

# Reaching Everybody! Newsleaders

Friday, April 1, 2022  
Volume 34, Issue 7  
Est. 1989

## Town Crier

Newsleaders print  
April 1, 15 & 29

After a much-needed vacation, the Newsleaders resumes every other Friday publications with the April 1, 15 & 29 editions.

### Lions fish fry, raffle set April 15 at Sal's

The annual fish fry and meat raffle, sponsored by the St. Joseph Lions Club, will be held from 4:30-7:30 p.m. Friday, April 15 in Sal's Bar & Grill, 109 W. Minnesota St., St. Joseph. All proceeds benefit Lions endeavors.

### 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](http://sartell-hockeyaffle.com).

### Volunteer sexual assault advocate training set April 4

Central Minnesota Sexual Assault Center is looking for volunteers to be sexual assault advocates. The 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, Benton, Sherburne, or Wright counties. The 10 online training modules begin April 4. Contact Andrew at [akaehler@cmsac.org](mailto:akaehler@cmsac.org), 320-251-4357 or visit [www.cmsac.org](http://www.cmsac.org) to complete an application.

INSERT:  
Country Manor

## Walk against sexual violence set for April 30

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

The St. Cloud area has long been identified as a "training hub" for the horrendous criminal sex-trafficking that is increasing constantly in Minnesota and throughout the world.

Local people are outraged about it and want to bring awareness to those heinous crimes in order to put an end to the abuse and violence. Many of those local people have or-

ganized a fundraising event called "Walk Together: Uniting Against Sexual Violence." All of the proceeds will go to the St. Cloud-based Central Minnesota Sexual Assault Center. Last year, the same kind of walk raised almost \$31,000 for the CMSAC.

The walk will begin on the morning of Saturday, April 30 in front of Shear Dynamics Beauty Salon, located at 65 Third St. NE in Waite Park. Registration there will begin at

8:30 a.m. The annual 5k walk will begin at 9 a.m. and end at about 10:30 a.m. in front of Shear Dynamics. Walkers will go along Division Street past Crossroads shopping mall, then return to Shear Dynamics where there will be a roster of speakers featured from 10:30 a.m. to noon. There will also be snacks, beverages and music by singer Donny Brang.

People can register in advance online at [walktogethermn.org](http://walktogethermn.org). Donations by those

who cannot make the walk can also be made on that website, and companies can register on it for corporate sponsorships.

Those who register by April 4 will be charged \$30 per walker (children under 10 can walk free). After April 4, the cost will be \$35. Teams of 20 or more walkers are eligible for \$500 in gifts provided by the Bad Habit Brewing Company of St. Joseph.

Linda Wander, owner of  
**Walk • page 2**



photo by Carolyn Bertsch

**Maple-syrup making with friends**  
Friends Lili Wohlman (left) and Kendra Dierkes pour boxelder tree sap into a bucket March 27 at the Wildwood Ranch Maple Syrup Tours at Kraemer Lake-Wildwood County Park. Both are 13 and of St. Joseph.

## St. Joseph gets ready for summer fun

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

Get ready, get set, play ball! St. Joseph is gearing up this spring for a summer season of softball, baseball and soccer leagues for young children, as well as other fun activities.

Participants will learn the basics of each sport – running bases, throwing, hitting, passing, tagging – all in a context of teamwork and good sportsmanship.

All skill levels are welcome. Equipment such as bats, balls, tees and helmets will be provided, but each child is expected to bring a glove.

All of the games will take place at the fields in Millstream Park. To register, go in person to St. Joseph City Hall or register online at [www.cityofstjoseph.com](http://www.cityofstjoseph.com).

The following are the options:

Baseball Camp. For children May 14 and May 21. Registration must be completed by May 1.

**B-100 T-Ball for ages 4-6.** Mondays from 6-7 p.m., June 6 through July 25. \$20 fee. Children will learn the basic skills and rules of the game of baseball.

**B-200 Soft Toss for ages 6-8.**  
**Summer • page 5**

## Teen holds party for puppies one year after delivering them

by Leanne Loy  
[editor@thenewsleaders.com](mailto:editor@thenewsleaders.com)

When family dog Trixie gave birth to eight puppies last March, it was important to 14-year-old Saima Velline that the puppies went to good homes. After all, not only was she there for the birth of all eight puppies, but her mom Cindy said she spent the three nights prior to the birth sleeping on the floor next to Trixie, just in case.

"Saima slept on the kitchen floor (on a comfy pillow bed) right outside the entry with the whelping box for three nights," her mom said, "as we thought Trixie was close to delivering."

Velline, a resident of St. Joseph and student at St. John's Prep, always knew she wanted to breed her golden retriever Trixie, at least once.

**Puppies • page 5**



contributed photo

Saima Vellin, 14, of St. Joseph sets up the birthday treats and gifts she prepared for her dog Trixie's puppies. Velline made a dog cake and variety of goodies for both dog and humans for this special day.



# Walk

## from front page

Shear Dynamics, is the founder of “Walk Together: Uniting Against Sexual Violence.”

Sexual-trafficking is, in fact, “paid rape,” Wander said. “Imagine if that was happening to your son or daughter.”

The solution, she said, is to eliminate the demand for such crimes through profound attitudinal changes throughout society, including that often dismissive/permissive attitude that “boys will be boys.”

A combination of an increased awareness of the crime, information about how it occurs and deep, widespread attitudinal changes are the best ways to begin to stop it, Warner said.

## CMSAC

The Central Minnesota Sexual Assault Center, the recipient

of proceeds from the walk, helps victims of sexual exploitation/violence by providing shelter, resources and services to help them recover from the traumas they have endured. Many of those victims decide to share their horror stories in an effort to raise awareness of just how pervasive and violent sex-trafficking is. Sex-trafficking/prostitution is the forcible use of others, including in many cases both girls and boys, to participate in sex acts to make money for the vicious perpetrators.

