

Reaching Everybody! Newsleaders

Friday, Jan. 21, 2022
Volume 27, Issue 2
Est. 1995

Town Crier

Free-throw contest set Saturday, Jan. 22

A free-throw competition for children ages 9-14 will be held at 3 p.m. Saturday, Jan. 22 at St. Francis Xavier School gymnasium, 219 Second St. N., Sartell. This annual event is sponsored by the Knights of Columbus, Bishop Trobec Council #5276, serving the Sartell and St. Stephen communities. Winners from the local level will advance to district, region and state competitions. All contestants from the local level are recognized for their participation in the event and the winners at each level receive a trophy. Participants register at the event and must have written consent and age verification from a parent or guardian. Please contact Jake Schneider at (320) 761-7143 or jakeschneider34@gmail.com with any questions.

Whitney offers coaches for hypertension control

Health Coaches for Hypertension Control is a workshop designed to help people with hypertension manage, lower and prevent future complications from high blood pressure. This workshop, from 1-2:30 p.m., runs Thursday, Feb. 3-April 7 on Zoom. Trained health coaches provide eight 90-minute sessions addressing self-management, nutrition and physical activity. Topics covered are communication, nutrition, physical activity, tobacco-use cessation, behavior change, stress, medication and community resources. To register: <https://hipaa.jotform.com/whitneysc/WorkshopRegistration>.

Needed! Volunteer sexual assault advocates

The Central Minnesota Sexual Assault Center is looking for volunteers to be sexual assault advocates. Their required 40+ hour training has been converted to an online format to increase flexibility for those looking to volunteer. Topics covered in the training include the spectrum of sexual violence, trauma, trafficking/exploitation, advocacy skills and more! Volunteers must live in their service area of Stearns or Benton counties. The 10 online training modules begin Feb. 7. Contact Andrew at akaehler@cmsac.org, 320-251-4357 or visit www.cmsac.org to complete an application.

INSERT:
City of St. Stephen
Minnesota Street Market



photo by Carolyn Bertsch

Digging winter

Raylee Boelter, 6, (left) and her brother Ridley, 10, work hard at building a snow fort Jan. 18 in front of their Sartell home.

Voters to decide food-beverage tax Feb. 8

by Dennis Dalman
news@thenewsleaders.com

On Tuesday, Feb. 8, Sartell residents will have a chance to vote for or against a proposed 1.5-percent food-and-beverage tax within the city limits.

On election day, polling places will open at 7 a.m. and close at 8 p.m. Absentee ballots are also being accepted almost daily right up until election day. If you are already registered to vote, bring to Sartell City Hall a photo I.D. with current address. If you are not reg-

istered to vote, bring a photo I.D. and a current utility bill or other kind of bill showing your present address. Absentee voting began on Dec. 27.

The city-hall dates and times for absentee voting are the following: 8 a.m.-4:30 p.m. Monday-Friday; 10 a.m.-3 p.m. Saturday, Feb. 5; and 8 a.m.-9 p.m. Monday, Feb. 7.

On Oct. 25 of last year, the city council unanimously approved the Feb. 8 special election. If approved by voters, the tax is estimated to bring in about \$315,000

Dr. Tjaden urges citywide mask policies

by Dennis Dalman
news@thenewsleaders.com

At the Jan. 10 Sartell City Council meeting, a CentraCare family doctor urged the council members – all of them masked – to quickly adopt a citywide mandatory-mask policy that would last for four to six weeks.

“The situation is dire,” said Dr. Kim Tjaden, who is also a local public-health consultant who works with health departments.

In December, she and 165 of her colleagues wrote letters to all area cities, spelling out how dire the highly infectious Omicron virus variant has become and urging mask mandates. The cities include Sartell, St. Cloud, Sauk Rapids and Waite Park.

Officials of those cities responded to Tjaden, noting they won’t initiate local mask mandates, but they did all agree to sign a joint message that urges residents to wear masks while indoors, to practice distancing

other than with co-workers and family members, to wash hands frequently and to remain at home if they become sick.

The mayors of St. Cloud, Sauk Rapids and Waite Park said a mask mandate would be virtually impossible to enforce consistently, partly because there are not enough police officers.

On Monday, June 10 (the day of the Sartell council meeting), there were 119 people hospitalized in St. Cloud with Covid-19, said Tjaden, adding that 77 percent of them were unvaccinated.

She also said that as of Jan. 6, nearly 50 percent of those who took Covid tests at CentraCare tested positive. That percentage did not include those who were tested elsewhere, such as at other clinics or drive-through testing sites. Tjaden said she had never seen such a high rate of hospital admissions for pediatric patients due to Covid symptoms.

Masks • page 11

per year for the city to use only for recreational programs, including upkeep, expansion, improvements and new amenities.

The tax request came from “Everything Sartell,” an organization that represents the city’s convention bureau and economic-development commission, comprised of many business members, including bars and restaurants.

The food-and-beverage tax will be imposed only on the purchasers (not the businesses) of ready-to-consume food and alcoholic beverages at bars, restaurants,

fast-food places, delivery restaurants and on-sale liquor stores. The tax will not be collected at drug stores, gas stations, general-merchandise stores, grocery stores or off-sale liquor stores.

St. Cloud has had a 1 percent food-beverage tax since 1987.

People who want to learn more about voting, qualifications, proof of identity, absentee ballots and more should go to sartellmn.com/government/voter information. Or call either 1-877-600-8683 or one’s county election office.

Tax • page 3

New high school courses will boost students’ college skills

by Mike Knaak
news@thenewsleaders.com

Sartell High School adds a series of classes to its AP offerings starting Jan. 24 that will better prepare students for college success.

Sartell is one of only seven traditional public high schools in Minnesota to offer the Advanced Placement Capstone Diploma program. There are two Capstone Diploma classes – Seminar and Research. The

first Seminar class begins with 21 students and will be taught by Roy Snyder, a social studies teacher.

“The diploma program brings together AP options that kids already have and extends that to teaching academic research, writing and presentation skills that kids don’t pick up in other classes that are content focused,” Snyder said. “(The students) take whatever interest they have related to an AP class or interests on their



own, do research and present on college level. We hear that a lot of kids don’t write in an academic way and don’t know how to research.”

The Seminar class will begin with a discussion of topics that

interest the students. In preparing the first group of students, Snyder said students proposed a wide variety of topics including gender stereotypes, genocide in world history, colonization of Mars and the impact of a cult mentality.

The second course in the series – Research – will be taught by Emily Schmit, a language arts teacher.

The district has worked for about four years to apply and

Skills • page 3

People

Michael Scott of Sartell recently graduated with a bachelor's degree in quality management from University of Minnesota-Crookston. Students completed their degree requirements during the fall semester 2021.

Faith Kowalke of Sartell was recently named to the fall semester dean's list at the University of Minnesota-Crookston. To qualify for this honor, students must complete 12 or more letter-graded (A-F) credits while attaining a 3.66 grade-point average. The Crookston campus is the online leader in the University of Minnesota system and the only campus providing every full-time student with a laptop computer.

Two Sartell students were recently named to the fall semester dean's list at Central Lakes College, Brainerd and Staples.

They are the following: **Callan Markey** and **Nathan Nelson**.

To earn this honor, students must earn a grade-point average of 3.25 to 3.74.

Ashley Beek of Sartell was recently named to the fall dean's list at Alexandria Technical & Community College. To earn this honor, student must maintain a minimum grade-point average of 3.5.

Seven Sartell students were recently named to the fall dean's list at the College of St. Scholastica, Duluth.

They are the following: **Riley Ahrendt, Josie Boelter, Scott Friese, Emma Lathe, Kelli Loscheider, Madelyn Ouart** and **Lauren Schmitz**. To earn this honor, students must achieve a minimum grade-point average of 3.75.

