

Reaching Everybody! Newsleaders

Friday, April 15, 2022
Volume 27, Issue 8
Est. 1995

Town Crier

Sartell Boosters to hold spring social April 22

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

Lions clean-up slated for April 23

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

Attention parents of 2021 graduates

Parents of 2021 grads, please be aware your student should have received an email from the school with a link to an online form to collect bio information to be included in the 2021 Grad Tab publishing in the May 28 edition of the Sartell-St. Stephen Newsleader. Deadline to submit these forms is Monday, May 3. Please check in with your student to ensure they turn the information in in a timely manner. Home-schooled students or those attending schools other than Sartell High School are also encouraged to submit their name, parents' names, school they're graduating from and future plans to be included separately in the May 28 edition.

Fundraising underway for inclusive playground

Members of the Sartell, St. Stephen and LeSauk Lions Clubs are teaming up to build an inclusive playground at Sartell's Lions Park. What is an inclusive playground? "Inclusive playgrounds are open and safe spaces, carefully designed to promote play among children of differing abilities, ages and communities. It gives children with and without any disability the same platform to play, while breaking down barriers, both physically and socially. The aim of inclusive play is to address the needs of the whole child." The Lions hope to receive a matching grant of \$100,000 and will do fundraising to raise the \$400,000 needed for the project. Questions: Please contact Stu Giffin at 651-261-4272 or Phil Ringstrom at 320-247-2416.

CR 1 project to cause delays

by Dennis Dalman
news@thenewsleaders.com

Ongoing informational updates about Sartell's and Stearns County's County Road 1 Improvements Project, now underway, will be emailed to residents who request them.

To receive the updates via email, sign up for them at mblommel@sehinc.com. That is the email address for Melissa Blommel, an employee of Short Elliot Hendrickson, the city's engineering firm coordinating the project.

Project updates will also be posted periodically on the Sartell city website: sartellmn.com

The County Road 1 project, approved by the city council last year, is one of the most ambitious "make-overs" in the history of Sartell. Various kinds of delays, disruptions and detours will occur.

The project involves a complete street reconstruction, replacement of water main and sanitary utilities, other utilities additions, retaining walls, riverbank restorations, trail and sidewalk improvements, a scenic river overlook area, trail and intersection lighting, pedestrian crosswalks, storm-sewer updates and improvements to Watab Park

CR 1 • page 2



photo by Carolyn Bertsch

Club helps families build bird houses

The Ritter family of Holdingford builds a birdhouse together April 3 at the St. Stephen Sportsman Club's annual birdhouse making event at St. Stephen City Hall. They are Cody, Amber and son Isaac, 5. Not pictured is son Wyatt, 8, who was building a birdhouse with another club member.

'Les Voyageurs' offers physical, mental challenge

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 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

Voyageurs • page 5

Fire department's Sattler receives retirement tribute

by Dennis Dalman
news@thenewsleaders.com

After serving for 33 years, Sartell Fire Department volunteer and former fire chief Jim Sattler has retired,



Sattler

effective April 11.

He was highly praised and thanked at the April 11 Sartell City Council meeting, which was attended by his family members and almost all of the 30 members of the fire department. Thirty-three red roses were presented to Sattler's wife and daughters in recognition of how their 33 years of support allowed Jim to serve the city so well.

Sattler joined the department in 1988 and held virtually every job imaginable, including firefighter, assistant chief and fire chief. A year ago, the city decided to hire a full-time fire chief, and Peter Kedrowski, formerly of the St. Cloud Fire Department, was hired. At that time, Sattler became deputy fire chief. He had been volunteer fire chief for six years following the retirement of former chief

Ken Heim.

In more than three decades with the fire department, Sattler was influential in all of its many growing pains and related changes: rapid population growth, the ongoing training of firefighters, the steady need for more equipment and the long-overdue construction of a spacious fire/police department building.

Tribute • page 6

Club helps families build bird houses



photos by Carolyn Bertsch

(At left) Siblings Alexi Solarz, 10, (left) and Liam Solarz, 12, of Sartell, work on building a birdhouse together April 3 at the St. Stephen Sportsman Club's annual birdhouse making event at St. Stephen City Hall. (At right) Bridget Williams and her grandfather Loren Philippi, both of St. Wendel, construct a birdhouse together April 3 at the St. Stephen Sportsman Club's annual birdhouse making event at St. Stephen City Hall.



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CR 1

from front page

and Veterans Park.

