

Reaching Everybody! Newsleaders

Friday, March 4, 2022
Volume 27, Issue 5
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 Summer Baseball registration now open

The 2022 Summer Sartell Baseball Registration is open. Please go to SartellBaseball.com to register. Find more information by following us on Facebook.

Sartell Fastpitch Softball now open for registration

Sartell Fastpitch Softball Registration NOW OPEN for players 6U-8U! Please visit www.sartellfastpitch.com for more information and to register for the 2022 summer season.

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.

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.



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.



photo by Carolyn Bertsch

Lions prep 800 walleye

Merlin Berndt of St. Stephen (right) jokes that "even fish need a bath!" as he and Stacy Revior of Royalton wash walleye fillets Feb. 11 for the 50th annual St. Stephen Lions Club walleye fry.

Sen. Howe revives hope for Town Line Road project

by Dennis Dalman
news@thenewsleaders.com

A joint-powers agreement was approved by the Sartell City Council at its Feb. 14 meeting that would make possible a reconstruction of Town Line Road in west Sartell.

As that road experienced a rapid increase in use by motorists in recent years, a need for improving it became more urgent, but a funding source was always lacking.

Recently, however, Sen. Jeff Howe (R-Rockville) said he would be glad to put a funding "earmark" for the project in a legislative bill if the jurisdictions of the roadway area would agree to work together.

There are five jurisdictions in that area, with parts of the five-mile long road that runs north and south in Stearns County; the townships of Brockway, LeSauk, St. Wendel; and Sartell. About one-third of the road is within Sartell city limits. The road stretches

from where the Sartell city compost site is located to the city limits of St. Stephen.

The joint-powers agreement approved by all jurisdictions will ensure they will all work together to determine respective cost sharing.

The cost of the project is estimated at \$1.5 million. That amount, as proposed by Sen. Howe, is expected to cover all costs for the project, but if it's not enough, the joint-powers agreement will allow the jurisdictions to share any uncovered costs.

Town Line Road is located between CSAH 4 and the St. Stephen city limits. The portion of it in Brockway Township is 75th Avenue. It is also known as 30th Avenue in Sartell and in the townships of LeSauk and St. Wendel. Stearns County would be the contract administrator for the project.

If the state money is approved, the project could begin as weather warms up this year.



photo by Carolyn Bertsch

Fishing contest catches a crowd

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.

New high school principal selected

by Mike Knaak
news@thenewsleaders.com

A new principal has been chosen for Sartell High School. He's Shayne Kusler, currently principal at Foley High School.



Kusler

Kusler succeeds Tim Wege, who is serving as interim principal after Sascha Hansen resigned Jan. 3. Kusler will start July 1.

Kusler has served as Foley principal since 2014. Previously, he was an administrative

dean and guidance counselor in the Sauk Rapids-Rice school district. Kusler earned his master's degree in school counseling from St. Cloud State University and his undergraduate degree in psychology from St. John's University.

"I am excited to join the Sartell-St. Stephen school district. Its deep breadth of programs can help students find their passion so they can move forward in their own definition of excellence," Kusler wrote in a statement. "My family has attended St. Francis Xavier Church for the last 10 years, so I look forward to getting to know more community members, families, staff and stu-

dents as the principal of Sartell High School."

"Shayne's eight years of experience as a high school principal along with his education and experience as a guidance counselor is what really set him apart from all of our applicants," Superintendent Jeff Ridlehoover wrote in a statement. "His energy and his reputation as an effective collaborator and communicator will be tremendous assets for Sartell High School."

Foley High School serves about 600 students in grades nine-12 compared with about 1,300 students at Sartell High School.

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, March 4

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. Takeouts available; please order ahead by calling 320-393-2750 between 4:30-7 p.m.

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

Saturday, March 5

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.

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

Monday, March 7

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

Tuesday, March 8

Sartell Chamber of Commerce, 11:30 a.m., Sartell Community Center, 850 19th St. S.

Wednesday, March 9

St. Joseph Area Chamber of Commerce, noon-1 p.m., St. Joseph Government Center, 75 Callaway St. E. stjosephchamber.com.

"End-of-Life Options," presented by the St. Cloud Area League of Women Voters, 1 p.m.

via Zoom. lwvsa.org.

Thursday, March 10

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Topic: Common Scams, presented by Stearns County Deputy Tyler Johnson.

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

Friday, March 11

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. Takeouts available; please order ahead by calling 320-393-2750 between 4:30-7 p.m.

Masters of Soul, 7:30 p.m., Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. Masters of Soul is a celebration of the legendary songs and performers that defined Motown and soul music. The ultimate stroll down memory lane and an opportunity to experience an era in our country's history that produced many of the greatest music acts ever recorded. paramountarts.org.

Sunday, March 13

Violin 101 featuring Elizabeth York, 3 p.m., Paramount Center for the Arts, 913 W. St. Germain, St. Cloud. Come and enjoy a FREE concert with violinist Elizabeth York, who will perform works for solo violin and talk about the pieces chosen for this program and about the featured composers. paramountarts.org.

