

Reaching Everybody! Newsleaders

Friday, Feb. 18, 2022
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Est. 1989

Town Crier

Ice fishing contest set Feb. 19

An ice fishing contest, sponsored by the St. Joseph Rod & Gun Club, will be held from noon to 2:30 p.m. Saturday, Feb. 19 at Kraemer Lake, St. Joseph. The first 100 kids, 15 and under, receive free ice fishing gear. Warming house and toilets available. Advanced tickets may be purchased until 6 p.m. Friday, Feb. 18. For information, call 320-251-2881.

SYHA Raffle: \$40,000 in prizes

Sartell Youth Hockey is now conducting its annual Scheels Gift Card/Gun Raffle with a grand prize of \$1,899.99; 100 prizes in total; 1:20 odds. Drawing is Sunday, May 15. Winners can choose the awarded firearm, with proper credentials, or a gift card for the awarded value. The gift card is redeemable for any merchandise in the St. Cloud store. Purchase tickets at both Blue Line Bar & Grill locations, the Firing Line Indoor Range & Gun Shop or from SYHA members. For more information and a list of prize values, visit sartell-hockeyaffle.com.

Tails on Trails to take place Feb. 27

Tails on Trails for dog owners, dog lovers, family and friends will be held from 1-4 p.m. Sunday, Feb. 27 at Millstream Park (725 Co Rd 75W, St Joseph). Take a walk on the trails while playing "Clue" Covid edition, ride on a dogsled, watch Solid Results trainers work their dogs, talk with Sgt. Hoffman about police K-9 units, visit Rescues about adopting a dog or cat, try some "Doga" (bring your yoga gear), take a photo with your pup, learn about agility training, purchase doggie treats from Brayden's Pawfect treats, and visit with PetSmart about what they have to offer. Come enjoy the outdoors!

No Newsleader printed March 18

The Newsleader office will be closed March 7-11. No Newsleader will be published Friday, March 18 but then we will resume with back-to-back publications March 25 and April 1. The remainder of the year, we will again publish every other Friday starting with the April 1 editions.

INSERT: Minnesota Street Market

Catholic school up for grant

by Leanne Loy
editor@thenewsleaders.com

The St. Joseph Catholic School has been offered the chance to earn a large grant.

From now until March 30, if the school can raise \$25,000 through unique donations that are over and above their standard annual donations, the Schulze Family Foundation has agreed to double that amount.

Dick Schulze, founder of the Schulze Family Foundation, was born and raised in St. Paul. He is the founder and chairman emeritus of Best Buy. According to their website the foundation supports high-performing educational institutions by invite only.

Schulze and his family are concerned about the rapidly increasing costs of higher education in addition to the de-

clining levels of achievement of U.S. students in grades K-12 compared to their worldwide peers. So, he started this foundation as a way to support those schools that are going above and beyond to help their students succeed.

The principal of the Catholic school, Sara Michaelson, said "[Schulze] has a soft spot for colloquial schools."

She said the funds will be put toward their curriculum and academic needs with a focus on math, science and reading.

The school can accept donations in a few ways. People can write a check and either mail it directly to the school or drop it off in person. Otherwise, they can go to the school's website at <https://stjosephccs.org/> and donate there.



photo by Leanne Loy

We all scream for ice cream
Seven-year-old Warren Olmscheid of St. Joseph says, "This is the best day ever!" Olmscheid came prepared in his hoodie-blanket for National Ice Cream for Breakfast Day Feb. 5 at Jupiter Moon in downtown St. Joseph.

New maps reshape political boundaries

by Mike Knaak
news@thenewsleaders.com

New maps published Feb. 15 show St. Joseph will be part of two legislative districts as a part of the once-a-decade rebalancing of political boundaries to reflect the latest population count.

About half of St. Joseph will move to District 14 and the rest of the city will remain in District 13.

St. Joseph residents south of CR 75 and east of College Ave-

nue will now be part of District 14, which includes St. Cloud, St. Augusta and Waite Park.

Currently, Republican Jeff Howe represents District 13 in the Senate and Republican Lisa Demuth represents House District 13A.

All legislative districts will be up for election in 2022 as well as the governor and other constitutional officers such as secretary of state and attorney general.

