

Reaching Everybody! Newsleaders

Friday, June 10, 2022
Volume 34, Issue 12
Est. 1989

Town Crier

Paper mill remembrance scheduled June 11

A Verso Paper Corp. Mill Remembrance, sponsored by the Sartell Historical Society and Sartell Senior Connection, will be held from 1-4 p.m. Saturday, June 11 right after the Summer-Fest parade. Activities include the following: Riverside Jazz performance at 1 p.m., a paper mill video presentation, an artifact display from Sartell and Benton County historical society collections, a panel of former paper mill employees, a model train display, a local authors book sale and refreshments. May 28, 2022 marked the 10th anniversary of the paper mill explosion and fire.

Flag Day events set June 14

A flag retirement ceremony, weather permitting, will be held at 6:30 p.m. Tuesday, June 14 outside in the parking lot on the west side of the American Legion Post 328 building, 101 W. Minnesota St., St. Joseph. Flags that are unserviceable will be retired by burning. The club encourages public attendance. It has an abundance of flags to be disposed of, but if you have a flag at home that has lived past its prime, bring it along (properly folded) so it may be respectfully destroyed. The ceremony is 30 to 45 minutes long. Fellowship follows inside the post. A brat/burger/hot dog sale will be held from 4-6 p.m. prior to the flag retirement ceremony also on June 14 at the American Legion.

Legion offers scholarships; deadline July 1

American Legion Post 328 is again offering \$500 scholarships for area youth. To be eligible, one must be a high school senior or returning veteran looking to further their education in an accredited school or post-secondary institution. Application forms are available at American Legion Post 328, 101 W. Minnesota St., St. Joseph. Forms need to be completed and returned to the Legion by July 1. Applications will be reviewed and recipients notified by Aug. 1. In 2021 American Legion Post 328 awarded five \$500 scholarships. For more information contact Fran Court at 320-363-4298 or Legion Post 328 at 320-363-8631.

INSERT: Stearns County Fairbook

‘Wear Orange’ rally focuses on gun violence

by Dennis Dalman
news@thenewsleaders.com

A “Wear Orange” rally to raise awareness about gun violence took place in St. Joseph June 5.

Just before noon, 35 participants, many of them wearing orange clothing, gathered on the grassy lot on the south side of the Catholic Church Rectory building. There were songs, prayers, poetry and impassioned testimony from participants about the horror, pain and heartbreak caused by gun-wielding killers.

Throughout St. Joseph, large orange ribbons could be seen on fences, windows and store fronts. The color orange is symbolic of gun safety, as in the blaze-orange color worn by hunters.

On June 4, National Gun Awareness Day, many Wear Orange members walked the

Rally • page 7



photo by Dennis Dalman

Zach Staver sings a song he wrote about an unsettled world in which he “tosses and turns in his sleep.” He was one of the participants in the “Wear Orange” rally in St. Joseph June 5. At left is Jeff Velline, the husband of Cindy Abercrombie, who organized the event against gun violence.

St. Joseph woman named ATHENA Award recipient

by Erin McIndoo
editor@thenewsleaders.com

Geri Bechtold, a St. Joseph resident and vice president of operations for the Boys & Girls Clubs of Central Minnesota



Bechtold

was recently honored with the 2022 ATHENA Award. Bechtold was nominated for this award because of her dedication to mentoring women and girls professionally as well as through personal mentorships and community partnerships.

“It’s a true honor, especially when I see who has received the award before me, I don’t know what got me to this level to be seen as that type of leader,”

Bechtold said. “I want to thank the whole ATHENA team and Aimee Minnerath for feeling that I’m the person to honor and also the people I work with who are working alongside me everyday, and everyone I’ve worked with in the community.”

The mission of the ATHENA Award is to recognize and honor Central Minnesota women who have achieved excellence in their careers and who inspire others.

Criteria for selection includes demonstrating excellence, creativity and initiative in her business or profession; providing valuable service by contributing time and energy to improve the lives of others in Central Minnesota; and actively assisting women in realizing their full leadership potential.

Aimee Minnerath, senior director of communications for the Boys & Girls Clubs of Central

Award • page 5



photo by Carolyn Bertsch

Walking against gun violence

Members of Moms Demand Action walk together June 4 to support downtown St. Joseph businesses displaying an orange ribbon against gun violence.

WR Home Co. opens in town

by Dennis Dalman
news@thenewsleaders.com

A home-décor store named WR Home Company recently opened in St. Joseph in the repurposed building that used to house the city’s fire and police departments at 25 First Ave. NW.

WR Home offers home furnishings, and its co-owners will provide for customers design consultations and total-room redesigning projects.

The two friends/co-owners are Shantal Waytashek of St. Cloud and Kendra Harlander of Albany. Both women are licensed real-estate agents who have an artistic flair for interior design in ways that

Home • page 5

People

Katherine Thomas, daughter of Geri and Bill Thomas of St. Joseph, recently graduated with a bachelor's degree in community health from St.

Cloud State University. She is certified as a personal trainer and will continue to evolve in this area. Her twin sister Abigail Thomas also recently grad-

uated with a master's degree in social work from University of Minnesota-Duluth and will continue to help the community of Duluth.

continue her training at Camp Ripley in Fort Ripley.

Lauren Stock of St. Joseph recently graduated with a doctor of physical therapy degree from University of Jamestown, North Dakota.

Ethan Wolff, son of Mary and Scott Wolff of St. Joseph, recently graduated from St. John's Preparatory School. Wolff will continue his education this fall at St. John's University. Congratulations, Ethan! Your parents want you to know they are proud and excited for you to learn and grow.

Kayla Okonu, daughter of Angel Hight of St. Joseph, recently graduated from St. John's Prep. She will attend Seattle University in fall on a Sullivan Leadership Award.

Hannah Reiter, daughter of Jessica and Wayne Reiter of St. Joseph, recently graduated from Apollo High School. She plans to attend College of St. Benedict to major in nursing.

