom, my brother and me.”

Clark can be reached at 612-868-7157.




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photos by Leanne Loy
Old fashion cowboy shootout at the St. Joseph Fourth of July parade.



Cowboys smile for the camera.



Real old-fashioned cowboys smile for the camera as they strut their stuff at the St. Joseph Fourth of July parade.

amid patriotic salute, music tributes



Alexandria Marching Band



American Legion-St. Joseph colorguard begins the parade.



Find us on



The Newsleaders



A very powerful memorial to our soldiers who lost their lives for our country, in St. Joseph's Fourth of July parade.

St. Joseph Fourth of July parade prize winners

Our Lions 4th of July Parade In St. Joseph was a great success this year! Our Lion Team Members had fun working hard behind the lines getting all the entries ready to go down the parade route. It was a happy event that many were anxious

2021 Parade Prize Winners
Wow! Extreme!
1 Vietnam Wall Memorial
2 League of Women Voters
Best Dressed Business
1 Andy's Towing
2 St. Joseph Booster Club - Rocktoberfest
Classy Vehicles
1 Rock on Trucks
2 Opus Motor Car
Cool Youth
1 Granite City Gearheads
2 Church of St. Joseph-Parish Youth
Animals
1 Notch's Belgiums
2 -
4th of July Theme
1 Tomb of the Unknown Soldier Tribute
2 Miss Sauk Rapids
HM Great Northern Theatre
HM Ringsmuth Riders Unicycle Team
HM Knights of Columbus

to attend. We were genuinely surprised but so very pleased by the high turnout!

Our Lions thank the sponsors listed herein and say “Congratulations!” to our Parade Prize Winners – “Well done!”

Parade sponsors

Central Minnesota Credit Union
Pam's Auto, Inc
St. Joseph Mutual Insurance Co.
Coborn's in St. Joseph
Sentry Bank
Gene Scherer & Sons Trucking, Inc
Finken Companies (water for bands)
Styles, Cotton & Milbert PA
St. Joe Mini-Storage
St. Joseph American Legion Post 328
Dr. Aaron Boatz
Brenny Transportation
Kwik Trip

Blotter

If you have a tip concerning a crime, call the St. Joseph Police Department at 320-363-8250 or Tri-County Crime Stoppers at 320-255-1301 or access its tip site at tricountycrimestoppers.org. Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime.

June 5

12:01 p.m. Two-vehicle crash. First Avenue NW and Ash Street. Driver of vehicle two stated she was traveling north on First Avenue when driver of vehicle one pulled out from Ash Street W. and hit the driver’s side of her car. Driver of vehicle two had right-of-way, driver of vehicle one had a stop sign.

June 7

9:09 a.m. Harassment. Ash Street E. A resident reported she had a contractor look at putting in a fence when her neighbor yelled at her and threatened to

make their lives miserable. The resident said this is an ongoing issue.

June 8

8:02 a.m. Gas leak. College Avenue N and Minnesota Street. Dierkes Concrete struck a line while working on the sidewalk project. Xcel Energy was notified. Traffic was blocked on eastbound Minnesota and Mill Stream Loft apartments and businesses along that street were evacuated, along with the fire department. Xcel arrived on the scene to stop the leak.

June 11

3 p.m. Hit and run. CR 75 and Second Avenue NW. Complainant was driving back from Sauk Rapids when he came across a black Dodge Ram pickup, possibly a 2018. The Ram followed him and struck his vehicle and kept driving. The vehicle sustained damage on the passenger’s side fender and front bumper.

ADOPTION

ADOPTION. California couple promises newborn sunlit nursery in family friendly neighborhood. Secure future, educational opportunities, devoted grandparents, gentle pets. Generous living expenses paid. Ed and Danielle 1 (818)356-6981 or attorney 1(310)663-3467.(MCN)

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HEALTH & MEDICAL

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Friday, July 9

Coffee and Conversation, 9:30-10:30 a.m., Friday social, Heritage Hall, St. Joseph Catholic Church.

Burger and Brat Sale, sponsored by St. Joseph Knights of Columbus, July 16 & 17, St. Joseph Meat Market, 26 First Ave N.W.

Saturday, July 10

“Sing In The Summer,” hosted by St. John’s Boys Choir for boys and girls entering grades 3, 4 or 5 in fall 2021. Registration deadline July 10. Info and registration at www.sjbchoir.org or call 320-363-2558.