Two Sartell students were recently named to the fall dean's list at the University of Wisconsin-Stout.

They are **Kami Counter**, a junior, majoring in engineering technology; and **Ava Williams**, a freshman, majoring in video production.

Caleb Otteson of Sartell was recently named to the president's list at Minnesota State Community and Technical College, Detroit Lakes, Wadena and Fergus Falls. To earn this honor, students must achieve a minimum 4.0 grade-point average.

Brady Gaebel of Sartell was recently named to the dean's list at Minnesota State Community and Technical College, Detroit Lakes, Wadena and Fergus Falls. To earn this honor, students must achieve a minimum 3.5 grade-point average.

Chiropractic medicine shaped Johnson's life

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

Little did Elijah Johnson know when he was a toddler being treated by a chiropractor he would grow up to be a chiropractor himself.

Dr. Johnson opened Good Life Chiropractic recently in Pinecone Marketplace in south Sartell.

Johnson was born in Pine City. He first went to the chiropractor at the age of 2 where his family took him to help with digestive issues and colic symptoms. His family had been going to this chiropractor in St. Paul for several years prior to his first visit. They would make the hour commute to see this doc because of the skill set and technique he practiced.

Johnson worked at that same clinic in St. Paul years later during chiropractic school. He also worked at a clinic in Maple Grove.

Johnson incorporates the very technique he was first treated with as an infant. That St. Paul chiropractor was practicing a form of chiropractic known as the Gonstead method, which was developed and named after one of the greatest of early chiropractors, who had a huge clinic in Wisconsin that attracted people from far and wide.



contributed photo

Dr. Elijah Johnson is the owner-operator of the new Good Life Chiropractic in Sartell.

The Gonstead method emphasizes precise diagnostic techniques to pin-point the causes of what patients are suffering. Those techniques include visualization, instrumentation, palpation, x-rays and symptoms of the patients.

Johnson said those kinds of pin-point precisions are absolutely vital to let the chiropractor and patient learn exactly what

the problem is (or combination of problems). Much of the diagnosis and adjustments involve discs along the spinal column.

Johnson uses an intensely personal approach because each patient is so unique, including unique individual problems to be treated. A neurologically-based chiropractor, Johnson uses scans and x-rays to determine the precise structure of the spine, its discs and how the nervous system is functioning, or dysfunctioning, as the case may be.

Johnson's goal, he said, has always been to help his patients achieve a good life (thus, his clinic's name "Good Life Chiropractic"). He and his clients are both thrilled when patients feel better and can function more happily in a fuller life: pain relief, improved range of motion, good sleep patterns, a lack of anxiety and depression and more energy. That happens

Medicine • page 11

GOT A COMMENT?

Post it on our website at www.thenewsleaders.com.



**Oak Ridge
Early Learning
Center**



Early Childhood Information Night:

Monday, Jan. 31

6-7 p.m. in the Oak Ridge Early Learning Center gymnasium. Parents/guardians are invited to this meeting to preview Early Childhood offerings for the 2022-2023 school year. Individuals will also have the opportunity to talk with staff, tour our classrooms, meet with members of the Boys and Girls Club about our KIDSTART program and leave with information necessary to register their child.

***Please note: this event is for adults only.**

Kindergarten Information Night:

Monday, Feb. 7

6-7 p.m. in the Oak Ridge Early Learning Center gymnasium. Parents/guardians are invited to this overview of Kindergarten for the 2022-2023 school year. Individuals will also have the opportunity to talk with staff, tour our classrooms, meet with members of the Boys and Girls Club about our before and after school KIDSTOP program and leave with information necessary to enroll your child in the Sartell-St. Stephen School district.

***Please note: this event is for adults only.**

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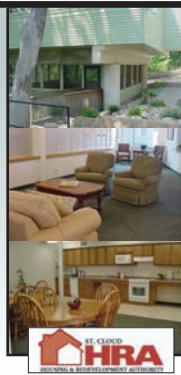
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Blotter

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 tricitycrimestoppers.org. Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime.

Jan. 4
9:27 a.m. Assist business. Amber Avenue S. An officer was requested to assist with a vehicle that needed to be towed and the owner was not cooperating. The officer arrived and met with the towing company, apartment management and the owner of the vehicle. The officer attempted to speak with the owner of the vehicle, but she would not speak with the officer. The officer was informed that management had warned the vehicle owner that it needed to be moved, so the lot could be plowed. The vehicle owner could not get the vehicle to start. Eventually the tow company and management agreed to just move the vehicle to a plowed spot in the parking lot.

Jan. 5
10:23 p.m. Noise complaint. 11th Avenue E. An officer was requested for loud bass from a TV. The officer arrived and met with the caller in the lobby. The officer went to the apartment where they were told the bass was coming from. The officer determined that it was not the apartment. The officer listened a while longer and was unable to determine where the noise had been coming from.

Jan. 6
5:57 p.m. Assist person. Pinecone Road S. An officer was requested to meet two parties at the police department. The officer was informed a passerby picked up a male party who was walking due to the cold weather and wanted to give them a ride home. The officer was informed there was a large language barrier, which was making it hard to figure out where the male parties address was. The officer was able to figure out the male wanted a ride to a Metro Transit bus stop. The driver then stated he would deliver the male to the Sartell Walmart bus stop.

Jan. 7
4:03 p.m. Unemployment fraud. Huntington Drive. An officer was requested to respond for a resident who had received documents from the State of Minnesota which showed he had applied for unemployment benefits. The resident informed the officer he had not applied for unemployment and was currently working. The resident had already contacted the State of Minnesota and they had informed him to monitor his accounts and they had placed a freeze on the unemployment benefits. The officer also informed the male to watch his accounts and to keep all the paperwork in case something suspicious showed up on his accounts.

Jan. 8
2:48 p.m. Personal assist. Dehler Drive. While on routine patrol, an officer was waved down by a female who was walking in the roadway. The female told the officer she was a cleaner cleaning a nearby business and locked herself out of the building and was trying to walk to McDonald's to use the phone. The female told the officer her phone and keys were still inside the building. The officer allowed the female to use his department cell phone to

Jan. 9
12:17 a.m. Hazard. Eighth Street N. A person called dispatch stating there was about 30 feet by 6 feet of standing water on the roadway and thought maybe a water line had broken. An officer responded and thought the water was coming from the ground. The officer contacted the on-call maintenance person. Maintenance personal responded and found the water was coming from the back side of a home, and that a spigot had been left on. The entire backyard had frozen, and the water was now making its way onto the street. No one was home at the residence, so maintenance shut the spigot off, but the water continued to come out. It was noticed the piping was exposed to the elements, and it was decided to turn the water off at the street to prevent the home from also flooding. The home had just been sold but the officer was able to locate a name off a package that was left at the front door; a message was left for the homeowner.

Tax

from front page

The following are the precinct’s polling places:

Precinct 1: Residents who live east of Pinecone Road S. and south of Second Street S. can vote at the Sartell Community Center, 850 19th St. S. (Liberty 2 meeting room).

Precinct 2: All who live on the east side of the Mississippi River (Benton County side) can vote in the Sartell Public Works Building, 230 Fourth Ave. S. (Please note that is a change from where Precinct 2 voters voted previously, at Solid Rock Family Church.)

Precinct 3: Those who live east of Pinecone Road N., north of Second Street S. and south of Fifth Street N. should vote at the Sartell Community Center, 850 19th St. S. (Liberty 1 meeting room).

Precinct 4: Those who live west of Pinecone Road, south of 2-1/2 Street N. and the portion south of Third Street N. that is west of 19th Avenue N. should vote at First United Methodist Church, 1107 Pinecone Road S.