Bethany Knopp, daughter of Jody and Lynn Knopp of St. Joseph, recently graduated

from Apollo High School. She plans to attend the University of Minnesota-Morris to study in the field of health sciences and participate on the women's swim and dive team.

Eleanor Pelzel, daughter of Jodi and Jamie Pelzel of St. Joseph, recently graduated from Cathedral High School.

She plans to major in biology and play volleyball at Bethel University.

Emma Safford, daughter of Barbara and Emory Safford of St. Joseph, recently graduated from Apollo High School. Her future plans are to attend a school for nursing.

Britney Notsch, daughter of Amy and Edward Notsch of St. Joseph, recently graduated from Holdingford High School. Her future plans are to major in graphic design and Japanese at Carthage College in Kenosha, Wisconsin.

Jaedyn Nydeen, daughter of Pam and Lance Nydeen of St. Joseph, recently graduated from St. John's Preparatory School. She plans to attend the College of St. Benedict and pursue a degree in nursing.

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Carolynn Becker, daughter of Kristen and Matthew Becker of St. Joseph and former graduate of Holdingford High School, recently graduated with a major in business from Concordia College-Moorhead.

Morgan Vouk, daughter of Lisa and Frank Vouk of St. Joseph and former graduate of Holdingford High School, recently graduated with a double major in English and global studies, and a minor in women's and gender studies from Concordia College-Moorhead.

Jarrett Crue of St. Joseph recently graduated from Graceland University, Lamoni, Iowa.

Madisyn Petersen, 21, St. Joseph, recently graduated from the U.S. Army National Guards boot camp at Fort Leonard Wood, Missouri. Private 1st class Petersen successfully completed 14 weeks of training as a combat engineer and will

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

Sara Michaelson, the past year's principal at St. Joseph Catholic School, will serve next year as director of learning and teaching for Central Minnesota Catholic Community Schools.



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Tha t news was announced recently by Scott Warzecha, the president of CCS.

Warze-



Michaelson



Frederickson

cha also announced that Peggy Frederickson has been named as the new principal for St. Joseph Catholic

School. A graduate of St. Cloud State University, Frederickson was for 22 years a principal and teacher at Stella Maris Catholic Academy in Duluth, which is a series of campuses for students in grades K-8.

Michaelson, before joining the St. Joseph school as its principal last year, had been

Principal • page 4

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STATE OF MINNESOTA
SHERBURNE COUNTY

DISTRICT COURT
10TH JUDICIAL DISTRICT
INFORMAL PROBATE

Court File No. 71-PR-22-51

NOTICE OF INFORMAL
PROBATE OF WILL
AND APPOINTMENT
OF PERSONAL
REPRESENTATIVE AND
NOTICE TO CREDITORS

Estate of
Guy William Beck, Decedent

TO ALL INTERESTED PER-
SONS AND CREDITORS:
Notice is hereby given that an ap-
plication for informal probate of
the above-named Decedent’s

Last Will dated March 21, 2022

has been filed with the Probate
Registrar, and the application has
been granted. Notice is also given
that the Probate Registrar has in-
formally appointed the following:

Name
Matthew Thomas Thill Beck
Address
601 Graceview LOOP, St Joseph
MN 56374

As personal representative of the
Estate of the Decedent. Any heir,
devisee or other interested person
may be entitled to appointment as

personal representative, or may
object to the appointment of the
personal representative. Unless
objections are filed pursuant to
Minn. Stat. § 524.3-607, and the
court otherwise orders, the perso-
nai representative has full power
to administer the Estate, including,
after 30 days from the date of issu-
ance of letters, the power to sell,
encumber, lease or distribute real
estate.

Any objections to the probate of
the Will, or to the appointment of
the personal representative, must
be filed with this court, and will
be heard by the court after the fil-
ing of an appropriate petition and
proper notice of hearing.
Notice is also given that, subject
to Minn. Stat. § 524.3-801, all
creditors having claims against the
Estate are required to present the
claims to the personal representa-
tive or to the Court Administrator
within four (4) months after the
date of this Notice, or the claims
will be barred.

Filed: May 9, 2022

/s/ Pamela Kreier
Probate Registrar

Dated: May 9, 2022

/s/ Patricia Kuka
Court Administator

Dated: May 9, 2022

Publish: May 27 & June 10, 2022

Letter to the editor

Schools should not become armed fortresses

Nicole Borg
Sartell

The events that unfolded at the
Uvalde, Texas elementary school
May 24 were horrifying. But they
were not new. We know all too well
the images of children fleeing, of
officers with guns drawn entering
shooting zones.

We have seen the images of
shooters on surveillance cameras –
the black duffle bag, the gun made
for combat. But if we can’t recog-
nize the faces of the children as our
children, if we can’t see the loss of
each of those kids as our own per-
sonal loss, if we can’t feel at least an
echo of loss in our own hearts, if we
can’t see those losses as personal,
we will never act to stop them.

We have done little to stop this
violent epidemic that threatens all
of us. As a parent and teacher, I
believe we must act at federal and
local levels to prevent the next mass
shooting.

Uvalde was the 27th school
shooting to take place in the United
States this year. Gun violence is now
the number one cause of death for
children and teens.

It is not a mark of our “freedom”
that I should kiss my fourth-grader
and freshman goodbye each morn-
ing, wondering if they will return
from school to me unharmed. Or
if I, a high-school teacher, should

return to them.
How do we stop mass shootings?
We could pretend there is nothing
we can do. We watch the news and
feel a wave of dread at yet another
shooting. Our feelings of helpless-
ness and hopelessness will not solve
the problem.

Where to start? I don’t believe
in “taking away” guns, but I do
believe in some limitations. Owning
semi-automatic rifles like the DDM4
Rifle used in Uvalde (an AR-15 style
weapon) has no purpose for hunting
or home defense. And high-capac-
ity magazines increase the killing
power against men, women and
children. If I have to take a bullet for
my students, then make the shooter
have to reload so I or a fellow teach-
er can have a chance of overcoming
him.

