

Newsleaders

Reaching Everybody!

Friday, Aug. 20, 2021
Volume 33, Issue 17
Est. 1989

Town Crier

Days of Caring set Sept. 20-24

United Way of Central Minnesota will host Days of Caring Sept. 20-24. Days of Caring brings people together to volunteer on community projects to increase awareness to the needs of our community. Volunteers get a free T-shirt. This is a great opportunity to spend time with co-workers, friends, family and service groups for our community. Projects include painting, packaging food, fall cleanup, tie blankets and more! Project sign-up will be available on our website until Sept. 11. Visit www.unitedway-helps.org to volunteer today. Contact Mary Krippner, United Way director of volunteer engagement, at 320-223-7991.

CentraCare Plaza seek volunteers

Volunteers enhance the patient experience by transporting patients to exam rooms, answering phone calls and maintaining a clean and tidy waiting lounge. Volunteers assist staff with prepping exam rooms, stocking supplies, delivering items within the Plaza, assembling patient charts and other miscellaneous tasks. Volunteer assistance is needed from 7-11 a.m. on Tuesdays, Wednesdays or Fridays. CentraCare volunteers receive complimentary meals and snacks while volunteering. Make a difference in people's lives by becoming a CentraCare volunteer today. Visit www.centracare.com/volunteer to learn more about their program and complete an application.

Catholic Charities needs food shelf distribution aide

Catholic Charities Emergency Services needs Food Shelf Distribution Aide volunteers. Volunteers will help clients within the food shelf on distribution days. Job requires lifting and reaching, working on your feet. Must be able to stand for long amounts of time and be able to lift at least forty pounds. Please note that clients are being allowed in the building in limited numbers and by appointment only. Volunteers will have contact with clients. All Covid restrictions will be in place. Contact Annie, Catholic Charities Volunteer Coordinator at 320-229-4590 or Annie.Henriksen@ccstcloud.org.

Joes' loss against Muskies still brings players together

by Leanne Loy
editor@thenewsleaders.com

On Aug. 14, the St. Joseph Joes amateur baseball team played a tough game against the Sartell Muskies. The results of the game determined whether the St. Joseph Joes would move on to the state tournament.

It ended in a 2-1 loss for the Joes. Pitcher Lukas Nyberg had a great season and didn't make it easy for the Muskies, but there was still a little disappointment.

"It was a close game," Nyberg said. "They're always a really good team. We played three tough games against them this year. Sometimes, that's just the way the cookie crumbles."

What makes this team pairing interesting is Nyberg was playing against two of his former high school coaches, David Deminsky and Tim Burns, both previous coaches at Apollo High School, who both currently play for the Sartell Muskies. As Nyberg reminisced about his time with his former coaches he remembers promising Burns, his former pitching coach, that someday he would strike him out.

"[Saturday's game] was a tight pitcher's duel," Nyberg said, "but it was fun to strike out my coach from high school...again."

Nyberg was speaking of Burns who was his hitting

coach at Apollo.

"I faced [Nyberg] about a year or two ago when he struck me out for the first time," Burns said. "But he got a little lucky on that one, the umpire gave him a strike."

You can hear the playful banter coming from both Nyberg and Burns as they reminisce about their pasts. And there's pride there too. Deminsky, who pitches for the Muskies, talks about watching Nyberg grow throughout the years.

"In the past he was ineffectively wild, but you can see over the years how much he has gotten his pitches under control," Deminsky said. "He's a very gifted pitcher and was always willing to learn and ask questions. We're a tough offense to beat, and for him to hold us to it, says a lot."

Both Deminsky and Burns are proud of what they've seen in their players as the years go on. Deminsky, who is currently a Sartell High School coach, has a sense of pride when he sees his former players succeed.

"It's like a feather in our caps," Deminsky said.

He revealed Nyberg, who will resume playing for Augsburg College this fall, still contacts him for advice from time to time. Just knowing and seeing his former player has listened to his coaching and is utilizing what he learned,

Ball • page 5



contributed photos

Lukas Nyberg (right) poses with former high school coach David Deminsky.



Lukas Nyberg of the St. Joseph Joes has a playful moment on the mound.

St. Joseph population grows 7.5 percent

by Mike Knaak
news@thenewsleaders.com

St. Joseph's population grew by 7.5 percent during the last decade, according to data from the 2020 Census released Aug 12.

St. Joseph has 7,029 people as of April 1, 2020, up from 6,534 in 2010. More detailed results, including statistics on age, sex, race and ethnicity, will be released by Sept. 30.

