

# Reaching Everybody! Newsleaders

Friday, July 9, 2021  
Volume 26, Issue 14  
Est. 1995

**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 online 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](mailto:mkrippner@unitedwayhelps.org).

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**INSERT:  
Drakes  
at Country Manor**

## ‘Optimistic’ Ridlehoover looks ahead to ‘normal’ school year

by Mike Knaak  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

When he shares his vision for the coming school year, Jeff Ridlehoover's eyes light up when he talks about Friday night football games with athletes and families coming together, music concerts, full classrooms and a return to a normal school year.

"I'm very optimistic about this school year," said Ridlehoover, Sartell-St. Stephen's new superintendent. "Normal is going to be great. A normal start will be welcomed by a whole lot of people" after a year of hybrid, distance and in-person learning.

Ridlehoover, who was the assistant superintendent in the

Mounds View district, officially started his new job on July 1, replacing Jeff Schwiebert, who served seven years. Ridlehoover has been busy setting up meetings with local groups and officials. As he meets the community, he wants people to know he's an "incredibly optimistic, positive person. Education is a people business," he said.

In addition to leading the district back to a more normal school experience, Ridlehoover and the board will begin work on writing a strategic plan and implementing an equity plan.

Updating the district's strategic plan was put off while the district was hiring a new superintendent.

The work will begin immediately.

Optimistic • page 2



photo by Mike Knaak

**Superintendent Jeff Ridlehoover officially started his new job July 1.**

## Sartell hits it out of the park on Town Ball Tour

by Dennis Dalman  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

Sartell residents' long-time love of baseball was in the spotlight June 30 when Fox 9 TV News featured the city on its Town Ball series.

Sartell was one of seven Minnesota cities honored in the Fox 9 Town Ball programs that focus on those cities, their strengths, unique features and in particular their athletic parks and baseball programs.

In a nod to Town Ball recognition, Sartell Mayor Ryan Fitzthum had earlier proclaimed June 30 "Day at the Diamond" in honor of the city's teams, athletes, coaches and volunteers.

The culmination of the TV coverage was the live-streaming of a baseball game featuring "Sartell vs. Sartell" – that is, the Sartell Stone Ponies v. the Sartell Muskies, the city's two Class C amateur baseball teams. The Muskies won the

game hands-down 12-0, with a no-hitter of nearly seven innings pitched by long-time ace southpaw David Deminsky. He struck out 15 batters through a total of 104 pitches. So far this season, the Muskies have won 21 games and lost none.

The Muskies scored all their runs in the first three innings – 5 in the first, 3 in the second, 4 in the third.

Throughout the hot-and-humid day, Fox 9 news reporters and videographers conducted extensive interviews at St. Cloud Orthopedic Field in Sartell. The interviews aired throughout the day on Fox 9 News before the game began at 7 p.m. with the opening pitch thrown by Mayor Fitzthum, much to the delight of the fans who packed the bleachers.

In the afternoon, many young children at the ballpark had lots of fun during a "youth baseball clinic," learning skills and shooting off steam in ram-

Tour • page 7



contributed photo

**On June 30, hours before the big Town Ball Tour game began, the managers of two Sartell teams were interviewed by two Fox 9 TV news anchors. Jeff Amann, manager of the Sartell Stone Ponies is at far left. Randy Beckstrom, manager of the Sartell Muskies, is next to Amann. The interviewers were Randy Meier and Alix Kendall.**

## Sabres baseball team places fourth at state

by Dennis Dalman  
[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

After a swift winning streak, the Sartell Sabres varsity baseball team made it all the way to state Class AAA championship competition in mid-June where it took fourth place.

The Class AAA champions are the Mathotmedi Zephyrs, who whopped the Grand Rapids Thunderhawks 20-3 for the win at Target Stadium. The Zephyrs won the championship once before, in 2018.

In the Section 8AAA games, Sartell defeated Little Falls,

Detroit Lakes and Alexandria and entered state play.

Right after the state semi-finals, Sartell was in third place after losing to Albert Lea and Mahtomedi. Then, on June 16, in the third-place game versus the St. Thomas Academy Cadets, Sartell lost by one point after an edge-of-the-seat tug-of-war, with the ongoing score going back and forth with dizzying speed. But, finally, just one run by St. Thomas Academy sealed the deal, and St. Thomas Academy won for third place: 16-15.



# Optimistic

## from front page

diately on the strategic plan, he said, with a process that engages the community and the board to chart a short- and long-term vision for the district so there’s “no confusion about what our mission is.” That roadmap, he said, should

chart teaching and operations and include checkpoints along the way. A plan for education equity should be “braided in” to the strategic plan, he said. Equity Alliance MN presented its long-awaited report and recommendations at the June 21 Sartell-St. Stephen School Board meeting. During the open forum period, 12 people, mostly opposed to the equity effort, spoke.