While losing part of St. Jo-

seph, District 13A district will pick up voters in northern Stearns County. House District 13A as well as Senate 13 will now include all of Avon Township and Farming, Albany and Krain townships, including the cities of Albany and St. Anthony. Zion Township, west of Roscoe, will be part of District 12.

The new boundaries were drawn by a nonpartisan five-judge panel because the divided legislature couldn't agree on the

maps, as has happened every decade for the last 50 years.

The 2020 Census showed significant population growth in an arc from metro St. Cloud through the Twin Cities to Rochester while the rest of the state's population remained stable or even declined.

For example, House District 13A, which wraps around St. Cloud and extends southwest to Paynesville, only grew by .5 percent since 2010 while House

Maps • page 2



contributed photo

KPower owners Kelsey Schultz and Meghann Teders look over the floor plan for the new studio.

KPower Yoga studio to open in St. Joseph

by Darren Diekmann
news@thenewsleaders.com

The owners of KPower Yoga of Sartell plan to open their second studio in early May in a refurbished house at 109 W. Ash St., St. Joseph, just east of the post office.

Reconstruction began in November on the 60-year old rambler that will also house Elevated Eating, a clinic that promotes health through nutrition. Both businesses will have separate retail spaces, which will include a boutique

for KPower.

Kelsey Schultz said she and her business partner, Meghann Teders, are not just excited about the expansion itself but also the attractive space the studio will occupy, and the location of St. Joseph in particular.

"St. Jo(seph) has always been a place of interest," Schultz said. "It is such a cool town."

Currently, she has 12 employees, mostly instructors, in Sartell and plans to hire

Yoga • page 4

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, Feb. 19
Ice fishing contest, noon-2:30 p.m., Kraemer Lake. St. Joseph Rod and Gun Club hosts its 28th annual ice fishing contest. Advanced adult tickets available until 6 p.m. Friday, Feb. 18; nominal fee for kids 15 & under, advanced and at the lake. More than \$4,000 in prizes! Lunch and refreshments available for purchase. 320-251-2881.

Monday, Feb. 21
St. Joseph City Council, 6 p.m., Government Center, 75 Callaway St. E.
Online Safety and Healthy Relationships Presentation, 7 p.m., Sartell High School Performing Arts Center (theater),

3101 Pinecone Road N., Sartell. Sartell Police Department and school district are teaming up to present strategies to help keep students and the community safe. Presenters will be Special Agent Nick Riba from Minnesota Bureau of Criminal Apprehension and Kate Lepage from Minnesota Safe Harbor. For more information, contact School Resource Officer Rob Lyon at rob.lyon@sartellmn.com.

St. Joseph Rod & Gun Club, 7 p.m., American Legion, 101 W. Minnesota St., St. Joseph.

Tuesday, Feb. 22
St. Joseph Food Shelf, 1-3 p.m., 18 Birch St. E., St. Joseph.

Wednesday, Feb. 23
Walk With Ease, 10-11 a.m., Whitney Senior Center, 1527 Northway Drive, St. Cloud. This workshop meets in-person Wednesdays through March 2. 320-650-3082 or email whitneyseniorcenter@ci.stcloud.mn.us.

Thursday, Feb. 24
Coffee and Conversation, a senior discussion group, 9

a.m., Sartell Community Center, 850 19th St. S. Topic: Gary Bechtold, three-time Jeopardy winner, shares his experience on the popular game show.

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

Friday, Feb. 25
Justin Ploof and The Throwbacks, 7:30 p.m., Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. The Throwbacks return to the Paramount to pay homage to America's preeminent Rock n' Roll band – Creedence Clearwater Revival! paramountarts.org.

Sunday, Feb. 27
Tails on Trails: Calling all dog owners & lovers! 1-4 p.m., Millstream Park, 725 CR 75 W., St. Joseph. Walk the trails while playing Clue Covid edition, ride on a dog sled, watch Solid Results trainers work with their dogs, talk with Sgt. Hoffman about police K-9 units, visits Ruscues about adopting a dog or cat, photos and more!