Precinct 5: Residents who live east of Pinecone Road N., north of Fifth Street N. and south of 12th Street N. can vote at Messiah Lutheran Church, 320 Fourth Ave. N.

Precinct 6: People who live east of Pinecone Road N., north of 12th Street N. and in the portion west of Pinecone N. that is north of 27th Street N. should vote at Celebration Lutheran Church, 1500 Pinecone Road N.

Precinct 7: All who live west of Pinecone Road N, north of 2-1/2 Street N. and the portion north of Third Street N. that lies west of 19th Avenue N. should vote at Sartell City Hall, 125 Pinecone Road N.

Car-wash permit approved; some strongly oppose it

by Dennis Dalman
news@thenewsleaders.com

After more than an hour of discussion, the Sartell City Council voted 4-1 to approve a conditional-use permit for construction of a “Mister Car Wash” business on a lot next to a residential home in northwest Sartell.

The pro-and-con struggle over the issue was a classic example of the rights of residents vs. the rights of commercial developers.

Earlier, the Sartell Planning Commission voted to approve council recommendation for the project.

Council members made the final decision Jan. 10 at a public hearing. Jim and Diane Braegelman, who have for many months opposed the car wash being sited near their home, spoke at the hearing just before the vote was taken.

Council member Jeff Kolb voted no.

The car wash will be built on an area dubbed River Crossings for its commercial developer (River Crossings LLC). It is a residential wooded area far above the Mississippi River on the northeast corner of Hwy. 15 and CR 1, not far from the Epic Center mall. River Crossings is partly within Sartell city limits, partly within LeSauk Township.

A road named River Oaks Lane leads into the area from CR 1 on the west side. Weeks ago, the council voted to widen that road and add any necessary improvements if needed

(storm sewer, hydrants and more).

There had been about a dozen residential homes in that area, which was approved years ago for commercial use as well as residential. Last year, a developer announced plans to put on that land commercial properties on seven lots that could include a restaurant, a bank, stores – and a car wash. The developer offered to buy the residents’ lots there. About half agreed and half didn’t. Those who didn’t included the Braegelmans who have lived in their home there for 48 years.

The project

At the Jan. 10 council meeting, Sartell Community Development Director Scott Saehr outlined the car-wash proposal, followed by information from a River Crossings developer and representatives from Mister Car Wash. There were many questions asked by council members.

Its headquarters based in Tucson, Ariz., Mister Car Wash now has more than 350 locations in 21 states, with 5,600 employee team members. Many of its sites are located within residential areas, according to a spokesman at the council meeting.

The speakers noted the many hours of work among the commercial developer, the Mister Car Wash company, council members, city staff, police and fire departments, engineers and others. The goal was to fine-tune the car wash

to mediate as much as possible noise and lighting from the car wash, which is expected to service as many as 600 vehicles daily in the warmer months and up to 700 during winter. The business will be open from 7 a.m.-7 p.m. every day.

by Mike Knaak
news@thenewsleaders.com

A retired Albany High School administrator has been named interim principal at Sartell High School.

Tim Wege, who served as the Albany principal



Skills

from front page

receive approval from the College Board. After approval, Schmit and Snyder attended a week of training and they have to provide reports on course content.

The College Board’s description of the AP Diploma says it helps students demonstrate critical thinking and helps them approach college interviews with confidence and passion about their unique projects.

“AP Capstone is nationally recognized for its prestige and celebrated by colleges and universities as one of the most important and effective preparation programs for university-level academic work. It is innovative, cross-curricular and skill-based,” Snyder said. “It really gives them a leg up in terms of getting ready for college. We are lucky to have the students who are interested and capable. and staff and administration supportive of it.”

Sartell High School offers 14 AP courses involving 350-375 students each year.

The self-service car wash will be constructed on a 6,472 square-foot area with east to west orientation. It will have 30 parking/vacuum stalls and its solid building will muffle sound. There are currently six

Permit • page 6

Wege named high school interim principal

for 19 years before retiring in 2021, will be the high school’s interim principal beginning Tuesday, Jan. 18.

Wege replaces Sascha Hansen who resigned Jan. 3. The district is conducting a search for a permanent high school principal.

Wege was named the 2013 High School Principal of the Year from the Central Minnesota Association of Secondary School Principals.

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PUBLIC NOTICE

NOTICE OF PUBLIC HEARING
CITY OF ST. STEPHEN

Notice is hereby given that a Public Hearing of the St. Stephen City Council in and for the City of St. Stephen, Stearns County, Minnesota, is scheduled at 7 p.m., or as soon thereafter as possible, on Wednesday, Feb. 2, 2022, in the Council Chamber Room at 2 Sixth Ave. SE, St. Stephen, Minnesota, to consider the following:

CONDITIONAL-USE PERMIT APPLICATION
OF SCOTT AND KAREN RUDOLPH FOR A LIVING QUARTER
WITH FAMILY DAYCARE AND STORAGE BUSINESSES
AT 306 MAIN ST. E, ST. STEPHEN, MN.
THE PROPERTY IS ZONED I1-INDUSTRIAL.

Anyone wishing to comment will be heard at the public hearing. Written comments may be forwarded to the office of the City Clerk before the time of the public hearing by emailing ststephenclerk@midconetwork.com or calling the City Hall at 320-251-0964 and leaving a message. Your message will be responded to.

Julie Jacobs
City Clerk

Publish: Jan. 21, 2022

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Lutheran Social Service of MN is seeking volunteers to provide companionships to older adults or work with school age children as a mentor. Volunteers of the program qualify for small hourly tax-free stipends and transportation reimbursement.

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Obituary

LeRoy P. Czech, 74
Sartell
Aug. 7, 1947-Jan. 15, 2022

LeRoy Peter Czech, 74, died Saturday after a long battle with Parkinson’s disease at his home in Sartell.

His funeral will be at 11 a.m. Friday, Jan. 21 at St Francis Xavier Catholic Church, 219 Second St. N., in Sartell. The Revs. Ronald Weyrens and Virgil Helmin will officiate and burial will be in the parish cemetery. Visitation will be from 4-8 p.m. Thursday, Jan. 20 at Williams Dingmann Family Funeral Home in St. Cloud and one hour prior to the services Friday at the church.

Czech was born Aug. 7, 1947 in Little Falls to Peter and Eleanor (Lashinski) Czech. He graduated from Little Falls High School and later graduated from Alexandria Technical College. Czech went on to serve our country in the U.S. Army from 1966-1969 as a mechanic. He married JoAnn Zok on June 16,

1973. He worked as an automotive technician and worked at 122 Motors in Little Falls in 1973. In 1979, Czech owned L.C. Auto Clinic for 17 years, and in 1996 he worked at Tire Maxx in St. Joseph until retiring in 2013. Czech was a member of the Royalton American Legion Post #137, a life member of Knights of Columbus as a financial secretary, and the JC club working to help the community for many years. Czech was known for his good sense of humor, patience and problem-solving skills on all the projects he worked on. He enjoyed hunting deer, fishing, target shooting, camping with his family and Archery League. Czech loved being on the boat and taking care of his lawn and his equipment. He loved food, especially sweets, his John Deere tractors and



Czech

spending time with his grand-kids.

Survivors include the following: his wife, JoAnn of Sartell; daughters and son, LeAnn (Michael Jr. “Mick”) Lunzer of Bloomington, Brian (Jane) Czech of Royalton, Katherine “Kat” (Josh) Stewart of Sartell, Laura (Derek) Kantor of Sartell; sisters and brother, Elaine (Patrick) Zilka of Randall, Judy (Dan) Booth of Sartell, Jim (Sara) Czech of Mankato; and grandchildren, Taryn and Mataya Czech, Joslynn, Jackson and Rowan Stewart, and Wyatt and Weston Kantor.