Census data will be used to redraw local, state and national political boundaries, including the state legislature and U.S. House of Representatives dis-

tricts.

The data was collected during the spring and summer of 2020 as the Covid-19 pandemic surged and officials worried those conditions would affect participation and accuracy of the results. Minnesota led the nation with a self-response rate, meaning no Census worker would have to visit the residence, of 75.1 percent. In St. Joseph, 76.2 percent of people self-reported by mail or online.

Minnesota's population grew just enough to keep all eight of its congressional districts. Had the census counted 89 more New Yorkers, or just 26 fewer

Minnesotans, Minnesota would have lost a seat to New York. Congressional district boundaries will need to be redrawn to balance districts that added people with those with fewer people. The 6th District added more than 20,600 people since 2010, which means it will need to shrink geographically.

The same balancing will need to take place in the state House and Senate. District 13A, represented by Lisa Demuth, lost population compared with the target size for a House district. With 83,815 people, Senate District 13, represented by Jeff Howe, has fewer peo-

ple than the target size. That means those district boundaries will need to change, perhaps including people from metro St. Cloud areas that had added people, such as St. Augusta, or from District 13B, which grew. Demuth's district, 13A, has 39,748 residents, compared with District 13B, represented by Tim O'Driscoll, which has 44,067 people.

Stearns County's population increased by 5.1 percent to 158,292. Minnesota's population increased to 5,706,494 people, a change of 7.6 percent. Most of the growth took place in the Twin Cities metro area.

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

Friday, Aug. 20

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

Saturday, Aug. 21

Burger and Brat Sale, sponsored by St. Joseph Knights of Columbus, 10-4 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.

Sunday, Aug. 22

Music in the Gardens, 3 p.m., Munsinger Gardens, Riverside Drive S.E., St. Cloud.

Monday, Aug. 23

Customer Appreciation Days, celebrating Sentry Bank and its customers, Facebook Activity.
Frozen Meal Distribution, 8-10:30 a.m., Celebration Lutheran Church, 1500 Pinecone Road N, Sartell.

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.
Millstream Night Market, 5-9 p.m. Good food, great music, fine art and hands-on arts activities! Downtown St. Joseph.

Tuesday, Aug. 24

Frozen Meal Distribution, 1-3 p.m., Catholic Charities Emergency Services, 157 Roosevelt Road, St. Cloud.
Customer Appreciation Days, celebrating Sentry Bank and its customers, 2-5 p.m., Shred Day, hosted at the St. Joseph Branch, 400 Fourth Ave. NE, St. Joseph.

Wednesday, Aug. 25

Customer Appreciation Days, celebrating Sentry Bank and its customers, 2-5 p.m., cookies in all of the branches.

Thursday, Aug. 26

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Advanced registration to attend in-person, call Ann at 320-258-7324.
Frozen Meal Distribution, 10:30-11:30 a.m., Resurrection Lutheran Church, 610 Co. Rd 2, St. Joseph.
St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.
Paramount Theatres's 100th Anniversary Block Party, 3:30-10 p.m., outdoor event downtown St. Cloud.
Customer Appreciation Days, celebrating Sentry Bank and its customers, 4-7

Saturday, Aug. 28

Free Agent Softball Tournamant & Home Run Derby, meet at 8 a.m., first game at 9 a.m. Nominal fees to enter. Register by Aug. 25 at ci.stcloud.mn.us/206/softball or call Cody at 320-309-0059.
Brat Sale, sponsored by St. Joseph Y2K Lions, 9-5 p.m., St. Joseph Meat Market, 26 First Ave. NW. All proceeds donated to the Place of Hope.
Movie Under the Stars, Movie starts at 8 p.m.; Family Zumba from 6:30-7:15 p.m.,

Monday, Aug. 30

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.
Millstream Night Market, 5-9 p.m. Good food, great music, fine art and hands-on arts activities! Downtown St. Joseph.

Thursday, Sept. 2

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Advanced registration to attend in-person, call Ann at 320-258-7324.
St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E, St. Joseph.