Sunday, July 11

Avon St. Benedict Parish Festival, 10-5:30 p.m., outdoor polka, 10 a.m. mass, Gene Ostendorf Band, food, bingo, meat and sports raffle, quilt auction and more! Visit thecentralminnesotacatholic.org for more information.

Monday, July 12

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.

Millstream Night Market, 5-9 p.m. Monday evenings through Aug. 30. Good food, great music, fine art and hands-on arts activities! Downtown St. Joseph.

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

St. Joseph Township Board, 7 p.m., Township Hall, 935 College Ave. S., St. Joseph.

Tuesday, July 13

Sartell Chamber of Commerce, 11:30 a.m., Sartell Community Center, 850 19th St. S., Sartell.

Wednesday, July 14

St. Cloud Schools Board of Education Agenda Planning Committee, 8 a.m., 1201 S Second St., Waite Park.

Breakfast Club, 9 a.m., Stearns History Museum, 235 33rd Ave. S., St. Cloud. Space is

limited, call the museum at 320-253-8424 to register. Registration deadline is Tuesday, July 13. Free for members; nominal fee for nonmembers.

Frozen Meal Distribution, 9:30-11 a.m., Sartell Community Center, 850 19th St. S, Sartell. Non-income based, participants must be 60 + and live in a local county. Call 320-229-4584 with questions.

St. Joseph Chamber of Commerce, 11:30 a.m., visit stjosephchamber@gmail.com to register.

St Joseph Y2K Lions Club, 6:30 p.m., St. Joseph Community Fire Hall, 323 Fourth Ave. NE.

Thursday, July 15

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Advanced registration required to attend in person; call Anna at 320-258-7324.

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.

Friday, July 16

Burger and Brat Sale, sponsored by St. Joseph Knights of Columbus, 10 a.m.-4 p.m., St. Joseph Meat Market, 26 First Ave. NW.

Saturday, July 17

Burger and Brat Sale, sponsored by St. Joseph Knights of Columbus, 10 a.m.-4 p.m., St. Joseph Meat Market, 26 First Ave. NW.

Community Meal, 11:30-12:45, drive-by and pick-up style, First United Methodist Church, 1107 Pinecone Road S, Sartell.

Monday, July 19

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.

Millstream Night Market, 5-9 p.m. Monday evenings through Aug. 30. Good food, great music, fine art and hands-on arts activities! Downtown St. Joseph.

St. Joseph City Council, 6 p.m., Government Center, 75 Callaway St. E.

Tuesday, July 20

Sherburne County Board, 9 a.m., 13880 Business Center Drive, Elk River.

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

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

Wednesday, July 21

FREE online Alzheimer’s education classes, noon-1 p.m. New content every other Wednesday through July 21. Registration is available online at: https://mailchi.mp/edge-woodhealthcare/alzheimerseventseries or by phone at 701-330-2626.

Thursday, July 22

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Advanced registration required to attend in person; call Anna at 320-258-7324.

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.



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Opinion

Our view

Therapy is, or should be, for all

The idea a therapist is only for people who are “crazy” is a sentiment we desperately need to put to rest.

According to the National Institute of Mental Health, 51.5 million Americans were living with mental health issues in 2019 alone. It’s becoming more and more common to hear people talk about their anxiety or depression issues which gives us a clue that as a society we are becoming more accepting of these issues and are on the right track to end the stigma. So why then, are some of us still refusing to see a therapist?

The answer is not so simply defined. Some people feel shame. We still live with this idea seeking mental health therapy is unnecessary and makes us weak. There’s nothing shocking when a friend, family member or co-worker mentions they have a doctor’s appointment. In fact, preventive help is encouraged. But it’s still not as normalized to mention you have an appointment with your therapist. And that needs to change, especially when you consider the stressors we have today.

For others, they lack the resources that are needed to be able to afford the care. It’s true, our health insurance doesn’t cover mental health like it does our physical health. Therapy tends to be looked at as more of a privilege than a necessity. In truth, how physically healthy can you really be if your mental health is suffering?

We see the signs, we read the cute inspirational quotes to listen to your neighbor and be there for your family and friends; and yet, so many of us are still afraid to speak out when we are not feeling mentally well. Nobody wants to burden others with their tales of woe as we know everyone has their own struggles. But that’s why we need to normalize this, that’s why we need to seek a therapist as we would a family doctor. The isolation that comes with feeling like you are a burden or that what you are going through is “not that bad” and others have it worse off, can be suffocating, until you realize most of us have felt this way at some point in our lives.

Therapy isn’t for the weak, it’s not for the “crazies.” It’s there for everyone and should be available and utilized as such.

