

Reaching Everybody! Newsleaders

Friday, April 15, 2022
Volume 34, Issue 8
Est. 1989

Town Crier

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.

Attention parents of 2022 graduates

Parents of 2022 grads and home-schooled students are encouraged to submit their graduate's name, parents' names, school they're graduating from and future plans to be included in the May 27 edition of the St. Joseph Newsleader. If your student attends Apollo, Albany, Cathedral, Cold Spring, Holdingford, St. Cloud Technical, St. John's Prep or Sauk Rapids-Rice high schools, the schools provide us with names of graduates. Deadline is Friday, May 13. Visit <https://thenewsleaders.com/about-us/> to submit your student's information.

Help your neighbor

Lutheran Social Service of Minnesota provides trusted companionship through their Neighbor to Neighbor and Senior Corps programs. Both programs assist older adults to live in their homes longer, safer, and healthier by providing phone visits and no-contact essential needs deliveries during the pandemic and in-person visits when we can return to them. Senior Companions are 55+ years old and Neighbor to Neighbor Volunteers are 18+ years old. Volunteers are matched with seniors in their community and provide weekly companionship. Volunteers are possibly eligible for a monthly or hourly stipend and mileage reimbursement. Contact Janel Heinen, Lutheran Social Service of Minnesota at (320) 241-5173 or janel.heinen@lssmn.org.

Front desk duties

Anna Marie's Alliance needs volunteers to help out at the front desk at the Center for Family Peace. Responsibilities include taking phone calls, answering the front door and welcoming guests, assisting with donations of items, and various assistance for staff. Interested? Visit www.annamaries.org/volunteer to learn more or contact Casaundra at 320-253-6900 to learn more about this great opportunity!

'Les Voyageurs' offers physical, mental challenge

by Dennis Dalman
news@thenewsleaders.com

Bringing young people into the northern wilds for four summer weeks to endure exhausting physical and mental ordeals sounds cruel.

However, from those extreme exertions and challenges there gradually develops, as if by magic, a whole range of qualities: psychological and physical strengths, confidence, healthy interpersonal relationships, vital teamwork skills and an inner faith in what is important and what is not.

The program, dubbed "Les Voyageurs," is headquartered in the Pine Point area of Sartell, right

Voyageurs • page 6



contributed photo

Participants in Les Voyageurs spend days on end in canoes on remote waterways.

St. Stephen legion starts 'Honor Veterans' program

by Dennis Dalman
news@thenewsleader.com

Jerome Supan, a U.S. Army veteran, was recently honored by the St. Stephen Post 221 American Legion at a Legion meeting April 5.

Supan, now in his 80s, is the first recipient of a monthly

honors meeting for veterans. The tributes will take place at the The Rusty Nail bar-and-restaurant in St. Stephen. That is the place where the American Legion meets because it does not have a building of its own.

Supan, who still lives in St. Stephen, served in Germany

in 1957. He has been a member of the American Legion-St. Stephen for 48 years, has been a Color Guard member all of that time, the Legion chaplain for 15 years and is known for always selling the most tickets during Legion fundraisers.

Supan, now retired, worked for many years on road construction projects. He and his wife, Dolores, have two children – daughter Cheryl Lovitz and son Jeff – as well as several grandchildren.

Legion member Leo Supan, a first cousin of Jerome Supan once removed, explained the Veteran of the Month honors

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Bruno Press to donate poster proceeds to Ukraine

by Leanne Loy
editor@thenewsleaders.com

It isn't the first time Mary Bruno, owner of Bruno Press in St. Joseph has given back. In fact, being able to help those in need is one of the things she loves best about being the owner of a small business. Many people are hurt and upset by what is happening in Ukraine right now and there are a lot of people who want to help. The question is, how?

When Aric Katterhagen, a long-time friend of Bruno's and originally from Rice, called Bruno up and asked her if she wanted to do a project for Ukraine, it was a no-brainer.

Together, with some of his friends Bruno met through Katterhagen, the planning started.

In order for the project to come to life, Bruno had a couple of demands to make it as meaningful as possible. First, the design had to be perfect.

"I wanted the content to strike a chord with the target

audience," Bruno said.

And she took this step seriously. Katterhagen happens to have some friends who are Ukrainian, Oksana Chabanenko and Marina Zrodowski, along with the help of Zrodowski's husband Joe were more than happy to help. It didn't take long for them and Bruno to start discussing ideas for the design.

Through zoom meetings they discussed several ideas, keeping in mind what would be the most meaningful to the Ukrainian people.

"We didn't want it to be super depressing obviously but not so sticky sweet either because this is real," Bruno said.

In the end, what they came up with is strong, powerful, and really hits the nail on the head for being meaningful.

Taken from the Bruno Press website this is how the imagery and words on the poster are described: "The text on this poster comes from the Ukrainian Anthem and the words are a

Ukraine • page 5



photo by Leanne Loy

Mary Bruno of Bruno Press runs a poster through the press trying to line the image up perfectly. These posters are made specifically as a way to help fund the Ukrainian people.

Local therapist shares some mental health insight

by Leanne Loy and Laura Ritsche
editor@thenewsleaders.com

The pandemic has changed a lot of things for people during the last two years, not least of all shining a very bright light on mental health. Jess Bakken,

a therapist who has a practice in St. Joseph with the Sojourn Counseling Group, has had a firsthand account of this.

Bakken, who was a school counselor in Monticello for 12 years, opened her doors to clients back in April of 2020, at the height of the pandemic. Back then, she couldn't have face-to-face appointments.

"I have an office in my home, and I do telehealth and zoom conferencing. I did that until we were able to see people," Bakken said.

Once she was able to conduct in-person sessions, she started looking for an office and St. Joseph was the perfect place to do just that.

"Cory Ehlert, who has a building in St. Joseph, along with his wife, Julie, had some space available," Bakken said. "They were just the most wonderful people to work with." And today she continues to practice out of that office.

Much of Bakken's approach in counseling is based off traditions her family has practiced for generations.

"I see my approach as a kitchen table," Bakken said. "I feel like some of the best coun-



contributed photo

Jess Bakken finds peace feeding her chickens at her 14-acre home right off CR 2 in between Sartell and St. Joseph. When it's time to eat, the chickens will come tapping on her skylight to let her know they're hungry.

seling happens around a kitchen table."

She talks about how some of

the most important things in life get brought up during dinner time, when the whole family is there, phones turned off and reflecting on their day. Anything from celebrations to struggles get discussed around a kitchen table and sometimes just talking it out is the best medicine.

Bakken knows this because it's a practice her own family of seven still does today. She has a beautiful, blended family with her husband Ryan who also supports this tradition.

Bringing this idea to her clients helps make them feel welcomed and comfortable, and after two years of crisis, it's something most people could use now.

Speaking of crisis, most people have been affected by what the world has been through in the last two years. Bakken helps shine a light on how to deal with what all people have been through.

