Sartell-St. Stephen f @thenewsleaders

Friday, April 1, 2022 Volume 27, Issue 7 Est. 1995

Town Crier

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-hockeyraffle.com.

Sartell Boosters to hold spring social April 22

The Sartell All-Sports Booster Club will holds it annual spring social from 7-10 p.m. Friday, April 22 at Blackberry Ridge Golf Club, 3125 Clubhouse Road, Sartell. The event includes food, drinks, friends, Sabre stories, silent auction, membership drive and prize drawings. Help us support our 2022 Sabre athletes. Visit sartellbosterclub.com.

Lions clean-up slated for April 23

The annual Sartell Lions Spring Clean-Up will be held from 8 a.m. to noon Saturday, April 23 at the Riverview Intermediate School parking lot, 627 Third Ave. N., Sartell Pickups available by appointment; call Cody at 320-828-6620 for more details. No paints, solvents, oils or chemicals. No gas-operated refrigerators, bare/broken tube TVs or monitors. See ad on page 3.

Historical society seeks prom memories

Sartell Historical Society wants your prom photos from the 50s, 60s, 70s, 80s, 90s, 00s, 10s! The Sartell Community Center is hosting the Sartell High School prom on Saturday, May 21 and we'd like to have a display of prom throughout the years. Drop off pictures with Ann; please no originals. Sartell Senior Connection, 850 19th St. S., Sartell.

> **INSERTS: Country Manor Sabre Spotlight**

verybody: VSLCadetS New signs replace 'safe-space' stickers

by Mike Knaak news@thenewsleaders.com

Reaching Everybody!

A debate about small, rainbow-colored safe-space stickers that has simmered in the Sartell-St. Stephen school district since last summer appears to be settled.

During spring break, school officials planned to replace the safe-space stickers that appeared in some high school classrooms with posters in all classrooms to address the wider issues of discrimination and bullying.

The safe space signage debate has taken place as the district works toward an education equity plan, an effort that gained urgency after the killing of George Floyd two years ago. The safe-space stickers showed support for the LGBTQ community and its allies.

"This messaging is around improving the environment so

that it's free of bullying, harassment and discrimination," said Pat Marushin, school board chair. "Putting up signs by itself is not going to change the environment. We have to keep working on projects that improve our student experience to achieve the best possible outcomes."

Some parents objected to the rainbow stickers and threatened to sue, claiming other groups were denied the opportunity to put up their signs. Because stickers were not posted in all classrooms, the implication was that those places were not safe spaces.

At the March 21 school board meeting, a student and a parent addressed the issue during the open forum. More than 60 people filled the board room and a couple dozen more filled the hallway outside.

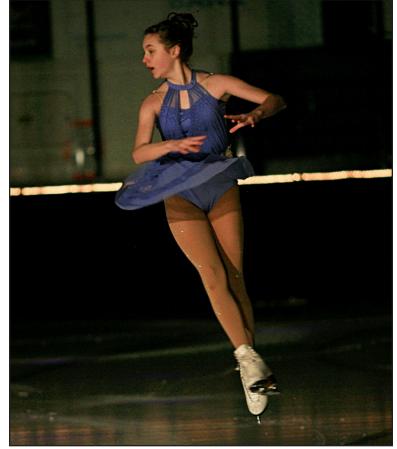


photo by Carolyn Bertsch

Figure skating club debut

Alexa Feske, 13, of Avon leaps into the air and spins March 27 during a Sartell Figure Skating Club performance in Bernick's Stickers • page 2 Arena. See other photos on pages 6 and 9.

A novel springs from Wolter's fiction hatchery

by Dennis Dalman news@thenewsleaders.com

Inside of Mark Wolter's computer there are 16 novels incubating like chicks ready to hatch, and one of them has finally hatched – a published novel entitled "Meeting the Unusual."

photo by Mike Knaak

Greshowak and Kate Manning.

teaches language arts to fifthand sixth-graders at Holy Trinity Catholic School in Pierz.

"Meeting the Unusual" starts this way:

"How wonderful to be drunk! Stephen Cryer, consummate youthful procrastinator, spent the night in his

A Sartell resident, Wolters hometown of Green Prairie with his old high school buddies in a bar where they drank until their bellies were bloated and their eyes became blurred. The next morning he would drive over ninety miles from his home to attend the university in St. Cloud."

Thus begins Stephen's long

descent into bar-hopping, outrageous drinking binges and wild partying. Is there any hope for Stephen's headlong rush toward self-destruction?

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Patron

During the course of the novel, Stephen's out-of-control behavior causes him to lose his girlfriend and many oth-Novel • page 5

Speech team talks its way to the top



bers of Sartell High School's speech team preparing for the April 1 sectional tournament at Brainerd. The top three finishers in 13 categories will move on to the April 22 state tournament. The contests combine public speaking and performance skills in a range of categories from storytelling to extemporaneous speaking.