Monday, March 14

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

Thursday, March 17

Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Topic: Planned Giving, presented by financial planner Adam Heathecote.

American Legion-Sartell, open to all veterans young and old, 6 p.m., Sartell Community

Center, 850 19th St. S, Sartell.

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

Saturday, March 19

Community Meal, 11:30-12:45, drive-by and pick-up style, First United Methodist Church, 1107 Pinecone Road S., Sartell.

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.

Sartell-St. Stephen School Board, 6:30 p.m., District Service Center, 212 Third Ave. N., Sartell.

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.

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

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. Takeouts available; please order ahead by calling 320-393-2750 between 4:30-7 p.m.

"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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Blotter

If you have a tip concerning a crime, call the Sartell Police Department at 320-251-8186 or Tri-County Crime Stoppers at 320-255-1301, or access its tip site at tricountycrimes-toppers.org. Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime.

Feb. 8

11:27 a.m. Assist person. Sundance Road. An elderly male called into dispatch informing them he needed assistance. The community service officer responded to the male’s location to find his wheelchair was stuck in the snow in the parking lot. The officer assisted the male by pulling his wheelchair to the front doors of the building.

Feb. 9

12:12 p.m. Alarm. Seventh Avenue S. Officers were dispatched for a residential interior glass break audible alarm. The alarm company was unable to reach the key holder. Officers arrived on scene and were met by the house sitter who stated she thought she had shut off the alarm and everything was fine. The officers confirmed nothing seemed out of the ordinary and cleared.

Feb. 10

1:12 p.m. Hazard. Riverside Avenue S. A passerby called into dispatch stating there was firewood spilled all over the roadway. The caller stated males were there trying to clear the roadway but was still concerned about the potential for a crash. When the officer arrived, he found the wood had already been picked up from the roadway and placed onto the sidewalk.

Feb. 11

3:56 p.m. Trespassing. CR 120. An asset protection employee called dispatch requesting an officer cite two individuals who had previously been trespassed off a property. The caller told the officer two days prior she was outside and saw a vehicle pull up to the building and a man got out. The caller recognized the man from previous thefts and said, “Not today.” The male suspect got back into the car and the driver, also known to the caller, left the proper-

ty. The AP supplied the officer with video, report and current trespass notices. The officer cited both parties with trespassing and citations were mailed to their last known addresses.

Feb. 12

11:04 p.m. Verbal. Amber Avenue S. Dispatch received two calls from residents stating there was a possible domestic occurring in the parking lot, and they could hear small children crying in the vehicle. The officers located the vehicle in the parking lot and spoke to both parties separately. The man and the woman both said it was only verbal at the time and wouldn’t give the officers much detail. The man told the officer his wife was pregnant, and it makes her very emotional. The officers could not prove a crime was committed.

Feb. 13

10:30 a.m. Hazard. CR 120. An officer was dispatched to a hazard near a round-about. When the officer arrived on scene they found a pallet jack in the right lane of traffic in the round-about. The officer was unable to move or pull the pallet jack out of the roadway. The officer called the on-call maintenance employee to assist with moving it. While waiting their arrival, the officer located the key on the road for the pallet jack. The officer was able to power up the pallet jack and walk behind it to the Sam’s Club parking lot. Maintenance was given the new location and the

key to properly remove the pallet jack from the property.

Feb. 14

1:23 p.m. Motorist assist. Second Street N. An officer was requested to assist with a vehicle unlock. The community service officer responded to the location. They confirmed the vehicle’s registered owner had made the request for the unlock. The vehicle was unlocked without any problems.

Feb. 15

9:57 p.m. Juvenile problem. Second Street S. An officer was requested for what appeared to be a scuffle between two men near the business. The caller stated one man grabbed the other man, placed him in the vehicle and they drove away. The complainant saw the vehicle pull into a home nearby. When the officer arrived, the caller pointed out which house the vehicle had turned into. A man exited the home and approached the officer. The man told

the officer his son ran away while he was at work because he didn’t like the house rules and punishment he was given. The man said they were driving around looking for his son. When he found him, he tried running again so he grabbed him and put him in the car. The officer made contact with the son who appeared fine, other than being upset because he wanted to watch TV and wasn’t allowed to. The officer advised to call if any other problems arise.

Feb. 16

4:14 p.m. Assist person. Brookwood Land. An officer was requested for a civil standby. A man had requested an officer stand by as he retrieved his property from the homeowner. The man told dispatch in the past it has been verbal between the two parties. Upon arrival, the officer met with the homeowner who stated the man owed him \$7,000 in damages and in back rent. The homeowner allowed the man to enter the home and retrieve

his property and then did a walk through to show damages caused by the renter and renter’s dog. The two parties stayed civil; the officer left when the man left the property. No further action needed.

