

Newsleaders

Reaching Everybody!

Friday, March 4, 2022
Volume 34, Issue 5
Est. 1989

Town Crier

K of C breakfast set March 6 for catholic school

A monthly breakfast, sponsored by Knights of Columbus Council #7057 St. Joseph, will be held from 8:30 a.m. to noon Sunday, March 6, at Heritage Hall, Church of St. Joseph, 12 W. Minnesota St., St. Joseph. Proceeds will be donated to the Challenge grant for the St. Joseph Catholic School. Come and help us support this very worthy cause while enjoying a homemade breakfast of Pep's pork sausage, St. Joseph Meat Market sausage, pancakes, hash browns, fruit, fresh scrambled eggs, caramel and cinnamon rolls, and beverages. Sunday Mass will be at 10:30 a.m.

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.

No Newsleaders printed March 18

It's time for the Newsleader staff to take a much-needed vacation. The office will be closed March 7-11. No Newsleaders will be published Friday, March 18 but then we will resume with back-to-back publications March 25 and April 1. The remainder of the year, we will again publish every other Friday starting with the April 1 editions.

Lions fish fry, meat 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.



photo by Carolyn Bertsch

Fishing contest catches a crowd
Carl Berg of St. Joseph assists his son Alexander, 9, with his fishing line while his daughter Samantha, 6, tries to stay warm Feb. 19 at the St. Joseph Rod and Gun Club ice fishing contest on Kraemer Lake. More photos on page 2.

Transmission line proposed for St. Joseph area

by Dennis Dalman
news@thenewsleaders.com

Plans are underway for a new electrical transmission line in St. Joseph that could boost by almost one-third the power available to the area. If approved, the line construction would be done in the summer of 2024.

Information about the project was made available during a Feb. 17 meeting at the St. Joseph Fire Department.

Great River Energy, based in Maple Grove, is proposing the upgrade. GRE is the wholesale electrical supplier to Stearns Electric Association.

The project actually began during the last decade. This latest phase will complete the process. It involves con-

structing 3.2 miles of a 115-kV transmission line (115 kilovolts, which is 115,000 volts). The current line carries 69-kV (69,000 volts).

Another part of the project is upgrading two power stations to accommodate the increased electrical load.

The new power lines, held by tall wooden poles, would follow this route: It would begin at GRE's west St. Cloud substation, then go east along Ridgewood Road, then to the Westwood substation. The line would run east for 1,100 feet and turn north for 1.4 miles to Mullen Road, then west along Mullen Road to a new switch pole on the west side of Hwy. 133.

Line construction cannot begin until the route permit

is approved by the Minnesota Public Utilities Commission. Preparations also include an environmental assessment, as well as public meetings to allow for public comments from city and area residents and from regulatory agencies.

Also needed are easements of 35 feet on each side of the power lines. The wooden-pole structures, each from 75- to 80-feet tall, would be installed every 350 to 400 feet along the route.

Trees would have to be removed or pruned periodically within the 70-foot easement for quick and safe access to maintain and/or repair the power lines. Herbicides would be applied periodically by licensed applicators to squelch the growth of trees and brush.

Newsleaders win 3 state awards

by Dennis Dalman
news@thenewsleaders.com

The Newsleaders newspapers were honored recently with two awards from the Minnesota Newspaper Association – one for their editorial/opinion pages and an individual award for photographer Carolyn Bertsch.

A Newsleader graphic designer, Marg Crumley, also won an award in another contest.

The awards were presented by the MNA's annual "Better Newspaper Contest."

A story about Bertsch's win was published in the Feb. 4 Newsleaders. A freelance photographer and assignment editor for the Newsleaders since 2017, Bertsch won first place for a photo of Santa Claus visiting an elderly woman at Edgewood Senior Living, Sartell. Because of the pandemic, Santa was standing outside of the window looking in at the smiling woman, Kay Peterson. Another photo by Bertsch graces the cover of Crumley's award-winning entry.

Both winners had been entered in the category of non-daily newspapers with

Awards • page 6

Any planting in the easement zone would require prior permission from GRE. The growth of native habitat plants is not only allowed but encouraged.

GRE is a not-for-profit wholesale electrical cooperative that provides power to 28 member-owned distribution cooperatives. The co-ops deliver electricity to two-thirds of Minnesota and parts of western Wisconsin. All told, those areas include 700,000 families, farms and businesses.