Private utility companies have already started locating or re-locating lines for gas, cable television, telephone and electricity.

The street and related improvements will be undertaken in three phases at different times, although a particular phase may start before another phase is entirely completed.

Phase 1 involves Fourth Street N. to Seventh Street N., Phase 2 from Seventh Street N. to 12th Street N and Phase 3 from Sartell Street to Fourth Street N.

The project's team includes the City of Sartell, Stearns County, SEH and Landwehr Construction, along with subcontractors.

The following are things to keep in mind as the project progresses through the summer:

Stakes, flags

Residents should not remove or relocate wooden stakes or colored utility flags during the course of the project. The stakes and flags are essential for the team to do its work, as well as for utility workers.

Mailboxes

Once the project is well underway, residents' mailboxes along the street will be removed, salvaged and replaced. In the meantime, mail will be delivered to a "mailbox bank" whose location will be determined by the post office and then communicated to the affected properties. Near the end of the project, the contractor will re-install the mailboxes, with the post office to determine how and where the boxes will be placed.

Detours

At times during the project, traffic will be detoured to Pinecone Road from Second Street N. and 27th Street N, depending on which of the three phases is being done.

There might also be partial road closures and a slower flow of traffic so motorists should pay close attention to signage and advisories.

Disruptions

Project team members will inform all residents and businesses along the construction route

about when and how driveway access or other services might be limited.

Residents should relocate or replace in-ground sprinkler systems or other impediments such as pet-containment areas that are within the off-the-roadway right-of-way areas required for the project.

The project team will work with refuse haulers and residents to coordinate pick-up efforts.

The contractor will at times have to connect residents' homes or business places to temporary water access. Minimal disruptions are expected, and all residents will be kept informed before and during the temporary disruptions.

Private improvements

Residents who might want to have improvements done to their driveways or private utility lines from the right-of-way to their homes. To coordinate that private work with the street reconstruction, call Landwehr Construction at 320-241-9446.

Questions?

Anyone with questions about any aspect of the project as it's being done should be directed to SEH Project Representative Jessica Funt-Schustak at 320-402-4581 (cell phone) or SEH Project Engineer April Ryan at 320-229-4329.

The Stearns County Engineer is Jodi Teich: 320-255-6180. The Sartell Public Works Director is John Kothenbeutel: 320-258-7339.

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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 tricity-crimestoppers.org. Crime Stoppers offers rewards up to \$1,000 for information leading to the arrest and conviction of those responsible for a crime.

March 29
6:10 a.m. Vagrancy. Amber Av-

enue S. Officers were dispatched for a man sleeping in the entryway of the apartment building. When officers arrived, they noted there was a bike outside the doors with bags, the man had a bag next to him, he was wearing rubber gloves and a black face mask. When officers attempted to identify the man, he gave a false name. The officers were able to correctly identify the man and learned he had a first-degree burglary war-

rant out of Benton County. The man was taken into custody without problem. The officers started checking the bags and located items that most likely were not the man's property. While on this call, the department started getting other calls like tampering with a motor vehicle, and a burglary call not far from this location. Some of the items stolen from those calls were in the man's bags. The man was transported to the Benton County

Jail for his warrant and officers continued to investigate the case.

March 31
2:52 a.m. Suspicious person. Le Sauk Drive. While an officer was on routine patrol, they observed a man on a bicycle in the area of a local motel; the time of night seemed odd to be out biking. Officers were trying to maintain visual of the man but he cut through a grassy area on his bike and officers

lost visual. The officers checked the area but were unable to locate the man again.

Blotter • page 9

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, 6:30 p.m., Celebration Lutheran Church, 1500 Pinecone Road N., Sartell.

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

Good Friday Service, 7 p.m., First United Methodist Church, 1107 Pinecone Road S., Sartell.

Saturday, April 16
Community Meal, 11:30 a.m.-12:45 p.m., drive by and pick-up style, First United Methodist Church, 1107 Pinecone Road S., Sartell.

Sunday, April 17
Easter Services, 7 a.m., 8:30 a.m., 10 a.m. and 11:30 a.m., Celebration Lutheran Church, 1500 Pinecone Road N., Sartell.
Easter Services, 8:30 a.m. & 10:30 a.m., First United Methodist Church, 1107 Pinecone Road S., Sartell.

Monday, April 18
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 Jim Beardsley: Presentation Title coming soon. Email scflowerandgarden@gmail.com for zoom invitation.