Feb. 17

3:01 p.m. Assist person. 10th Avenue N. A man was requesting an officer to stand by as they repo a vehicle from a person who they were informed has a long rap sheet. The officer recognized the address

Blotter • page 4

Weekly Lenten

Fish Fry

March 4, 11, 18 & 25 and April 1 & 8

Fish fry serving:

- Deep fried fish
- Baked potato
- Coleslaw
- Baked beans
- Dinner rolls
- Coffee & milk

5-7:30 p.m.

Adults: \$12

12 & under: \$5 • Under 4: free

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Blotter

from page 3

and knew the individual who was in question was currently in custody in a state facility. The officer stood by without issues as the vehicle was taken.

Feb. 18

11:01 a.m. Suspicious smell. Amber Avenue S. An officer was requested to an apartment building for the strong smell of marijuana on the third floor. The officer arrived and could smell an odor consistent with burnt marijuana. The officer could not locate the source of the smell, but it was the strongest near the caller's apartment.

Feb. 19

10:57 p.m. Slump. Second Street S. An officer was dispatched to a report of a woman passed out in her vehicle at a business. The caller stated they had knocked on the vehicle window and the woman did not wake up. Upon the officer's arrival, the officer knocked on the passenger side window and the driver woke up instantly. The woman stated she was extremely tired from a long day and hadn't been sleeping well. The officer requested the woman to do field sobriety, which she did and passed. The driver complied and

gave a preliminary breath test with the results of .000. The female driver called a friend to come pick her up for the evening.

Feb. 20

6 p.m. Warrant. Seventh Street N. Dispatch received a call from a customer who witnessed a woman slurring speech and stumbling around. The customer stated the woman came from a vehicle parked in the center of the lot. Officers arrived and met with a woman and a man in the vehicle. The man told officers he was the one driving and the woman was the passenger. The officers did note the woman appeared to be under the influence. The officers had dispatch run both parties in their system and it was found the woman had a felony warrant out of Benton County for a probation violation. The woman was detained and then transported to the Stearns County Jail.

Feb. 21

11:23 p.m. Assist agency. Highway 15. A Sartell officer heard Benton County dispatch state there had been a strong-armed robbery in the City of Rice. Benton County dispatch gave out a description of the vehicle and a partial plate. The officer set up at the split just north of town to watch for the possible suspect vehicle. The officer monitored the area for approximately one hour and did not observe any vehicles matching the description.

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People

Yash Hindka of Sartell recently graduated from the University of Wisconsin-Madison. Hindka graduated with distinction with a bachelor's degree in computer sciences.

Three St. Stephen students were recently named to to the fall president's list at St. Cloud Technical & Community College.

They are the following: **Haley Fournier, Alexis Kaml and Bri-tany Paggen.**

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

Two St. Stephen students were recently named to the fall dean's list at St. Cloud Technical & Community College. They are the following: **Kelsey Skold and Abigail Starz.**

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

Fifty-one Sartell students were recently named to to the fall president's list at St. Cloud Technical & Community College. They are the following: **Nimo Abdi, Tim Andrewsen, Sushma Bakhunchhe, Daniel Beckrich, Darbi Berkman, Muhammad Bilal, Benjamin Brandt, Cortney Carlson, Tayah Coleman, Madeline Davis, Kamille Dougherty, Jennifer Drewes, Allison Fournier, Victoria Gaida, Dylan Gerdes, Zoe**

Goetz, Sadie Gohman, Jason Harris, Brandon Hejhal, Skylar Hennen, Jason Harris, Brandon Hejhal, Skylar Hennen, April Lahr, Crystal Lee, I-Jung Lee, Morgan Madsen, Alexis Mehr, Amanda Minahan, Cody Oachs, Evan Olson, Logan Ostendorf, Brandon Peterson, Ashley Philippi, Cole Pietz-Barton, Zachary Randolph, Martin Schendel, Austin Schreiner, Hailey Sell, Claire Shaw, Addison Stavos, Brianna Stelten, Alicia Torres, Justin Traut, Ashleigh Troumbly, Michala Vanheel, Dylan Vedder, Kali Waggoner, Viggo Weeks, Evan Windahl and Dylan Zulkosky.

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

Thirty-four Sartell students were recently named to the fall dean's list at St. Cloud Technical & Community College. They are the following: **Sidney Anderson, Emily Brew, Alana Curtis, Lara Dement, Connor DeMorett, Nathaniel Fisher, Andrew Forsyth, Sakiya Fredrickson, Celestial Garcia, Rachel Givens, Savannah Habedank, Peyton Herges, Isabella Hollermann, Jean Hopkins, Avery Johnson, Maimuna Kolley, Brenna Lenzmeier, Ashley Lochner, Alex Maier, Benjamin Marthaler, Veronica Melendez, Madison Mollner, Brooke Nett, Ellaina Olson, Paige Parvey, Cooper Peterson, Jacob Pfau, Claire**

Ramler, Avery Rodebush, Isabella Rodriguez, Peyton Sabart, Maddison Schulte, Rabyatou Soumah and Baysean Taylor.

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

Matthew Schnettler of Sartell recently graduated with a Park Ranger Law Enforcement Academy Certification from Vermilion Community College, Ely, Minnesota.