"In regard to crisis," Bakken said, "COVID, pandemic, high gas prices, food shortages, a loved one being sick, crisis clarifies. That is one good thing that comes from a crisis...we have a heightened awareness of the multi-facets of our well-being."

Bakken said people have now gained an understanding that mental health is just as important as physical. When everyone had to be isolated from family members and friends and socializing was taken away from all, people really started to understand how important those things are in life.

"We can't fully thrive even professionally if we are struggling in other areas of our lives," she said.

But more than that is the fact that if and individual's mental health is unwell, it ultimately takes a toll on physical health as
Insight • page 6

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Join us for Holy Week Worship!

Palm Sunday, April 10
8:15 & 10:30 a.m.
Join us for breakfast 9:15-10:30 a.m.

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

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

Easter Sunday, April 17
8:30 & 10 a.m.
Rolls & Coffee served 9-11 a.m.

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stearnsselectric.org

Blotter

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

March 27

4:28 p.m. Road obstruction. CR 2 and Minnesota Street W. An officer noticed five to six pieces of wood on CR 2 that could cause an accident. Officer activated emergency lights and cleared the wood from the road and placed them next to the stop sign at the intersection of Minnesota W. Nothing further.

March 28

1:08 p.m. Dog complaint. 9th Avenue SE. Complainant came to police office to complain about dogs coming onto his property and defecating. He advised he has photos. An officer met with complainant who took the officer to his backyard and showed the yellow dead grass marks he claims to be from the neighbor's dogs urinating. He had no proof of this. He had photos of a dog the officer recognized from past dealings. The photos showed the dog in complainant's yard. Complainant also said that same dog had tipped his garbage can over and made a mess, then growled at his grandson when his grandson tried to make it leave. The officer went to residence of dog owner. Dog owner said she had been gone for a week. She said she would talk to her son, and also try to resolve the issue by putting the dog on a leash or keeping a closer eye on it. Complainant was instructed to call us when this is happening so we can try to catch the dog at large.

11:02 p.m. Verbal. Iverson Street W. Officers were dispatched to a verbal. Officers arrived on the scene and a man answered the door. An officer told the man they were there because they got a call from an anonymous caller that there was an argument between him and a woman. The man said there was no issue and he attempted to close the door on the officers. The officer stopped the door from being closed and advised the man they needed to speak with the woman. It should be noted the man had been drinking and was intoxicated. One of the officers spoke with the woman outside while the man went back inside. Another deputy was also on the scene and spoke with the woman's daughter. The woman and daughter both said it was just a verbal argument. Officers asked the man if he wanted a ride to

be able to keep them separated for the night, but he said he would go to bed and we would not have to come back. Officers then cleared the scene. After clearing the scene, dispatch said the man was yelling at the women and told them the police need to come back. Officers arrived on the scene, and they could hear yelling coming from inside the residence. They knocked on the door and the man answered again. When he answered the door, he was still yelling at the woman. An officer attempted to talk with the man, but he was still in an argument. The man then went back inside and continued arguing with the woman. Both the man and the woman then got into each other's faces and continued yelling at each other. The man began throwing objects in the kitchen, still yelling at the woman. Officers then detained the man and placed him into handcuffs for officer safety. An officer stood by with the man, while another officer and deputy gathered his belongings because he wanted to go to his sister's residence in St. Cloud. He was transported to his sister's without issue. The deputy followed with his belongings. Nothing further.

March 30

10:54 a.m. Hazard. CR 75 E. An officer was dispatched to the business center for a hazard. An anonymous caller reported a downed power line was behind the business. The officer responded, and found a spectrum internet coax cable to be low hanging, but able to be driven under by the officer's Chevy Tahoe squad. An employee came out and said they already contacted the internet company to have them come fix the cable.

11:45 p.m. Suspicious vehicle. CR 75. While on patrol, an officer observed a vehicle in the parking lot at Millstream Park. The officer approached the vehicle and it was unoccupied. The surrounding area was checked by two officers, and they were not able to find any people. After leaving the area, an officer noticed the truck was now running. He made contact with the driver who said he was driving earlier and heard a rattling noise coming from the vehicle, so he decided to stop here. The officer told driver and passenger the parks close at 10 p.m. Driver stated he would leave the park and drive home.

March 31

7:50 p.m. Civil. 10th Avenue SE. An officer was dispatched for a civil. The complainant said he was over at his son's apartment. Complainant said son's ex-girlfriend has come over in the past and has tak-

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Calendar

Is your event listed? Send your information to: *Newsleader Calendar*, 1622 11th Ave. SE., St. Cloud, MN 56304., e-mail it to news@thenewsleaders.com. Most events are listed at no cost. Those events are typically free or of minimal charge for people to attend. Some events, which have paid advertising in the Newsleaders, are also listed in the calendar and may charge more.

Friday, April 15

Good Friday Service, 1 p.m., Church of St. Joseph, 12 W. Minnesota St., St. Joseph.

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

Good Friday Service, 6:30 p.m., Resurrection Lutheran Church, 610 N. CR 2, St. Joseph.

Good Friday Service, 7

p.m., St. John the Baptist Parish, 14241 Fruit Farm Road, St. Joseph.

Saturday, April 16

Easter Vigil Service, 7 p.m., St. John the Baptist Parish, 14241 Fruit Farm Road, St. Joseph.

Good Friday Service, 8:30 p.m., Church of St. Joseph, 12 W. Minnesota St., St. Joseph.

Sunday, April 17

Easter Sunday Services, 8:30 a.m. and 10 a.m., Resurrection Lutheran Church, 610 N. CR. 2, St. Joseph. Rolls & coffee served from 9-11 a.m.

Monday, April 18

Signs of Spring Scavenger Hunt! today and April 25, 1000 Dale St E, St. Joseph. Check the cityofstjoseph.com website and/or facebook page to find the sign of spring to look for. Go to Klinefelter Park to locate the sign and take a picture with it. Find all four

Calendar • page 4

PUBLIC NOTICE

NOTICE OF TREATMENT OF CURLYLEAF PONDWEED (2022)

Attention Big Watab Lake property owners:

Big Watab Lake Association has contracted to treat Curlyleaf Pondweed, an aquatic invasive species in Big Watab Lake.

Minnesota Department of Natural Resources has granted to Big Watab Lake Association a waiver of the requirement that the association obtain the signatures of approval of owners of lakeshore property. Instead, the Big Watab Lake Association will notify property owners of the treatment through alternate forms. This public notice is one form the Big Watab Lake Association is using to notify property owners.

The proposed date for treatment: Between May 15 and June 15, 2022.

The target species for the treatment: Curlyleaf pondweed.

The method of control or product being used: EPA and MDA Registered Aquatic Herbicide.

How landowners may request that control not occur adjacent to their property: If you desire the treatment of curlyleaf pondweed not occur adjacent to your property, please notify Big Watab Lake Association at the following address and email address: Big Watab Lake Association, P.O. Box 494, St. Joseph, Minnesota 56374.