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 jsorrell97@gmail.com. Free for museum members; nominal fee for non-members. <https://www.stearnshistorymuseum.org/>

Thursday April 21
Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Topic: Day in the Life of a Sartell Police Detective.

Sartell American Legion, open to all veterans young and old, 6 p.m., Sartell Community Center, 850 19th St. S., Sartell.

Friday, April 22
Sartell All-Sports Booster Club Spring Social, 7-10 p.m., Blackberry Ridge Golf Course, 3125 Clubhouse Road, Sartell. The event includes food, drinks, friends, Sabre stories, silent auction, membership drive

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and prize drawings. Help us support the 2022 Sabre athletes. sartellbosterclub.com.

Saturday, April 23
Sartell Lions Annual Spring Clean-Up, 8 a.m.-noon. Riverview Intermediate School parking lot, 627 Third Ave. N., Sartell. Call Cody at 320-828-6620 for more details. No paints, solvents, oils or chemicals. No gas-operated refrigerators, bare/broken tube TVs or monitors.
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!

Monday, April 25
Sartell City Council, 6 p.m., City Hall, 125 Pinecone Road N.

Thursday, April 28
Coffee and Conversation, a senior discussion group, 9 a.m., Sartell Community Center, 850 19th St. S. Topic: The New Start by Boz Bostrom.

Saturday, April 30
Craft-Vendor-Bake-Scholastic Book Sale, 10 a.m.-3 p.m., St. Cloud Athlos Academy School, 3701 33rd St. S., St. Cloud. Free admission, chance prize drawings & food.

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627 Third Ave. N., Sartell
Saturday, April 23, 2022 • 8 a.m.-Noon

Pickup/Trailer Loads 6'x6'	\$125/load
Pickup/Trailer Loads 6'x8'	\$160/load
Pickup/trailer loads include general waste NOT listed below and may be pro-rated	
Office/Business Furniture	\$25/ea.
Refrigerated Appliances	\$25/ea.
Non-refrigerated Appliances/Grills	\$25/ea.
Couches/Stuffed Chairs	\$30/ea.
Mattresses/Box Springs	\$25/ea.
Commercial Appliances	\$25/ea.
Fluorescent Bulbs	\$3/ea.
Car Batteries	\$3/ea.
Computers/TVs/Electronics	\$1/lb.
Tires	\$10/ea.
Bare/Broken Tube TV or Monitors	Not Accepted
Paints, Solvents, Oils,	
Chemicals/Gas-operated Refrigerators	Not Accepted

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



If you need items picked up, call Cody before April 22 at 320-828-6620

\$40/trailer, \$15/single item when scheduled for pickup

Obituaries

Paulette M. Levasseur, 72 Sartell, MN Nov. 18, 1949-Jan. 11, 2022

Paulette M. Levasseur, 72, of Sartell, died on Jan. 11. Her funeral will be held from 1-4 p.m. Saturday, April 30



Levasseur

at Williams Dingmann Family Funeral Home in Sauk Rapids.

Levasseur was born on Nov. 18, 1949 in Springfield, MN to Edwin and Edna (Beilke) Arndt. She graduated from Springfield High School in 1967. She attended Worthington Junior College for one year and the University of Minnesota for one year. She began working in the sales department at International Multifoods from 1969-1974, leaving to be a homemaker and daycare provider between 1974-1980. She continued her career at the John G. Kinnard Co. as a sales assistant until 1991 when she

started working for PrimeVest Financial Services Inc. where she spent three years on the trading floor as a special projects trader and ran mutual fund operations, eventually leading her to create the Mutual Funds Operations Department and becoming a Mutual Fund Marketing Specialist. In 1999, she moved to a smaller brokerage firm of Nies, Schluchter & Associates, as a sales assistant, trader and the sales and marketing manager while also serving as a financial advisor for her own clients. In 2003, Levasseur furthered her career as a financial advisor for Educators Financial Services Inc., a subsidiary of Education Minnesota Economic Services Inc. before retiring in 2020. She was also the owner/operator of Paulette's Tax Service.

Levasseur was a passionate volunteer throughout her life as a member of Jaycees Women/Women of Today from 1978-1993, Sauk Rapids Youth Hockey/Sauk Rapids Booster Club from 1980-1993, Sartell Park Board and the Benton County Arena Board. Levasseur also loved sharing the joy

her certified therapy dog, Tyler, brought to both patients and staff when she volunteered with-in CentraCare Health. In addition to her hobbies of reading and cross-stitch, Levasseur enjoyed crocheting so much she started a crochet group at the Sartell Senior Center that made hats and scarves to donate to the homeless or anyone in need. She enjoyed traveling and had a talent of engaging people in conversations, always managing to make a new friend wherever she went. She made an impact on each person she knew and was skilled at finding the good in everyone and the positive in any situation. Levasseur was hardworking and strong-willed, yet friendly and loved to tease and banter.