Kelly Dougherty-Simmons of Sartell graduated with a bachelor's degree in biology from Bethel University, St. Paul.

Allison Bunkers of Sartell has been named to the fall dean's list at Bethel University in St. Paul. Students must earn a minimum 3.6 grade-point average to qualify.

Jessica Daniels of Sartell recently graduated with a master's degree in nursing from Graceland University, Iowa.

Three Sartell students were recently named to the fall dean's list at Gustavus Adolphus College in St. Peter, Minnesota.

They are the following: **Hannah Congdon, Alexandru Florea and Kristin Martens.**

Students must earn a minimum 3.7 grade-point average to qualify.

Obituary

Anthony 'Tony' D. Mohr, 75 Le Sueur, formerly of Sartell June 19, 1946-Feb. 17, 2022

Anthony "Tony" D. Mohr, 75, of Le Sueur, formerly of Sartell, died Feb. 17 at Oak Terrace Senior Living Center in Le Sueur.



Mohr

Mohr was born June 19, 1946 to William and Myrtle (Gabrielson) Mohr in Marshall. He graduated from Luverne High School and attended Mankato State University for a short time before enlisting in the U.S. Navy in 1966, serving during Vietnam until 1972. After his time in the Navy, he returned to Mankato State University to complete his studies in business. Mohr later began a long career in purchasing for various companies. He

married Victoria Peters on Dec. 19, 1975 in Mankato; the couple later divorced. Mohr enjoyed traveling, the outdoors, reading and live music, but mostly spending time with close friends and family, especially his grandson, Collin.

Survivors include his children: Dan Mohr and his partner Aarin Ledford of Bloomington, Minnesota; Angie Mohr of Sartell and grandson Collin Mohr; siblings: Karl (Kim) Mohr, William (Susan) Mohr, James Mohr, Phyllis (Don) Abild, Mary (Jim) DeJarlais, Martha Mohr, Christine (John) Tortorella and Ann (Bruce) Simmons.

He is preceded in death by his parents; son, Troy Mohr; and sisters, Sally Mohr and Ange Patton.

In accordance to Mohr's wishes, no funeral will be held. A small celebration of life will be held by his family at a later date.

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The Sartell-St. Stephen Newsleaders is the legal newspaper for the Sartell-St. Stephen school district and city of St. Stephen

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Imagination Library event seeks home hosts, cooks

by Dennis Dalman
news@thenewsleaders.com

More volunteer home hosts, cooks and professional chefs are needed for the annual United Way’s Imagination Library Progressive Dinner in late April. The event now in its 13th year.

Tickets go on sale March 17. All proceeds are used to buy “Imagination Library” books, which are sent to homes in the United Way area each month, free, to children ages birth to 5. The program, founded many years ago by singer-songwriter Dolly Parton, fosters literacy and develops in children a life-long love of reading books.

There will actually be two events this year – dinners served in St. Cloud homes Saturday, April 23 and dinners in Sartell homes Saturday, April 30.

A progressive dinner, in this case, means participants stop at a first home for appetizers and drinks. After a relaxing time there, the diners travel to a second home for a first-course meal, then to a third home for a second-course meal. Finally, they return to the first home to enjoy a variety of desserts.

The elaborate meals are prepared in the homes by superb at-home cooks or by professional guest chefs. The meals are made with “themes” in mind based on books, events or cultural landmarks.

Two years ago, the progressive-dinner program was cancelled due to the Covid-19 pandemic. Last year, it was a Zoom event with chefs and diners cooking in homes while linked via Zoom.

“It was a huge success,” said United Way Events and Brand Manager Sam Switzer. “There were nearly 100 ‘virtual’ guests, and more than \$25,000 was raised.”

Switzer explained the responsibilities of volunteer hosts/cooks:

“As a host, your role is to open your home to a themed dinner. You will host 10 diners, decorate according to your theme and serve drinks. Our volunteer chefs can be professional or home cooks. They are responsible for purchasing, preparing and serving a course to 10 guests.”

Tickets are \$150 per diner. That is enough to purchase one book per month for a child for a period of five years. To purchase tickets, call United Way at 320-223-7995.

If there are questions, call Sam Switzer at 320-229-3511 or email her at sswitzer@united-wayhelps.org.

More information about the Imagination Library Progressive Dinner can also be found at the United Way website: www.



photo courtesy of United Way website

A cook puts the finishing touches on salads to be served at a home stop during a previous Imagination Library Progressive Dinner event.

unitedwayhelps.org/ilpd

For more than 30 years, United Way of Central Minnesota has developed many programs to help people in the areas of education, financial stability and health. The agency’s efforts involve a variety of help from businesses, individuals and partner agencies.

United Way now has more than 3,000 volunteers, 8,000-plus donors in a four-county area, including Stearns and Benton. More than \$3.2 million is raised every year, thanks to many smaller donations and the substantial donations made by 90 area businesses and their employees.



Bronson Vigesa Brooklyn Saboe Emmerson Hewett Olivia Daku

Student-designed T-shirts available at The Mill

by Mike Knaak
news@thenewsleaders.com

If you’re looking for a new look for spring, check out The Mill at Sartell High School.

