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Eagle Nest Lodge honored

Bryan and Sue Harris named Operator of the Year by state resort association. | 1D

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Reif Dance Company to perform The Nutcracker . | 1C 'You took my innocence'

Grand Rapids man sentenced for decades-old sex crimes

BY BROOKS JOHNSON FORUM NEWS SERVICE

GRAND RAPIDS — Katye Stolp looked right at the man who sexually abused her as a child and finished her tearful testimony: "You didn't break us, and you didn't break me."

Donald Jamsa was sentenced to 10 years of probation and will have to register as a predatory offender after pleading guilty to two counts of first-degree criminal sexual conduct in Itasca County District Court on Nov. 19. The Grand Rapids man could face nearly 12 years in prison if he violates the terms of his probation. The conclusion comes three decades

after Stolp and her sister, Kendra Alfords, were abused by their uncle.

GRAND PEOPLE

You took my innocence, my trust in what family meant, and most damaging to me personally what is allowed for a man to do to me," Alfords said.

Jamsa, 81, said nothing when offered the opportunity to speak in court.

The News Tribune does not typically name victims of sexual assault, but Stolp and Alfords agreed to share their experiences earlier this year to bring attention to a case that was gaining little traction with Itasca County investigators and prosecutors.

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eview

A Reif holiday tradition

MN sends fresh faces to Congress

Pros and cons of adding 5 new members to delegation

BY RYAN FAIRCLOTH ST. PAUL PIONEER PRESS

ST. PAUL — Minnesota's congressional delegation will look much different come January, when five new members set up shop at the U.S. Capitol.

The last time Minnesota sent this many freshmen to the U.S. House was in the 1930s, when the state had nine congressional seats. Democrats Angie Craig, Dean Phillips and Ilhan Omar are joining the fold, as are Republicans Pete Stauber and Jim Hagedorn.

"This is pretty dramatic because we have a lot of new faces, and you know in Congress, party and seniority decide power," said David Schultz, a Hamline University political science professor.

The recent political shuffling has its

Incumbent U.S. Reps. Collin Peterson and Betty McCollum are poised to take leadership positions now that Democrats control the House.

Peterson likely will become chairman of the House Agriculture Committee, giving him sway over the expansive farm bill. McCollum, whose district covers St. Paul, could chair a subcommittee of the House Appropriations Committee that oversees spending by the Department of the Interior and funding for the U.S. Forest Service.

Though now in the minority, Republican U.S. Rep. Tom Emmer also will raise his profile. He was named chairman of the House GOP's campaign arm — the National Republican Congressional Committee — on Wednesday.

But the delegation as a whole will lose significant clout and years of seniority in Washington.

Outgoing U.S. Reps. Tim Walz and Keith Ellison each served 12 years ousted Rep. Erik Paulsen was in office for 10 years, and retiring Rep. Rick Nolan took office in 2013. U.S. Rep. Jason Lewis represented the 2nd District for just a single term before losing to Craig. Walz, who is leaving his seat to become Minnesota's next governor, was the ranking member of the House Veterans' Affairs Committee and would likely have become its chairman since Democrats took back the House.

ON THIN ICE Teach kids about dangers of ice



With lakes starting to freeze across Minnesota, the Department of Natural Resources is encouraging parents to teach their kids about the dangers of thin ice and be aware of the recommended safety guidelines for venturing out on frozen lakes.

STAFF REPORT

When you live and play in a county

to be fully-frozen after the latest snowfall has covered them.

"Ice, especially early ice with snow

pros and cons.



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boasting 1,000 lakes, it's important to be aware of the dangers associated with water. Now that many of those lakes have started to freeze, the Minnesota Department of Natural Resources (DNR) says it is time to talk with kids about the dangers of ice. Throughout the state some water bodies have no ice yet while others have several inches, according to the DNR. In Itasca County, lakes as big as Pokegama Lake have recently frozen over with a light layer of ice and may appear

cover, is extremely deceptive because you can't see dangerous cracks or the thickness of the ice under the snow," said DNR Conservation Officer Adam Block. "Parents need to teach their kids that ice is never 100 percent safe. If your child is near the ice, you should be near your child."

With many children out of school for holiday breaks, they may look toward newly forming ice for entertainment.

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HOPE found with behavioral health urgent care services

STAFF REPORT

The four-letter word 'hope' has several meanings. As a noun, it is a feeling or belief that something good will happen; and it can be a person or thing that may help or save someone. As a verb, it is a desire or intention to do something good.

At Kiesler Wellness Center, HOPE is also an acronym meaning Hold On Pain Ends.

Northland Counseling Center's Behavioral Health Urgent Care unit, located at Kiesler Wellness Center, is staffed with crisis-trained mental health practitioners who can assist an individual (child, teen and adult) who is experiencing a mental health crisis. These crisis services are what Northland has dubbed as HOPE.

According to Brandi Worrath, MS, LPCC, at Northland, a mental health crisis may consist of an increase in anxiety/depression; thoughts to harm self; suicidal thoughts; thinking patterns that have drastically changed; uncontrollable worry; struggling with grief and loss; an increase in anger and coping with unexpected stressful events.

"Our hope is to assist those who are experiencing a mental health crisis obtain connection to mental health resources and referrals," says Worrath.

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STAFF REPORT

Grand Rapids' annual winter holiday celebration kicks off on Friday, Nov. 30. Sponsored by the Grand Rapids Downtown Business Association, the WinterGlo festival is a weekendlong event which takes place annually on the first weekend of December.

The festivities will begin on Friday, Nov. 30 at 9 a.m. with an open house at Shaw Florist, followed by a holiday craft market at Central Square Mall, Northern Spirit Shop at MacRostie Art Center, Story Time with PEEF the Christmas Bear at Lake & Co., horsedrawn sleigh rides, Greenway carolers, the Greenway choir, and Santa's Workshop in downtown Grand Rapids.

At 5 p.m., on Friday, Santa will light the lights in Central School park, followed by selfies with Santa and judging of the window decorating contest in the downtown business district. The following businesses are competing in this year's window decorating contest: Baby Steps Boutique, Step Ahead Clothing, Visit Grand Rapids, True North Salon & Spa, MacRosite Art Center, Hopperton's Mocassin & Gift Shop, Bender's Shoes, Village Bookstore, Lake & Co., Itasca County Historical Society, Lake Lover Vintage, Computer Enterprises, Edward Jones, Wings N' Willows, and Mississippi Diamond Jewelers.

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