Why is there a need for new power lines? According to information provided by GRE, the current lower-voltage lines can create a variety of problems. They include disruptions to industrial and manufacturing companies as well as dam-

Line • page 2

GAME NIGHT

March Madness Game Nights at
Neighbors Route 75 Bar and Grill:

Candy Bar Bingo

Thursday, March 10, 6:30 p.m.

Team Trivia

Thursday, March 17, 6:30 p.m.

Family Feud

Thursday, March 24, 6:30 p.m.



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and persons with disabilities are encouraged to apply.
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Fishing contest catches a crowd



photos by Carolyn Bertsch

Friends walk back to their Kraemer Lake fish house Feb. 19 with a box of doughnuts to share at the St. Joseph Rod and Gun Club ice fishing contest. They are (left to right) Macy Theisen, 7; Adelyn Eiyneck, 10; Avery Eiyneck, 9; Ella Loso, 9; and Evie Loso, 7, all of St. Joseph.



American Heritage Girls Club members warm up near a fire on Kraemer Lake Feb. 19 during the St. Joseph Rod and Gun Club ice fishing contest. They are (left to right) Emma Peterson, 9, and her mother Jenny Peterson, both of Sartell; and Felicity Ewing, 6, of St. Cloud.

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Line

from front page

age to motors in such in-home appliances like air conditioners. Such appliances compensate for low-power fluctuations by drawing in more and more electricity, which can cause others to heat up and burn out.

In addition, GRE noted— that area power outages can happen during times of heavy electrical usage when overloaded lower-power lines sometimes shut down.

Another major factor for the new power line, according to GRE, is that an increasing amount of electricity is being used — more than ever before in cities and rural areas throughout the United States. GRE is on record as promoting conservation efforts for electrical usage, but a company statement says that as long as new businesses, new houses and other new uses for electricity continue into the future, new power-line projects will be needed to provide the distribution of reliable electricity.

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Daylight Saving Time begins March 13

Daylight Saving Time begins Sunday, March 13 at 2 a.m. Clocks should be moved forward one hour, giving us more daylight in the evening, and less in the morning. Cable boxes, computers, cell phones and other high-tech devices will likely spring forward without you having to do a thing. Other clocks will need to be manually adjusted.

People

Eight St. Joseph students were recently named to the fall president's list at St. Cloud Technical & Community College. They are the following: **Megan Fischer, Skylar Lundblad, Abigail Moriarty, Jenna Peterson, Kelley Shaddrick, Nicholas Andringa, Kelsey Athmann** and **Kayli Fetterman**.

Students must earn a minimum 4.0 grade-point average to qualify.

Sixteen St. Joseph students were recently named to the fall dean's list at St. Cloud Technical & Community College. They are the following: **Nimo Abdi,**

Justice Allen, Jackson Brophy, Isabelle Hoeschen, Hannah Mattkins, Maya Peterson, Fatha Dadow, Daniel DeVargas, Melanie Dimond, Carter Douvier, Emily Locnikar, Melissa Loso, Colby Louwagie, Hunter Smith, Jack Taufen and **Abigail Trelfa**.

Students must earn a minimum 3.5 grade-point average to qualify.

Haley Reed of St. Joseph was named to the fall dean's list at Gustavus Adolphus College in St. Peter, Minnesota. Students must earn a minimum 3.7 grade-point average to qualify.



photo by Carolyn Bertsch

Doga Yoga balancing act
Susan Hoffman of Avon practices Yoga with her 9-year-old yellow Labrador retriever, Stella, Feb. 27 at Millstream Park in St. Joseph during the Tails on Trails event. Additional photo on page 9.

Calendar

from page 3

Monday, March 21
Wood Duck, Bluebird & Wren House Building Night, 4-6:30 p.m., American Legion, 101 Minnesota St., St. Joseph. All materials supplied, 40 wood duck houses, 100 bluebird houses, 80 wren houses and 30 bat houses. All ages may participate. Bring a cordless drill with a Phillips head. For more information contact Al at 320-290-7568.

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

St. Cloud Flower and Garden Club, 6:30 p.m. Join these free zoom sessions to learn more about flowers, shrubs, gardening and more! This meeting's topic is presented by Paul Huls: Design Concepts with Perennials and Annuals. Email scflowerandgarden@gmail.com for zoom invitation.