He was preceded in death by his parents.

The family would like to thank Comfort Keepers and St. Croix Hospice for their loving care.

In lieu of flowers, please send donations to the Parkinson’s Foundation, www.parkinson.org.

Obituary, guest book and video tribute available online: www.williamsdingmann.com.

Mathiasen parents sell
Great River Bowl to son

by Dennis Dalman
news@thenewsleaders.com

After 38 years, Great River Bowl & Partners Pub in Sartell has a new owner, the son of the couple who owned the business for so long.

The business is located at 208 Second St. S.

Jason Mathiasen and his wife, Mari, became the owners at the start of January after Jason bought the business from his parents, Lyle and Barb Mathiasen. The business had been founded in 1979.

Jason worked at Great River Bowl all of his life, even as a teenager. Later, he worked there on weekends after becoming an

elementary-school teacher for several years. In 2004, he became a full-time employee and has been general manager since 2008. Jason has three sons, who have also helped out at the bowling alley.

“I look forward to continuing to build upon the legacy that my parents built and one day pass this business on to my sons,” Jason stated in a press release.

Lyle Mathiasen purchased the bowling hall in 1984. Lyle’s father, Fred, had managed a bowling alley for decades and then worked for Lyle when Great River Bowl was purchased.

Throughout the years, there were extensive, almost constant changes, remodeling, expansions and innovative programs to make Great River Bowl & Partners Pub a state-of-the-art operation. It now has 32 bowling lanes.

“I have grown up in this business and have worked in every single corner of its operations,” Jason said. “I’ve worked very closely with my father as we evaluated and developed numerous expansions and programs.”

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www.thenewsleaders.com

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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.

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

Living in a Senior Development

Don't think of it as a rest home; these days, senior living developments are anything but restful.

You can find a variety of living arrangements, from single homes to apartments and individual rooms, all in an environment with lots to do and tailored to the unique needs of an older community. Here are tips to finding the right senior living community for you from Caring.com.

A SPECTRUM OF CARE

There are many kinds of senior care from independent living communities to assisted living communities to memory care facilities. Talk with your family to decide what kind of care you'll need and try to plan for what kind of care you will need. Some facilities will work with you over the full spectrum of care.

PRICING

Compare several communities and establish a realistic price point for your lifestyle. Caring.com says you can get help from veterans benefits, long-term care insurance, Social Security, pensions or annuities, real estate assets, life insurance, Medicare and Medicaid and other programs. Ask the experts at your senior services department or local senior communities to help you identify ways to pay for your senior living both



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now and if more involved care is needed.

TAKE THE TOUR

Always visit your prospective senior communities before making the big move. Experience the atmosphere, try the food, meet the staff and residents and try out all the amenities. Some questions you may want to ask

include:

- Is the neighborhood quiet and pleasant?
- How easy is it to park?
- Are the buildings clean and attractive? How about the grounds?
- Is there a safe area for outdoor activities?
- Do you feel pressured in any way?
- Does it feel like the staff is

listening to your needs and questions?

- Are you able to talk to staff other than the tour guide?
- Are any shared facilities clean and easy to navigate?
- Are there posted schedules of activities and are there any you'd like to participate in?
- Is there any scheduled

interaction with the outside community?

- Look for social and entertainment options in and around the community.
- Can you cook in your apartment or is there a dining room? If there's a dining room, how's the food?
- Can you have a pet? What are the rules for owning an animal?



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photo by Carolyn Bertsch

Zooming down Muskie Hill
Two brothers conquer Muskie Hill headfirst in a rush of excitement Jan. 18. They are (left) Walker Johannes, 6, and Hout Johannes, 9, both of Sartell.

Permit

from front page

car washes in Sartell, including one on Division Street in St. Cloud.

It will be built 75 feet away from the Braegelmans' home. There will be a buffer zone of 12 evergreen trees, shrubs and grasses between the two lots and a six-foot high aluminum fence will be installed between the car wash and the evergreen buffer zone. Those features, it was noted, far exceed what is required under current ordinances. The developer plans to plant evergreens, shrubs and grasses throughout the entire River Crossings area. Many trees and other vegetation on that area had been cleared to ready for commercial development.

If the plan does not mitigate noise effectively, a company

spokesman told the council it will go to extra lengths to add more methods to make the operation as quiet as possible.

Braegelmans

Diane and Jim Braegelman both spoke at the public hearing. The couple has voiced their concerns at city-council meetings for many months – mainly their concerns about noise, traffic and headlights ruining the peace and quiet of their home's lot.

Diane said she and her husband are exhausted by their efforts opposing the car-wash plan, but she added she hopes everything goes well so she and Jim will not have to keep raising concerns if the noise-and-lighting mitigation plans do not work out as hoped.

Jim said noise remains his big worry.

"No one can tell me we will not be impacted by noise," he said. "You (those in the council

room) will not be impacted by noise because you won't be living there."

Braegelman said the company should use the best mitigation technology when they build the car wash and not wait until after it's built so that if what they do fails, they will to fix collateral damage.

He said he and his wife sometimes feel they have not been treated fairly, as if they aren't as important as anyone else. For example, he said they were told the project would not adversely affect their lot's property value.

"False statements might sound good on paper, but they're (still) false," he said, adding that others' property values won't be affected or their lives' (value) for the very reason that those people won't be living next to a car wash.

Votes in favor

Four council members noted the car-wash project has always caused them mixed thoughts and feelings, but they felt compelled to vote in favor because there have been such diligent, coordinated efforts to make the project acceptable – "extraordinary efforts," in the words of council member Tim Elness.

Mayor Ryan Fitzthum said he is convinced if there are problems, the company will work hard to make things right, such as noise mitigation.

Members Jill Smith and Alex Lewandowski also favored approval based on reassurances the project will be done with the best precautions in mind.

Voting no

Council member Jeff Kolb, on the other hand, said that from the get-go the project should have been built along Hwy. 15, not near residents.

"The bottom line is would you want to live next door to this?" addressing the council and everyone else in the room. "I would not. Put yourself in their shoes. I don't think there's anybody in this room who would want to live next to it."

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SENIOR LIVING | THE GOLDEN YEARS

Healthy Aging

Retirement used to mean riding off into the sunset. Nowadays, seniors live richer, fuller lives filled with friends, family and new adventures.

Having the right mindset is a big part of this active way of life. So is maintaining your own particular sense of grace and style. Here's more on the art of aging gracefully.

YOUR MINDSET

Attitude plays such an important role in how we feel. Of course, that's true of any age, but it's particularly true for seniors. You are, as the saying goes, only as young as you feel. Staying positive helps us get through tough times, when family members may be having growing pains or a friend suffers health issues. But it also helps others, as your engagement with the world around you becomes contagious. Growing older brings its own unique set of challenges; approaching it all with an upbeat demeanor is one of the key elements in aging gracefully. Smile, and the world smiles with you.

YOUR ENVIRONMENT

Spend time with a social circle that helps keep you focused on the good things in life. Remember that habits become our destiny. So, pick activities that foster a sense of well being



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and accomplishment, whether it's joining the local gym, a civic or nonprofit organization, or a church group. Search out articles, websites and books that explore self actualization and fulfillment. Enjoy life for the adventure it always has been. Don't be afraid to try that new

look, or visit that new spot. Surround yourself with positivity and you'll be bolstered by all of it when things get more difficult.

YOUR SCHEDULE

Find a new passion, and you'll feel young again.

Exercise, makeup or other beauty regimens offer the chance for a healthy glow, but so does living with purpose. Explore a hobby like gardening or crochet, make the local bingo night a regular stop, take up some form of crafting that brings you joy. Whatever you

choose, leave the rocking chair behind. Meaningful activities help us age gracefully by ensuring that we don't experience boredom or isolation. Bring a friend when you start these activities, or make new ones while you're there. You can turn back the clock together.