Some claim laws won’t help be-
cause shooters would still get guns
illegally, but if we fail to enact a
law because “someone would break
it,” then it follows we should not
have any laws because they can be
broken.

Also, it should not be up to
schools to “figure it out.” Schools
require active-shooter drills and
spend many thousands of dollars
on security. They should not bear
the burden of becoming fortresses.
We are institutions of learning, not
high-security prisons.

Red-flag laws show promise for

removing firearms from those in
crises who are at risk of harming
themselves or others. However, gun
laws can’t be the only solution. As
we recognize the victims of these
shootings as precious to us, we must
also recognize the shooters who are
deeply broken individuals suffering
and lashing out terribly, as us too.
What has put so many of our young
people in such extreme mental cri-
ses? How do we care for them so
they do not turn to horrendous acts
of violence?

Despair, loneliness and a lack
of connection play into this. The
deep rifts in our country certainly
contribute to a climate of anger.
Hate speech in public and on so-
cial media fuels the normalization
of violence. Difficulty in accessing
mental-health services leaves indi-
viduals desperate and unable to get
the support they need.

There is no one solution, but it
is time for us to act. We need to get
creative and get involved. We need
to find support for parents strug-
gling to raise their kids. Let’s create
connections among all of us through
activities, interactions and options
for service. Every child needs to feel
valued, with meaningful connec-
tions. If children cannot feel valued,
they will not value the lives of those
around them. The longer we wait,
the more likely it is the next mass
shooting is already being planned.

Calendar

Is your event listed? Send
your information to: Newslead-
er 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, June 10
Coffee with Mayor Schultz,
9-10:30 a.m., Local Blend, 19
W Minnesota St., St. Joseph.

Saturday, June 11
Whippersnapper Hour, 10-
11:30 a.m., Stearns History Mu-
seum, 235 33rd Avenue S, St.
Cloud. Kids ages 7-13 are invit-
ed for a crash course at the Spy
School! Kids will learn about
secret spy tactics during World
War II, including Morse Code,

writing messages with invis-
ible ink and solving a mystery
at the museum. Members are
free; nominal fee for non-mem-
bers. stearnshistorymuseum.
org

Monday, June 13
St. Joseph Planning Com-
mission, 6-8 p.m., St. Joseph
Government Center, 75 Calla-
way St. E., St. Joseph.

Tuesday, June 14
Diabetes Prevention Pro-

gram: A Whitney Wellness
Workshop, 9-10 a.m. Work-
shop meets every Tuesday
throught July 26 in-person at
Whitney Senior Center, 1527
Northway Drive, St. Cloud.
www.whitneywellness.org

St. Joseph Food Shelf, open
1-3 p.m., 18 Birch St. E, St.
Joseph.

Hamburger and Hot Dog
Sale, sponsored by American
Legion, 4-6 p.m., American Le-
gion, 101 W. Minnesota St., St.

Joseph, parking lot, west side
of the club.

American Legion Flag Re-
tirement Ceremony, 6:30 p.m.,
American Legion, 101 W. Min-
nesota St., St. Joseph, parking
lot, west side of the club.

National Alliance on Men-
tal Illness, 7-8:30 p.m., cur-
rently meeting via Zoom on
the second and fourth Tuesday
of each month. Visit namist-
cloud.com for registration de-

Calendar • page 4

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Calendar

from page 3

tails. This group is for family and friends of a person dealing with a mental illness, any diagnosis, any age. Learn coping and problem-solving skills. Questions, call 320-654-1259, or email fsnamistcloud@gmail.com.

Outdoor Market

VFW Post 428

9 18th Ave. N., St. Cloud

Saturday, June 18

10 a.m. - 4 p.m.

Music • Inflatables • Food

3rd Street Brewhouse

All proceeds benefit local veterans

Wednesday, June 15

Gubernatorial candidate Dr. Scott Jensen meet and greet, 6 p.m., Wilson Park, 625 Riverside Drive NE, St. Cloud.

Thursday, June 16

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E., St. Joseph.

Friday, June 17

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

Monday, June 20

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

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

Tuesday, June 21

Diabetes Prevention Program: A Whitney Wellness Workshop, 9-10 a.m. Workshop meets every Tuesday through 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.

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

Thursday, June 23

St. Joseph Food Shelf, open 1-3 p.m., 18 Birch St. E., St. Joseph.

Friday, June 24

Coffee with Mayor Schultz, 9-10:30 a.m., Local Blend, 19 W. Minnesota St., St. Joseph.

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Principal

from page 2

the assistant principal at Sartell High School. Warzecha said that Michaelson, in her new role, will help work out and coordinate the work of teachers and administrators as they develop a curriculum for CCS.

The CCS district includes the following schools: St. Joseph Catholic School, All Saints Academy, St. Elizabeth Ann Seton School, St. Francis Xavier School, St. Mary Help of Christians school, St. Wendelin school, St. Katharine Drexel School and Cathedral High School.

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Holiday

Kay's Kitchen

Kwik Trip/Truck Stop

Local Blend

St. Joseph Meat Market

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Speedway

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Award

from front page

Minnesota, nominated Brechtold for the award. In a press release Minnerath said, “Geri truly is the heart and soul of the Boys & Girls Clubs of Central Minnesota... She had planned on going into education, but the Boys & Girls Club grabbed ahold of her heart and never let go.”

Bechtold has worked with the Boys & Girls Club for more than 30 years which started as a part time job at the St. Joseph location while she was in college. There

she was able to work closely with the kids and felt like she was making a real difference.

“The opportunity that you can do something for the kids, it doesn’t feel like you’re working,” Brechtold said. “It felt like I had grown so much as a person.”

Since then Brechtold made this her career and oversees all operations for central Minnesota. She is able to work closely with locations and make sure they are giving kids good quality programs to help them become well-rounded individuals.

After receiving this award Brechtold plans to keep doing what she’s doing and hopefully implement a few new things to

the organization. Due to this employment crisis she wants to use it as a teachable moment for kids in grades 6-12 and help them go out into the community and really find out what they want to do in the next stages of their lives and what path they want to take. She also is thinking about younger child care and also the importance of mental health within the children and her staff.