Tuesday, March 1
St. Joseph Food Shelf, 1-3 p.m., 18 Birch St. E., St. Joseph.
Church Basement Ladies: 20th Anniversary! Shows begin at 1:30 and 7 p.m., Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. A celebration of the church basement kitchen and the women who work there, features four distinct characters and their relationships as they organize the food and the problems of a rural Minnesota church. paramountarts.org.
St. Joseph Lions Club, 7 p.m., Millstream Park Pavilion,

101 Fifth Ave. NW., St Joseph.

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

Friday, March 4
Goitse: Contagiously energetic Irish music! 7:30 p.m., Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. The popular and multi-award-winning quintet Goitse was forged in the white-hot creative crucible of Limerick's Irish World Academy. paramountarts.org.



photo by Carolyn Bertsch

Kennedy celebrates I love to read month
Kennedy kindergartners listen Feb. 10 as school librarian Holly Nelson reads "Scaredy Squirrel" by Melanie Watt, a book that encourages children not to be scared just because someone is different. They are (front row, left to right) Sahra Abdi and Isra Abdillahi; (second row) Nataly Vasquez-Hernandez, Griffin Hosch and Mustafe Mohammud; (third row) Ava Handeland, Moham-medameen Ali, Beckett Burg and Hadley Doll; (fourth row) Charlotte Allen, Isabel Laudenbach and Brianna Orcutt; and (back row) Janelle Brethorst.

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James Kramer III, an independent LPL Financial advisor at Kramer Financial in Saint Cloud, was recently recognized for his inclusion in the LPL Patriot's Club. This elite award is presented to less than 7% of the firm's more than 19,000 financial advisors nationwide.
"I congratulate James on behalf of LPL," said Angela Xavier, LPL executive vice president, Independent Advisor Services. "We are inspired by his dedication to clients and strong commitment to helping them work toward their financial goals. It is an honor to support James with robust resources, integrated capabilities and differentiated service experiences designed to help him run a thriving practice. We wish James and his entire team continued success as they create meaningful impact in the lives of their clients in the years ahead."
Kramer is affiliated with LPL Financial, a leading wealth management firm. LPL provides the resources, tools and technology that support advisors in their work to enrich their clients' financial lives.

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photo by Darren Diekmann
Al Schlangen (foreground) and son Alex of Schlangen’s Unlimited Building & Remodeling, one of the area contractors on the project, works on the interior of 109 W. Ash St., soon to be the second home of KPower Yoga.



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Yoga

from front page

nine more by the time the St. Joseph studio is operating at its expected level.

The new location will be more convenient for several of the studio’s members who are from the St. Joseph, Avon and Cold Spring areas.

“I know some members who are excited about being able to shorten their drive to a closer location,” Schultz said.

Expanding became possible for Schultz as her husband John took on most of the responsibility for both of their Anytime Fitness franchises, leaving her to focus on the yoga studio.

She also credits her new business partner Meghann Teders who started working for Schultz as an instructor.

“I slowly pulled her in to help with studio management and other things, and now she’s running the teacher training program.”

Schultz was ready for a change when approached by developer Shannon Wiger of Wiger & Co.

Wiger, who is a member of the yoga studio in Sartell, recently bought the property in St. Joseph which had been a yoga studio before with an attractive outdoor space.

“It provided a great foundation for a future wellness concept,” Wiger said. “It was instantly clear that my vision for that property aligned perfectly with KPower’s future plans.”

She said construction is on schedule and she is confident it will be complete by the target of early May.

Workers recently finished the framing and have moved on to the interior.

“They still need to work on the siding, windows and doors,” Wiger said. “And we still need to do a little tweaking of the exterior design, but we are really moving into the fine details of the project.”

When finished, the building will double its footprint to about 5,000 square feet by expanding the main building and adding a front porch for better outdoor access.

The addition of the porch is in keeping with her intention to keep the property attractive and accessible to the public.

“We are working really hard to make the design of the property fit the character and charm of St. Jo(seph),” Wiger said. “It is important to meet the building standards others have set.”

Among other projects, Wiger developed the Hudson & Company building on West Minnesota Street and College Avenue North.