Survivors include her children: Nicole (David) Wickman of Crystal, Minnesota and Lance (Holly) of Tulsa, Oklahoma; grandchildren, Colton and Josephine; sister, Sandie Mielke of Sioux Falls, South Dakota; special friends, Jeff and Barb Meyer; brother-in-law Tasissa Moti; sister-in-law Geraldine (Tom) Rainbolt; former sister-in-law Lisa Arndt; and many nieces and nephews.

She was preceded in death by her parents; husband Larry; father- and mother-in-law, Louis and June; siblings, Geraldine Moti, Douglas Arndt and Lenis "Red" Arndt; sister-in-law, Donna Arndt; and brother-in-law, Richard Mielke.

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

Steve Shellum, 69 Sartell Sept. 24, 1952-April 5, 2022

Steve Shellum, 69, of Sartell, formerly of St. James, Minnesota, died unexpectedly on April 5 at the St. Cloud Hospital.



Shellum

A memorial service was held April 9 at the St. Olaf Lutheran Church, rural Odin. The Rev. Andy Hermodson-Olsen officiated. Interment will be at a later date at the St. Olaf Church Cemetery.

Arrangements are with the Sturm Funeral Home in St. James, Minnesota. Online condolences may be left for the

family at www.sturmfmh.com.

Shellum was born Sept. 24, 1952 to Leona and Marland Shellum in St. James. He was baptized in East Sveadahl and confirmed in St. Olaf. Shellum attended Butterfield High School and graduated with the class of 1970. Shellum married Deb in 1978 in St. James. The couple was blessed with their daughter, Tracy, in 1984.

Shellum enjoyed his work in sales. He lived a full life, finding friends everywhere he went. He enjoyed fishing, drag racing, fixing cars, watching sunsets but most of all spending time with family and friends.

Survivors include the following: his wife, Deb Shellum, and daughter, Tracy Shellum; mother, Leona Shellum; and siblings, Jeanette Sturm and Dennis Shellum.

Kouba honored as 'hero' with Carnegie Medal

by Dennis Dalman
news@thenewsleaders.com

Marena Kouba, a former Sartell resident, has just been honored with a Carnegie Medal for saving the lives of three struggling swimmers on July 19, 2020.



Kouba

The incident happened when Kouba and her boyfriend were visiting a Lake Superior beach on Michigan's Upper Peninsula.

Suddenly, while on that beach, they heard frantic cries

for help way out in the water. Three people had been pushed by a current farther into the lake while trying to cross over to a nearby island.

Kouba immediately jumped into the water and swam nearly 200 yards to where a man and two children were in danger of going under. She immediately told them to float on their backs, take deep steady breaths and try to relax. She instructed them to hold hands in a circular formation. Then she "towed" them toward the beach, using just her other arm for swimming, against a current. Exhausted, she shouted to the people on shore to bring help. Those on the shore

Kouba • page 9

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Sartell-St. Stephen • St. Joseph

Reaching Everybody!
Newsleaders

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Radi channels ‘Wonder Woman’ to inspire others

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

Zap! Shazam! Boom! Kapow!

In her writing and inspirational presentations, Kelly Radi of Sartell often uses those cartoony exclamations when she is channeling TV’s “Wonder Woman.”

Radi is an international motivational speaker and a published author who struck gold not once but twice. Her

last two books each earned Gold Award medals in the category of “Inspirational Works” from the Midwest Independent Publishers’ Association.

Her latest is entitled “Wonder-Full: Activate Your Inner Superpowers (No Cape



Radi

Required).” As that title suggests, the book is chock-full of words of wisdom served up with heaping helpings of humor, along with words and images from the “Wonder Woman” TV series. When she was a girl, Radi enjoyed that show, admiring the dashing derring-do of its star, Lynda Carter.

Radi recently shared her insights and life events during an interview with the Sartell Newsleader.

Radi believes strongly that inside every woman is a Wonder Woman waiting to be unleashed, that inside every man there is also a Super Hero.