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Home

from front page

can brighten up rooms and even make homes more readily saleable.

Items at WR Home can be purchased in person or online at its website: wrhomecompany.com

Among the many items offered are kitchen essentials, furniture, rugs, pillows, glassware, vases, pitchers, picture frames, soy candles, holiday decorations and even personal apparel such as purses, baby clothing and adult clothing. All of those items – and much more – can be viewed on the website.

In 2018, Harlander and Waytashek opened a similar venture in “pop-up” shops under the rubric of “Weathered Revivals,” which offered mainly rustic repurposed furniture and décor items. They quickly outgrew their quarters while evolving into what they called “a cleaner, more timeless décor that veered away from the rustic feel.”

The women were happy to find a place in St. Joseph that was large enough to display their wares and to “rebrand” their business. They decided to keep “Weathered Revivals” for their shop’s name (the WR stands for Weathered Revivals). As they explain on the website: “We wanted to pay homage to our beginnings and loved the idea of keeping “WR” in our new name . . . We coincidentally realized all of our kids’ names started with either W or R, which made the meaning even more special. It felt fitting and perfect to make WR Home Company our new name. We hope it portrays a feeling of nostalgia to our old name and also brings a sense of clarity to who we are.”

Whenever possible, Waytashek and Harlander source their products from local makers and Minnesota-based companies. That was one of their business missions from the get-go: to support locally pro-



contributed photo

Shantal Waytashek (left) and Kendra Hollander set up a display in a home. The two friends and business partners recently opened WR Home Company in St. Joseph.

duced items.

Their company also offers a decorating service for birthday parties, weddings and other events. In addition, they will help decorate homes to make them more appealing when they go up for sale.

To learn more, visit the website and/or call WR Home Company to get a project quote. Its number is 320-557-0200.

The store’s business hours are 9 a.m.-7 p.m. Monday-Friday; 9 a.m.-5 p.m. Saturday; and 11 a.m.-4 p.m. Sunday.

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17 receive Dollars for Scholars scholarships



Seventeen St. Joseph students recently received scholarships from the St. Joseph Area Dollars for Scholars.

They, their graduating high school, the post-secondary school they will attend, their field of interest and the business donor are as follows: **Abshira Aden**, Rocori High School, St. Cloud Technical College, nursing, St. Joseph Lions; **Logan Bakken**, Apollo High School, University of Minnesota-Twin Cities, Spanish, LaPlayette; **Amber Boulton**, Rocori High School, South Dakota State University-Brookings, animal science, St. Joseph Jaycees;

Kayla Bedel, Immaculate Conception Academy, St. Cloud State University, exercise science, St. Joseph Lions; **Skye Belmont**, Rocori High School, St. Cloud State University, architecture, St. Joseph Lions; **Elijah Ebel**, Cathedral High School, University of Nebraska-Lincoln, finance, St. Joseph Lions;

Shelby Garding, Rocori High School, College of St. Benedict, biology, Sentry Bank; **Madelyn Gottwalt**,

Apollo High School, undecided, St. Joseph Jaycees; **Bethany Knopp**, Apollo High School, University of Minnesota-Morris, pre-physician assistant, Sunset Cos.;

Autumn Landwehr, Rocori High School, University of North Dakota-Grand Forks, chemical engineering, Pam's Auto; **Josephine Meyer**, Cathedral High School, College of St. Benedict, art therapy or physical therapy, St. Joseph Lions; **Maxwell Meyer**, Cathedral High School, St. John's University, business, St. Joseph Jaycees;

Reese Moneypenny, Cathedral High School, St. John's University, pre-med, Ultra Durable Technologies; **Brooke Reinhardt**, Rocori High School, Alexandria Technical College, interior design, St. Joseph Jaycees; **Matthew Stang**, Paynesville High School, North Dakota State University-Fargo, engineering, Home Town Title & Abstract;

wBrooke Swanson, Tech High School, University of Minnesota-Duluth, political science/law, Pam's Auto; and **Lindsey Zimmer**, Apollo High



Aden



Belmont



Moneypenny



Bakken



Gottwalt



Reinhardt



Boulton



Knopp



Stang



Bedel



Meyer



Swanson



Zimmer

School, South Dakota State University- Brookings, nursing, Ultra Durable Technologies.

St. Joseph Area Dollars for Scholars was started in 1996 by Michael Hazen. His son, Jonathan Hazen has served as president since 2019.

The group has given 715 scholarships that started out as \$250

per student and recently in 2021 was increased to \$500 per scholarship. The total amount that has been given to local high school graduating students and non-traditional students returning to college is \$138,500.

Ebel, Garding, Landwehr and Josephine Meyer did not respond to requests to provide a photo.

CB members learn to make traditional Somali food

by Shirly Adams
Guest writer

Food is a fantastic vehicle for learning about people with different backgrounds. Music, according to Henry Wadsworth Longfellow, "is the universal language of mankind." Members of Cultural Bridges and St. Joseph's Somali community gathered May 21 at Resurrection Church Fellowship Hall to continue to build cultural understanding by sharing food (making sambusas, eating ice cream and homemade cookies and drinking Somali tea, making music (African drumming) and by acquainting the Somali families with summer activities for their children. Joan Thralow, a CB member, obtained a grant from Thrivent Financial to fund the refreshments for the gathering.

The sharing of cultures began with Liin Guure, a CB member and a member of the Somali community, and Thralow shopping together for the ingredients to make the sambusas going to a Somali owned store and to a locally owned store.



It continued with the Somali women teaching members of CB how to make sambusas which is not an easy task. It is a multi-step process. First you cook the meat stuffing (ground beef, onions, garlic, jalapeno peppers, carrots, fresh cilantro and spices.) Then you make the wrapper – a dough mixture of flour, water and oil rolled out and cut into squares and "fried" in a skillet. Next you shape the wrappers and fill them with the meat stuffing using a flour and water paste to seal them, the paste reminded me of what we made for paper mache projects. Then you deep fry them until golden brown. The final product is a crispy, triangle dough filled with wonderful-tasting meat. Well worth the effort!