The team is hoping to build on earlier successes this season. Senior Josh Nguyen Speech • page 6

www.thenewsleaders.com

Sartell High School Speech Team members include (front row from left to right) Sonja Hacken-

mueller, Salma Maray and Josh Nguyen; (middle row) Emily Welte, Eva Hesse, Shea Stuckey

and Rebecca Muniz; and (back row) Sereen Dodin, Ellena Ashby, Warner Lolmasteymaugh, Ben

A variety of voices fill John Ronyak's classroom as small groups of students earnestly practice speeches, po-

Sartell-St. Stephen Newsleader • www.thenewsleaders.com

don't ask we keep up the stick-

ers. I understand why they have

to come down. I ask we contin-

ue to work together to create a

Stickers

from front page



"Safe-space" stickers will be removed.

Two Sartell students were recently named to the fall president's list at Bemidji State University.

They are Nathan Engelmeyer and Kaitlyn Widvey.

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

Bennett Prose, a ninth-grade student, spoke about the signage in a three-minute statement.

"I'm here to discuss how we can make our schools a safe space for all students," he said. "Three weeks ago, the Gender Sexuality Alliance and Student Advocates for Equity groups had a joint meeting. We were told rainbow stickers around the school would be taken down,' Prose told the board. "The stickers were so incredibly impactful for so many students. They created a culture of love and support where everywhere else seems to be filled with hate. I

Four Sartell students were

They are: Zachary Boelz,

To be eligible for this honor,

Noah Bostic, Cassidy Sarff and

students must earn a minimum

3.5 grade-point average during

recently named to the dean's

list honors at Bemidji State

district."

safe space for all students in our Parent Chris Yasgar, who first objected to the safe-space stick-

ers last summer and who has spoken on the topic during the open forum several times since, again pressed his point.

"This topic is a boiling point and that is a real shame. We are simply asking the district to follow federal law," Yasgar said. "One group has been allowed to express ideas by placing signs and stickers throughout the school district including classroom windows, doors and walls. Other groups, organized under the exact same group umbrella, have been explicitly denied the same opportunity for expression. This is viewpoint discrimination. One group is being excluded while another is being accommodated."

Meanwhile, school leaders including Marushin, board member Matt Moehrle and Superintendent Jeff Ridlehoover met with students to come up with an alternative that would address equity issues but also satisfy the district's lawyers. Administrators and the students discussed several versions of the wording before settling on this text: "This is a... welcoming space. In this school, bullying, discrimination and harassment are prohibited."

One of the students who met with the administration, ninth-grader Paisley Watson, designed the new poster. "Taking down the stickers affected the community's mental health," Watson said. "I'm passionate about finding a replacement and not leaving students with nothing.'

"I personally don't want any student in our district to ever feel there isn't a safe space for them," said junior Steph Bluhm. "Letting our students know with a little sticker was really important to me and many others as just a small symbol that you are welcome here, you are heard, acknowledged and loved."

Prose added during an interview later in the week, "A lot of my time in the middle school, the middle school did not feel



The new poster for Sartell High School classrooms.

like a safe space and then going in the high school where there were these little symbols made a big difference. I think all kids should be safe and supported at school."

"The district has been working very closely with us and we appreciate what they have been doing with us and for us," Bluhm said. "We knocked this sign out in a week-and-a-half and that's record time to get stuff passed by legal counsel, by our groups and our admin."

The current policy that governs displaying non-school materials in buildings may be reviewed, Marushin said.

The policy, Distribution of Non-School Sponsored Materials on School Premises by Students and Employees, spells out what material and messaging is acceptable but it leaves the decision up to building administrators with the option of appealing the decision to the superintendent.

"I try to keep my focus on students and how decisions impact students," Marushin said. "I want to make sure we have good policies in place that follow our mission and give the

kids the best experiences and outcomes."

Last week, the district emailed parents and staff about the new signs that are planned to be in place when classes resume after break.

"There's still a long way to go," Prose said. "These signs are no way an end point. Equity is a continuing issue. There's a lot of work to be done but we're ready to do it.'

Prose added the district needs to support professional development for teachers and staff. "A lot of teachers don't know how to handle uncomfortable topics," Prose said "That's not their fault. The district needs to be held accountable to prepare their teachers. Even if teachers are uncomfortable handling a topic, they must be able to guide a student to a person who is more well equipped to help."

Marushin is also looking ahead.

"The signage is a bit of a jumping off point," Marushin said. "Just reminding people of what our core values are, and then we need to go out and live them."

Two Sartell artists honored with awards

- People

University.

Lauren Schofield.

the semester.

by Dennis Dalman news@thenewsleaders.com

A kind of synergistic magic happens when words and images reflect and illuminate one another.

That magic was evident when a poem met a photograph. It happened with the works of two Sartell women, who will be honored in the 21st annual "Poet Artist Collaboration" in Red Wing, Minnesota.

Distinguished poet Patricia Mohr entered in the contest her poem entitled "February 29: A Leap Year Poem." Of the 200 poems submitted, Mohr's was one of 35 to be accepted by the judges. For the same contest, award-winning Sartell photographer Carol Weiler, who knows and admires Mohr and her poetry, entered three photographs and was accepted as one of the 35 artists/ photographers who would pair up a visual work of art with a winning poem.

Weiler's favorite was Mohr's poem. She was then assigned to do a visual work inspired by that particular poem.

Here is Mohr's poem: Sometimes In the bright of day I long for night shadows to creep close long to gather soft darkness as a child gathers up his best blanket settling deep into its satin-trimmed embrace.