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

Tuesday, March 22
St. Joseph Food Shelf, 1-3

p.m., 18 Birch St. E, St. Joseph. Visit Facebook page for schedule changes and updates.

Thursday, March 24
March Madness Game Night: Family Feud! 6:30 p.m., Neighbors Route 75 Bar and Grill, 2010 CR 75 E, St. Joseph. cityofstjoseph.com.

Friday, March 25
"James and the Giant Peach," presented by St. John's Prep, 7:30 p.m. Friday and Saturday; 2 p.m. Sunday, Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. paramountarts.org.

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

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photo by Carolyn Bertsch

Howlin’ good fun at Tails on Trails
Dog musher Spencer Draayer, of Monticello, yells “Hike!” and his team of huskies take off down a trail as passenger Sasha Carlson, 5, of Sartell, grins from ear to ear Feb. 27 at the Tails on Trails event at Millstream Park in St. Joseph.

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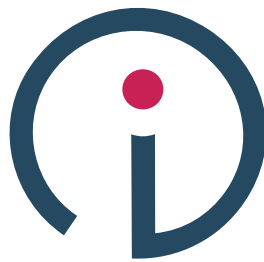
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photo by Carolyn Bertsch
Kay Peterson, a resident of Edgewood Senior Living, Sartell, holds a framed photo to her window Dec. 15 when Santa asks, “How long has it been since we last saw each other, Kay?”

Awards

from front page

a circulation of more than 7,001. The circulation for the Newsleaders (the St. Joseph and Sartell-St. Stephen ones combined) is close to 14,000.

Crumley won the top award for designing the cover of the upcoming MNA’s “2022 Minnesota Newspaper Directory.” The cover features a Carolyn Bertsch photo of the Mississippi River shore just below Veterans Park in Sartell.

The Newsleaders won second place in its category of “Editorial Page as a Whole.” The judges’ citation stated, “Staff (writers) columns made this entry stand out.”

As required by contest rules, three separate editorial/opinion pages were submitted from Newsleaders published in 2021. The pages contained a column and several editorials written by Newsleader Editor Leanne Loy, a column by former editor Heidi L. Everett, one by columnist Connor Kockler and two by Dennis Dalman.



contributed photos
(Above) Estates Bed & Breakfast as of Feb. 28, 2020. (Below) Original building prior to renovation.



From banker to business owner, Cowan charms

by Laura Ritsche
news@thenewsleaders.com

In the heart of St. Joseph lies a piece of nostalgic history with a touch of the modern. But that’s not all the Estates Bed & Breakfast has to offer. Owner Tammy Cowan, originally from south Minneapolis, exemplifies that smalltown feel from the moment you pull up to the moment you leave.

Built in 1909, the bed and breakfast’s primary use had been as a rental home for the local college students of St. John’s and St. Ben’s. It’s had some updates throughout the year’s and today stands as St. Joseph’s only B & B. A place that Cowan is proud to call her own.

Cowan hasn’t always been a B & B owner. Her first career was working as an investment banker. In search of a new path due to layoffs, Cowan found herself working as a live-in caretaker at the Estates, a place she had stayed at many times before.

As a rugby coach for the St. John’s team, Cowan found herself spending many nights at the Estates while she still lived in Minneapolis.

Cowan said, “I stayed at the bed and breakfast often during the years I was coaching and became good friends with the owners at the time.”

When the layoff from her banking position happened, she called up Cory and Jules Ehlert, the previous owners, and asked if they were serious about hiring a live-in caretaker. And indeed, they were.

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photo by Laura Ritsche
Tammy Cowan, 61, of St. Joseph, reads Feb. 28 in a place of gathering at her bed and breakfast.

It was never really a dream for the Ehlert's to own a B & B, they just knew St. Joseph had to have one. So, in 2020, after a year off, Cowan started working as the live-in caretaker, the next logical step was to pass the ownership on to her.

Since December of that year, Cowan has been running the Estates on her own. From investment banker to small business owner, she now gets to spend her time pampering her guests.

One of the things Cowan

likes best about this area is that small-town feel. Everything is in walking distance and it's easy to get to know your neighbors here.

When asked if this was what she had dreamt for her life she said, "I didn't think this would have been the trajectory, but it all just went together so well, like it was meant to be."