The CMSAC provides shelter, safety and help for between 70 to 100 victims every year.

According to the Minnesota Attorney General’s Office website, there are an estimated 40 million people (adults and children) who are victims of sexual-trafficking, abuse and violence. One in four of those victims is a child; seven in 10 are females – children and adults.

Minnesota has the third

highest rate of prostitution in the United States, according to some studies. St. Cloud has the highest rate of that crime in Minnesota, after the Twin Cities area. Victims who are “groomed” for prostitution in, say, St. Cloud, are often transported by their profiteering perpetrators to other areas or states where they are abused over and over again.

## How it happens

Many wonder how victims can submit so readily to the demands of their abusers. According to experts, there are many inter-related reasons that keep victims helpless in the cruel and violent bondage. For example, some children flee their homes because of traumatic situations: drug abuse, physical violence or sexual abuse (including being victims of incest). Homeless, those children or teenagers, for mere survival, often gravitate to dangerous places in which pedophiles and/or sex-traffickers are lurking, just waiting for yet another victim to turn up.

Typically, the cruel perpetrators come across as “nice adults willing to offer comfort and help.” They give the young people (or vulnerable adults) a place to stay, food, gifts and other favors. Drugs or alcohol are some of the “gifts” that numb the victims, making it easier to manipulate them and convince them to participate in sexual activity for money and more “gifts.”

Eventually, those dominated victims become numb to their predicaments and feel utterly helpless to do anything about what is happening to them. Drug use helps further numb their feelings, pain and shame. Complicating their helplessness are the threats to them, verbal and physical, that if they do not cooperate, something very awful will happen to them or loved ones.

And thus, the vicious cycle of exploitation continues with the victims trapped in a hell devised by their perpetrators. The lucky ones manage to escape or find such services as are provided by the CMSAC.

## CMSAC history

The Central Minnesota Sexual Assault Center’s earliest roots began in 1976 when a committee of women met at the St. Cloud Women’s Center to discuss the problem of rape in the area. They agreed on the need for some kind of crisis center.

The women then formed the Committee on Rape Victim Support and began to study the problem of sexual violence and how to deal with it.

In 1977, training workshops began in order to start a rape-crisis center via the Women’s Center in St. Cloud. Thanks to generous donations and more work, that year a Rape and Sexual Assault Crisis Center opened. That center later led to the opening of the Central Minnesota Sexual Assault Center, incorporated in 1984. It is an independent agency operated by a board of directors, and is still dependent largely upon donations, grants, networking and volunteerism.

To learn more about the center or how to donate to it, visit its website at cmsac.org.

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<b>HOLY THURSDAY</b> 7:00 pm Saint John the Baptist 7:00 pm Church of Saint Joseph	<b>EASTER SUNDAY</b> 8:00 & 10:00 am Church of Saint Joseph
<b>GOOD FRIDAY</b> 1:00 pm Church of Saint Joseph 7:00 pm Saint John the Baptist	<b>FOLLOW US</b> Links to virtual Masses & services found at: <a href="http://churchstjoseph.org">churchstjoseph.org</a> and <a href="http://stjohnthebaptistparish.org">stjohnthebaptistparish.org</a>



photo by Carolyn Bertsch

## Club makes blankets to donate

Sandi Andreasen of St. Joseph (left) and Joye Weaver of St. Cloud team up to tie fringes together on a tie-blanket March 2 at the St. Joseph Women of Today meeting in the St. Joseph Community Fire Hall.

## Join us for Holy Week Worship!

**Palm Sunday, April 10**  
9 a.m.  
Join us for breakfast at 9:15 a.m.

**Maundy Thursday, April 14**  
6:30 p.m.

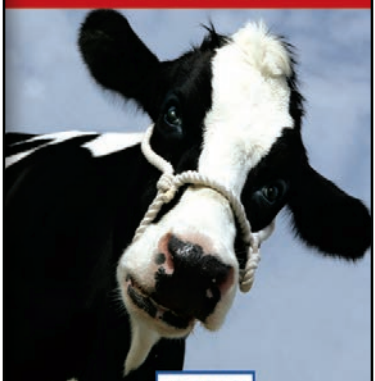
**Good Friday, April 15**  
6:30 p.m.

**Easter Sunday, April 17**  
8:30 & 10 a.m.

Coffee & treats served after both services

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photos by Carolyn Bertsch

### Survey says!

Family Feud contestants Dallas Barnhart of St. Cloud (left) shakes hands with Chad Allen of St. Joseph March 24 as game show host Al Newman of St. Joseph prepares to read a question.

## 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](mailto:news@thenewsleaders.com). Most events are listed at no cost. Those events are typically free or of minimal charge for people to attend. Some events, which have paid advertising in the Newsleaders, are also listed in the calendar and may charge more.

#### Friday, April 1

**Fish fry**, 5-7:30 p.m., Immaculate Conception Church, 145 Second Ave. NE, Rice. Serving fried fish, baked potato, coleslaw baked beans, dinner rolls and beverages. Takeout available; please order between 4:30-7 p.m. by calling 320-393-2750.

**Fish fry fundraiser and meat raffle**, sponsored by the St. Joseph Joes Baseball team, 5-8 p.m. Sal's Bar & Grill, 109 W Minnesota Street, St. Joseph.

**Century Celebration**, 8 p.m., Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. Celebrating the Paramount Theater's 100th anniversary by commemorating the theater's rich and colorful past and enthusiastically imagining the future. The theater, art studios and newly renovated Gallery St. Germain will be open for viewing. Special performance by the jazz collective, The New Standards. Come, celebrate and raise a toast to 100 years of the Paramount Theater, "the crown jewel of Central Minnesota." [paramountarts.org](http://paramountarts.org)

#### Saturday, April 2

**Fairytales on Ice**, 3-5 p.m., Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. Welcome lots of familiar characters! Rapunzel and Pinocchio, Aladdin and Tinker Bell, The Little Mermaid and more! Featuring over-the-top magical illusions, special effects and award-winning soundtracks - all on ICE!