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2. Pay for the person behind you in a drive-through line
3. Tape coupons to different products around the grocery store
4. Shovel or plow your neighbor's driveway
5. Write thank-you notes to people who you don't say "thank you" to often enough
6. Tape up inspiring notes inside of dressing rooms
7. Buy a bouquet of flowers for a friend
8. Give away hot cocoa in your neighborhood
9. Donate homemade "get well soon" cards to local hospitals
10. Create a diaper-exchange care package and leave it in a public bathroom
11. Next time there's a sale on canned goods, buy some extra and donate it to your local food bank

Be part of the #11forJacob movement
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The Jacob Wetterling Resource Center was founded to educate and assist families and communities to address and prevent the exploitation of children. They continue to work to end all forms of child maltreatment through education, training and prevention while advocating for and serving children, adult survivors and communities.

For more information, visit: zeroabuseproject.org

We want to see your acts of kindness! Email us photos of you and your community doing acts of kindness at news@thenewsleaders.com. Be sure to list the first and last names of everyone in the photo(s), as well as which town you reside in and a caption for your act of kindness. Include your telephone number and email address in case we have questions about the photos. Entries will be shared on our social media pages, website and in upcoming print editions.




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Opinion

Our View

Let's honor Jacob through acts of kindness

Yesterday was national Act of Kindness Day. It seems only fitting this day also lands on the same day as Jacob Wetterling's birthday. In honor of both these events the Newsleaders staff invites you to celebrate those acts of kindness not just for one day, but in the coming weeks as well.

It will be 33 years in October since Jacob was abducted and that loss is still felt by many. Those of us who live and have grown up in the area remember it like it was yesterday. Many things changed after that in our communities. Abduction awareness became more prominent, parents became afraid to let their children wait alone by bus stops, little by little certain things we never used to even bat an eye at became a source of anxiety. And the heartbreak that we all feel for the Wetterling family still stands today.

That's why we think it's so important to start taking notice of the small stuff and honor the memory of Jacob by doing some acts of kindness in your neighborhoods. There are many things we can do to show appreciation for others or help out a stranger in need. Below are some ideas that might help you get started.

Take notice of those passing you by. Do you like their hair, shirt or shoes? Tell them. People underestimate the power of a random compliment. Think about the last time someone did this for you and how it made you feel. There is power behind those simple little gestures, and it could mean more than you know to someone.

Have you ever been in a public restroom or a restaurant and noticed a little note with an encouraging message on it? Those have most likely come from past national Act of Kindness days. Leaving an inspiring note for some to find can lift the spirits of someone who might be having a tough time, or just really needs a sign they're doing OK. You could be that sign for them.

How about babysitting for free for that single mom or the parents who haven't had a night out since their child was born? Or baking cookies for your local law enforcement office or fire station? You could walk a neighbor's dog or shovel their driveway. There are so many little things we can do to show kindness that mean so much; it's just about taking the time to notice them.

And remember, kindness is contagious, so feel free to spread it all over your neighborhood. That's the kind of pandemic we need more of.

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.

Please, keep banning those books

I don't mean to sigh in exasperation or roll my eyes in annoyance but once again, 2022 is starting out with a list of banned books, most notably, "Maus" by Art Spiegelman which is a book about the holocaust. By all means, tell our students they cannot read it.

Maybe it's not such a humorous thing and I shouldn't find enjoyment in it, but it really is common knowledge that once you take something away, the desire for it grows to an almost obsession. So, while the "powers that be" think they are censoring the public from literature they find "unfit" for our children or the public in general, what they are really doing is encouraging them to go out and read it on their own. To that, I say thank you!

Famous author Stephen King is no rookie to books being banned having had at least four of his own novels on that list in the past. It's because of him I have this attitude toward banned books. King has put it in a different perspective for me and I think that's why my attitude about book banning has turned from angry to amused.

At one point when asked his opinion on the matter King said "When books are run out of school classrooms and libraries, I'm never much disturbed...What I tell kids is, don't get mad, get even. Don't spend time waving signs or carrying petitions around the neighborhood. Instead, run, don't walk, to the nearest non-school library or the local bookstore

Leanne Loy
Editor



and get whatever it was that they banned. Read whatever they're trying to keep out of your eyes and your brain, because that's exactly what you need to know."

It is this very sentiment that sparked an engaging conversation with my 15-year-old about what "they don't want him to see." I agree with King, if someone is trying to hide it from you, it's most likely something you need to know. My son is not an avid reader, unlike his mother, but as a teen, he also doesn't like to be told that there is literature out there that "they" don't want him to see. We discussed the idea of being able to think for yourself and make your own decisions about what to read and stop relying on others to choose what they feel is appropriate for you.