Publish: April 15, 2022

THE FOSTER GRANDPARENT PROGRAM IS LOOKING FOR VOLUNTEERS!



LOCATIONS:

- Child Care Centers
- Public/Private Schools
- Before/Afterschool Programs

REQUIREMENTS:

- Be 55 or older
- Commit to 260 hours a year
- Background Check

BENEFITS:

- Monthly Trainings
- Tax-free Stipend/Mileage Reimbursement
- Positively Influence Future Generations

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

PUBLIC NOTICE

CERTIFICATE OF ASSUMED NAME STATE OF MINNESOTA

Pursuant to Chapter 333, Minnesota Statutes, the undersigned, who is or will be conducting or transacting a commercial business in the State of Minnesota under an assumed name, hereby certifies:

1. The assumed name under which the business is or will be conducted is: JJ's Jet Ski Rental.

2. The stated address of the principal place of business is or will be: 837 14th Ave. S., St. Cloud, MN 56301.

3. The name and street address of all persons conducting business under the above assumed name including any corporations that may be conducting this business: Nicholas J. Reimers, 837 14th Ave. S., St. Cloud, MN 56301.

4. I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

Dated: April 7, 2022

Filed: April 7, 2022

/s/ Nicholas Reimers

Publish: April 15 & 29, 2022

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VENDOR CRAFT SALE
St. Cloud Eagles Club
703 41st Ave. N. • 10 a.m.-3 p.m.
Saturday, April 23
FIRST 50 RECEIVE A SWAG BAG TO WIN PRIZES PLUS OTHER DRAWINGS
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CRAFT-VENDOR-BAKE-SCHOLASTIC BOOK SALE

Saturday, April 30
10 a.m.-3 p.m.
St Cloud Athlos Academy School
3701 33rd St. S., St Cloud
FREE ADMISSION
\$1 chance prize drawings & food
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Veterans

from front page

meetings. Leo was a member of the U.S. Air Force from 1984 to 1993, having served in Florida, Colorado and in Germany at the Kapaun Air Station. He is now regional director of Honeywell Smart Energy.

Members of the Legion's Membership Committee decided recently to honor a veteran each month.

"A lot of us veterans are getting up in age," said Leo Supan. "So we decided to honor a veteran every month, and we're also hoping this

will help get more veterans to join the Legion. We did get a few new ones lately, but we'd like to have a lot more."

There are currently 60-plus members of the American Legion-St. Stephen. Most of them, Supan noted, are veterans of the Vietnam War era.

Next month's honoree will be Joe Raab, a 96-year-old World War II veteran. The party/ceremony will take place at the Legion's regular monthly meeting at 7:30 p.m. Tuesday, May 3.

The American Legion-St. Stephen meets at 7:30 p.m. on the first Tuesday of every month at the The Rusty Nail. Anyone interested in joining can just show up at a meeting.

Calendar

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signs and send the pictures to rjuell@cityofstjoseph.com to get your name in a drawing for a prize from one of the sponsors: JoeTown Nutrition, Bruno Press or R Tamm Photography.

St. Joseph City Council, 6 p.m., 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 Jim Beardsley: Presentation

Title coming soon. Email scflowerandgarden@gmail.com for zoom invitation.

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

Tuesday, April 19

Diabetes Prevention Program: A Whitney Wellness Workshop, 9-10 a.m. Workshop meets every Tuesday from April 19-July 26 in-person at Whitney Senior Center, 1527 Northway Drive, St. Cloud. whitneywellness.org.

Memory Writers group develops topics and turns in stories. 10 a.m.-noon, Stearns History Museum, 235 33rd Ave. S, St. Cloud. Contact Jan Sorell for more info at jsorell97@gmail.com. Free for museum members, nominal fee for non-members. https://www.stearnshistorymuseum.org/

St. Joseph Economic Development Authority, noon, Government Center, 75 Callaway St. E.

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

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

Thursday April 21

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

Friday, April 22

Burger and Brat Sale, sponsored by the St. Joseph Knights of Columbus, 10 a.m.-5 p.m. St. Joseph Meat Market, 26 First Ave. NW, St. Joseph.

Saturday, April 23

Spring Fling Vendor Craft

Sale, 10 a.m.-3 p.m., St. Cloud Eagles Club, 703 41st Ave. N., St. Cloud. First 50 attendees receive a swag bag to win prizes, plus other drawings.

Burger and Brat Sale, sponsored by the St. Joseph Knights of Columbus, 10 a.m.-4 p.m., St. Joseph Meat Market, 26 First Ave. NW, St. Joseph.

Chalk Walk! 1-3 p.m., Klinefelter Park, 1000 Dale St. E., St. Joseph. Come to the park to help clean up the park and create beautiful artwork on the trail. Supplies will be provided. cityofstjoseph.com.

Monday, April 25

Signs of Spring Scavenger Hunt! Klinefelter Park, 1000 Dale St. E., St. Joseph. Check the cityofstjoseph.com website and/or facebook page to find the sign of spring to look for. Visit the park to locate the sign and take a picture with it. Find all four signs and send the pictures to rjuell@cityofstjoseph.com to get your name in a drawing for a prize from one of the sponsors: JoeTown Nutrition, Bruno Press or R Tamm Photography.

Tuesday, April 26

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

Thursday, April 28

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

Saturday, April 30

Craft-Vendor-Bake-Schoolastic Book Sale, 10 a.m.-3 p.m., St. Cloud Athlos Academy School, 3701 33rd St. S., St. Cloud. Free admission, chance prize drawings and food.

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Newsleaders

Reaching Everybody!

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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.

1608 11th Ave SE, St. Cloud, MN 56304

mailing address: 1622 11th Ave SE, St. Cloud, MN 56304

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POSTMASTER: Send address changes to ST. JOSEPH NEWSLEADER, 1622 11th Ave. SE, St. Cloud, MN 56304

Ukraine

from front page

battle cry. Anyone who stands for freedom and democracy can relate to the Ukrainian struggle. One easy to make weapon is the Molotov cocktail. The Molotov is also known as a petrol bomb, firebomb and bottle bomb, among other names.”

The hand on the poster holding the Molotov has a grip that shows strength, power and unity. At the bottom of the poster there is a phrase written in Cyrillic text (the Ukrainian language) when translated means, “Slava Ukrani” or “Glory to Ukraine.” This official salute of the Ukrainian Armed Forces is a symbol of Ukrainian sovereignty and resistance. It is often accompanied by the response “Glory to the heroes!”

The second most important element in all of this was that Bruno wanted to make sure the proceeds were going directly to those who needed it most, so finding the right source was incredibly important to her.

“When I do these things and I donate to someone I find it really important to be intentional. I don’t want it [the proceeds] to go to some giant cooperation; I want to know where it’s going.”