To create a visual equivalent of that poem, Weiler pondered long and deep and decided

to do a photo-shopped visual montage. It merged two photographs - one of a snowy park scene, the other of a rumpled blanket in the foreground rippling away and blending with the snow. From under the blanket emerges the fingers of a hand.

The photo is dreamy, mysterious, somewhat haunting. It visually echoes words from Mohr's poem: shadows, soft darkness, blanket, settling deep . . .

The snow landscape photo was taken by Weiler in Sartell's Watab Park; the blanket photo was taken at home, with Weiler's husband's hand emerging.

Mohr and Weiler will be honored, along with the other 35 duo-winners, at a reception April 29 at the St. James Hotel in Red Wing. The poets will read their poems as the visual counterparts will be projected on a screen.

The works will also be on display from April 21 through May 15 at the "Red Wing Arts" gallery, 418 Levee St.

"Doing that (project) was such a different process for me," Weiler said. "I've always just exhibited my photos (by themselves) in a gallery. This was different, but I'm happy with it."

Born in a village in upstate New York, Weiler studied art at the Pratt Institute in that state. She then taught elementary-school art in St. Louis, Missouri and later lived in Fairbanks, Alaska. From her home base there, she often was flown to outlying areas of the Awards • page 6

Walk against sexual violence set April 30

by Dennis Dalman

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 organized a fundraising

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

event called "Walk Together: 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. Donations by those who cannot make the walk can also be made on that website, and companies can register on it for corporate Walk • page 9

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.

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.

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

<u>Saturday, April 2</u>

Sartell Winter Market, 10 a.m.-1 p.m., Sartell Community Center, 850 19th St. S. Shop local! This indoor market features homemade food items, crafts, jewelry and more.

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 Pinoc-

- LANDMARK

chio, Aladdin and Tinker Bell, The Little Mermaid and more! Featuring over-the-top magical illusions, special effects and award-winning soundtracks all on ICE!

<u>Monday, April 4</u>

Signs of Spring Scavenger Hunt! April 4, 11, 18 and 25. Check the 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 to get your name in a drawing for a prize.

Sartell Lions Club, 6:30 p.m., contact Stewart Giffin at 651-261-4272 for meeting details.

<u>Tuesday, April 5</u>

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. Nominal fee. https:// www.stearnshistorymuseum. org/

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. Register for classes at https://www.whitneywellness. org.

Wednesday, April 6 St. Stephen City Council, 6:30 p.m., St. Stephen City Hall,

2 Sixth Ave SE.

<u>Thursday, April 7</u> Coffee and Conversation, a Calendar • page 4

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Massive Antique ONLINE Estate Auction

119 Borgstrom St., Upsala, MN 56348 960 Lots Sell at ONLINE AUCTION ! Bidding Open NOW! <u>2 Sessions:</u> <u>Auction 1</u> Begins Closing 6 p.m. Monday April 11 <u>Auction 2</u> Begins Closing 6 p.m. Tuesday April 12

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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 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 16

5:22 a.m. Dog. Fifth Avenue N. An officer was requested for a St. Bernard dog running loose and getting into people's garbage in the area. The officer was aware of the dog and the dog owners from previous calls. The officer saw the dog loose in its own yard but unattended. While the officer was searching for a phone number for the owner, a woman came out of the house and to the squad car. The officer told her about the complaint, and she told the officer the dog must have pushed the storm door open. The officer told the woman to secure the door and dog better as this isn't the first complaint.

March 17

9:41 p.m. Intoxicated person. Second Street S. An officer was requested to respond for an intoxicated person who was trying to buy alcohol. The business refused service to the man and was concerned he may have driven there. When the officer arrived, they spoke to the employee and they informed the officer they refused to sell to him, due to his intoxication level already. The officer spoke to the man who he admitted to drinking and having no one at home to help care for him. The man was willing to give a preliminary breath test; the results were higher than being able to care for himself. The officer called and was able to secure a bed at detox; the man willingly signed himself in for the night.

-Blotter –

March 18

7:41 p.m. Panic alarm. Bellin Drive. Officers were dispatched to a commercial panic alarm and the alarm was tripped in the deposit location. Officers responded and checked the building. The building was secure with no signs of attempted entry.

March 19

5:10 p.m. Car fire. Victory Avenue. Sartell Fire and Sartell Police Department were dispatched for a car fire in front of an apartment building. The officer assisted the fire department by unlocking the car door so the hood on the car could be popped open. Once the hood was opened, the fire department applied water and extinguished the fire. The owner of the car came out a short time later and stated he had arrived home about a half hour ago. It is unknown what started the fire.

March 20

12:19 a.m. Citizen contact. First Street NE. While on routine patrol, an officer observed a woman carrying a pink-colored stick. It appeared she was trying to flag the officer down. The officer stopped and spoke to her briefly. The woman asked to use a phone to call for a ride and the officer offered her use of his police- department-issued phone. The woman refused to identify herself and then said she didn't want to use the phone. The officer asked if she needed any further assistance and she said she did not and started walking away from the officer.