Sitarah Gjerme, a CB member whose parents are from

India, further added to the cultural understanding by sharing that sambusas are like Samosas, a traditional dish of South Asia and the Middle East. She explained sambusas are meat based, while Samosas are vegetable based and that Samosas are usually served with a spicy sauce, which she quickly made to go with the sambusas.

Dan Hudson, a CB member, shared with the Somali parents the opportunity for their children, ages 8-13, to attend camp at Star Lake Wilderness Camp, a 425-acre camp in Crow Wing County, for a week in July. He also shared with the kids the experience he had when he attended Star Lake, both as a camper and a counselor, and how he hopes they will have a similar, wonderful experience. He talked about the fun of tent camping, campfire cooking and



Contributed photo

Cultural Bridges members (from left to right) Kathy Haselhorst, Liin Guure, Sitarah Gjerme and Shirley Adams making traditional Somali sambusas at a recent Cultural Bridges event.

learning about nature, while also enjoying drumming, crafting, canoeing, volleyball and hiking. Hudson is coordinating the camping project. Because of a generous anonymous donation, there will be no cost.

The gathering ended with Jeff Velline, a CB member, leading the kids in a short "drum circle" to give the kids a sample of what camp will be like. Velline supplied the African drums and explained that

drumming connects us to our past and to our present. He explained it is about rhythm and we all have rhythm within us as our heart beats and that drumming circles are communal and improvisational and common both in the United States and Somalia.

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

Rally

from front page

streets of St. Joseph, stopping to thank businesses for supporting the gun-safety movement and engaging others in conversation.

The Wear Orange movement began after Hadiya Pendleton, 15, was shot and killed on a Chicago playground just one week after marching in President Barak Obama’s second inaugural parade. To raise awareness about gun violence and as a tribute to Pendleton, her friends and loved ones started wearing orange. Since then, every June there are Wear Orange observances nationwide.

The June 6 rally in St. Joseph was organized by an Avon resident, Cindy Abercrombie, who is a chapter leader in the St. Cloud area for an organization called “Moms Demand Action,” comprised of people pressuring legislators to take action against the rapidly increasing incidents of gun violence. Since the mass shooting May 24 at a school in Uvalde, Texas, about 100 people in central Minnesota have joined Moms Demand Action.

“We’ve had a lot of good conversations around town,” Abercrombie told the St. Joseph Newsleader. “There’s a lot of positive movement on this issue.”

In that mass killing, an 18-year-old male entered a classroom at that school and shot and killed 19 students (most of them 10 years old) and two teachers. The gunman used a military-style assault weapon. A similar horrific mass shooting happened about 10 years ago when a lone male armed with military-style assault weapons shot to death 20 grade-school students and six adult staff members at Sandy Hook Elementary School in Newtown, Conn.

According to a Reuters/Ipsos poll taken the day after the killings in Uvalde, nearly two of three Americans support moderate to strong regulations to gun ownership, including 53 percent of Republicans.

The Wear Orange rally June 6 in St. Joseph began with a community prayer:

“Healing and Holy God, we gather today in common grief for the epidemic of gun violence. Be with all those who suffer from the lasting trauma that incidents of gun violence leave in their wake. Grant us strength and courage to live in hope of a better day, our minds fixed on the doing of your will so that we, having been delivered from fear, may live in peace. Amen.”

The rally was emceed by Molly Weyrens of St. Cloud, a member of the Moms Demand Action group. Weyrens brought with her large colored photos of the happy, smiling Uvalde students, who – of course – when they had their photos taken had



photo by Dennis Dalman

“Wear Orange” participants walk in a circle of unity during an event June 5 next to the St. Joseph Catholic Church.

no idea they would be dead so soon in their young lives. Rally participants each held one of the photos in a sad silence.

Singer Zach Staver, a college student, sang a song he wrote about gun violence.

“In this world full of grief, I can’t find no peace, so I’m tossing and turning in my sleep.”

Speaker Leah Beack choked back tears recalling how a St. Joseph boy, Jacob Wetterling, 11, was abducted, molested and shot to death in 1989. Beack said she graduated with Jacob’s sister, Amy, which brought the

full tragedy of that crime closer to home. Beack said she worries about her Republican friends because they “have had their party taken away from them.”

Several speakers said it’s time that political leaders of both parties start to pass preventive measures against gun violence.

“Who is to blame?” asked a speaker. “A better question is what can be done?”

Andrea Robinson of Cold Spring, wiping away tears, spoke about how her 18-year-old foster son, Bobby, was robbed and shot to death in his own Waite

Park apartment on Dec. 9, 2017. In an interview with the Newsleader the day after the rally, Robinson said she is totally committed to issues of justice and ending violence. She and her husband, Phil, who is Black, were the targets of a Cold Spring man who lived just two blocks from them. The man, she said, stalked family members, shot at their house with an air gun and on July 24, 2021, put a rock on the accelerator of a vehicle and sent it crashing into the front of the Robinsons’ home. The man is still in jail and is expected to have a court hearing soon. The Robinsons have three children at home and four adult children.

Another rally participant was music teacher and poet Juliana Howard of St. Joseph, who played a hand drum and led the group in song.

At the close of the rally, a Litany prayer was read by all the participants:

“Five dead in a home in Duluth, Minnesota

Give to the departed eternal rest.

Let perpetual light shine upon them.”

That refrain was repeated after the following lines:

“Twenty-two dead in an elementary school in Uvalde, Texas.

Two hundred fifty-six dead in mass shootings during the first five months of 2022.

For all those who have died in any incident of gun violence.”

The last three supplications were these:

For those who have lost loved ones to gun violence.

Grant them peace. Hear us, Lord.

For those first responders who care for victims of gun violence.

Protect and strengthen them. Hear us, Lord.

For those of us who can work to end gun violence.