Obituary

Lyman E. Hull, 88
St. Joseph
July 22, 1933 – July 28, 2021

L y m a n Eugene Hull received his angel wings on July 28 at his home, six days after his 88th birthday. Services will be held 10:30 a.m. Saturday, Sept. 11 at Zion United Methodist Church in South Haven. Visitation will be at 9:30 a.m. the morning of the service at the church. Lori Artner will officiate. Lunch will follow the service and Hull will be laid to rest at 2 p.m. at Oak Hill Cemetery, Sartell, MN. Please wear a mask and follow social distancing guidelines. Hull was born July 22, 1933, to Marion C. and Vivian (Patton) Hull in Douglas, Nebraska. Upon graduation in Palmyra, Nebraska, he entered the Army (1953-55). He met his first wife, Arlene (Kober) and they were married for 35 years. After her death, he met Kathleen Bodeker and they were married for 20 years. Hull was a logger and owned St. Joseph Pallet. In later years he did upholstery and repairs in his own shop for Slumberland, St. Cloud. Hull also sold golf carts at the Swappers Meet. Survivors include the following: his wife; children, Debra (Mark) Gombos, Greg (Laurie); stepchildren, Norman (Missy) Bodeker, Norma (Gordon) Hesse; eight grandchildren, nine great-grandchildren, five step-grandchildren, three step-great-grandchildren; and sister-in-law, Geraldine Hull. He was preceded in death by his parents; wife, Arlene; son, Bill; brothers, Millard and Richard; sister-in-law, Lou; and one great-grandchild. Arrangements are with Wenner Funeral Home, Cold Spring.



PUBLIC NOTICE

STATE OF MINNESOTA
COUNTY OF STEARNS

DISTRICT COURT
SEVENTH JUDICIAL DISTRICT

Court File No. 73-PR-21-5081

NOTICE AND ORDER
FOR HEARING
ON PETITION
FOR DETERMINATION
OF DESCENT

In Re: Estate of
Robert Anthony Feiler, Sr.,
Decedent

Elizabeth Fouquette has filed a Petition for Determination of Descent. It is Ordered that on Sept. 17, 2021 at 8:45 a.m., a hearing will be held in this Court at St. Cloud, Minnesota. The petition represents that the decedent died more than three (3) years ago leaving property in Minnesota. The petition requests the Court determine the descent of such property and assign the property to the persons entitled.

Any objections to the petition must be raised at the hearing or filed with the Court prior to the hearing. If the petition is proper and no objections are filed or

raised, the petition will be granted. Notice shall be given by publishing this Notice and Order as provided by law and by

☒ Mailing a copy of this Notice and Order to each interested person by United States mail at least 14 days before the time set for the hearing.
☐ Serving a copy of this Notice and Order personally on _____ at least 14 days before the time set for the hearing.

Dated: July 29, 2021

Dated: July 29, 2021

BY THE COURT

/s/ Andrew R. Pearson
Judge of District Court

/s/ George A. Lock
Deputy Court Administrator

Breen & Person, Ltd.
J. Brad Person, MN #0296302
124 N. Sixth St., Box 472
Brainerd, MN 56401
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Facsimile:(218) 828-4832
Email:
brad@breenandperson.com

Publish: Aug. 6 & 20, 2021

Physical Medicine and Rehabilitation Hospitalist

CentraCare Clinic, St. Cloud, Minnesota

Required MD or foreign equivalent & two years of experience as an internal medicine resident, hospitalist, physical medicine or rehabilitation medicine provider treating patients with physical & rehabilitation needs in an inpatient setting. Must be Board Certified in Internal Medicine or Physical Medicine. Must be eligible to obtain MN medical license. Will provide patient care both at CentraCare Health Plaza and St. Cloud Hospital in St. Cloud, MN

7 DAY ON / 7 DAY OFF schedule.

For confidential consideration, please submit résumé to donlink@centracare.com. No agencies or phone calls please.





St. Joseph • Sartell-St. Stephen

Reaching Everybody!

Newsleaders

Newsstands

Arlington Place
Casey's General Store
City of St. Joseph
Coborn's
Holiday
Kay's Kitchen
Kwik Trip / Truck Stop

Local Blend
St. Joseph Meat Market
Sisters of the Order of St. Benedict
Sliced on College Ave.
Speedway
Newsleader Office

www.thenewsleaders.com

Published every other Friday by Von Meyer Publishing Inc.

Publisher/Owner
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Isabella Pemberton

Newsleader staff members have the responsibility to report news fairly and accurately and are accountable to the public. Readers who feel we've fallen short of these standards are urged to call the Newsleader office at 320-363-7741. If matters cannot be resolved locally, readers are encouraged to take complaints to the Minnesota News Council, an independent agency designed to improve relationships between the public and the media and resolve conflicts. The council office may be reached at 612-341-9357.