In the intro to her book it states this:

“You may not have a golden lasso or magic bracelets. You may not wear a cape. But make no mistake, you have great power within. Like a super hero, you are strong. You are smart. You are capa-

ble. You have the power to lead. To teach. To mentor. To love. To conquer fears and overcome challenges. To be successful in your personal and professional lives.”

Radi shares that life-affirming message at corporate conferences, professional associations, civic and community clubs, hospices and women’s groups

The following are excerpts from Radi’s book:

Radi • page 6

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 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 get-

ting 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.

Voyageurs

from front page

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 Provincial 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.



contributed photo

A member of a crew of Les Voyageurs program portages a canoe through dense northern woods.

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

Voyageurs • page 9



contributed photo

Jerome Supan holds a plaque honoring him for his military service given to him April 5 by the American Legion-St. Stephen. He is the first recipient of the “Honor the Veterans” program during which a veteran will be honored every month in St. Stephen. Surrounding Supan are family members (front row, left to right) wife Dolores, Jerome, daughter-in-law Linda Supan, daughter Cheryl Lovitz; (back row, left to right) son-in-law John Lovitz, granddaughter Annie Supan, son Jeff Supan and grandson Sean Lovitz.

Radi

from page 5

Zap! Zap self-sabotaging attitudes and self-imposed limitations. Replace them with positive self-talk rooted in a sense of mission and purpose.

Shazam! Minimize burn-out and maximize personal productivity with self-awareness, work-life harmony and personal responsibility.

Boom! Celebrate and nurture collective power of the people in your organization through team-building exercises and healthy communication techniques.

Kapow! Push beyond your comfort zone to identify your own unique superpowers and use them with positive intent in your personal and professional lives.

Born in Mountain Lake, Radi, like a sponge, soaked up the wisdom and kindnesses of a circle of women in her “small village.” When she left that village for the “modern world” (the college

city of Grand Forks), all of the back-home support was a constant inspiration.

“As I began my journey into adulthood, those women instilled confidence and values,” she wrote. “They sent cookies and funny Hallmark cards.”

Radi earned a degree in public relations and aviation services from the University of North Dakota. She then landed a job as aircraft dispatcher for Northwest Airlink in Memphis, Tenn.

The love and nurturing from the folks and friends back home followed her to Memphis and then beyond that when she moved to Sartell 27 years ago. She and her husband, Marty, have two grown daughters. For 16 years Radi was an at-home mom, then she became a spokesperson for CentraCare health system’s Blend Family Wellness Initiative.

Radi is a member of the National Speakers’ Association and earned that organization’s “Minnesota Academy Award” in 2018.

Radi learned how to

use her varied experiences to teach and inspire others through public speaking and writing, helping people find their own inner powers. The foundation of those strengths stems directly from the strong supportive women from her childhood’s village.

“Those women are still my lifeline,” she wrote. “Together, we’ve experienced potty training and puberty, job promotions and retirements, breast cancer and hot flashes, wrinkles and hair dye, regrets and pleasure, graduations and college, deaths of parents and births of grandchildren, divorces and weddings, heartaches and love. We know when to call an impromptu happy hour and who needs it most.”

To achieve success and happiness, to unleash one’s inner power, Radi suggests people take a close look at their friends, then ask themselves the following questions:

Do you lift one another up? Do you push one another to be better? Or do you compare and judge one another?

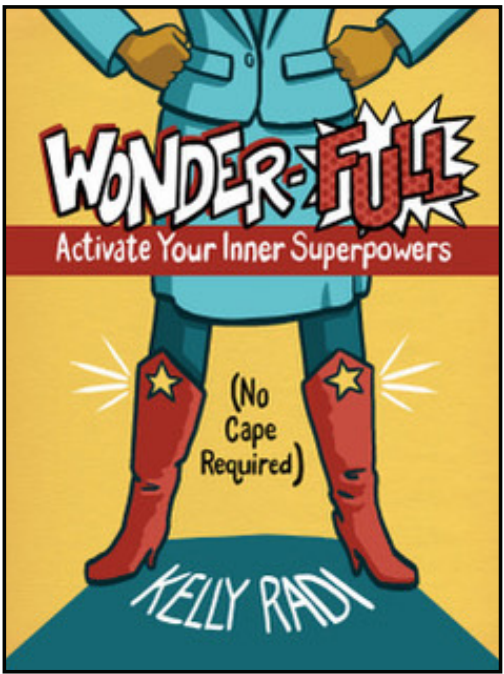
er? Do your values align? How exactly are you supporting one another?

