



MINNESOTA
NEWSPAPER
ASSOCIATION

Half Century Club



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Minnesota Newspaper Association
12 South Sixth Street, Suite 1120
Minneapolis, MN 55402
www.mna.org

145th Annual Convention
DoubleTree by Hilton, Bloomington
Friday, January 27, 2012
Noon Luncheon

Donald Heinzman is an editorial writer for ECM Publishers. He also serves on the editorial board and as a member of the ECM Board of Directors.

Donald graduated from Loyola High School in 1951 and Mankato State University in 1955. He currently lives in Elk River and is married to Liz Ann. They have four children: Mark, Kathryn, Sarah and Mary.

He started his newspaper career as a sports writer and sports editor of the Mankato High School *Loyolan* and the *Mankato Free Press*. From 1951-1955 he was a reporter, sports editor and editor of the *Mankato State College Reporter* and worked as a sports writer for the *Mankato Free Press*. He was a sports editor for the Army Newspaper, *North American Command Chronicle* from 1955-1958. He returned to the *Mankato Free Press* in 1958 and served as area editor through 1960. He then was a suburban reporter for the *St. Paul Dispatch* and *Pioneer Press* until 1963. At that time he became editor of *Bloomington Sun Suburbanite* and executive editor of Minnesota Suburban Newspapers and served those papers until 1969. In 1980, Donald became executive editor for Minnesota Suburban Newspapers where he served until 1985 when he became editor and manager of *Elk River Star News* where he served until 2003 when he became an editorial writer for ECM Publishers.

Throughout his career Donald has given workshops during the MNA convention and for the Minnesota Free Papers Association. He also conducted workshops on editing and reporting in Minnesota, Iowa, North Dakota, South Dakota, Nebraska, New York, Wisconsin and Texas as well as for the National Newspaper Association Convention in Kansas City. He is a long-time member of the MNA Education Committee serving from 1980 to present. He has written a book on *How to Manage a News Operation*.

Donald enjoys reading, golf, traveling, opinion writing, his grandchildren and his civic involvement.

“The newspapers I have edited and my staffs made a difference in people’s lives and in their communities,” said Donald. “I’ve enjoyed this career because journalists are so enterprising, interesting, dedicated and fun.”

Howard D. Lestrud is semi-retired, but works as ECM online managing editor posting news on the *HometownSource* website and conducting conference calls with editors. He is married to Judy and they live in Lino Lakes. They have one son and three grandchildren. Their daughter Tammi, passed away in 1995 at the age of 22.

Howard is a 1963 graduate of Austin High School and a 1965 graduate of Austin State Junior College.

Howard worked as a student for the *Austin Daily Herald* on the “Teen Scene” page and worked the sports desk. His first full-time job was with *The Evening Tribune*, Albert Lea where he served as farm page editor and sports editor from 1965 to 1969. He was the sports editor at *Winona Daily News* from 1969 to 1970 and worked for Sell Publishing in Forest Lake from 1970 to 1993. From 1998 to 2012 he was the news editor for *Forest Lake Times*, publisher for *ECM Post Review* and manager-editor for ECM Publishers.

He has a love of sports and enjoys collecting autographs with his son, Troy. He also collects JFK memorabilia and enjoys spending as much time as possible with his wife and family.

“I hope to travel to Switzerland in the next year or two,” said Howard. “I have loved every phase of newspaper work, have seen lots of changes, began with hot type and Speed Graphic camera and progressed to cold type, to the digital camera and to the web.”