

# Superb concave-shaped vessel

To be honest, I wasn't 100 percent sure which teams were playing in the Super Bowl until a half-hour before the game started; I've been so busy covering local events that I haven't had a lot of time to keep up with football news. To help you understand the scope of my plight, I took notes of my experience during the Super Bowl party held by my sister, Katie, at her place a few hours south of Sauk Centre. You're welcome.



by Ben Sonnek  
**Ultra Sonnek**

4:30 p.m. – We arrive at my sister's place. There is popcorn.  
4:38 p.m. – People on TV have compared Patrick Mahomes to a machine. I am now watching him closely in hopes his Terminator disguise will slip. Back to the food.  
4:42 p.m. – The Machine is selling a hair product via Bugs Bunny routine. We are safe from the Terminator uprising.  
4:55 p.m. – Things got touching for almost a straight 10 minutes.  
5:09 p.m. – Well, you can't say O.J. Simpson wasn't significant. I'm just glad Randy Moss is on the NFL 100 list.  
5:17 p.m. – My wife and I are two of the four people who don't know who Travis is. Thanks for the shout-out, Rock.  
5:33 p.m. – One of these days, the toss will be done with a 20-sided die. Nice coin, though.  
5:37 p.m. – My sister is telling us about her Stromboli and chili; basically, that's why I'm here.  
5:40 p.m. – If this game is played exclusively by these kids who just ran onto the field, I will watch it through midnight.  
5:41 p.m. – Kick the ball!  
5:42 p.m. – They kicked the ball.  
5:44 p.m. – They kicked the ball again. Got a lot of butterfingers on the field tonight.  
5:48 p.m. – The Chiefs' defense finally tackled somebody.  
5:51 p.m. – First penalty, and nobody was even lit on fire. C'mon, people.  
5:51 p.m. – Field goal? Who cares, there's Stromboli.  
5:56 p.m. – Trump approved that message without asking me first. I thought we had an understanding, Mr. Trump; you'll be hearing from my people shortly, provided I can find any.

5:59 p.m. – Another flag on the play. Let's hope they find the murder weapon.  
6:05 p.m. – Ouch, San-Fran No. 20! Who do you think you play for, the Rams?  
6:10 p.m. – OK, maybe Mahomes is a machine. Nice touchdown.  
6:16 p.m. – First quarter done.  
6:17 p.m. – An accurate representation of Winona law enforcement, no doubt.  
6:20 p.m. – An interception while I was still eating Stromboli.  
6:24 p.m. – Another foul, and ground crews are racing to fill in the smoking crater.  
6:25 p.m. – What do you know, the next foul filled in that crater.  
6:28 p.m. – My dad continues to explain football things to my mom who continues to nod and smile.  
6:30 p.m. – Field goal. That mascot back there is possibly one of the most distracting things in the universe.  
6:39 p.m. – Touchdown No. 2 while the KC defense was out to lunch or something.  
6:51 p.m. – Hey, it was over an hour since the last punt.  
6:53 p.m. – Good thing I don't like hummus.  
6:55 p.m. – Hold on, how long have the 49ers had someone named Bourne on their team? Does he look like Matt Damon? How many countries is he wanted in? Did he beat up security to get onto the field? I must know.  
7:01 p.m. – Half-tie-me.  
7:18 p.m. – At this point in the halftime show, I developed ADD. However, considering I am a semi-normal human male, this is the least troubling thing I could be developing from this performance.  
7:30 p.m. – And now, a man surrounded and protected by guns will tell us why we should not have guns.  
7:32 p.m. – It's a three-hour drive home, so we've got to leave before the second half; I need to get up early for work tomorrow. No wonder I'm never up to speed on sports.

Final note: In case you haven't heard yet, Diane Leukam – yes, the Diane Leukam who should also be on this page somewhere – was awarded in the Minnesota Newspaper Association's 2018-19 Better Newspaper Contest. She won first place among columnists of non-daily newspapers with circulation between 1,501 and 3,000. I would have mentioned it earlier, but I'm petty; I wanted you all to finish reading my column, assuming you didn't read hers first.