Equity Alliance staff outlined findings of their study that included reviewing data, focus groups with students, staff and community members, and observations of the district’s schools. The district’s effort to address equity, which promises that each student, particularly students of color, receive the support needed to be successful in school, picked up support following last summer’s killing of George Floyd. During a listening session in June 2020, students and parents shared stories of racism and hurtful comments about religion and gender. The next step in the equity mission will be for the board to consider the report’s recommendations and, working with Equity Alliance, formulate a

plan for the district. Ridlehoover said he’s impressed with the district’s families who are engaged in the equity effort. He said he’s had “respectful conversations with people with different opinions. The questions being asked are good questions and they are raised respectfully,” he said. In developing a policy, he said, “transparency and community engagement are huge. We need the community to have a well-run school district. “Dignity and humanity need to prevail, and we need agreement around that,” he said. “How does that play in the classroom? Our agenda is an instructional agenda, not (to) indoctrinate with a political agenda.” Equity Alliance’s report re-

vealed a desire for more student voices as well as students who felt anxiety over pressure to excel. “We need to find out what each and every kid needs,” Ridlehoover said. “How do they learn best? We need to teach to standards, but there’s a lot of ways to do that.” He cautioned that results take time and include training and teacher development, stressing teacher and student involvement in the plan. “People own what they create,” he said, rather than top-down directives. More than a year of students isolated at home, instead of social connections with peers and teachers in the classroom, have added to students’ mental health challenges. The pressure kids feel to succeed comes from peers, parents and social media...rather than the school, he said. The solution, he believes, is to get kids involved especially at the high school. “Let them know we care about them as people and how they are interacting with the world.” That interaction includes discussions about expectations. Ridlehoover said he plans to block out time to be in the schools. “Kids are going to see me.” Before those classrooms are full, Ridlehoover will be connecting this summer. “I don’t turn down meetings. I love that stuff,” he said. “I appreciated the warm welcome and the people who have reached out.”



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*Reaching Everybody!*

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[www.thenewsleaders.com](http://www.thenewsleaders.com)

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# Wrestling opened the big wide world to Clark

by Dennis Dalman  
news@thenewsleaders.com

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 putting 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.

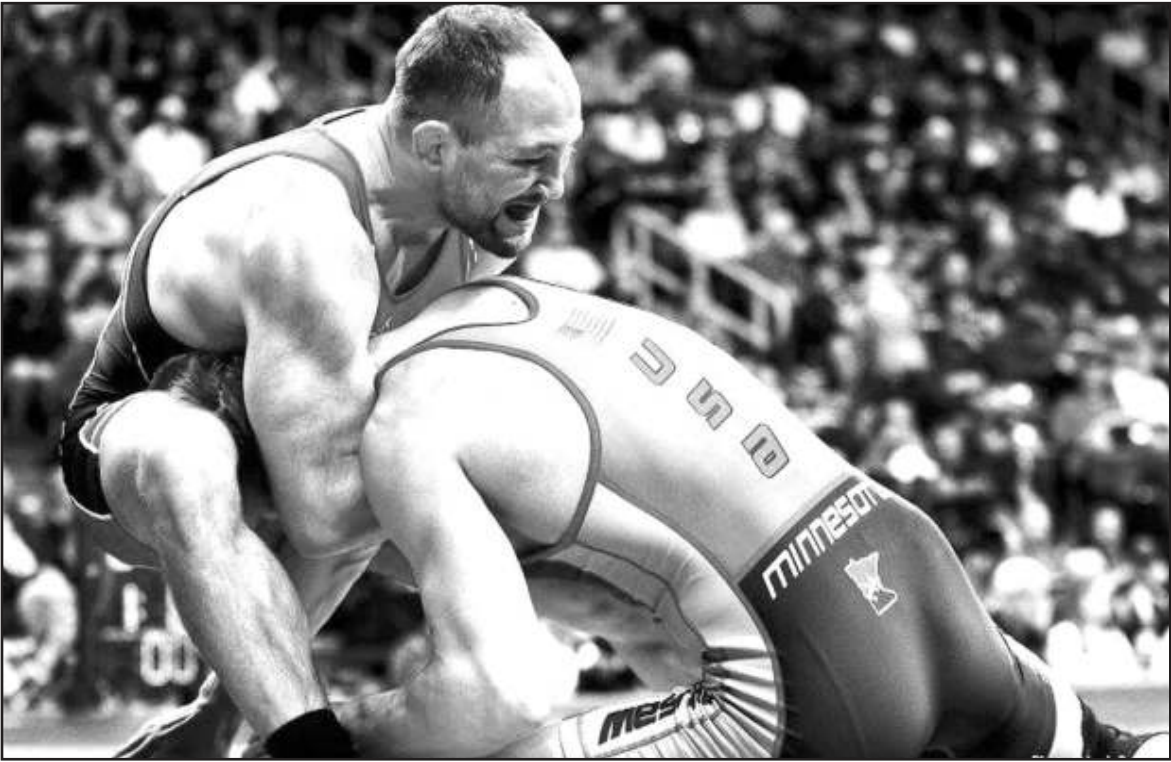
“I’m a lucky guy,” Clark said. “The sport just clicked with me at 4 years old. I was a two-time high-school state champion in Minnesota and was undefeated in my junior and senior years. After that, wrestling opened up the whole world to me. When I was young, I never thought I’d be able to go to do all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