One of the members of the group knew exactly where to go. Chabanenko has had a lot of interaction with this organization and knew it was a great fit.

The proceeds will go directly to the Ukrainian American Coordination Council. The UACC is a non-partisan, not-for-profit

organization that is currently supporting the civilian defense units of Ukraine by supplying them with helmets and body armor in bulk quantities. “Since the 1960s the UACC has worked together with national and international partners

developing sustainable and enduring Ukrainian communities. The UACC is a trusted source of fund appropriation for the current crisis in Ukraine” their website states.

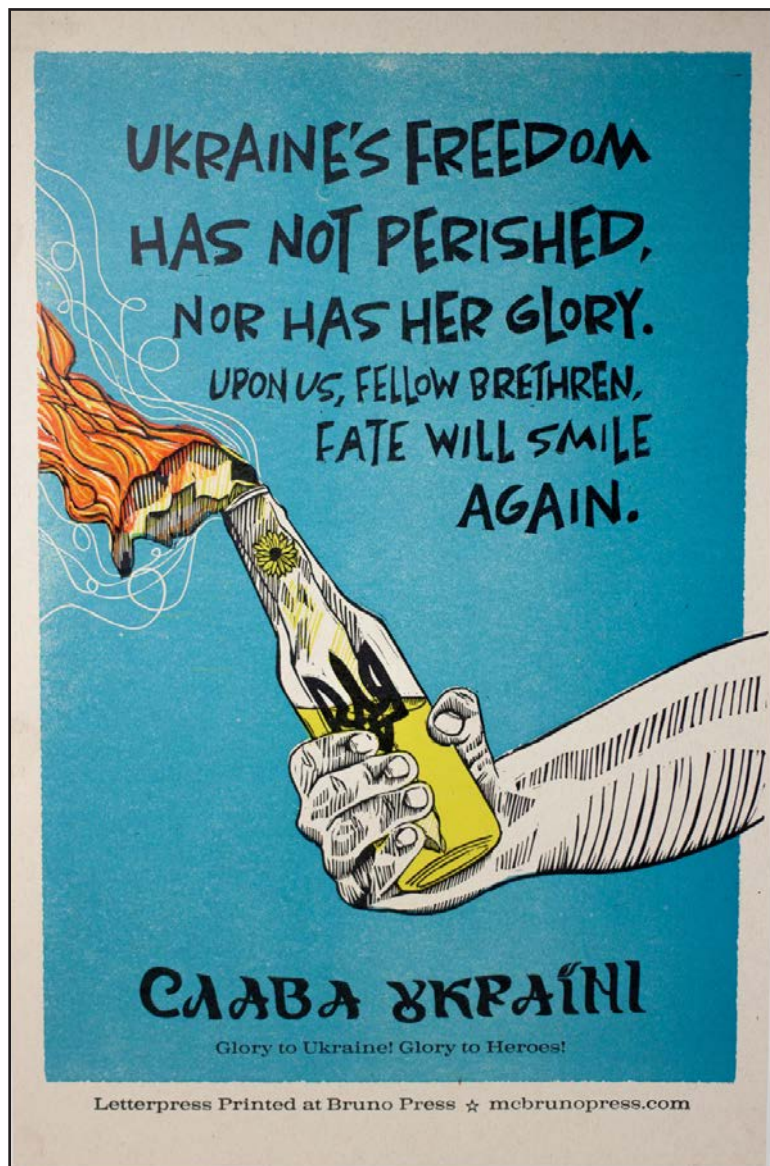
The posters, sell for \$40 each and are available now on the

Bruno Press website at: <https://www.mcbrunopress.com/posters-more/ukraine>.

You can also purchase a poster from 10 a.m. to 2 p.m. Saturday, April 16 at the next open house at Bruno Press, inside garage on, 154 SE Fifth Ave. and

Baker Street, St Joseph. (Additional photo on page 9)

Editor’s note: I’d like to add a personal thank you to Mary Bruno for not only sharing her story, but also for giving us all a way to help our Ukrainian brothers and sisters.



contributed photo

The final poster created by Mary Bruno in support of the Ukrainian people. Each poster sells for \$40 on the Bruno Press website and proceeds go the UACC to help fund safety equipment.

GOT A COMMENT?

Post it on our website at www.thenewsleaders.com.

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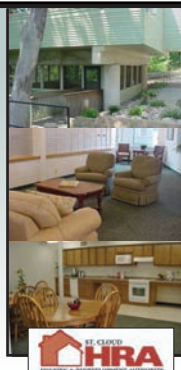
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Coding night computes to fun, learning



photos by Carolyn Bertsch

(Left) Adam Anderson and his daughter Gretta, 7, of St. Joseph, make a banana piano April 5 during Kennedy Community School's coding night. (Above) Sisters react after making a mouse move April 5 during Kennedy Community School's coding night. They are (left) Fatima Tounkara, 12, and Kadija Tounkara, 7, both of St. Joseph.

Voyageurs

from front page

on the west bank of the Mississippi River. The organization is named after les voyageurs ("the travelers"), who were French-Canadian explorers during the North American fur trade in the 18th and 19th centuries.

During the past 50 years, Les Voyageurs program participants have been young people mostly from the greater St. Cloud area, including ones from St. Joseph, Sartell, Sauk Rapids and Waite Park.

Les Voyageurs was founded in 1971 by Fred Rupp, a biology teacher at Cathedral High School. Since then, more than 3,000 young people have participated in the rigorous program. Crews of teenagers would go north, camp, learn survival skills and paddle canoes on rivers and other waterways – anywhere from 250 to 450 miles of water travel, including portages (carrying canoes from one waterway to another).

The first years of the trips to the north were to the Quetico Pro-

vincial Park in Ontario and to an area east of Lake Winnipeg. Those eligible for the program must have completed the 10th grade and be juniors or seniors in high school. Starting in 1981, girls, too, were welcomed to the program.

Zach Fritz, 25, of St. Cloud, is the program director of Les Voyageurs and a related program called Far North. When he was a student at Cathedral High School, Fritz took his first Les Voyageurs Far North trip in 2013 when he and others went all the way to the Arctic Ocean. He has taken eight trips since then. Fritz earned a degree in environmental studies from St. John's University, and during those college years he served as a Les Voyageurs guide for the trips.

In an interview with the Newsleader, Fritz explained how the program works.

This summer there are four trips planned – two into Canada (Quetico) and two in the United States (Boundary Waters area). The first of the trips will take place from mid-June to mid-July, the other from mid-July to mid-August.

There is a total of eight crews per summer, and each crew is

comprised of anywhere from six to nine participants, both girls and boys.

Weeks before each trip, all crew members start to do a lot of prep work – studying maps, a first-aid course, preparing dried foods, gathering equipment, and more. Fritz helps with that planning and also takes care of all the logistics for the trip, trains the trip guides (many of whom are former Les Voyageurs participants). The students also learn vital hands-on skills like how to paddle a canoe and how to flip it and carry it.