March 21

6:48 p.m. Suspicious vehicles. Sartell Street. While an officer was on routine patrol, he observed two vehicles parked back by the hydro-electric dam. This is private property and there have been reports of graffiti recently. The officer located two separate groups of people fishing and advised them they were on private property. Both groups left without issue.

March 22

12:45 p.m. Fraud. 11th Avenue E. An officer was requested to call the complainant about fraud that had occurred. The officer was informed a male party had been on an adult website and had sent nude photos of himself to what he thought was a female friend. The other party then started demanding money from the man or threatened they would release the photos of him. The man first sent \$100 but the harassment continued. The man sent another \$1,000 gift card from Walmart. The officer advised the man to stop corresponding with the people, and to delete the email address they had for him. The officer did some research, the address used came back to a vacant foreclosed home in Minneapolis. The officer told the man they would not be able to get his money back but to call if they contacted him again.

> March 23 Blotter • page 9

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For more information go to www.e-clubhouse.org/sites/sartell

Calendar

from page 3

senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Topic: Driving Safety and When it's Time to Give Up the Keys.

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

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Get the most

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out of your lawn

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 Ameri-

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can 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 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 to get your name in a drawing for a prize.

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

Tuesday, April 12 Sartell Chamber of Commerce, 11:30 a.m., Sartell Com-

munity Center, 850 19th St. S.

Thursday, April 14 Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S.

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BRUTGER

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Assistant Manager

Rajahna Schneekloth

public and the media and resolve conflicts. The council office may be reached at 612-341-9357

Publisher/Owner

Janelle Von Pinnon



For information contact Sara Heurung: (320) 229-4589 or SHeurung@ccstcloud.org

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Robert "Bob" B. Sexton, 77 Sartell

Obituary

April 30, 1944-March 26, 2022

Robert "Bob" Β. Sexton, 77, of Sartell died March 26 at his home. His funeral will be at 11 a.m.

Saturday,



April 2 at St. Francis Xavier Catholic Church, 219 Second St. N., Sartell. The Rev. Timothy Baltes will officiate and burial will be in the parish cemetery at a later date.

Visitation will be from 4-8 p.m. Friday, April 1 at St. Francis Xavier Gathering Space and one hour prior to the service on Saturday at the church. Arrangements have been entrusted to Williams Dingmann Family Funeral Home in Sauk Rapids.

Bob was born April 30, 1944 in St. Cloud to William and Dorothy (Eiselein) Sexton. He graduated from Cathedral High School in 1962 and attended St. John's University, where he played football. He joined the National Guard for a couple of years and was united in marriage to the love of his life, Sandra "Sandy" Fuchs, on Sept. 9, 1967 in Marshall. Together, they raised their family on the Mississippi River in Sartell. He owned numerous businesses throughout his life such as, Polar Manufacturing, Komo Machine and most recently, C4 Welding. Sexton was affiliated with St. Francis Xavier Catholic Church and was a member of the Knights of Columbus. He was very involved in the community and throughout his life generously supported multiple organizations such as Gift of Life Transplant House in Roch-

Editor

Leanne Loy

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

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ester, Cathedral High School, St. Cloud Technical College, St. John's University and many more. Sexton enjoyed being outdoors, water skiing, downhill skiing, fishing, hunting, biking and traveling. He also enjoyed watching St. John's football and the Minnesota Twins. He loved spending time with his family on the river and attending his grandchildren's sporting events and activities. Sexton was extremely generous, loving and hardworking. He would selflessly go out of his way to help anyone in need. He was most proud of his children, grandchildren, nieces and nephews, and the relationships he built with his businesses.

Survivors include the following: his children, Bobbi (Craig) Lamp of Shakopee, Gina (Mark) Halstrom of Sartell, and Ryan (Tracy) of Sartell; grandchildren, Madisen, MacKenzie and Benjamin Lamp, Bria, Mason, Riley, Carter and Madeline Halstrom, Ryan Jr. and Gunner Sexton; great-grandson, Ryder; brother, Fred (Del) Sexton of Rice; sister-in-law, Yvonne Sexton of Wayzata; and many beloved nieces and nephews. He was preceded in death by his parents; beloved wife, Sandy in 2019; and siblings, Colleen (John) Hansen and Jim Sexton.

The family would like to extend a special thank you to St. Croix Hospice and his niece Jennifer for their loving care, as well as, the family and friends who provided countless meals and support.

Memorials are preferred to the Gift of Life Transplant House in Rochester, Minnesota at gift-of-life.org, St. Francis Xavier School and Cathedral High School.

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

Assignment Editor

Carolyn Bertsch



Designers

Marg Crumley & Meagan Simonson

Friday, April 1, 2022



Novel

from front page

ers, including an estrangement from his brothers and his father, a widower.

known only as "H." Stephen is repelled by H, who is vaguely sinister and talks in a mysterious, encrypted manner. However, as the novel progresses, Stephen, despite his

Early on in the book, Ste-

phen happens to meet a man

a strange bond with his antagonist, the man known only as H.

Stephen, whose mother is dead, grew up on a farm with three brothers - one in Minneapolis, one in Missouri and another who took off 16 years before and was never seen again.

During a break from college, Stephen travels to a Thanksgiving dinner with his father and brothers and discovers to his shock that the long-lost brother has returned home. Tension and emotional conflicts arise within the family.