#### Monday, April 4

**Signs of Spring Scavenger Hunt!** April 4, 11, 18 and 25.

Check the [cityofstjoseph.com](http://cityofstjoseph.com) website and/or Facebook page to find the sign of spring to look for. Go to Klinefelter Park to locate the sign and take a picture with it. Find all four signs and send the pictures to [rjuell@cityofstjoseph.com](mailto:rjuell@cityofstjoseph.com) to get your name in a drawing for a prize.

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

#### Tuesday, April 5

**Memory Writers** group develops topics and turns in stories. 10 a.m.-noon, Stearns History Museum, 235 33rd Ave. S, St Cloud. Contact Jan Sorell for more info at [jsorrell97@gmail.com](mailto:jsorrell97@gmail.com). Nominal fee. <https://www.stearnshistorymuseum.org/>

**St. Joseph Food Shelf**, open 1-3 p.m., 18 Birch St. E, St. Joseph. Visit Facebook page for schedule changes and updates.

**Steps to Healthier Living:** Living Well with Chronic Conditions, this workshop meets via zoom on Tuesdays from noon-2:30 p.m., beginning April 5-May 17. For more information contact 320-650-3082 or [whitneyseniorcenter@ci.stcloud.mn.us](mailto:whitneyseniorcenter@ci.stcloud.mn.us). Register for classes at <https://www.whitneywellness.org>.

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

#### Thursday, April 7

**St. Joseph Food Shelf**, open 1-3 p.m., 18 Birch St. E, St. Joseph. Visit Facebook page for schedule changes and updates.

#### Friday, April 8

**Fish fry**, 5-7:30 p.m., Immaculate Conception Church,

145 Second Ave. NE, Rice. Serving fried fish, baked potato, coleslaw baked beans, dinner rolls and beverages. Takeout available; please order between 4:30-7 p.m. by calling 320-393-2750.

#### Saturday, April 9

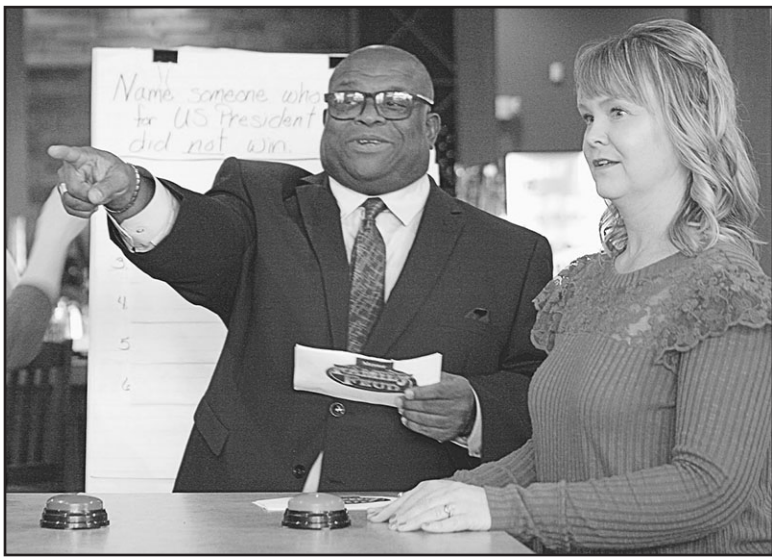
**150+ Craft-Vendor-Bake-Garage Sales**, 10 a.m.-3 p.m. Bernick's Pepsi Arena-Scheels Athletic Complex, 1109 First St. S., St. Cloud. Craft vendors, baked goodies, garage sales, Value connection-massages and more.

**Our Worlds Intertwined: Benedictine Native American Boarding Schools in Minnesota**, 1-2 p.m, Stearns History Museum, 235 33rd Ave S., St. Cloud. Join us for a special presentation on Native American Boarding Schools operated by Benedictines in Minnesota. Beginning in the late 1800s, these schools supported, and at times subverted, federal assimilation policies. This presentation highlights the resilience of Native nations and the need for truth and reconciliation. Nominal fee.

#### Monday, April 11

**Signs of Spring Scavenger Hunt!** April 4, 11, 18 and 25. Check the [cityofstjoseph.com](http://cityofstjoseph.com) website and/or Facebook page to find the sign of spring to look for. Go to Klinefelter Park to locate the sign and take a picture with it. Find all four signs and send the pictures to [rjuell@cityofstjoseph.com](mailto:rjuell@cityofstjoseph.com) to get your name in a drawing for a prize.

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



### Family Feud fun

Game show host Al Newman and contestant Stacy Allen, both of St. Joseph, wait for the opposing team to answer a question March 24 during St. Joseph's March Madness Game Night at Neighbors Route 75 Bar and Grill.

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

#### Tuesday, April 12

**St. Joseph Food Shelf**, open 1-3 p.m., 18 Birch St. E, St. Joseph. Visit Facebook page for schedule changes and updates.

#### Wednesday, April 13

**St. Joseph Area Chamber of Commerce**, noon-1 p.m., St. Joseph Government Center, 75 Callaway St. E. [stjosephchamber.com](http://stjosephchamber.com).

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

#### Thursday, April 14

**Coffee and Conversation**, a senior discussion group, 9 a.m.,

Sartell Community Center, 850 19th St. S.

**St. Joseph Food Shelf**, open 1-3 p.m., 18 Birch St. E, St. Joseph. Visit Facebook page for schedule changes and updates.