Now I know King writes mostly fiction and his books were banned for reasons such as violence and sexual themes, and those themes can be off putting to some, but all banning does is make the masses want to read it even more; so really, the jokes on them. Have we learned nothing from our past? You can only repress people for so long until they stand up and

fight back for what they want. Like that petulant child, the more you take it away, the more they want it.

Besides, literature is an expression of art and often times is therapeutic for both writer and reader. When we ban books, we take away free speech, plain and simple. And in this country, that will only be tolerated for so long.

I remember reading Cujo when I was around my sons age. My oldest brother was a King fan and I guess he figured I would enjoy it because I'm an animal lover. I was hesitant to read anything by King because I knew of his stories and how they easily caused terror. But then, my mother warned me not to read it. In fact, she flat out told me that I shouldn't read it because it would give me nightmares. That was all she had to say, don't do it. So, of course, I did it.

Was she right, did I have nightmares? You bet I did, it's Cujo! But something else happened too. That was the first time I realized I could become so engrossed by a book that the rest of the world faded away and I felt like I was in the story. Truth be told, that has a lot to do with King's talent as a writer, but it also started a spark in me. Books became a passion of mine and it all started with one that was banned.

So go ahead, keep banning those books. As history has shown us, it's a darn good way to get our kids to read.

Greatest 20th Century novel turns 100

Now 100 years old, James Joyce's novel "Ulysses" is widely considered by literary scholars the greatest novel of the 20th Century.

The masterpiece was first published in Paris on Feb. 2, 1922. It was banned in the United States until a landmark 1933 district-court decision that ruled the novel was not "obscene" but rather a work of great literary merit.

In 1965 in my high-school library, I tried to check out "Ulysses." I say "tried" because the prim and proper librarian at first wouldn't give it to me. I learned it had been taken off the shelves and hustled off to hide in shame in a back room.

"Why do you want to read THAT book?" she asked me.

"Because I've heard it's a great novel."

"Well, I'll have you know it's smutty," she sputtered.

"I don't care; I want to read it so hand it over."

Reluctantly she did.

Back home, I opened it and began to read it, or I should say TRIED to read it. I couldn't make heads or tails of it and tossed it across the room.

"How could such gibberish be hailed as great?" I scoffed.

Some months later, in a book store, I happened upon a paperback entitled "Re-Joyce" by famed British writer Anthony Burgess. It was a "guide" on how to read "Ulysses." I bought it.

Through the next weeks, with Burgess as guide, "Ulysses" all of a sudden made sense. I was stunned by Joyce's ingenious

Dennis Dalman
Reporter



kaleidoscopic way of evoking all the characters and the bits and pieces of one day and night in Dublin, Ireland – June 16, 1904.

The book details the perambulations in Dublin of Leopold Bloom, a newspaper ad salesman; his wife Molly, a singer; and Stephen Dedalus, a restless, questing young intellectual – plus a large cast of earthy, colorful characters as their paths cross in the city streets and in buildings that day: several pubs, a post office, a library, a brothel, Bloom's home, a newspaper office, a maternity hospital, a cabman's shelter.

Much of the book is written in "stream of consciousness," a technique that mimics the characters' shards of thoughts, as if they are thinking out loud.

At one point, Stephen thinks this: "History is a nightmare from which I am trying to awake."

Other storytelling methods include a surrealistic nightmare section written as a play with stage directions and characters acting, speaking; a parody of English language styles evolving through history that coincides with a baby being born; newspaper headlines; a question-answer section that mimics the Catholic catechism; a

50-page, unpunctuated meandering river of words as Molly, drowning in bed, ruminates upon her past. The book is, in a way, a gigantic, sprawling puzzle that readers must "solve." No wonder few read it.

"Ulysses" is so entitled because its storyline parallels the ancient Greek epic poem "The Odyssey" by Homer, whose hero Odysseus (Ulysses in Latin) wanders for years after the Trojan War, trying to get back home to his wife, Penelope. In Joyce's book, Bloom is a mock-heroic version of Ulysses; wife Molly echoes Penelope.

Yes, "Ulysses" is a complex book crammed with puns, allusions, parodies, homages, swarms of details, philosophical wonderings and word acrobatics. It's as if Joyce, like a grand magician, had conjured into being a bustling universe of life, death, joy, sorrow and comedy – all in one Dublin day.