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Living Well with Chronic Pain
Tuesdays, Jan 11-Feb 22, 9:30am-12:00pm, Zoom

Diabetes Prevention Program
Wednesdays, Jan 19-May 4, 6:00am-6:00pm on the hour, In-person/Zoom
Saturdays, Feb 5-May 21, 9:00am-10:00am, In-person/Zoom

Health Coaches for Hypertension
Thursdays, Feb 3-April 7, 1:00pm-2:30pm, Zoom

Walk With Ease
Wednesdays, Jan 19-Feb 23, 10:00am-11:00am, In-person

Steps to Healthier Living: Living Well with Chronic Conditions
Thursdays, Jan 20-Feb 24, 9:30am-10:30am, Phone/Tool Kit

Aging Mastery
Tuesdays, Jan 11-Mar 15, 5:30pm-7:00pm, In-person/Zoom

Cancer: Thriving & Surviving
Mondays, Feb 7-Mar 21, 1:30pm-4:00pm, Zoom

Tai Ji Quan: Moving for Better Balance
Tuesdays & Thursdays, March 8-May 26, 2:00pm-3:00pm, In-person/Zoom

Guided Autobiography
Mondays, Jan 10-March 21, 9:00am-10:30am, In-person

Mindful Presence
Tuesdays, Jan 11-Feb 15, 9:00am-10:30am, In-person

Men's Health Series
Wednesdays, 1/12, 2/9, 3/9, 4/6, 5/11, 6/8, 9:00am-10:00am, In-person/Zoom

Registration:
hipaa.jotform.com/whitneysc/WorkshopRegistration
Phone: (320)850-3082
Email: whitneyseniorcenter@cl.stcloud.mn.us

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





Avoid Estate Planning Scams

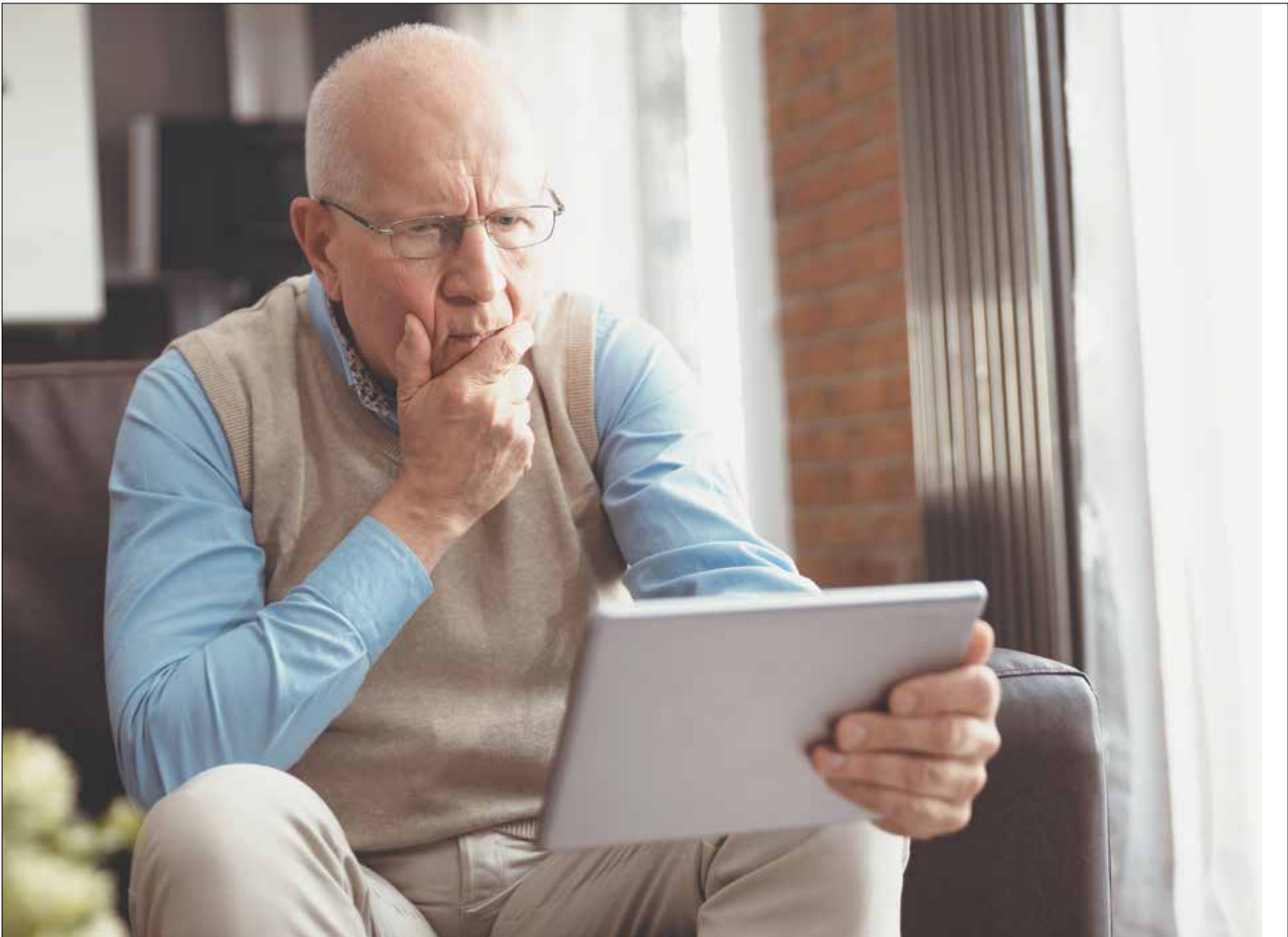
Unscrupulous actors sometimes try to entice unaware victims into financially crippling scams. One of the most common types of scam deals relates to living trusts.

Fortunately, by doing your research and ensuring you are entering a valuable contract, most scams are easy to see through and avoid.

A living trust is a written legal document into which you place some or all of your assets. The belongings are managed by yourself or by someone whom you dedicate the responsibility to at the time of death or until a specific date. According to the Federal Deposit Insurance Corporation, you can choose from two types of trusts.

A revocable trust is an adaptive deposit account managed by one or more people designated as a beneficiary who receives the assets upon an owner's death. It can be revoked, terminated or changed at any time, at the discretion of the owner. An irrevocable trust is when the owner contributes deposits or properties to the trust but gives up power to cancel or change the account.

When determining the right plan, keep an eye out for common types of scams, as report-



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ed by the attorney general of Pennsylvania.

FRAUDULENT ACTIVITY

Typically, the beginnings of a dishonest living trust begin with a phone call.

Unsuspecting people, often elderly, are solicited to attend seminars or receive an in-home visit to discuss living trusts.

Once the meeting starts, trustors are often put under extreme pressure to secure their assets through pushy sale pitches. In most cases, a con artist will play on the worry that your beneficiaries will be unprepared to deal with your death or that a court will decide what happens to your belongings.

In most cases, these sales-

people are merely attempting to access your sensitive financial information. They will often make illegal withdrawals from your accounts or sell your data to other con artists to pursue more fraudulent sales.

WAYS TO AVOID A SCAM

Keep these tips in mind to avoid falling victim to an

unruly financial trust.

- Recruit your own trusted attorney or reputable estate planner.
- Never sign documents that you don't fully understand.
- Ensure you have the option to update your trust periodically.
- Verify any affiliation or endorsement by a government agency or senior association.

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Calendar

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.