Whether you're visiting as an alumni, or simply coming for a weekend stay, the Estates Bed & Breakfast is sure

Owner • page 9



contributed photo
Architectural rendering of what Bad Habit Brewing will look like when renovation is completed in July.

Bad Habit is growing, again

by Darren Diekmann
news@thenewsleaders.com

Bad Habit Brewing Company is expanding its current location on College Avenue by increasing production and warehouse capacity, and adding an event space.

Construction began on Dec. 3, and is expected to be completed in July, said co-owner Aaron Rieland.

When complete, the 2,500 square feet of production and warehouse space will enable Bad Habit to double their output to about 1,600 barrels a year, Rieland said.

"We have busy times of the year like in the summer when we get low on beer. This will give us the opportunity to really keep up to full capacity all the time,"



he said.

The event space will be called "The Brewer's Lounge" according to their website. At 1,500 square feet, it will be about the size of the existing taproom. It will have a separate entrance, its own bar, and a capacity of about 75 inside and 40 outside on a patio that will wrap around the south and east sides.

With just the taproom, Rieland said, they have been limited in their event offerings to times when it wasn't open to the public, mostly in the morning.

"We will have a completely separate event space and we will be able to rent that out seven days a week," Rieland said.

The Bad Habit website has several architectural renderings of the new space at <http://www.badhabitbeer.com/private-event-rentals-1>.

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HEALTH CARE CAREERS | JOB SKILLS

Must-Have Skills in Health Care

If you're considering a health care role, there are multiple skills one must have to practice successfully.

In addition to rigorous studying and training, professionals must be proficient in traits that can enhance a patient's comfort and confidence when under your care. Check out a few soft techniques that are prominent in the industry, as suggested by Carrington College.

EMPATHY

Empathy and compassion are critical health care skills. As patients learn of a crippling illness or the loss of a loved one, a caring shoulder to explain the situation is a necessity. Before committing to a job in the industry, make sure you can discuss difficult conditions without allowing the circumstances to affect your work performance or personal life. As a trusted health care provider, the patient requires you to be at your best when addressing uncomfortable issues.

COMMUNICATION

Clear communication is vital in any workplace, but in a health care setting, it is crucial. Workers must be able to demonstrate clear instructions for patients, co-workers and supervisors regarding various health conditions. The



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Institute for Healthcare Communication suggests that evidence indicates strong positive relationships between a health care team member's communication skills and a patient's capacity to follow medical recommendations.

STRESS MANAGEMENT

Since lives are at stake in a

medical atmosphere, maintaining your stress levels is imperative. Working in a hectic environment and keeping a calm demeanor can be challenging, but failure to do so can change the results during a life-and-death situation.

If you're experiencing a sense of burnout during your career, make sure to research

and practice stress management techniques. Activities like exercise, participating in therapy sessions or listening to calming music can be great ways to maintain a positive attitude.

Try different things to find the practice that provides you with the most relaxation for your mental health.

TEAMWORK

In a health care environment, you must act as a team with your co-workers. Collaborating on the best plan for a positive patient outcome is important. If you find yourself in a disagreement, it's beneficial to have a calm discussion rather than acting out by ignoring a peer's advice.

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Photo by Andra Johnson

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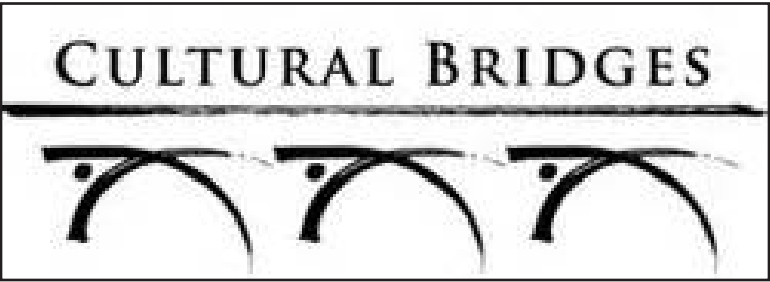
Cultural bridges

Welcoming diversity into our communities helps connect neighbors

by Shirley Adams
Guest contributor

Imagine what it’s like to move to a new place – find a house, new doctors, new hair stylist, new grocery stores, new church, new school, get a driver’s license, register to vote and make new friends – when you speak the language. Now imagine what it was like for the Somali refugees who moved into St. Joseph, who had to do all those things not knowing our language.