**St. Joseph Senior Citizens**, 1:30 p.m., St. Joseph Fire Hall, 323 Fourth Ave. NE, St. Joseph. Contact Bernie at 320-363-4355 or 320-292-5512.

#### Friday, April 15

**Fish Fry and Meat Raffle**, sponsored by St. Joseph Lions Club. 4:30-7:30 p.m. Sal's Bar & Grill, 109 W. Minnesota St., St. Joseph. All proceeds benefit Lions endeavors. Nominal fee. Takeout available; call 320-363-8273.



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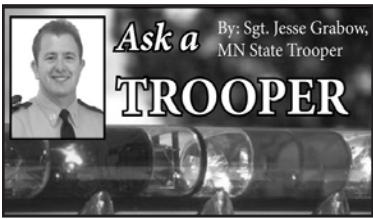
# Ask a Trooper

## Child safety seats, are we doing it right?

**Question:** I am a new parent and I am not sure if I am doing this child car seat thing properly. Is there somewhere I can go to find out if I am doing it right? Thank you.

**Answer:** Congratulations on parenthood! I know the feeling and there will only be more questions as time goes on. For child passenger safety, the Minnesota Department of Public Safety Office of Traffic Safety has a map that you can click on for your area, and it will bring you to a “car seat check.” <https://dps.mn.gov/divisions/ots/child-passenger-safety/Pages/car-seat-checks.aspx>

If this doesn’t work out, a person can always check with their local police department/sheriff’s office, local public health department or any hospital and clinic. If they are unable to help, they should be able to point you in the right direction.



Minnesota Child Car Seat Law and Steps

- In Minnesota, all children must be in a child restraint until they are 4’9” tall, or at least age 8, whichever comes first.
- Rear-facing child seats –Keep your child rear-facing as long as possible. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat’s manufacturer.
- Forward-facing seats – Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether. Keep your child in a forward-facing car seat with a harness and tether until he or she

reaches the top height or weight limit allowed by your car seat’s manufacturer.

- Booster seats – Use after outgrowing a forward-facing harnessed restraint; safest to remain in a booster until 4 feet 9 inches tall, or at least age 8, whichever comes first.
- Seat belts – Use when children can sit with their back against the vehicle seat and have their knees bent comfortably over the edge with their feet touching the floor.

### Keeping children safe

From 2016-2020, 20 children (ages 0–7) were killed in motor vehicles and only 40 percent of the victims were known to be properly secured.

Of the 86 children (ages 0–7) seriously injured in motor vehicles in the past five years, only 50 percent of the victims were known to be properly secured.

Trooper • page 9

## People

**Abigail Dierkes** of St. Joseph was recently named to the fall president’s list at Bemidji State University.

To be eligible for this honor, students must earn a 4.0 grade-point average during the semester.

**Ross Detert** of St. Joseph was recently named to the dean’s list honors at Bemidji State University.

To be eligible for this honor, students must earn a minimum 3.5 grade-point average during the semester.

## Blotter

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

### March 15

8:17 a.m. Accident. Elena Lane and Fourth Avenue SE. Driver called the police department to report a crash. Driver had struck a parked car on Elena Lane. An officer arrived on the scene and met with driver who said she did not scrape her windshield and could not see. She said she was pulling over to scrape the windshield and struck a parked car. The owner of parked car was notified. Driver was issued a citation for obstructed windshield with frost.

### March 16

10:20 p.m. DUI. Minnesota Street W and Sixth Avenue NW. An officer was driving eastbound on Minnesota Street W. when they noticed a vehicle traveling westbound on Minnesota Street with a headlight out. Officer turned the squad car around, activated the emergency lights and conducted a traffic stop. When the officer approached the vehicle, they immediately smelled the odor of an alcoholic beverage and the driver’s eyes were bloodshot and watery. The officer later asked driver if he had anything to drink and he said, “one.” The officer ran an eye test which the driver did not pass. The driver was placed under arrest and transported to the St. Joseph police station.

### March 17

7:05 p.m. Suspicious vehicle. 20th Avenue SE. Officers were dispatched to a suspicious vehicle. The complainant reported a Hispanic man n a white Mercedes in the carwash line who appeared to be smoking something out of a glass pipe. Officers arrived and waited for the vehicle to leave the carwash. A sheriff’s deputy assisted with making a traffic stop on the suspect vehicle. While speaking with the driver, it was determined the complainant saw the driver’s vape which has a clear piece on it. No signs of impairment. Complainant was updated with results.

11:50 p.m. Public urination. Minnesota Street W. While sitting in the church parking lot, an officer observed three white men walking westbound on the north sidewalk of Minnesota Street W. The men stopped on the west side of 25 Minnesota Street W. The officer observed one man step next to the building and turn away from the officer. Another man then appeared to stand next to the first man. The officer used their binoculars and observed urinate then zip up his pants and continue walking westbound. They approached the suspect at Sal’s bar and escorted him to their squad car. The officer told the man they would be issuing him a citation for public urination. Due to the man being 22 years old, walking and talking normal, he was released at the scene with a citation after explaining it.

### March 20

1:11 a.m. Public urination. College Avenue N and Minnesota Street. While on patrol, an officer observed a man urinating on the SW corner

Blotter • page 9

**150+ CRAFT-VENDOR-BAKE-GARAGE Sales**  
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**10 a.m.-3 p.m.**  
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# Puppies

from front page

And she always knew she was going to be a big part of the entire process, which she was.

She did her research and talked to their vet about what to expect. As most deliveries go, there was a moment when things got a little worrisome. But when the seventh little puppy came out and wasn't moving or breathing, Velline knew exactly what to do.

"I massaged her chest and neck and got her breathing," she said. "And then she just kind of spit up and then she was fine."

Velline admits the little one was a little bit weaker than the rest of them and didn't quite have all of her fur, but she

pulled through in the end and it was decided she was going to be the puppy they would keep.