contributed photos

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

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 chil-

dren attend school at Sartell’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,

**Clark • page 11**

# 19th Avenue reconstruction study approved

by Dennis Dalman  
news@thenewsleaders.com

An extensive, expensive feasibility plan for the reconstruction of Sartell’s 19th Avenue South was approved unanimously by the city council at its June 28 meeting.

Jon Halter, a city engineer and employee of the Short Elliot Hendrickson engineering firm in St. Cloud, presented the plan to the council.

The total cost of the project is estimated at \$7.6 million,

although the city would be responsible for \$863,000 of the cost. The other costs would be borne by other sources that would include assessments of property in that area, state-aid funds (\$4 million) and federal-aid funds (\$1.91 million.)

The project would involve redoing 19th Avenue South from CR 4 to CR 133 (aka 6th Street S.) The entire road and its surface will be rebuilt to 10-ton capacity, widening the current 24-inch-wide road to 45 feet, adding left-turn lanes, a grass

boulevard and extensive water/sewer line improvement or additions all along the way. A hill in that area, currently a safety-visibility concern, would be lowered by a few feet.

A bike trail will be added on the west side of the roadway. The partial bike trails currently there, now in a state of deterioration, will be redone.

There will also be additional lighting and at least one or two push-button pedestrian crossings installed.

Nineteenth Avenue South is

now a road that cuts through mainly empty, rural land. The project takes account of the likelihood those areas (both in the township and within the city limits) will be developed sooner or later, and the plan calls for a design that would involve convenient ways to extend utilities, such as water and sewer, to areas when they are developed.

There are two basic kinds of assessment for the project: “potential future assessments,” meaning those areas of land not yet developed in the township

areas; and “deferred future assessments” that refers to property within city limits that has not yet been developed.

It will require the acquisition of 17 easements for the project to take place, and engineer Halter said he and others have already begun communicating with landowners for the easements.

The project could start as early as spring of 2022.

A public hearing about the plan will take place at the July 26 city council meeting.



## Blotter

*If you have a tip concerning a crime, call the Sartell Police Department at 320-251-8186 or Tri-County Crime Stoppers at 320-255-1301, or access its tip site at tri-countycrimestoppers.org. Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime.*

### June 15

7:19 p.m. Unwanted. First Street NE. Officers were called to an unwanted party pacing in front of their business for more than 30 minutes. The unwanted party was described as a male with long hair and no shirt and scaring customers. The officer made contact with the male and identified him. The officer was informed by dispatch that the party had two misdemeanor warrants, but due to Covid restrictions the county would not place a hold. The male was escorted off the property and did not return.

### June 16

6:30 p.m. Theft from vehicle. 10 Street S. An officer was dispatched to speak to a complainant who stated his vehicle was broken into. The officer found the vehicle had been broken into overnight or in the early morning hours. The owner stated he noticed the driver’s side door had been bent. Stolen from the vehicle was a MacBook, \$800 cash and Jordan tennis shoes, total loss was \$2,650. The owner of the vehicle was notified that someone had come into his place of employment and attempted to use a stolen credit card. The complainant thought this may be related to this case. As the officer was still on scene the employer came to the residence and showed the officer still shots of the suspects and vehicle. The officer confirmed the suspect and vehicle used were most likely involved in a theft of a vehicle and other thefts from vehicles reported in the city.

### June 17

2:06 a.m. Suspicious vehicle. CR 120. While on routine patrol, an officer noticed a car parked at the park after hours. Further investigation found the vehicle was left unlocked with the keys in the ignition, and no one was around. The last registered owner was contacted and told the officer they had sold the vehicle over a year ago and no longer had buyer’s information.

### June 18

10:36 p.m. Assist agency. Riverside Avenue N. Sartell officer assisted Stearns County on a call that originated in the city for loud music. Homeowner was asked to turn down the loud music. The homeowner did without issue.