Saturday, Jan. 22
Free-Throw Contest, 3 p.m. A free-throw competition for children ages 9-14, St. Francis Xavier School gymnasium, 219 Second St. N, Sartell. This annual event is sponsored by the Knights of Columbus. Winners from the local level will advance to district, region and state competitions. Contact Jake Schneider at 320-761-7143 or jakeschneider34@gmail.com with any questions.

Sunday, Jan. 23
Sons of Norway Barneløpet Ski Event, 11:30 a.m.-5 p.m. This fun children’s cross-country ski event in its 14th year, is free for children ages 3 to 13. On-site registration available starting at 11:30 a.m. Participants may also register by contacting stcloud@mysl.org or calling 763-232-4921. Youth races start at 1 p.m. with prizes to all participants. Cross-country-ski equipment will be made available for children. Join in the festivities by enjoying cookies, hot chocolate, Norwegian treats and more!

Monday, Jan. 24
Frozen Meal Distribution – Catholic Charities, 8-10:30 a.m., Celebration Lutheran Church, 1500 Pinecone Road N., Sartell. Participants must be age 60 or older. For more information call 320-229-4584.
Frozen Meal Distribution - Second Hand Harvest, 8-10:30 a.m., Celebration Lutheran Church, 1500 Pinecone Road

N., Sartell. Eligibility is income based and you must be signed up in advance. For more information call Olga at 651-209-7937.

Guided Autobiography Workshop, 9-10:30 a.m. Mondays through March 21, Whitney Senior Center, 1527 Northway Drive, St. Cloud. Free. 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us. Register for classes at <https://hipaa.jotform.com/whitneysc/DPPRegistration>.

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

Tuesday, Jan. 25
Yoga with Shirley! 7-7:45 a.m., St. Joseph Government Center, Multipurpose Room, 75 Callaway St. E, St. Joseph. This class is designed for beginners and/or seniors. Sessions held Tuesdays until March 29. Nominal fee.

Mindful Presence Workshop, 9-10:30 a.m. Tuesdays through Feb. 15, Whitney Senior Center, 1527 Northway Drive, St. Cloud. Free. 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us. Register for classes at <https://hipaa.jotform.com/whitneysc/DPPRegistration>.

Living Well with Chronic Pain Workshop, from 9:30 a.m.-noon Tuesdays through Feb. 22, Whitney Senior Center, 1527 Northway Drive, St. Cloud. Free. Focus on skills to enhance healthy eating, managing pain, dealing with emotions, exercise, mindfulness, breathing techniques and mind-body connection. This free workshop meets six times, each session 2.5 hours long. Call 320-255-7245 for more information.

Aging Mastery, 5:30-7 p.m. Tuesdays through March 15, Whitney Senior Center, 1527 Northway Drive, St. Cloud. Free. In-person and zoom options available. For more information contact 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us.

mn.us. Register for classes at <https://hipaa.jotform.com/whitneysc/DPPRegistration>.

Wednesday, Jan. 26
Diabetes Prevention Program, at various times Wednesdays through May 4, or 9 a.m. Saturdays beginning Feb. 5-May 21, Whitney Senior Center, 1527 Northway Drive, St. Cloud. Free. This program is designed for people with pre-diabetes. 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us. Register for classes at <https://hipaa.jotform.com/whitneysc/DPPRegistration>.

Walk With Ease, 10-11 a.m. Wednesdays through Feb. 23, Whitney Senior Center, 1527 Northway Drive, St. Cloud. Free. 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us. Register for classes at <https://hipaa.jotform.com/whitneysc/DPPRegistration>.

Mighty Movers Creative Movement Classes with Music, 9:30-10:15 a.m., St. Joseph Government Center, Multipurpose Room, 75 Callaway St. E, St. Joseph. This class is for children 8-18 months old, children must be accompanied by a parent/guardian the entire time. Classes integrate movement, dance, music, and childhood imagination. Sessions held Wednesdays until March 2. Nominal fee for all eight sessions. Visit cityofstjoseph.com to register.

Adventurers Creative Movement Classes with Music, 10:30-11:15 a.m., St. Joseph Government Center, Multipurpose Room, 75 Callaway St. E, St. Joseph. This class is for children 2-4 years old, children must be accompanied by a parent/guardian the entire time. Classes integrate movement, dance, music, and childhood imagination. Sessions held Wednesdays until March 2. Nominal fee for all eight sessions. Visit cityofstjoseph.com to register.

Thursday, Jan. 27
Yoga with Betsy! 7-7:45 a.m.St. Joseph Government Center, Multipurpose Room, 75 Callaway St. E, St. Joseph. This class is designed for beginners and/or seniors. Sessions held Thursdays until March 31. Nominal fee/session.

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Topic: Sartell Lions’ all-inclusive playground.

Steps to Healthier Living: Living Well with Chronic Conditions, 9:30-10:30 a.m. Thursdays through Feb. 24, Whitney Senior Center, 1527 Northway Drive, St. Cloud. 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us. Register for classes at <https://hipaa.jotform.com/whitneysc/DPPRegistration>.

Saturday, Jan. 29
St. Joseph Snowfest, 11 a.m.-2 p.m. Sledding, ice skating, s’mores, hot cocoa and bonfire at Memorial Park, 33 Second Ave. NW. Face painting and crafts on the deck next to Sisters & Co. Crafts and face painting will be moved inside the St. Joseph Government Center if the weather is too cold or windy. Snowshoes and cross-country skiing at Klinefelter Park, 1000 Dale St. E. Activities for adults at Neighbors, Sal’s, The Middy, LaPlayette, and Bad Habit from noon-5 p.m.

Monday, Jan. 31
Early Childhood Information Night, 6-7 p.m. Oak Ridge Early Learning Center gymnasium, 1111 27th St N. Parents/guardians are invited to this meeting to preview Early Childhood offerings for the 2022-2023 school year. Talk with staff, tour classrooms, meet with Boys and Girls Club members and KID-START members.

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

Thursday, Feb. 3
Yoga with Betsy! 7-7:45 a.m. St. Joseph Government Center, Multipurpose Room, 75 Callaway St. E, St. Joseph. This class is designed for beginners and/or seniors. Sessions held Thursdays until March 31. Nominal fee/session.

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Topic: Exploring your genealogy.

Health Coaches for Hypertension Control, 1-2:30 p.m. Thursdays, Feb.3-April 7 on Zoom. Free. 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us. Register for workshop at <https://hipaa.jotform.com/whitneysc/WorkshopRegistration>.

Saturday, Feb. 5
Diabetes Prevention Program, various times Wednesdays through May 4, or 9 a.m. Saturdays beginning Feb. 5-May 21, Whitney Senior Center, 1527 Northway Drive, St. Cloud. Free. This program is designed for people with pre-diabetes. 320-650-3082 or whitneyseniorcenter@ci.stcloud.mn.us. Register for classes at <https://hipaa.jotform.com/whitneysc/DPPRegistration>.

Bruno Press Open Shopday, 10 a.m.-2 p.m. Shop, print a thing, have a snack, learn something new! 154 Fifth Ave. SE, St. Joseph. Enter through the garage.

Sartell Winter Market, 1:30-4:30 p.m., Sartell Community Center, 850 19th St. S. Shop local! This indoor market features homemade food items, crafts, jewelry and more.

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Our View

Profound lessons from a storyteller

Martin Luther King Jr. Day was this past Monday and with that day comes a time to reflect. It's interesting to think about how Dr. King would feel about the state of our world now, almost 54 years after he was assassinated.

Have we made him proud? Have we regressed? We can never truly know the answers to these questions without hearing it directly from King himself, but when you think about the fact it was necessary to start a movement in 2013 called, Black Lives Matter, one could assume that maybe we haven't come as far as Dr. King would have wished for us.