By Part III of the book, Stephen has made a total mess of his life, becoming more self-centered, reckless and lacking any healthy direction away from the mess he's made. That is the point at which he and H decide to drive to Houston, Texas. Not long after they get there, things come to a head at Houston and the Gulf of Mexico.

Most of "Meeting the Unusual" takes place in St. Cloud - the college campus, the downtown bars. Green Prairie is a fictional town that Wolters places somewhere north of Brainerd.

Wolters, who is 57, began writing the novel way back in 1988, using an old manual typewriter. It took him four years to finish the first half. He abandoned the project for years, then after getting a word processor, completed the first draft in six months after which he made 10 major revisions. The 366-page book was pub-

misgivings, eventually forms lished by Page Publishing in Pennsylvania.

> Wolters described his novel as dark but at times comic.

"When I write, I picture it all as if I'm watching a movie and then kind of reporting on what I see," he said.

"Meeting the Unusual" is based on some people and experiences from Wolter's life, although he rearranged all of it, using bits and pieces of people to create each character. The mysterious H is based somewhat on a roommate of Wolter's when he was working at Fingerhut in St. Cloud.

The many unpolished novels in Wolter's fictional hatcherv are there because for years he took up the challenge of National Novel Writing Month, November. That challenge is to write at least 50,000 words of a novel from Nov. 1 to Nov. 30. Wolters is working now on one of those first drafts, a somewhat allegorical account of Christ returning during

modern times.

Born in Little Falls, Wolters spent a few formative years in Sauk Rapids before moving back to Little Falls. He graduated from Little Falls High School, then earned a degree in elementary education/language arts from St. Cloud State University, graduating in 1987.

He and Twyla were married in 1999, the year they moved to Sartell. She is an employee of CentraCare. They have two sons: Josiah, 19; and Elijah, 14.

Wolter's favorite novelists are F. Scott Fitzgerald, James Joyce, Ernest Hemingway and Sinclair Lewis. A contemporary favorite, one also enjoyed by his son, Josiah, is Brandon Sanderson and his epic fantasy novels known collectively as "The Stormlight Archive."

"Meeting the Unusual" is available via Barnes & Noble bookstores, at Good Book and Gift in Little Falls and on Amazon and on ebay.



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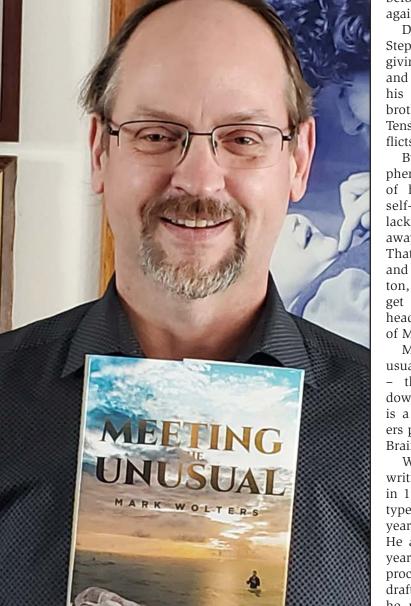
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Sartell novelist Mark Wolters holds a copy of his book entitled "Meeting the Unusual." The novel is about a college student whose life goes off the rails because of excessive drinking, partying and self-centered thinking. The book takes place mainly in St. Cloud.





4-H Superstars learn leadership skills, have fun

by Dennis Dalman news@thenewsleaders.com

There are endless options for young boys and girls to learn, to grow, to do good deeds and to connect socially with others in the 4-H Sartell Superstars Club.

Just ask Jason Sharpe, the adult leader of the Sartell group.

When he was a kid in Colorado, Sharpe was a dedicated 4-H'er. Later, after his service in the U.S. Air Force, he married and inspired his children to become involved in 4-H too, starting in 2016 in Sartell.

Sharpe and wife Tiffany have two children: Camyrn, 15, is president of the Sartell Superstars group; and Jake, 11, is a gung-ho member.

Sad to say, there are only 10 members in the Superstars Club, but that is largely because of the two years of Covid pandemic isolations and disruptions, Sharpe explained. He is hoping more young people learn about the club and join it. He listed the variety of fun,

educational activities the club does: an annual sledding trip, bowling, a tour of a Minnesota fisheries operation, trips to a zoo, a trip to Washington, D.C. for older-children members, showing personal projects at the Sauk Centre Stearns County Fair and the winners there at the Minnesota State Fair.

Their community-service projects include such activities as shoveling snow, raking leaves or trash pickups for residents unable to do those things.

4-H, Sharpe said, stands for "Head" for clear thinking; "Heart" for greater loyalty; "Hands" for greater service; and "Health" for better living for "my club, my community, my country and my world."

Members can choose which projects they want to work on for showings at the county fair. Camryn Sharpe, for example, explores fine arts. Previously, Camryn did a project on forestry management and also ones on cooking and food science, invasive species and raising bunnies and a project on agri-

culture and livestock. Son Jake's project this year is rocketry.

4-H delivers many rewards, Jason said.

"It's similar to the Boy Scouts, but each 4-H club has its own emphases. One group, for example, does just robotics. Others (mostly in rural farm areas) focus on agriculture, agri-science and raising animals and crops."