Five T-shirts, designed by students from across the district, are selling fast. The shirts, originally available only in youth sizes, will soon

T-shirts • page 7

Sartell educator honored as emerging leader

by Mike Knaak
news@thenewsleaders.com

Sartell-St. Stephen school district Curriculum Coordinator Megan Rogholt has been named one of 10 Emerging Leaders from the Minnesota Association for Supervision and Curriculum Development.

Minnesota ASCD empowers educators to achieve excellence in learning, teaching and leading so every child is healthy, safe, engaged, supported and challenged. The Emerging Leaders program is designed to promote collaborative learning and sharing, create opportuni-



Rogholt

ties for leadership and build a connection to national ASCD authors.

Rogholt joined the Sartell-St. Stephen school district last summer. She has 21 years in education as a classroom teacher, instructional coach, director of early childhood education and professor in higher education. Rogholt has a bachelor’s degree in early childhood education, a master’s degree in K-12 education with a focus on literacy and a doctoral degree in educational leadership and administration.

“Dr. Rogholt is an extremely talented educator, collaborator, and leader. The entire Sartell-St. Stephen community is proud of her achievement,” said Superintendent Jeff Ridlehoover in a statement.

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StorageLink gets nod from city council

by Dennis Dalman
news@thenewsleaders.com

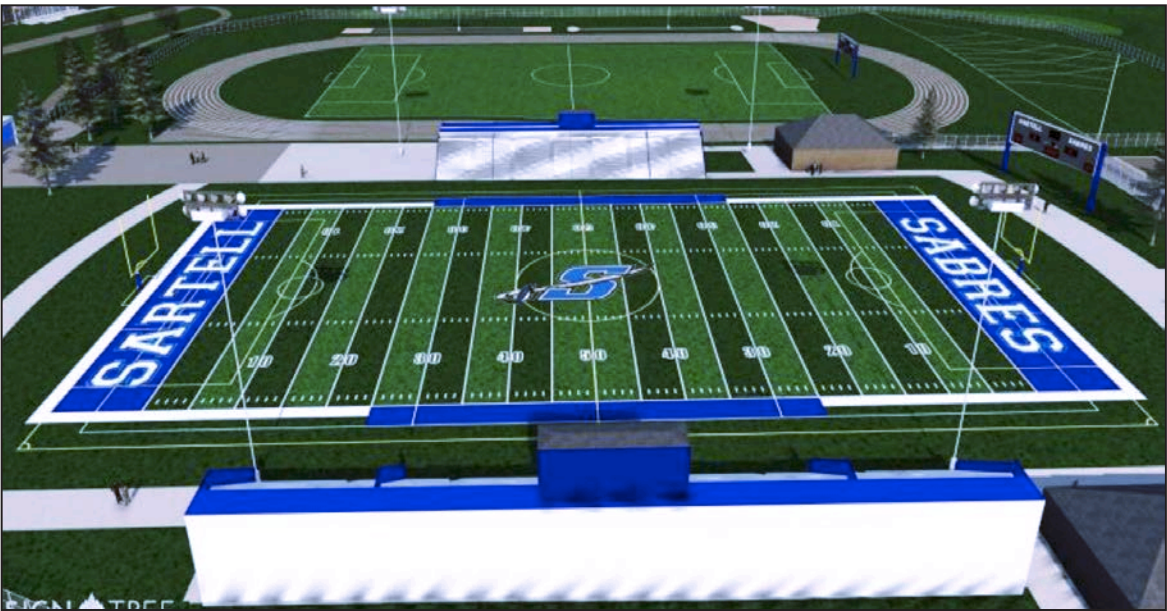
Plans for StorageLink, a proposed storage-facility in Sartell, were given approval by the Sartell City Council at its Feb. 14 meeting.

The business would be built on Lot 1 of a 10.6-acre parcel of property near the intersection of CR 4 and 19th Ave. S. in west Sartell. That area was formerly known as Lodermeier Gardens and Greenhouse. That business shut down about 10 years ago.

The area was formerly zoned as single-family residential, but later it was redesignated as light industrial/office district.

The applicant for the project is Bruce Stainbrook of Sartell.

The StorageLink project will be required to install two fire hydrants, stormwater drainage, traffic-control signs. The developer will also pay the city for trunk stormwater hook-up, water fees and a contribution for the city's park funds. The developer must also acquire a construction permit from the Minnesota Pollution Control Agency.



contributed photo

Proposed Sartell athletic fields.

Plan unveiled for upgraded athletic fields

by Mike Knaak
news@thenewsleaders.com

A plan for two multi-purpose athletic fields at Sartell High School was presented to the school board at its Feb. 28 meeting.

The two fields would be upgrades to fields south of the high school.

A track would be built around a grass soccer field and lights added. Just to the west, a turf field for football, soccer and lacrosse would be built along with seating and lights. The football field main stands would seat 2,600 on the home side. Between the two fields, more seating would accommo-

date 1,000 people on the visitors side and 1,000 seats facing the soccer field.