The Far North program this summer will involve two crews and two trips – one to the Hudson Bay area, the other a canoe trip down the George River in Quebec. Far North is designed as a second-year program for those who made previous Les Voyageurs journeys. Some of the Far North trips last 50 or more days in remote places such as Alaska, the Arctic Ocean and other places in the wilds of northern Canada.

As program director, Fritz is on call 24-7 during trip times. He's even able to dispatch search-and-rescue planes should a tragedy occur. Other emergency contacts

are four on-call nurses, as well as Dr. Mark Halstrom of Williams Integracare Clinic, Sartell, who can be consulted long-distance immediately if a medical issue or injury should occur to participant(s). An avid outdoorsman, Halstrom is secretary of the Les Voyageurs Board of Directors.

The program participants and guides have access to satellite phones and plenty of emergency equipment.

Fritz said he derives immense satisfaction from Les Voyageurs and Far North programs.

"It's fun to hear from alumni and how those programs helped them," he said.

The trips can at times be grueling, but volunteers also have lots of fun through their teamwork camaraderie even under the most difficult physical and mental challenges.

Among the lessons and life skills absorbed/learned through the programs are these:

- Learning the basics of wilderness travel.
- Making decisions on what is best for the group rather than for oneself.
- Accepting personal limita-

tions while enhancing personal strengths.

- Acquiring leadership qualities.
- Polishing communication skills under diverse and sometimes extreme conditions.
- Developing the strength and skills to persevere under extreme conditions.

The following words from Les Voyageurs website, encapsulates what the program is all about:

"Challenge and stress are essential elements of true and meaningful growth. By experiencing the inevitable failures of expedition life, the young person is able to distinguish between failure and defeat. He/she learns that failure is not a measure of a person but rather a temporary obstacle which, with a new plan and renewed resolve, will be overcome. At the same time, each young person learns that what may be a deficiency for one may be an asset for another."

Anyone interested in find out more about Les Voyageurs can visit its website, which has lots of photos and videos. The web address is www.les-voyageurs.org.



contributed photo

The Bakken family on their front porch. They are (left to right) Jess; Brennan, 16; Shandi, 14; Avry, 17; Laela, 10; Carter, 16; and husband Ryan.

Insight

from page 2

well. It really is a combination of every facet of life that helps people to flourish.

So, what can a person do? Bakken offers some advice of a few things each person can do on their own to support their mental health.

She suggested taking mental breaks, finding some guided imagery and meditations to follow along with. There are many downloadable apps that help with this. Breathing is a big one. People may hear this a lot but there is a reason for it. When people are feeling anxious or stressed, they tend to either hold their breath in, or take small, sharp, little intakes of breath which do not provide

our brains with enough oxygen. Slowing down and taking deep meaningful breaths is a great way to calm that anxious mind and help focus the brain in a healthier direction. Lastly, anyone can calm anxiety by simply accepting it. It sounds like the opposite of productive, she said, but when people try to stop those feelings from coming to the surface, it actually makes it worse. Taking a moment to allow your body to feel those sensations can actually make them gradually go away.

But what if those things don't do the trick? When does a person know if it's time to seek help? Bakken can help with that too.

"Some of the signs I look for when I think it's time to reach out to a mental health professional," Bakken said are, "constant or nearly constant anxiety. Anxiety that gets in the way

of daily activities, your work, your social life, your marriage, your family, school. And being anxious about things that do not actually threaten you. And panic attacks, definitely."

If you are unsure if it's time to seek help, she said, you can talk with her about that too. She offers consultations where people can come in and talk about whether or not they should consider starting therapy.

"I want to always make my clients feel safe," Bakken said. "It's a privilege to earn a voice in someone's life, it isn't a right, it's a privilege."

If nothing else, the pandemic has really brought to life the importance of taking care of mental health. For more information or to schedule an appointment with Bakken, visit <https://www.sojourncounselinggroup.com/about>.

Baseball Sports Schedule



Sartell Stone Poneys

4/23/22	2:30 p.m.	St. Wendel Saints	Away
4/30/22	1:30 p.m.	Royalton Riverdogs	Home
5/4/22	7 p.m.	Maple Lake Lakers	Away
5/6/22	7 p.m.	Dassel-Cokato Saints	Away
5/7/22	3 p.m.	Roscoe Rangers	Away
5/14/22	7 p.m.	Mora Blue Devils	Home
5/15/22	1:30 p.m.	Sartell Muskies	Away
5/18/22	7:30 p.m.	Clear Lake Lakers	Home
5/21/22	4 p.m.	St. Joseph Joes	Away
5/25/22	7:30 p.m.	Clearwater River Cats	Home
6/1/22	7:30 p.m.	Becker Bandits	Home
6/4/22	2 p.m.	Nowthen Knights	Away
6/8/22	7:30 p.m.	East Bethel Bandits	Home
6/11/22	1:30 p.m.	Sauk Rapids Cyclones	Away
6/17/22	6 p.m.	Champlin Park LoGators	Home
6/22/22	7:30 p.m.	St. Joseph Joes	Home
6/25/22	7:30 p.m.	Albertville Anglers	Away
6/29/22	7 p.m.	Sartell Muskies	Home
7/6/22	7:30 p.m.	Pierz Lakers	Home
7/8/22	7:30 p.m.	Monticello Polecats	Home
7/10/22	3 p.m.	Clear Lake Lakers	Away
7/13/22	7:30 p.m.	Sauk Rapids Cyclones	Home
7/15/22	6:30 p.m.	Pearl Lake Lakes	Away
7/16/22	1:30 p.m.	Rogers Red Devils	Away

<https://www.sartellstoneponies.com/teams/default.asp?u=SARTELLSTONEPONEYS&s=baseball&p=schedule&d=20210801>



Sartell Muskies

5/11/22	7:30 p.m.	Clear Lake Lakers	Home
5/15/22	1:30 p.m.	Sartell Stone Poneys	Home
5/21/22	1:30 p.m.	Rogers Red Devils	Home
5/22/22	1:30 p.m.	St. Joseph Joes	Home
5/27/22	7:30 p.m.	Albertville Villians	Home
5/29/22	1:30 p.m.	Sauk Rapids Cyclones	Home
6/4/22	10:30 a.m.	New Mark Muskies	Home
6/5/22	TBD	Omann Insurance Invitational	Home
6/8/22	7:30 p.m.	Sauk Rapids Cyclones	Away
6/9/22	7:30 p.m.	St. Clair Wood Ducks	Home
6/15/22	7:30 p.m.	St. August Gussies	Home
6/18/22	3 p.m.	Clear Lake Lakers	Away
6/19/22	2 p.m.	Clearwater River Cats	Away
6/25/22	1:30 p.m.	St. Joseph Joes	Away
6/26/22	4 p.m.	Becker Bandits	Away
6/29/22	7 p.m.	Sartell Stone Poneys	Home
7/8/22	8 p.m.	Delano	Away
7/13/22	7:30 p.m.	Monticello Polecats	Away