Give us courage to act boldly. Hear us, Lord.

For more about Wear Orange and Moms Demand Action, google their websites.



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Smart Electric Toothbrushes

The American Dental Association recommends that people brush their teeth twice a day for two minutes using fluoride toothpaste.

Ensuring your removing prevalent plaque is significant to prevent decay and re-mineralize enamel. When choosing a brush, they suggest using soft bristles and replacing them every three to four months.

If you're bored with a traditional toothbrush, rest assured that smart technology can save the day. Today's models come with innovative features that will benefit your oral health. Check out these updated options that were showcased at a recent Consumer Electronics Show.

iO

Equipped with a dentist-inspired round brush design, the iO is designed to provide near professional care with each use. It features a Smart Pressure Sensor that guides the user to avoid brushing too hard, harming teeth and gums.

There are numerous modes to achieve different cleanliness levels, including whitening, daily clean and tongue cleaning. One of its next-level features is the 3D Teeth Tracking and AI Recognition software. It uses an interactive



© ADOBE STOCK

display to guide users for the deepest clean in all areas of the mouth.

If you need help staying on top of your oral care, the brush even connects to Bluetooth to keep track of your habits.

PLAQLESS PRO

The winner of the 2020 CES Best of Innovation Award in Health and Beauty coaches its

users in real-time to achieve the most effective cleaning. The Plaqless Pro is equipped with optic sensor technology to detect biofilm buildup and guides the operator to the compromised area. Once the tooth is determined clean, the brush will alert you and moves on to the next recommended spot. It uses onboard sensors that connect to an app that customizes the

brushing experience with precise techniques. After finishing the job, users receive instant feedback on their habits, personalized data and oral care tips.

Y-BRUSH

The Y-Brush offers a new twist on traditional toothbrushes, claiming to clean one's mouth in just 10 seconds. The first difference you

may notice is its design. Rather than a brush with a handle, this model takes more of a mouth guard shape.

A user adds their favorite toothpaste, chews the bristles for five minutes, then flips and repeats. The motorized unit takes care of the brushing by expertly completing the Bass technique of toothbrushing and leaving the mouth fresh and clean.



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If anybody deserves a happy birthday, it’s Elliette Schwegel

by Dennis Dalman
news@thenewsleaders.com

When Elliette Schwegel turns 1 on Tuesday, July 19, it will be a day of jubilation and gratitude for all of those who love her, especially for her family who had so many hopes yet too many tears since Day 1.

Elliette is the daughter of Blake and Alicia Schwegel of St. Joseph. She has two sisters – Rylee, 16 (Blake’s daughter); and Huntley, 2.

“There were times when we didn’t think she’d make it to her first birthday,” Alicia said. “For her birthday, we’ll invite family, relatives, close friends. It will be such a happy birthday.”

When Alicia was pregnant with Elliette, an ultrasound seemed to detect traces of what might be a congenital heart defect. Loved ones hoped and prayed that it would not be so.

On July 14 of last year, Alicia was transported via ambulance to Abbott Hospital where the birth had to be induced. From there, mother and baby were sent directly to Minneapolis. For 34 days, with her mother by her side, the baby endured countless scans, X-rays, gastroonomy tubes. Everybody’s worst fears were confirmed. Even the names of the medical problems struck fright and terror into Elliette’s parents. She had what’s known as partial anomalous pulmonary venous return, a coarctation (narrowing of the heart’s aorta), a dilation of the right side of her heart, and a rare condition known as an interrupted inferior vena cava. The sheer complexity of the inter-related issues was staggering: group B strep, digestive problems, dangerous spikes in fever, meningitis and more.

During the pregnancy, other terrors mounted: gestational diabetes, deviated atrial septum, possible obstruction of the aortic arch, elevated blood pressure. The testing continued pre-birth and post-birth. There seemed to be no end to the problems and problems within problems.

After the agonizing, exhausting roller-coaster of emotions, prayers, hopes, fears and tears, it eventually became apparent that Elliette would require open-heart surgery.

As the fears mounted, so did medical expenses, although thankfully insurance covered most of it. To this date, the care and treatments cost well over \$4 million, Alicia noted.

A hospital care team worked out an intricate plan, carefully weighing options.

More trips from home to the hospital, more tests, more tube insertions, more problems, more setbacks, more terrible worries.

Finally, on March 26, 2022 when Elliette was nine months old, the ultimate terror and hope happened when doctors did open-heart surgery on the baby.

The surgery was a spectacular success, the doctors assured Alicia, who was overjoyed at the news. There were setbacks and some more worries, but antibiotics and various treatments alleviated the other issues. At times, the baby suffered and was visibly uncomfortable.

In a journal she kept, Alicia wrote:

“She was having a difficult time for a bit, but she is proving she truly is a fighter.”

“Continued prayers she responds to these treatments and finds comfort. This Mama is tired emotionally, mentally and physically.”

“I can’t thank everyone enough for the kind words, prayers and donations. These last few months have been some of the most difficult I have ever endured in my life as a mother, as a woman, as a person. The support I have felt is truly remarkable.”

“Not much to report! Yay! Back to her normal self! Busy, busy, busy!! We got a high chair, purees and some toys to keep her busy.”

The last entry in the journal is this triumphant shout: “April 2, 2022: Discharged home!”

“She’s a great baby,” Alicia said, “easy to place, easy-going temperament. She’d been rushed to the hospital for so many problems. Now she smiles and laughs a lot.”

Alicia admits it was a very rough journey.

“If it weren’t for Blake (husband), I’d have been an absolute wreck. He kept me grounded. He kept reminding me we could not get all the answers right away. He kept me somewhat level-headed through all of it.”

She also has high praise for others – those who babysat for Huntley during the long ordeal so she could be with Elliette. Without that help from them, my sisters and our parents, we couldn’t have made it. It was the hardest thing I’ve ever endured.”