It's surprising how much misunderstanding still stands between us day. And those that are passionate about making changes to reduce these misunderstandings usually try and do so in big ways. That's commendable to be sure, but maybe we should focus more on the small things.

The little steps of neighbors standing up for neighbors, and communities coming together for the good of all their residents, those are the seeds that we need to continue to plant. They may seem small at the time, but people will start noticing, and eventually we will see the changes we so need to see.

A wonderful way to manifest these changes is through storytelling. Listening to each other's stories is one of the most important things you can do to bridge that gap between fear and understanding. Once you hear about a person's past and what they have gone through to get where they are today, it becomes so much harder to judge them. You begin to see the person behind the skin.

Martin Luther King Jr. was a storyteller himself; this is why his words were so powerful, meant so much to people and still inspire us today. He presented his arguments through compassion, empathy and imagery that brought his listeners into his world. Through this imagery we connected with him. We put ourselves in the shoes of the storyteller and it forces us to ask, "what would we do?"

We cannot imagine what it's like to be anything but our own culture, but we all know what it's like to be human. We all desire the same things; peace, comfort, safety for ourselves and families, and opportunities to make our dreams come true. When you start viewing a person in this matter, it isn't difficult to see past your own prejudices. Honor Dr. King by taking a moment this month to get to know someone you might not have paid attention to before. You just might see your prejudices slipping away.

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.

Time to embrace long winter struggle

January is always the longest month of the year for me, and I don't mean because there are 31 days in it. You would think considering I am born and raised in Minnesota I would be used to these long, dark winters, but the older I get the rougher they are on me.

I don't hate the four seasons, in fact, I don't think I could live in a place that didn't have all four. But winter seems to be that one season that tries to encroach on all the others. Fall is beautiful, but it only seems to last about a minute before the bitter cold comes along with its dark evenings. Spring is the time for a slow rebirth but oftentimes mother nature seems to forget that snow is supposed to stop in April so those flowers can bloom in May.

I know I'm not the only one who struggles with this. In fact, there is even a term for what I have, it's called SAD or seasonal affective disorder. For some, it's mild and a nice, brisk walk in the frigid temps helps greatly, but for others, there's a little more to it than that.

In my house, it's all about the lights. My husband goes around the house turning off the lights, you know, to save on electricity, while I follow behind him turning them all back on. It's almost comical, the little

Leanne Loy
Editor



game of cat and mouse we play with the lights. But the gloominess of the days followed by early evenings are really a struggle for me. It's hard to be motivated to do anything when it's 10 degrees outside and dark by 4:30 p.m.

"More vitamin D," my doctor says, and she's right, it does help, but nothing really compares to the warmth and the light that comes directly from the sun. I may have even joined our beagles on the floor in our den at one point to "sunbathe" with them as the sun shined bright on our hardwood floors. Hey, we do what we have to do to get by, and if it's good enough for my beagles, it's good enough for me.

Lately though, I'm tiring of just trying to "get by." Every year I lose a good month or two to these sad, isolated days where "energy" is something only my lights give off, that is when my husband allows it.

I've learned a few tricks throughout the years to help me through, the only problem is remembering to use

them when it's the last thing I feel like doing. Yoga is a good start. Well, in my case, it's probably more closely related to a good stretch than the actual art of yoga. At any rate, taking some time out of the day to move my body increases my energy and reduces the overall feeling of blah that comes with winter.

And of course, nutrition is important too, but I think what helps the most is knowing that much like our climate, our bodies go through seasons too. This is my newest focus. Trying to have the same amount of vigor we do when it's summer, for example, is not necessarily what our bodies need. Maybe it's not such a bad thing to slow down in the winter. After all, the trees don't fight it.

In the autumn trees let go of their leaves, knowing that in time they will return. They don't fight to hold on to them or try to force them to keep their color. There's a certain sense of calm that comes over nature in the wintertime that I think we all try to avoid. Our current lifestyles certainly don't cater to the calm, and maybe that's where this anxiety comes from.

So instead of fighting to maintain my spring, summer or even fall energy, which really hasn't worked for me in the past, I think this year I'll take a page from nature and welcome it.

What a surprise phone call after half a century!

In his office at St. Cloud's Tech High School, Charles Sell enjoyed a telephone conversation with a man just a couple of weeks before the man shot his wife and killed himself.

Charles Sell was the principal at Tech High School. The man on the other end of the line was actor Gig Young. The murder-suicide happened in the couple's Manhattan apartment on Oct. 19, 1978.

Last week, I wrote a column about Gig Young, born as Byron Barr in 1913 in St. Cloud and an alumnus of Tech High School.

Sell, now a resident of Country Manor in Sartell, read that column and decided to call me. What a blast from the past. Instantly, I recognized his voice after more than half a century. He had been assistant principal when I was a student at Tech in the mid-1960s.

Sell told me the Oscar-winning Gig Young had been invited in 1978 by Tech High School to be grand marshal for a school parade.

One day, Sell's secretary told him Gig Young was on the line. Surprised, Sell picked up, said hello. Young expressed his thanks for being invited and offered his regrets about not being able to show up for the parade. Then the actor talked on about his happy times in St. Cloud and his fond memories of Tech. He reminisced about a Tech speech teacher, the great Myrtle Bacon, whom he much admired. He asked

Dennis Dalman
Reporter



Sell if the long-abandoned pickle-canning factory was still there, the one owned by Young's father and where Young had worked as a teenager once upon a time. Sell told him it had been torn down when South Junior High School was built in 1960.

"We had a very nice conversation," said Sell said.

About two weeks later, Sell picked up a newspaper. Shock and horror hit him when he saw the headline: "Actor Gig Young kills wife, shoots self." The sudden shock of it still lingers in Sell's mind.

Sell was Tech principal from 1969 until 1983. So many of the people I've interviewed for news stories in the past 25 years mentioned they attended Tech and remember Chuck Sell.

They might appreciate a Sell update. Born in Mayer, a small town near Waconia, Sell graduated from Waconia High School. When he was hired by Tech in 1956, he started as an American-history teacher and football coach. He's also been a world traveler, an avid outdoorsman and a private pilot.

"I gave up flying when I turned

90," he said. Now, self-grounded, he still enjoys golf.

"I used to hunt and fish, but golf is good because I can still do it,"

Sell and his late wife, Catherine, have three children (two girls, one boy), many grandchildren and even 10 great-grandchildren.

When Catherine became ill with Alzheimer's disease, she and Charles moved into an assisted-care apartment at Country Manor. After his wife passed, he decided to stay in the apartment. There are quite a number of former Tech teachers living at Country Manor, and Sell often shoots the breeze with them. And in an extraordinary coincidence, there are even three people living there who grew up in Sell's boyhood hometown when it held only 125 people.

I told Sell he had given me a good talking-to way back when. One day, he called me into his office and asked why I was skipping school so often in my senior year. I told him I'd take loads of books home from the library and skip school to read them all day. Then I told him I get excellent grades, do my homework on time and even get my stories and columns to the school newspaper before deadlines. He frowned and gave me a stern talk about why attendance is important.

That must be the reason I so vividly remembered the sound of his voice when he called last week.

City, school district achieve major fiber system

by **Dennis Dalman**
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Almost four years ago, Sartell and the Sartell-St. Stephen School District began a joint project to update their electronic options, to bring them in line with rapid advances in communications technology.

The project was, in fact, an electronic infrastructure installation to accommodate Sartell’s communications needs well into the middle of this century – and beyond.

Kyle Breitreutz is the director of technology for the Sartell-St. Stephen School District, a job he has had for 16 years. He explained how the project developed.

The immediate impetus, Breitreutz explained, was to hook up the Sartell Safety Facility (the new police and fire department) with Internet access. At first, the Granite Consortium Co.

in St. Cloud installed lots of fiber-optic strands in the ground at the Safety Facilities building, making it possible for Internet service, as well as enough fiber connections for other forms (and future applications) of communications technology.