I knew little about Somalia or the Somalian people before volunteering to teach English Language Learner classes and meeting members of Cultural Bridges, a non-profit organization in St. Joseph, which has been instrumental in helping the Somalis. Members of Cultural Bridges recommended I attend a Somali event at the summer Millstream Night Market so I could hear Somali music, see



the dancers and try their food. They also introduced me to a few books that explained Somali culture.

“From Somali to Snow” is a book written by Hudda Ibrahim, a graduate of St. Benedict. Her book describes the history, customs and reasons Somalis end up in Minnesota.

“Home of the Brave” by Katherine Applegate is a children’s fiction book about a young African boy, Kek, who ends up living with a relative in Minnesota. He makes friends with a girl in foster care, an old woman who owns a rundown farm and an old cow. The reader is drawn

into the story and his struggles to adapt to a new culture, winter weather and a less-than-welcoming environment. The story tells of his missteps as he tries to learn the culture and the mistakes he made such as washing dishes in the clothes washer instead of the dishwasher. It is a sad story in many respects, but it has a sweet ending.

A Google search brought me to “The Last Nomad Coming of Age in the Somali Desert,” a memoir by Shugri Said Salh, a nurse in California. Her book takes you through the trials and tribulations of growing up female in a male-dominated coun-

try that becomes engulfed in a civil war and her treacherous journey to Canada and eventually to California.

These stories demonstrate the strength, perseverance and resiliency of the Somali refugees. Many who fled their homes in the dark of night, lived in refugee camps, did not know where, when or if they would resettle into another country or see family members again. This was a reality for thousands of Somalis as they fled their country, many of them who live in St. Joseph.

Somali culture is enriching the mixed culture that is already here – the culture of the Germans, Scandinavians, French, Slovenians, Polish and more. And, like the immigrants before them, the older Somalis, as they are learning English, are working, often in lower-paying jobs, so their children can have a brighter future. They know the importance of a good education. They, like all parents, want

the best for their children and grandchildren.

There are now three generations of Somalis living here – those who came as adults, those who came as children, and those born here. Like all immigrants, they must find the balance between their old culture and their new culture. Most Somali children will be multilingual, just as their parents are. Many adults speak three or more languages, including English.

It is up to all of us to learn about and respect the Somali culture and traditions and to help integrate their traditions into St. Joseph’s culture. We can do that by reading and learning about their history, by joining Cultural Bridges, by volunteering to teach them English or just by being a good neighbor.

To contact Cultural Bridges go to joetownculturalbridges@gmail.com or to learn more Cultural Bridges of St. Joseph, MN | Facebook.

Owner

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to accommodate. And you will always feel right at home as Cowan loves welcoming guests from all over.

You can rent one room at a time or the entire house as a whole.

Cowan states, “Hosting big groups for parties, weddings, reunions, rehearsal dinners are always fun!”

The suites have a unique touch to each of them with their very own name that ties a piece of St. Joseph history into each one. The rooms have names such as the Jonnie Suite, Bennie Suite and the Minnesota

Suite. Just a little piece of nostalgia for those who are in the know.

When Cowan isn’t cleaning and preparing for guests to come, she enjoys biking, traveling and of course, coaching rugby.

“Life is good,” Cowan said, “no complaints.”

In our busy world today, we don’t often get a moment to stop and simply enjoy the small-town charm that St. Joseph has to offer. Next time you’re in the area keep your eye out for the Estates Bed & Breakfast, even just to say hi to Cowan and her dog Georgie. You may find your day is a bit brighter.



photo by Carolyn Bertsch

Tail-wagging good time

Two women introduce their dogs at the Tails on Trails event Feb. 27 at Millstream Park. They are (left) Alisa Kasmir of St. Joseph and her 2-year-old black Labrador, Tara, and Dominique Breth of Collegeville and her 8-year-old Great Pyrenees, Lucy. Lucy was adopted from NorthStar Pyrenees Rescue of Minnesota.

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Opinion

Our View

Finding peace amidst the turmoil

There’s a meme floating around social media that says something to the effect of, I don’t want to be a part of any more historical events. This is a sentiment most of us can relate to. It’s been a rough few years and it seems just as we emerge from one tragic event, another one erupts. So how do we find our peace throughout all this turmoil? How can we find the energy to keep going when we keep getting kicked down?