<http://sartellmuskies.teams.mnbaseball.org/Schedule>



St. Joseph Joes

5/15/22	3 p.m.	Clear Lake Lakers	Away
5/21/22	4 p.m.	Sartell Stone Poneys	Home
6/11/22	1:30 p.m.	Clear Lake Lakers	Home
6/12/22	7:30 p.m.	Sauk Rapids Cyclones	Away
6/15/22	6:30 p.m.	Foley Lumber Jacks	Away
6/22/22	7:30 p.m.	Sartell Stone Poneys	Away
6/24/22	1:30 p.m.	Sauk Rapids Cyclones	Home
6/26/22	1:30 p.m.	Albertville Anglers	Away
7/9/22	Noon	Rogers Red Devils	Away
7/10/22	1:30 p.m.	Monticello Polecats	Home
7/13/22	Noon	Avon Lakers	Home
7/16/22	1:30 p.m.	Clearwater River Cats	Home

<http://saintjosephjoes.teams.mnbaseball.org/Schedule>

St. Stephen Steves



4/24/22	1:30 p.m.	St. Mathias Devils	Away
5/1/22	1:30 p.m.	Sobieski Skis	Away
5/15/22	1:30 p.m.	Freeport Black Sox	Home
5/29/22	1:30 p.m.	Aitkin Steam	Away
6/19/22	1:30 p.m.	Fort Ripley Rebels	Home
6/26/22	1:30 p.m.	St. Wendel Saints	Away
7/3/22	Noon	Randall Cubs	Away
7/10/22	1:30 p.m.	Avon Lakers	Home
7/13/22	6:15 p.m.	Luxemburg Brewers	Home

<http://ststephensteves.teams.mnbaseball.org/Schedule>



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GREEN EARTH | NATURAL RESOURCES

Curbing Water Usage



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The average American family uses more than 300 gallons of water every day at home, the Environmental Protection Agency says, and outdoor water use accounts for around 30%.

While the Earth seems to be covered in water, most of that isn't usable for us. It's in the oceans or ice caps, inaccessible. So it's up to us to use what we have wisely.

WATER AT HOME

In our homes, we use most of the water for the toilet, followed by the shower, faucet, clothes washer, leaks and other uses. Check your water bill, not for the amount you owe but for the amount you use, then use the EPA's WaterSense calculator to find ways to lower your usage.

OTHER WATER USAGE

But we also use water in more ways than from our taps. Water is used to grow our food, generate energy, manufacture goods and run our businesses. Thermoelectric power used 45 percent of freshwater withdrawals in 2010, followed by irrigation and other uses.

CONSEQUENCES OF NOT CONSERVING

Managing water is a growing

concern in American communities. The pipes, canals and pumping stations are aging and struggling to bring a reliable supply of water to American homes. Forty states told the U.S. Government Accountability Office in a 2014 report that they expect water shortages during the next decade that are not related to drought.

Strain on the water supply and systems can lead to higher water prices, water restrictions, seasonal loss of water-related recreational areas, expensive water treatment projects and harm to the natural environment.

WAYS TO CONSERVE

Some ways to curb your

water usage:

- Take shorter showers and partially fill your tub.
- Install water-saving shower heads or flow restrictors.
- Turn off the water while brushing your teeth or shaving. Also while you're washing vegetables or rinsing dishes.
- Check for leaks in your faucets, pipes, couplings and toi-

lets. Even a small drip can waste 50 or more gallons of water per day.

- Water your lawn only when it needs it and deep soak your lawn. Take advantage of the cooler parts of the day to water.
- Use a broom instead of hoses to clean driveways, sidewalks and steps.

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Letter to the editor Bitcoin, a dangerous direction

Susan Sink

St. Joseph

Central Minnesota Credit Union, a banking institution I love because I believe in the community aspect of credit unions and because ours has provided such great and reliable service (throughout) the years is, I believe, moving in a dangerous direction. That direction is Bitcoin.

On March 1, CMCU rebranded as Magnifi Financial. Right away

the word “financial” in their name made me nervous. Were they moving away from a banking identity toward a “wealth management” identity? A month later, they announced the first major new service: bitcoin. They are contributing to a dangerous trend that blurs the line between currency and something that is definitely not currency, bitcoin.

Bitcoin is a risky investment. It is not a currency like pesos or euros. There is no government backing it or regulating its value. Any dollars you have in one of the local banks is FDIC insured. It is backed by the U.S. Treasury. Dollars you have in Magnifi Financial savings or checking ac-

counts are backed by the NCUA, the National Credit Union Association. That money will be there. Bitcoin is not the same.

Bitcoin is a good target for fraudsters. Mostly because people don't understand what it is. Because bitcoin's value rises and falls based only on supply and demand, its value can be manipulated by the super-rich who own most of it. Because people don't understand it, it can be faked. The company Magnifi Financial is working with to provide this service is NYDIG.

NYDIG is a digital platform. What they provide is a seamless way to buy/sell/manage bitcoin within your normal online bank-

ing website. More like e-trade than a bank. When you open your online banking account at Magnifi Financial, you will see your savings account, checking account, maybe a car or mortgage loan account, and also, if you register for this optional service, your bitcoin account. You can transfer money into and out of it. You can have part of your payroll check deposited into it. This is what I am opposed to. Magnifi Financial is encouraging the very dangerous practice of seeing bitcoin as equivalent to U.S. dollars. You can get your interest in bitcoin instead of U.S. dollars. NYDIG encourages companies to use their platforms to

pay their employees and offer bonuses and incentives in bitcoin.

These bitcoin services are in the wrong place on the bank's website. They should be over in the brokerage. If you look at Magnifi Financial's home page, there are three tabs: personal, business and wealth. The wealth page directs you to their financial advisors, who can advise you in all aspects of investing, including the risky investment into bitcoin. That is where NYDIG should connect their platform. Instead, they are normalizing the idea that bitcoin is money. And a lot of people stand to lose a lot of actual money purchasing it.

Blotter

from page 3

en items from the apartment. Complainant said his son's ex-girlfriend is in the area, and he is concerned she will go back into the apartment and take items that do not belong to her. Complainant said they took everything belonging to his son out of the apartment, and now moved everything back in to prevent her from taking his items. Complainant said son's ex-girlfriend turned her keys into management but has managed to make it into the building again. Complainant also said the locks to the apartment have been switched. Complainant was concerned the ex-girlfriend will come over while his son is at work. The officer told complainant to have all the doors locked, even when they are home. They also told complainant if son's ex-girlfriend returns, to call the police again.

April 3

12:59 p.m. Suspicious smell. Minnesota Street W. Police units checked the area and

didn't smell anything suspicious. Nothing further.