1608 11th Ave SE, St. Cloud, MN 56304
mailing address: 1622 11th Ave SE, St. Cloud, MN 56304
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POSTMASTER: Send address changes to ST. JOSEPH NEWSLEADER, 1622 11th Ave SE, St. Cloud, MN 56304.



photo by Leanne Loy
Lukas Nyberg of the St. Joseph Joes throws a pitch in Saturday’s game.

Ball

from front page

gives Deminksy “a sense of pride.”

That feeling is mutual. Even though the Joes lost in the end, Nyberg has no hard feelings.

“Congrats to the Muskies,” he said. “They are a great team. But we will be back.”

Mrs. Melinda's

DANCE STUDIO

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Offering classes to all abilities from ages 2 to adult

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Sept. 1 & 2
4-7 p.m.

Mrs. Melinda's focuses on students having fun while learning how to dance and making memories that last a lifetime.

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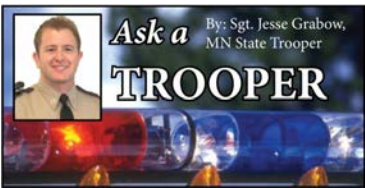
Ask a Trooper

Hands-free law celebrates two years

Minnesota’s hands-free cell phone law just had its second anniversary on Aug. 1, and it’s safe to say the novelty has worn off and people could be getting complacent. Drivers might be slipping back into old habits, risking their own lives and those of their fellow motorists.

As a reminder, here’s what the hands-free law allows. Using voice commands or single-touch activation only without holding the phone, you can use your cell phone to:

- Make calls.
 - Listen to music or podcasts.
 - Get directions.
- These are the things the hands-free law does not allow:
- Make video calls.
 - Watch video live-streams.
 - Use Snapchat.
 - Play games.
 - Look at video or photos



stored on the phone.

- Use apps.
- Read or type texts.
- Scroll or type.
- Make calls while holding the phone

It’s important to remember hands-free doesn’t necessarily mean distraction-free. And although law enforcement officers throughout Minnesota have seen more drivers using hands-free options like mounts and holders for their phones, some of those drivers hold their phones anyway. Some of those cited for breaking the hands-free law say they’re having a hard time breaking the habit. But the fact remains that 31

people die and 192 are seriously injured every year on average in Minnesota because someone chose to drive distracted.

Even if you’re lucky enough to avoid a crash, the penalty for not being hands-free while driving can be more than \$120 for a first offense (including the fine and court fees). That fine can climb to more than \$300 for subsequent violations (fine and court fees). And if you get a citation, your insurance rates could increase.

Even though the law is two years old, our work to ensure our roads are free from distracted drivers will keep going. If we all work together, we can ensure no one has to get the devastating news that their loved one died because a driver was posting on Snapchat or live-streaming videos. It will take some long-term changes.

Trooper • page 7

100th ANNIVERSARY

PARAMOUNT

CENTER FOR THE ARTS

Block Party

Aug 26 2021

Outdoor Event
Downtown St. Cloud

CELEBRATE THE

PARAMOUNT THEATRE'S

100TH ANNIVERSARY!

FREE

COMMUNITY

EVENT!

3:30PM
Buckets N Boards
Comedy percussion duo

7:30PM
"I Am He Said: Celebrating the
Music of Neil Diamond"
with The Killer Vees

Featuring artist booths, demonstrations, kids activities, food, drinks & more!

320.259.5463 | PARAMOUNTARTS.ORG

CUSTOMER APPRECIATION DAYS

MONDAY

Facebook activity

Aug 23rd

TUESDAY

Shred Day* hosted at the St. Joe Branch
2:00-5:00pm

Aug 24th

WEDNESDAY

Cookies in all of the branches

Aug 25th

THURSDAY

MAIN EVENT:
4:00-7:00pm
St. Joe Branch
Food, drinks, live music, prizes, and tour the newly remodeled branch!

Aug 26th

Join us each day to celebrate you, our customers!

*Please do not bring plastic bags, binders, 3 ring binders or heavy fasteners. Staples and paperclips are okay. Shredding accepted until shred truck reaches capacity.

Cultural Bridges explores St. Joseph food market

by Julie Joplin
Guest writer

St. Joseph a destination for an international dining experience? You betcha, Si Amigo, Haa.

St. Joseph made it to the food critic's column of the New York

Times for its authentic New Orleans cuisine at the Krewe restaurant on College Avenue. It's become a popular destination for many out-of-towners, as well as local residents.

And you don't have to go to Germany, where many of our ancestors originated, to savor a true German sausage, complete with condiments of sauerkraut and horseradish and served from the front porch of the St. Joseph Meat Market on most summer Fridays.