But now that all the puppies were here the hard part came. Finding homes for them all.

"We knew of some friends who had wanted a puppy" Vel-

line said, "so we reached out to them."

She said they didn't want to put out flyers for the puppies because they wanted to know where each one of them was going. So, they spread the word to their friends and

**Puppies • page 6**



contributed photo

**Delaney Kobienia of St. Cloud 12, takes a photo of her dog Franny as she eats her birthday cake at the birthday party that was held at Millstream park in honor of the puppies' first birthdays.**

# Summer

from front page

Tuesdays from 6-7 p.m., June 7 through July 26. \$20 fee. A chance to hone previously acquired baseball/softball skills. The season will begin by hitting a ball from tees and advance to hitting balls pitched by a coach.

**B-300 Coach Pitch Baseball for ages 9-10.** Tuesdays from 7:15-8:15 p.m., June 7 through July 26. \$20 fee. Further skills will be learned. Starting with balls pitched by coaches, the season will develop with player-pitched balls.

**S-400 Pony League Girls Softball for ages 9-10.** Mondays from 6-7 p.m. June 6 through July 25. For players with a solid grasp of basic skills. No metal cleats allowed.

**S-500 Soccer for ages 6-10.** Mondays from 7-8 p.m. June 6 through July 25. \$20 fee. For

children who want to learn the basic skills and rules. Participants will develop hand-eye coordination, passing skills and team play.

Registration for the programs above must be done before May 27.

## Other fun

**Spring Scavenger Hunt.** It will take place every Monday in April. A spring-related item will be hidden in Klinefelter Park for people to find and get a photo taken with the found object. If a participant finds the hidden item on every one of the four Mondays in April, the finder will be entered to win a prize.

**Chalk the Walk.** 1 p.m. Saturday, April 23 at Klinefelter Park. Participants will take a lap round the park's trail and then draw spring-themed chalk pictures on the trail path.

**Kids Bike Safety Event.** Conducted by members of the St. Joseph Women of To-

day, this second annual Bike Safety Event will take place from 10 a.m.-noon Saturday, May 14 at Klinefelter Park. Free bike helmets will be given to the first 100 children. They can enter their names into drawings to win a free bike and other prizes.



contributed photo

**Saima Vellina, 14, of St. Joseph plays with mom (Trixie) and daughter (Pistol) at Mill Stream dog park on March 20 to celebrate Pistol's first birthday.**

# Sartell Soccer Association

## Summer Recreation Soccer

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# Puppies

from page 5

those friends told their friends. And today, they know exactly where all the puppies are and who has them.

And knowing this made it all that much easier when it came time to coordinate the puppies’ first birthday party.

“We have a giant text with all the families who got a puppy” Velline said.

All of the new owners said they wanted to stay in contact with one another and send pictures of their puppies as they grew.

“It just helped so much because everyone was into it 100 percent” she said.

The party was held on March 20, the weekend after the puppies’ actual birthday. And everyone was able to make it except for the two puppies who now live up in Grand Marais. But they too have been staying connected and Velline has been able to visit them twice so far.

The party planning was taken seriously. Velline wanted it to be held at a place where the sisters, one brother and mom doggies could run around and play, so she decided to have everyone meet at the Millstream dog park in St. Joseph.

From there it was just a matter of what they would serve to both human and dog. And of course, there had to be gifts.

“I had baked a bunch of

dog-friendly snacks for them to have while they were there,” Velline said, “and some dog biscuits for them to go home with.”

Each snack pack was decorated with a fun saying like “chow down.” She also bought dishes for each dog which she then decorated with their names, plus added a tennis ball and a poop bag to complete the gift baskets.

And no birthday party is complete without dessert.

“I baked a dog cake” she stated, “and then we had cupcakes and chips and water for the humans.”

And for the two doggies who live in Grand Marais and couldn’t make the party? Don’t worry, Velline had them covered too with their very own doggie bags and gift packages that were just recently mailed to them.

When asked how the doggies connected at the party, Velline had this to say, “It was really fun to see their personalities. Some of them were out playing the whole time and running with the tennis balls and playing tug of war. And a bunch of other ones didn’t leave from underneath the picnic table, they just wanted food. It was so fun.”

Velline is more than just a dog lover, she aspires to be a veterinarian someday. Her experience during the last year has proven she is up for the task.

Not only was Velline present for the birth of the puppies,

she helped mom Trixie with some of the work.

On the day the puppies arrived, Velline was luckily able to do school remotely so she could stay home and help with the delivery.

“When they’re born,” Velline said, “they’re in their little sack and the mother is supposed to chew through that and clean them up a little bit. And they can’t be in that sack for more than two minutes.”

So, when the first puppy was born Velline was there to make sure everything went smoothly.

But according to Velline, “Trixie is kind of lazy, and after the first one was born, she didn’t really know what to do so I don’t think that instinct totally kicked in for her right away.”

Just to be safe, Velline jumped in, and with the knowledge she obtained through her research, was able to help that first puppy out of it’s sack. And then, Trixie took over from there.

And that’s how it went for the remaining seven puppies that came afterward.

“We had kind of a system going” Velline said in regard to her and her dog Trixie. It’s an experience she will not soon forget.

It’s uncertain how long the doggie families will stay in contact with one another, but there is no doubt this local teen has made a lasting impression on the community, and it’s four-legged friends.



Mom Trixie patiently waits for her children to come join her at their first birthday party on March 20. The party was planned by Trixie’s owner Saima Velline from St. Joseph.



Saima Velline, 14, of St. Joseph serves cupcakes to the humans at the puppy birthday party she planned for her dog’s puppies.