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.) Letters must be 350 words or less. We reserve the right to edit for space or to not publish.

Supporting local means supporting local newspapers

Dean Ridings, CEO

America’s Newspapers

Guest Writer

As we continue to emerge from the pandemic, there’s a sense of relief and optimism that things will return to normal. Long-awaited family gatherings, birthday parties and graduation ceremonies are finally happening in person. Sporting events have fans in the stands, airports are busy, and we all are in the process of reclaiming those elements of life we’ve missed the past year.

However, with that optimism is the reality of the impact the pandemic had on local communities. Local businesses that struggled through the past year, if they were able to stay in business at all, are still trying to recover and regain lost revenues. These locally owned restaurants, shops and services are vital to our economy and provide valuable jobs and important resources. Whenever you can, please Shop Local and Eat Local.

You can add your local newspapers to the businesses that need your support. During the pandemic, newspapers provided the critical information needed to protect the health and safety of their readers. And, that level of



commitment has continued with the most relevant information about vaccines and plans for schools to return to normal in the fall.

The importance of local newspapers reaches well beyond the pandemic. Local newspapers cover the issues most important to their communities. From crime to local schools to local government, readers can rely on their newspaper to provide the latest news that will impact them directly. Without vibrant newspapers, cities and towns across the country would surely suffer.

Newspapers were hit hard during the pandemic, just like other businesses. Advertising revenue, which was already in decline, dropped significantly. While more readers turned to newspapers and their websites for information than ever before, that didn’t generate enough additional revenue to bridge the gap. The result is that newspapers need your support now, more than ever.

Fortunately, the importance of newspapers is being recognized in Washington. Legislation has been

Support • page 11

Teaching all of our history is important

Connor Kockler

Guest Writer



we already have or want to believe. History is something that objectively happened, events occurred, people took actions that were recorded. But since there is no way to learn everything that happened, what we choose to highlight takes on such important meaning.

This is where we get into our current debate. American history has highs: the idealism of the Declaration of Independence, defeating totalitarianism in World War II, putting a man on the moon in the Space Race. It also has terrible lows: the institution of slavery and the Civil War, segregation, discrimination and violence against fellow Americans based on the color of their skin. Looking at all of these events, people can come to many different conclusions, sometimes negative, about how they view America. It often depends on how these events and trends affected them and their family history.

True, talking about the bad in our history can be discouraging or even downright shocking to hear. It can shake our faith to hear of atrocities such as the Tulsa Race Massacre, Native American boarding schools or the violent opposition Black Americans faced during the Civil Rights

movement merely attempting to be treated as equal citizens. And if you haven’t read about these and many other events in our history, I would encourage you to learn more. But the bad in our history ultimately serves a strong purpose in teaching us where we have gone wrong in the past, and what we need to change moving forward.

This is where “patriotic education” falls short. If we only teach our young people the good parts of American history, we are failing to account for the wrongs that were done, the imperfections our nation has. If we teach our young people our nation can do no wrong, then we are ill-preparing them for the real world. If we think we can do no wrong, how can we ever stop and consider whether what we are doing is right, learn from mistakes and improve over time?

Being truly patriotic doesn’t mean unquestioningly believing everything about our country is great. Being a true patriot is recognizing the good and the bad and striving for our country to truly live up to the values it was founded on. Liberty and justice for all shouldn’t be just a slogan. And if we don’t teach ourselves about all of our history, we won’t be equipped with the knowledge required to truly make liberty and justice for all a reality.

Connor Kockler is a student at St. John’s University. He enjoys writing, politics and news, among other interests.

Have an opinion? Share it: news@thenewsleaders.com

Support

from page 10

introduced to help protect newspapers from the business tactics of Big Tech companies that often use newspapers’ content without compensation. On June 16, the Local Journalism Sustainability Act was introduced as a bipartisan effort to recognize and protect local newspapers and the journalists who deliver valuable content.

The LJSA is unlike other bills in that it delivers benefits to readers and advertisers for supporting newspapers. Subscribers will be able to get a tax credit for their subscription, local businesses can get tax credits for advertising in newspapers and other local media, and newspapers would receive tax credits for their newsroom employees.

These legislative efforts deserve your support and the

Cultural Connections

‘It’s the people who are most special’

by Sister Karen Rose, OSB

Sister Karen Rose was born and raised in England. She entered St. Benedict’s Monastery in 2007 and made perpetual monastic profession in 2012.

“What do you love about your birth country?” is the first question Sister Renée Domeier posed when giving me clues about how I might approach sharing with the St. Joseph community what it’s like to be an English person living here.