### June 19

2:03 a.m. Assist agency. St Germain St W. St. Cloud Police Department requested officers to assist with bar close. A large fight outside one of the bars had St. Cloud units tied up. Most people had dispersed by time the Sartell officer arrived in the area. The officer patrolled downtown area until cleared by St. Cloud Police.

### June 20

10:53 a.m. Crash. Hwy 15. An officer was dispatched to a crash. Dispatch had informed the officer prior to arrival that there were no injuries and vehicles were not blocking traffic. One of the drivers stated the light was green, the vehicle in front of her started moving but stopped and that is when she rear-ended them. Both parties had the same story. The officer took photos and completed the state report.

### June 22

1:37 p.m. Vandalism. Fifth Street N. The Sartell Police Department received an emailed complaint that a residence had been vandalized. The complainant stated in the email that minor damage occurred when someone threw a can of baked beans at their garage door. The complainant attached photos of the incident for the officer. When the officer tried contacting the complainant, they were unable to reach them, an email was sent back to the complainant. Nothing further by the officer unless more information is brought forth.

### June 17

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### June 23

8:07 p.m. Suspicious activity. Evergreen Drive. An officer was dispatched to a report of a male wearing a Vikings jersey who appeared to be freaking out and under the influence of a substance. The male was in front of the store and on a silver bike. When the officer arrived, they were unable to locate the male or the bike.

### June 24

2:30 a.m. Suspicious activity. Sunset Avenue. An officer was dispatched to a call of a male selling meth out of a maroon Ford Mustang. Dispatch also informed the officer that the caller was screaming at them and was not cooperating with their questions. The officer arrived in the area, was able to find a maroon Ford Mustang but the vehicle was unoccupied. The officer did a license-plate check on the vehicle and found it was parked near the registered owner’s address.

### June 25

9:26 p.m. Loud music. 16th Street S. An officer was dispatched to a complaint of loud music from an unknown address nearby. The officer arrived in the area and found the music to be coming from an event at Whitney Park in St. Cloud.

### June 26

11:04 a.m. Theft. CR 120. An officer was dispatched to a business for an iPhone that had been stolen. The complainant stated the phone had been in her purse and the purse had been on her shoulder. The officer told the complainant to try and track the phone using the tracking application on the phone and a computer. Twenty minutes later the officer received a call that the phone had been located.

### June 27

1:46 a.m. Intoxicated person. Corrine Creek. An officer was dispatched to the address for an intoxicated male who had entered a home and was trying to go upstairs. The homeowner made the male leave and called 911. The caller stated the male appeared intoxicated and was now laying outside the complainant’s front door. The officer arrived and found the intoxicated male had been dropped off by a Lyft driver at the wrong house. The officer found a sober party to take care of the male for the evening at the right address.

### June 28

5:11 p.m. Theft from vehicle. Eighth Street N. An officer was dispatched to a home for a vehicle that had been entered some time overnight and a wallet was missing. The complainant stated a wallet, credit cards and some cash was taken. The vehicle had been left unlocked. The credit cards were cancelled before being fraudulently used.

### June 29

10:22 a.m. Special detail. First Street NE. An officer worked special detail providing traffic control for the Country Manor parade that is put on for the seniors living at the facility. An officer drove a squad car, along with the Sartell fire marshal who drove a firetruck in the yearly parade.

### June 30

20:13 p.m. Assist agency. CR 4. Dispatch was notified of a vehicle stalled in the middle of the roadway. It was a traffic hazard, and no Stearns County units were nearby. A Sartell officer was requested to respond to assist with traffic control. Two Sartell units responded and directed traffic until the vehicle could be safely removed by a tow truck.

### July 1

10:51 p.m. Neighbor dispute. Lowell Lane. An officer was requested to call a resident who made a complaint that his neighbors were deliberately shining a light into his home. The officer spoke to the complainant and he stated he was unsure if the light was currently being shone into his home, as he was in a different room now. The officer drove in the area and found a bright motion detector light two residences over, but the light was not being directly pointed at the complainant’s home. The officer called the complainant back and informed him of his findings.

Blotter • page 9

## Obituary

### Karen Rogers Weaver Sartell

July 15, 1943-June 18, 2021



Karen (Rogers) Weaver, 77, of Sartell, died June 18 at her home surrounded by her family. There

will be a Celebration of Life from 1-4 pm. Saturday, July 24 at Westside Learning & Events Center, 1001 Second St. S. #1005 in Sartell.

Weaver was born July 15, 1943 to Eleanor (Hanson) and Allan Rogers in Alexandria, Minnesota. She graduated from Jefferson High School in Alexandria and St. Cloud School of Nursing. She worked at the VA Hospital and then continued her career and retired from the St. Cloud Hospital after 31 years. Weaver was a member

of Celebration Lutheran Church in Sartell. She was a volunteer at Quiet Oaks, a member of the St. Cloud Hospital Auxiliary and a member of the St. Cloud School of Nursing Alumni. She enjoyed playing cards (nickels) with family and friends, spending time with her grandchildren, reading, baking and hosting holiday parties with friends and family.