April 4

9:52 a.m. Dog complaint. 13th Avenue NE. Walker called the police department to speak with an officer regarding neighbor's dogs coming into her yard and pooping. She advised she has talked to people at both residences. However, it is still happening. She said the dogs are coming from neighboring residences. An officer explained to her the options which included the officer talking to them and her calling when it is going on and if located the owners could be cited for dog at large. However, there was nothing we could do to prevent it from happening again. She understood and did not wish for me to take any action at this time.

April 5

4:52 p.m. Noise complaint. First Avenue NW. An officer was dispatched to a loud music complaint. Complainant called in and reported neighbor had loud music playing. The officer responded on the scene and could hear the noise from the residence. It sounded to be rap music or a very loud television.

Attempts to make contact with neighbor by phone and knocking on the door were unsuccessful. This has been an ongoing issue. The officer issued a citation for loud music, and it will be mailed to suspected neighbor.

April 6

5:14 p.m. Noise complaint. First Avenue NW. An officer was dispatched to a noise complaint. The officer responded on the scene and listened from the street for any obnoxious noise. They did not hear anything. The officer moved closer to the two properties and could only hear noise coming from the complainant's house. The officer attempted to make contact with the complainant in person and by phone but was unsuccessful. No action will be taken. While entering comments, the complainant came out of the house and spoke with the officer. She told them there were kids next door running around and didn't know if there was an adult there and that they have been making noise day and night. The officer went and spoke with the resident who said she has been gone all day and lives alone. Nothing further.



photo by Leanne Loy

Glory to Ukraine

This is the lettering that was hand carved by Mary Bruno herself on a lino block which is one of five layers each poster goes through in the printing process. The carving of this particular image took about four hours.

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Opinion

Our View

How to celebrate Earth Day

Earth Day is just around the corner so it's a good time to start thinking about how, as individuals, we can support the health of our environment. On Friday, April 22 you might start seeing people out and about cleaning up roads and ditches, buying flowers and trees to plant, or (if the weather allows) walking to work or school.

Founded in 1970, Earth Day was started as an initiative to educate people about environmental issues. The idea is to inform people they do have an impact on the environment, and that pollution is in fact an issue we need to not only be aware of, but also try to limit as much as we can.

Since it's first year of being founded, movements and acts have been put into place, like the U.S. Environmental Protection Agency and the Clean Air, Clean Water, and Endangered Species Acts. These programs have helped to ensure we have clean drinking water, the critters of our world are protected and so much more.

The awareness we have witnessed since the start of Earth Day has helped people understand there is no such thing as a small change. We now know something as simple as recycling can drastically reduce a person's carbon footprint.

The amount of people who participate in Earth Day has grown exponentially throughout the years. We are becoming more and more aware of the effect our human consumption has on our planet, and it is with this knowledge we can provide a safe environment for future generations.

A few things you can do to participate in Earth Day this year are the following: share a ride to work, or if it's feasible bike or walk; take a moment to walk through your neighborhood with a garbage bag and do some clean up; plant some vegetables indoors in preparation for your summer garden; if you haven't already, start recycling, teach your kids or grandkids about Earth Day and the importance of keeping our planet clean; use reusable bags for shopping; make your own compost bin; install energy efficient lighting; and the list goes on and on.

The bottom line is no one likes to see garbage built up in the streets or our air filled with smog. We can see for ourselves what neglecting our environment does. All it takes is one little act to make a very big difference. Is that really too much to ask?

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.

Embarrassing moments build character

I tend to embarrass myself – a lot. I'm not sure if it's part of my nature or something that has grown within me throughout the years. At any rate, it can certainly be humbling from time to time. In fact, my husband may or may not have been embarrassed to be seen with me in public on an occasion or two because walking a straight line can be challenging for me. I tend to run into people, or walls.

In your teens, embarrassing yourself in public is just about the worst thing that can happen. I remember trying really hard to not say anything that sounded stupid or do anything that would make me look "uncool." Inevitably, there were moments that I failed at this miserably. Like the time I was trying to get that perfect shot in my photography class, so I jumped up on top of the lockers to pose only to, not so gracefully, fall on my face trying to get down. Did I mention it was in front of a boy I liked? Not my smoothest moment.

At the time, you think you will never recover from those moments. They keep you up at night as you replay them over and over in your head. Sometimes, you cringe as you relive a moment that happened 15 or even 20 years ago. But there are life lessons to be learned from these little mishaps if we know how to look at it.

Leanne Loy
Editor



Like my example with the lockers. Maybe if I wasn't trying so hard to impress a boy, I would have been more graceful getting down off those lockers and spared myself the embarrassment.

Embarrassing moments help create the people we become, as long as we don't spend too much time dwelling on them. You can really talk yourself into a depressing place if you don't retrain your brain on how to properly look at those moments.

First, you should take a moment to feel whatever emotion comes to you most naturally. I remember one time when I was about 8 years old, I was staying at a friend's house and she wanted to go biking. I wasn't really the strongest biker at the time and I totally biffed it going down a hill. I was so embarrassed I wouldn't even let my friend's mom see my skinned-up knees.

I was ashamed I wasn't as good of a biker as my friend, but I also remember not really dwelling on it for long. Soon enough we were on to playing something else and the skinned

knees were barely even noticeable. In fact, we started laughing at how silly my face must have looked as I was about to eat the dirt.

I didn't know it at the time, but that moment started building me into the person I am today. The person who can laugh at herself when ridiculous things happen. For example, my brain tends to work faster than my mouth. I'm a writing coach at a college and one day I was working with a student of mine who had a breakthrough. I wanted to congratulate them and tell them how proud I was but I was too excited, what came out of my mouth didn't resemble English. I'm not sure what I said to them but it took us both off guard and the mirrored looks of confusion on both our faces was actually pretty hysterical.

I don't cringe in embarrassment anymore when I think about these moments; I find the humor in them instead. After all, why torture yourself over something you can't control? Both the student and I ended up laughing and that moment is way better to think about than feeling mortified.

My embarrassing little mishaps usually end up with me making another person laugh, or at the very least smile, and honestly, we need more of that in our lives anyway.

Thank you, my eagle-eyed readers

After so many years, to this day I have to pause and think for a millisecond before I write or say the word "thaw." For decades I would always say or write "unthaw."

Just the other day, while perusing a big box of old letters and meandering down Memory Lane, I found this one, dated Jan. 27, 1984, from Belva Miller of Osakis:

"Dear Mr. Dalman

I noticed in some of your writings during the cold weather that you used the expression "unthawed the pipes" several times. Think of it a bit. The opposite of freeze is thaw. So one thaws a frozen thing, not unthaws it. Isn't that right?"

Yes, that's right, Belva Miller. Thank you!

Belva is just one of the eagle-eyed readers (and proofreaders) I've appreciated, depended upon and learned from for so long. They tend to keep me on my toes.

Here are some examples:

"Well, Dennis, I didn't know I was such an old bag," said former Alexandria Mayor Dorothy Kobs on the phone one day.