But all the clubs have certain rewards in common.

"The members learn about leadership and responsibility," he said. "They learn about hard work and personal responsibility through their projects and they learn how to be poised in interviews."

Sharpe said 4-H has been in Sartell for about 10 years. The Superstars Club started about six years ago.

Any parents - or young people - interested in joining the Sartell Superstars Club should call Jason Sharpe at 612-499-3298 or email him at sharpey00@gmail.com.



from front page

was the school's first triple champion at the Sauk Rapids meet. Salma Maray and Sonja Hackenmueller won the Central Lakes Conference championships, Maray in humorous interpretation and Hackenmueller in poetry.

Nguyen won awards in poetry, duo interpretation with partner Hackenmueller and duo improvisation with partner Eva Hesse.

Nguyen has competed for four years. He loves to compete and he draws inspiration from other competitors and his friends. Preparation involves memorization and repetition. One time, he said, he spent three hours repeating his poem.

Hackenmueller likes working with the team.

"They are my friends," she said. "I like helping the underclassmen do better to constantly build and improve throughout the season.'

Hackenmueller said "speech makes you a better communicator not only

state to teach art to children in

a love for photography. In

1975, she decided to pursue

the art with renewed passion.

Her works, including many

award-winners, have been ex-

liked to write about nights -

that feeling of evening coming

on and the quiet comforts of

night. Night, in fact, inspired her award-winning poem for

Many years ago, while liv-

ing in Nevada, she started as a writer of short stories. Friends,

who were members of a poetry

group ("Ash Canyon Poets")

suggested she should try her

hand at writing poems. She

thought, yes, what a good idea,

it would help her hone her de-

scriptive prose for short-story

writing. To her surprise and

Mohr said she has always

Early on, Weiler developed

Awards

from page 2

remote schools.

hibited widely.

Red Wing Arts.

because it gives you skills to talk with others and perform. It helps you take constructive criticism and apply that to what you are doing and improve."

Maray, a senior, is competing in speech for a second year. Her friends drew her to speech after she participated in Knowledge Bowl her first two years of high school.

Hesse has experience in theater as well as speech. In speech "it's just you and skills, no stage or costumes."

Speech, she said, helped her get over a fear of public speaking and improved her memorization skills.

"Speech is my favorite part of high school," she said. "I can't wait for speech season to start."

Speech events are back in person this year after Zoom events during the pandemic.

"You can't simulate that audience, that applause, the reaction on faces," Ronyak said. "Speech really shows (students') ability to face fear of speaking. For 10 minutes they are commanding the room. It's a skill they can use the rest of their lives."

delight, she took to poetry like a fish to water. She has now been writing poems and seeing them published for 35 years.

Born in St. Paul, she earned a bachelor's degree in business and communications from Concordia College, St. Paul. She is former fiction editor of "Bristlecone" and co-director of Western Mountain Writers' Conference. She co-founded two writers' groups - Slide Mountain Writers of Carson City, Nevada; and Red Oak Writers in central Minnesota. She is one of three Minnesota poets to be included in an anthology entitled "90 Poets of the Nineties."

Mohr is a retired grant writer for CentraCare, the first grant writer for that medical-care organization.

Founded in 1952, Red Wing Arts annually supports more than 350 artists in its gallery and festivals. The works attract more than 30,000 visitors each year to its free events and exhibits.

nolia Jepperson, 6, of St. Stephen; Sasha Carlson, 5, of Sartell; Debbie Timm, of Sauk Rapids; and Timm's grandaughter Caliana Feldewerd, 2, of Sauk Rapids.

West Bank opens new branch in Sartell a

by Dennis Dalman news@thenewsleaders.com

West Bank opened for business March 21 in Sartell after moving into its brand-new building from its former location along Clearwater Road in St. Cloud.

The new bank building is located on Hwy. 15 just east of Epic Center (site of the Walmart store). It offers full-service bank-

ing and trust services to customers, including small- to medium-sized businesses.

Founded as First Valley Junction Savings Bank in West Des Moines, Iowa in 1893 by a married couple, West Bank has grown steadily for more than a century. It has eight branches in Iowa and five Minnesota branches in Rochester, Owatonna, Mankato, St. Cloud and now Sartell. The latter four banks opened since 2019. The St. Cloud one is now closed.

West Banks are known for a wide-ranging commitment to civic and community projects with help from boards comprised of local community members.

Led by Matt Laubach, president, the Sartell facility will be staffed by eight employees.

Sara Gallagher, West Bank's corporate vice president and marketing director, shared a bit of history with the Sartell Newsleader.

"Our chief executive officer, Dave Nelson, is a native Iowan but spent much of his career in Minnesota," she said. "In fact, in 2013, West Bank opened a storefront in Rochester. Then, in 2016, we built a stunning bank building in Rochester."

The new bank in Sartell is a virtual replica of the Rochester structure built in 2016.

A stunning two-story facility of concrete, steel, glass and stone exterior, the Sartell one was designed by HGA of Rochester. Its general contractor was Lyon Contracting, St. Cloud. The bank structure's interior totals 15,000 square feet.

Gallagher said a "virtual replica" of the Sartell bank will be built this spring in Mankato to replace the previous one there.