One of her happiest memories followed an agony of worries as she waited in the hospital, wondering and worrying, while Elliette was undergoing the seven-hour-long surgery. An hour after the surgery, a doctor said it went very well and that she could finally see her. She will never forget the surge of bliss she



contributed photos

The Blake and Alicia Schwegel family is happy to have their youngest, Elliette, back home where she belongs. Huntley is on the left, Elliette on the right.



Elliette Schwegel underwent surgery for heart repairs long before she was a year old. She had to be fed entirely via tubes for months. Now she is back home where she belongs with her loving family who will celebrate her first birthday July 19.

felt as she walked up to Elliette’s recovery bed and gave her a long, sweet, tender kiss.

Alicia has hard-earned advice for people going through struggles, worries and emotional turmoil:

“Day by day is how to do it. Do not – do NOT – take any day for granted.”

Alicia served for 17 years in the Minnesota National Guard and was a registered nurse for BioLife for about a year until she became a stay-at-home mom. Blake is the owner of Schwegel’s Landscaping & Tree Service in St. Joseph for 12 years. He also served on the St. Cloud Fire Department as a firefighter for 13 years.

Alicia’s first-birthday wish for Elliette is that “she will never have known all of that happened, that she will have a normal happy life.”

Happy Birthday, Elliette Schwegel!



After months of medical agonies, Elliette Schwegel is doing just fine and loves to laugh and smile.

News Tips?

Call the Newsleader at 363-7741

Opinion

Our View

Warm summer days are upon us

It is finally June which means the first day of summer is fastly approaching. Soon enough we will have forgotten all about the cold windy days of winter and will be able to enjoy the great outdoors once again.

Summer is when students finally have free time to do whatever they want and not have to worry about going to school or doing their homework. There are also endless things to do. It's even a great time to take a vacation and see new places.

Instead of being cooped up in the house all day watching TV or playing video games, go outside and go for a walk or try a new sport. It's important to move your body, breathe fresh air and absorb all the sun's great vitamin D.

There are a lot of pickleball courts in the surrounding area and some of you may even find you have a knack for it. If you haven't heard of pickleball, it is basically a combination of tennis and ping-pong. It's fun, fast-paced and before you know it you'll be breaking a sweat.

There are also a lot of great walking trails in the area to get your steps in and enjoy a slice of nature while you're at it. If you want more of a challenge, the Quarry Park and Nature Preserve in St. Cloud combines a little bit more hiking and a place to jump in the water to cool off.

In our adjoining towns where there is so much river access, it is almost a crime not to go kayaking or boating sometime this summer. The Sauk and Mississippi rivers have some great parks along them to enjoy the views or have as a starting point to launch your boat. With the recent rainfall, both rivers have been higher than normal and could be a super fun, fast trip for an afternoon.

Hopefully everyone has a fun and eventful summer ahead of them, with plenty of new experiences.

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.

Wake up! Guns DO kill people

Isn't it crazy every time there's a mass shooting, it's never the guns that take any blame?

So many lying lawmakers scold us that "guns don't kill people."

It's mental-health issues – not guns, they insist.

It's lax building security – not guns.

It's bad upbringing – not guns.

It's this, that and the other thing – never guns.

In this country, there are 400 million guns, many in the hands of mentally unstable people. There have been 230 mass shootings so far this year – mass shootings meaning the killing or wounding of four or more people per incident.

Texas Sen. Ted Cruz spoke at the National Rifle Association convention in Houston just days after the butchery of 19 school children and two teachers in Uvalde, Texas. Cruz is resorting to his smug mantra: It's mental illness; it's a lack of targeting felons and fugitives; gun-control efforts won't work; such efforts are just more "politicking" by Democrats and the media.

Cruz said the victims are in his thoughts and prayers. Oh yes, always thoughts and prayers. But no action.

Meantime, mealy-mouthed Senate Minority Leader Mitch McConnell is mumbling his usual charade, as he does after every massacre. The Democrats and Republicans, he said, should sit down and see if they can agree on "reasonable" legislation. By reasonable, McConnell surely means laws that won't pass (he'll make sure of that!) or laws with no teeth.

Finally! A verdict in the Depp vs. Heard case

Like many, in the last month or so I have heard, seen and read so much about the defamation court case that has been going on between actors Johnny Depp and Amber Heard. For those not familiar, Depp and Heard were married from 2015-2017 and then in 2018 Heard wrote an opinion piece for The Washington Post that claimed she had endured sexual violence in the past. Depp's name was never mentioned in the article but because of their marriage, the public treated him differently.

Depp also felt he saw a decline in the amount of acting roles he got after the article was published and he even got fired from one of his most well known series: The Pirates of the Caribbean. This led to him filing the defamation case against Heard. As an actor, the thing that makes the most money is your reputation and he said he felt Heard had damaged his reputation when she decided to publish the article.

Personally, I think as a celebrity it is very important what opinions you put

Dennis Dalman
Reporter



Ten years ago, after the killings of children and teachers in Sandy Hook Elementary School in Connecticut, McConnell and fellow Republicans blocked gun legislation. The bill called for expanding background checks to gun shows and online sales; and for banning military-style assault weapons and high-capacity ammo magazines. The measures failed to pass.

McConnell and Cruz are just two of the Republicans (along with some Democrats) who have long danced like giddy puppets to the tune of the NRA. For worshipping at the Sacred Gun Altar, those politicians are handily rewarded by millions of campaign funds from the NRA, which, by the way, has been embroiled in financial corruption for years.

Like McConnell, some politicians get nervous by the public outrage about the latest killings. As always, they offer thoughts and prayers, hopes and wishes. Wispy words, idle sympathies. But no action. And God forbid, no action against guns that don't kill people. These politicians, so handcuffed by the Gun Lobby, know that the fuss will blow over – at least until the next election or until the next mass killings occur.

Should we strengthen the mental-health care system? Certainly. Should

we constantly review and reinforce schools' and other buildings' security systems? Absolutely.