Survivors include the following: her children: Eve (John) Chisholm, Tara (Jon) Mendel and Brett Weaver, all of Sartell, and Hallie (Randy) Dufner, Melrose; her stepchildren; Bob Weaver (Debby) of Sauk Rapids, and Tom Weaver (Debbie Marshik) of Little Falls; 20 grandchildren; nine great-grandchildren; and her beloved sister Rosalyn (Jerry) Fritz of Sartell.

She was preceded in death by her husband Larry, her brothers Greg and David, her stepson Ronnie, and her parents.

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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.

Dogs - 24; Puppies - 6; Cats - 38; Kittens - 34; Fish - 2; Rabbit - 1; Guinea Pigs - 7; Parakeets - 3



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## People

**Five Sartell students** recently graduated from North Dakota State University, Fargo.

They are the following: **Rachel Johnson**, a doctor of pharmacy degree; **Sam Brown Krauel**, a doctor of pharmacy degree; **Bailey Offerdahl**, a bachelor’s degree in pharmaceutical sciences; **Mitchell Rolek**, a bachelor’s degree in psychology; and **Benjamin Yelle**, a bachelor’s degree in mechanical engineering.

Offerdahl, Rolek and Yelle graduated with honors. A student must earn a minimum 3.5 grade-point average to graduate with honors.

**Five Sartell graduates** are scholarship recipients of the St. Cloud Area Chamber’s “Unite for Success” program. The “Unite for Success” program has awarded

38 scholarships totaling \$20,450 to graduating seniors from 19 Central Minnesota high schools. Scholarships were made possible by donations from 40 local businesses. Sartell Area Scholarship Winners include the following:

**Emily Houge** plans to study at the College of St. Benedict – awarded Coborn’s/Cash Wise scholarship.

**Christa Weide** plans to study at Gustavus Adolphus College in St. Peter, Minnesota – awarded DeZURIK scholarship.

**Deborah Ufearo** plans to study at the University of Wisconsin-Madison – awarded DeZURIK scholarship.

**Will Yu** plans to study at St. John’s University – awarded Insight Eye Care scholarship.

**Brooke Andel** plans to study at Minnesota State Universi-

ty-Mankato – awarded PineCone Vision Center Health Education scholarship.

One-hundred percent of the contribution is given to the student. All contributions for the Unite for Success Scholarship Program are designated through the St. Cloud Area Chamber Foundation, a non-profit foundation, and are therefore tax deductible. The St. Cloud Area Chamber Foundation began in 2013 to educate and prepare the next generation of business professionals in Central Minnesota.

**Two Sartell students** were recently named to the spring dean’s list at South Dakota State University, Brookings. They are **Rylee Molitor** and **Shauna Schmidt**.



# 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 pedia-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 attrac-tive to you.

Dental hygienists work with the dentist to meet patients’ oral health needs. States each have their own rules and regu-lations 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 treat-ment procedures.
- Take and develop X-rays.

- Take the patient’s medical history and vital signs.

- Develop infection control protocols and sterilize instru-ments and equipment.

- Help patients feel comfort-able before, during and after treatment.

- Teach appropriate oral hygiene.

- Take impressions.

- Perform office manage-ment duties.

- Communicate with both patients and suppliers.

Dental lab technicians work behind the scenes, working with a dental care team to cre-ate dentures, bridges, crowns, veneers, orthodontic appli-ances 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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Pediatric Dentist

Board Certified, American Board of Pediatric Dentistry Member, American Academy of Pediatric Dentistry



Ashley Turrittin, D.D.S.  
Pediatric Dentist

Board Certified, American Board of Pediatric Dentistry Member, American Academy of Pediatric Dentistry



## 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,

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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# Tour

## from front page

bunctious commotion as a TV reporter did brief interviews with them.

Fox 9 reporters remarked several times at the beauty of St. Cloud Orthopedics Field, and they also noted with a kind of wry amusement how Sartell has not one but two baseball teams.

That fluke, “Sartell vs. Sartell,” was explained during a sit-down interview with the team managers – Jeff Amann of the Stone Poneys and Randy Beckstrom of the Muskies. The Sartell Muskies began in 1979. Throughout the years, there was such a keen interest in baseball in the city that the possibility of forming a second team was considered in order to accommodate more players. Thus, the Stone Poneys was founded in 2010.

Besides being the Stone Poneys’ manager, Amann is a first baseman for the team and also did some of the pitching at the Town Ball game June 30.