Family and friends joined at the Millstream dog park on March 20 to celebrate their dogs’ first birthdays. Gift baskets, treats and even a menu was all put in place by teen Saima Velline of St. Joseph.



contributed photos  
Saima Velline shows off her dog Trixie’s puppies shortly after they were born on March 16, 2021. Velline assisted with the delivery.



# Choosing a Retirement Community

Active seniors aren't looking for sleepy retirement homes anymore.

Today's bustling retirement communities are meeting that demand, providing vibrant and active lifestyles where once there were only rocking chairs. Here's how to choose one that's right for you.

PRICE AND AMENITIES

Start with price and the facility's amenities. Maybe you're a big fan of tennis or horseshoes, and this particular community doesn't have a space for that. On-site or nearby hair salons, gardens, libraries, music rooms, exercise classes, and concierge and laundry services separate the great from the merely adequate options. But maybe it's a little bit out of your financial comfort zone. Keep moving, as there are typically plenty of other options in this growing sector of our economy.

COMMUNITY ACTIVITIES

Seniors are more health conscious than ever before, and that includes mental health. The best retirement communities sync up with a desire to remain part of a larger social circle with planned activities. Make sure they give residents plenty of opportunities to interact in a fun and open environment. Arts and crafts, dancing and board games help build new friendships. Ask if the community



© ADOBE STOCK

provides transportation for local trips to local points of interest. Who doesn't love a fun outing?

LIFESTYLE

Be aware that some communities restrict visits, so closely examine these policies if you are expecting company on a regular basis. Does retirement mean an opportunity to

leave the kitchen for good? That could be a factor in deciding, so inquire about their dining services. Many seniors move into their retirement years with a treasured furry friend. Make sure any potential community allows pets before you consider moving in. Finally, safety is a huge part of feeling comfortable. The facility should have secu-

rity cameras, emergency-response systems, ample lighting and a formal visitors check-in area.

PROXIMITY

You'll want to be near fun external activities like golf courses, retail and swimming pools. Churches, libraries and public transportation are important, too. Most critical,

however, is the community's proximity to needed health care. The building itself should be accessible to first responders, but also close to a hospital, preferred physicians and any other critical service providers. (Review their formal emergency plan, too.) At the same time, be aware of potential noise and traffic issues from nearby sports facilities and schools.



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If you don't have a circle of loved ones who can guide you through these adventures in technology, consider taking a course at a local community college or learning center. They offer classes for every level of computer expertise, generally in small-class settings in order to encourage questions and collaboration.

 CMAA



# Professor says Putin could become paranoid, delusional

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

If things don't go his way in Ukraine, Russian President Vladimir Putin – feeling defeated, isolated and humiliated – could sink into a “paranoid and delusional” mental condition.

That is the opinion of Dr. Aubrey Immelman, a Sartell resident and an associate professor of psychology at St. John's University and the College of St. Benedict. He has been a professor of psychology for 31 years for those two colleges.

Immelman was quoted in a news/feature story written by Joel Day and published in “Express,” a British newspaper. He based his assessment of Putin's personality traits in a profile published in 2017 and based on data acquired in 2014. In Immelman's psychological profile of Putin, he noted that president possesses several primary personality patterns that include dominant/controlling (a measure of aggression and hostility); ambitious/self-serving (a measure of narcissism); conscientious/dutiful; retiring/reserved (introverted), dauntless/adventurous (risk-taking)

and lesser distrusting/suspicious features.

In that news/feature story, Immelman was quoted as saying during an Express interview that if Ukraine defeats Russia's attempt to invade that country, it's possible Putin could descend into paranoia and delusion.

Defeat may be a long shot, Immelman said.



Immelman

“But I think it's already humiliating – the fact it did not take (the) two days he thought it would (to take over Ukraine),” he said. “I don't know definitely if Putin is paranoid or delusional, but some of the paranoid and delusional elements we speak about in psychology might emerge if he is humiliated . . . What research around this entails is that the personality structure begins to disintegrate and the person's behavior might become highly erratic and impulsive.”

Immelman added the primary patterns in Putin's psy-

chological profile constitute a composite personality type that can be described as “an expansionist hostile enforcer.”

For many years, Immelman has conducted psychological assessments of presidential candidates and world leaders at the Unit for the Study of Personality in Politics. That unit's forecasting model (the presidential election-outcome model) has accurately predicted the outcome of every presidential election since 1996.

Immelman worked as a consultant for the U.S. Department of Defense from 2003-2005.

## Trooper

from page 4

Of the 15,672 children ages 0–7 who were properly restrained in the past five years, 88 percent were not injured, and another 9 percent sustained only minor

or possible injuries.

For the safety of your children

- Be an attentive driver
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- Always have your children sit in the back seat.

*If you have any questions concerning traffic-related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 W., Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPIO\_NW or reach him at, jesse.grabow@state.mn.us).*



photo by Carolyn Bertsch

**Cozy blankets for a good cause**  
**Avenlee Schul of St Cloud (left) stretches fleece fabric as Anita Smoley of St. Stephen uses a scissors to cut it March 2. The St. Joseph Women of Today gathered together to make 12 tie blankets to donate to the Coborn Cancer Center.**

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officer to search the vehicle. The driver stated there was marijuana in the driver's door, so the officer had him step out of the vehicle. The officer was unable to locate marijuana in the door, and he said it was in a backpack in the back seat. In the backpack the officer located a clear bong with burnt marijuana residue in it. There was also a clear glass pipe with burnt marijuana residue, a dark gray grinder with a small amount of marijuana, and approximately 9.9 grams of marijuana in packaging. The officer issued and explained the citation for drug paraphernalia and small amount of marijuana. The driver was released.

**March 24**  
8:32 p.m. CR 133 and 320th Street. An officer was asked to assist with a deer versus car crash. Driver said she was traveling southbound on CR 133 near 320th Street when a deer crossed 133 from west to east and struck her vehicle. A towing service was called, and the officer collected driver and vehicle information along with photographs. Crash report to follow.