# Real ID notes; 2020 session set to begin

Although the month of October may seem far away, that's an important date for those who utilize airline travel. After what seems like years of negotiating, Oct. 1 is the hard deadline for having improved identification when flying. After that date, the standard Minnesota driver's license will not suffice to prove one's identity in order to board an airplane for domestic travel.



by Paul Anderson  
State Representative

## Notes from the Capitol

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It's estimated that roughly 10% of Minnesota residents have gone through the process and received their new ID, and officials urge not waiting until the last few weeks before starting the process. There could be a rush of applications as the deadline approaches, and that could cause headaches.

The Real ID and the Enhanced ID will also serve as drivers licenses, and after Oct. 1, the standard Minnesota driver's license cannot be used to board domestic flights or enter certain federal facilities. To obtain either of these new licenses/IDs, one will need to prove his or her identity, prove they have a Social Security number and also prove their residence. All documents used for proof must be original or certified copies. Every name change a person has undergone must also be documented, so this could present a bit of a challenge for women who have been married or divorced.

The main difference between the two new Minnesota IDs is that the enhanced version contains a radio frequency ID chip and will allow entry into Canada and Mexico. Both will allow entrance onto domestic airline flights, as will a passport card. But remember, as is currently the law, only a valid passport is acceptable for entry onto international flights.

For those who may be hesitant about applying for these new IDs, and who still want to utilize airline travel, a passport will satisfy the requirement for identification, and a passport card, one that can be carried in a billfold, will be sufficient for airline travel within the United States.

We go back into session next Tuesday, Feb. 11. The state of the Minnesota economy is quite good, with a budget surplus of \$1.3 billion projected two months ago. I am expecting that amount to be even larger, around \$1.5 billion, when the next forecast is released at the end of February.

Because of that surplus, there are calls for renewed spending this session. Because the two-year budget was set last year, there does not have to be any increased, supplemental spending passed this year.

The highest priority on my list is to work on a tax bill that addresses Section 179 depreciation for farmers and other business owners. Because of changes in how the feds treat like-kind exchanges, the value of items that are traded on newer equipment can now be classified as income. This has resulted in many farmers and business owners receiving letters from the Department of Revenue with tax bills going back to 2018. Many of those bills are quite large, with some even reaching six figures.

The other major item legislators will work on this year is a bonding bill. Gov. Tim Walz released his bonding proposal several weeks ago, and it was huge – with about \$2.5 billion in various projects listed. That number will probably come down considerably when all the negotiating is done. There will be a strong push for additional funding for local roads and bridges, and local units of government should get some of those additional dollars.

# Flu season is here: How to protect yourself

It's flu season. Your best protection against the flu is to get the influenza vaccine every year. The U.S. Centers of Disease Control and Prevention recommends that everyone 6 months old and older should get a flu vaccine. The vaccine is especially important for young children, adults ages 65 and older, people with chronic health problems or an impaired immune system and pregnant women. It's not too late to get vaccinated.



by Ulrika Wigert, MD,  
CentraCare-Sauk Centre Family Medicine Physician

In addition to vaccinations, other precautions to avoid catching influenza include:  
- Cultivate good hygiene, especially proper hand-washing. For the best clean, wash with soap and water for 20 seconds, which is about how long it takes to slowly sing the "Alphabet Song." Alcohol-based hand sanitizer may be used if soap and water are unavailable. Make sure to wash your hands before and after preparing or eating food, before and after caring for someone who is sick and after treating a cut or wound. Also, wash your hands after using the toilet or changing diapers as well as cleaning up a child, blowing your nose, coughing, sneezing or touching garbage. Good hand-washing can reduce absences from school or work due to colds and flu by almost half.