SENIOR LIVING | HOUSING

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



provides transportation for leave the kitchen for good? local trips to local points of That could be a factor in interest. Who doesn't love a fun outing? their dining services. Many

LIFESTYLE

Be aware that some communities restrict visits, so close-ly examine these policies if you are expecting company on a regular basis. Does retirement mean an opportunity to 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 security 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, © ADOBE STOCK

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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SENIOR LIVING | TECHNOLOGY

How to Become Tech Savvy

The caricature of a tech-averse older generation who can't even work the TV remote persists, despite their growing comfort with modern advancements.

More than half of older Americans use the internet, according to the Pew Research Center, and far more have mobile phones. Still, there are some who aren't as comfortable with all of this new gadgetry, and they may find social networking and web browsing difficult to understand. If you've been struggling, here's how to become tech savvy.

A LIBRARY AT HOME

Think of the internet as having a library right inside your home. The web provides a similarly free-ranging wealth of content, from medical and financial information to the historical. Streaming services even give you a chance to watch television shows, documentaries and movies, from yesteryear or today. This is a particularly useful education and entertainment resource for older shut-ins, or those who are serving as caretakers for their aging spouses. You can see the world from your kitchen table.

SOCIAL NETWORKING Social networking sites also



give you a chance to reconnect with far-flung family members and old friends. Gone are the days when loved ones remained in their legacy homes, or even in their hometowns.

Sites like Facebook and Instagram give you a chance to keep up with their busy lives in between return visits, so you'll never miss the small, good things that happen along the way. This kind of socialization also leads to better health outcomes. Once you log in, you'll find that most sites include a user guide to help understand their features.

OTHER USES

Desktop computers, tablets and smartphones also allow us to use email to stay in touch, manage our finances, participate in voice calls and video chats, play games, shop online, listen to music and write letters.

INVOLVE FRIENDS AND FAMILY

Don't feel pressured to know more than you do. Talk to friends and family members, in particular younger ones who've never known a world without the internet. They'll help you get a handle on how all of it works, and can even set up handy shortcuts that will make using the latest tech a breeze.

LEARNING MORE

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.



Parking-lot expansion set for Pinecone Park

by Dennis Dalman news@thenewsleaders.com

A parking lot in Pinecone Central Park will be expanded by about 65 to 70 parking spaces, an idea endorsed by the city council at its May 14 meeting.

In winter, a good part of that expanded lot could be flooded

2:15 p.m. Crash. Connecticut Avenue S. An officer was request-

ed for an accident that occurred

in the parking lot. Dispatch ad-

vised the officer no injuries were

mentioned. The officer arrived on

scene and completed the accident

exchange forms and took pictures.

The officer noted minor damage,

and both vehicles were drivable.

March 24

Perimeter Drive. An officer was

requested to respond to the res-

idence for a theft that occurred

sometime within the last week.

The officer was informed by the

owner that he had last driven

his truck last week and just no-

ticed today that the front license

plate was missing. The owner

did not think it had fallen off in

a car wash as the screws were

also missing, the owner believed

it occurred while parked in his

driveway. The owner informed

the officer he planned to go to

the DMV this week to get both

plates replaced. The officer had

the one plate entered by dispatch

March 25

Dispatch contacted officers about

a current road rage incident oc-

curring. The complainant stated a

4:19 p.m. Road rage. CR 120.

4:15 p.m. Theft from vehicle.

Blotter

from page 3

and used for a pond-hockey yes, the dog park where peoice rink, it was noted.

The lot is located right next to the "Dog Park" area.

There is a great need for more parking, in addition to the other parking lots in the park, because of ever-increasing uses of the park for baseball tournaments, soccer, soon-to-be basketball, and

vehicle in front of them swerved

ple can let their dogs run and play in an enclosed space.

The city will seek residents' input about the parking-lot plans and related park amenities. The parking-lot expansion could be paid for with funds from the half-cent regional sales tax.

to miss debris in the road from the wind, they didn't have time to swerve and hit it causing it to fly up and hit the vehicle behind them. The complainant stated that the vehicle has been following them ever since; at a red light the driver got out and tried confronting them. The complainant told dispatch they would head toward the police department since the vehicle was still following. While officers were enroute to the police department, dispatch said the complainant was in the lobby and could hear the other male party; it was becoming verbal. A Stearns County deputy was near the police department and was able to respond. The deputy mediated the situation and took care of the call.

March 26

11:05 p.m. Assist agency. Pinecone Road N. While on routine patrol, a Sartell officer heard a Waite Park officer inform dispatch they were responding to Sartell to attempt contact with an assault suspect from their city. The Sartell officer responded to assist the Waite Park officer with making entry into the apartment building. Both officers contacted the female suspect; the suspect was taken into custody by Waite Park Police.

March 27

1:30 p.m. Burning. Balsam Court. An officer was requested by a man who requested to be anonymous about a neighbor

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as stolen.

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burning leaves in their backyard. Upon the officer's arrival, it was found the homeowner was using a wood stove in the backyard to make maple syrup.