The brat sale supports diverse organizations, from dancers, to Lions, to snowmobile clubs and others.

Jesse Stueve, the St. Joseph Meat Market master sausage maker, supervises a weekly production of 6,000 pounds of brats, sausage, wieners and bologna, all sold locally. The beef used in the processing is raised on area farms. The upper wall of the market displays hundreds of Minnesota and national awards and State Fair ribbons earned from competitions; unique products originating in St. Joseph.

The community is becoming

a destination for another international food spectacular: Somalian sambusas made by hand by Mama Linn and her crew. The sambusas are made of beef, vegetables and seasoning, wrapped in a light breading and deep fried. One should line up early to get a taste as they sell out quickly at the Millstream Night Market that opens at 5 p.m. Mondays through August on the alley between Krewe and LaPlayette. Mama Linn makes 300 sambusas for the market. She said she would like to start a restaurant here, one that would fit right into this adventuresome food scene.

For cooking at home, The Minnesota Street Market carries a variety of Asian and Indian cooking sauces. Also available

are ready-to-eat Indian meals and sambusas made right down the road in Bloomington, Minnesota.

Creating cultural bridges begins with appreciating ties to our own special food heritage: the farm smoke house, lefse making at grandma's, hunting wild asparagus and the first rhubarb crisp of spring. We would like to hear from you with your stories — the stories and food traditions that make your heart sing and your stomach growl.

Send us a note at Cultural Bridges: joetownculturalbridges@gmail.com

There are more St. Joseph food stories to come; stay tuned.



St. Joseph Rod & Gun Club Members Annual Meeting

MONDAY, AUG. 23

Registration & food Starting at 6 p.m. Meeting at 7 p.m.


Raffle Tickets \$5 **GRAND PRIZE ICE AUGER**

2 - \$100 GIFT CARDS to St. Joseph Meat Market

\$100 CASH PRIZE From St. Joseph Rod & Gun Club

Miscellaneous Gift Cards & Other Prizes

WE HOPE TO SEE YOU THERE!
Call Duane at 320-217-3249 With Questions
BRING A LAWN CHAIR



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WHITNEY PARK | SATURDAY AUGUST 28TH, 2021
MEET AT 8:00AM, FIRST GAME AT 9:00AM
TOURNAMENT: \$20/PERSON HOME RUN DERBY: \$10/PERSON

NO COOLERS | CONCESSIONS AVAILABLE
EACH PLAYER IS GUARANTEED AT LEAST TWO GAMES

FOR MORE INFORMATION OR TO REGISTER, VISIT
<https://ci.stcloud.mn.us/206/softball>
OR CALL/TEXT CODY AT 320-309-0059.
DEADLINE TO REGISTER: WEDNESDAY AUGUST 25TH


CITY OF ST. CLOUD MINNESOTA
PARK & RECREATION

ST. CLOUD PARK AND RECREATION


STARTS 8 PM

MOVIE Under the Stars

FREE ADMISSION
PRESENTED BY Capital One cafe

SATURDAY AUGUST 28TH
RAYA & THE LAST DRAGON
FAMILY ZUMBA 6:30-7:15PM
YARD GAMES 7:15-8PM
CONCESSIONS AVAILABLE
PLEASE SUPPORT ST. CLOUD PARK AND REC BY VISITING OUR CONCESSIONS STAND

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<https://www.ci.stcloud.mn.us/91/park-recreation>




Arlington Place

assisted-living community

Arlington Place

Location: 21 16th Avenue SouthEast, St. Joseph
Phone: 320-363-1313



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Location: 13 Serenity Ct, Avon, MN
Phone: 320-844-8880

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- Comfortable, Homelike Environment
3 Home Cooked Meals And 2 Snacks, Daily, Served In A Family Style Dining Area
- A Large Range Of Assistance With Personal Cares
- Daily Activities
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Contact Courtney Hasbrook, for your tour today!!
Email: manager@arlingtonplacemn.com

Contact Heather Anderson, for your tour today!!
Email: manager@serenityavon.com

Pet Poisoning

More than 200,000 pets in the United States are poisoned each year. It’s critical to know how to respond in case of poisoning to help your pet recover.

It’s also important to know which substances could cause poisoning, in order to keep them away from your pet.

According to WebMD, here are the 10 most common toxins in dogs, though cats also are affected:

- Over-the-counter medications, such as ibuprofen and acetaminophen.
- Prescription medications for people, such as antidepressants and blood pressure medications.
- Human food, including avocados, macadamia nuts, grapes, Xylitol and chocolate.
- Veterinary products such as flea and tick treatments, painkillers and de-wormers.
- Household products, such as cleaners and chemicals.
- Rodenticides, or chemicals used to kill rodents.