- Clean surfaces you touch frequently, such as doorknobs, water faucets, refrigerator handles and cellphones. Germs are likely hiding out on surfaces around your home, even if they appear relatively clean.  
- Maintain healthy habits. Eating nutritious meals, staying active and drinking plenty of water can all help you keep your immune system healthy.  
- Get a good night's sleep. When we shut our eyes for the night, we enter a period of rest which allows our body to repair itself. Skimping on sleep will decrease your immunity and increase your chances of contracting the flu virus. A tired, stressed body is a vulnerable one.  
If you get influenza, stay home from school or work. Avoid running errands or leaving the house to prevent spreading disease. Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow. Flu and other serious respiratory illnesses such as respiratory syncytial virus and whooping cough are spread by coughing, sneezing and unclean hands.

# Advice for my 8-year-old self

One in four of you are likely to have watched the Super Bowl on Sunday evening. That means about three in four of you could care less about the big game. Therefore, I will spare you most of my opinions on the event.



by Diane Leukam  
**Random Reflections**

I do have a few thoughts. The game was good and I was happy with the Chiefs' win, even though a San Francisco win would have made the Vikings look better. The commercials were a wretched mix of nonsense in advertisers' attempts to not bring up anything that might offend anyone because, after all, we are a divided country and they need dollars from all of us, right? The halftime show? How could anyone not be overjoyed that people in 130 countries across the globe now have a "clearer" vision of what to expect from American women and how they wish to be perceived. And, our youth learned about societal expectations as well. #MeToo, anyone?

growing up homeless. He would have to push himself to prove he was someone, and someday he would be. The football field was his proving ground. The boy didn't say a word, but just looked with a steady gaze at his older self. As the boy was shown putting on his helmet, the man pulled on his own as he walked through the tunnel and out onto an NFL football field.

That man is Josh Jacobs. At 21, in his first season this year with the Oakland Raiders he was considered by some to be rookie of the year (as of Jan. 22, the team officially changed to the Las Vegas Raiders).

After seeing the Jacobs commercial I looked over and asked Don what he would tell his 8-year-old self.  
He just smiled and said, "There's your column." Of course it is.

While most of us have never been homeless, I can safely say we have all been 8 years old. If we could talk to ourselves at that age, what would we say? After some consideration, here are a few things I would tell my 8-year-old self:  
Growing up is not always fun. That's normal.  
Enjoy your youth; don't rush through it.  
Challenge yourself in school and study. And, the awkwardness of your school years will someday be a thing of the past – mostly. You will be one of the biggest girls in sixth grade, but honestly, the teachers will not be trying to insult

you when they put you in the back row with the boys for the class photo.

Speaking of the boys, someday you will beat them in arm wrestling. It's OK to be farm-girl proud of that.

Listen to your parents and grandparents; they have been your age – you have not been theirs.

Choose your friends wisely. Your siblings will someday be among your best friends. You can harass them, I suppose, but try to hold back a little.

Expect good things from yourself. You will get things wrong sometimes, but forgive yourself when you fail. Take responsibility for your actions. That is how you learn.

Be your own advocate, but do not be afraid to ask for help.

It is almost always better to give than to receive, but receiving can be more difficult. Remember your manners and be thankful, no matter what the gift is. When you are hurting, giving to someone in need makes you feel better.

Life is not fair. You have much more than most people. When your mother says children are starving in Africa, she's not kidding.

Remember, you are a valuable human being worthy of love. What others think of you does not change that fact. Learn what love is and what it is not.

One last thing: You don't have to prove that you will someday be someone. You already are.

## Sauk Centre Herald

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**Letters:** Letters to the editor and other opinion articles are welcomed. Letters must be signed with first and last name and include address and phone number. Letters should be short and to the point. We reserve the right to edit lengthy letters.

**Corrections/Clearifications:** The Herald strives for accuracy. If you would like to report a factual error, please call 352-6577.

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