I've read Ulysses six or seven times. Each re-reading brought new meanings, new treasures.

Born and raised in Ireland, Joyce spent most of his life in a kind of self-imposed exile, mostly in Paris.

Here's the great lyrical ending, as Molly lies remembering of her long-ago awakening love for Leopold Bloom:

"... and then he asked me would I say yes my mountain flower and first I put my arms around him yes and drew him down to me so he could feel my breasts yes all perfume yes and his heart was going like mad and yes I said yes I will Yes."

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

Borg to lead one of eight LyricaliTea Circles

by **Dennis Dalman**
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Nicole Borg of Sartell carries within her many places – her early years in North Dakota, the high-plains country of south central Colorado, her time in California and the four-season places of central Minnesota.

Her keen awareness of those places, those landscapes that she interiorized all of her life inform her passion as a teacher. Borg teaches composition, American literature and creative writing at Sauk Rapids-Rice High School. Her students are juniors and seniors.

As of Feb. 12, Borg began teaching writing at the Minnesota Street Market in downtown St. Joseph (27 Minnesota St. E.) Any adult, no matter their writing-skills level, can join the group. The free ongoing workshop will meet from 10-11:30 a.m. every third Saturday of each month through July.

The name of her workshop is “Poetry of Place.” It’s just one of eight workshops involving writing, art and conversations that have already begun or will begin in the greater St. Cloud area. Each workshop (called a circle) is part of a series called “LyricaliTea,” a program formed by “Lyricality,” a group of many area writers founded several years ago by Tracy Rittmueller, an award-winning poet who lives in Sauk Rapids.

During a Feb. 5 interview with the Newsleader, Borg said she is so happy to be a part of one of the LyricaliTea circles.

“We (workshop participants) will first read from local writers,” she said. “When we moved here from Colorado, I was just amazed to discover the quality of local writers living here.”

The circle’s participants will then begin to write whatever they wish: poetry, prose, fiction,

non-fiction. “Playing with language,” Borg calls it.

“We all carry where we’re from inside of us,” she said. “We carry it with us, that rich history of places. The ‘place’ of childhood is so powerful. When we walk those roads again, we can better understand ourselves and connect with others.”

Borg is confident the “places within” will inspire workshop participants to do some very fine writing.

Borg was born in Jamestown, N.D., but spent most of her growing-up years on Colorado’s high plains. She graduated from Adams State College in Alamosa, Colorado and began her teaching career in California. Her husband, Glen Irvin, taught Spanish for 20 years and is now a technology integration-ist for Sauk Rapids-Rice High School. The couple has two sons: Lyzander, a freshman at Sartell High School; and Lynx, who attends Riverview Intermediate School.

LyricaliTea Circles

Tracy Rittmueller, founder of the Lyricality writers’ organization, said the eight workshops (Circles) of LyricaliTea were inspired by a letter to the editor.

The letter, published in the St. Cloud Times on April 11, 2021, was signed by 70 local civic leaders who called for people and organizations to foster diversity and interpersonal kindness by creating “safe spaces for brave conversations.”

Rittmueller and others thought writing/art workshops do just that, and so they decided to start ongoing workshops for a variety of age groups for people of diverse cultural and socio-economic backgrounds. The Circles are designed to nurture creativity and empathy among central Minnesota par-

ticipants.

The “tea” in LyricaliTea is an homage to the fact that tea is a symbol of hospitality in many cultures that promotes connection, mindfulness and presence.

A grant from the Central Minnesota Arts Board paid for the founding of the LyricaliTea Circles program.

“Circle Keepers (as the workshop leaders are known) have been trained to create a culture of connection, mindfulness and presence,” Rittmueller wrote. “Research has shown this method of connecting to self, others and nature through writing is a healing modality that helps people find meaning in life. It is highly effective in guiding us forward through difficult circumstances. After LyricaliTea members become comfortable meeting in their own communities, Lyricality plans to bring its Circles together for intercultural celebrations where participants can appreciate one another’s way of life and socio-cultural identity.”

Lyricality Circles will meet for about 90 minutes on one day each month – some in person, some via Zoom and other with a variety of the two. The following is a list of the workshops, in addition to Nicole Berg’s “Poetry of Place” Circle, as detailed above.