But first and foremost, should we demand accountability from our legislators, insisting they pass a comprehensive gun-safety bill? Yes! Those who scorn such a bill as an "attack on the Second Amendment," as they always do, should be ashamed. Not doing everything in our collective power to at least try to prevent such shootings is inexcusable, criminal. Other countries have passed such laws, with provable success.

Those who devoutly believe the Second Amendment is untouchable have a few things to learn about the U.S. Constitution and how it has changed over time by way of amendments and new laws: civil-rights laws, Blacks' right to vote, women's right to vote, to name a few, and – last but not least – limitations of rights enshrined in the Constitution. For example, the First Amendment (Freedom of Speech/Press), which does not protect libel, slander or using words to incite violence.

Those so-called leaders who will not act to try to prevent mass shootings should be voted out of office at the first opportunity. Ask yourselves: do they want to protect the Gun Lobby or do they want to protect children from butchery?

Remember: Guns DO kill people. And if you don't believe that, go ask the murdered children's loved ones who will be grieving forever after.

Erin McIndoo
Editor



out into the world. For a long time sexual assault and violence was a touchy subject and it was hard to speak out about it like Heard suggested. It is important for women to have a voice and there is no way to know what really happened between Depp and Heard behind closed doors. However, I still appreciate she was willing to write an opinion piece advocating for women like she did.

That being said, everything I saw about this case seemed like a huge publicity stunt for some parties. Like I stated before, a celebrity's reputation means everything and I think Heard's reputation took a huge hit because of this case. There were so many ridiculous moments it seemed because of the questions that Heard's lawyers would ask. Plus, to have their lives so openly

discussed, I think many people would feel embarrassed if they had their lives on display like that.

It seemed like every time I went on Instagram or Tik Tok, every other post was a snippet of the witness from that particular day, someone explaining what happened and what it meant or a meme of Heard crying on the stand. But yet I was relieved to see this last week they had finally reached a verdict and I would be able to see more of my normal feed on social media. The jury ruled unanimously in favor of Depp and he will receive \$50 million in damages, which seems like an insane number, but maybe makes sense compared to all the jobs he lost because of the article.

While watching cases like this unfold can be entertaining, it's also important to pay attention to other breaking events that happen too. I think it's common that people get distracted by the happenings of celebrities and forget to see the state of the world around them sometimes.

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

The Importance of Mouth Guards

For adults and children who participate in physical sports, a mouth guard is a crucial tool required to protect your smile.

When partaking in activities like football, basketball or mixed martial arts, this protective barrier cushions blows to the face. They are efficient in minimizing situations like a broken jaw, chipped teeth or lip injuries. Foregoing the protection equipment during combat sports can lead to expensive oral surgeries or permanent damage. Some think that mouth guards are dangerous to the integrity of our teeth and gums. However, when used correctly and properly cared for, they can be injury-saving resources. Suppose you or someone you know needs this type of guard. In that case, it can be beneficial to visit a dentist to be fitted to custom specifications.



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CHOOSING A MOUTH GUARD

While there are numerous mouth guards available at sporting goods stores, the most efficient option is custom-made for its user. Your local dentist can analyze your oral make-up and design the perfect fit that offers pinnacle protection. If this one-of-a-kind option isn't in your

budget, there are other styles to consider. Here is more about different choices from the American Dental Association.

- **Boil and bite.** The partially custom mouth guard begins as a solid mold until they are boiled and softened. Once inserted in the mouth, they quickly adapt to the shape of the user. It's crucial for the best results to choose an option that has earned the ADA Seal of Acceptance.
- **Stock.** These are designed with a one-size-fits-all approach. They are pre-formed and ready for use but have disadvantages, making it challenging to breathe or talk. If you can't afford a custom mouth guard, it's a good idea to

discuss better options with your dentist to avoid injuries or an ineffective model.

CARE AND REPLACEMENT

Your mouth guard is ready for a replacement at the first sign of wear or damage. Analyze it before every use to ensure the mold is intact and comfortable. As they age, it's

common for a protector to become ill-fitting. To prolong the use you get from a mouth guard, proper care is crucial. Make sure to clean it with soap and water after use and keep it in a dry area during storage. Your container should be vented to allow airflow and avoid bacteria growth.

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Looking for a Money App?

Having trouble balancing your checkbook or creating an investment strategy? As with most everything else, there's an app for that.

In fact, there are so many smartphone applications designed to help you track finances and your portfolio that it can become overwhelming. Here's a look at some of the best-known apps.



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MINT

Designed by the creators of TurboTax and Quicken, Mint creates a personal budget based on your data. Sync your financial accounts, and Mint will offer customized tips to reduce spending. Easy-to-read graphs and charts help you track everything. Mint automatically sets up categories, but there are unlimited choices to personalize any budget. The downside: Like others including Goodbudget, Mint might not be ideal for someone looking to more hands-on, since it tracks your spending after the fact rather than helping you plan ahead.

ACORNS

Think of this app as the modern-day version of that jar of loose change everyone used to have. Acorns allows its users to round up on any purchase to the next highest dollar amount, then invest this additional money in a customized

portfolio. Many investors are pleasantly surprised at how quickly these pennies turn into a real investment. You can also earn cash-back benefits at select retailers — a smart way to save. The downside: Acorns charges small fees, but that can erase any returns if your balance is low enough.

YNAB

Those looking for a more

hands-on budgeting experience might consider YNAB, which is designed to help you plan ahead rather than track past financial decisions. You'll follow a zero-based plan where every dollar is accounted for, based on information you provide about expenses, savings and goals. The downside: By design, YNAB requires a commitment to personal financial planning,

but the idea of becoming more intentional with spending can help solve some users' cash woes.

PERSONAL CAPITAL

This wealth and spending tracker is primarily for investments, but the app also includes budgeting features to help control spending. Personal Capital connects to savings, checking and credit

cards, along with all relevant accounts like 401(k), IRAs, loans and mortgages, then provides a helpful all-encompassing breakdown of your portfolio. You'll also get a snapshot of your monthly spending by category. The downside: With its focus on investments, Personal Capital might have features that would go unused by those simply focused on budgeting.



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