“You (might) need to prune your relationship tree,” Radi concluded. “You simply cannot function to your fullest potential by spending time with people who don’t have your back.”

Good friends, she said, help us “to become better versions of ourselves.”

Radi’s first book is entitled “Out to Sea: A Parents’ Survival Guide to the Freshman Voyage.” In that book, Radi shares strategies, with humor and insights from research and personal experiences, about “The Launch” – the time when it comes to sending children off to college.

Both of her books can be purchased at the following places: Evelie Blu Boutique, St. Cloud; Weathered Reviv-



contributed photo

Kelly Radi’s book, “Wonder-Full,” combines strategies for success in life intertwined with loads of laugh-out-loud humor.

als, St. Joseph; Copper Pony, Sauk Rapids; Barnes & Noble, St. Cloud; and via Amazon.com

To learn more about Radi, her books and her speaking presentations, visit her website at www.raditowrite.com.

Tribute

from front page

At the April 11 council meeting, Kedrowski presented Sattler with a large plaque with a firefighting axe attached to it.

He received a standing ovation and rousing applause.

Kedrowski praised him for

his constant dedication, the wisdom he shared with others, his teamwork skills, leadership and an extraordinary “calmness in the midst of chaos.”

When the historic Verso Paper Mill in Sartell caught fire after an explosion in 2012, Kedrowski was at the scene when he was a member of the St. Cloud department, responding to the call via the cities’ mutual-aid agreement. Kedrowski

said he observed first-hand Sattler’s calmness and expertise. Kedrowski talked with many in the department, and all of them mentioned Sattler’s legendary calmness, a form of grace under pressure.

“That (calmness) is something firefighters strive for,” Kedrowski said.

He also praised Sattler for helping with the transition when Kedrowski was hired.

“He (Sattler) is a mentor, a leader and a friend,” he said. “We hope we can face challenges as Jim did.”

All of the council members thanked Sattler, offering more praises.

“Awesome” said Mayor Ryan Fitzthum. “Congrats, Jim. Enjoy your retirement.”

At the close of the tribute, the firefighters in the council chambers saluted Sattler as he saluted them. And then all of the city staff members present, as well as Sartell Police Chief Jim Hughes, lined up to shake his hand.

Sattler has released statements thanking Sartell and its city staff for all the years of support. He plans to do work on the fire department’s planned “History Wall,” which will be an exhibit of photos and artifacts from the department’s 102-year history.

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Jeff Sackett
Congregational Life Pastor:
Maggie Berndt-Dreyer

Baseball Sports Schedule



Sartell Stone Poneys

4/23/22	2:30 p.m.	St. Wendel Staints	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=SARTELLSTONEPO-NEYS&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	Omamn 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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Curbing Water Usage

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



© ADOBE STOCK

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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Voyageurs

from page 5

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 limitations 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, en-

Kouba

from page 4

swam out about 100 feet to help all four to the shore.

Kouba, who was 21 at the time, had saved the lives of Eric Benac, 37, and two children (ages 10 and 11), who were with Benac.

Kouba was one of 18 people to receive Carnegie Medals in March, which are given annually by the Carnegie Hero Fund Commission. The honor is North America’s highest honor for civilian heroism, bestowed

upon those “who enter extreme danger while saving or attempting to save the lives of others.” A 21-member panel selects the recipients. The commission was funded many years ago by famed Scottish-American industrialist/philanthropist Andrew Carnegie.

On the day of the near tragedy on Lake Superior, Kouba and her boyfriend were at the beach almost by accident; they had decided to go there suddenly after changing plans for another destination.

In an interview with the Sartell Newsleader after the dramatic rescue, Kouba said she did not hesitate to swim to help the

Blotter

from page 3

April 1

3:57 p.m. Agency assist. CR 120. While an officer was on routine patrol, he recognized a man and vehicle from previous calls that was suspected in a theft. The officer stopped and spoke to the man who gave him a first name

three desperate people.

“I just knew I couldn’t live with myself if anything would’ve happened to any one of them,” she said.

If it had not been for Kouba’s superb swimming skills, the situation might have ended badly. A 2017 graduate of Sartell High School, she earned All-State honors for the 200-meter medley and the 400-meter freestyle relay. She was the state’s Class A winner of the 100-meter butterfly swim in 2017 and NCAA All-American swimmer in 2020. As a junior student at St. Cloud State University, she was captain of its swim team.

to the man’s address and issued a citation for trespassing.

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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

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.

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.



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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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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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