“After a moment of total blank out, I started to think of all the things I love and miss: the sound of the sea, the smell and taste of fish and chips, the many old, beautiful buildings ranging from quaint thatched cottages to imposing medieval cathedrals, the excellent public transportation system and England’s closeness to Europe, which makes it easy and relatively cheap to hop over to Europe and experience other countries, languages and cultures on a fairly frequent basis

“Most of all, I love the people. At their best, English people are polite, welcoming, gracious in times of pressure and concerned for the needs others.

“That last comment leads me to what I would like to see change in England to make it even better. It’s been about 14 years since I moved to

support of your government representatives. Contact your congressional representative and ask them to co-sponsor and support the Local Journalism Sustainability Act that ensures newspapers continue to serve their readers and advertisers.

And, while you Shop Local and Eat Local, we encourage you to continue to Read Local and subscribe to your local newspaper. Supporting your newspaper is one of the best things that you can do to directly strengthen your community.

On behalf of its approximate 1,500 newspaper and associate member companies, America’s Newspapers is committed to explaining, defending and advancing the vital role of newspapers in democracy and civil life. We put an emphasis on educating the public on all the ways newspapers contribute to building a community identity and the success of local businesses. Learn more: newspapers.org.

the United States of America; during this time, England has become much more inward-looking and less tolerant of people who are different. This attitude isn’t representative of the England I know and love, and I live in hope that there are enough open-minded people still living there to turn things around to make a place that looks outward, welcomes the world and takes pride in being part of something bigger.

“When I turn to the United States, especially the Midwest, I immediately think of how I love the big skies, hamburgers, frozen custard, the endless prairies, cute clapboard houses and the sense of being a young, vital country (I think it really helped getting rid of the monarchy – well done!).

“Once again, it’s the people who are most special; I’ve truly experienced ‘Minnesota nice.’ I love the way you have forged a unified country from so many different geographical, cultural, religious and ethnic backgrounds. I hope you can go on doing that because it’s an example to the world.

“If I had to express a fear for the United States in the future, it’s that you’ll forget that, with the exception of native Americans, the country is made up of families who all trace their lineage back to someone who immigrated here. You’ve proven the melting pot has great potential, keep going forward, don’t slip into becoming suspicious of anyone who seems different. You’re a big country, you’re big-hearted people and there’s room for everyone!”



Tri-CAP’s Transit Connection provides safe, dependable, affordable and courteous transportation services for the general public in rural Benton, Mille Lacs, Morrison, Sherburne, and Stearns Counties.

Bus Drivers Wanted

We are looking for compassionate, enthusiastic, caring and dependable individuals to fill the following Bus Driving positions within our service areas:
Lead Driver – Waite Park – starting wage is \$21.83/hour plus benefits

Responsibilities:

- Supervision of drivers – assign duties, schedule route, evaluate performance, coach, and conduct necessary correction action.
- Assist in hiring, training, and orientation of staff.
- Approve time off requests, verify timesheets, ensure staffing and scheduling operations
- Fulfill regular bus driving duties
- Understand, model, and enforce all agency & department policies/procedures.
- Supervise completion of regular bus inspections, maintenance/repair & manage bus facility/grounds

Full-time, Part-time & Relief Driver opportunities available:

We have a variety of route schedules available in each community we serve and we provide comprehensive training!
•FT & PT Bus Drivers in Little Falls, PT in Elk River, PT in Milaca, Relief opportunities in all locations.
•Starting wage is \$17.88/hour

Primary responsibilities include:

- Safely operate bus on assigned route, staying on schedule and providing excellent service to customers.
- Assist passengers as needed with mobility aids and are secured properly.
- Conduct daily and weekly vehicle inspections and report defects to Lead Driver.
- Complete paperwork related to bus operation and passenger concerns.
- Be responsible for daily pre-trip, post-trip, cleaning and bus maintenance.

Qualifications:

- CDL with a passenger endorsement, MNDOT medical exam card, or ability to obtain
- Pass a DMV and criminal background check; pre-employment drug screening and random testing
- Excellent customer service and communication skills
- Proficient with computers, navigation technology

To apply:

For application materials, call 320-257-4511 or email hr@tricap.org, or apply online at www.tricap.org. Positions are open until filled.