It can seem hopeless at times, especially when all we see is the bad stuff, and there’s been a lot of bad stuff. There’s a quote that has been shared quite often by Mr. Roger’s himself I think we all need to hear right now.

He said “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

There are so many people doing little and big things to prove there is still good in this world. We need to put more of our focus on the people who are making positive changes and cleaning up the messes that others are making. Those are the people who continue to instill hope and the guidance we need to navigate through the ugly and messiness the world can throw at us.

If this isn’t enough for you, then be one of those helpers. When the despair of what we are witnessing now becomes too much and you find yourself feeling angry or sad, find things you can do to help ease another’s hardships.

From small acts of kindness to donations and care packages, to keeping yourself informed on what is going on around you, there is always something you can do to add a little light back into the world. Don’t take for granted what it means to your own community to offer your time and your talents through volunteering and support.

We may not have the ability to do any grand gestures, but if enough of us start or continue to find ways to help our communities and offer help and donations where and when we can, it will remind others there is still good in this world, that there are still people who care.

Peace is said to come from within and this is not necessarily wrong. But we cannot ignore what is happening outside ourselves. Perhaps to find our way back to that calm and sense of normalcy once again the search needs to be outward, not inward. Maybe our own peace can only be found when we help others find theirs.

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.

We should be paying attention to Ukraine

Connor Kockler
Guest writer



and improve Ukrainian relations with the European Union. He has also expressed interest in Ukraine joining NATO, the military alliance the United States and Canada are part of along with most of Western and Central Europe.

Russia’s President, Vladimir Putin, has clearly not been happy with the developments in Ukraine since 2019. Russia views Ukraine as being part of its sphere of influence, since Ukraine historically was part of the Soviet Union, as well as historically a part of the Russian Empire for hundreds of years even before that. After the Soviet Union broke up, many states that used to be under Soviet domination have joined NATO.

Russia sees this expansion as a threat to their interests and security, as states that are in NATO now directly border Russian territory. Before the invasion, Russia attempted to demand Ukraine be legally prohibited from joining NATO, and that the country agree to some stance of neutrality. Ukraine and NATO rejected these demands as violating Ukraine’s sovereignty and right to decide its actions as an independent state. Negotiations between Russia, the United States, NATO, and other European states continued into February but yielded no results.

On Feb. 24, Russian troops invaded Ukraine. Intense fighting has been going

on in the south and east of Ukraine. The most critical front though, has been the north, with Russian forces advancing toward the Ukrainian capital of Kyiv. While I don’t know what will have all happened by the time this column is published, it’s certain more violence will occur and many more people will likely be killed or injured.

How does this affect us here in the United States? To start, the U.S. government has been providing military aid and other non military aid to Ukraine despite U.S. troops not being involved. The Biden Administration asked Congress to approve \$6.4 billion in aid for Ukraine after the invasion started. The United States and allied countries have also been imposing economic sanctions on Russian leaders and their economy. Additionally, Russia is one of the world’s largest producers of oil and natural gas, so it is likely this conflict will increase world prices overall.

These effects on us here at home show that conflicts around the world are not something we should ignore. Each of us living in Minnesota is also a citizen of the world, and knowing world events helps us to be more informed overall as well as navigate their consequences more effectively. So while it may be far away, we should all stay aware of this situation, and be in solidarity with innocent civilians in Ukraine as we continue to watch how the consequences of this event affect them and the world at large.

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

Many love the foods they once hated

Dennis Dalman
Reporter



The other girl piped up.

“I don’t like them either, but they’re not as bad as a lima-bean casserole my mom made the other day. I mean, I love my mom dearly, but that was, like, soooo not good! But I didn’t tell her that. I had to force myself to eat it.”

A boy gave his two-cents worth.

“My grandma makes awful breakfasts. My mom said try to eat them and pretend to like them. But how can I try to eat them or pretend to like them when grandma’s sitting right there?”

The first girl spoke.

“My mom teaches us to be honest no matter what. So when she makes something I don’t like, I tell her.”

“Always?” I asked.

“Well . . . usually,” she said.

I told them about the foods I hated when I was their age and how I love those foods now. They gave me looks that “said” loudly: Well, that ain’t gonna happen to me!

The girl said with fierce conviction: “I will never ever like porcupine meatballs! Never!”