March 28

8:50 a.m. Stolen vehicle. Pinecone Road S. An officer was dispatched to a vehicle that was located abandoned in a gravel pit. The employee of the gravel pit told dispatch they located it and the truck had a company logo on it from St. Joseph. Upon the officer's arrival, an employee from the business was on scene with the complainant. The employee told the officer the vehicle had been taken some time during the last two days. The vehicle did not have keys inside and no damage was visible to the steering column. There was a tow strap underneath the truck, and it was hooked up to the exhaust system. The suspects managed to remove one of the catalytic converters but struggled removing the others. Shoe prints were photographed, and a lighter was collected from the scene. The vehicle that had been stolen was swabbed for DNA. Hi Vis fibers were found under the vehicle and on the vehicle, leading the officer to believe the suspect had Hi Vis clothing on. It also appeared a second vehicle showed up on scene to try and pull the other catalytic converters off but failed; tire tracks were photographed. Vehicle was turned back over to the employee.

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The COVID crisis has cost us

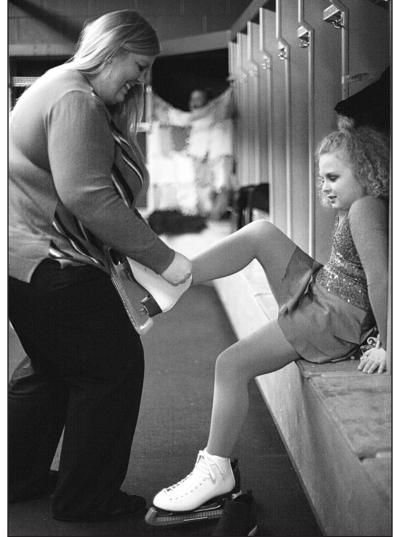


photo by Carolyn Bertsch

Lacing up for skating fun

Jen Ramos of Sartell laces up her daughter's skates March 27 in a Bernick's arena locker room. Dylan, 7, is a member of the Sartell Figure Skating Club.

Walk

from page 2

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 Shear Dynamics, is the founder of "Walk Together: Uniting Against

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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 happens and deep, widespread attitudinal changes are the best ways to begin to stop it, Warner said.

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Opinion-

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 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

In my time attending St. John's University one of the aspects I have enjoyed most is the constant opportunities for spiritual growth and development. The Abbey Church is one of my favorite places on campus, and along with Sunday Mass, campus ministry events have been places where I have learned so much and made many friends along the way. In the last two years, I have had the amazing opportunity to go even further in my Catholic faith by being the sponsor for two of my roommates, Michael and Nevin, as they have gone through the confirmation process. Through this process, I have been able to reflect on how much I have grown in my faith and really reflect on what has been important to me here at St. John's University.

I have been Catholic all of my life. I remember going to church when I was very little and while I didn't understand much at first, through masses and faith formation classes and learning from family, I slowly built up my faith and my appreciation for it. Church became a place where I could channel some inner peace, think about how I could improve and grow, and give thanks for what was going on in my life. Listening to readings and hearing homilies at Mass, I could gain education and inspiration for that next week, and learn a lesson or two.

This rock of faith helped as a source of grounding for me when I made the big transition from high school to col**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



PET CARE | STAYING HEALTHY

Exercising your Dog

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

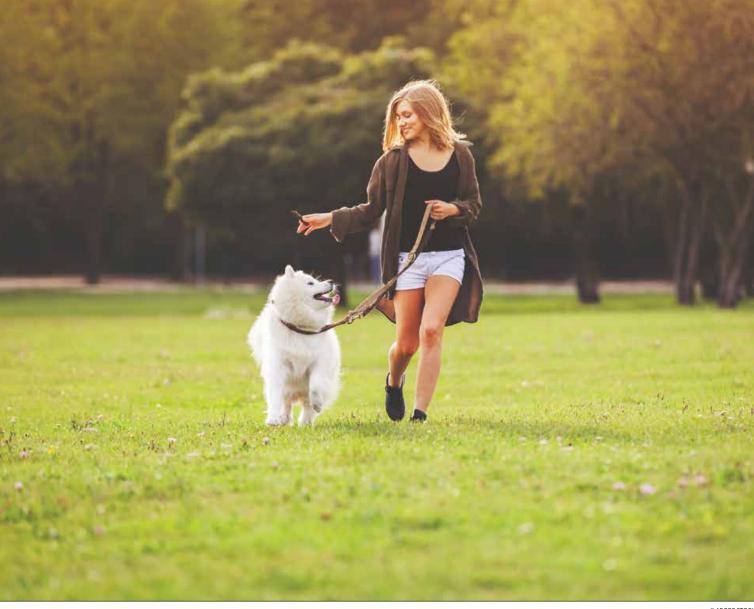
How much exercise is good for your pup depends on your dog's age, health and breed. Border collies, for instance, bred for long days of running after sheep, will need much more exercise than a couch potato basset hound. Keep the future dog's energy level in mind when you're choosing a puppy to bring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



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

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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

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pineconepethospital.com • 234 Pinecone Road S. • 320-258-3434

PERSONAL FINANCE | MEDICAL EXPENSES

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.

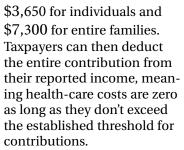
BUILD CONFIDENCE

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-ofpocket 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



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 taxfree 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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