## Blotter

from page 4

of the four-way stop at the intersection of College Avenue and Minnesota Street. Officers stopped and made contact with the man who was cooperative and admitted he was urinating in public. Officer issued a citation for public urination and explained it.

**March 21**  
11:29 p.m. Traffic stop/marijuana citation. CR 75 and 20th Avenue SE. While on patrol, an officer observed a vehicle traveling east bound on CR 75 near 20th Avenue SE, with a burnt-out headlight. The officer turned east onto CR 75 from 20th Avenue SE 75, and activated their emergency lights and initiated a traffic stop. The officer approached the vehicle and explained the reason for the stop was because driver had a headlight out. When the driver rolled the passenger window down, the officer was able to smell the odor of marijuana. They went back to their patrol vehicle and asked for a second



Our View

Safety isn't a privilege, it's a right

Everyone has the right to feel safe in their community. As simple as this statement is, you'd think it would go without saying but apparently, we need to keep saying it.

Change, someone who is different than you, ways of living that you don't understand, these are all things that can create anxiety in some of us. Humans are creatures of habit and when those habits get altered, questioned or challenged, it can cause some to feel uncomfortable. But the truth is, nothing is more uncomfortable than not feeling safe in your community, your school, your church and even your own home.

There seems to be some miscommunication throughout all of this so let's start there. No one is asking to be understood. In fact, it would be absurd to even expect that because there is no way any one of us can understand what it feels like to be in someone else's shoes. And you know what? While acceptance would be nice, that too is not necessary.

But safety? That should simply be a basic human right. It's interesting how we've come to a point in society where we still find it acceptable to bully others based off the color of their skin, their sexual orientation, and yes, even in this day and age, their sex.

It can be unnerving learning new tricks and it can be even more difficult to change a perspective on something you've always only seen one way, but the alternative is staying stuck in archaic beliefs and can be very damaging to our society.

If you find yourself in a situation where your views and judgments turn into attempts to stop others from being themselves and feeling safe, you are part of the problem. If you're an adult with children and you're OK with your child insulting another human being because they are somehow different, you are part of the problem.

If you're not willing to change, or even see things from a different perspective that's your prerogative and your right. But remember, you're not the only one with rights. Let's say this again, everyone deserves to feel safe.

A woman should be able to walk down the street or go for a run without fearing for her life; a person of color should be able to get pulled over for a basic traffic stop and not fear for their life; a child whose sexual orientation is different than yours should be able to go to school and not fear for their life.

It really is that simple. Stop the bullying – because everyone deserves to feel safe.

Letters policy

Letters to the editor may be sent to [news@thenewsleaders.com](mailto: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.

Better late than never? Or too little too late?

Some Americans will say it's better late than never; others will say it's too little too late.

The "it" is a just-published memoir entitled "One Damned Thing After Another" by former U.S. Attorney William Barr, who worked under Trump for two years. In that book, Barr divulges what he claims were his thoughts during the last weeks of the Trump presidency – thoughts that any conscientious attorney would have shouted from the rooftops to alert the American public.

Why should we care? Because every American should pay scrupulous attention to the assaults against the Rule of Law by the Executive Branch and some Justice Department employees during the last presidential administration.

Barr is yet another kiss-and-tell exile from the Trump Kingdom – one of those who either quit the circus or were thrown under the clown car. A common theme of many of their books and interviews is this: that they stayed on with Trump because they knew he was uninformed, hot-headed, fickle and at times so unhinged as to be dangerous. And so, they claim they stayed on board like glorified babysitters to keep "Tantrum Trump" on track, to protect him from himself, to protect our country.

Now that Trump's magic has worn off, at least for them, they are distancing from him in efforts to clean up their reputations so besmirched by their complicity among chaos.

Barr says he confronted Trump in the Oval Office by shouting that claims of

Dennis Dalman

Reporter



massive election fraud were "Bull . . . !." Trump became "livid." Barr said he's ready to submit his resignation. Trump, said Barr, shouted, "Accepted!"

Barr's survival instinct was flashing warning lights because he knew voters had rejected Trump. Barr knew he could no longer keep his power via presidential osmosis; he knew he was about to become forever branded as a fawning Trump enabler. As top lawman in the nation, he twisted laws and procedures to favor Trump. Here are just some examples:

In a three-page summary written by himself, he distorted Robert Mueller's special investigation into Trump campaign ties to Russian operatives. Barr concluded there was "no collusion," thus implying the president was utterly blameless. That is not what Mueller's report concluded.

Barr put the squeeze on subpoenas from Congress for documents that could expose wrong-doing and for details of a whistleblower's report that spawned the first impeachment of the president.

Barr tried to help stop federal prosecutors from getting their hands on Trump's long-concealed tax documents.

Many times Barr has said he believes

presidential power is – or should be – nearly unlimited.

In the months before the 2020 election, Barr was busy making media appearances to warn about the chance of voting fraud, concocting outlandish alarms about mail-in ballots and other nefarious voting schemes. He was blatantly echoing Trump's fake predictions of a fake election, which later segued into the Big Lie.

Barr's book shocks readers with a surprising conclusion: "Trump cared only about one thing: himself. Country and principle took second place." Takes one to know one.

In a March 7 TV interview with Savannah Guthrie, Barr said he would not support Trump as the Republican nominee in 2024. But what if Trump IS the nominee?, Guthrie asked.

Barr stumbled verbally a bit: "Well, let me put it this way. I believe the greatest threat to the country is the progressive agenda put forth by the Democratic Party . . . It's hard for me to conceive that I wouldn't vote for the Republican nominee."

Unlike Barr, many think the greatest threat to this country is the re-election of Autocrat Trump and his power-seeking toadies who will scurry, once again, to his side.