Operations Manager- Safety & Training Wanted

We are looking for an enthusiastic and caring individual who is organized, committed to excellent customer service, teamwork and can manage a busy workload. Primary responsibilities for this **full-time, exempt position located in our Waite Park location** include:

- Training & supervision of Lead Drivers in assigned transit sites.
 - Develop & implement safety and training plans for Transportation department staff.
 - Develop & maintain procedures for driver qualifications per FTA policies
 - Monitor security camera systems on buses and review for safe driving practices, driver performance, consumer complaints, and accidents.
 - Develop and monitor a system to ensure proper maintenance of all transit facilities.
 - Evaluate service delivery, assesses equipment, routes, and schedules for deficiencies and makes effective-plans and recommendations to improve service delivery.
- Annual salary: \$50,000+, excellent benefits.

Qualifications:

- Bachelor’s Degree with two (2) years’ of experience in social service setting preferred or a combination of five(5) years’ experience and education.
- Current CDL driver’s license with passenger endorsement/ability to obtain. Bus driving experience preferred.
- Two years of supervisory experience.
- Strong written and verbal communications skills.
- Proficiency in Microsoft Office Suite and agency software programs.
- Ability to develop and maintain program budgets.
- Ability to pass criminal background check and DMV check.
- Knowledge of the Drug and Alcohol Policy and regulations in order to make reasonable suspicion determinations to recognize signs and symptoms of drug and/or alcohol misuse.

To Apply:

For application materials, call 320-257-4511 or email hr@tricap.org, or apply online at www.tricap.org. Position is open until filled.

Scheduling/Dispatch Coordinators Wanted

We are looking for enthusiastic and caring individuals who are committed to excellent customer service, teamwork and can manage a bustling work environment and varied workload with a calm demeanor and positive attitude. We have full-time (40 hours/week) and part-time (25 hours/week) positions in our Waite Park location.

Responsibilities include:

- Answer incoming calls from customers, providing excellent customer service
- Schedule rides and assign to appropriate bus routes using navigation software
- Communicate trip assignments using technology, monitor routes and work with drivers to improve efficiencies and customer service
- Starting wage is \$17.01 per hour, plus benefits and comprehensive training!

Qualifications:

- Associate’s degree in business and three years of relevant administrative experience, or a combination of five years education/experience
- Excellent verbal communication skills and customer service skills
- Highly proficient with Windows office products
- Ability to maintain concentration in a multi-person office setting with frequent interruptions
- Familiar with navigation/mapping technology, preferred
- Must have availability Monday-Saturday and 6am-6pm

For application materials, call 320-257-4511 or email hr@tricap.org, or apply online at www.tricap.org. Positions are open until filled.

The mission of Tri-CAP is to enhance and expand opportunities for the economic and social well-being of our residents and our communities.

www.tricap.org | general@tricap.org | (320) 251-1612 or (888) 765-5597 | 1210 23rd Ave South, Waite Park MN 56387
EOE/ADA/AA

Payday Loan Alternatives

During tough economic times, payday loans can be very attractive to consumers, with relatively easy qualifying and quick access to cash.

According to Forbes, in 2019 about 19 million people took out a payday loan. The costs, however, can be considerable, and while payday loans are better regulated now than in the past, they can still trap borrowers into a cycle of high-cost debt that's hard to break.

KNOW THE COSTS

The most important consideration when taking a payday loan is knowing the true costs. A payday loan is typically in the amount of \$100 to \$1,000, with an initial term of two weeks to repay, with fees of \$10 to \$30 per \$100 borrowed, with \$15 being common.

The Consumer Financial Protection Bureau says, however, that about 80% of payday loans don't get paid off in the original two weeks. A \$300 loan could cost \$390 to pay off in just four weeks. As an annual interest rate, that's nearly 400%. A Forbes investigation found that some borrowers pay even more, at the equivalent of 500% per year. Payday loans come with late fees and rollover fees that



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increase your costs.

Also be aware of fees you might be charged when you have your funds loaded onto a prepaid debit card. There could be fees for adding funds, checking your balance, calling customer service or simply using the card. There also could be a monthly fee.

BREAK THE CYCLE

If you're stuck in a cycle of rolling over a payday loan, your state might provide relief. Some state laws require payday lenders to offer extended repayment plans to consumers facing financial difficulties. Check with your lender and your state finan-

cial regulator for details. Be sure to also check into the fees associated with such an arrangement.

LOOK ELSEWHERE

The CFPB recommends looking elsewhere for financial assistance before taking a payday loan. Options include

asking family or friends, tapping into employer, non-profit and community programs that offer cash advances or emergency credit, taking a personal loan at a bank or credit union, using a credit card, and negotiating with a creditor or debt collector to lower the amount you owe.



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