The fields would be used for sports as well as physical education. A turf field could be used earlier in the spring and later in the fall than a grass field. A turf field is a requirement for hosting postseason soccer and football competition. The community could use both fields. Students would be able to play games on the high school campus instead of traveling to Riverview Intermediate School.

The plan costs \$4.5 million and would include bleachers, track, turf field and scoreboard. The district has \$1.4 million remaining from the bonds sold

to build the high school and remodel other buildings. That construction came in under budget and the district earned more interest than expected from the time the bonds were sold until the money was spent. Another \$2 million would come from a funding tool called lease levy, which would involve a slight levy increase. For example, owners of a \$250,000 property would pay an additional \$23 in taxes. Outside funding of \$1.1 million is needed to complete the scoreboard, bleachers and press box.

Board members made no decision. If the plan is approved, the fields could be ready for use in fall 2023.

At long last, lift station to be replaced

by Dennis Dalman
news@thenewsleaders.com

A much-needed new sewage-line lift station will finally be installed near the river in Sartell. Bids are expected to be awarded for the project at the March 28 council meeting.

The estimated cost is

\$1,454,200.

The station, known as Lift Station #2, will be installed at Rotary Park along CR 1. Replacement of the old one has been a city priority for many years and the topic of much discussion at various city-council meetings. It is one of 10 lift stations located in Sartell.

A lift station pumps sewage from a lower sewage line to lines at a higher elevation so the wastewater can flow unimpeded to a treatment plant – in this case the one in St. Cloud to which Sartell pays to have the sewage treated.

The lift-water stations project will include total replacement of the old one, site improvements and the lining of an adjacent gravity sewer. A gravity sewer is one that carries waste within the lines by the force of gravity.

One of the site improvements is the replacement of a St. Cloud-owned storm sewer along the line. St. Cloud will reimburse Sartell for that part of the project.

The major share of the project will be completed during the 2022 construction season. Sartell plans to bond for funds this year to cover the costs of that project, as well as the cost of reconstructions of 19th Avenue and CR 1.

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The Newsleaders

Fun at Sabres Strong Family Night Feb. 10 T-shirts



photos by Carolyn Bertsch
Kenzi Hartung, 3, of Sartell, shimmies through a tunnel Feb. 10 at Sabres Strong Family Night.



Michael Juzwa, 3, and Lilly Prendergast, 4, both of Sartell, play with objects in a "letter and sort" table Feb. 10 at Sabres Strong Family Night.



Jake and Jenny Walters of Sartell create artwork with their daughter Demi, 1, at the Feb. 10 Sabres Strong Family Night.

from page 5

be available in adult sizes at the student-run store.

The five winning designs were chosen from hundreds of entries and the designs were printed on T-shirts.

The winning designers: Emmerson Hewett, 10th grade, Sartell High School.

Aspen Jestus, sixth grade, Sartell Middle School.

Olivia Daku, fifth grade, Riverview Intermediate School.

Brooklyn Saboe, second grade, Pine Meadow Primary School.

Bronson Vigesaa, second grade, Pine Meadow Primary School.

To shop online, go to www.sartell.k12.mn.us/TheMill.

The store features a variety of spirit wear.



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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



© ADOBE STOCK

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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PUBLIC NOITICE

REGULAR SCHOOL BOARD MEETING • SARTELL-ST. STEPHEN PUBLIC SCHOOLS
INDEPENDENT SCHOOL DISTRICT NO 748
JAN. 24, 2022 • DISTRICT SERVICE CENTER BOARDROOM

The regular school board meeting of Independent School District 748 was called to order at 6:30 p.m. by Chair Patrick Marushin. Members present: Marushin, chair; Matt Moehrle, vice chair; Jeremy Snoberger, clerk; Tricia Meling, treasurer; Amanda Byrd, director; Jason Nies, director; and Dr. Jeff Ridlehoover, superintendent. Members absent: none.

A motion was made by Snoberger and seconded by Nies to APPROVE THE AGENDA WITH THE FOLLOWING AMENDMENTS; move item C.4 from Action Items to Reports Items B.1 – Superintendent Report. All in favor. Motion carried.

During the public comment opportunity one member of the community addressed the School Board. Steve Kron, 412 Pheasant Drive, spoke on the topic of School Board Policy and the EESE Committee.

A motion was made by Nies and seconded by Moehrle to APPROVE CONSENT ITEMS A.4.a – A.4.e AS PRESENTED BELOW. All in favor. Motion carried.