Unlike electrical wires, an optical fiber is a flexible, transparent fiber made by stretching glass (silica) or plastic to a diameter slightly thicker than a human hair. They are tightly bundled and placed in a protective pipe, then buried in the ground. The fiber bundles are capable of carrying enormous amounts of information, all at once, via light signals over long distances and at higher data transfer rates.

Much of the fiber-optic installation in Sartell was paid for by pandemic CARE funding, in addition to funds from the city and school district.

The project involved co-operation from the fire and police departments, as well as the city and the school district. All were hoping that in time the underground fiber-optic network could be extended. However, the virus pandemic put the kibosh on those plans in 2020.

The city and school district agreed there should be fiber-option extension from the Safety Facilities north along Pinecone Road all the way to 27th Street, where the new high school is located. In addition, it was decided to extend the underground fiber system to Sartell City Hall and to the Community Center at Pinecone Road S. Again, the partnership of the city, school district, Granite Consortium worked to coordinate the project, along with a new partner, Arvig Media, an Internet provider.

The extension plans were all achieved, and now the

fiber-optic network includes not only the Safety Facilities building, but also the community center, city hall and the schools.

“It was a great feat that took a lot of partnerships,” Breitreutz said. “It made it possible to tie all the entities in the city together to make one large network and for the school to do future expansions.”

One phase that is yet to be done is to extend the fiber-optic system along Second Street from Pinecone Road all the way to the bridge and then across the bridge to connect with a fiber network already installed on the east side of the river. That will result in a loop system for redundancy. Breitreutz used the hypothetical example of a backhoe, for example, digging somewhere above the line and hitting the fiber-optic lines. If such an accident were to happen,

the loop system is capable of sending all information automatically through the system in the opposite direction. That fail-safe method is known as “redundancy,” Breitreutz explained.

Arvig now has access to the fiber-optic system so it is possible it could serve more underserved households and businesses along Second Street. Another plan is to extend the fiber network to homes north of 27th Street sometime in the future, Breitreutz noted.

Other Internet providers, such as Spectrum and Century Link already provide service to many households and businesses in Sartell.

“The city and school district were our entities in the project,” he said. “It’s up to Arvig (Media) as to how far they want to extend the fiber system, but the option for expansion is definitely there.”

Masks

from front page

Covid patients take up 70 percent of the critical-care beds locally, which means there is a limited number of beds for people who have had heart attacks, strokes or who suffered other traumas, such as from car crashes or accidents. Rationing may soon become a dreaded reality, Tjaden noted.

“The sky is truly falling,” said Tjaden, adding that “misinformation abounds, but the facts do not play politics.

Tjaden listed the facts: Infection rates are 2.5 times worse than this past fall; more children, teachers and caregivers are getting Covid symptoms; hospitals are full and clinics are overburdened; staff shortages are increasing and 800 CentraCare employees are at home because of their own Covid in-

fections/sicknesses or because they are taking care of a family member who is sick; some businesses cannot remain open due to staff sicknesses.

She continued: New, promising treatments are showing hope, but they are in short supply; the hospital has reinstated a no-visitors policy; if 80 percent of people would wear masks, it could prevent an estimated 800 deaths, according to the Mayo Clinic, and medical-grade masks are the best kinds to wear, Tjaden noted.

“We are not asking for a shut-down,” she said to the council. “We are trying to avoid a sick-down.”

Tjaden pleaded with the council to be leaders in the fight against the pandemic.

“You have the power. Lead the wider community. Do not wait for the state or the county. Please put a mask-required policy in place . . . The livelihood of our community depends upon it.”

Medicine

from page 2

when patients, step by step, go past the crisis mode, Johnson noted.

Chiropractic is from Greek words meaning “done by hand.” Chiropractic healing is accomplished by aligning the skeletal system and by methods to keep the nervous system working properly (a healthy brain-body connection).

Many people think only of back pain or neck pain when they hear the word “chiropractic.” But, in fact, chiropractic medicine can be helpful in treating everything from allergies to Crohn’s disease, from depression and lack of concentration to chil-

dren suffering from insomnia.

“I developed a passion for chiropractic through the many transformational stories I had heard and seen while at school,” Johnson wrote on his website. “Because we live in a world with an overload of stressors, damage to the communication pathways between the brain and body can occur and prevent us from living at an optimal level of function and quality.”

Johnson earned a degree in biology from the University of Northwestern, St. Paul. That is where he met a woman named Karen from Fargo whom he eventually married. Karen is a dental hygienist at Pearl Dental in Sauk Rapids. Johnson then went on to study at Northwestern Health Sciences University in Bloomington and became a

doctor of chiropractic.

At one point, Johnson decided he would like to move out of the Twin Cities area. For a time, he lived in St. Cloud, but he and his wife began researching other cities in the state.

“I had no relations living in Sartell, but I kept hearing good things about it,” he said. “I learned the city is receptive to new businesses. I enjoy being in Sartell, and I’ve made so many good connections here. Sartell is great for new families, and it has a great school system.”

Good Life Chiropractic is located at 1733 Pinecone Road S., #1200. To find out more about the business and its open hours, google its website: “Good Life Chiropractic Sartell MN.” To make an appointment, call 320-217-2542.

Frosty fun at Pluimer’s daycare



photos by Carolyn Bertsch

Friends pile together to form a train on a slide Jan. 18 at Erin Pluimer’s Sartell daycare. They are (left to right) Gracelyn Solarz, 5, of Sartell, Mason Zinken, 4, of St. Joseph, and Brekken Gasser, 3, of Sartell.



Solarz peeks out a cozy snow-covered cottage.

PERSONAL FINANCE | TECHNOLOGY

Paying Bills Online

Who hasn't forgotten to pay a bill, only to be hit with late fees?

This simple mistake can also do lasting damage to your credit. Today, you can use technology to ensure this never happens again by paying your bills online. Make sure your information is safe, then prepare to wave goodbye to late fees forever. Here's a look at online bill paying.

GETTING STARTED

Every company has its own set of rules, but generally you'll want to gather your bills so you can input account numbers and other pertinent details. If you use a catch-all bank-based account, enter your biller's information into the bill-pay platform. If you're scheduling payments through individual company accounts, have your billing address and other needed personal information handy.

SET UP PAY SCHEDULE

Going online makes paying any bill so much easier, from one-time payments or scheduled monthly and annual installments. It's quicker than paying with an old-fashioned paper check, and can help you avoid fees associated with automated phone services. Bills can be scheduled on a regular cycle, and even far off into the future – ensuring you don't forget to renew an annual subscription or address a tax bill. And they'll always be paid on time.



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ANALYZE YOUR SPENDING

Automatically deducted payments help you avoid overdraft fees, and they can also help you maintain a budget. Many online bill-paying services provide tools so you can track spending. This allows you to determine exact-

ly where your money is going and when, providing vital information on how to cut expenses. You can also keep an eye out for increasing costs as they happen.

REAL-TIME BENEFITS

Identity theft has become a

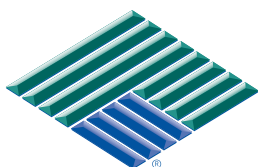
pervasive issue in the internet age, as tens of millions of Americans fall prey to unwanted intrusions each year. Online bill-paying services will typically provide a notification system, either by email or text, that alerts users when payments have been made. They

also offer updates on your available balance and on any suspicious transactions. Users can then quickly suspend accounts to limit the damage these hackers might do – a real-time benefit that has made a huge dent in losses due to identity theft.

Together we are...
Confident.

Embrace and celebrate
your vision and goals.

When we are confident **together**,
small business is **fearless**.



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