- Insecticides, such as bug sprays and ant baits.

- Plants, including azaleas, tulips and sago palms.

- Lawn and garden products, such as fertilizers and chemicals.

The ASPCA offers a smart-phone app you can use to look up more information about pet toxins.



© ADOBE STOCK

HOW TO RESPOND

Symptoms of poisoning in pets includes gastrointestinal and neurological problems, as well as cardiac and respiratory distress.

In cats, you might notice salivation, vomiting, diarrhea, twitching, inflammation or swelling, and changes in drinking, eating and eliminat-

ing habits.

If you suspect your pet may have been poisoned, stay calm and call the ASPCA’s Animal Poison Control Center at 888-426-4435. For a \$60 fee, experts provide advice and answer questions. You may need to take your pet to an emergency veterinarian for treatment.

PREVENTION

Here are some tips from WebMD for preventing poisonings in your home.

- Keep medications in cabinets inaccessible to your pets. Immediately pick up dropped pills.
- Following the directions for flea and tick medications.
- Give pets treats made spe-

cifically for pets, or only human foods that are safe for pets.

- Keep chemicals and cleaners on high shelves where your pet can’t get into them.

- When you buy houseplants, double check with the ASPCA to be sure they aren’t poisonous to pets.

Pine Cone Pet Hospital

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



Opinion

Our View

Sedentary lifestyles just won't do

According to the CDC, more than 60 percent of the adult population in the United States is leading a sedentary lifestyle. This isn't surprising especially considering the recent pandemic which has made it much harder to get outside and move. With busy schedules and most of our jobs requiring us to sit behind a screen all day, it is becoming increasingly difficult to get the movement we need to stay healthy.

Exercise becomes more important to our bodies as we age. The CDC states that inactivity contributes to 1 in 10 premature deaths in the United States alone. There are several illnesses that are associated with sedentary lifestyles, a lot of which could be greatly reduced by adding some form of activity to a person's daily schedule.

Inactivity has also led to billions of dollars in annual healthcare costs. Diseases that are being connected with low physical activity are diabetes, digestive issues, heart disease and even certain types of cancers. Being conscious of your activity level and making movement a priority in your life can save a dreaded trip to the clinic and the pharmacy.

As we gear up for the change in seasons and our calendars become increasingly tight, don't forget to add movement in that schedule. It can seem like adding exercise to your daily routine is more of a want than a necessity but quite the opposite is true. To keep up with those busy days it's imperative time is set aside for physical health.

In addition to physical health, moving your body is beneficial for mental health too. Giving yourself time to step away from your desk or other routine activities gives your mind a break, even if it's for only 30 minutes. Clearing your head leads to more productivity at work and reduces stress overall. We have seen an influx of mental health issues spike throughout the last year. It's no news that exercise helps with these issues.

It can be so easy to fall into unhealthy habits that hurt us. However, you can make healthy habits a natural part of your routine just like anything else you put on your calendar. As we age, our body needs our help to keep it strong. Getting up and moving every day isn't about losing weight or being thin. It is, however, about having a strong body and mind that can support a busy lifestyle. And when those busy lifestyles start to calm down and we have more time on our hands, it's even more important to remember to get up and get out as much as possible. You might be surprised what a quick 10-minute stretch can do for your body and mind every day.

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.

CRT used to beat down equity efforts

To hear some people howl with outrage about "Critical Race Theory," one would think the Devil himself is about to unleash his minions upon all schools.

The hubbub is caused by misunderstandings – some of them well-meaning no doubt, but most of them caused by willful misinformation, distortions, prejudicial attitudes and unfounded fears.

To some people, "Critical Race Theory" has a threatening thud to it, like "The Communist Manifesto." To others, the name smacks of snooty academic elitism.

The cacophony of complaints about CRT generally centers on a fear that radicals (likely Communists) are trying to sabotage schools' learning programs by injecting reverse racism into lessons, instilling in children's heads that Whites are racist villains and that Blacks and others of color are superior. That is not what CRT is about.

In the 1970s, legal scholars began to examine the ways that laws intersect with issues of race and to challenge traditional American liberalism's solutions to end racism. The CRT movement is not a monolithic organization trapped in group-think; CRT advocates vary widely in their beliefs. Some of the theories are exceedingly complex and difficult to understand. In fact, most CRT studies would be appropriate only for advanced college courses.