- A.4.a. Minutes of the regular school board meeting held on Dec. 20, 2021
- Minutes of the school board organizational/work session meeting held on Jan. 3, 2022

A.4.b Checks in the amount of \$1,711,461.08 as presented:

| | |
|-------------------------------|--------------|
| General Fund | 1,312,493.69 |
| Food Service Fund | 111,479.49 |
| Transportation Fund | 177,089.04 |
| Community Service Fund | 9,870.00 |
| Capital Expenditure Fund | 92,786.33 |
| Activity Accounts | 7,404.87 |
| Internal Service Fund | 337.66 |
| Check numbers 182769 – 182982 | |

ACHs in the amount of \$8,413.03 as presented:

| | |
|---------------------------------|----------|
| General Fund | 4,893.74 |
| Food Service Fund | 160.04 |
| Community Service Fund | 105.04 |
| Activity Accounts | 3,254.21 |
| ACH numbers 212200103-212200125 | |

Receipts in the amount of \$4,368,960.12 as presented:

| | |
|------------------------|--------------|
| General Fund | 3,720,403.32 |
| Food Service Fund | 356,868.52 |
| Transportation Fund | 497.89 |
| Community Service Fund | 95,493.40 |
| Building Fund | 44.63 |
| Debt Service Fund | 159,046.88 |
| Activity Accounts | 14,618.76 |
| Internal Service Fund | 11,986.72 |
| Receipts 49728 - 49867 | |

Wire transfers in the amount of \$4,945,384.83 as presented:

| | |
|-------------------------------|--------------|
| General Fund | 1,312,493.69 |
| Food Service Fund | 111,479.49 |
| Transportation Fund | 177,089.04 |
| Community Service Fund | 9,870.00 |
| Capital Expenditure Fund | 92,786.33 |
| Activity Accounts | 7,404.87 |
| Internal Service Fund | 337.66 |
| Check numbers 182769 – 182982 | |

Building Fund Checks in the amount of \$29,614.20 as presented:

| | |
|---------------------|-----------|
| Building Fund | 29,614.20 |
| Check number 601226 | |

- A.4.c. Approve resolution accepting the following donations;
Sartell-St. Stephen Pre K-5 PTO, ISD #748, \$148.74, RIS classroom supplies

- A.4.d. Accept the resignation of Danielle Morrison, OREL, food service worker, 1/28/22; Diane Santala, SHS, AM cashier, 1/14/22; Hally Schmit, RIS, para, 1/27/22; Vicky Schneider, RIS, cafeteria worker, 5/27/22; Alisa Travaglio, OREL, para, 1/13/22. Accept the retirement of David Murtley, District, grounds, 4/18/22.

- A.4.e. Approve Resolution Supporting Safe Routes to Schools

Student Representative Report: Kate Ellis

- Ellis reported Oak Ridge students will celebrate “I Love to Read Month” in February with numerous activities. Parent information nights regarding the 2022-2023 school year will be starting next week, along with the new early childhood family education session on Feb. 7. Pine Meadow students are celebrating para-professional appreciation week this week and the STEAM area of focus will be coding and robotics for students in February. Riv-

erview Intermediate will also be celebrating “I Love to Read Month” in February with special events and students continue to work on Sabre Strong. Sartell Middle School students participated in Winter Wonderland activities including dress-up days and are planning some Olympic activities. Jesse LeBeau will be speaking to students on Feb. 11 about working on leadership with the Student Council. Sartell High School students welcomed interim Principal Tim Wege to the building. Today marked the first day of third quarter/second semester for students, with students having new classes. The Winter Wonderland dance is this Saturday and throughout the week there will be a talent show, dress-up days and pep fest. Registration will start for the 2022-2023 school year next week.

Superintendent Report: Dr. Jeff Ridlehoover

- Ridlehoover reported on happenings around the district. While 2022 has started out chilly there has been a lot of exciting happenings throughout the district. Ridlehoover has had the opportunity to meet with the five buildings to go over and share the vision for the next 18 months. Priorities include increasing teacher leadership and a shared decision-making process.

Tim Wege was introduced as the interim principal of Sartell High School. The principal position is currently posted with hopes of having a candidate at the end of February. Dr. Steven Loos of the Central Minnesota Mental Health Center presented to staff last Friday. This past month Ridlehoover had the opportunity to attend the Benton-Stearns Education District, Sartell-St. Stephen Education Foundation and MASA Region 6 board meetings in addition to spending time with students subbing in a Sartell Middle School science classroom.

Students will have an opportunity for a potential field trip to Japan in the summer of 2023 from EF Educational Tours.

A special thank you to para-professionals as we celebrate Paraprofessional Appreciation Week Jan. 24-28.

Educational Equity and Student Experience Committee Report:

- Superintendent Ridlehoover provided an update on the committee’s progress and process the committee is going through.

District Finance Report:

- Director of Business Services Joe Prom provided an update on district finances.

COVID-19 Report:

- Director of Human Resources Krista Durrwachter provided an update regarding COVID-19.

School Board Committee Report:

- Vice Chair Moehrle reported on the policy committee meeting in early January. The meeting reviewed policies that required annual review each year. MSBA is working on additional updates due to legal changes. The committee will meet again in February to finish the process.

- Clerk Snoberger gave an update on the Sports Complex process and the support expressed from local businesses.

- Director Byrd reported she attended MSBA’s in-person leadership workshop.