Beckstrom said he has been with the Muskies for 33 years, first as a player, later (since 2006) as its manager. Beckstrom said that “pride” is always on the line for both hometown teams, with a strong will to win despite the friendly, spirited rivalry among the

players. Amann agreed, adding “We’re itching for a victory here tonight.”

The Sartell Muskies competed 17 times in the Class C state baseball tournament and won twice – in 1992 and 2013.

The main interviews were conducted by Fox 9 Emmy Award-winning news anchors Alix Kendall and Randy Meier.

Among others interviewed at the ballpark for TV broadcast were the following:

Dean Schellinger and Wesley Johnson are the two PA announcers for at-home games in the Sartell ballpark. Once a player, Schellinger has been announcing games for many years. Johnson, who is only 15, developed early on an uncanny ability as an announcer. He practically “grew up” on the field as his father is Pete Johnson, who was also interviewed.

“My summers are pretty much baseball, baseball, baseball,” said Wesley Johnson.

Pete Johnson is a former Muskies player and manager who shared his memories of the ballpark that used to be known as “Muskies Field” and still later “Champion Field.” In the early days, players, parents, relatives and others worked hard to construct and maintain the field, largely through donations and “sweat equity.” Throughout the subsequent years, major improvements



contributed photo

**Ace southpaw Sartell Muskies pitcher David Deminsky lobs a ball at a batter during the June 30 Fox 9 News Town Ball Tour game in Sartell. Deminsky pitched a phenomenal no-hitter game against the Sartell Stone Poneys. The score was 12-0.**

were made to the park, many with financial help from the city. A substantial contribution from the St. Cloud Orthopedic Clinic in Sartell’s Medical Campus caused the field to become known as “St. Cloud Orthopedic Field.”

Also interviewed by Fox 9 were Dean Schellinger’s two sons, Adam and Brian, who are both long-time members of the Sartell Muskies – Adam since 2003, Dean since 2004. Brian is a shortstop, Adam a right-fielder. The “baseball roots” run deep in the Schellinger family, the two brothers agreed.

The interviewers asked

Mayor Fitzthum about Sartell’s strengths.

“This,” said Fitzthum, pointing to the people at the ball field, “is what Sartell is all about – a young, growing, thriving community.” The mayor also noted Sartell can boast a very strong school district and a thriving health-care industry right in the city.

Among the teams recently defeated by the Muskies to achieve its 21-0 record are the St. Joseph Joes, the Rogers Red Devils, Elrosa, the Fergus Falls Canes and the St. Augusta Gussies.

The Sartell Stone Poneys scored recent wins over the

Farming Flames, the Metro Knights, the St. Stephen Steves, the Clear Lake Lakers, the Rogers Red Devils and the Becker Bandits.

To view the June 30 Muskies-Stone Poneys game and to see the interviews, go to [www.fox9.com](http://www.fox9.com) and scroll down to “Town Ball Tour: In-town rivalry game between Sartell Stone Poneys vs. Sartell Muskies.”

Other cities featured on the Town Ball Tour series were Waconia, Buffalo, Delano and St. Patrick. The two upcoming ones are ball fields in Minneapolis (July 14) and Faribault (July 21).



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Coborn’s

Dawn Johnson  
Coborn’s

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photo by Carolyn Bertsch

### Dawdling along the sunny, sunny side of the street

A gaggle of geese dawdle July 7 down 20th Avenue N. and Celebration Circle in Sartell. The cooler temperatures were enjoyed by many.

## ‘Physicians of the Year’ opened Sartell clinic

by Dennis Dalman

[news@thenewsleaders.com](mailto:news@thenewsleaders.com)

Many people who hear about that “other” modern plague dubbed “opioid addiction” shake their heads in sad resignation, but there are two doctors in our midst who decided to do something about it and who are now considered pioneers in fighting the opioid crisis.



Bell



DeVine

Those two doctors (Heather Bell and Kurt DeVine), who opened a clinic in Sartell, have just been named “Family Physicians of the Year” by the Minnesota Academy of Family Physicians. The name of the Sartell clinic is Mend Recovery Services, located at 1908 Kruchten Court S. DeVine and Bell are co-directors of that clinic, which provides addiction care and primary family care.

Both doctors are lauded for bringing “grassroots care” to the people suffering in rural areas of Minnesota where urgently needed help is not readily available.

The Minnesota Academy of Family Physicians, which honored the two doctors as “Physicians of the Year” is the largest medical-specialty organization in the state and represents more than 3,100 family physicians and medical students. The organization promotes the growth and enrichment of family medicine – especially in rural areas of Minnesota.

Drs. DeVine and Bell are both family physicians for St. Gabriel’s Family Medical Center in Little Falls. Together, they

launched the first Minnesota ECHO program (a video-conferencing education platform) that makes it possible for them to educate and mentor others about appropriate prescriptions for treating opioid-use disorders – in particular the use of a drug called buprenorphine.