The other girl chimed in: “Same with lima-bean casserole. I will never even TRY to eat that again!”

The students seemed to be enjoying their lunches that day as they dabbled and nibbled.

“Some days the lunches are really good,” said one of the boys. “That’s because the ones who make them are trying hard to make them tastier.”

The other three nodded their agreement.

But one dissenter of sorts raised a big objection as he scowled at the little bunch of neglected cooked green beans lurking on his tray: “Lunches are OK. Except for green beans. I hate green beans! They give me the creeps.”

Those sociable kids were so bright, articulate and funny. I enjoyed our lunch-time banter. As I was about to leave, there were a few green beans left on my blue tray.

To the boy I said, “Do want the rest of these beans?” moving my tray toward him.

He wasn’t sure if I was serious; he must have wondered if I’d even heard his green-bean rant.

“Umm . . . no thanks,” he said politely. I started laughing.

“NO, THANKS!” he said loudly, his face brightening with amused relief after he knew I was just kidding.

By this time, those students are probably graduates. I wonder if they now enjoy foods they hated then: dreaded porcupine meatballs, slimy lima beans in anything, and – horror of horrors! – those creepy cooked green beans.

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



Reducing Stress

Sometimes, no matter how hard we try to be balanced, centered and calm, our stressful lives get the best of us. And while spending most of the day laying around on the couch seems like Easy Street to us, our dogs can get stressed out, too. Here are some ways to reduce your pup’s stress.

SIGNS OF STRESS

First, it’s important to recognize the signs of stress in our canine friends. According to VCA Hospitals, these include:

- Pacing or shaking
- Whining or barking
- Yawning, drooling and licking
- Cowering or a tucked tail

- Shedding
- Avoidance behavior

WHAT TO DO

If you notice signs of stress, remove your dog from the stressor immediately and take him to a quiet place. Don’t overly comfort him; you could sabotage him by making him feel his fear is

justified and make him less confident. You can try giving him simple commands he knows and giving him a treat to take his mind off things.

GET SOME EXERCISE

If your dog is stressed a lot, try getting him more exercise. Just like you feel better when you get up and move,

so will he. Also, going for a walk or a jog can build his confidence by introducing him to new people and situations.

TALK TO YOUR VET

Your veterinarian can also help diagnose causes of stress and help you formulate a treatment plan that may or may not include medication.

Pine Cone Pet Hospital

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



Avoid Savings Mishaps

Oddly enough, there are wrong ways to save money.

A well-stocked savings account shouldn't be paired with growing penalties from ignored bills. Failure to take advantage of high interest returns ultimately leads to unearned money, as well. Here's a look at common mistakes that keep people from saving money the right way.

PUTTING AWAY TOO MUCH

Believe it or not, that nest egg can become too large too quickly. Don't save money to the exclusion of other important financial responsibilities. For instance, choosing to only make minimum payments in order to sock more cash away will lead to a balloon of debt — and, ironically enough, you might have to tap into your savings to get back in the black again. It's better to pay down debts with high interest rates as quickly as possible, then you can use ready cash to bolster your savings.

GOING ON SPENDING FASTS

Some people participate in a so-called spending fast, where purchases are limited only to necessities for a period of time. In the short run, that provides a larger amount of every day cash that can be put toward savings. But, as with starving yourself to lose weight, these fasts can lead to

binge buying later. It's more important to learn to manage a reasonable budget than it is to take short cuts that may lead to bigger setbacks. Change your spending more gradually — like say, skipping a meal at an expensive restaurant — for better long-term results.

NOT EARNING ON SAVINGS

Shop around for the best offers, and you'll find a variety of ways to grow your savings. Banks often offer special deals when you open a new account, and there is an increasing number of promotions and discounts to bolster

your earning potential. Ask about high-interest rewards and competitive point systems, too.

NO EMERGENCY FUND

Having a growing savings account isn't the only way to keep you and your family safe. In addition to this

reserve, financial experts recommend a separate emergency fund in the event of a potentially life-altering event like job loss, unexpected medical bills and natural disasters. Keep three- to six-months of regular income separate from savings, and you'll be better prepared.

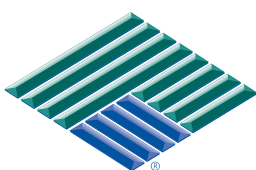


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