However, one of the tenets agreed upon by most is that systemic racism still infects socio-economic relations in America – systemic meaning that unbalanced power relationships be-

tween Caucasians and people of color has seeped into our systems – the law, schools, housing, employment, health care and so forth.

CRT adherents believe, at the very least, that schools should teach the darker aspects of American history, such as 200-plus years of slavery, including all the White push-back laws (institutionalized racism) against Blacks. Those grim aspects include sharecrop slavery, "legal" rapes of Black women, lynchings, massacres, inability to vote, third-rate education, red-lining in housing markets and a thousand other barriers and indignities South and North.

Some people ask, "Why bring all that stuff up? What's done is done!"

But as the great Southern novelist William Faulkner once wrote, wisely, "The past is never dead. It's not even past." In other words, the past – its good and its bad – "lives on" in all people and enhances but sometimes warps perceptions and relationships in one way or another.

On Jan. 6 at our nation's Capitol, a mob of vicious attackers who heard the Big Lie that the presidential election had been "stolen" fought against police defenders, injuring many of them, one who later died. At one point, they

Dennis Dalman

Reporter



Lessons learned in the academy of marriage

So I'm married. And being married really makes me wish I'd paid more attention in school.

Like in math with word problems. You remember those, right? If a train is leaving Tulsa at 200 miles per hour heading north and another train is southbound on the same track at 120 miles per hour, how many hours will it take for them to crash in Kansas City?

Marriage has a lot of word problems I try to figure out every day.

Like this one. See if you can figure it out.

If a spouse takes the laundry basket to the laundry room and puts the laundry in the washer. Then the other spouse puts the clothes in the dryer, folds the clothes, and then puts the clothes away, can both claim to have "done laundry?" Is it really the same energy expended?

I solved that problem, and told each family member they were responsible for their own laundry.

Here's another fascinating puzzle about efficiency. We used to live in a four-level split house with our bedroom on the top level and laundry room two floors down. When my husband started doing his own laundry, rather than bring his clean laundry up to the bedroom to put it away he decided that the laundry room would become his own

Heidi L. Everett

Guest writer



personal walk-in closet. He just left his stuff on the folding table in the laundry room, and every day he'd get out of the shower, walk down two flights of stairs leaving a trail of water behind him on the carpet to grab clothes. Every. Freakin. Day.

Maybe he was working on a word problem of his own, like how to get 10,000 steps in a day without leaving the house.

Marriage also has helped me in language arts, I think, especially providing a refresher on the three sentence types: declarative, exclamatory and interrogative. You learn a lot about interrogative sentences – or asking questions – in a marriage.

Like when I put something on the counter, and my husband asks, "You're not going to put that there, are you?"

Well. Clearly I am. I just did.

All joking aside, though, I love my husband. He makes me laugh. That's important when you are choosing to be with one person the rest of your life.

taunted a black police officer with loud repeated chants of "f.....g n....." The main attackers were members of white supremacist (racist) groups who have the gall to call themselves freedom-loving American patriots.

Closer to home, in Cold Spring on July 24, a man was charged with stealing a vehicle, placing a heavy stone on its accelerator and aiming the "weapon" to crash into a house of the mixed-race Robinson family. Inside the car was a Teddy bear hanging from a noose. It was the fifth time that family had been harassed by that man, who was allegedly upset when the mother of that family complained about her kids and others being bullied in school.

On July 26, at a Sartell City Council meeting, resident Zurya Anjum, a psychiatrist born and raised in Pakistan, pleaded with the council to help the school district develop programs to counter racism. Her children had been taunted with names such as "devil worshippers" and "terrorists."

Faulkner was right: The past is not dead. It's not even past.

We cannot build a more harmonious society if we refuse to study, reflect upon and discuss the racial inequities and racist crimes that have occurred in the past and in the present. That ongoing enlightenment should go on in schools and out of schools.

CRT may not be the answer, Equity Alliance MN recommendations may not be the be-all-end-all either, but that does not mean this school district or any other should not increase ongoing equity efforts.

I've often likened being with one person to owning your favorite movie on VHS tape.

Your favorite movie will always be your favorite. You know all the dialogue and the choreography. You are keenly aware of the set, costuming and props and how they support – or detract from – the story. You know every scene and what's coming next. You know the back story of the production. You know all the flaws. Maybe you've even come across a blooper montage.

Sometimes you want to sit and enjoy every minute of it. Sometimes you just want to fast forward to the good parts. And sometimes – you just want to rent a new release.