In addition to their in-clinic work, DeVine and Bell are also co-medical directors for Mend Correctional Care, which provides medical care to incarcerated patients.

DeVine also serves as medical director of Augsburg Colleges’ Physician Assistant Program, and Bell co-chairs the Minnesota Perinatal Quality Coalition. Both doctors have served as preceptors/educators for the University of Minnesota’s Rural Physician Associate Program.

Bell and DeVine are alumni of the University of Minnesota Medical School and have participated in the Sioux Falls, S.D. Family Medicine Residency.

The award citations for Bell and DeVine are lavish with praises. Of Bell, the citation states: “As opioid use and related issues have increased, Bell identified whole-person care as the most appropriate approach for care of this population. Seeing a gap in care, she started using medication-assisted addiction treatment with buprenorphine as part of her primary-care practice.. Her leadership and perseverance are transforming her clinic, demonstrating success in both cost savings and patient-care outcome.”

DeVine’s award citation states, “He has practiced full-spectrum family medicine for more than 26 years. DeVine became involved with a local community task force assembled to address concerns of opioid use and dependency within his county.”

They are co-hosts of a podcast entitled “The Addiction Connec-

tion,” which has featured more than 60 episodes since March 2020, a series which besides addiction issues and treatments also featured enlightening information about the Covid-19 crisis.

“As rural family doctors, Drs. Bell and DeVine identified a care gap within their community around rising opioid use and related issues,” said Andrew Slattengren, president of the Minnesota Academy of Family Physicians. “In an effort to close this gap, they began using medication-assisted treatment with buprenorphine and were able to demonstrate success in patient outcomes and cost savings.”

### Opioids

An opioid is a compound that resembles pain-killing opium in its effects and its highly addictive nature.

In the late 1990s, many pharmaceutical companies gave assurances that opioid pain relievers would not cause serious addictions. That was untrue; they were – and are – in fact highly addictive. According to the U.S. Department of Health and Human Services, in 2019, 70,630 Americans died because of opioid overdoses – many of the deaths in rural areas of the United States where poverty and lack of employment opportunities can send people into a downward emotional spiral and then to the use of drugs to self-medicate.

Multiple lawsuits have been filed on the basis of deceptive marketing practices, false reassurances of opioid safety and non-disclosure of a very real high risk of severe addiction.

The result of those lawsuits is that billions of dollars in settlements have been (and are being) paid by those pharmaceutical companies and others who wrongly touted opioids as safe and who thus caused opioids to be widely prescribed.



# Sartell’s sales-tax revenue to increase this year

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

At the last city-council meeting, Sartell received some good news about its regional half-cent sales-tax revenue.

Sartell Finance Director Rob Voshell said St. Cloud has computed the percentage amounts of sales tax each of the surrounding cities will receive in 2021. For Sartell, that percentage is 14 percent compared to a 13.52 percent increase in 2020. That means, said Voshell, that Sartell will get about an extra

\$50,000 this year. Of the six cities, it was the second highest percentage raise. During the past 20 or so years, six cities had voted to become part of the half-cent regional sales tax as a means to help fund some projects. The cities are Sartell, St. Joseph, St. Cloud, St. Augusta, Waite Park and Sauk Rapids. Residents and visitors to those cities pay an extra half-cent on the sales tax on sales and services. Then that revenue is totaled and divided up among the five cities

based on population and other criteria. The revenue can be used for certain projects (parks, recreational amenities, etc.) as long as the amenities can be considered of regional significance – that is, capable of being used by any resident in the greater St. Cloud area. Throughout the years, Sartell has used some of the revenue to help make possible park improvements, a hockey arena, a recent sports complex and other amenities.

# Rules for ‘Open Forum’ presentations clarified

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

Sartell has clarified its “Open Forum” policy – the period preceding each city-council meeting during which members of the public can address the council with complaints, problems, concerns and suggestions. Several weeks ago, Sartell Mayor Ryan Fitzthum said the policy should be fine-tuned to make it more clear to people who have been confused or frustrated as to how it works. Here is what prospective speakers at Open Forum sessions should know: People can register to speak

at the podium by contacting the city hall before and up to 5:45 p.m. on the day the council meeting is set to take place (council meetings start at 6 p.m. the second and fourth Mondays of every month, with some exceptions, such as holidays). Registration must include name, address, email and general topic of concern. Fifteen minutes is allotted for each Open Forum, which means there will be a maximum of five speakers, each allowed to speak for three minutes maximum. The mayor may use his or her discretion to allow more than five speakers

to talk at Open Forums but, again, with three minutes max for each one. Open Forum speakers are not allowed to bring up a topic that is on that night’s council agenda. In addition, they cannot address the council about the same topic more than three times at Open Forum sessions. Although the council cannot discuss, debate or formally act upon any issue brought up by Open Forum speakers, the council can refer a speaker’s complaints, concerns or suggestions to city staff, city boards or city commissions for further study.