Linguist, writer, poet, artist and teacher Anisa Hagi-Mohamed will lead Black/African women in how to explore grief and grieving in their communities. Every third Friday starting at 6:30 p.m. These will be virtual (Zoom) meetings. For more information, go to circles@lyricality.org.

Artist Vatsalaa Jha will partner with Great River Regional Library (1300 W. St. Germain St., St. Cloud) to lead youngsters and adults on a journey to learn about teas throughout



contributed photo
Nicole Borg of Sartell teaches one of her writing workshops. Borg, who recently began leading a writing workshop in St. Joseph, is a teacher of language arts at Sauk Rapids-Rice High School.

the world. During that journey, they will boost their creative talents. Last Tuesdays at 6:30 p.m.

Children’s author/playwright Dr. Wendy Muhlhauser will host children grades K-5 who want to playfully explore kindness and empathy. Her circle will meet at Art in Motion on the Wobegon Trail in Holdingford once the weather warms up.

Poet/writer and Lyricality Founder/Director Tracy Rittmueller will host adults 55-and-plus who want to deepen connections to themselves and others in order to foster empathy and healing. First Mondays at 2:30 p.m. at Whitney Senior Center (1527 Northway Drive, St. Cloud). A Zoom link is offered.

Poet Chenel Sanders will host Black children 13-17 years old who want to gain trust in one another through sharing their words, thoughts and

feelings. Last Thursdays at 6 p.m. Higher Ground Church, 402 Eighth Ave. S. in St. Cloud.

Poet/memoirist and elder Asian-American women’s leader Hedy Tripp will host a circle for BIPOC women poets, writers, artists, scripters and memoirists. First Tuesdays at 7 p.m. via Zoom. BIPOC is an acronym for “Black, Indigenous and People of Color.”

Poet and English-as-Second-Language instructor Kelly Travis will lead first-generation adult immigrants who want to create collaborative poems. First Mondays at 2:30 p.m. LaCruz Community Center, 1546 Sixth Ave. S., Apt. 6, in St. Cloud.

To learn more about LyricaliTea Circles or to sign up for one of them, visit the following website: circles@lyricality.org.

Readers may also want to find out more about the overall Lyricality organization by visiting its website at lyricality.org.

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Exploring High-Yield Accounts

Wouldn't it be great if you could keep your money safe, still have access when you need it and make more in interest?

A high-yield checking account or money-market account can help you accomplish all three objectives. You'll have to meet specific requirements in order to earn interest rates above the national average. Here's a look at what else is typically required, and an important warning for those who are new to these accounts.

REQUIRED DIRECT DEPOSITS

You'll typically be asked to establish and maintain a monthly direct deposit into the account. If you don't set up a direct deposit within a specified time after opening the account, the bank might subject you to a monthly maintenance fee. You might also forfeit the higher interest rate that brought you to these high-yield accounts in the first place.

MINIMUM TRANSACTIONS

Banks can require that high-yield-checking account holders make a specific number of debit card transactions on a monthly basis, with a minimum number that must be met. The number of transactions, of course, vary depending on the bank, but they can be unnaturally inflated. If you



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don't make 10 or more transactions a month, this kind of account may not be right for you. Examine your own spending patterns before signing up for a high-yield account, making sure you can meet whatever debit-card transactions might be required.

KEEPING A CERTAIN BALANCE

High-yield checking accounts

and money-market accounts are usually paired with a minimum balance requirement. Some banks also limit the amount of money that earns the top interest rate. So, you might earn a rate above the national average on the first \$25,000, but then a far lower interest rate on balances that exceed \$25,000. Keep in mind, too, the requirement for minimum balances on high-

yield accounts often far exceeds that of more traditional accounts.

WHAT TO WATCH OUT FOR

These accounts are obviously attractive because of their high yields, offering people a chance to grow their money while keeping it safe from wider market fluctuations. But they promise interest rates above

the national average with strings attached. If you fail to meet all of the bank's monthly requirements, they might pay far less interest than you were expecting – or nothing at all. Make sure you have reviewed all of the requirements outlined here, and feel confident you can meet them, before signing on the dotted line for a high-yield checking account or money-market account.



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