A motion was made by Snoberger and seconded by Meling to APPROVE #1-26:

New Employees/Changes:

Devon Abraham, RIS, para, \$16.75/hour, RIV, S1, 7 hours/day, new position, 1/13/2022; Cindy Austin, SMS, 6th- to 8th-grade Math Counts, \$945 (2.25 percent), BA, A (\$42,002), replacing Mallory Johnson, 12/1/2021; Bethany Belling, SHS, custodian, \$19.32/hour, RIII, S2, 8 hours/day, 260 days/year, Local 284-bumping rights by Mike Lashinski, 1/6/2022;

Cathy Bergeron, PMPS, para (1:1), \$16.75/hour, RIV, S1, 6.5 hours/day, new position, 1/12/2022; Hailey Bjork, SMS, lead building supervisor, \$15.62/hour, RIII, S1, 8 hours/day, replacing Robert Dyer, 1/12/2022; Kirby Daubanton, RIS, para, \$18.89/hour, RIV, S3, 7 hours/day, replacing Alyssa Zirbes, 1/24/2022;

Derek Gerads, PMPS, head custodian, \$24.31/hour, RVIII, S3, 8 hours/day, 260 days/year, replacing Brian Larson, 1/6/2022; Anja Hanson, SMS, para, \$16.75/hour, RIV, S1, 7 hours/day, replacing Kirby Daubanton, 1/18/2022; Daniel Joudieth Briceno, SHS, para, \$16.75/hour, RIV, S1, 7 hours/day, replacing Carey Carstensen, 1/5/2022; Steven Kenne, PMPS, lead custodian, \$20.81/hour, RIV, S2, 8 hours/day, 260 days/year, replacing Derek Gerads, 1/24/2022;

Anne Marie Kimble, SHS, assistant nordic ski, \$2,660 (9.5 percent), BA, A (\$42,002), 67-percent contract, new position, 12/7/2021; Brian Larson, SMS, lead custodian, \$25.26/hour, RIV, S6, 8 hours/day, 260 days/year, Local 284-probationary period, 12/27/2021;

Mike Lashinski, SHS, custodian, \$22.68/hour, RIII, S5, 8 hours/day, 260 days/year, Local 284- bumping rights, 12/27/2021; Mike Lashinski, SMS, custodian, \$22.68/

hour, RIII, S5, 8 hours/day, 260 days/year, Local 284-bumping rights, 1/6/2022; Jillian Merten, SHS, para (1:1), \$16.75/hour, RIV, S1, 7 hours/day, new position, 1/5/2022; Lara Moline, SHS, band accompanist, \$17.16/hour, RV, S1, assignment 1/4/22-2/11/22, 1/4/2022; Hollie Neitzke, SMS, AM cashier, \$19.47/hour, RI, S5, 1.25 hours/day, replacing Kathy Porwoll, 1/19/2022;

Abbey Rue, SMS, para, \$16.75/hour, RIV, S1, 7 hours/day, replacing Elena Stevens, 1/10/2022; Mackenzie Schurhamer, SHS, LTS-teacher, \$19,968, BA, A (\$42,002), 0.4754, new position, 1/24/2022; Carleen Staneart, District, LTS –teacher, \$23,181, BA, A (\$42,002), .5519 FTE, new position, 1/3/2022;

Alisa Travaglio, OREL, para (1:1), \$16.75/hour, RIV, S1, 6.5 hours/day, new position, 1/3/2022; Tim Wege, SHS, interim principal, \$520/day, \$260/half day, replacing Sascha Hansen, 1/18/2022; Heather Wonders, RIS, LTS-teacher, \$22,723, BA, A (\$42,002), .5410 FTE, new position, 1/6/22.

Leaves of Absence:

Robert Graham, SHS, custodian, LOA, 1/1/22-2/11/22; Angela Heckman, SHS, teacher, LOA, 3/15/22-3/25/22; Mike Maurer, SMS, teacher, LOA, 1/20/22 – 6/7/22.

All in favor. Motion carried.

A motion was made by Moehrle and seconded by Nies TO APPROVE THE SCHOOL DISTRICT ACADEMIC CALENDAR FOR 2022-2023. All in favor. Motion carried.

Schedule Work Session and Committee Meetings:

- Future Policy Committee Meeting – Wednesday, Feb. 2 @ District Service Center – 4 p.m.
- Future Regular Board Meeting – Monday, Feb, 28 @ District Service Center - 6:30 p.m.

Official Review of Policies:

The Board had the official review of policy: 410, 415, 508, 511, 514, 522 and 806.

The Board had the first reading of revisions of policies: 413, 506, 524 and 616.

Committee Assignments were reviewed.

A motion to ADJOURN THE MEETING AT 7:07 p.m. was made by Nies and seconded by Moehrle. All in favor. Motion carried.

/s/ Jeremy Snoberger, Clerk

Publish: March 4, 2022

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



PERSONAL FINANCE | SMART SAVING

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.

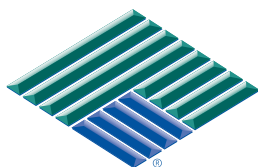


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