# Blotter

from page 4

**July 2**  
10:42 a.m. Suspicious person. Fifth Street N. An officer was dispatched to a suspicious person call. The caller told dispatch they weren’t expecting anyone, but someone was continuously ringing their doorbell. The caller was afraid to answer the door after the shooting in St. Cloud the previous week of the professor at his home. The caller told dispatch as the officer was responding that there was a car in the driveway and the woman walked to it but was back at her door again. When the officer arrived, they located the female and the vehicle. The caller also came out of the house stating it

was her friend and apologized. She had forgotten they had planned to meet at 11 a.m. that day.

would not pick up because of the distance. Neither party had a valid driver’s license. The vehicle was parked and both parties walked home for the night.

**July 3**  
10:19 p.m. Fireworks. Amber Avenue S. An officer was dispatched to a complaint of fireworks going off, possibly by the walking path. The officer checked the area and found a small gathering. The officer stopped and told them that there were complaints and they needed to be done for the night.

**July 4**  
3:12 a.m. Suspicious vehicle. 12th Street N. While a Sartell Officer was on routine patrol, he came across a vehicle parked at Northside Park. The officer ran a check on the two individuals located in the vehicle. One individual had a night-capped warrant, but the agency

**July 5**  
10:28 p.m. Grass fire. Third Avenue N. An officer was dispatched to the grass and park area on fire. The caller stated the fire was in rings, like it was set in a design. Another caller stated they heard a loud bang and looked outside and saw a white SUV take off from the area. When the officer arrived, they found a grass fire near the building, and they had Sartell Fire Department called out. The officer used the fire extinguisher from his squad car. The fire department helped put out the grass fire. The officer found a firework had been set off near the basketball court causing the grass fire.

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Calendar

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

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

Tuesday, July 13

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

Wednesday, July 14

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.

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 Chamber of Commerce, 11:30 a.m., visit stjoseph-chamber@gmail.com to register.

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.

American Legion of Sartell, 6 p.m., Sartell Community Center, 850 19th St. S, Sartell.

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

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.

Sartell-St. Stephen School Board, 6:30 p.m., District Service Center, 212 Third Ave N, Sartell.

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/alzheimerseventsseries 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.

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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

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## 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**



# ‘So, what’s the plan?’ Perske asks council

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

Sartell resident Joe Perkse is upset about the non-replacement of an outdoor skating rink at the new Scheels Athletic Complex, and it is an issue, he warned, that “will not go away.”

Perske, a Stearns County commissioner, is a former Sartell city council member and former Sartell mayor. At the June 28 council meeting, he shared his concerns during the Open Forum portion of the meeting.

Perske said he has been waiting a year to hear plans to replace the warming house/shelter/outdoor rink that were demolished during construction of the Scheels Athletic Complex, which recently opened next to the Bernick’s Arena in Pinecone Regional Park.

“Regional,” said Perske, means the facilities there should be for all people. That premise, he added, is why those facilities qualified, twice, for regional half-cent sales-tax dollars.

“It is a travesty to destroy that shelter and outdoor sheet and remove those community opportunities,” he said. “We lost a place for kids to gather with their friends after school and on weekends. It was a

place for all individuals to use, from those that could excel and those that have special needs.”

Perske recalled that when he moved to Sartell 30 years ago, the city had skating and outdoor ice for everybody in the city to use. He recalled teaching his daughters to skate on a rink by the “old elementary school.”

Perske noted the city council agreed last year to contribute regional half-cent sales-tax revenue and golf-course lease payments for 10 years and other city funds in order to help an organization build the Scheels Sports Complex. Some years ago, Perske said, the city also spent the better part of a million dollars to construct a parking lot in front of Bernick’s Arena.

“So what’s the plan?” Perske asked. “We cannot pretend that the amenity was demolished or was not there. It is totally unacceptable to think that we are going to do nothing – that the less fortunate and the whole community should give up a tremendous resource for the sake of the special interests of a few.”

Perske closed with this: “Certainly there should have been a plan to replace what was lost. This issue will not go away. The Sartell community deserves a response.”

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 approximately 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.*


Clark

ing 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.

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 undergo-



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:  
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- Fulfill regular bus driving duties
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- 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 23<sup>rd</sup> 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.

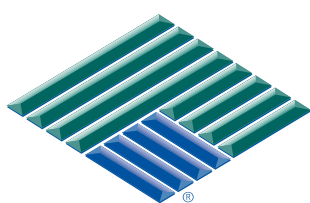
## LOOK ELSEWHERE

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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