"What in the world do you mean?" I asked.

"That story you wrote about my life. It says in there that I've been mayor since 1883. Guess it's time to retire. 100 years as mayor is quite enough, don't you think?"

As I sputtered and stammered my apology, good-natured Dorothy burst out laughing. She'd been getting razed all

Dennis Dalman
Reporter



day by friends telling her she sure looks good for her age.

A few years ago, I flubbed a date again. I'm glad to report it was caught before the paper went to press. It was a feature story about an elderly Sartell woman who tutored young students.

In that story, I'd written that she met her husband-to-be in 1448. A proofreader, Carolyn Bertsch, emailed me: "Dennis, I knew that lady was elderly, but I had no idea she was THAT old!"

Oops! I've never been good at numbers. Or typing them. In grade school, when I'd do math (or attempt to), there would be little ant-hills of eraser crumbs all over my desk and the floor. I have the math version of reading dyslexia. Some years ago, a bank clerk told me it's called "discalculus."

Just this week, proofreader Carolyn emailed me again. In a story about a Sartell road project, instead of typing "sanitary utilities" I typed "sanity utilities." I do know the difference – I think.

Hasty word choices and typos, as I've learned the hard way, can be just as bad as quickly-typed numbers.

One day, an Alexandria woman called to ask, "Dennis Dalman, you mean to tell me that my daughter is going to become an adulteress?"

"What?!" I asked. "What do you mean?"

"Page 3, fifth paragraph down," she said. "Here's what you wrote: 'Adolescence is the confusing corridor that leads from childhood to adultery.'"

"I wrote THAT? Oh, my gosh! I meant adulthood, not adultery."

"Well, yeah, that's what I thought you meant" she said, chuckling. "I just had to call and give you a hard time."

That's as bad as a story I wrote that started with this sentence, hastily typed: "The pubic beach at Lake L'Homme Dieu is going to be sizzling with fun this Friday when it opens for the summer season."

Oops! Proofreader Dorothy Tarrant, usually so eagle-eyed, must have blinked when she missed that boo-boo.

Putting a newspaper together can also be hazardous. Many years ago, I wrote a feature story about Tom Bosek of Alexandria. While putting the paper together for the printing plant, I placed Tom's mug photo onto the story. Next day, Tom's mother, Arlene, whom I knew well, called and said, "Oh boy, has Tom ever changed, so much so I just don't recognize him anymore. Dennis, check today's paper."

I did and almost keeled over. It wasn't Tom. It was a mug shot of somebody else with Tom's name under it. I gasped, I stuttered.

Arlene laughed. "Don't worry, Dennis. We've been having so much fun with that all day long!"

Thank my lucky stars for eagle-eyed (and forgiving) readers.

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

Going Green at School

Pencils, paper, notebooks and more make going to school a somewhat not-green proposition for many families.



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There are ways, though, to paint getting your education green. Here are just a few of them.

RECYCLING BIN DECORATING CONTEST

Start a recycling bin decorating contest to get each class excited about recycling materials. Put them on display and have students vote for their favorites. One idea from WeAreTeachers is to make it into a hungry recycling monster that eats paper, plastic, cans and more.

ADD INDOOR PLANTS

Some indoor plants can naturally purify the air in the classroom and provide health benefits. Look for easy to grow and maintain plants, such as a spider plant, snake plant or pothos. Let students help care for them.

DO A WASTE AUDIT

Grab gloves, dump trash cans and see how many recyclables your class can find in your school's garbage. Tally up the misplaced items and talk about the benefits of recycling (and the consequences of not recycling) to the whole school.

USE ENVIRONMENTALLY FRIENDLY CLEANERS

Especially during the pandemic, cleaning is a priority in classrooms. Make the switch to natural, environmentally friendly products and ask students to contribute. Teach them how to read labels and look for cleaners with warnings or cautions about toxicity.

ZERO-WASTE CLASSROOM

Start slow and try for a zero-waste day or week to test it out, then aim for longer and longer periods as it goes on. Make it a challenge for students and faculty alike.

PLANT A GARDEN

Find space on the school grounds and turn it into a

garden plot. Students can learn about how plants grow and where their food comes from, all while improving the environment.

ENCOURAGE WALKING OR BIKING TO SCHOOL

Designate a day to encourage students to find green ways to get to school, such as walking, biking or riding a scooter. Offer rewards for keeping it up throughout the year.

INSTALL RAIN BARRELS

Catch rainwater from around the campus to water the school garden and all those indoor plants. Reusing rainwater reduces the amount of water that ends up in the sewer system and the fresh water is better for your plants.



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USE RECYCLABLES FOR ART PROJECTS

Collect unwanted paper, cans, bottle caps, paper towel rolls and more to make a mural or other artwork that the whole school can enjoy.

USE NATURAL LIGHT

Flip off the fluorescents and open the blinds and shades to let the sun shine in. Natural light can lead to higher productivity and improve the overall mood in the classrooms.



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PERSONAL FINANCE | MONTHLY EXPENSES

Staying on Budget

Let's face it, most people don't have a personal budget. And those who have gone through the process of building one often don't follow it.

Creating, managing and sticking to a budget, however, can help all of us toward financial stability. Here are some tips to make sure you're not caught by surprise when the bills come due.

WHY IT'S IMPORTANT

When you have a budget, you know what you have — and, more importantly, what you'll need to save. Financial well-being comes down to the simple math of balancing what you earn with what you spend. Surprise expenses, like a broken-down vehicle or emergency-room visit, happen all the time. Changes in employment can occur with just as much suddenness. But budgets are also important when tracking slowly rising, sometimes almost imperceptible changes in your cost of living. Planning and budget discipline put you in a better position to weather these monetary storms.

MAKE SMART CUTS

The goal is to spend less than what you earn, so that a nest egg of savings can be built. But a budget is only as powerful as its execution.



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You'll have to add up your monthly income and expenses first, then decide if financial adjustments must be made. If you're struggling to make ends meet, or just want to build in a bigger savings cushion, focus on lifestyle choices that lead to wasteful spending. Cook your meals at home, rather than eating out. Make your own coffee. Cut down discretionary entertain-

ment costs or eliminate them all together for a while.

BE DISCIPLINED

It's surprising how much impact just a few cuts here and there can make to your household bottom line. A few dollars a day in savings suddenly turns into a pile of money. But you'll still be tempted to overspend, either on an unneeded item or a fun

night out. It's important to remember your long-term goals in those situations, keeping in mind that depositing more of your money now can pave the way toward larger goals — including major purchases or a well-deserved vacation. Sacrificing a little pays big dividends later.

REMAIN CONSISTENT

As the situation changes, be

prepared to revisit your budget. Maybe you've reached your early savings goals, or found a better-paying job? Then it might be time to revise your plan, to take those things into account. On the other hand, building a larger emergency or retirement fund with these extra saved dollars can be a great source of comfort for those who've been struggling financially.

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