Maybe by 2024, Trump will claim he is a kinder, gentler, wiser man. Fat chance! But if he's nominated, Barr with renewed confidence can then surely vote for him. And then, once again, those two peas in a pod can continue to sabotage the Rule of Law.

Faith reminds me of what's important

Connor Kockler

Guest writer



lege. Though St. John's isn't too far away from home, I decided to take some advice I'd received from my principal, who is also a Johnnie, that college can be as far away or as close to home as you want it to be. So to put this principle into practice, I decided for the first few weeks of college that I wouldn't go home, and I would text or call my parents only when I needed to. This was tough but it also helped me build that sense of independence and initiative that has helped me so well in my college experience. But on those days where things did get stressful or lonely, church and faith were there to help me out and keep me going.

Enter Michael and Nevin. These two were some of my earliest friends in college and people I would do anything for. I met Nevin at a program meeting our first weekend on campus. And Michael was one of my fellow first-year teammates on the Mock Trial team, and we later became roommates. Both of them have taught me so much about life and what it means to be a good friend and person. Michael was the one to finally get me into fantasy sports and our attorney witness pairings always do well at

Mock Trial meets. Nevin is a firefighter back home in Alaska and at St. John's University and makes my knowledge in history look casual by comparison.

During our time together at St. John's they both decided they wanted to go further in their Catholic faith as well and asked me to be their sponsor in the confirmation process. It was quite meaningful to me to be asked to do this. In my own experience, I have often seen grandparents, aunts or uncles, or other significant adults in someone's life being asked to be sponsors. So since we've just been roommates for a few years and since my own confirmation wasn't that long ago, I was honored I was asked to be their sponsor. Last year for Nevin and this year for Michael, it has been a moving experience to be with them in church and go through the steps.

This time to share and grow faith with my friends has been a tremendous opportunity to look back at the last few years. I am grateful St. John's has been such a good place to develop myself in faith and as a person and I am also grateful for the connections I have made along the way. This time of my life will be an important milestone for my faith development and I will take what I have learned long into the future.

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

Have an opinion? Share it: [news@thenewsleaders.com](mailto:news@thenewsleaders.com)



# Exercising your Dog

Just like with people, different kinds of dogs need different levels of exercise to be happy and healthy.

How much exercise is good for your pup depends on your dog's age, health and breed. Border collies, for instance, bred for long days of running after sheep, will need much more exercise than a couch potato basset hound. Keep the future dog's energy level in mind when you're choosing a puppy to bring home.

PUPPIES

No matter your dog's breed, it's universally true that puppies have more energy than adult dogs. They require more exercise in short bursts, the American Kennel Club says, so several short walks or play sessions throughout the day are preferable to one longer walk. Your vet or breeder can give you a good idea of how much exercise your very own puppy or dog needs, so talk with them about it at your next appointment.

DOGS

An adult dog's exercise levels vary widely. Talk to your vet about how much exercise is healthy for your dog – this is especially true if your pup is prone to health problems related to hip dysplasia or respiratory issues. If you're dog isn't used to exercise, work him up into a regular



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routine, just like you would if you hadn't been to the gym in a while.

OTHER IDEAS FOR GETTING SOME EXERCISE

Other than walks around

the block, which are great for you and for Fido, here are some other ideas for getting some exercise with your pet from the AKC.

**Hiking.** Take your dog along on your next outdoor adventure. Just make sure to

follow rules about leashing and check your pup carefully for ticks afterward.

**Swimming.** If your dog loves the water, taking him for a dip with you is a great idea. Swimming provides low-impact exercise for their joints

and a life jacket can help your dog stay in the water longer and get more of a workout.

**Fetch.** Go beyond just balls and toss frisbees or other toys. Vary the terrain, too. Toss a ball uphill or chuck a frisbee into the water.

## Pine Cone Pet Hospital

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





# Advantages of an HSA

Everyone worries about an unexpected medical emergency, and not just because of the associated health impacts.

An untimely injury or illness can quickly empty your bank account, and that's true even if you have insurance because of the prevalence of high-deductible plans. That's where a health savings account might work to your advantage.

**BUILD CONFIDENCE**  
A health savings account allows you to save a set amount from each paycheck then direct the money to medical expenses.  
You don't have to open one through your employer, but their benefits are particularly critical in limiting the sometimes astronomical out-of-pocket expenses associated with health care for those with high deductibles. You never know when you might need it.

**BIG TAX BENEFITS**  
Typically, medical expenses must exceed 7.5% of gross income in order for you to receive a tax consideration from the IRS. Health savings accounts allow you to set aside pre-tax funds in the event they're needed for qualified medical expenses. The IRS-allowed maximum contribution amounts in 2022 of



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\$3,650 for individuals and \$7,300 for entire families. Taxpayers can then deduct the entire contribution from their reported income, meaning health-care costs are zero as long as they don't exceed the established threshold for contributions.

**KEEP YOUR MONEY**  
Unlike a flexible health-care spending account, money

contributed to a health savings account will roll over at the end of the year. Some insurance agencies offer these flexible options as a buffer against surprise costs, noting the fact that they share identical tax advantages with a health savings account. But there's a critical difference between the two: HSA funds will continue to accumulate, giving you added confidence

in case of any future medical emergency.

**THEY FOLLOW YOU**  
A health savings account stays with you, even if you change employers. And if your new job also qualifies as a high-deductible plan, you can quickly start contributing to your original account again. Either way, you will have tax-free access to HSA funds for

doctor bills. Some employers will also contribute to your health savings account fund, so be on the look out for this important benefit when discussing a new job and pay package. It's a good idea to designate an HSA beneficiary. In the event of death, a spouse can assume ownership of the account. HSA funds are taxed, however, if the beneficiary is anyone other than a spouse.



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