Obviously at my age – slightly north of 50 – you also are aware that the ability to play a VHS is dwindling, and you have to recognize the tape is aging. This is where multimedia education comes in. To still enjoy your favorite movie, you have to evolve and adapt to changing technology.

I love my husband. For the last 20+ years, I've appreciated when the kids and our critters have all quieted down for the night. We hop into bed, read, watch TV, talk and then snuggle in for a good night's rest.

I turn to him and smile, "You're not going to put that there, are you?"

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

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Pursuant to Chapter 322C, Minnesota Statutes, the undersigned, who is or will be conducting or transacting a commercial business in the State of Minnesota under a limited liability company, hereby certifies:

The limited liability name under which the business is or will be conducted is: Walz Maintenance & Repair LLC.

The registered office address: 205 Pondview Lane E., St. Joseph, Minnesota 56374.

Registered agent at the above address: John Walz.

Duration: Perpetual.

Organizer: John Walz, 205 Pondview Lane E., St. Joseph, Minnesota 56374.

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

Dated: July 8, 2021

Filed: July 15, 2021

/s/ John L. Walz, organizer

Publish: Aug. 6 & 20, 2021

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1. The assumed name under which the business is or will be conducted is: Pretty Jewels Luxury and Boutique.

2. The stated address of the principal place of business is or will be: 2700 16th St. S. Apt. 202, St. Cloud, Minnesota 56301.

3. The name and street address of all persons conducting business under the above assumed name including any corporations that may be conducting this business: Laura Burson, 2700 16th St. St. Apt. 202 St. Cloud, Minnesota 56301.

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Dated: Aug. 9, 2021

Filed: Aug. 9, 2021

/s/ Laura Burson

Publish: Aug. 20 & Sept. 3, 2021

CRAFT-VENDOR SALES

Saturday, Sept. 11

7:30 a.m.-5 p.m.

Sunday, Sept. 12

7:30 a.m.-3 p.m.

INSIDE Old Village Hall Building
30 Main St. E., Rice

People

Two St. Joseph students were recently named to the spring dean’s list at the University of Minnesota Duluth. They and their majors are as follows: **Nicole Fish**, junior, stats and actuarial science, and mathematics; and **Halie Kipka**, junior, pre-integrated elementary and special education. To earn this honor, students must achieve a minimum grade-point average of 3.5.



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Trooper

from page 3

You will have to break some old habits – for good. But it’ll be worth it. Information shared here was posted on the Minnesota Department of Safety blog: <https://dps.mn.gov/blog/Pag->

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Avoid Bank Fees

While having a checking or savings account is an excellent tool for managing finances, bank fees can sometimes sabotage your balances.

Before entrusting your money to a financial institute, you must be clear with their terms and conditions. Ask your banker about maintenance charges, overdraft penalties and balance minimums.

An easy way to monitor your account is with a banking app on your smart devices. Many can signal you when a transaction or deposit occurs and break down your spending habits. Make sure to contact your financial facility if you notice an activity that you disapproved of. Real-time tracking is a beneficial strategy when ensuring your information is secure.

Look at some of the standard banking fees and how you can avoid them entirely. Following these tips will help you stay on top of your finances and ensure a healthy bank account.

ATM FEES

If you have ever used an ATM outside your native banking network, you have been hit with an unnecessary fee. While emergencies happen away from home, it's good practice to bring extra cash to avoid the



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additional costs. In most cases, you won't only pay the charge from a foreign ATM, but your financial facility will charge you a secondary amount for processing the transaction.

When you're out of town and are forced to withdraw cash, contact your bank to find machines available in the area.

Or, if you only require a small amount of currency, make a small purchase and request cashback at a convenience store. Either way, you'll stay ahead of bank fees that can add up quickly.

OVERDRAFT

Effectively balancing your

checkbook will make avoiding overdraft fees easy. The penalties are enacted if you write a check or make a purchase for more than what is in your account.

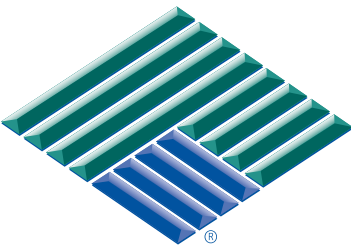
While the fine can vary, most institutions charge an initial \$35 fee and may add daily charges if the debt is not

resolved.

You can eliminate the risk of over drafting by asking your bank to decline the purchase if the funds aren't available. Another strategy is to link your savings account within the same facility to serve as an automatic overdraft transfer system.

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